

Stars, stripes, and bites: Modern and colonial American recipes for Independence Day



Contributed Image

Celebrate Independence Day with a nod to America’s colonial past, reimagined for a modern 4th of July feast. These recipes draw from early American culinary traditions, blending rustic ingredients and techniques with festive twists that honor the nation’s heritage. Perfect for a community gathering under wide skies, these dishes bring history to the table with bold, crowd-pleasing flavors that capture the spirit of independence.

Beef Short Ribs with Blueberry BBQ Sauce
Origin: Short ribs with a fruit-based sauce modernize classic American barbecue for a festive twist.

- Ingredients:**
- 4 lbs beef short ribs
 - 1 tbsp salt
 - 1 tsp black pepper
 - 1 tsp smoked paprika
 - 1 cup fresh blueberries
 - 1/2 cup ketchup,
 - 1/4 cup brown sugar
 - 2 tbsp apple cider vinegar
 - 1 tsp Worcestershire sauce

Instructions:

Rub ribs with salt, pepper, and paprika. Slow-cook in an oven at 275°F for 3-4 hours or until tender. In a saucepan, simmer blueberries, ketchup, brown sugar, vinegar, and Worcestershire sauce for 15 minutes until thickened; blend smooth. Brush ribs with sauce and broil 3-5 minutes for a glaze. Why It Fits: The blueberry sauce adds a patriotic blue hue and modern flair to this indulgent 4th of July dish.

Grilled Rabbit with Mustard Sauce
Origin: Rabbit was widely hunted and grilled in early America, often paired with tangy sauces for festive occasions like Independence Day.

- Ingredients:**
- 2 whole rabbits (cleaned, cut into pieces)
 - 2 tbsp lard or butter, 1 tsp salt
 - 1/2 tsp black pepper
 - 1/4 cup mustard
 - 2 tbsp honey
 - 1 tbsp apple cider vinegar
 - 1/4 cup water

Instructions:

Rub rabbit pieces with lard, salt, and pepper. Pre-heat a grill or oven to 350°F. Grill rabbit over medium heat or roast for 30-40 minutes, turning occasionally, until internal temperature reaches 160°F. In a saucepan, combine mustard, honey, vinegar, and water; simmer 5 minutes until thickened. Serve rabbit with warm mustard sauce. Why It Fits: Grilled rabbit reflects frontier resourcefulness, and the mustard sauce adds a zesty, period-appropriate touch for a 4th of July barbecue.

Corn on the Cob with Firecracker Butter
Origin: A twist on classic American corn, a summer staple since Native American times, jazzed up for fun.

Ingredients:

- 6 ears of corn (husked)
- 1/2 cup butter (softened)
- 1 tsp chili powder

- 1/2 tsp smoked paprika
 - 1 tbsp chopped fresh cilantro
 - 1 tsp lime zest
 - salt to taste.
- Instructions:** Boil or grill corn for 5-7 minutes until tender. Mix butter, chili powder, paprika, cilantro, lime zest, and salt to make firecracker butter. Slather hot corn with the butter mixture. Serve immediately with extra butter on the side. Why It Fits: Corn is quintessentially American, and the spicy, zesty butter adds a “firecracker” pop that screams 4th of July fun.

Liberty Baked Beans
Origin: A classic from colonial New England, baked beans were a hearty side at early American celebrations.

Ingredients:

- 1 lb navy beans (soaked overnight)
- 1/2 cup molasses
- 1/4 cup brown sugar
- 1/4 lb bacon (chopped)
- 1 onion (diced)
- 2 tbsp mustard
- 1/4 cup ketchup
- 1 tsp salt
- 1/2 tsp black pepper
- 2 cups water

Instructions:

Preheat oven to 300°F. In a large oven-safe pot, cook bacon until crisp, then add onion and cook until soft. Stir in molasses, brown sugar, mustard, ketchup, salt, and pepper. Add drained beans and water, stir, and cover. Bake for 4-5 hours, checking occasionally and adding water if needed, until beans are tender and sauce is thick. Serve warm. Why It Fits: Sweet, smoky, and rich, these beans are a crowd-pleaser that ties to America’s culinary roots, perfect for a patriotic feast.

Pickled Watermelon Rind
Origin: Popular in the 18th and 19th centuries, pickling watermelon rind was a thrifty way to use the whole fruit, often served as a tangy side at summer celebrations.

- Ingredients:**
- Rind from 1 small watermelon (peeled, green skin removed)
 - cut into 1-inch pieces)
 - 1 cup white vinegar
 - 1 cup water
 - 1 cup sugar
 - 1 cinnamon stick
 - 1 tsp whole cloves
 - 1 tsp allspice berries

Instructions:

In a saucepan, combine vinegar, water, sugar, cinnamon, cloves, and allspice. Bring to a boil, stirring until sugar dissolves. Add watermelon rind and simmer 15-20 minutes until tender and translucent. Remove from heat, cool slightly, and transfer rind and liquid to a clean jar. Chill for at least 24 hours before serving. Why It Fits: This colonial-era preserve adds a sweet-tangy crunch to your 4th of July spread, reflecting early American ingenuity and resourcefulness.

Heppner boys one step closer to National Junior Olympics



Joseph Albitre in the long jump at the Inland Junior Olympics Championships, where he placed eighth. -Contributed photo

Christopher Humphreys and of Heppner continue to move forward on their quest to make the National Junior Olympics in Georgia.

This past Saturday, June 28, both competed at the Inland Junior Olympics Championships in Spokane, WA, competing against some of the region’s top athletes.

Christopher took third place in the javelin throw, while Joseph took third in high jump and eighth place in the long jump.

Both qualified to move forward to the Region 13 qualifying meet this Saturday, July 5, where they will compete against the top athletes in the 17- to 18-year-old division. Region 13 includes the states of Oregon, Washington, Idaho and Alaska.

Only the top eight athletes in each event will qualify for the National Junior Olympics, which are held in Savannah, GA July 21-27.



Chris Humphreys placed third in the javelin at the Inland Junior Olympics Championships in Spokane last weekend. -Contributed photo

urday, July 5, where they will compete against the top athletes in the 17- to 18-year-old division. Region 13 includes the states of Oregon, Washington, Idaho and Alaska.

Only the top eight athletes in each event will qualify for the National Junior Olympics, which are held in Savannah, GA July 21-27.

SUBMIT NEWS, ADVERTISING & ANNOUNCEMENTS
LETTERS TO THE EDITOR SEND US PHOTOS
START A NEW SUBSCRIPTION

MUSIC IN THE PARK
HOSTED BY HOPEFUL SAINTS
Featuring Brass Fire Band
at 5:00 pm on Sunday,
July 13 at Heppner City Park
Face Painting and activities at 3:00 pm
This is a free event thanks to the Morrow
County Unified Recreation District
MCLURD
Morrow County Unified Recreation District

WWW.HEPPNER.NET
SUBMIT NEWS, ADVERTISING
& ANNOUNCEMENTS
LETTERS TO THE EDITOR
SEND US PHOTOS
START A NEW SUBSCRIPTION

PUBLIC NOTICE

Town of Lexington Burn Ban

The Fire Chief of the Town of Lexington is imposing a closed season for the Town of Lexington for open burning effective Monday, June 16, 2025, until further notice. The ban includes all burning barrels and open burning.

Home of the Lexington Jack Rabbits!

FOR SALE!
OR BEST OFFER

CALL OR TEXT
541-561-8749

DARK BROWN RECLINER \$50.00

WEST CROSS CYCLE STATIONARY BIKE \$30.00

6 DRAWER - 21" D X 32"W X 59"H \$450.00 SOLID AND WELL MADE

TEAC- CD AM & FM, PHONE RECORD STEREO \$100.00

VIZIO 55"TV \$50.00

\$10,000 FOR BOTH OBO

ALL NEWS AND
ADVERTISEMENT
DEADLINE:

MONDAYS AT 5:00 P.M.

Chip Seal Project Notification

The City of Heppner will be Chip Sealing the following streets the week(s) of June 30, 2025 & July 7, 2025.

- Riverside Avenue
- Barratt Boulevard
- SE Court Street
- SE Chase Street
- Bruce Kelly Way
- Water Street
- Quaid Street
- Elder Street
- Center Street

On-street parking on affected streets will be unavailable during construction.

Notifications have been sent to affected properties.

Please contact City Hall with questions.
Thank you