

# OSU Extension

## Root digging with Warm Springs Elementary

On April 18<sup>th</sup>, 2014 Warm Springs Elementary 4<sup>th</sup> graders took a trip to Webster flat to learn about the traditional foods and way of life their people have been living since time memorial. This trip is a part of the Agriculture in the Classroom (AIRC) sessions that teaches the Warm Springs youth about agriculture.

AIRC has been piloting a project that tailors its teaching to the Warm Springs community and their cultural way of life. The program has been successful brining in elders to talk about salmon and other parts of native agriculture.

### THANK YOU! to departments and adults that made it possible

The Warm Springs OSU Extension office would like to thank the Utilities department for the donation of the porta-potties. WSE bus drivers, cafeteria staff for preparing the student lunches, Culture and Heritage Department, Myra, Suzie, Nola, Millie, George, and mosses for blessing the roots.

#### Adults that attended:

Deanie Smith	Taylor Dave	Cassie Katchia
Ashley Aguilar	Fabian Sutterlee Jr	Whitney Jackson
Bronte Caldera	Millie Colwash	Albert Charley
Triston Smith	Nola Queaphama	Charles Kalama
Carol Miller	Suzie Slockish	Rosanna Sanders
Tina Spino	Myra Orange	Kim Griffith
Candace M. Allen	George Aguilar Sr.	Sara Rogers
Tony Holliday	Danni Katchia	



Top Photo: Elders sit children down to discuss taking care of the roots and ceremonial happenings for first time gatherers  
Bottom Photo: Rosanna shows students which roots to dig  
Left photo: 4th grade boys digging luksh

## OSU Extension Saturday Garden Worskshops

**What: Planting Day and Potluck Simnasho**

**When: Saturday, May 3, 2014 10:00am – 2:00pm**

**Description:** Time to repair the tunnel and plant the Simnasho Community Garden! Join OSU Garden Coordinator, Yvonne Babb and members of the community to prepare the garden. This is your time to share in the vision and planting of the garden and how you can nurture it through the summer as a community. Yvonne will demonstrate how to prepare the soil, group your plants and plant them successfully.

#### Bring:

- Vegetable or herb seeds or starts
- Compostable items like food scraps, manure, straw, newspaper or yard clippings
- A potluck dish to share
- Water for a community lunch.
- Extra hoses will be needed.
- Wheelbarrow and or tools to help in the planting

**Where:** Simnasho Community Church and Garden behind it, Simnasho Community



**What: Planting Day and Potluck Warm Springs**

**When: Saturday, May 31, 2014 10:00am – 2:00pm**

**Description:** Time to plant the Warm Springs Community Garden and give back to the land. Join OSU Garden Coordinator, Yvonne Babb, Edmond Francis and members of the community to prepare the garden. Yvonne will demonstrate how to prepare the soil, group your plants and plant them successfully in your plot. After the demonstration everyone will be able to start planting their beds. If you don't have a bed, but want to help and plant the community section it will be a great contribution.

This community garden needs committed volunteers to help plant, weed, maintain and harvest the crops planted. Several areas may be sown with a cover crop to restore the nutrients in the soil which are removed from regular harvesting.

#### Bring:

- Vegetable or herb seeds or starts
- Compostable items like food scraps, manure, straw, newspaper or yard clippings
- Water for a community lunch.
- Learn to group your plants and design your plot with growing and transplanting tips to help them flourish.
- Wheelbarrow and or tools to help in the planting

**Where:** Warm Springs Community Garden

**Food Provided:** so please register with OSU in advance

**Garden Workshop Registration** is required for all class and field sessions, Call Ashley to register at 541-553-3238.

### We're online! find us at:

<http://extensionoregonstate.edu/warmsprings/>



Want to find something to do? Look on our Facebook page...find seasonal opportunities, contests, classes, events and information. Search Facebook: **Warm Springs Extension FCH**

**PLAY THE HERO In Your Family**

There are SO Many Ways to Cook Veggies

Follow these easy steps to cook broccoli and cauliflower:

1. Wash under running water.
2. Cut into same-size pieces.
3. Cook.

Choose one of these methods:

- **Microwave.** Place fresh vegetables in a microwave-safe bowl. Add a small amount of water and cover with a plate or napkin. Microwave 3-5 minutes or until fork tender. Check often. Check frozen veggie package labels for microwave steps.
- **Roast.** Preheat oven to 450°F. Place veggies in a single layer on a baking sheet or pan. Rub with 1 tablespoon of oil and onion, if desired. Turn vegetables once half way through cooking. Cook 10-15 minutes until fork tender and slightly brown in places.
- **Steam.** Bring 1 inch of water to a boil in a pot. Place a metal colander or steaming basket in the pan. Place steams in the basket. Cover and steam for 2 minutes. Add the veggies, cover and keep steaming until fork tender, about 3 to 5 more minutes.

**Kids Can...**

- find a rainbow of vegetables—red, orange, yellow, green and purple
- wash veggies.

**Try Veggies Fresh, Canned or Frozen**

- ✓ **Fresh.** When they're in season and cost less, buy extra and freeze.
- ✓ **Canned or frozen.** Buy them when a recipe calls for a veggie that is not in season. Buy extra when they are on sale to store them for months.

**Monthly Food Hero Checklist**

- Try a new way of cooking veggies.
- Have kids help with broccoli or cauliflower.
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