



Aqiumuk's Kitchen

By Patricia Aqiumuk Paul, Esq.
Food Editor - AqiumuksKitchen@outlook

Enjoy the strawberries and rhubarb you harvest or buy in early summer, into the winter months. A well-established rhubarb plant in your garden produces enough stalks to create several tasty dishes. This year, to date, our rhubarb produced enough to share bundles with two friends, cook up and water bath can 5 batches of strawberry rhubarb jam and this recipe. Plus there is more rhubarb growing! Use a double crust when you bake the pie with this filling. One pint jar per pie.

Strawberry Rhubarb Pie Filling



Ingredients
Rhubarb, 6 cups, cut into one-inch pieces
Apples, 4 small, peeled and chopped
Sugar, 2 cups
Orange, zest and juice of one
Strawberries, 4 cups
Pint canning jars, 4 or 5

Preparation
Use sterilized canning jars. To sterilize, I place the canning jars in the water bath canner and simmer on medium heat for ten minutes. Use a heavy pot. Add everything except the strawberries. Stir to dissolve the sugar. Cover and bring to a boil, stirring occasionally. Remove the cover, lower heat and simmer. Simmer for 15 minutes, stirring often. The rhubarb will soften. Add the strawberries (uncut). Return to a boil and turn off the burner and remove from the heat. Pack hot into the pint jars. Leave one inch of the space at the top of each jar. Wipe the rim of the jar. Attach both parts of the canning lid. Tighten with a firm twist. Add the jars to the water bath canner. Be sure they are covered with one inch of water. Turn burner on high. Begin timing once the water boils, for fifteen minutes. After fifteen minutes, turn off the burner and allow the jars sit for ten minutes. Remove the jars and leave on your kitchen counter for 24 hours before labeling and storing. Use within a year.

Swinomish member returns to provides food for thought and nutrition

By Bill Reynolds

Anna Cook is getting back to her roots on many levels. The Swinomish Indian Tribal Community member, a La Conner high school alum who went on to earn a degree from The Evergreen State College in Olympia, is a vocal advocate for food sovereignty through her work with the acclaimed 13 Moons project. She was drawn to the cause in great part by her family's involvement in hosting plant workshops. Her interest grew further after starting college.

Today, as a result of her affiliation with 13 Moons at Work – an environmental health and sustainability curriculum founded on indigenous first foods and technologies – Cook finds herself performing a variety of tasks. Those range from researching and harvesting native plants, delivering produce to Swinomish elders, maintaining the 13 Moons garden at Northwest Indian College and creating infographics highlighting the program.

The goal and mission of 13 Moons is to encourage better nutrition and regularly put into practice native traditions that have stood the test of time.

"I'm gratified," Cook told the Weekly News, "because my job is so multi-faceted."

A former standout athlete at La Conner High who also excelled in the classroom, Cook has returned to her alma mater as an assistant girls' basketball coach. She brings the same passion to her day job as she does to the court each evening during hoops season.

Cook was formally introduced to the concept of food sovereignty four years ago. After that, she had the opportunity to attend a food sovereignty conference on the Skokomish Reservation.

"Tribal leaders from around the Coast Salish area discussed what food sovereignty means to them and what it means to their tribal communities," Cook recalled.

She said it literally planted a seed of curiosity as to what was being done at Swinomish in terms



ANNA COOK

of food sovereignty and how she could get involved.

Her professional growth has been fostered by Myk Heidt, the Swinomish community environmental health coordinator, Dr. Jamie Donatuto, a Swinomish community environmental health analyst and tribal elder Larry Campbell.

"Being able to work closely with Myk on the ground has been so eye-opening," Cook said. "She has taught me so many things about gardening, native plants and medicine making. Being able to gain this knowledge is so important for future generations so we can work on continuing to pass it along in a good way."

The 13 Moons garden features an array of native plants – from common camas to huckleberries to Labrador and much more, said Cook.

"We also have an expansive variety of veggies that we grow for our weekly produce stand that we host," she said. "This has been a new addition to our program in the last year, where we take our garden harvests and offer them to the community."

Some have called the 13 Moons garden one of the local area's best kept secrets. That secret is getting out, though, said Cook.

"We're excited that we have a series of videos in the works with

Children of the Setting Sun, she said. "Based off of Swinomish's 13 Moons calendar, there will be a video for each moon and what seasonal event takes place during that time."

For Cook, timing has been everything when it comes to the arc of her career.

"The summer before my senior year at Evergreen," she explained, "I was looking for a summer internship. I reached out to Myk and she referred me to AmeriCorps VISTA, where they had a program that allowed me to work as a native food sovereignty summer associate."

Following her internship, Cook returned to Evergreen and completed work on her bachelor's degree. She graduated just prior to the outbreak of COVID-19.

That timing would have been bad had it not been for the positive impression she had made previously with Heidt and Donatuto.

"I was in search of a job and Myk and Jamie expressed that they would welcome me back if I was interested," Cook said. "I've been working with them since that spring of 2020."

Cook hit the ground running. It was not long before she was invited to address organizations and universities – the Seattle Cancer Care Alliance and Western Washington University to name a couple – on issues related to food sovereignty and the 13 Moons approach. She takes those speaking assignments seriously and preps hard beforehand to assure they are beneficial to all parties.

Cook feels obligated to honor the groundwork laid by previous generations.

"My ancestors are my role models," she said. "I'm reminded of my ancestors so often with the work that I do. When I go to harvest plants or work in the garden, I think of all those who were before me doing the same work but in different capacities. It's very surreal to imagine that the work

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POLICE BLOTTER

SKAGIT COUNTY SHERIFF'S OFFICE

Tuesday, June 15
2:23 a.m.: Left with chargers – Deputies responded to a report of a cold theft. The caller said a male walked into the store and stole a handful of phone chargers. La Conner Whitney Rd., Greater La Conner.

6:51 p.m.: Known knockdown – Deputies responded to a report of a person being struck by a vehicle. Deputies found the caller had been struck by the door of a car leaving the driveway and knocked to the ground. The suspect had fled the scene but is known to the victim. Brad-

shaw Rd., Greater La Conner.

Wednesday, June 16
8:17 a.m.: Fire fighter – Caller reported the theft of two fire extinguishers valued at \$40 each. S. 4th St., Pioneer Park, La Conner.

4:37 p.m.: Sloppy driver two ways – Report of a silver Subaru hatchback driving erratically and dumping garbage in the area. Park St., La Conner.

bor's house. Deputies contacted the neighbor, who was found to be discharging in a safe direction. Fir Island Rd., Conway.

Saturday, June 19
12:56 p.m.: Helping out – Swinomish PD requested assistance with traffic control at a vehicle accident. Reservation Rd., Greater La Conner.

6:34 p.m.: Prowling? – Report of subjects with binoculars on the Padilla Trail. The caller didn't think they were bird watchers and wanted them checked out due to recent car prowls in the area. Deputies checked the area, but were unable to locate them. Bay View Edison Rd., Bay View.

Monday, June 21
7:30 a.m.: Double trouble – Report of a silver Acura swerving on the roadway and littering. The vehicle was last seen pulling into the Swinomish Casino. Swinomish PD was advised to check on it. La Conner Whitney / McLean Rds., Greater La Conner.

8:28 p.m.: Leaving scene assist – Report of a subject who stole two flats of strawberries. Deputies contacted the suspect who was still on scene and acting odd. Deputies provided the suspect a ride to the Mount Vernon bus station. La Conner Whitney Rd., Greater La Conner.

Thursday, June 17
6:17 p.m.: Another behaving oddly – Deputies responded to several reports of a male walking near the rainbow bridge acting disorderly and waving his jacket at passing cars. Deputies checked the area and were unable to locate the subject. Deputies later contacted the subject sitting in a field outside of La Conner. The subject, who refused help from the deputies, continued walking. Pioneer Pkwy., Rainbow Bridge, La Conner.

Friday, June 18
6:28 a.m.: More odd behavior – Report of a male throwing rocks at passing cars. Deputies contacted the suspect, who said he was just pretending to throw rocks. Deputies cautioned the subject on that type of behavior. La Conner Whitney / Young Rds., Greater La Conner.

11:21 a.m.: Craigslist scam – Caller reported a possible phone scam from an item they had listed on Craigslist. Calhoun Rd., Greater La Conner.

8:04 p.m.: Safe discharge – Caller reported explosions at their neigh-

Chloride . . .

(Continued from Page 1)

Tips for conserving water include:

- Do not water lawns
- Do not fill swimming pools
- Put off projects that use water, such as power washing
- Take shorter showers
- Turn off water when brushing teeth
- Flush toilets less

Day letter ...

(Continued from Page 2)

District.

I trust Eric to work with the other Fire District commissioners to ensure the department has what it needs so it can continue providing excellent fire protection services to a growing community.

Join me in supporting Eric Day for commissioner, Position 2, of Fire Protection District 13.
 Molly Neely-Walker
 Anacortes

See Anacortes' conservation webpage: .anacortescommunityenergy.org/water-conservation.

School camp ...

(Continued from Page 2)

school grades. Classes start July 19 and include Skagit Safari, Aviation, Make Your Own Movie, Invention Camp and Art Academy. Younger students will visit the Swinomish 13 Moons garden and all students will visit the school's community garden.

Transportation will be provided and the Adventure Camp is free.

Information and a link to registration is on the district website.
 Contact Andy Wheeler or Marlene Brenton with questions.
 Register by June 28.
 Source: La Conner School District

Answers from June 16 Sudoku & Crossword

Super Crossword
Answers

ALPS ERA ALBO TRIADS
 SERA VET LEROI REDDIT
 KNOCKED OUT GOLD ADORREE
 SID GROMMET ALIMBICE
 NUMB PROBLEMS SULFUR
 MICE TIA TRANS LETTUS
 ASTARIS BORON GAELS
 EMS BELARUS ATVS AGO
 MINDY OUR OWN BISMUTH
 SEMI SSE SAO DEFEATS
 WRAPS DOC DNA TASTE
 ANGELIC BOA NIK CHAT
 PEATREE NOCANDO SIP
 THARP BATHROOM ZINC
 ALANA AURA TTTS ADDS
 PORTLAND ARGON EPEE
 LOD FETID EGOTISM SCI
 ONETWO ANDERSON COPPER
 MINOAN TERSE UFOGINA
 BETSY S ERIES ROTANTS

Weekly SUDOKU
 Answer

3	2	6	4	5	1	7	8	9
4	9	8	6	7	3	1	5	2
7	1	5	9	2	8	4	3	6
2	3	7	5	1	9	6	4	8
6	8	4	2	3	7	5	9	1
9	5	1	8	6	4	2	7	3
1	7	2	3	9	5	8	6	4
8	6	9	7	4	2	3	1	5
5	4	3	1	8	6	9	2	7

Weekly SUDOKU

by Linda Thistle

		6		4				9
7			3					8
	1			5		6	2	
4				1			9	
		9	5					1
	8	5			3	2		
	2		8		1	4		
		7			6			8
8			9					3

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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UNTHEMED #1: MASSIVE MIDDLE

Super Crossword

ACROSS

1 City in Orange County, California
 11 Extended animal shelter initiative
 21 Regular guy
 22 Well-practiced pieces
 23 Good snorkeling sites
 24 Within a single school
 25 Have a brawl
 26 — liver (dish rich in iron)
 28 Secret agent
 29 — -mell (confused)
 30 Frozen water
 31 Narrow sea routes
 33 Title girl in a J.D. Salinger story
 35 Swift feline
 39 "Have a Heart" singer
 Bonnie
 41 Total up again
 45 People giving accounts
 49 Many Bosnians
 51 Socratic "T"

52 Homer Simpson voicer Dan
 56 Opiate, e.g.
 58 Johnson of old comedy
 59 Some rupee spenders
 60 Most tranquil
 61 Ring around the collar?
 62 Cellars
 64 "Mercy me!"
 65 Ring around the collar?
 67 Diet for a boxer
 69 Get a move on
 72 Discussion venue
 74 Ponchos' kin
 76 — Fernando Valley
 77 Major U.S. field yield
 80 Soft, knit fabrics
 81 Herr von Bismarck
 82 She admired the Man of Steel
 83 Perfume ingredient
 85 Suffix with meth-
 86 Soothing additives
 88 Like needles with fibers through them

89 Resembling a hornet, say
 91 "Republican" philosopher
 93 Largest parts of brains
 97 Memo start
 99 "Dream on!"
 103 Bk. after Exodus
 104 Send cyberjunk to
 107 Kind
 109 Took illegally
 110 Electric resistance measure
 113 Long-life-cycle plants
 116 Cabal boss
 118 "Way to go, hero!"
 119 Field of a retail boss
 120 Gazpacho, basically
 121 Warnings about shady deals

DOWN

1 Milk-derived
 2 Affirm as true
 3 Olympian Jackie Joyner —
 4 Distinctive stretches
 5 Descend
 6 Horrid giant
 7 "Riddle me, riddle me —"

8 Thrust out
 9 As of now
 10 Model 3 car
 11 Former Sony record label
 12 Where lions lie
 13 Makes a selection
 14 Be guilty of
 15 Waiters' loads
 16 24-hr. cash cache
 17 Certain wig
 18 Put to work
 19 Verbal
 20 Tony-winning Carter
 27 Method of valuing inventories
 31 Sedimentary rocks
 32 She's part of the fam
 34 North Pole wife
 36 One-named Art Deco artist
 37 Summer top
 38 Free of artificial ingredients
 40 XXX, maybe
 42 Affirms as true
 43 Oration station
 44 With 46-Down, held together with a plumbing adhesive
 46 See 44-Down
 47 Fill with love
 48 Consign to an inferior rank
 50 "Glass half full" outlook
 52 Announce
 53 Sector
 54 Uses a wok
 55 Bowl over
 57 Alero's make
 62 — Center (Brooklyn arena)
 63 World Cup sport
 66 Electrojet particles
 68 Lorna of literature
 70 Sol followers
 71 Hydroxyl compound
 73 Corners on the market
 75 Hook up (to)
 77 Hawk's nail
 78 "Game of Thrones" actress
 79 Lime discard
 81 Bygone, quaintly
 84 — Lingus (carrier to Dublin)
 87 Announce
 90 One of the "Dallas" Edwings on
 92 Even choice
 94 One on in-line skates
 95 Acting king
 96 Heads off
 98 Rio — (mining company)
 100 Fishing bait
 101 Of a pelvis bone
 102 Three-time Grand Prix champion
 104 Roast rod
 105 Colombian cash
 106 William Saroyan's "My Name Is —"
 108 Deck in a boxing ring
 110 Korbut on a balance beam
 111 Loaf end
 112 Musical "Auntie"

Cook ...

(Continued from Page 8)

that my ancestors did around food sovereignty was very much a lifestyle and their livelihood.

"Something that really grounds me," Cook added, "is knowing that I am far from the first person to do the work that I do. When I harvest madrone bark, for example and add it to hot water for tea, I recognize that I am not simply drinking a cup of tea. Rather, I'm sharing a cup of tea with my ancestors because they drank from that same blend."

Lessons grounded in the past can teach much about healthy living and wise management of resources going forward, said Cook.

"Ethical harvesting can't be emphasized enough," she said. "The Swinomish people have been on this land since time immemorial and recognizing and respecting that is crucial for the longevity of our natural world and native plants so they can continue to live on for future generations."

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MULTI-FAMILY ESTATE/ MOVING SALE - June 25-26, 9 a.m. to 4 p.m. Antiques & collectibles, furniture, tools, household goods, rugs, art, and more. 19479 Landing Rd, Mt Vernon. 1tc6/23

NEED SOME COLOR IN YOUR LIFE? LaFountains Plants & Flowers is located behind the post office. Go check it out. 360-708-2022. 1tp6/23

FOR SALE - 1992 Ford Ranger, 4 cylinder, 5-speed, 135,000 miles, canopy, trailer hitch, new tires, transmission needs rebuild, already pulled. \$595. Call 360-708-6204. 1tp6/23

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