

Dinner party serves up some seasonal eats

SEAVIEW, Wash. — Cook, learn and dine with Elyssia Maya Schaeffer, an Ayurvedic nutritionist, at the Sou'wester Lodge, 5:30 to 7:30 p.m. Saturday, Feb. 9. The cost is \$20. All supplies will be provided.

At Schaeffer's workshop and dinner party, "The Art of Seasonal

Nourishment," participants will explore winter seasonal foods, herbs and spices while preparing Ayurvedic Kitchari — a traditional Ancient Indian one-pot cleansing dish — and a decaffeinated chai tea.

Through this interactive workshop, you will learn which foods are your best allies in

winter time and gain a deeper understanding of why eating seasonally is critical to your health through the wisdom of Ayurvedic principles.

Schaeffer is a certified Ayurveda and yoga teacher, holistic nutritionist and certified wellness coach living in Portland.

A maximum of eight students will be admitted. RSVP to souwesterfrontdesk@gmail.com or 360-642-2542.

The lodge is at 3728 J Place, Seaview, Wash.

February is one dark month at Fort George

ASTORIA — February has always been Stout Month at Fort George. And while the Festival of Dark Arts has grown in popularity — with tickets selling out in a record five hours! — do not let that single day overshadow your total stout experience.

If you missed out on tickets to the festival this year, venture to the brewery on any other day in February and immerse yourself in the darkness and deliciousness of Stout Month.

The stout dam breaks on the block with a wave of unique Fort George dark ales released throughout the month. From an oyster stout, to a peanut butter and chocolate stout, to a stout with caramelized peaches, and one with tamarind and chilis, the possibilities are



Fort George Brewery

February — the shortest and often darkest month of the year — is the perfect time to celebrate the darker ales at Fort George Brewery.

fathomless. Grab a blind stout taster tray in any location, or dive into a pint. Almost three dozen different Fort George stouts will be on tap in February.

You can pair your stouts

with live music every week in February atop the raised platform in the wood-fired restaurant. Fort George hosts Sunday night music, always at 8 p.m., and never a cover.

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Join the Alder Creek Farm team

NEHALEM — Registration is open for anyone who wants to join the Lower Nehalem Community Trust's team of gardeners at Alder Creek Farm growing organic food for home and to share with the community.

The Community Garden focuses on organic, season-specific gardening in this unique North Coast climate. Register online at www.nehalem-trust.org/alder-creek-farm/community-garden/ or call 503-368-3203.

• 9 a.m. to noon Saturday, Feb. 9: Free Orchard Pruning Workshop open to all community members 10 and older. Bring your gloves and your favorite pruner — we have loaner tools and gloves, too, if you need them — and join the group as we learn about pruning for maximum fruit-



Lower Nehalem Community Trust
Learn about organic gardening at Alder Creek Farm in Nehalem. Perhaps you'll learn to grow carrots.

ing benefit with local arborist David Sipp of Ecologic Trees.

• 9 a.m. to noon Tuesday, Feb. 12: Winter Orchard Pruning Day for Community Garden Members. Come put your new pruning skills to use. The orchard at Alder Creek Farm has just about every fruit and berry imaginable, and it's time to prune the blueberries, cane berries and more.

• 9 a.m. to noon Tuesday, Feb. 26: Garden Startup Day. Every Tuesday through October. Join our team and learn about organic gardening. Members work together on the land rather than individual plots. This is a great way to meet new people and provide healthy food for your family. To register, visit nehalem-trust.org/alder-creek-farm/community-garden/

Alder Creek Farm is at 35955 Underhill Lane, Nehalem.