

Publisher offers collection of books about traditional food

As I mentioned in the last Spilyay, I'll be sharing information from the collection of books that I have in the office about traditional cooking. "The American Indian Cooking, Herb Lore" book published by the Cherokee Publication included an interesting Legend of the "Sun Fluid" — "Tso-chi." When I checked with people in the Culture and Heritage Department, we could not find any similar legends here at Warm Springs. But it ties in closely to the food supply that many use today on the reservation.

Corn syrup is one ingredient used to keep candy and frosting from being grainy. Corn sugar is also one of the commodity items that can be used to sweeten cereal, tea, cakes, pies, cookies and of course candy.

While many people believe that corn syrup is a modern invention, it is interesting to see that "Sun Fluid" has been used for centuries by Native America cultures wherever corn was grown. It was not a tradition, however, in this area. Honey was plenti-

ful to add to the which was collected by tribes along the river banks. Verbena Greene told me that the milder form of mint is used for tea and the stronger mint is used for medicines. We'll look into traditional use of mint in a later article.

For now let us read the "Legend of the Sun Fluid"

A Gift from Heaven

Legend of the "Sun-Fluid" — "Tso-Ci"
An old Indian woman of ancient times was said to have cut a rent in the sky through which poured the most delicious and satisfying liquid. The sun then explained to the woman how to prepare and use the liquid. It thus became known as Tso-Ci, meaning "sun-fluid."

The basis for the liquid was corn, and its use in many forms was found among a great number of the American Indian tribes. Its variations were known by such names as "Sofki" by the Creeks, "Atole" by the Mexicans, "Sagamite" by the French, "Tanbubo"

or "Tafula" by the Choctaw, and was known to be used in varying forms also by the Seminole and the Chickasaw.

Using corn, sometimes parched and ground or soaked in lye, as a base, many ingredients were added to give flavor to the beverage or broth. Fresh pork was used as seasoning and often beans, hickory nuts, marrow, wood ashes, or other ingredients were added.

Out of the legendary rent in the sky the sun fluid seemed to flow into Indian food culture in many forms and many places.

Although the corn-drink and water were the most common beverages of the ancient Indian many other drinks were from berries and various teas from roots, bark,

twigs, and leaves. Soups and broths were often left to simmer over the fire providing ready enrichment and satisfaction for the family.

* The expression "rent" in the first line of the story refers to "making an opening" in the sky line you see in the drawing adapted from the original by V. Stroud.



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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

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When they don't agree (helping groups decide)

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Marine refuse disposal project

Steep review #1-Social & Economic Impacts of Erosion Control

Steep review #2-Erosion & Tillage

Steep review #3-Machinery

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Active Solar Water Heating

Blue Sky below my feet (forces), (spacefood), (spacesuits)

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Insulated ceilings, floors & walls

Energy Tip-The blower door

Saving energy 16 cheap & easy ways

Sunspace thermal mass

Home weatherization-comfort & savings

Introduction to Solar Water Heating

Stopping Home Air Leaks

Energy Saving Window treatments

Introduction to built for comfort series

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Flat Plate Solar Collectors

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The Secret of Little Ned

Tightrope (parenting extremes)

New Kid on the Block (social skills)

The scratching Pole (moving developmental tasks)

Hairy Scary (childhood fears)

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Stacking the Deck (teaching competence)

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From A to Zack (preparing children for school)

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If you Knew April (know thy child)

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How to Say No Without Losing Your Friends

Osteoporosis (are you at risk for your bone disease)

Sexuality in the Later Years

How to Develop Self Confidence

When your not the Fastest, Prettiest or Funniest

Yes You Can Say No

Dropping Out

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Christinitas (creativity's)

Primrose Lane

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The Doll maker

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Making Ends Meet (the family spending plan)

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Metering Your Money

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Drying Fruits & Vegetables

Making Pickles & Sauerkraut

Freezing Fruits & Vegetables

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Health Care Decisions

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No Better Gift

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National 4-H Council

Sweetgrass 4-H

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A baby grows

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Parents expect-children want, Self fulfillment-Becoming the person you want to be

Mayo clinic health letter news

By Norma L. Simpson

One young lady here on the reservation is suffering from psoriasis. She's like as many as 4-5 million Americans who cope with the frustrations of psoriasis. Periodically scales of dead skin cells accumulate in layers as thick crusty patches. The good news is that a form of Vitamin D is providing relief to people in many countries. Vitamin D3 ointment is already available in Europe, Scandinavia and Canada. The bad news is that it is not yet available in the USA. Researchers here hope to have approval from the Food and Drug Administration with a year or two.

She shared her problems with me, which prompted me to share the January 1994 issue of the Mayo Clinic Health Letter with her. If anyone you know would like to read the article, call the OSU Extension Office, 553-3238 and ask for Norma. I'm still

working only half-time, but I will get to your request as soon as possible.

Flat Footed

Q. My son is flat-footed. Does this make him prone to injury?
A. Not necessarily. In a July 1993 study, researchers categorized the foot shape of 246 Army Infantry trainees. Then they followed them through a rigorous 12-week training program.

Trainees with the flattest feet had the lowest rate of injury to their lower backs, legs or feet. Those with the highest arches had six times the injury rate as those with flatfeet.

Have flatfeet may not make walking or jogging hazardous. But you still may experience pain or irritation due to added pressure on the nerves and blood vessels in your feet. If so, an arch support that readjusts your foot to a better weight-bearing position can help.



Join 4-H today

Commodity recipe book published

Yesterday I went to the Warm Springs commodity center to talk with John Brown. He surprised me by saying that there are fewer people getting commodity foods than when I visited them last year. That is good news, it means more people are employed. He also told me that he had recently received a Quick and Easy Commodity Recipe book that was published in 1990. The very attractive spiral book has many wonderful recipes that use mostly commodity foods. Those that are in bold print are commodities and those that are regular print you will need to buy, things like cinnamon, cloves, vanilla, onions and chili powder.

An exciting part of the cook book is the nutritional information for at the bottom of each recipe. It tells you the calories, carbohydrates, protein, fat and sodium in the ingredients.

People, tribes and organizations from all over the country sent in recipes and ideas for the book. These were tested to see if they really tasted as good as they sound. The Maryland Chapter of the North American Indian Women's Association assisted in the design of the book.

John also told me that many people don't take the rolled oats. I wondered if it meant that people are not eating breakfast. Part of the decline in its use could be that children are eating breakfast at the ECE. But what happens to the children on the weekends or during holidays. Perhaps the children are hungry when breakfast is not prepared at home. Or perhaps kids and parents alike might really like oatmeal cereal when it is cooked with a handful of raisins cooked in oatmeal. It's one of my favorites. Since raisins are one of the fruits available in the commodity list, you might give it a try.

Or perhaps you have a sister like mine who picks the raisins out of everything even though she loves the flavor of raisins. The quick and Easy Commodity Recipe answered the problem.

John Brown also gave me "Billie Jo's Holiday Lane Recipes. We'll be trying out some of these recipes at the Commodity Center in the near future. When the date has been set, we'll let you know in Spilyay and on KWSO.

Raisin butter

Makes 1 1/2 cups (24 servings, 1 Tablespoon each)

1 1/2 cups Raisins
3/4 cup Orange Juice
1/2 teaspoon cinnamon
dash ground cloves

- Combine all ingredients in a saucepan.
- Bring to a boil. Lower heat and simmer, uncovered, for 10 minutes.
- Whip in a blender or mash with a fork until smooth.

Store in refrigerator.
Serve on bread, muffins, biscuits, and rolls.

Nutrition information for 1 Tablespoon:
Calories=32, Carbohydrates=8 grams, Protein=less than 1 gram, Fat=0, Sodium=1 milligram.

Stockman's Roundup: Color breeds of horses



Bob Pawelek
OSU Extension Agent
Livestock and Range

During our last visit, we looked at colors, patterns and markings in horses. Today's column will examine some horses bred specifically for color. Bear in mind, color does not breed make. Yet within certain breeds, some colors are preferred or even required.

Following is a list, partially adapted from "Horses and Horsemanship" by M.E. Ensminger, of some horses bred for their color.

American Creme Horse

Pale cream horses originated right here in Oregon, and were given breed status by the American Albino Association, Inc. in 1970. American Creme horses are used as pleasure horses, for exhibition purposes, as parade and flag bearers, and as saddle horses.

American White Horse

The American White Horse has snow-white hair, having originated on the White Horse Ranch, Naper, Nebraska in 1906.

Appaloosa

Appaloosa horses originated in northeastern Oregon, southeastern Washington and the bordering area of Idaho. Early ancestors of the Appaloosa were introduced into Mexico by the early Spanish explorers. The Nez Perce eventually came into possession of some spotted strays and bred them for their color, as well as for war, racing and hunting buffalo. For many years, the Appy was exclusively Nez Perce, but the War of 1877 resulted in their being scattered throughout the West.

The name Appaloosa seems to be derived from the French word "Palouse," meaning grassy prairie.

Appaloosas can always be distinguished from other spotted horses by examining the hoofs, as they are striped vertically black and white.

Buckskin

Buckskin horses originated largely from horses of Spanish extraction, the same as the Appaloosa. Buckskins are used primarily as cow horses, and are very popular in Texas.

Lipizzan

Lipizzan horses trace back to 1504, when Andalusian stallions were crossed on Spanish-Barb mares. In 1580, 6 stallions and 27 mares were shipped to the village of Lipizza, in what is now Bosnia, from which the breed got its name.

Lipizzan horses are noted for their suitability in dressage. Although foals

are born dark, they turn white at 4 to 6 years of age. About one in 600 remains black or brown throughout life. When this happens, it is considered good luck.

Morocco Spotted Horse

Morocco Spotted Horses originated in the United States, having the same ancestry as the Appaloosa. The secondary color, white, must comprise not less than 10 percent, not including white on the legs or face.

Paint Horse

The American Paint Horse Association is devoted strictly to the stock type horse, representing a combination of breeding, conformation and color. In 1965, this association combined with the American Paint Quarter Horse Association, thus may be registered as both APHA and AQHA.

Coat colors are white plus any other color, but the coloring must be a recognizable paint. No discrimination is made against glass, blue, or light colored eyes. Animals may be disqualified for registration unless they have natural white markings above the knee or hock, except on the face; if they have Appaloosa coloring or breeding; if they are adult horses under 14 hands high; or if they are five-gaited horses.

Palomino

Palomino horses were first introduced from Spain in 1519, having long been bred for color and used exclusively as the distinctive mounts of nobility and military officials. When California was still a Mexican possession, the golden horse was

being bred there for racing. The Palomino Horse Breeders of America was organized in 1941.

Interestingly, when palomino mares are bred to a palomino stallion, the foals are, on the average, 1/2 palomino, 1/4 sorrel, and 1/4 albino. Crossing sorrel offspring with albinos produces only palomino foals.

Pinto Horse