



SUBMITTED PHOTOS

Learn how to forage for wild mushrooms, like these twin king boletes, with Fort Stevens State Park rangers this fall.

Wild mushroom hikes, programs set at Fort Stevens

WARRENTON — There is an amazing variety of fungi that thrive in Oregon. But how do you identify them? And how do you go about looking for them?

This fall, Fort Stevens State Park rangers will hold guided mushroom hikes as well as put on informational programs about wild mushrooms. Both the hikes and programs are fee and open to the public.

The hikes will focus on the varieties of wild mushroom that grow in the area. Participants should plan on wearing weather-appropriate clothing and should bring a basket, pocket knife and mushroom identification book if they have them. Hikers are also encouraged to bring in mushrooms for identification.

The hikes will begin at Battery Russell and will be around 1 mile long, round trip. There is no registration or fee for the hikes.

The hikes will be offered at 1 p.m. on the following dates: on Friday, Sept. 23,

30, Oct. 7, 14 and Nov. 11 and on Wednesday, Nov. 23 and 30.

The wild mushroom programs will cover the regulations, uses and identification of wild mushrooms in Oregon as well as the role they play in the health of the forest.

Following each program there will be a short hike around the park to look for and identify mushrooms.

The programs at Fort Stevens State Park will be held at the picnic shelter at Coffenbury Lake. There is no registration or fee for the programs, but there is a \$5 day-use parking fee at the lake.

The programs will be offered at 1 p.m. on the following dates: Saturday, Oct. 1, 8, 15, Nov. 12 and 26.

For more information about the wild mushroom hikes or programs, contact Fort Stevens State Park Ranger Dane Osis by calling 503-861-3170, ex. 41 or emailing dane.osis@oregon.gov

Fall Farm to Fork Dinner is a vegetarian feast featuring seasonal local veggies

ASTORIA — While there is much debate over how humans should eat for maximum health, vegetables are universally accepted in most diets. Fresh, seasonal local vegetables will be the centerpiece of a Farm to Fork Dinner put on this fall by Astoria Co-op Grocery and Columbia Memorial Hospital.

Tickets are on sale now for the dinner, which will take place at 6 p.m. Oct. 6 at the Columbia Center Coho Room, located at 2021 Marine Drive.

Chef Marco Davis will source from local farms and create a menu based on the freshest food available. Davis has cooked several of these dinners, but this is the first time the meal will be vegetarian.

"I thought it would be a great way to share in the fall bounty and to show how filling a vegetarian meal can



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Chef Marco Davis will cook a four-course vegetarian meal Oct. 6 for a Fall Farm to Fork Dinner put on by Astoria Co-op Grocery and Columbia Memorial Hospital in Astoria.

be," Davis said.

The dinner will provide education about healthy

cooking and where to get local food. Davis will cook the dinner in a demonstration

kitchen so guests can learn how each course is prepared. Farmers will be at the event to talk about growing the food.

"Helping connect our community to the people who grow their food is what it's all about," Astoria Co-op General Manager Matt Stanley said.

Astoria Co-op and CMH have partnered to put on several of farm to fork events. As a Planetree-designated hospital, CMH recognizes the nurturing aspect of food as a component of care and community health. The co-op is a community-owned grocery store providing natural, organic and local food.

Proceeds benefit North Coast Food Web's Project Fruit Box, which provides organic fruit to local schools. Tickets are \$40 each and include a four-course dinner and wine. Tickets are available at www.fallfarmtofork.eventbrite.com

Art & Antique Walk showcases the beauty of fall

Be on the lookout for a Bigfooted creature Sept. 24

OCEAN PARK, Wash. — Late September brings a visual change to the Long Beach Peninsula. Golds and reds make an appearance in the landscape, the breeze picks up speed carrying scents of ocean and loam, and thoughts turn to upcoming holidays, family and friends — and Bigfoot?

Ocean Park Art and Antiques invites you to discover surprises galore at its upcoming Art & Antique Walk. From 10 a.m. to 5 p.m. Saturday, Sept. 24, seven locations in downtown Ocean Park and just a short

jog away will be awaiting visitors. Art galleries, private studios, an antique mall, and a barn or two are ready to delight.

Demonstrations and hands-on "make and take" options are featured at several stops, and it has been noticed, more than once, that a very large furry creature has been lingering around the antique mall — he seems to be fond of getting his picture taken too.

Schedule of Events

- 10 to 11 — Plein Air Painting Demonstration at Bette Lu Krause Studio, 27806 L Place.

- 11 to noon — Mosaics in the Round at Naquaiya Studio, 1609 273rd Place.

- 3 to 4 — Make Forever Roses from Fall Leaves at Beach Home Old & New, 2311 Bay Ave.

Throughout the day

- Dixie Belle Chalk Paint Demo: Paint a mini frame at Forgotten Treasures Antiques and Collectibles Mall, 1904 Bay Ave. — and be on the lookout for Bigfoot sightings.

- Sculpted Concrete Fountains by Carol and Ed Thompson at Bay Avenue Gallery and Studio, 1406 Bay Ave.

- From Sketch to Painting at Eric Wiegardt Studio Gallery, 2607 Bay Ave.

Maps to all locations on the walk available on the Ocean Park Art and



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Artist Michele Naquaiya will demonstrate mosaic techniques on unexpected objects from 11 a.m. to noon at her studio on 273rd Place off Vernon Avenue.

Antiques' Facebook page. Maps can also be picked up at the Long Beach Peninsula Visitors Bureau and the Ocean Park Area Chamber of Commerce.