



Photo by Matt Love
Jim "Jimbo" Defeo, owner of Astoria Coffeehouse & Bistro, cleans a window.

A GLIMPSE INSIDE

An occasional feature by MATT LOVE

Astoria Coffeehouse & Bistro

Scenes from around my booth in Astoria Coffeehouse & Bistro:

A burly tattooed man takes a photograph of his carrot cake with his phone. Why people take photographs of desserts in restaurants before eating them mystifies me. Does it enhance the experience?

A kid grimes his dirty fingertips across a window.

David Bowie's "Golden Years" plays.

Jimbo, the owner of Coffeehouse, rips the extortion that is Yelp. We discuss the overlooked art of "Chitty Chitty Bang Bang." He goes away, comes back, and wipes away the kid's fingerprints.

Five students of mine from Astoria High School dart across 11th Street. They look like a rock band.

Someone has yarn bombed a ceremonial maple tree. I love yarn bombing in Astoria.

The Rolling Stones' "Paint it Black" plays.

Two fishermen discuss techniques for crabbing. I've never gone crabbing in my life.

Someone is reading the newspaper formerly known as the Oregonian. Why?

A pigeon bobbles down the sidewalk. A vagrant zig-zags past.

Dogs, dogs and more dogs walk their owners.

Talking Heads' "Life During Wartime" plays.

I wish it would rain. I've grown fatigued with the sun.

A couple of bicyclists read a map before they begin riding down U.S. Highway 101.

I admire the globe collection above me. I still have mine from fourth grade. Globes are wonderful. Every child should own one.

Modern English's "I Melt with You" plays.

Sara the server rhapsodizes about the chocolate cake. I ordered a massive slice the other afternoon and ate it for breakfast the next two mornings.

A teenage girl wearing blue jean shorts, a black fringe top, and a quasi-mohawk hair style comes in and orders a coffee drink.

I eat my Caesar salad and sip an Astoria-brewed beer.

The world looks interesting today from this booth, this bistro. It looks so interesting it's worth writing about. Or at least noticing.

Matt Love lives in Astoria and is the author/editor of 14 books about Oregon. They are available at coastal bookstores and through www.nestuccaspiritpress.com

Wild SIDE

Edible berries

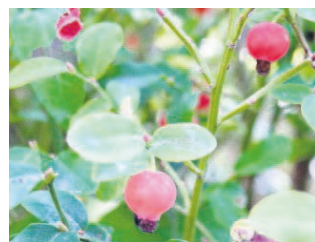
Story and photos by
LYNETTE RAE McADAMS

Summer along our coastline brings a wonderful variety of edible berries that most of us already recognize — from the early June arrival of the deep-orange salmonberry, to the plentiful thimbleberries of July, on through to August's parade of blackberries (five kinds!).

If there's any room left in your basket, here are three more easy-to-find (and often overlooked) varieties:

Evergreen huckleberry (*Vaccinium ovatum*): A true lover of the coast, this hearty local thrives in forest shade and can stick around through winter (if the bears don't get them first). Plumping up to a shiny black or a rather dusty dark blue, they begin to ripen in September but are said to be at their sweetest after the first frost. Planting these bright green perennials in the garden attracts hummingbirds, song birds and butterflies; berries can be very small, so when it comes to harvesting, patience is a worthwhile virtue (try for a cobbler, but consider settling for pancakes.)

Red huckleberry (*Vaccinium parvifolium*): The most common vaccinium to flourish in the Oregon Coast Range, this upright, airy shrub loves to grow near decaying wood (especially cedar) and yields a tart red berry extremely high in vitamin C. An unmis-



Red huckleberries are tart and high in vitamin C.



Shade-grown salal bushes offer bigger, juicier berries, best used in jams and salad dressings.

takable look-alike for salmon eggs, coastal natives used the berries as bait for fishing, and also as a year-round food substance (they dry very nicely). The leaves and bark of the plant were used medicinally as well: When brewed, they make a very bitter tea, which can be used as a cold remedy.

Salal (*Gaultheria shallon*): Considered by some to be rather bland, this omnipresent native is often carelessly dismissed, and wrongly so. Know where to look for the best fruit: Shade-grown bushes offer bigger, juicier berries that can be quite sweet and ripen from September to December. Another staple of the indigenous diet, salal was the



Evergreen huckleberries start to ripen in September but are said to be sweetest after the first frost.

key component in pemmican — a dried food made from berries, salmon, fish oil and ground nuts. Today, this berry

does well in jams and salad dressings (think salal berry vinaigrette, sweetened with a touch of honey).



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