

Davies graduates from Home Visiting

Congratulations to Marika Davies for graduating from the Siletz Home Visiting Program!

Davies entered Home Visiting in July 2021 when her second son, Logan, was a couple months old and continued until he turned 3 this May. Even though we were doing virtual visits due to COVID-19 when she began, Davies engaged with the visits and lessons.

When we were able to meet in person, she welcomed the visits and transitioned smoothly to meeting this way. Davies was committed to keeping her visits in the midst of the challenges the pandemic brought while balancing full-time work along with the busyness and needs of a family.

Davies says Home Visiting was a really neat way to get plugged back in with the Tribe and other resources. It's nice to have that connection and support. She also liked the activity lessons in the last year that she could do again on her own with her son. Working full time she says, it's hard to create on her own.

She could see a larger benefit if she had done Home Visiting with her first child but still found it was good to hear



Courtesy photo

Marika Davies and her sons, Lucas and Logan

with her second child. Davies recommends Home Visiting to other parents, first child or not.



Courtesy photos from Siletz Tribal Head Start

Above: Siletz Head Start students gather around the table with their moms for the Mother's Day Tea Party celebration. This successful event was a great way to show the mothers, aunts and grandmothers how special they are.

Right: Mindy Suitter enjoys tea and cookies with her daughters, Peyton and Presley.



Summer lettuces, edible flowers can brighten your meals and taste good too

By Nancy Ludwig, MS, RDN, LD,
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As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families and the community. This month my focus is on common garden lettuces, including growing, harvesting, preparing and combining for nourishment.

Growing lettuce can be very rewarding and at first seems quite easy. As you read this in July, you might be experiencing a challenge with your harvest and ongoing production.

Often as the days grow warmer, it can be harder to keep up with harvest. Lettuce often bolts and becomes bitter. Common guidance is to plant in succession to always have new young plants. I've found this to be a nice idea, but hard to manage with limited land/soil.

Many people plant lettuce seeds or starts early or late spring with great enthusiasm and then fall behind on the new plantings. The harvest then becomes available all at once and this can be overwhelming. Some good tips for leaf lettuces are to harvest the outer leaves regularly. This provides a continuous supply as well as encourages the lettuce plant to continue growing from the center.

Quite frankly, when my lettuce becomes bitter I choose to honor its life cycle to flower and produce seed. When the seed is ready, if conditions are right I plant them immediately. Otherwise, I save the fluffy seed pods in a dry paper bag to replant the next season.

There are ways to extend the lettuce growing season by creating protected areas to foster growth when the weather turns cool. Examples include boxes with glass over them. (Note: Manual watering is necessary as rain cannot reach the plants under the glass.) Miniature hoops (bent

PVC pipe) covered with perforated plastic is also an option for extending the growing season that allows rain to pass through.

There are many favorite summer salad combinations and lettuce wraps. Ideas are below plus additional link: <https://www.tasteofhome.com/collection/lettuce-recipes/>.

First of all, I enjoy adding edible flowers to my salads and am fortunate to have many grow around my home, including borage (blue), mustard family flowers (yellow), roses (red, pink), lavender (purple), nasturtiums (many shades of orange and yellow), calendula petals (orange). At the end of the summer, I harvest and dry basil blossoms to flavor my salad dressings.

Flowers add so much interest to the appearance, texture and flavor of my salads. Furthermore, they stand out when brought to a potluck.

Secondly, for easy protein and crunch I add nuts or seeds. I choose hazelnuts, sliced or slivered almonds, walnuts and pecans. As for seeds, sunflower seeds are an easy choice.

When I cook squash, I usually roast the seeds at the same time. If I don't eat them right away, I store them in glass jars to have available for salads.

I keep canned tuna, salmon and chicken on hand for easy protein. Hard-boiled eggs are also convenient to have on hand in the refrigerator.

Having these ingredients ready and available allows me to create a salad meal quickly or efficiently pack salad to eat away from home. I pack my portable cooler with salad in jars or my glass storage containers with snap-on lids, protein options and dressing in a jar. Sometimes I pack fruit.

In June and July, strawberries are abundant. Soon after, raspberries, blueberries and cherries are abundant in Western Oregon. Later will be pears, peaches, and apples.

When I choose fruit on a salad, I like to add nuts or seeds, with a touch of cheese

for a flavor contrast such as feta, blue cheese, cotija, or soft goat cheese (goat cheese can be made from milk purchased through the WIC program).

As for salad dressing, my favorite is homemade vinaigrette, with many variations, since it is usually less expensive than buying it pre-made. I prepare and store dressing in small canning jars (1/2 to 1 cup).

For many years, I used a regular canning jar lid. Recently, I upgraded to a silicon lid (Masontops) with a pouring spout. This reduces my spills and is more convenient.

Ratio for a traditional vinaigrette is 3 tablespoons oil to 1 tablespoon vinegar. Usually salt and pepper are added to taste. Quality and types of oil and vinegar (or other acid, such as lemon juice) make a difference in the flavor.

Sometimes I enjoy toasted sesame oil rather than olive oil. My favorite vinegar is raw apple cider, but I also like balsamic. Often a small amount of Dijon-type mustard is added to hold the emulsion longer (pressed garlic seems to have the same benefit).

For variety, I generally add herbs, including basil flowers. Occasionally I add a touch of sugar or honey to balance the flavor. Measurements are approximate and not required once you know how you want it.

If I want my vinaigrette to be thicker, I may add mayonnaise. Sometimes when I have pesto, I make aioli by blending it with mayonnaise. If I want a pesto salad dressing, I add pesto or aioli to the vinaigrette for a nice variation.

Poppy Seed Dressing is delicious on salad with strawberries; or other fruit with lettuce and/or spinach, and slivered almonds. To make poppy seed dressing, whisk together 3 tablespoons honey, 1 1/2 tablespoons Dijon mustard, 1/4 cup white wine vinegar, 1 tablespoon mayonnaise, 1/2 teaspoon salt, 1/4 teaspoon ground black

pepper, 1/2 cup vegetable oil such as sunflower or avocado, and 1 tablespoon poppy seeds. Yield 1 cup.

When creating wraps for sandwiches, we can choose from a variety of lettuces. Almost anything that can be eaten in a tortilla can also be wrapped in lettuce. Romaine lettuce is one of my favorite lettuces for boats. I don't grow romaine, but it keeps and travels fairly well in a cooler.

Delicious and easy fillings include tuna or egg salad, sunflower pate (see recipe) or even lunch meat. Head lettuce such as butter, bibb and iceberg can create cups for filling.

Some of the popular Asian appetizers are served in lettuce cups. Versions of these can be served at home and can provide fun, easy summer meals. Another fun idea is a meatball with sauce served on a lettuce cup.

Sunflower Seed Pate can fill a lettuce boat, or be a dip or spread.

Soak 3 cups raw sunflower seeds in water for 6-12 hrs. Drain and rinse husks off. Blend the following ingredients in a food processor until smooth: the soaked and expanded sunflower seeds, 1/2 to 3/4 cup fresh-squeezed lemon (or lime) juice, 1/4 to 1/2 cup raw tahini (sesame seed butter), 1-2 cloves garlic (optional), 1/4 cup Bragg's liquid amino's (or 2 tablespoons coconut aminos or pinch of sea salt). Lastly, add 1/2 cup (or less) finely chopped red or yellow onion, and 4-6 tablespoons chopped parsley for texture plus 2 shakes/dashes of cayenne pepper or more to your taste.

Please know that Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist. We want to support your children and families.