

Dragons in the Wallowas announce new events



Ellen Morris Bishop

Dragon Boats will take to Wallowa Lake again in late August 2019 with new events.

By Ellen Morris Bishop
Wallowa County Chieftain

The 4th annual Wallowa Lake 7 Wonders Cup dragon boat races are scheduled for August 24 & 25, 2019. The races will kickoff Friday, August 23, with an Awakening Ceremony and Party in Joseph. Boat racing will be Saturday and Sunday beginning with the pre-race meeting at 7:00 a.m. on Saturday. Marshalling begins 7:30 a.m. and racing at 8:00 a.m., August 24 through 25. Saturday will include three heats of racing and two timed slalom practices. Sunday will have four racing heats per team and an award party with live music at the race beer garden.

The directors have added new races including 10-paddler event for mixed-gender teams 14 years and older (five men maximum), and 20-paddler boat racing events. This year, visiting teams can utilize expanded and economical tent camping options. The special camping area is located within easy walking distance to the race team staging area and showers. Camping sites will be available to registered paddlers/racers at \$10 per night.

Contact Dragons in the Wallowas at 503-781-4321 for further information.

Race Web site Wallowa7WondersCup.Com
Email info@dragonsinthewallowas.com

Meet Oregon's fermented foods pioneers — the Shockeyes

By Aaron Scott
Oregon Public Broadcasting

APPLEGATE VALLEY — Do you ever dream of moving to the country? You know, grow your own food in the garden, maybe raise a few chickens and goats.

Kirsten and Christopher Shockey moved to Southern Oregon's Applegate Valley to do just that: they wanted a humble homesteader life. And along the way, they became pioneers in a global fermented foods movement, with their newest book, "Miso, Tempeh, Natto & Other Tasty Ferments: A Step-by-Step Guide to Fermenting Grains and Beans," due out Tuesday.

Like other homesteaders, the Shockeyes' day generally begins with a trip to their garden, where every morning seems to deliver a delicious surprise.

"Oh my gosh, so good," says Kirsten, popping a radish seed pod in her mouth and handing several to Christopher.

"They're super peppery," he replies after trying one. And then another. And then another. "I'm going to have to stop eating them."

"Yeah, you are," she laughs.

While others might only



Kirsten Henderson/East Oregonian

Kirsten and Christopher Shockey ferment basil, along with everything else they can grow, in the test kitchen in their home in Southern Oregon's Applegate Valley.

harvest what they can eat while it's fresh, the Shockeyes have another goal in mind: fermentation. They pick the pods and a basket full of basil and head back to the commercial kitchen on the ground floor of their house. Setting their haul on the table, they break out bowls and salt. Because fermentation always begins with salt.

"Give me a nice sprinkle," says Christopher, as Kirsten pours a quarter cup or so of salt on the basil and he starts to rub it in. "So this is the magic. We're going to take a whole bowl of basil and massage that salt in. It's pretty amazing: out of basil you can get that much

brine coming out of there," he says, squeezing a handful of leaves and watching the green brine run through his fingers.

They pack the basil and brine into a jar and put it in the pantry, where it joins shelves and shelves of colorful, bubbling brews. Fennel, leeks, rhubarb, rutabaga. Chances are if it grows in a garden, they've tried to ferment it.

But what, exactly, is fermentation?

It's an ancient form of pickling, where instead of adding vinegar, you get the microbes that naturally occur on the veggies to do the preservation work for you. This is how Christo-

pher explains it in classes for kids: "we're going to use microbes — little, teeny, tiny guys; guys that you can't even see — and their job is to eat the sugars, and they're going to make lactic acid, which is that sour taste that you taste, and they're going to fart CO2. And then usually the kids are like, 'Oh, my God, is it going be smelly?' It's like, 'Yeah, it's microbe farts!'"

It might be smelly, but as the Shockeyes like to point out, it's also good for you. Scientists are finding that the microbes themselves, called probiotics, are beneficial, and as they break down the food, they add extra vitamins. And, unlike freezing or drying, fermenting preserves the volatile oils that hold in flavor.

"So it's like you're taking the smell on this harvest of right now," says Kirsten as

she points to the basil, "and you're going to capture it in that jar."

The Shockeyes didn't set out to be mad culinary scientists. They originally moved from Corvallis to Oregon's Applegate Valley in 1998 in search of a simpler life.

"Especially as the kids were starting to grow, I just wanted them to be grounded," Kirsten says. "I wanted them to have a connection with the land, and I wanted them, more than anything, to know where their food came from."

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