

Cooking Without Feeling Cooked

The easiest way to keep your kitchen cool is to avoid cooking altogether. But if you don't want to dine out a lot, there are ways to reduce the temperature when preparing meals.

- * Use a microwave oven. It won't generate the same heat that conventional ovens do and cooks much faster, letting you out of the kitchen sooner.
- * Use crockpots, electric skillets, toaster ovens or waffle irons in place of ovens when you can. They don't generate as much heat.
- * Build meals around salads, sandwiches, fruit and vegetable platters.
- * Run the dishwasher in the cooler evening or morning hours.

...And a Word About Apples

"As American as apple pie," dates back to colonial days. English colonists planted orchards as early as 1625. The apple was a mainstay of the diet of early American settlers. It was used in a variety of ways, from cider to sauce to desserts. Today, the United States is the world's largest apple producing nation: over 180 million bushels a year.



More Letters.....

Dear Editor,

I am writing on behalf of my cousin Louis Harry Fuller, being very concerned about the lack of support he is getting regarding his injury on the job, on 10-1-93.

He is suffering terribly from the accident, and has not received a penny in compensation to this date.

I understand the Employee's insurance is from Liberty Northwest Ins. Corp. It is a fact that they will not compensate him until he under goes an operation to correct the injury. This is unheard of! If Harry is put under anesthesia, he will not survive because of his acute asthma problem. He will die. His doctors have told him this.

I would like to see some action taken on this RIGHT AWAY. He has bills to pay just like every one else. So can the Tribal Council- anyone in Authority take care of this situation??

Harry is among the last full bloods among our people.

Gilbert Towner, Jr.
3/4 MEQUANO DENE'

NATIVE EDIBLE PLANTS OF OREGON

SCIENTIFIC AND COMMON NAMES	STRUCTURE UTILIZED	PREPARATION AND USE	HABITAT AND DISTRIBUTION
--------------------------------	-----------------------	------------------------	-----------------------------

POLYPODIACEAE (FERN FAMILY)

<u>Polypodium Vulgare L.</u> Licorice-fern	Rhizome: elongate horizontal subterranean plant stem produces shoots above and roots below.	The rhizomes should be washed or brushed so that they are clean. When chewed they have a pleasant licorice-like taste.	Common on rocks, mossy tree trunks and fallen logs; Alaska to Calif.; abundant in coastal areas.
<u>Polystichum munitum (kauff.) Presl</u> Western Sword-fern	Rhizome	Rhizomes should be cleaned and roasted. A good source of emergency food.	Common in moist deep woods; Alaska to Calif. and Idaho.

PINACEAE (PINE FAMILY)

<u>Picea Spruce</u> Three species of <u>Picea</u> are native to Oregon: <u>P. sitchensis</u> (Bong.) Carr. (Sitka Spruce), (<u>P. engelmannii</u> Engelm. (Engelmann's Spruce) and <u>P. breweriana</u> Wats. (Weeping Spruce).	Inner bark (in the spring)	The inner bark can be pounded and eaten fresh or pressed into cakes and baked and smoked. A good source of emergency food.	<u>P. sitchensis</u> occurs along coast; Alaska to Calif., <u>P. engelmannii</u> occurs on the slope of the Cascades and in the Blue and Siskiyou Mts., <u>P. breweriana</u> is restricted to SW Oreg. and Calif.
---	----------------------------	--	---

<u>Pinus Pine</u> Nine species of <u>Pinus</u> occur in the state; <u>P. contorta</u> Loud. (Coast or Lodge-pole Pine) appears to be the species most widely utilized by the Indians.	Inner bark (in the spring) Seeds	Used as in <u>Picea</u> . Seeds should be roasted to remove the resinous taste, then they may be eaten plain or ground into flour.	The various species of <u>Pinus</u> are scattered throughout the state.
--	-------------------------------------	---	---

ARACEAE (ARUM FAMILY)

<u>Lysichiton americanum</u> Hult. & St. John Skunk Cabbage	Rootstalk	can be dried and ground into flour as an emergency food supply. The taste is somewhat objectionable, some of this dissipates after several weeks of storage.	Swamps and bogs; Alaska to Calif. and Idaho.
---	-----------	--	--

LILIACEAE (LILY FAMILY)

<u>Camassia Camas</u> Four species occur in Oregon, but only two are abundant: <u>C. quamash</u> (Pursh) Greene (Common Camas) and <u>C. leichtlinii</u> (Bak.) Wats. (Great Camas). Care should be taken not to confuse <u>Camassia</u> with <u>Zygadenus</u> (Poison or Death Camas).	Bulb	Roasted or boiled. After roasting the bulbs can be pressed into cakes and dried for later use. A molasses type sauce can be made by boiling bulbs for several hours. Early settlers used bulbs to make pie.	The two species listed occur in moist meadows. <u>C. quamash</u> is widespread in the Pacific States, but <u>C. leichtlinii</u> is found in Western Oregon to Wash. and Calif.
---	------	---	--