

Cooking with Iron Chefs

The secret ingredient at the 2018 Iron Chef competition was sweet potatoes: The cooks learned this only as the competition began.

The challenge was to make a nutritional and enjoyable dish using sweet potatoes and other available ingredients, all within the allotted timeframe.

The judges also put a priority on presentation, and especially cleanliness—keeping everything sanitized to restaurant regulation standards.

The Warm Springs team—Caroline Hintsatake, Prosanna Katchia and Ellie Torres Macy—took second place at the regional competition.

The Iron Chef competition is an annual program of Warm Springs OSU Extension. Rosanna Sanders was the coach.

“I like to see how the students change and grow over the two weeks—how they come to value each dish,” Rosanna says.

The mid-February cooking competition happened in the Madras High School cafeteria. Afterward, the students shared their creations with the many family and guests on hand for the Iron Chef competition.

Ellie Torres Macy (far right) keeping utensils clean; while Prosanna Katchia and Caroline Hintsatake decide on the spices.



Dave McMechan/Spilyay

Warm Springs Youth Learning Garden



Teachers

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Tribal Council members gave their support, after the presentation by Ramona Holcomb.

A goal is to give teachers career advancement pathways beyond just the idea of becoming a school principal.

“Teachers can stay in the classroom teaching, while still becoming leaders,” said Ken Parshall, district superintendent. “There are many ways to lead without leaving the classroom.”

COCC unveils artist’s Journey Darkness to Light

Bend Artist Mark Edward Fuller, past recipient of the Seattle Art Museum’s Betty Bowen award, will exhibit a collection of his abstract paintings at Central Oregon Community College’s Pence Pinckney Gallery.

The exhibit will be on display from March 8-31, with an opening reception 4:30-6:30 p.m., Thursday, March 8, to include an artist talk at 5:30 p.m.

Fuller, a self-described recluse, launched his career in the Seattle art scene. His bold paintings feature energetic elements of pop icon posters, comic book art and graffiti.

The artist’s work is included in the collections of Microsoft and the Seattle Art Museum.

He has lectured at Evergreen State College and Pacific Lutheran University.

For more information contact Bill Hoppe at whoppe@cocc.edu Or call 541-383-7514.

In advance of college events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola: 541-383-7775.

For accommodation because of other disability, such as hearing impairment, contact the Office of Disability Services: 541-383-7743.

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John Brunoe
Warm Springs OSU Extension

The Warm Springs Oregon State University Extension Office has been busy developing a new Youth Learning Garden to complement the existing Learning Demonstration Garden.

Both gardens will be utilized as educational platforms to provide more learning opportunities for Warm Springs youth, families and community members.

The Learning Garden is a good place to create meaningful learning activities while naturally promoting Positive Youth Development.

New Learning Garden

The new Youth Learning Garden has progressed and grown over the last few months.

Within the garden fence there is a new 10x12 garden shed for storage and 16 raised garden boxes.

At this point we have hauled approximately 20 cubic yards of soil to the new Learning Garden. Soil is the foundation of any successful garden!

These 20 yards of soil have filled our eight new 4x8 raised garden boxes as well as eight 4x4 boxes.

Future projects include the creation of a center gathering area, building an outdoor classroom, preparing a compost area, along with the addition of an orchard to include apple, cherry and peach trees.

The new Youth Learning Garden will include berry bushes such as blueberry, raspberry canes, strawberry plants. Several varieties of grapes will also be growing in the Learning Garden, as well as a variety of annual and perennial pollinator plants.

Foundational components

The new Learning Garden will be utilizing some key foundational components such as organic garden soil, compost, cedar raised bed garden boxes, and some no till methods.

Soil is a foundational piece of any successful garden for it is the growing, nurturing living environment for plants. We will be using garden soil, compost, natural minerals and organic fertilizers to create a supportive living environment



Courtesy John Brunoe/W.S. OSU Extension



The Learning Garden is a good place to create meaningful learning activities, while naturally promoting positive youth development.

for what will be planted.

The raised garden boxes are made of cedar wood, as cedar is one of the recommended choices for raised garden boxes as they can last a long time in the elements of nature.

There are many benefits of raised bed gardening, especially if space is limited. It’s also the best method if you’re new to gardening, or don’t have a lot of extra time to devote to your garden.

A specific benefit is that the soil is loose unlike a regular garden where the soil can become compacted.

In a raised garden box you can pour a compost mixture in and amend much more easily. Other benefits include: It’s easier on the back, there are less weeds and fewer pests, longer growing seasons.

The raised garden box also works on uneven surfaces, has better soil drainage and higher yields.

In the new Learning Garden using raised garden boxes, in ground methods, and no till growing environments will provide various learning and explorative opportunities for youth participants.

Seeing how these plant varieties do in our unique growing environ-

One potential idea is to provide fresh produce for the CPS center.

ment will be part of the learning experience the youth participants will explore.

With Warm Springs Academy

Another project the Warm Springs OSU Extension office is the new greenhouse at the Warm Springs k-8 Academy.

The plan is to assist the school in creating a garden program to enhance the science curricula and create engaging, meaningful learning activities using the greenhouse and garden as an outdoor learning laboratory.

With the development and cons-

tinual growth of the garden program there may be the potential of providing nutritional sustenance to the Warm Springs Academy kitchen.

Upcoming events

This spring, Warm Springs OSU Extension will start greenhouse/garden classes at the Warm Springs Academy beginning with the Monday morning ‘Rise and Shine’ educational program.

There will also be future opportunities for youth to participate in garden activities with the intent of developing an afterschool and weekend 4-H Garden Sustainability Club.

The club members will assist the school in their garden projects, as well as grow plant starts to take to the Warm Springs OSU Extension Youth Learning Gardens. One potential idea is to provide fresh produce for the CPS center.

It is well documented regarding the importance of nutrition in youth development, academic and occupational success, and most importantly our sense of place on mother earth and our overall well-being and health.

Thank you,
John Brunoe, Warm Springs OSU Extension
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Lincoln’s Powwow raffle item winners

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Beaded key chain - Tony Holliday. CD (Redstone) - Kim Medina. CD (Rattling Thunder) - Loras Joseph. CD (Rattling Thunder) - Cindy Bobb. T-shirt - Ron Clements. Pic-

ture/frame (Elder Man) - Elizabeth Hisatake. Picture/frame (Bird) - Diane Fuller. Picture/frame (Eagle) - Jasmine Caldera.

Pillow set - Joni Wallulatam. 10x10 pop-up - Hester Taylor.