



FALL 2020 • FREE

news in natural

Autumn Harvest

**eat local
& in season**

Oregon Black Pioneers
**Oregon's only statewide African
American historical society**

Pacific Honeybee
**Beachie Creek and
the Champagne of Honey**
and more!



▲ *Whipped Toppings—six ways* p. 16

Whew! That was quite the summer. Between the metaphorical conflagrations—the still-raging COVID-19 pandemic, racial injustice, political turmoil, and more—and the literal firestorms that tore through the Santiam, McKenzie, and elsewhere, robbing our friends and neighbors of their homes and torching some of Oregonians' most beloved wild places, it's fair to say that most of us are in one or another state of shock. Now, as leaves start to drift down from the trees, I'm feeling the urge to quiet myself as well, letting the comfort of the season work in me like the cool rain brings mushrooms fruiting from the soil.

In this issue of News in Natural, Tabetha and Hannah bring us stories about enduring comfort foods, squash and chocolate, and, as always, we offer an abundance of recipes for your table, whether you're cooking a holiday feast or a weeknight dinner. Oregon Black Pioneers, Oregon's only statewide African American historical society, based here in Salem, gives us a glimpse into their work illuminating the often-ignored history of Black Oregonians. And finally, Jeremy offers a story of bees and honey, loss, unexpected survival, and seeds of hope ready to spring forth from the ashes. I hope you enjoy these pages as much as I have.

Enjoy!

Ben

Ben Martin Horst · Editor



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The material contained in this newsletter is for informational purposes only.
 Always see your healthcare provider before beginning a self-treatment program.

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Winter SQUASH

By Tabetha Mccrimmon · Produce Manager Photos by Catherine Dwelley



Winter squash is a bit of a misnomer, as they're planted at the same time of year as zucchini and other mild, delicate summer squashes, and they grow through the summer just like their fellow Cucurbitaceae family: cucumbers, melons, bitter melons, and luffas (yes, the shower exfoliator!). But summer squash varieties are grown to be picked while still immature and fleshy, while winter squash are tastiest as full, robust, mature fruit in the Fall. All squash are fruits. Technically they are a type of berry known as a "Pepo," but that is a berry interesting topic for another day. Winter squash are extremely healthy, the perfect all-in-one meal on a cold, dark winter evening. Some indigenous peoples of the Americas knew it to be so nutritious, they would bury it with their dead to sustain them on their final journey!

The flaming orange flesh of many winter squash varieties is due to their intense concentration of

carotenoids. Alongside the well-known beta-carotene and alpha-carotene, studies have found the carotenoids *luteoxanthin*, *taraxanthin*, *auroxanthin*, *beta-cryptoxanthin*, *neoxanthin*, *neurosporene*, *phytofluene*, *violaxanthin*, *zeaxanthin* and *flavoxanthin* in different varieties of winter squash. Luckily for us and the resilient plants, these carotenoids have been shown to have antioxidant properties. You might also want to store your winter squash for a bit longer than you have been. In several studies, researchers have observed actual increases in carotenoid content in the fleshy portion of winter squash following long-term storage of about 6 months. Carotenoids may migrate from the outer areas of the winter squash into the flesh, but it hasn't been determined how this delightful increase takes place. In most studies, keeping the Winter Squash in a steady temperature range of 50-68°F (10-20°C) provides the ideal conditions for long term storage—which means that you'll want to store your winter

squash somewhere outside of the refrigerator. That being said, if you cut into the squash, you'll have several days stored in your refrigerator to enjoy them. LifeSource carries all the Winter Squash we can get our hands on!



DELICATA This is one of the few winter squashes that has edible skin. Please eat that skin! It has many of the nutrients and a great fiber content. The flavor of Delicata is sweet, rich and moist like that of a sweet potato. I've enjoyed this small squash in sweet and savory settings. It pairs well with apples, pears, maple syrup, and warm spices like cinnamon, nutmeg and brown sugar. Lemon brightens its flavor beautifully. Italian sausage and sage are

perfect for stuffing halved Delicatas. I love braising it and throwing it on a warm fall salad with dark leafy greens, roasted fennel, and white beans topped with hazelnuts or walnuts.



SWEET DUMPLING Another skin-on variety. I love stuffing this one with strong cheese and filling grains. I always throw in kale or mustard greens and either dried golden raisins or dried apricots to have a dessert dinner. You can puree the cooked flesh for yummy steamed rice buns or add some flare to your mashed potatoes.



CARNIVAL This variety looks like the Sweet Dumpling with extreme colors. Slightly nuttier than its muted sibling, this squash is best roasted and skin off. It shines in curries and risottos with its buttery fragrant aroma. Lamb and pork are great accompaniments as well as other roasted winter vegetables. Pecans and toasted walnuts are the nuts to pair with this festive squash.



RED AND GREEN KABOCHA

Also known as a Japanese Pumpkin, it's a staple in many Asian cultures. It has a fluffy texture similar to chestnut and a sweet flavor that tastes like sweet potato mixed with pumpkin. Its often tempura fried to perfection or made into a delicious porridge. This is another skin-on variety. Many dishes in Thailand use Kabocha Squash and my favorite is a custard that is cooked right into the squash.



BUTTERCUP Very similar to the Kabocha squash but a tad less creamy. I love filling raviolis with this squash. It holds up to long slow cooking so add this to chilis or inside enchiladas. Buttercups pair well with hard cheeses so throw some gorgonzola in those raviolis or cheddar in your enchiladas. It has a flat bottom so it is perfect for stuffing and baking. I make lentils with hedgehog mushrooms and fresh herbs like sage and parsley. I fill the bottom of the hollowed out squash with rice, put back in the squash flesh and fill to the

brim with my herby lentils. I can taste it already! The smell brings neighbors over.



RED KURI One of my all-time favorite squashes. Creamy yellow flesh stands out against its bright orange edible skin. I've highlighted it in curries (and laughed at my pun-iness), stuffed it with fresh herbs and leeks for a winter mashed mess and made a pie that was creamier than pumpkin! I topped that pie with a drizzle of maple syrup and salt. Sweet perfection.



BLUE BALLETT/HUBBARD I love the contrasting golden flesh against its muted blue skin. This squash is slightly starchier than the others. It can get large, up to 40 lbs! I enjoy it when I've had my fill of Butternut or Pumpkin. It's yummy with smoked flavors like chipotle or chili and holds its texture for taco or burrito fillings. Although the skin is beautiful, it is not one you should eat so just appreciate it from afar.



PUMPKINS Lifesource sells smaller Pumpkins as “Pie Pumpkins” but please use it in other ways! Pumpkin cheesecake is to die for! Pumpkin flan will shock and awe your friends at Friendsgiving. Pumpkin pancakes in the morning are perfectly paired with your pumpkin spiced everything else. You can also make a mean pumpkin chili!



ACORN One of the top selling winter squash. You’ll see this squash stuffed with all the fall flavors. You can technically eat the skin but I wouldn’t recommend it I’ve made several honest tries to enjoy its outer layer but couldn’t get the skin soft enough for my belly to handle. Most people just scrape the filling and leave the skins. Quinoa pairs well inside the Acorn squash. Last Thanksgiving, this was my main course! I made a gluten-free stuffing and that was the filling for this baked squash. I enjoy dried fruits like raisins or cranberries baked in the stuffing. Since it holds its shape very well, you can add it to chilis and stews too!



SPAGHETTI Another top seller. I love how quick and easy it is to prepare this squash! You can steam it, roast it, bake it and even microwave it! Scrape with a fork, add some pasta sauce and DONE! It’s great in gratins and casseroles as well. The texture is tender with a little crunch. It has a very mild texture that can be transformed into any flavor you’re going for! I made Pad Thai with Spaghetti squash that my partner still talks about. Creamy things like mozzarella and feta cheese are so lovely with Spaghetti squash.



BUTTERNUT The king and queen of LifeSource’s winter squash table. Its tender flesh is mild enough to be versatile. Slightly nutty and sweet, I enjoy this squash as a curried coconut based soup. I enjoyed it so much last

year, my partner groans when he can smell it on his way in the door. I don’t care though, it’s good enough to eat all by myself. Pair this squash with apples and cinnamon for a sweet dessert or stuff it with sausage and thyme for dinner. Grilling this squash gives a nice flavor and you don’t have to worry about it falling apart in the process. The hardest part about this squash is preparation. It’s really attached to its skin and its odd shape makes it particularly difficult to take off. We’ve started to peel and cube this squash and stay tuned for other squashes being prepped for your quick and easy dinners!



BUTTERKIN A new variety of winter squash we just received this year! Butterkin is a cross between Pumpkin and Butternut. It has dense, deep orange flesh that is very sweet, and perfect cut into wedges for roasting! Try it in pies, ravioli, soups, or as a beautiful decorative centerpiece for your holiday table.

Local growers that supply LifeSource may also bring us some other varieties that I didn’t list. Any of the Produce team can help you take the plunge into to winter squash pool (ouch!) and try something different tonight! I could spend all season coming up with new ways to use winter squash and would love to hear some of your favorite recipes. 🌿



Spaghetti Squash Al Dente

By Catherine Dwelley | Makes 4-6 Servings

- 2 lb Spaghetti Squash
- Olive oil, to taste
- Salt and pepper, to taste

Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.

Slice spaghetti squash into 1-inch thick rings. Scoop out the seeds.

Place squash on the prepared baking sheet and bake for 20 minutes. Flip, bake and additional 2 minutes.

Allow squash to cool a little, and gently scrape the "noodles" away from the skin of the squash with a fork. Gently toss with olive oil, salt, and pepper.



Red Kuri Pie

By Catherine Dwelley | Makes 8 Servings

Roast Squash

- 1 Red Kuri Winter Squash, 3-4 lbs
- 2 Tbsp turbinado sugar
- 2 Tbsp butter, room temperature

- 2 cups water

Pie

- 2 cups squash puree
- ½ cup granulated cane sugar
- ¼ cup brown sugar
- 1 ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp sea salt
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 3 eggs, beaten
- 1 (12 oz) can evaporated milk
- Your favorite pie crust

Preheat the oven to 350°F. Add water to a 13x9-inch baking dish.

Cut squash in half lengthwise and scoop out seeds and stringy bits. Spread 1 Tbsp butter and sprinkle 1 Tbsp sugar in each cavity. Place squash cut side up in the prepared baking dish.

Bake uncovered 40-60 minutes, or until squash can be easily pierced with a fork.

Once squash is cool enough to handle, pour pooled butter and sugar into a blender. Scoop out squash flesh into a blender, blend until smooth and creamy.

In a small bowl, whisk together sugars, cinnamon, nutmeg, salt, ginger, and cloves.

In a larger mixing bowl, whisk together squash puree and sugar mixture until blended. Thoroughly mix in eggs. Slowly mix in milk, stirring until completely combined after each addition. Filling will be very watery, but don't worry, it will be fine! Cover with plastic wrap and refrigerate overnight. This allows the flavors to get to know each other. (If you don't have time, this step may be skipped.)

Roll out a pie crust into a 9-inch pie dish. Crimp the edges and prick all over with a fork. Refrigerate for at least 30 minutes before filling to prevent shrinkage.

Preheat the oven to 425°F. Line a baking sheet with parchment paper to catch spills. Fill the pie crust and carefully place in the oven. Bake for 15 minutes, then reduce heat to 350°F, and bake another 50-60 minutes, or until the center reads 175°F with an instant read thermometer.



Butternut Squash and Red Lentil Fritters

By Lyric Johns | Makes 10 fritters

- 2 cups butternut squash, grated
- 1 cup red lentils, rinsed
- ½ cup all purpose flour
- ¾ cup yellow onion, diced
- ¾ tsp garlic powder
- ¾ tsp smoked paprika
- ¼ tsp cayenne pepper
- 1 tsp salt
- 4 tbsp cooking oil

Peel the butternut squash with a vegetable peeler. Cut in half and scrape out seeds. Cut into chunks and grate with a box grater, or use a grater blade on a food processor to speed this process up significantly.

Bring red lentils to a boil in 2 cups of water. Reduce heat and simmer for 5-7 minutes, or until very soft.

In a large bowl, combine your lentils, flour, garlic powder, paprika, cayenne, and salt, mix well and then add your squash and onion. Stir until everything is well-mixed.

Heat your cooking oil in a pan at medium heat. Scoop up batter in a ½ cup measuring cup. Form your batter into patties and pan fry on both sides until they are golden brown and crispy, about 3-5 minutes each side. Add more oil as needed. Let cool on a paper-towel-lined plate.



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POMEGRANATE ORANGE SHRUB

Makes 1 Serving

Syrup

- 2 Valencia oranges
- 2 small pomegranates, or 1 large
- ¼ cup granulated cane sugar or honey
- ¼ cup raw apple cider vinegar

Cocktail

- 1.5 oz shrub syrup, or to taste
 - Sparkling water
1. Zest one of the oranges with a vegetable peeler, taking care to avoid getting too much of the pith. Juice both oranges. Add juice and zest to a jar with a lid.
 2. With a sharp paring knife, cut off ends of the pomegranate. Slice the skin from top to bottom. Remove peel. Place seeds in a blender. Pulse until juice is released from arils, taking care not to grind up the hard white seeds too much. Strain pomegranate juice into the jar.
 3. Add sugar and vinegar. Shake well and refrigerate at least 24 hours, or up to a week.
 4. To make the shrub, add shrub syrup to a 6 oz champagne flute. Top with sparkling water. (You may also add a shot of vodka for an alcoholic cocktail)

Ask LifeSource

I take a daily probiotic and I'm wondering how it may or may not play a role in my immune system's response to viruses. Also, should I choose a probiotic that requires refrigeration or not? Is one better than the other?
—Minding my Probiotics & Questions

Dear P's & Q's,

Probiotics play an important role in the modulation of our immune system and in its ability to respond to a pathogenic virus. When we want to get a snapshot of current research being done on a specific supplement, the National Institutes of Health website is where we look first. That site provides countless published research articles examining the ways beneficial bacteria interact with, regulate, and provide immune defense. More specifically, there is also a large amount of published research on how they interact with viruses in general and COVID-19 in particular. The titles of some of the articles we found gives an idea of what is being studied:

- Probiotics in Respiratory Viral Infections
- Gut Microbiota and Covid-19-Possible Link and Implications
- Lactobacillus Acidophilus Induces Virus Immune Defense Genes
- Using Probiotics to Flatten the Curve of Coronavirus Disease COVID-2019 Pandemic

In general, most of these articles point to a common theme: greater diversity in our inner ecosystems equals better overall health and immunity.

It can be challenging to maintain a healthy and diverse terrain of beneficial bacteria, fungi, yeast, protozoa, and viruses in our bodies. Yes, even viruses. Even though it can be hard to believe in the clutches of a viral pandemic, there are beneficial viruses. We have trillions of viral entities co-existing with us that are not considered harmful and may be crucial to our health in ways science is only just beginning to decipher. Just as we have a human microbiome, we also have a human virome.

Our modern culture tends to create microbial dysbiosis in the external environment with antibiotics like glyphosate (the Willamette Valley has some of the highest glyphosate use in Oregon) and in our internal environments with the overuse of antibiotics in food, disinfectants on surfaces, and medications that are toxic to gut bacteria. We would be wise to make an extra effort to nurture our little helpers in their struggle to survive these daily assaults.

Thankfully it is pleasant and easy to make contact with some of the ingredients necessary for healthy microbiome and virome diversity. A walk in the woods kicks up all sorts of spores to inhale. Digging in fertile garden soil coats you internally and externally with microbiota. Enjoying probiotic rich foods and drinks and taking a daily probiotic supplement are all great strategies to support diversity.

As for using probiotics that require refrigeration or not, I will say that there are great options in both categories. There are unique packaging options that allow probiotics to be stored at room temperature and yet stay as dormant and alive as the refrigerated options. Please stop by to visit us in the Wellness Department and we can give you a tour of the many wonderful options we have to support your probiotic diversity and immune system health.

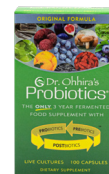
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Close to Home **fair trade chocolate**

By Hannah Marjerrison

Once upon a time, chocolate was a bitter drink, not the sugary candy bar we think of today. Chocolate comes from the Mesoamerican cacao plant, where the ancient Maya viewed chocolate as the drink of the gods and used it as both medicine and currency. It wasn't until 1828 that a Dutch chemist created the chocolate press, which turned the drink into the world's first solid chocolate. Since then, chocolate has become a \$100 billion industry, with products ranging from hot cocoa drinks to thick chocolate bars to sweet flavored truffles, an industry driven by profit and greed, worlds away from cacao's ritual roots.

Most of today's chocolate comes from Africa, most notably Ghana and the Ivory Coast. Many of the farmers live in extreme poverty, making less than a dollar a day. There are millions of cocoa farmers, but there are only a handful of cocoa trading companies that control the industry and do their best to keep their costs as low as possible. They pay the "farm gate price," set by governments (but influenced by traders), and usually far below living wages. In order to keep their farms afloat, many cocoa plantations resort to child labor, slavery, and

deforestation. Many national parks along the coast have been destroyed by secret cacao farms, as farmers look for better soil and cheaper (or free) land. Over 80% of the Ivory Coast's forests have been destroyed in the last fifty years due to chocolate demand.

This is where fair trade certifications come in. Fair trade programs were created to guarantee that farmers are working in safe conditions, on good land, without child labor, and that they were paid better wages for their product. Buyers purchase cacao at the fair trade minimum price, and also pay an additional fair trade premium that goes into a pool to help farmers invest in education and equipment. Every dollar you spend on fair trade chocolate goes into these programs for participating farmers, but just because you buy fair trade chocolate doesn't necessarily mean you're eating fair trade cacao. Cacao certified by the Fairtrade International and Fair Trade Certified labels operates under a system called Group Mass Balance (GMB). Under GMB fair trade inputs do not need to be delivered to the same site that processes the outputs. If a company purchases x amount of fair trade beans, then that amount of

beans is delivered to the warehouse, and poured in the same pile as the non fair trade beans before being exported. The company then receives a shipment of mixed beans. According to fairtrade.org, it is nearly impossible to trace the beans and keep them separate with the current system. While this may not be the ideal situation, purchasing fair trade chocolate is still supporting farmers at a fair trade level, even if you're not consuming the actual fair trade beans. By buying a fair trade chocolate bar, you can rest easy knowing you are still investing in the lives of farmers and their families. The more we demand fair trade chocolate, the more we encourage companies to purchase fair trade cacao beans.

Some companies that have separated themselves from this bulk buying system entirely. Equal Exchange has been exclusively fair trade, working directly with farmers, since 1986. Buddha Chocolate and Tony's Chocolonely are more recent entrants to the fair trade chocolate scene: two great companies both working out of our very own Portland, Oregon. While they are both fair trade, they are also direct trade, working directly with farmers to

personally ensure quality of both the cacao and the lives of the farmers.

Laura and Cayce, a local couple and creators of Buddha Chocolate, have a vision to uphold the ancient magic of cacao while interfering as little as possible. They use single origin, fair trade cacao sourced directly from small family farms in the Peruvian Amazon. These farms use a method known as agroforestry, utilizing a biodiverse array of plants and animals to create a balanced environment that reduces global warming and deforestation. On top of all this goodness, Buddha Chocolate is stone ground, hand poured, and made with low-glycemic organic coconut sugar. You can buy Buddha Chocolate here at Lifesource, but next time you're in Portland, be sure to visit their storefront on Sandy Boulevard or check them out at the Saturday farmer's market at the PSU park blocks!

Also produced in Portland, Tony's Chocolonely aims to completely transform the global chocolate industry. They envision chocolate that is 100% free of slave labor, worldwide. They bridge the gap between the government sanctioned "farm gate price" and real living wages, paying even more than the standard fair trade price. They also work directly with farms on five year contracts so that farmers can guarantee enough money to invest in things like new farm equipment and land regeneration. More money to the farmers means not only no slavery, but farm education and higher productivity.

While we all love chocolate, no one wants their sweet treat to be filled with corruption. LifeSource offers these wonderful brands and many more great fair trade options for your sweet tooth. Give someone the gift of fair trade chocolate this holiday season! Even better, choose a brand with unique ties to Oregon! 🍫

Fair Trade favorites

EQUAL EXCHANGE · W. Bridgewater, MA *Dominican Republic, Panama, Peru, Togo*

Since 1986, Equal Exchange has supported small farmers by building long term trade partnerships that are both economically and environmentally sustainable. They started with an idea: what if food could be traded in a way that is honest and fair, a way that empowers both farmers and consumers?

Equal Exchange also sources organic and fair trade chocolate, coffee, sugar, coconut, nuts, and more from small farmer organizations.

ENDANGERED SPECIES · Indianapolis, IN *Ivory Coast*

Endangered Species uses their fairly trade chocolate to support wildlife conservation efforts through their Give-Back Partners. They have donated over \$2.6 million since 2016.

Their sugar, cocoa butter, and cocoa mass, and vanilla are all fair trade compliant.

THEO · Seattle, WA *Congo, Costa Rica, the Dominican Republic, Ecuador, Madagascar, Peru, Venezuela*

Theo is fair trade and organic chocolate made from scratch in their Seattle factory!

Their mission is to make chocolate in "a way that allows everyone in the bean-to-bar process to thrive."

BUDDHA CHOCOLATE · Portland, OR *Peru*

Buddha Chocolates are hand crafted in small batches in Portland. They are also vegan, organic, paleo, and free of refined sugar.

Sourced from small family farms in the Peruvian Amazon who use agroforestry to grow sustainable and delicious cacao.

TONY'S CHOCOLONELY · Portland, OR *Ivory Coast, Ghana*

Tony's mission is to make 100% slave free chocolate the norm in the chocolate industry. Their sugar, cocoa butter, and cocoa mass are all fair trade compliant.

ALTER ECO · San Francisco, CA *Peru, Ecuador, Bolivia, Dominican Republic, Sri Lanka, India, Indonesia*

As well as being fair trade, Alter Eco chocolates are certified organic, and grown by small farmers practicing dynamic agroforestry. Rather than growing a monoculture, they grow chocolate as part a biodiverse system, creating greater yields, and a healthier environment.



A BEAST-FREE *Feast*

Gather 'round the table with
eminently eatable vegan fare
even carnivores will love.

Recipes By Lyric Johns
& Hannah Marjerrison
Photos by Catherine Dwelley

What's on the Menu?

Thanksgiving Panisse & Mushroom Gravy

Garlic Cauliflower Mash

Maple Roasted Sweet Potatoes

*Arugula Salad with Roasted Brussels Sprouts
and Candied Pecans*

Grandma's Apple-Pear Cranberry Sauce

Raw Raspberry Tartlets





Thanksgiving Panisse

By Hannah Marjerrison | Makes 4 Servings

- 1 Tbsp ghee or coconut oil
- 1 tsp salt
- 1 tsp turmeric
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp sage
- 1 tsp thyme
- ½ tsp marjoram
- ½ tsp black pepper
- 1 qt water
- 2 cups chickpea flour
- Olive oil, for frying

1. Lightly oil a 9-inch-by-9-inch baking dish.
2. Melt the ghee or coconut oil in a medium-sized heavy-bottomed saucepan. Add spices, cooking and stirring until aromatic and toasty, about 2-3 minutes.
3. Whisk water into spices and heat until almost, but not quite, boiling. Whisk in the chickpea flour.
4. Turn heat down to medium and continue to whisk until the mixture begins to thicken, about 2-3 minutes.
5. Switch from the whisk to a wooden spoon and stir constantly over medium heat for about 10 more minutes, or until the mixture is very thick and holds its shape. Reduce heat as necessary to avoid scorching.
6. Remove from heat and scrape the mixture into the oiled baking dish and smooth the top. Allow to cool, either on the counter or in the fridge, until firm and set (about 30-60 minutes).
7. When firm, unmold the mixture by inverting over a cutting board. Cut into squares, rounds, or batons no more than ½ inch thick.
8. In a heavy skillet, heat ¼ to ½ -inch of oil over medium heat until it begins to shimmer. Fry the panisses in batches, being careful not to crowd the pan, about 3 minutes. When the first side is golden and crisp, use tongs to turn them until they have fried on all sides, another 2-3 minutes. Remove them from the pan and drain on paper towels. As you continue frying the rest, add more oil as needed, but be sure to allow the oil time to heat before adding another batch. Serve with mushroom gravy.

Mushroom Gravy

By Lyric Johns | Makes 12 Servings

- 2 quarts mushroom broth
(see recipe on p. 17)
- 2 heads black garlic, diced
- ½ cup pinot noir
- 3 Tbsp all purpose flour
- 1 tsp dried sage
- 1 tsp dried thyme
- 1 tsp fresh ground pepper
- 4 Tbsp vegan butter
- 1 Tbsp olive oil
- 4 cups mushrooms, chopped
- 1 ½ cups yellow onion, diced

1. In a large pan, heat olive oil over medium-low heat, add the mushrooms with a pinch of salt to help them release their moisture. Let the mushrooms cook for 10-15 minutes until they have released most of their moisture, then add the diced onion. Turn the heat up to medium and let them cook, stirring occasionally, until the onions are translucent and the mushrooms are lightly browned.
2. Add the vegan butter and flour, stirring constantly until the raw flour smell is gone and everything is well coated with the roux.
3. Add the pinot noir and black garlic to the pan, stir thoroughly and let simmer for a few minutes, then add the mushroom broth, sage, thyme, and pepper. Stir well and turn the heat up to medium-high until everything comes to a boil, then reduce the heat to low and let everything simmer for 25-30 minutes, stirring occasionally, until the gravy has thickened to your desired consistency.



Arugula Salad with Roasted Brussels Sprouts

By Lyric Johns | Makes 4 Servings

Dressing

- ½ cup fresh squeezed orange juice
- 2 Tbsp apple cider vinegar
- 1 Tbsp olive oil
- ¼ tsp black pepper
- Candied pecans, to taste

Salad

- 5 oz baby arugula
- ¼ cup dried cranberries
- 2 cups Brussels sprouts
- 2 Tbsp olive oil
- ½ tsp sea salt

1. Preheat the oven to 425°F, and line a baking sheet with parchment paper.
2. Trim and halve the Brussels sprouts, and toss them in 2 tablespoons of olive oil. Spread on the prepared baking sheet in a single layer, and bake in the oven for 20-25 minutes until lightly browned and crispy. Remove from the oven and let them cool.
3. To make the citrus dressing, add your apple cider vinegar, orange juice, olive oil, and black pepper to a container with a tight-sealing lid. Shake the contents up in the sealed container for a few seconds to help the liquids emulsify and give a smooth vinaigrette.
4. Place the arugula in a serving bowl, top with dried cranberries, crispy candied pecans, roasted Brussels sprouts, and finally the homemade vinaigrette.

Garlic Cauliflower Mash

By Hannah Marjerrison | Makes 8 Servings

- 2 heads of cauliflower, cut into florets
- ¼ cup macadamia milk
- 2 tsp pepper
- ½ tsp salt
- ½ stick vegan butter
- ½ tsp garlic powder
- 1 tsp onion powder

1. Place cauliflower in a large pot, and cover with water. Bring to a boil, reduce heat, and simmer 20 minutes or until soft.
2. Drain water. Add milk, butter, and spices.
3. Use an immersion blender and blend until smooth and fluffy.

Maple Roasted Sweet Potatoes

By Lyric Johns | Makes 6-8 Servings

- 6 lbs of sweet potatoes, cubed
- 4 Tbsp maple syrup
- 4 Tbsp olive oil
- ½ tsp nutmeg
- ½ tsp cinnamon
- ¼ tsp cayenne pepper
- ¼ tsp black pepper
- 1 tsp salt
- Candied pecans, to taste
(see recipe below)

1. Line a baking sheet with parchment paper, and preheat the oven to 325°F.
2. In a large bowl, combine maple syrup, olive oil, nutmeg, cinnamon, cayenne, black pepper, and salt. Toss cubed sweet potatoes in this mixture until they are evenly coated.
3. Spread the sweet potatoes on the lined baking sheet and place them into your preheated oven, roast for 15-20 minutes, then toss, and continue to roast them for another 15-20 minutes until they are tender.
4. Place the roasted sweet potatoes in a serving dish, top with crispy candied pecans, and they are ready to enjoy!

Crispy Candied Pecans

By Lyric Johns | Makes 2 Cups

- 2 cups of pecans
- 3 Tbsp maple syrup
- ¼ tsp salt
- ¼ tsp cinnamon
- ¼ tsp cayenne pepper

1. Line a rimmed baking sheet with parchment paper. Preheat the oven to 325°F.
2. Combine maple syrup, cinnamon, and cayenne in a medium bowl, toss the pecans in the mixture until they are evenly coated. Spread the coated pecans over the lined baking sheet, season with salt.
3. Place the baking sheet in the oven, let the pecans bake for 10 minutes, then stir them to ensure they are baking evenly. Stir every 5 minutes until the pecans are deeply golden and the syrup has thickened slightly. Remove from the oven and allow them to cool completely. They will continue to crisp up as they cool.



Raw Raspberry Tartlets

By Lyric Johns | Makes 12 Tarts

- 14 medjool dates, pitted
- 1 ½ cups raw walnuts
- ½ cup shredded coconut
- 1 ½ tsp cinnamon
- ¼ tsp salt
- 3 cups raw cashews, soaked.
- 2 lemons, juiced
- 1 cup raspberries
- 5 Tbsp maple syrup

1. Soak the raw cashews in water for at least one hour.
2. To make the crust, combine the walnuts, coconut, dates, cinnamon, and salt in a food processor and blend until no large pieces of walnut or date remain. Once combined, press the mixture into the bottoms of a large nonstick muffin tin.
3. To make the filling, drain the water from the soaked cashews and combine them in a food processor with the raspberries, lemon juice, and maple syrup. Blend until the mixture is smooth. Spread the mixture over the crust to fill each cup. You can also garnish with a few raspberries on top.
4. Place the muffin tin in the freezer to let the tarts set for 30 minutes. To remove them from the tin use a butter knife to gently work around the edges until the tarts slide out smoothly. Let the tarts thaw slightly, and then enjoy!

Crème De La Cream

By Catherine Dwelley

No pie is complete without a fluffy dollop of whipped cream.

Skip the can and make your own: with a flexible choice of bases and sweeteners, you can create the perfect compliment to your favorite holiday dessert.

Traditional Whipped Cream

Makes 2 Cups

- 1 cup heavy whipping cream
- 2 tsp granulated cane sugar
- 1 tsp vanilla extract

Place metal mixing bowl and beaters in the freezer 1 hour before preparation.

Place cream, sweetener, and vanilla in the chilled bowl. Beat on high with chilled beaters until stiff peaks form, about 3-5 minutes.

Banana and Egg White Whip

Makes 1 Cup

- 2 pasteurized egg whites
- 1 ripe banana, finely mashed
- 1 tsp vanilla
- ½ tsp cream of tartar
- Sweetener, to taste (optional)

Beat all ingredients together on high until smooth peaks form. Serve immediately.

Whipped Greek Yogurt

Makes 1½ Cups

- 1 cup plain Greek yogurt, vegan Greek yogurt, or skyr
- ¼ cup whipping cream or coconut cream if using vegan yogurt
- 1 Tbsp honey, or sweetener of choice to taste

Place metal mixing bowl and beaters in the freezer 1 hour before preparation.

Place yogurt, whipping cream, and honey in the chilled bowl. Beat on high with chilled beaters until peaks form, about 3-5 minutes.



Grandma's Apple-Pear Cranberry Sauce

By Hannah Marjerrison | Makes 8 Servings

- 1 lb fresh or frozen cranberries (about two bags)
- 2 apples, peeled and chopped
- 1 pear, peeled and chopped
- 1 cup golden raisins
- 1 cup orange juice
- 2 Tbsp grated orange peel
- 1 tsp cinnamon
- ¼ tsp nutmeg

Place everything in a saucepan. Bring to a boil, reduce heat and simmer covered for 45 minutes. Serve warm or refrigerate 4 hours and serve chilled.



Homemade Mushroom Broth

By Lyric Johns | Makes 2 Quarts

- 5 cups mushrooms, such as crimini, shiitake, and maitake, roughly chopped
- ½ cups celery, chopped
- 1 yellow onion, quartered
- 2 cloves of garlic, crushed
- 3 quarts of water
- 8 whole peppercorns
- 2 bay leaves
- 1 tsp rosemary
- Salt, to taste

Place prepared veggies in a large pot and cover them with water. Add peppercorns, bay leaf, and rosemary. Bring the water to a boil. Once the water has reached a rolling boil, reduce the heat to a simmer and place a lid on the pot. Allow the vegetables to simmer for 2 hours. Salt to taste, and then strain your broth through a mesh sieve into a large, heat-safe bowl. Allow to cool completely, and then place into containers to store in the refrigerator or freezer.

Aquafaba Whipped Creme

Makes 2 Cups

- 1 (12 oz) can chickpeas
- ½ cup powdered sugar
- 1 tsp vanilla extract
- ¼ tsp cream of tartar

Shake cans of chickpeas vigorously. Strain through a mesh strainer or cheesecloth, reserving chickpeas for another recipe.

Give liquid (aquafaba) a quick whisk, and measure out ½ cup into a large mixing bowl.

Beat aquafaba until foamy. Add cream of tartar and continue to beat on high 3 minutes.

Add vanilla and powdered sugar, continuing to beat until peaks form, another 3-5 minutes.



Whipped Cashew Creme

Makes 1½ Cups

- 1 cup raw cashews
- 3 cups water, for boiling
- ¼ cup filtered water
- 2 Tbsp granulated sugar, or sweetener of choice, to taste
- 1 tsp vanilla extract
- 1 tsp cream of tartar

Boil cashews in 3 cups water for 12 minutes, drain (You may also soak them overnight)

To a blender, add cooked cashews, filtered water, sweetener, vanilla, and cream of tartar.

Blend until perfectly smooth and creamy.



Vegan Coconut Whip

Makes 1½ Cups

- 1 (13.5 oz) full fat coconut milk
- 1 Tbsp sifted powdered sugar, or liquid sweetener to taste
- 1 tsp vanilla extract

Refrigerate coconut milk in the can overnight.

Place metal mixing bowl and beaters in the freezer 1 hour before preparation.

Scoop out coconut cream solids, sweetener, and vanilla in the chilled bowl. Beat on high with chilled beaters until stiff peaks form, about 3-5 minutes.



OREGON BLACK PIONEERS

By Zachary Stocks · Photos courtesy of Oregon Black Pioneers



▲ *Member of the 555th Parachute Infantry Battalion—1943*

The pioneer is one of the most enduring symbols of Oregon. It's so representative of the character and history of our state that a golden statue of a pioneer stands atop our state capitol building. However, the retelling of Oregon's pioneer history largely excludes the experiences of people of African descent. This does not reflect an absence of Black people in Oregon's early years, but an intentional erasure of Black history from the state's popular narrative. When Oregon was granted statehood in 1859, its original constitution excluded nonwhites from coming to the state, living here or holding property here.

Oregon Black Pioneers, a Salem non-profit, is working hard to change that.

Through exhibitions, public programs, monuments and more, Oregon Black Pioneers presents a more inclusive interpretation of Oregon's past by illuminating the seldom-told stories of the state's

first African American residents.

Oregon Black Pioneers (OBP) was founded in Salem in 1993 by a group including the late State Senator Jackie Winters. OBP's current Board President Willie Richardson has been with the group from the beginning, and has guided the volunteer organization as it grew into a regional resource

for Oregon Black history. Some of OBP's major accomplishments under Richardson's leadership include placing a monument to the 43 named Black individuals interred at the Salem Pioneer Cemetery and partnership with Oregon Historical Society in Portland which led to the creation of five exhibitions: Perseverance: Black Pioneers

in Early Oregon (2011), All Aboard! Railroading and Portland's Black Community (2013), A Community on the Move (2015), and Racing to Change: Oregon's Civil Rights Years (2018).

The organization has never had difficulty finding stories to share. Although Oregon's Black population has never been large compared to southern or eastern states, Blacks have been arriving in Oregon for over 400 years. Dating back to the voyage of Sir Francis Drake in 1579, we know that enslaved and free Africans were part of maritime expeditions that passed and may have landed on the Oregon Coast. The first confirmed African we know of in Oregon is Markus Lopeus, the cabin boy of American ship captain Robert Gray of the Lady Washington, who stepped on shore in present-day Garibaldi in 1788. The Lady Washington was the first American ship to make landfall on the Pacific coast. Less than 20 years later, York, the enslaved personal servant of William Clark, reached Oregon as part of the Lewis and Clark Expedition.

These early individuals, and others among the fur traders and merchant ships whose names we do not know, demonstrate that Black people have been a part of the social landscape of Oregon from the beginning of its non-Indigenous inhabitation. In other words, there has never been a time in Oregon's history where white people were here but Black people were not here. Unfortunately, the stories of these trailblazers were not widely known before modern examination. Black exclusion laws that explicitly forbade African American settlement under penalty of physical violence were successful in discouraging wide scale Black settlement in the state. This was further reinforced in 1850, when the Donation Land Act, which caused a population boom in Oregon, was off limits to Black claimants.

Still, a handful of African Americans came to Oregon in spite of these restrictions and made a life for themselves in the state at a time when they had few legal protections. Traveling on the Oregon Trail, these courageous Willamette Valley settlers established bonds with one another that would form Oregon's first Black communities. OBP was formed primarily to tell their stories.



▲ *Members of the Willamette Orchestra—Portland, 1920s*



▲ *NAACP parade for Medgar Evers—1963*

Since then though, the organization has explored the experiences of the next generations of Oregon's Black residents who built businesses, social centers, and civil institutions for their segregated communities in Portland and beyond from the 1920s-1980s.

In 2019, OBP secured a grant from the National Trust for Historic Preservation to allow the organization to hire their first ever executive director. In July the Board selected museum professional Zachary Stocks for the job, who came to OBP with a background in education, exhibitions, and community outreach. Stocks' first act was to refine the scope of OBP for the coming years. With the COVID-19 crisis devastating cultural non-profits nationwide, the combined OBP team recognized that any new programming initiatives would need to be virtual in nature.

The organization's immediate projects will be focused in three major areas. First, OBP will continue to recognize sites with African American

historical significance and advocate for their preservation and interpretation. Examples of this include the group's in-progress efforts to replace Oregon's remaining "Negro" place names with the names of the areas' early African American settlers, and to submit proposals for new state historical markers featuring African American individuals. Second, OBP is expanding its guest speaker program. OBP staff, Board, and partners will offer their availability for lectures on request, covering a variety of topics related to local Black history like Black on the Oregon Trail, Portland housing discrimination, and the Vanport flood. Lastly, OBP is looking to make its vast resources more accessible to the public through the creation of a new online museum. The museum will act as a repository for the organization's content files, digital exhibits, and oral histories, providing users a chance to conduct their own historical research.

Zachary Stocks also set a goal for financial growth for OBP. That began with the creation of the organization's new website –a goal long deferred by the volunteer Board's limited capacity. This and other technological improvements have allowed the organization to securely receive online gifts, manage its books, and connect with donors. Stocks and OBP's contract grant writer are now aggressively pursuing grants, which can help get the new programs off the ground and begin to bring in the earned revenue needed for financial sustainability.

While Oregon Black Pioneers' work is concentrated in history, its mission is not confined to the past. The OBP team has closely watched the nightly protests against police brutality in Portland unfold, and sees the clashes as a product of Oregon's legacy of racial injustice.

The sudden attention of Portland within the nation's racial reckoning has offered some unexpected opportunities for OBP which Stocks and the Board hope will lead to greater learning. New funding pathways have emerged for Black-led community organizations, and OBP has been invited to participate on projects as diverse as reviewing interpretive panels for culturally-sensitive language to preserving Black Lives Matter murals.

Oregon Black Pioneers is Oregon's only statewide African American historical society. OBP celebrates this resilient heritage widely, but is also proud of its roots in Salem. As the organization continues to grow, its connection to the city will remain strong. Perhaps one day an African American museum will stand near the state capitol, offering a local landmark which fully represents the range of experiences that make up the story of Oregon. 🌱



▲ All Aboard! Railroading and Portland's Black Community Exhibit



▲ Kate Brown at the Community on the Move Exhibit



▲ Racing to Change Exhibit

SPOTLIGHT ON *Now Foods*

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▲ Leo and Jenn Rumely and their daughters

In mid-summer, my wife and I followed Leo Rumely of Pacific Honeybee, his wife Jenn, and their two daughters up a 3,500 ft. mountain just outside of their home in Mt. Angel, OR to take some photos of their fireweed honey operation and to learn a little more about their local honey production here in Oregon.

Pacific Honeybee

Words & Photos by Jeremy Scott

I didn't know what I was getting myself into with this drive up the mountain but luckily my wife's all wheel drive VW did amazingly well keeping up with Leo's big work truck. On the way up the mountain, all we could see was dust from the dirt road, evergreen trees, a blue sky, and hopefully the tail lights of Leo's truck so we could keep up and not miss a turn. When we got past two locked gates and all of the dust had cleared from the crest of the mountain, we had a panoramic view of all of the cities in the valley below, right at sunset. This was an exhilarating view that not many get to witness, but one Leo gets to take in every day during

the honeymaking season. I turned up the stereo and hoped the rest of the evening could be as good as the sunset view at 3,500 ft., surrounded by the beautiful magenta fireweed plant that makes what is known as the "champagne of honey."

After sunset turned to dusk, Jenn brought out a fireweed tea that she had made that same day from the plants on this mountain.

Fireweed has a history going all the way back to Ivan XII of Russia. It is said that even Napoleon feared the Russians and their fireweed tea, with its healing and strengthening powers

that Napoleon and his army didn't have access to. At that time it is said that fireweed was more valuable than gold or fur.

After World Wars I and II, the fireweed plant grew rapidly over heavily bombed areas, bringing renewal and restoration to those burnt lands. Today it does the same in the mountains of Oregon and all over the Northwest. Fireweed seed can lay dormant for many years, awaiting the warmth of the sun to be germinated. Fireweed is one of the first plants to appear after a forest fire; it also rapidly covers areas that have been clearcut.

Jenn's fireweed tea gave me the energy to stay up a bit later, and we all got out our camp chairs and watched the Perseid meteor shower. That was a night I will not soon forget.

I first met Leo when I started beekeeping in my backyard. I have always been intrigued by bees and over the past decade have been paying attention to the importance of them. Without bees we would not have the ability to produce quality food. I realized that having a healthy bee hive is something that we can all do with not much cost. With the help of a neighbor who feels the same way, I

decided to start my first colony.

The first step is the equipment, which I was luckily given for free from said neighbor. The next and most important step is acquiring a colony, in my case in the form of a nucleus. A nucleus is five frames of bees along with a queen. I found him Leo of Pacific Honeybees online and bought a nucleus from him.

Being new to the beekeeping world, I was a little worried about my investment. So the first time I ever had a question about what to do to keep my new colony happy and alive, I called Leo and he answered immediately. He gave me the info that I needed and then even came by my house at no cost to teach me how to keep mites from killing my colony. To him, my bees are kind of like his grandchildren, so he wanted my bees to do well just like he did his own bees.

That's when I learned that he not only sold bee nuclei and did crop pollination but also sold honey. As a manager and buyer for LifeSource, who loves to promote local farms, I knew my next move. I needed to get his honey into our store.

After realizing that Pacific Honeybees is now LifeSource's most local honey

farm and the importance of local farms, I wanted to tell our customers more about Pacific Honeybee so I sat down with Leo and Jenn to get the whole story.

Jenn first started beekeeping in 2012 when her parents gave her a hive. Jenn's grandfather Fritz had been a logger and beekeeper so it felt natural to her, but then she accidentally killed her first colony by not feeding them the right kind of sugar water. She had fed them raw sugar water (which is bad for the bees) instead of regular sugar water. As she explained this horrible day to me, I could tell it was one of those experiences you never forget.

After this bad experience, Leo stepped in to take a bigger role. In a beekeeping magazine, Leo found a job that would last about two months per year using beehives to pollinate almond farms in California. After working for the city of Silverton for over 15 years, he had built up hundreds of hours of vacation pay, enough that he could take the beekeeping job and still keep his full-time job with the city of Silverton. He took the leap not knowing what would happen next, only knowing that this "whole bee thing" was something they believed in, something that was in Jenn's family history.

▼ *Leo with some of his hives. They are kept in cages to protect from bears*





While working for the company that did pollination of almond fields, Leo received a frame of bees per hour of work. After his two months of work, Leo and Jenn stayed up late building bee boxes in their basement. The first year he came home with almost fifty hives. After four years he built up over 300 colonies of bees. Though they originally started this endeavor for pollination not for the honey, in time they had buckets of honey lining the stairs of their hallway and all over the kitchen. With all of this honey clutter, they decided they needed a better space to extract and store their honey and they converted their shed into their first honey house. Soon, their neighbors heard they were beekeepers, and Leo and Jenn often got a knock on their door from neighbors wanting to buy their honey. They started with

an honor system honey stand in their shed. Then in late 2018 they found a location only 3 blocks from their home in Mt. Angel and started their retail location. With Mt. Angel's German heritage, they obviously had to call it the Honey Haus.

Leo eventually had over 1,400 hives, but he quickly found that having so many hives made the work unenjoyable, so he scaled back down. By this summer, Leo had around 700 hives that could be split into over 24 locations at any given time.

After beekeeping for some years, Leo and Jenn were visiting Leo's grandmother Trudy, who filled them in on Leo's family history with beekeeping. Unbeknownst to Leo, his great-grandparents Josephine and

Henry had been beekeepers, and Leo's great-great-grandparents Henrietta and Herman had been beekeepers as well. They had kept hives in the same places that Leo keeps his bees to this day.

Now they make more than 12 varieties of the best 100% raw honey that I have ever tasted, but Leo and Jenn say they don't have any plans to grow too big. They don't want to "sell out" like many other big honey productions have. They'd rather put the best 100% raw honey on the tables of Oregonians. They believe in putting a beehive in the backyards of as many people as they can so that together we can continue to feed everybody.

As a new beekeeper myself, I've been stung a few times since starting my hive, so I asked Leo one last question:



▲ Left to Right: Fireweed, Leo tasting honey, the final product

“How many times a day do you get stung?”

“On an average day it’s really only 5 to 15 times,” he replied. “On a bad day it can get up to 50.” I cringed, laughed, and thanked him and Jenn for what they do.

That’s where I had planned to end this story, but on Labor Day, everything changed for Leo and Jenn. The family had planned to go camping the weekend after Labor Day, and on the following Monday start to harvest their fireweed honey. Neither one of these late-summer family outings would happen.

The wildfires where Leo’s bees are located started on Tuesday, September 8th. Leo quickly realized he had likely

lost up to 288 colonies of bees, but because of the fires Leo had no way of going up the mountain to see if any of them had survived. On September 13, with the air quality still so bad that he was stuck inside, having a glass of wine and playing Monopoly with his 13-year-old daughter, when he got a phone call. It was Troy Perrish, a firefighter with the Department of Forestry, who also happens to be a hobby bee-keeper. It was a conversation Leo won’t soon forget.

“I’m in charge of the Beachie Creek fire,” Troy said, “and I am standing in front of a cage full of bees. There’s a sign attached to the cage that has your name and phone number on it. Are these your bees?”

“Yeah!” Leo replied. “Are you serious?”

No way!”

“Yeah dude... You got lucky.”

“I’ve got eleven more of those out there,” Leo said, “and one is only about a quarter mile away.”

Troy took off up the hill in his truck to find the next closest set of hives. They were also spared, so Troy asked Leo if he wanted to come get them.

“Hell yeah!” Leo replied. He got into his old 1990 rollback tow truck that he uses to move the large bear-protective cages and took off to save any bees that he could.

Fires still burned on both sides of the gravel logging road that Leo traveled. Troy escorted Leo through the flames



▲ A queen surrounded by her workers



▲ One of the surviving cages jumped by the fire

and helped him get the two cages of bees off of the burning mountain. Leo gave Troy a map to his other locations, in hopes that more might still be alive. Troy was excited: when you see so much destruction as a firefighter, it's very rewarding to bring some life back from the inferno.

Troy called Leo the next day, and told him that he and his team had found two more of the cages that had survived, each full of twenty-four hives, but that the other ten cages had completely burned.

Of the four cages that had survived, the fire had come within just a couple of feet of the hives, then jumped over and landed within just a short distance

on the other side of the hives. Leo has no idea why this happened but said prayers, luck, and maybe the bees themselves helped.

As Leo was bringing those last two cages of live bees off of the mountain, which took about two hours each, fire crews putting out the smoldering ground stopped for a second to cheer him on. For a fire crew, seeing anything alive coming from such devastation brings them gratification for their hard work. It was certainly a pivotal moment in Leo's life.

To replace 240 hives—around 7 million bees—is no small task. It will take a lot of time and money and although his equipment is covered by

insurance, his time and loss of income isn't. Still, Leo is excited about it. His favorite part of beekeeping has always been building bee colonies, whether it's for him or for a new beekeeper like myself.

The fireweed plant from which fireweed honey is made is activated by fire, hence the name. Seeds lay dormant for years until there is a fire. Although Leo lost millions of bees because of these fires, the fires will create more of the fireweed that produces this amazing honey. Now Leo will have more areas to put more bee hives, to produce an even larger amount of this amazing honey in the future. 🍯

beer & wine pairings

By Marney Roddick

The beverage selection at LifeSource is vast, varied and fun to try.

To pair with some of the recipes found in this issue, we decided to be a tad adventurous. Match beers, ciders, and northwest wines to your taste, enlivening holiday fare and encouraging stimulating conversation.

One of the fun things about autumn and the holiday season is trying food and spices, and the drinks that complement these flavors. It's a great time to branch out and explore a new wine, an elegant beer, or an effervescent cider. Your hosts will always welcome a nice bottle of something to share with friends and family.



Recipes that include apples and pears are well suited to be served with ciders. There are a couple of autumn-inspired ciders that taste great with the red kuri pie (p. 7), and the maple sweet potato (p. 15) recipes found in this issue. Rickreall's **Ten Towers Cider Company's Soulless Pear** hard cider with a hint of ginger and Washington's **Spire Mountain Cider's Dark and Dry Apple** are both satisfying accompaniments, enhancing and not competing with the layered flavors of the food.



The **Anderson Valley Bourbon Barrel Stout** begged

to stand alone, though it was a great match with chocolate. This might also make a nice adult float with a scoop of yummy vanilla ice cream.



We tried a couple of Rogue Valley wines to pair with fall squash. **Roxy Ann Winery** makes a nice red blend, **Honor Barn Red**, and a versatile white, the **Viognier**. Both are easy to pair with food and a good value.

The grapes benefit from the hot summers and the gentle slope of the land where the family has been farming for more than 120 years.

Finally, I'll close with a suggestion that is definitely inspired by 2020. Socializing is curtailed (for good reason), so why not conduct a virtual tasting with family and friends? Maybe three or four weeks in a row, feature a beverage (red, white, bubbly, cider, beer, H2O). Each person can showcase their selection, discussing its properties, pairing suggestions, etc. You could have each person suggest a different beverage, or make sure everyone has the same product – hopefully unfamiliar – and you could all try and critique the same product.

LifeSource also features a wide selection of waters to complement your meal. Make sure you have plenty of choices on hand for those who prefer nonalcoholic beverages.



Scan the QR code with the camera on your phone to view our handy food and wine pairing chart.



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