



OPAL CREEK ANCIENT FOREST CENTER

SPRING 2013 • COMING UP THIS SEASON •



OPAL CREEK EXPEDITIONS *New this year!*

Beyond the Gates: Westside Wilderness (**AUGUST 11 – 16**) will visit the Middle Santiam Wilderness

Beyond the Gates: Cascades to the Coast Range (**AUGUST 25 – 30**) will visit the Tillamook State Forest

Oregon's Uncut Gem (**JULY 28 – AUGUST 2**) & Advanced Skills (**AUGUST 18 – 23**) will include a day of rafting on the McKenzie River with High Country Expeditions.



PARTNERSHIPS

HIGH COUNTRY EXPEDITIONS will guide Oregon's Uncut Gem and Advanced Skills participants in rafts down the McKenzie River on their last day of camp!

Opal Creek Ancient Forest Center, with generous support from the Juan Young Trust, will host 12 "Littles" in the **BIG BROTHERS BIG SISTERS COLUMBIA NORTHWEST** program on an Opal Creek Expedition in 2013!

WORKSHOPS *New this year!*

Medicinal Plants of the Cascade Range, **MAY 25-27**

Raptors of the Western Cascades, **OCTOBER 12-13**

EVENTS

Evening for Opal Creek at Ecotrust, **MAY 17**

2nd Annual Opal Creek Golf Tournament at The Reserve Vineyards & Golf Club, **SEPTEMBER 6**

2nd Annual Mountain Music Festival at Jawbone Flats, **SEPTEMBER 20-22**



TO REGISTER FOR THESE OR ANY OTHER OPAL CREEK PROGRAMS, PLEASE VISIT OUR WEBSITE, WWW.OPALCREEK.ORG.

FROM THE EXECUTIVE DIRECTOR

Hello Opal Creekers,

Spring is here! The 2013 season is underway and as I write this our first school group of the year is on their way into Jawbone Flats. We have hired a great group of staff this year, and I know you will all enjoy meeting them when you visit us in the forest!



2013 Opal Creek staff took some time out of staff training early last month to pose for a group shot.

Jawbone Flats has been a flurry of activity throughout the winter months with many capital projects underway. Cabin 1 received an over-due face lift with new siding, a new roof, new insulation, and new flooring. We hope visitors will enjoy a much warmer experience now! We have also been working to “green” our main lodge and installed heat pumps and brand new energy efficient windows this spring. Work has begun again on our “Nellie’s” building, which has been stalled since 2010 and will provide much needed storage space and staff housing once complete later this summer.

We are happy to welcome Derek Smith as our newest board member to join the team. Derek is the CEO of Clean Energy Works Oregon and has a long history of visiting Opal Creek. We are excited to have him aboard and look forward to working with him to continue to refine our impactful programs and make improvements to our historic mining town.

This season marks my 9th with Opal Creek Ancient Forest Center. Every year before the season starts, I meet with our senior staff to reflect upon what went well the prior year and

what we want to continue to improve upon in the coming year. This year we held the meeting at Rosie’s Mountain Café in Mill City. As we were meeting, a young girl and her Mom approached us. They were returning to Bend from a weekend in Portland and the girl wanted to share that she visited Opal Creek with her school the previous fall and that it was her favorite place and she just loved her visit. It was such a great way to kick off yet another season of sharing the ancient forest with students from all around Oregon.

I am so excited for the programs we are offering this season and for the experiences that we will be able to provide thanks to all of your generous

support. I continue to believe that the work we do is some of the most important that you can do. We are helping to create a future generation that is connected to our wild places and has personal experience to reflect on. We are working to help our current population reconnect with the natural world. It is vital to our future, vital to our communities, vital to these wild landscapes we cannot live without. Thank you for the role you each play in that incredibly important mission.

We have plenty of opportunities to visit Opal Creek this season. Join us Memorial Day weekend for our new Medicinal Plants workshop, or bring the family to our Raptor Workshop in October. Our backpacking expeditions for students are filling quickly – sign up your son or daughter today!

Hope to see many of you at Evening for Opal Creek!

A handwritten signature in blue ink that reads "Katie Ryan".

Katie Ryan, Executive Director

MISSION:

PROMOTING CONSERVATION THROUGH EDUCATIONAL EXPERIENCES IN

• FROM THE KITCHEN: WILDERNESS EAST INDIAN FLAT BREAD •

by Rebekah Yglesias, Food Service Director

THE WILDERNESS brings out our sense of adventure in the Jawbone kitchen. A few years ago we discovered dosai (plural for dosa), a thin batter crepe, and idlis, a thicker steamed pancake. Since then we have been experimenting with different grains, seeds, legumes and seasoning and appreciate Sandor Ellix Katz's books, especially his latest *The Art of Fermentation*. Also, these yummy savory cakes are gluten free!

To start out you will need just lentils, rice, fenugreek seeds, salt, and water.

Proportions of lentils to rice vary by recipe, but for the purposes of this one, start with two cups lentils to three cups rice. Wash and soak both separately overnight in pure water (chlorinated water can prevent the fermentation process). Urad dal and black gram dal (lentils) are often called for, but other lentils, such as red and yellow, work fine, as do soaked mung beans. It's all part of the exploration!

Put the two cups soaked lentils and three cups soaked rice and 2 ½ teaspoons fenugreek seeds in a blender on low speed. Add the soaking water as needed: if you are making idli, use less water, the

batter should be thick, dosa batter should be thin. Add a little salt and put in a glass container to ferment for 12 to 48 hours. Cover with something breathable, such as cheesecloth and store in a warm place; ideal temperatures are 70-80 degrees Fahrenheit. In the Jawbone kitchen, we use the oven pilot light warmth and put a **BATTER RISING** sign on the oven door. In the glass container you will see the dough rise, and then it is time to cook!



At this point, you may add more salt and other spices. Try a bit of the batter on the griddle to know what it needs, like more salt.

Variations: There are many ingredients you can add to the batter, such as yogurt

or kefir or herbs and spices, but usually the dosai are kept simple and dipped in spicy sauces and chutneys. Idli can be steamed in containers or tamale corn husks for twenty minutes. They are typically served with sambar, a spicy dal. Because they are thick and steamed we have added shredded veggies to the pancakes, which is a delicious spin. We have also tried making them on the griddle with mixed results. Experiment!

Tips: Only cook warm batter. Risen batter can be refrigerated and cooked later, but the batter must be room temperature when cooking. Heat the skillet or griddle till a water drop bounces on it. Pour thin Dosa batter in the pan and swirl the batter outward into a thin crepe. Let cook all the way through before flipping, flip again if you want them crisp, then fold or roll them and ENJOY!

Join Us! If you want MORE,

Please come to the Yoga Workshop that Opal Creek Ancient Forest Center is hosting September 5th – 8th. As part of this wellness workshop, we will demonstrate dosa and idli preparation, as well as share tips on making kombucha – all such good foods for the belly!



As a founding member of EarthShare Oregon, Opal Creek has received nearly \$80,000 since 2004 in support of our mission of promoting conservation

through educational experiences in wilderness. In addition to their support of OCAF, EarthShare Oregon supports many other environmentally focused non-profits throughout the state in their efforts to serve their missions. Together, we cover environmental issues from education to habitat restoration to building community gardens to land trusts and everything in between.

EarthShare Oregon engages people at their workplaces, bringing new support to environmental endeavors in local communities across Oregon. If your workplace does not already have an EarthShare giving campaign and you're interested in getting one started, please contact Kristina by e-mailing her at koldani@opalcreek.org. Your workplace gift to EarthShare can be designated to Opal Creek or you can choose to spread your gift throughout the EarthShare community of over 80 environmentally focused non-profits here in Oregon.



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NATURAL HISTORY SPOTLIGHT

Did you know... The Opal Creek forest is teeming with a wide variety of plants with proven medicinal properties, including Oregon's state flower, *Mahonia* (or *Berberis aquifolium*, or Oregon grape. Named state flower by the Oregon legislature in 1899, this commonly found plant has glossy, deep green leaves with barbed points (much like holly), edible, but extremely bitter berries, and bright yellow blossoms.

The alkaloid compound found in Oregon grape, berberine, gives the plant its medicinal properties. It is the plant's root that is used in tinctures, teas, and salves for a variety of uses. It is most commonly used as a digestive aid and relieves symptoms of IBS, diverticulitis, and gall bladder disease. A recent study conducted in China also proves great benefit to cancer patients post-



chemotherapy, as Oregon grape protects the integrity of bone marrow and helps it recover from harsh treatment. Oregon grape is also anti-microbial and therefore is effective in the treatment of waterborne illnesses such as candida, giardia, and cholera.

We will explore the healing qualities of Opal Creek's plants in depth at our upcoming workshop, Medicinal Plants of the Western Cascades. Join us and workshop instructor Dr. Andy Swanson as we trek through the woods,

learning to identify a wide variety of plants and then make them into useful tinctures and other preparations. This workshop will be held over the Memorial Day weekend. Visit our website, www.opalcreek.org, to register today!

THEIR OWN WORDS

“Three of us were very lucky on Friday to discover Opal Pool with the sun shining down on it. Absolutely beautiful! The history of this area, the old growth forest, and the pristine waters has made for an interesting, exciting, and relaxing stay. Even the small discoveries in the cabin have been fun; from the books, to the power and water supplies, the wood stove, and the creaky chairs!”

— Cabin Renter