

Robert Clifton Gardner – 1965-2024

Robert “Bobby” Clifton Gardner, age 58, a resident of Seattle and a previous resident of Hoquiam, Wash., passed away June 5, 2024, at his home in Seattle.

Robert was born Sept. 21, 1965, in Newport, Ore.

We moved to Washington in 1974, where he attended school and graduated in 1985. He was a proud Hoquiam Grizzly and an outstanding athlete in track. He set the record for the 40-yard hurdles that still stands today. In addition, he was involved in the band as a member of a pep band and jazz band. During his junior year, he served as an assistant drum major.

Robert was the first in the history of Hoquiam High to receive both the Lewis Armstrong and Phillip Sousa awards.

Robert was a friend to all. He didn’t just like people; he loved people, especially his family. He loved pets. He would greet any pet with a friendly, “Hello, friend.”

He attended the University of Washington, majoring in chemistry.

In 1985, two Native Americans were selected from each state to attend the school of chiropractic in Oregon.

After attending college, he followed in his father’s footsteps and started his own roofing company in Seattle. He named his company “Gardner Roofing.”

Robert was a proud enrolled member of the Confederated Tribes of Siletz Indians. He purchased a home in Lincoln City and planned to retire there.

He served as a board member of the United Indians of all Tribes Foundation in Seattle. He enjoyed the pow-wows in Seattle and in Siletz, Ore., and was a talented wood carver.

He is survived by his beloved mother, Glenna Gardner; daughters, Kylie Gardner, Mackenzie Gardner and Michelle Gardner; son, Kyle Selleck; sisters, Gail Gardner and Cheryl Gardner; brother, John Gardner; nieces, Alicia Staton and Erika Kiper; great-niece, Audrey Staton; and nephews Scot Carmichael and Brian VanOrsdol.



He is preceded in death by his father, John Gardner.

A funeral service was held June 14 at Coleman Mortuary in Hoquiam, followed by a reception at the VFW.

Robert “Bobby” was laid to rest June 15 at Logan Cemetery in Otis, Ore.

The family would like to give special thanks to Kenny, Pe-Wee and Bear from our Curl family, plus Chuck Butler and other family members from the Butler family.

General Council Meeting

Saturday, Aug. 3, 2024 • 1 p.m.
Siletz, Oregon

Call to Order
Invocation
Flag Salute
Roll Call
Approval of Agenda
Approval of Minutes

MAT Program
Siletz Tribal Arts & Heritage Society

Tribal Member Concerns

Chairman’s Report

Announcements

Adjourn

Please note the General Council Meeting will be livestreamed through the Tribe’s website.

For more information about the Siletz Tribal Arts and Heritage Society, visit siletzartsheritagesociety.org.

Purslane: The powerful green disguised as a weed contains plenty of nutrition

By Nancy Ludwig, MS, RDN, LD,
Siletz Tribal Head Start Nutritionist

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 the common garden weed purslane, which is delicious and packed with nutrition when grown in safe soil.

Purslane, portulaca oleracea, is abundant in Oregon from early spring to mid- to late- summer. It grows wild and also can be cultivated. I’ve been purchasing it at my local farmers market from a vendor who wild harvests as well as cultivates it.

The leaves of the wild plants tend to be smaller. Both are delicious and can be consumed both raw and cooked.

Health benefits

The antioxidant content and nutritional value of purslane are important for human consumption. Purslane is one of the best overall plant sources for alpha-linolenic (ALA), an essential omega-3 fatty acid found in plants. (This can be converted in the body to the other non-plant forms of essential omega-3 fatty acids, such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from fish.)

Purslane also contains vitamin A, C and several B vitamins as well as minerals, such as potassium, magnesium, calcium, phosphorus and iron.

This plant possesses mucilaginous (having a viscous or gelatinous consistency) substances that are of medicinal importance. Purslane may reduce the risk of cancer, heart disease and several other chronic diseases because

of high levels of antioxidants. It can also be used on the skin for its wound healing and antimicrobial properties.

Identification and environmental concerns

Purslane is widely distributed around the globe and is popular as a potherb (an herb with leaves or stems that are boiled for use as greens) in many areas of Europe, Asia and the Mediterranean region.

The succulent stems and fleshy leaves of purslane reflect that it may have originated and adapted to the desert climates of the Middle East and India. It can be found in Europe, Africa, North America, Australia and Asia.

It grows well in orchards, vineyards, crop fields, landscaped areas, gardens, roadsides and other disturbed sites. Leaves are egg- to spatula-shaped, succulent, stalkless or have very short stalks (5-30 mm long), and sometimes their edges are red-tinged.

As for environmental concerns, make note of where purslane is growing. For example, if it is harvested from cracked streets and sidewalks, it may have been treated with Roundup or exposed to other environmental toxins, such as from automobiles.

Food uses and recipes

Purslane is an easy wild edible. It is juicy and a little peppery like arugula. It is an important component of green salad and its soft stem and leaves are used raw, alone or with other greens. Purslane is also used for cooking or used as a pickle.

I’ve enjoyed adding it to my morning eggs for breakfast. I cut the leaves and scramble them in the eggs while cooking them.



<https://www.growforagecookferment.com/foraging-purslane/>

Often times, I place them in my frying pan, add a little oil and after they begin to cook, I crack eggs over the greens to fry. Because I don’t prefer runny yolks, I drizzle a small amount of boiling water over the yolks and greens, then complete cooking with the lid on to steam.

Similarly, I enjoy adding purslane to quiche as an easy green because it does not need to be cooked prior to baking in the quiche.

I have also served purslane as a side dish by boiling it briefly in water (2-3 minutes), then draining the water and seasoning it with toasted sesame oil, salt and a touch of lemon or vinegar.

Another recipe I tried recently is Mediterranean Purslane Salad:

- 1-2 cups purslane greens and thin stems
- 1 tomato
- 1-2 cloves garlic
- Juice of 1/4 to 1/2 lemon* (*I substituted with apple cider vinegar)
- 1-2 tablespoons tahini
- Salt and pepper

Chop up purslane, tomatoes and garlic, and place in medium bowl. Add other ingredients, stir together and adjust seasoning as desired.

You may want to try Cucumber Cooler (from Wild Remedies):

- 1 cup fresh purslane (leaves and thin stems)
- 1/4 cup lime juice (2-3 limes)
- 1/4 cup honey
- 4 cups cold water
- 1 tablespoon chia seeds

Combine purslane, lime juice, honey and water in a blender. Strain if you don’t want any pulp (I usually leave it). Stir in chia seeds. Let sit for 15 minutes. Serve.

An additional recipe link that might be of interest is Purslane Chimichurri (https://www.from-achefskitchen.com/wprm_print/purslane-chimichurri):

Use purslane leaves, Italian parsley leaves, chopped fresh oregano, garlic, jalapeno pepper or crushed red pepper flakes, extra-virgin olive oil, red wine vinegar, salt and freshly ground black pepper, blended in a food processor.

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.