

## Feature Topic of the Month: Spring Foods

Give thanks for the Spring season! With Springtime comes the new growth of plants for our traditional foods and our Spring garden produce. The Potawat Community Food Garden is gearing up for the year with only specialty markets scheduled, that will be announced, as garden produce becomes ready for market. On June 3rd, 2016 from 12pm-2pm our first official farmers market will begin. We will have available at the Potawat Garden Farmers Market: strawberries, brussels sprouts, sugar snap peas, beets, lettuce heads, swiss chard, kale, spinach, broccoli, onions, garlic, onions, carrots squash, big beef, heirloom and cherry tomatoes, cucumbers and much more!



After a cold, dark and wet winter, Springtime is a great time of the year to restock the food supply and go out and harvest traditional foods by hunting, catching, and gathering. Some common traditional foods that are eaten locally during the spring season are: eels, spring salmon, sturgeon, abalone, stealhead, rainbow trout, wild onions, crab, teas, seaweed, redwood sorrell, miners lettuce, salmonberries, salmonberry shoots, and thimbleberries.



**You may qualify for CalFresh if you can answer “yes” to all these questions:**

- 1. Are you or at least one of your children a U.S. citizen or legal permanent resident?**
- 2. Is your household’s gross monthly income within the limits in the gross income chart at bottom of page.**

### Special Rules

- **Individuals receiving SSI/SSP are not eligible for CalFresh in California.**
- **If a household member is age 60 or older or permanently disabled, the income limit will be higher.**

**Want to sign up for CalFresh?**

**Contact our Community Nutrition Assistants**

**Liz Lewis: 707-825-4064**

**or**

**Lena McCovey: 707-845-2505**

Each Additional Member add + \$694

House Hold Size	1	2	3	4	5	6	7	8
Max. Gross Income	\$1,962	\$2,656	\$3,350	\$4,042	\$4,736	\$5,430	\$6,122	\$6,816

# Harvest of the Season: Eels

## Food is Good Medicine

Eels, technically known as Pacific Lamprey, are a highly valued traditional food source for local American Indians of the North coast region. Eeling takes place from late December all the way into May. Eels are a delicacy to local tribes and are a great source of protein with a good dose of healthy omega 3 fatty acids and vital vitamins and minerals. There are a few different way to catch eels. Today eels are mainly caught with a curved eel hook that is shaped with a metal antenna and the handle is made of a hardwood (oak, maple, pepperwood, etc.) or eels can be caught with an eel basket that can be made of sticks(hazel or willow) or metal. The current eel population has been decimated by poor river conditions from the dams, mining, logging and conventional agriculture which has resulted in the destruction of spawning beds, low water quality, and reduced water flows that have caused low eel runs. Once a person obtains some eels there are few different ways to prepare and cook. Once the eel is cleaned, you can either cook them whole or flatten them out. Different ways to cook eels include baked fresh, cooked whole over hot coals, barbequed, smoked, half-smoked and baked, and preserved in canned glass jars. For some, eels were traditionally one of the first solids food that were fed to babies because of the softness and safety (no bones) of eating. Tribal elders appreciate having eels and are thankful when local eelers share their bounty with them. This is good medicine for the soul!

## Garden Talk



Potawot Community Food Garden **1st Farmers Market.** June 3rd, 2016 from 12-2pm in the front entrance of Potawot Health Village. Farmers Market will be every Tuesday and Friday from June through October.

**Kay-Woi Membership:** This is your opportunity to sign up to eat local and receive discounted produce until the last produce stand of 2016. You can sign up and establish your line of credit anytime; applications are available at the UIHS Nutrition Department with Jude Marshall or Marian Seidner at the Administration Department.

Here's how it works...

If you pay \$25-\$49, you get a 10% value added to the amount that you paid

Example: \$25 = \$27.50 in produce from the garden

If you pay \$50 or more, you get a 15% value added to the amount that you paid

Example: \$50 = \$57.50 in produce from the garden

Please see Marian to pay for Kai-Woi Membership Forms and make all checks payable to UIHS Garden.

Help support your Potawot Community Food Garden and get local, nutritious, organically grown produce at the same time!

## Pey-wo-mek Recipe



### Smoked Eel Chowder (serves 2)

2 bacon strips, diced

1 small onion, finely chopped

1 tsp dried dill or 1 Tbl chopped fresh dill

1 bay leaf

Black pepper to taste

1/8 tsp cayenne pepper

2 stalks celery, diced

1 1/2 to 2 cups finely chopped peeled turnips or small cauliflower florets

1 1/2 cups chicken broth

16 oz. of smoked eel, chopped small (substitute options fresh canned salmon, oysters, clams, abalone)

1 14 oz. can full fat coconut milk

### Preparation:

1. Cook the bacon in a large saucepan until the fat is released, about 10 minutes.
  2. Add onion, dill, bay leaf, pepper and cayenne and cook until the bacon is barely crispy, about 10 more minutes.
  3. Add the celery, turnips or cauliflower and chicken broth and simmer until the vegetables are almost tender, about 5-7 minutes.
  4. Add the eel pieces and the juices and simmer a few more minutes to heat through.
- Stir in the coconut milk. Bring to a slow boil, then simmer for a few minutes, Remove the bay leaf.