



Betty Kaiser

Blueberries are one of my favorite, easy to prepare fruits that grow in my husband's garden. They come on fairly early in the summer season. They're easy to pick, wash, eat out of hand,

## Betty Kaiser: Cook's Corner

### Sour Cream Blueberry Pie

freeze or cook up in a number of ways.

They're also good for you. A Tufts neuroscientist went so far as to call blueberries "the brain berry." In another article, James Joseph said, "When it comes to brain protection, there's nothing quite like blueberries." Wow!

Others claim that blueberries can improve vision, enhance memory, clear arteries, strengthen blood vessels and promote weight control;

Well, if that's true, I say, bring them on because they taste good too. A serving of just one-half cup of blueberries is only 40-fat free calories and a great source of fiber and vitamin C.

Colorful blueberries really know how to dress up a meal. Raw, we can eat them guilt free. We add a dollop of guilt when they're mixed with a little sugar or whipped cream and turned into pies but sometimes that's the only

way you can get people to eat 'healthy' foods—including me!

They are a great fruit to eat out of hand or freeze for later. I usually spread the fresh berries onto cookie sheets and pop them into the freezer for a few hours. Once frozen, I portion them out into plastic baggies and put them back in the freezer to use as needed all winter long.

Before we planted our

own blueberries, I bought them at Eden Valley Farm from Laura. She gave me a Sweet Blueberry Sauce recipe that I have used for 30 years. In fact, I have two blueberry sauce recipes that we particularly enjoy. One is sweet and the other is savory. See recipes below.

The sweet sauce is great served on pancakes, waffles and even ice cream.

However, I also enjoy the berries plain on my

morning bowl of breakfast cereal or even on a quick green salad.

The savory sauce recipe's origins are a mystery, but it is particularly good on pork chops. So, give these three recipes a try and treat yourself to a to some fresh blueberries. Enjoy!

Betty Kaiser's Cook's Corner says, "Keep it simple and keep it seasonal!"

Contact her at [betty@bettykaiser.com](mailto:betty@bettykaiser.com).

## BMD FOOD FEUD PASSPORT

Top Prize  
\$100 in Gold Coins



3 - 2nd Prizes  
Chocolate Gold Nuggets  
from Sanity Chocolate

"A Passport to Culinary Adventures in The Grove"

July 6 thru July 20

The BMD Food Feud Fundraiser brings together 14 participating Cottage Grove restaurants and food trucks to serve up a "BMD SPECIAL" dish for you to try, win prizes and vote on your top three favorite dishes.

#### IT'S EASY TO PLAY, WIN

1. Pick up a Passport to Culinary Adventures at participating restaurants and other locations around town.
2. Purchase one or all of the BMD Specials at participating eateries. (Participating eateries will substitute a dietary option when available)
3. Collect a unique BMD stamp at each location and affix it to your passport.

#### PARTICIPATING EATERIES

Axe & Fiddle, Bad Cat Wings & Things, Big Stuff BBQ, Brewstation, Buster's, Dark Side of the Q, El Quetzal, El Rincon Del Taco, Jack Sprats, Koffee Kup, Lucky Taco, Sanity Chocolate, Stacy's Covered Bridge, & Toreros

#### PASSPORT RETURN LOCATIONS

Participating Eateries  
The Sentinel Office  
(next to Safeway)  
Info Booth in Opal's Park (July 17-18)

#### PRIZES

Passports with 5 or more stickers turned in by July 20<sup>th</sup> will be entered into one of three drawings for a delicious handcrafted chocolate "Golden Nugget" created especially for Bohemia Mining Days by Sanity Chocolate.

Passports with 10 or more stickers turned in by July 20<sup>th</sup> will be entered into a drawing for a \$50 bag of gold dollar coins generously provided by Remco Gutter Service

Visit [www.BohemiaMiningDays.org](http://www.BohemiaMiningDays.org) for details on all BMD 2021 events

## SOUR CREAM BLUEBERRY PIE

1 cup sour cream  
2 tablespoons all-purpose flour  
3/4 cup sugar  
1 teaspoon vanilla  
1/4 teaspoon salt  
1 egg, beaten  
2 1/2 cups fresh or frozen blueberries

1 unbaked 9-inch pie shell

#### PIE FILLING:

In a mixing bowl, beat together sour cream, 2 tablespoons flour, sugar, vanilla, salt, and egg until smooth (about 4 to 5 minutes). Gently fold in blueberries. Pour into the piecrust and bake at 400° for 25 minutes.

#### PECAN TOPPING:

3 tablespoons all-purpose flour  
3 tablespoons soft butter or margarine

3 tablespoons chopped pecans  
Combine the 3 tablespoons of flour, margarine, and pecans, mixing well. Sprinkle pecan mixture over the top of the pie; return to oven and bake 10 minutes longer. Let cool. Chill before serving. Serves 8.

P.S/ Double the topping recipe if you like more crunch!

#### SWEET BLUEBERRY SAUCE

2 cups fresh blueberries  
1 cup sugar  
4 tablespoons flour, mixed with 1/4 cup water

Dash of salt  
1-1/4 cups water  
1 tablespoon lemon juice  
1 tablespoon lemon zest  
Dash cinnamon

Combine all ingredients except lemon juice and let stand five minutes. Cook and stir over medium heat until mixture comes to a boil. Stir in lemon juice, zest and cinnamon. Remove from heat and cool 20 minutes. Stir. Serve warm on ice cream, pudding, cake or pancakes. Cover and store leftovers in refrigerator.

#### Savory Blueberry Sauce

2 tablespoons butter or margarine, melted  
2 tablespoons chopped shallots or onions  
2 tablespoons flour

1/2 teaspoon dried thyme, crushed  
1/4 teaspoon dried rosemary, crushed

1/2 cup each dry red wine and water  
1 1/2 cups blueberries

Sauté shallots in butter. Add flour and herbs; cook and stir until mixture bubbles and thickens. Gradually add wine and water; stir in blueberries. Cook and stir until mixture thickens and boils; simmer 2 minutes. Makes 2 1/2 cups.

Note: Red wine vinegar with water may be substituted for wine.

# DISASTER PREPAREDNESS

Are you ready?

## Learn the facts about devastating wildfires

Deadly wildfires ravaged thousands upon thousands of acres of land across California in the summer of 2018. Officials at the California Department of Forestry and Fire Protection said these combined fires comprised the largest wildlands fire in state history. Frightening images of blazes consuming landscapes dominated newscasts as thousands of people were forced to evacuate.

Wildfires torch everything in their paths, devastating communities, businesses and natural resources. Outbreaks seem to come out of nowhere, and meteorologists are not yet able to forecast when wildfires may occur.

It is important to note that wildfires are often started by humans. The National Park Service says as many as 90 percent of wildland fires in the United States are caused by negligence — whether it's discarded cigarette butts or campfires left unattended. Some are intentional acts of arson. Nature also may be responsible, with lightning strikes causing torching of parched plants and trees. When combined with the perfect conditions, which can include dry weather, drought and strong winds, a mere spark can develop into a months-long blaze.

The NPS has wildland fire managers who constantly assess the threat of human-caused fires and the threat of wildland fires to humans. Assessments are made as to whether the wildfire should be left to run its course (in rural areas) or it should be contained and extinguished in a human-dominated landscape. National Geographic states that, historically, wildfires are actually supposed to be beneficial to certain natural landscapes, clearing underbrush in forests and triggering the release of seeds in some plant species, such as the Jack pine. However, when they encroach on people, their danger intensifies. According to Cal Fire, Santa Ana Winds and Diablo Winds are stronger-than-normal wind conditions that occur in Southern and Northern California, respectively. These winds can push a fire the length of a football field in a minute. Embers also pushed in front of fires become small spot fires. Powerful winds can disrupt efforts to extinguish fires, dissipating fire retardants dropped by aircraft.

Wildfires can wreak havoc on the environment and impact personal health. Worldwide, wildfire smoke kills 339,000 people per year according to estimates from Environmental Health Perspectives. Inhaling smoke can exacerbate asthma, and carbon monoxide can damage the respiratory system.

Considering how difficult it can be to contain fires, prevention remains key. Remember Smokey Bear's tips, which remain relevant for kids and adults today:

- Never play with matches or lighters in the forest.
- Always watch your campfire.
- Always be careful with fire.
- Make sure a campfire is completely extinguished before leaving it.
- Observe posted fire-risk warnings.

Wildfires remain a constant threat wherever the conditions are right for fires to ignite. People need to be diligent in their prevention of these potentially far-reaching hazards.



Wildfires can wipe out communities and travel miles in mere minutes under the right conditions.

# PUT TOGETHER A PLAN

Make sure all the pieces are in place to render you and your family prepared in the event of a natural disaster.

- Listen to radio or television newscasts for the latest weather information, and follow all evacuation directions and suggestions.
- Keep a stock of non-perishable food items as well as bottled water on hand inside your home.
- Keep a 72 Hour Kit on hand inside your home that is easy to get to in the event of a disaster.

For more information and tips on disaster response and preparedness, contact your local emergency services center.  
South Lane Fire & Rescue • 233 Harrison Ave, Cottage Grove 541-942-4493 • 55 South 1st Street, Creswell 541-895-2506



Twitter: @southlanefire  
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