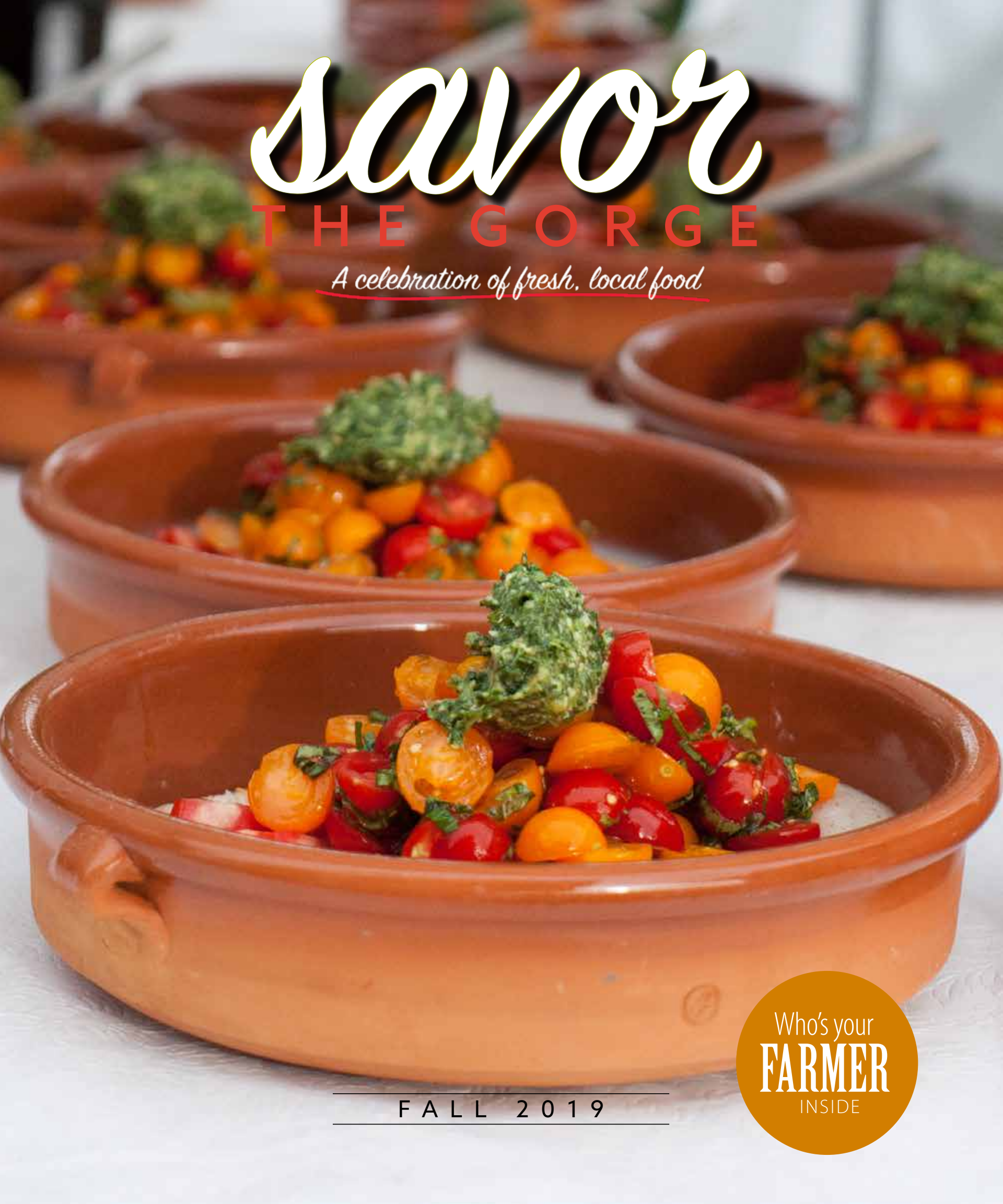




savor

THE GORGE

A celebration of fresh, local food

FALL 2019

Who's your
FARMER
INSIDE

WHAT WE DO

VEGGIE PRESCRIPTION PROGRAM



SNAP MATCH PROGRAM



We match \$5 when you shop at Farmers Markets



MOBILE FARMERS MARKETS



"POP" POWER OF PRODUCE YOUTH PROGRAM

Tokens given at Farmers Markets



FARMERS MARKETS



FOOD BUSINESS SUPPORT



FOOD SECURITY COALITION

COLUMBIA GORGE CLEANING PROJECT



SCHOOL GARDENS



FARMLAND PRESERVATION

EDUCATION



Building a resilient and inclusive food system that improves
the health and well-being of our community.

Join us! **SUPPORT OUR WORK**

WWW.GORGEGROWN.COM • 541-490-6420

FALL 2019

EDITOR

Janet Cook
jcook@thegorgemagazine.com

PUBLISHER

Chelsea Marr
cmarr@hoodrivernews.com

ADVERTISING DIRECTOR

Jody Thompson
jthompson@hoodrivernews.com

ADVERTISING REPRESENTATIVES

Suzette Gehring, Tom Peterson,
Niki Piacente, Tamara Emler Ball

DESIGN

Lisa Becharas
Eagle Media Lab

CONTRIBUTING WRITERS AND PHOTOGRAPHERS

Kacie McMackin, Kathy Watson,
David Hanson

CONTACT US

Hood River News
419 State Street
PO Box 390
Hood River, Oregon 97031

541-386-1234
www.hoodrivernews.com

Savor the Gorge is published twice a year in June and September by Hood River News. No part of this publication may be used without written permission by the publisher. ©2018. Every effort is made to avoid errors, misspellings, and omissions. If, however, an error comes to your attention, please accept our sincere apologies and notify us.

Thank you to Gorge Grown Food Network for contributing to and supporting this publication.

LOCATIONS

Pick up your FREE *Savor The Gorge* publication
**Hood River News, 419 State Street
Hood River, Oregon 97031**

**The Dalles Chronicle, 315 Federal Street
The Dalles, Oregon 97058**

ON THE COVER

Photo by Kaci McMackin,
Gorge Grown Harvest Dinner



HOOD RIVER
COFFEE ROASTERS

Enjoy our coffee at many
fine restaurants, bakeries and
espresso bars.

- Available at grocery stores throughout the Columbia River area and Government Camp.
- Order online at www.hoodrivercoffee.roasters.com
- Office Coffee services to area business. (Coffee equipment available)

1310 Tucker Rd. Hood River, OR 97031
541-386-3908

IT'S TIME TO GET CANNING



For All Your Canning and Harvest Supplies

HOOD RIVER SUPPLY ASSN

Hood River ~ 1995 12th St ~ 541-386-2757

Odell ~ 3831 Eagle Loop ~ 541-354-3000

ACE
The helpful place.



Tri-County

Hazardous Waste & Recycling Program



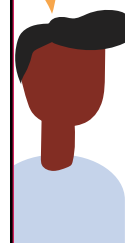
HOW DO I
GET RID
OF OLD
MEDICINES?

HOW CAN I
REDUCE WASTE
AT HOME?

ARE MY
CLEANING
CHEMICALS
SAFE?

WHAT CAN
I RECYCLE?

WHERE
CAN I GET A
COMPOST
BIN?



QUESTIONS? ASK!
tricountyrecycle.com

YOUR "TRASH TALK" HEADQUARTERS 541.506.2636



who's your *farmer*

From the mountain to the river, *these are your local farmers, growers, and producers — working hard to provide fresh produce year-round.*

A&J ORCHARDS. LLC

Hood River, OR
karenasai@hotmail.com
541-386-1974
Apples, pears, cherries. Family owned and operated for 100 years! Pick up fruit at the orchard or delivery available.

COLUMBIA BLOSSOM ORGANIC ORCHARDS

Mosier, OR
www.ColumbiaBlossom.com
jim@columbiablossom.com
541-478-2084
Fruit, Wine. Family-owned operation producing peaches, cherries, nectarines, plums, apricots, table grapes and wine grapes. Certified organic by Oregon Tilth for over 20 years. No u-pick. Commercial, Consumers. Call to add name to list for seconds.

COLUMBIA GORGE GLUTEN FREE

Bingen, OR
www.columbiagorgeglutenfree.com
teresa@gorgeglutenfree.com
541-387-0343
Gluten Free Baked Goods. Woman owned bakery using locally sourced products to create delectable delights that you won't even know it's missing the wheat! Restaurants, Consumers, Farmers' Markets, Online

DICKEY FARMS

Bingen, WA
store@dickeyfarmsinc.com
509-493-2636 ext 1
Vegetables, Berries, Fruit, Eggs, Bakery. The farm supplies store in Bingen on Hwy 14. Dickey's Corn, tomatoes, cucumbers, eggplant, peppers, squash, peaches, apricots, cherries. Local dairy, poultry, pork and beef. Commercial, Restaurants, Consumers.

EMERSON DELL FARM

The Dalles, OR
emersondellfarm.com
emersondellfarm@gmail.com
541-296-4747
Emerson Dell Farm raises crops and cattle using no-till practices and a focus on healthy soils, animals, and food. We are a fifth generation family farm founded in 1883. 100% grass finished natural beef available in quarters, halves and wholes and Soft white wheat and DNS wheat berries. Check out our website for more information.

FLOURISH FARM FLOWERS

Hood River, OR
FlourishFarmFlowers.com
nicole@flourishfarmflowers.com
715-781-9818
Farm flowers grown using organic methods for your wedding, event, business, and home. Wholesale flowers. Flower CSA. A diverse array of perennials and annuals. Consumers, Farmers' Markets, CSAs, Wedding and Event Arrangements

GREEN PASTURES FARM

Trout Lake, WA
greenpastures@gorge.net
509-395-2233
Multicolor eggs from chickens living the good life, grass and vegetarian feed, lots of indoor barn space for the winter, no medications except vaccinations. Retail, restaurants, on-farm sales, CSA's. Supplying local eggs since 1993.

KIYOKAWA FAMILY ORCHARDS

Parkdale, OR
www.mthoodfruit.com
info@mthoodfruit.com
541-352-7115
Vegetables, Berries, Fruit, Beverages, Jams, jellies, and apple cider. Family-owned and operated farm since 1911. Local and sustainably grown produce, some certified organic, and utilize a farm management system that incorporates best practices. Commercial, Institutional, Restaurants, Farmers' Markets, Farmstands

KLICKITAT BISON COMPANY

Centerville, WA
www.klickitatbison.com
maryjean@centurylink.net
509-773-4450
Bison. Grassfed bison raised without antibiotics or hormones on chemical-free high prairie pastures. Field-slaughtered and processed locally. Available by whole or half. Ground and steaks available by the pound. Lean and flavorful, bison is the original red meat. Consumers.

ROSEDALE FRUIT FARM

Mosier, OR
www.rosedalefruitfarm.com
rosedalefruitfarm@gmail.com
541-478-3368
Cherries. small d/family farm growing eleven varieties of sweet cherries for UPick. Open seven days a week during cherry harvest — approximately mid June through July. Call or check our website for updates.





editor's NOTE

The year that Peggy Thompson and Mark Hudon launched Hood River Coffee Co., 1990, was the year I spent my first summer in Hood River. I actually lived in a rented house just down the street from their house, where they ran the business for the first 12 years. I didn't get to know Thompson until a few years later, but I love the story about her business because it's a quintessentially Hood River tale. The business grew quickly, but conscientiously, as Thompson and her then husband wanted

to have enough free time to enjoy the things they had moved to the Gorge for in the first place. Their goals were always to make a quality product, and to connect with the community — to form not only business relationships but friendships with their business partners and customers. Those objectives have never wavered, and the business will celebrate its 30th anniversary next year. Thompson is now the sole owner of the company — now known as Hood River Coffee Roasters — and runs a brisk business from her headquarters on Tucker Road. (See Q&A with Thompson, page 14.)

Growing and making quality products and connecting with community is a theme in this issue. Writer and foodie

Kacie McMackin takes us to the annual Gorge Grown Harvest Dinner at Mt. View Orchards, where chef Ben Stenn of Celilo Restaurant cooks several tantalizing courses with the bounty of locally grown food, complemented by local cider and wine (page 8). The dinner is the only fundraiser for Gorge Grown Food Network, and has become a popular fall tradition.

Sarah Sullivan, Gorge Grown's executive director, gives us an overview of Mercado del Valle, the farmers market in Odell that has grown into a beloved community hub and gathering place for the Latinx community since its launch five years ago (page 11). Outreach efforts at the market include offering several forms of currency to help customers access produce they might not be able to afford, and a pop-up library that provides bilingual reading material as well as a summer reading program for kids.

As usual, there are also recipes and tips for cooking at home in this issue. Chef Kathy Watson offers us some delicious sauce recipes (page 7), and Kacie McMackin's Cooking with Kids column (page 13) features a bento bowl, a perfect dinner for busy fall schedules.

Here's to savoring the beauty and bounty of autumn in the Gorge.

—Janet Cook

CONTENTS

- 4 WHO'S YOUR FARMER
- 5 EDITOR'S NOTE
- 6 FRESH BITES
- 7 RECIPES: SAUCY SOLUTIONS
- 8 HARVEST DINNER
- 11 COOKING WITH KIDS
- 12 MERCADO DEL VALLE
- 14 Q&A: PEGGY THOMPSON



FARMERS MARKETS OF THE COLUMBIA RIVER GORGE

CASCADE LOCKS
Thru October 26
Sundays 10 a.m. - 2 p.m.
Downtown Cascade Locks

GOLDENDALE
Thru September
Saturdays 9 a.m. - 2 p.m.
Ekone Park

HOOD RIVER
Thru November 23
Saturdays 9 a.m. - 1 p.m.
5th and Columbia,
downtown Hood River

KLICKITAT
Thru September
Second Saturdays 9:30 - noon
Depot Park

MOSIER
Thru October 13
Sundays 10 a.m. - 2 p.m.
First Street, downtown Mosier

THE DALLES
Thru October 12
Saturdays 9 a.m. - 1 p.m.
City Park, Union and
E. 5th Street

SHERMAN COUNTY
Thru October
First Saturday, 10 a.m. - 4 p.m.
Main Street in Moro

STEVENSON
Thru October 12
Saturdays 10 a.m. - 1 p.m.
199 2nd Street,
downtown Stevenson

MT. HOOD TOWN HALL
Thru September
Second Wednesday
4 p.m. - 7 p.m.
6575 Highway 35, Mt. Hood

More information at
gorgegrown.org

Fresh BITES



Harvest Fest

The Columbia Gorge's largest harvest celebration takes place Oct. 11-13 with the 37th annual Hood River Valley Harvest Fest. More than 120 farmers, artisan food producers, wineries, cideries and artists will gather at the Hood River waterfront to celebrate the region's bounty. The old-fashioned fall festival includes a giant pumpkin carving exhibition, local music and a fruit pie-eating contest open to festival goers ages 15 and up on Saturday and Sunday at 2 p.m. A kids activity area includes a rock wall, bouncy houses, face painting and other activities. For more information, go to hoodriver.org.

Fill Your Pantry

Stock your pantry and freezer for the winter at the 5th annual Fill Your Pantry event, Nov. 2 at the Rockford Grange (4250 Barrett Drive, Hood River). Locally grown and produced staples available for purchase in bulk include potatoes, onions, root crops, winter squash, beans, grains, fruit, honey, cheese, dried herbs, jams, jellies and more. The event includes food storage and preservation demonstrations, educational materials, kids activities and live music. For more information, go to rockfordgrange.net.

Produce by Season in the Gorge

FALL 2019

APPLES

ASIAN PEARS

BASIL

BEANS

BEAN SPROUTS

BEETS

BOK CHOY

BROCCOLI

BRUSSELS SPROUTS

BURDOCK CABBAGE

CARROTS

CAULIFLOWER

CELERIAC

CHARD

CIDER

COLLARDS

CORN

CUCUMBERS

CURRENTS

EGGPLANT

FIGS

GARLIC

GOURDS

GRAPES

HAZELNUTS

HERBS

KOHLRABI

MELONS

MUSHROOMS

MUSTARDS

ONIONS

PEARS

PEPPERS

POTATOES

PUMPKINS

QUINCE

RADISHES

RUTABAGAS

SPINACH

SHALLOTS

TOMATOES

TURNIPS

WALNUTS

WINTER SQUASH



A Saucy Solution to the Weeknight *Blahs*

BY KATHY WATSON

If I had my chef life to live over, I might be a saucier. It's the most exciting position in the brigade kitchen, the person who adds the lively spark to any dish: the sauce.

I taught a class on sauces recently at Columbia Gorge Community College after a home cook told me, "I serve my daughter a piece of chicken and she says, 'You got any sauce for that?'" She had no answer, and no sauce.

Unlike diner "brown gravy" from a can, a good sauce isn't there to smother or cover up flavors. A sauce can enliven any dish, and entice our taste buds to dig in. It can bring out the best and complement what it's served with. It can add a spark of acid. It can add color and visual excitement.

Thank heavens, saucing is light years beyond the five French "Mother Sauces" taught to us all several decades ago. Most of those sauces involve a roux of flour and butter or oil, rich meat stocks or dairy. While I love all those things, on a weeknight at home, we want to eat lighter, and we want that sad piece of chicken or sole to disappear off our family's plates.

So here are two quick, easy-as-can-be sauces. You may already have these ingredients in your fridge, or can easily find them at the farmers market or grocery store.

Blistered Cherry Tomato Sauce

2 Tbsp olive oil

1 pint cherry tomatoes (mixed colors is really pretty, but all red is fine). If you rinse them, dry them.

½ tsp kosher salt

½ tsp black pepper

1 small shallot, sliced thin

1 clove fresh garlic, sliced thin, and then into slivers
2 Tbsp fresh minced herbs ... oregano, dill, parsley, thyme, summer savory, marjoram, lovage, or a combination of perhaps two of these. I used dill and parsley recently to rave reviews.

1 Tbsp white wine vinegar

3 Tbsp white wine, red wine or sherry

1 Tbsp butter, cold

Heat a medium cast iron skillet or uncoated stainless steel skillet to hot. Add the oil, and when it is shimmery-hot, toss in the whole cherry tomatoes, and let them cook on all sides until slightly charred in places, about three minutes, tossing the pan regularly, but don't let them burst or fall apart. Add the shallots, salt and pepper, cook another minute, then the garlic, vinegar and white wine, cook another 30 seconds, scrapping up any browned bits. With the pan still on high heat, with the flat side of a fork, or a narrow spatula, slightly smash each of the tomatoes so that they release a bit of juice. Immediately add the tablespoon of cold butter, and stir. You will see the sauce thicken, or tighten up. Remove from heat and toss in the fresh herbs.

Spoon immediately over grilled or roasted chicken, fish, pork or ravioli.

Variation, for a pasta sauce:

As soon as you remove from the heat, add 1-2 diced avocados and drizzle with another 2 Tbsp olive oil. Add freshly cooked buccatini and some pasta water, then cover with a flavorful grated cheese such as pecarino romano.

Citrus Miso Sauce for Fish

1/2 cup fresh squeezed orange juice

Juice of ½ lime

3 Tbsp white miso paste

2 Tbsp sugar or honey

Additions if you wish: 2 tsp minced candied ginger;

1 tsp sesame tahini; 1tsp shirachi

½ cup peanut oil, coconut oil, or neutral oil

Blend all ingredients, except the oil, in a blender or with a stick blender. With the blender running or holding the stick blender with it on, drizzle in the oil until smooth. Place in a small sauté pan or small saucepan, and set on low heat just enough to warm slightly. Serve immediately on pan roasted, oven roasted or grilled fish, any variety. Garnish with black sesame seeds or cilantro leaves.

Kathy Watson is a semi-retired chef who still keeps a knife in her hand most days. She teaches cooking classes at CGCC Community Ed, and writes regularly at her blog, hungerchronicles.com.



Ground is a bakery, coffee shop, restaurant and roaster all in one. We bake all of our pastries fresh every morning, roast our coffee in-house, and we make all of our soups, dressings, and spreads from scratch. We try to buy most of our ingredients from local farmers and businesses. We believe in helping improve the local economy and keeping the money and jobs in the community.

Open everyday 6am to 6pm
12 Oak Street, Hood River . 541-386-4442
groundhoodriver.com



hood river's only
RIVERFRONT DINING

RIVERSIDE

riversidehoodriver.com

locally owned
locally sourced
local's favorite
the happiest hours
in town at
cebu lounge

at the best western plus hood river inn • 541-386-4410

GORGE GROWN

Harvest DINNER



The annual event is a celebration of local food and community

STORY & PHOTOS BY KACIE MCMACKIN

It still felt like summer on Friday, September 13, but just barely, as I drove toward Mt. View Orchards. The sky was blue and the breeze was warm but promised to turn chilly before the evening was over. I parked at the Mt. View Orchards venue in front of trees heavy with near-ripe pears. Mt. View Orchards, owned and operated by Katrina Alexander, was hosting the annual Gorge Grown Harvest Dinner.

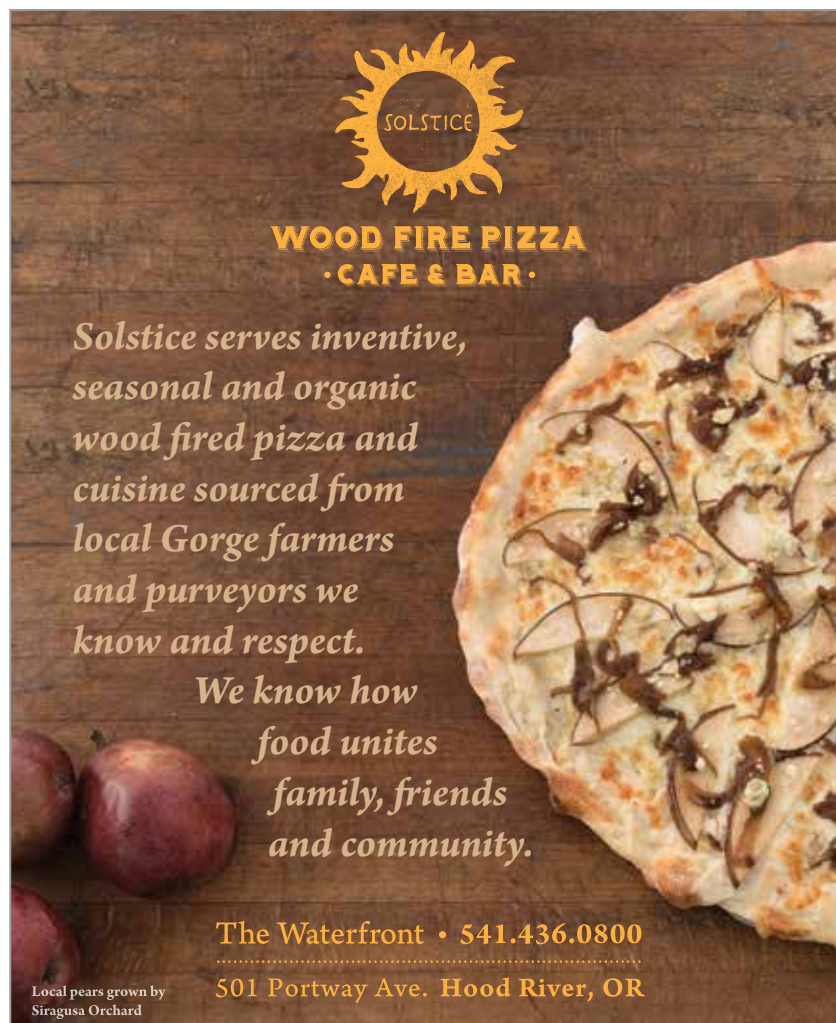
“The Harvest Dinner is our only fundraiser event,” said Hannah Ladwig, communications and outreach manager for Gorge Grown Food Network. “The goal is to celebrate local food and farming, raise awareness about our work, and garner support from the community.” This dinner, and this organization, is about so much more than a “farm to table” ideal. “Farm to table is a lovely image, but it leaves out the complexity of a resilient, inclusive local food system which requires healthy soil, living wages for farm workers, efficient distribution, access to quality food, awareness of how to cook and prepare it. That’s why our approach is multi-pronged,” Ladwig explained.

The list of volunteers and donations that go into making this dinner happen is a long one, and includes breweries and wineries that donate their beverages and volunteers who serve dishes prepared by Ben Stenn of Celilo Restaurant. Stenn uses local ingredients to create his menu featuring the hero ingredients of the season — tomatoes, greens, kale, beets and beans — working directly with the farmers by sourcing and featuring what’s in abundance and building a menu from there.

“The farmers grow beautiful vegetables and Gorge Grown helps share them with the people,” Stenn said. “The service to the farmer is to support the challenging and fickle nature of Mother Nature. The service to the people is connecting those who may not have a knowledge of vegetables with the best possible produce available to them.” It’s the way Stenn and his staff work at Celilo every day, but it’s also very specific to this special dinner. The dinner is a celebration of the hardworking farmers who spoil our region with their produce, and of the community who supports them.

The dinner is also about highlighting the work that the passionate team at Gorge Grown is carrying out. They care deeply about our local food system and the ways in which our food reaches our community. One of the ways our food reaches the community is through Kiara Kashuba and Jenny Twohig and their Mobile Market van. In the last year, Gorge Grown held more than 100 mobile pop-up markets and delivered produce from 27 farms to some of the most food-insecure, isolated parts of the Gorge. Kashuba was set up on the front edge of the event with the van selling t-shirts and talking about their work.

Next to the van, Suzi Conklin, Gorge Grown board chair, was checking people in for the dinner, greeting them with warmth and familiarity. People began to stream into the event space: a large covered area with long tables set with simple place settings, fresh flowers, and wine glasses ready to be filled. Volunteer servers carried trays of hors d’oeuvres including melon with chili and lime, crab salad, and smoked salmon (to name a few), as well as trays of Golden Row Cider, Columbia Gorge Organic Apple Cider, and Blue Bus Kombucha to sip. Bridgid’s Cross played music, filling the air with the hum of “I’ll Fly Away.” *continued*



SOLSTICE

WOOD FIRE PIZZA
• CAFE & BAR •

Solstice serves inventive, seasonal and organic wood fired pizza and cuisine sourced from local Gorge farmers and purveyors we know and respect.

We know how food unites family, friends and community.

The Waterfront • 541.436.0800
501 Portway Ave. Hood River, OR

Local pears grown by Siragusa Orchard



Celebrating 25 years

Twiggs
JEWELRY + HOME
Since 1994

305 Oak Street, Downtown Hood River



While people sipped cider, I pulled Conklin aside to talk about Gorge Grown. She listed some of the essential work that they're doing. She told me how they've worked hard to build a base of local famers — providing classes, workshops, and resources for them. She told me that 98 percent of the food grown here is exported and how they're working hard to shift that percentage. She told me that one in three residents in the Gorge are food insecure, so they created a food coalition, enlisting healthcare providers to write "veggie prescriptions" that work as coupons, and ensuring that SNAP is accepted at farmers markets. She told me how the organization's Farmland Preservation program is focusing on land use and preserving the integrity of our farmland. As she talked, my understanding of the depth and breadth of the work Gorge Grown is doing began to expand.

After a farm tour led by McAlexander, everyone was invited to take their seats. She kicked off the event with a welcome and a quote, "A significant part of the pleasure of eating is one's accurate consciousness of the lives and the world from which the food comes," by Wendell Berry.

Platters of White Salmon Bakery bread and bowls of hummus and baba ganoush were placed on tables while Stenn took his turn at the micro-

phone. He explained that dinner was being served "family style" which meant that it was to be shared with neighbors and friends — it's easy to find the connection between those words at the dinner and how they relate to the larger picture of our local food system.

By the time the next plates of cannelloni bean and white beet puree topped with jewel-toned tomatoes and fragrant pesto were being served, Sarah Sullivan, Gorge Grown executive director, was saying her piece. "Most people know Gorge Grown Food Network for our first project, the Hood River Farmers Market. You may not know we've also helped start and support 10 other farmers markets in the Gorge. We believe that access to fresh, local food is a human right," she said to applause. "What we choose to eat directly impacts our community. With each meal, we decide whether we exploit or uplift others, and whether we honor the land or pollute it. I believe that when we come together around tables with strangers, we are eating — and acting — in solidarity, in support of all of those who not only grew this food, but those who picked it, processed it, raised it, caught it and prepared it for us tonight. Gorge Grown is committed to building this kind of food system, based on dignity and integrity — a resilient and inclusive food system

that honors the land, where everyone has a seat at the table."

Sarah invited everyone to raise a glass, and they did, the echo of clinking glasses punctuating her words. More beautiful food continued to be served: deep green salads; smoked salmon with sweet peppers; Albacore tuna with corn, peppers, fennel and tomatillo salsa; and cheesecake for dessert. More local wine was poured.

The sky started to dim, everyone pulled sweaters and blankets around themselves, and I headed home. Halfway down the drive I turned back, taking in the humbling view of Mount Hood rising majestically above a group of people creating, serving, supporting and enjoying the bounty of the Gorge — celebrating what the Gorge Grown team is doing to protect and uplift our local food system. Gorge Grown is doing sacred work for our community, and I for one am going to find ways to be more involved and engaged in supporting them.

For more information, go to gorgegrown.com.

Kacie McMackin is a food blogger, writer and photographer at gorgeinthegorge.com. She is a frequent contributor to Savor.



cooking with kids

STORY & PHOTOS BY KACIE MCMACKIN

As we move from the wonderful chaos of a Columbia Gorge summer to the more controlled chaos of autumn, it's a great time of year to also make transitions in the kitchen. Summer is filled with long days and, at least for us, a lot of last-minute dinner planning. When school and activities begin I find that I long for routine. Our day planner that has been largely abandoned for the past few months is getting filled with a steady series of consistent weekly activities and lessons, and alongside those activities and appointments is a column titled: "Weekly Menu Plan."

I love involving the kids in planning the menu, which usually involves at least one of my three kids and me sitting at the dining room table flipping through cookbooks. Depending on your kids' ages, they can help pick dishes based on reading the recipe, or simply looking at photos. My eldest helps write the grocery list and the recipe titles next to the name of the corresponding cookbook and page number. I find when they have some involvement in the selection process they're much more apt to be adventurous when "their" meal is served up for dinner.

The school year with its long days, scheduled afternoons, and early-to-bed nights can make it more challenging for kids to participate in the actual preparation of dinner, so I often make dinners that have elements that can be prepared in advance. I also find it incredibly helpful to spend some time with the kids on the weekend doing the prep-work, which involves washing all our vegetables and fruits, making salad dressings or other sauces, and making chicken stock.

For one of our favorite dinners, which is a take on a Bento Bowl, we prepare refrigerator pickles together, too. The kids love making pickled things: radishes, red onions, Japanese-style cucumbers, and more. Most of the ingredients for this can also be prepped a day or two before and stored in airtight containers until dinnertime: shredded carrots; salad of sliced bok choy, romaine lettuce and cilantro; thinly sliced scallions. The early prep allows kids to be involved, and makes getting dinner on the table on a busy weeknight easier.

This Bento Bowl has become a regular on our dinner table. Whenever kids get to assemble their own plates, dinner is much more fun and flexible. This dinner can easily be adapted to fit all preferences and dietary needs. We like to make it with tofu, but shredded chicken or any other protein could be used instead. We also love making and using cauliflower "rice," but any other type of rice could be used. It's a healthy and easy dinner that's great for a school night (and leftovers)!

BENTO BOWL

- 1 package extra firm tofu
- 1 small head cauliflower
- 2 carrots, peeled and shredded
- 1 small head romaine, thinly sliced
- 2 bok choy, thinly sliced
- 1/2 bunch cilantro, roughly chopped
- 4 scallions, thinly sliced
- 1 cup corn starch, more as needed
- vegetable oil
- soy sauce or Bragg's Liquid Aminos
- honey
- toasted sesame oil
- toasted sesame seeds

Optional:

- pickled red onion
- pickled radishes
- Japanese style cucumbers
- Blue Bus Cultured Foods Kraut-Chi

Wrap the tofu in a clean dish towel to drain while you prep the other ingredients.

For the marinade, stir together 4 Tbsp soy sauce, 1 Tbsp honey, and 1 Tbsp toasted sesame oil in a small bowl. Set aside.

Toss together the romaine, cilantro, and bok choy in a bowl. Place the shredded carrots and the scallions in separate small bowls.

To make the cauliflower rice, grate the head of cauliflower on the large hole size of a box grater. Heat a tablespoon of oil in a large non-stick pan over high heat. Add the cauliflower and sauté, stirring occasionally, until it's golden brown, adding more oil as needed. Transfer to a large bowl. Season to taste with soy sauce.

Put the corn starch in a medium bowl. Slice the tofu into bite-sized cubes. In a large non-stick skillet heat a couple of tablespoons of oil over high heat. Toss the tofu, a few at a time in the corn starch to coat, shake off the excess corn starch and place them carefully in the hot oil. Repeat with the remaining tofu. Cook the tofu until it's golden on all sides. Transfer it to a serving bowl. Pour the marinade over it, sprinkle with sesame seeds.

Set the table with the greens, carrots, scallions, tofu, "rice," soy sauce, toasted sesame seeds, pickled toppings and Kraut-Chi and let everyone assemble their own bowls! This is also a fun meal to let kids try out chopsticks ... though we also make sure everyone has a fork!

Kacie McMackin is a food blogger, writer and photographer, and founder of gorgeinthe-gorge.com.



Mercado del Valle

STORY BY SARAH SULLIVAN • PHOTOS BY DAVID HANSON

The Odell farmers market is a cornerstone of the mid valley

The Mercado del Valle is more than just a farmers market. It is a vibrant, culturally diverse, mini food festival in downtown Odell, the epicenter of farming in the Hood River Valley. Imagine a mariachi band, children dancing traditional Baile Folklórico, hand-made tamales, elotes, Banda Misteriosa 360, and a bike-powered smoothie maker. This community gathering is the manifestation of years of collaborative work and community building.

Mercado del Valle, started in 2014 by Gorge Grown Food Network, has several goals: create a community gathering space; increase access to fresh, healthy food; celebrate Latinx culture; provide educational events, cooking demonstrations, and information to improve health; and support small business development.

In 2018, Gorge Grown hired community organizer Joel Pelayo to help engage the Latinx

community. Joel is co-founder of Raíces Co-operative Farm, a program of The Next Door Inc., which provides organic gardening education and small business development services to members of the Spanish speaking community. Joel grows and sells produce like tomatoes, chiles, garlic, and tomatillos. He also mans the Mesa Comunitaria (Community Table) where gardeners can drop off their produce to be sold at Mercado. Joel has been a Community Health Worker through The Next Door for more than 20 years. He is also co-chair of the Community Advisory Committee of the regional Columbia Gorge Health Council and he believes that food is a cornerstone of health.

This year, Gorge Grown partnered with Hood River County Library District to contract Yelitza Boots, bilingual outreach specialist, to run the Mercado information booth, process transactions, promote the market, schedule events and recruit musicians. One of Yeli's favorite parts of the job is passing out "power of produce" (POP) tokens: anyone under the age of 13 receives a \$2 token to buy fresh fruits or vegetables, plus a stamp in their POP Club passport book. This gets young people excited about trying new things like radish and kale. Funding for POP is provided

by Providence Hood River Memorial Hospital.

One in three residents of the Gorge worry about where their next meal will come from

The regional Community Health Assessment, conducted by PacificSource Coordinated Care Organization and the Columbia Gorge Health Council in 2014 and 2017, illuminated the fact that food insecurity is one of the primary issues impacting health in our region, particularly for vulnerable populations. Increasing food access is a top priority in the regionally recognized Community Health Improvement Plan. Staffing for Mercado del Valle is funded, in part, by PacificSource.

Mercado del Valle is a beautiful reflection of the Hood River Valley's Latinx community. About 40 percent of the population of the Gorge is Latinx, with an even higher percentage in towns like Odell. At Mid Valley Elementary School, 81 percent of the students identify as Latinx.

Many of the Latinx residents of Odell work in the agricultural sector as farmworkers or fruit packers for large distributors. Ironically, food insecurity among farmworkers is high: a survey administered by the Columbia Gorge Health Council found that 53 percent of farmworkers do not have enough to eat.



Mercado shoppers can use various forms of currency to access the produce they otherwise might not be able to afford. Gorge Grown's Veggie Rx program enables healthcare providers to "prescribe" vouchers to food-insecure patients for fresh veggies and fruit. The "SNAP Match" program provides an extra \$5 to shoppers using EBT (formerly known as food stamps). Women who are pregnant or have young children can use their WIC vouchers to purchase food, too.

"I believe Mercado benefits the community in all ways. People come to support each other. It brings people of all ages together. We get to know our neighbors, our farmers and our community organizations. There is a sense of joy through music, art, and laughter. At Mercado, we're living in the moment," said Yelitza.

Yelitza and her colleagues staff a pop-up library at the Mercado where they encourage literacy and a life-long love of reading. The Mercado is the perfect place to offer a variety of library services ranging from an assortment of bilingual library materials for checkout to a summer reading program for kids and teens. In a town with no public library and limited resources, the pop-up library provides access to learning, which can be a positive force for equality of opportunity, for personal development, for economic advancement, and for social transformation.

More than 70 youth participated in the summer reading program this year, which offered prizes for



reading books through the summer. The program is important in preventing the summer slide, which is a decline in reading ability and other academic skills that can occur over the summer months when school isn't in session. The pop-up library and musical performers at the Mercado are supported by the Friends of the Library and the Hood River County Library Foundation.

What's next? Our dream is to find a permanent, covered location to hold the market year-round. We picture makers' space where small businesses can get a solid start and use shared kitchen space. We envision food trucks showcasing Mexican cuisine with traditional dancing and crafts, and ultimately, a safe, celebratory space where people can connect and really get to know each other. Odell residents have also identified three related project to strengthen Odell's food system: a community garden, a shared food storage facility, and a community crop swap when gardens are overflowing.

The Mercado del Valle already serves as a touchstone in Odell, designed by and for community, and it has a lot of potential to grow. We hope to see you there again next June.

If you would like to support the market, get more involved in your local food system, or find out more please reach out. www.gorgegrown.com

Sarah Sullivan is the executive director of Gorge Grown Food Network.



COLUMBIA GORGE BAKERY

A GLUTEN FREE FACILITY

541-645-0570
columbiagorgeglutenfree.com
740 East Steuben Street
Bingen, WA

We use locally sourced, seasonal ingredients in all of our fresh baked breads, treats and savory hand pies. We are committed to bringing you the most delicious baked goods available, anywhere. Call ahead for catering, wedding cakes, events or just stop by the drive-thru for coffee and a gluten free, dairy free or paleo treat!



**Locally Owned & Operated
for more than 40 Years**

- Szechuan-Hunan plates prepared with Fresh Ingredients
- Free parking
- Cocktails with freshly squeezed juice in our Tiger Lounge
- Open Tuesday — Sunday

**Grace Su's
CHINA GORGE
Restaurant
& Tiger Lounge**

Open Tues. through Sun. 11am-9pm
Fri. & Sat. 11am-10pm
Intersection of Hwys 30 & 35
(541) 386-5331 • Hood River
www.chinagorge.com



Q&a

peggy thompson

Hood River Coffee Roasters

When did you realize coffee could be a big business?

When we started Hood River Coffee Roasters in 1990, "big business" and "coffee" were not spoken in the same sentence. It was never a goal. The business was a way for us

like Specialty Coffee Association, Coffee Quality Institute and USAID providing education to them. The ultimate goal is to help them command a higher price for their hard work. We still have a long way to go.

How do you come up with names for your roasts?

We have many regional names that I believe have served us well. We have names as far reaching as Deschutes River Blend and at the other end of the Gorge, Multnomah Falls, where they have been serving our coffee since our beginning. Early on, it was the obvious thing to do — name a coffee after a feature in our area. Also, we still have names that speak to our first customers. The Inn of the White Salmon, Baldwin Saloon and the now defunct Abruzzo restaurant are a few.

How do you brew the perfect cup of coffee?

Any way you want! Years ago, I lost an account because I was adamant that the coffee be brewed exactly the way the "Golden Cup Standard" proposed. As we all know, we are individuals with individual tastes and thank God for that! Within a range of reasonable parameters, I vote for trying a variety of methods, roast degrees and amounts to determine what you like. Personally, I am a big fan of the one-cup-at-a-time method using a Melitta brewing cone.

How does coffee become decaffeinated? Is decaf considered real coffee?

Let's start with the second question first. If you have heart palpitations and your doctor tells you that you can now only drink decaffeinated coffee, then decaf had better taste "real." Blue Bird Coffee in Bend disclosed to me that one of the reasons they chose Hood River Coffee

Peggy Thompson started Hood River Coffee Roasters with Mark Hudon in 1990 in their home on Wasco Street. They moved their growing business to Tucker Road in 2003. Thompson has been the sole owner of the business since 2014. When she's not roasting coffee, she can be found surfskiing on the Columbia, enjoying the community of Stevenson, where she recently moved, and training for an upcoming half-marathon.

How did you get your start as a coffee roaster?

Prior to moving to Hood River, around 1988, my ex-husband and I spent hours talking about going into business for ourselves. We had our best conversations while driving to windsurf in the Santa Cruz/Bay Area. At one point, we considered a laundromat. I had once worked at one and liked the ease of its operation. Then, we hit upon coffee. We both loved coffee. I worked at Los Gatos Coffee Roasting Company to observe what a roastery business looked like. It spoke of community unlike anything a laundromat could offer and that had me hooked. Even now, years later, without having a coffee shop as part of the business, community is ever present in our interactions. It has been a gratifying way to be a part of the Gorge.

to build a life in a beautiful community doing something we were passionate about and allowed some autonomy. We were featured on the front page of the business section of The Oregonian in the early '90s. The article was titled, "Getting Big by Staying Small." Yes, it was an oxymoron, but it spoke of our desire to not grow in a way that would impact our lifestyle. We were closed on Fridays in our earlier years and joked that we were 20 percent retired. In hindsight, we said those things as reminders to keep a balance in life, although we were busy and growing. The onset of big business and coffee in specialty coffee came much later and has continued to flourish. We have naturally grown with it, but not intentionally.

How has coffee roasting changed since you started in the business?

When I started Hood River Coffee Roasters with my ex-husband out of our home on Wasco Street in 1990, we were on the heels of Starbucks as they promised to put a store on every corner in the U.S. Instead of being fearful, we saw that Starbucks provided us free advertising. We rode the proverbial wave as they brought awareness to the masses about specialty coffee. The coffee industry has grown in ways I never dreamed about in the early years. So much education has been provided to the common lay person. Better yet, the coffee growers have made amazing strides in their understanding of what good coffee should taste like as a result of associations

**How does coffee become decaffeinated?
Is decaf considered real coffee?**

Let's start with the second question first. If you have heart palpitations and your doctor tells you that you can now only drink decaffeinated coffee, then decaf had better taste "real." Blue Bird Coffee in Bend disclosed to me that one of the reasons they chose Hood River Coffee when they met us at our booth at the Specialty Coffee Association Festival in Seattle years ago was because when they asked other roasters about their decaffeinated coffees, they got tepid responses. When they asked us, we enthusiastically said, "It's hard to tell the difference between

our regular and decaf!" So yes, roasted correctly, decaf is a different kind of real. Decaffeinated coffee is created through a variety of methods. Swiss H2O uses charcoal and water and reverse osmosis. It is chemical free. Other methods, such as methyl chloride, extract the caffeine through chemical means. The residual left in the coffee is burned off in the roasting process, however the environmental impact is a problem.

What is your favorite roast?

Over the years, my vote has repeatedly gone to our full city Ethiopian Guji, natural process coffee. It has berry and red wine notes and a com-

plexity of flavors all its own. However, I would be remiss if I didn't say that I love the blends that we have created over the years. It is a satisfying way to bring the best of each individual coffee together in one cup.





Innovative **Pacific Northwest** cuisine with an emphasis on locally grown ingredients. Enjoy our award-winning wine list & full bar.

Full catering services for weddings & special events.




celilorestaurant.com 541.386.5710  

16 Oak Street, Downtown Hood River, Oregon
Dinner Daily: 5pm - close / Lunch: Fri-Sun, 11³⁰-3pm



broder ØST

NORDIC INSPIRED CUISINE



**BREAKFAST & LUNCH
SERVED DAILY 7am - 3pm**

102 OAK ST. SUITE 100
HOOD RIVER, OREGON
541.436.3444
www.brodereast.com
brodereast@gmail.com
[@brodereast](https://twitter.com/brodereast)



PEOPLE REALLY HAVE AN APPETITE FOR NATURAL GAS HOMES.

Affordable. Comfortable & Convenient. Efficient.

Natural gas is energy-efficient, reliable, and so easy to use. It makes a home warm and cozy, and a kitchen the most popular room in the house.

Visit **nwnatural.com** to learn more about the benefits of natural gas homes and appliances. Or contact your local NW Natural representative to see how much you can save by switching your home to natural gas.

Tonya Brumley
tonya.brumley@nwnatural.com
(800) 422-4012 ext. 8610

EFFICIENT. AFFORDABLE. BLUE.



VANCOUVER, WASHINGTON TASTING ROOM NOW OPEN

The award-winning winery in the heart of the Columbia River Gorge has opened a third tasting room at the city's highly anticipated redeveloped waterfront district in Vancouver, Washington. In our 4,890 sq. ft. tasting room, steps away from the Grant Street Pier, you'll find an expansive outdoor patio, breathtaking views of the Columbia River and Mount Hood, live music every week and special events, food menu featuring small plates and charcuterie, and an expansive selection of wines.



Maryhill
WINERY

#DISCOVERMARYHILL MARYHILLWINERY.COM
WOODINVILLE TASTING ROOM COMING WINTER 2019