

THE BUMBLEBEE

Bringing You The Latest Buzz from Skookum Food Provisioners' Co-op



SKOOKUM UPDATES

Skookum has been busy since our last newsletter! Kevin Wilson hosted a 'Water-Wise' garden workshop in July and we've had two bids on the old cider press. We still haven't figured out a plan for the recently donated one, but it's at the CRC for now, waiting for a crew to re-furbish it and hopefully get it up and running for next year! In August we collaborated with the Powell River Garden Club for an **<online garden show>** and the rest of the Skookum merchandise is are now at Eco-scentials (nice bags and buttons!) The **<Edible Garden Tour>** is live, many thanks to LIFT Food Security Project, and all the growers and farms for your contributions! And of course, Gleaners have been picking pounds of fruit to share - thanks to Alina, Juhli and Scott for being the 2021 pick leaders. And finally, don't forget to get your Rancho Vignola order in to Rebecca by September 26th. Happy fall, y'all!

A PEMMICAN RECIPE

Source: <Secrets of Survival>

Making pemmican involves just a handful of ingredients, a little bit of time, and some dedication. This pemmican recipe will not take you more than a day of cooking to prepare. And when you are finished, you will be left with a stockpile of the best survival food known to man.

If you have never made pemmican before, I suggest starting with a smaller batch for practice, that way you don't ruin all of your ingredients. Generally, I recommend people to try a couple 100-gram recipes first, then step it up to something larger. This recipe for pemmican will yield roughly 300 grams of beef pemmican – although you can definitely use buffalo, caribou, elk, or deer.

Before you start, I recommend you have at least 12 hours to dry the meat properly. This is an entire day of cooking, although only about two hours will be in the kitchen. Also, I recommend using fresh beef and unprocessed salt for health reasons.

Another note is that this recipe calls for rendered fat from a beef, otherwise known as beef tallow. If you are starting with unrendered beef fat, or suet, then you will first need to render the suet into tallow. To render fat, cook on extremely low heat – this draws out the liquid fat (which we call tallow when it's beef fat). Pour the liquid fat into a container – it will turn back into a solid at room temperature.

(con't next page)

PEMMICAN HISTORY

Source: <Pemmican Patty Food Company>

There seems to be some argument about who is responsible for the “invention” of pemmican, but it's probably safe to say that it originates from the northern tribes of the current United States (Minnesota, North Dakota and Montana), as well as from the southern provinces of current day Canada. The Ojibway, Cree and the Algonquian-speaking tribes call it Pimikan, meaning “manufactured grease.” The Lakota (Sioux) called it wasna (‘wa’ meaning “anything” and ‘sna’ meaning “ground up”). Pemmican could be made of virtually any lean, dried protein, including fish. Bison was used most often, before being hunted to near extinction.

This vital food was traditionally used by indigenous people of the Northern Woodlands and Plains as both a travel and survival food. It was introduced to the fur trade industry in 1779 and...

(con't next page)

PEMMICAN HISTORY (CON'T)

There seems to be some argument about who is responsible for the “invention” of pemmican, but it’s probably safe to say that it originates from the northern tribes of the current United States (Minnesota, North Dakota and Montana), as well as from the southern provinces of current day Canada. The Ojibway, Cree and the Algonquian-speaking tribes call it Pimikan, meaning “manufactured grease.” The Lakota (Sioux) called it wasna (‘wa’ meaning “anything” and ‘sna’ meaning “ground up”). Pemmican could be made of virtually any lean, dried protein, including fish. Bison was used most often, before being hunted to near extinction.

This vital food was traditionally used by indigenous people of the Northern Woodlands and Plains as both a travel and survival food. It was introduced to the fur trade industry in 1779 and became a key advantage to the North West Company in their competition with the Hudson’s Bay Company. Posts along the Red River, Assiniboine River, and North Saskatchewan River were devoted to acquiring pemmican from indigenous peoples living in the region, as well as the Métis (blended culture of European and Native descent). Métis traveled onto the prairie in Red River carts, where they harvested bison, converted the meat into pemmican, and shipped it in bags to fur trading posts. Pemmican was sufficiently important to the regional economy that, in 1814, Governor Miles Macdonell passed the disastrous but short-lived Pemmican Proclamation, which forbade the export of any food supplies, including pemmican, from the Red River Colony, nearly starting a war with the Métis.

Source: <Pemmican Patty Food Company>

A PEMMICAN RECIPE

Pemmican can last for years without spoiling, it’s made with simple ingredients, and it’s jammed full of useful proteins and healthy fats. A good ration of pemmican can keep you alive and full of energy for weeks and months at a time.

A single 100-gram serving of pemmican can contain 575 calories, 26 grams of protein, 52 grams of fat, and around 1 gram of carbs. In addition, making pemmican with healthy beef will result in a healthy serving of omega-3 fatty acids, vitamin B and E, magnesium, iron, potassium, phosphorus, zinc, and even selenium.

There is a bit of discrepancy over how long pemmican lasts. Most people claim it stores for between one and five years while remaining perfectly edible. However, others argue that you can keep pemmican edible for up to 50 years if it is stored in the ideal conditions. There are even accounts, many claim, from the early 19th century of people eating pemmican that had been stored for a full 50 years. The main thing to remember with pemmican, and indeed with any food you’re storing, is that air kills. Everything you store needs to be in an airtight container. And not just a plastic zip-lock bag. If you are going to store pemmican bars or strips inside of a bag, they should be vacuum sealed. Vacuum sealing your pemmican ensures not a single oxygen molecule is going to reach your meat. This will ensure it never spoils before you get a chance to eat it. If nothing else is available, Tupperware and zip-lock bags can work. But these should be emergency measures at most. Glass jars are another option, but definitely vacuum seal if possible.

A PEMMICAN RECIPE

Ingredients:

300 Grams Lean Beef

150 Grams Tallow

1 Teaspoon Salt

Optional: Dried Fruit (One common addition is dried berries)

Equipment:

Oven, Smoker, or Dehydrator

Blender or Mortar w/ Pestle

Step 1: Cut all the fat off your meat. Pemmican requires lean meat. Any remaining fat on your meat is not rendered fat, and un-rendered fat goes rancid. This is super important.

Step 2: Slice the meat into super thin strips.

Step 3: Slather your meat thoroughly with salt.

Step 4: Put your meat either into your smoker, dehydrator, or oven trays. If using the oven, you want to use the lowest possible temperature setting. I recommend putting a layer of foil on the bottom of your oven to keep the elements clean. If you're using fresh berries, you need to dry your fruit at this stage also using the same process.

Step 5: You need to wait anywhere from 10 to 12 hours for your meat (and any fruit) to dry properly. Your meat should be dry enough that you can snap it like a cracker. Once your meat is dry, let it cool at room temperature and then weigh all of it. You will need to roughly match the weight of your (dried) meat with tallow.

Step 6: Heat your tallow on low or medium heat, the same amount in weight as your meat to turn it into liquid.

Step 7: Now you can powder your meat with a blender. You want to grind your meat until it is like a fine dust. You can also use the mortar and pestle if you want to be a little more old fashion. If you're using dried fruit, powder that too. Don't worry about them mixing together, the end goal is for the fruit and meat to be mixed together anyways.

Step 8: Strain your tallow and pour extremely slowly over your powdered meat (and dried fruit if you're using it). The meat should be packed down gently before you start. You can also place a layer of powdered meat on a baking dish, drench it with tallow, put another layer of meat, and then pour more tallow. Everything should be at a ratio of 1:1.

Step 9: Once the tallow (which should be smoking hot when you pour it over the meat) is beginning to cool, turn your pemmican into strips and store it in containers. You can add berries while forming the strips if you desire.

Important Note: There are tons of different recipes for making pemmican. This is just a generic recipe for meat and fat. If you want to get crazy and make some really interesting recipes, there are a lot of resources online where you can find different variations.

Thank you to Tiana Thompson Nordstrom ([Metis Nation Powell River](#)) for submitting these resources: "This recipe uses beef but modern beef is still too fatty. Best to use bison or a cold water prairie white fish like pike or walleye."

APPLES ARE PEAKING!

CHOOSE THE BEST PRESERVATION METHOD

Did you know that once an apple tree begins to bear fruit, it will do so for a century? Today, there are over 2,500 varieties of apples grown in the United States. Fall weather brings the best fresh apples in bushels.



Apples can be dried, made into applesauce or apple butter, or even made into a delicious apple pear jam. Apples do not make the highest quality canned or frozen slices, but they can be preserved by those methods, also.

Whether you are buying apples by visiting the nearby orchard, the grocery store or market, or even picking apples from your own backyard, choose the preservation method that is best for your apple variety.

Varieties that are good for freezing include: Golden Delicious, Rome Beauty, Stayman, Jonathan and Granny Smith. Varieties that are good for making applesauce and apple butter include: Golden Delicious, Rome Beauty, Stayman, Jonathan, Gravenstein and McIntosh. Red Delicious apples are best eaten fresh. They do not freeze or cook well.

When selecting your apples, remember that their flavor is best when they are at the peak of maturity. To judge the maturity of apples, do not go by size. Different varieties have different typical diameters. Choose apples that are

(con't from previous page) free of defects, such as bruises, skin breaks and decayed spots. Little brown spots appearing solely on the skin of the apple, called “russetting,” does not affect quality. Beware and on the lookout for browning or broken skins that are evidence of actual spoilage such as rotting or mold. Also look for firm (hard) apples since soft apples tend to have a mealy texture and overripe flavor.

If making applesauce, apple butter or dried slices with your apples, use them as soon as possible after harvest. If any apples must be stored, keep them in a cool, dark place. They should not be tightly covered or wrapped up; a perforated plastic or open paper bag, basket or wooden crate are good choices. If kept in the refrigerator, apples should be placed in the humidifier compartment or in a plastic bag with several holes punched in it (or in a zipper-type vegetable bag). This prevents loss of moisture and crispness. Apples should not be placed close to foods with strong odours since the odour may be picked up by the apples.

HERE ARE SOME OPTIONS TO PREPARE FOR AND CHOOSE FROM IN PRESERVING YOUR APPLES

- Making and canning a <flavourful applesauce>
- Making and canning a tasty, <robust apple butter>
- For those who want a <no-sugar added apple butter>
- Drying <apple slices or rings>
- Combining the best of fall fruits in <tasty pear-apple jam>
- Making old-fashioned, <pretty crabapple jelly>
- Canning fun, cinnamon-flavoured <spiced apple rings>
- Canning a special, spicy gift quality <apple chutney>
- And if you like the option of a spicy pickled profile, also check out this <apple relish>
- And, for all those extra apple slices to save for pies and desserts later in the year, <freezing apples> is an option

Additional ideas and preservation methods are available from the National Center for Home Food Preservation at the University of Georgia, www.homefoodpreservation.com

Source: Elizabeth L. Andress. 2016rev. Apples are Peaking; Choose the Best Preservation Method. Athens, GA: The University of Georgia, Cooperative Extension

[**<click the text for the link to recipe>**](#)



GOURD CARVING IN JAPAN

when I lived in Japan, I spent my last two weeks obsessively carving this gourd — the biggest one I made — as a gift for the neighborhood dad who introduced me to this art form. he had a garden that grew a thousand gourds the previous summer. he cut open the bottoms, soaked them in water, and let them dry for a month. his house is full of his gourd art. and he taught us how.

it was spring 2020, when the world was in lockdown, and there wasn't much to do besides take walks, bike to the sea, listen to the frogs sing, cook and eat, think about what to cook and eat. that, and carve gourds — so I did.

I carved four gourds in total. I felt my skill improving dramatically with each gourd that I carved — as I got used to the surface of a gourd, the qualities that make gourd carving particular, and the way to create a sense of movement through pattern design. just circles. infinite circles.

the surface of a gourd is organic, round, and never ending — which made a perfect vessel for telling cyclical narratives. for connecting all the symbols and stories on an unending surface — a container of the earth.

I carved my personal mythology on a gourd. then, I carved the story of everything we did together with this neighborhood dad (strawberry picking, fiddle head fern picking, flower viewing, firefly gazing, going to the sea) on a gourd he picked out for me — and it was gigantic.

(con't from previous page) those last two weeks, he picked me up everyday in his van and drove me to his house, where I sat outside in the garden and drilled holes for hours. drilled until my hands felt like they would fall off, until I must have drilled thousands and thousands of holes in the gourd. he brought me bottles of green tea, and lit mosquito incense around my chair. sometimes, he'd sit next to me and work on his gourds. when it rained, I drilled under his garage, next to rice paddies.

I lost track of time carving these gourds. each one needed to be exquisite, infinitely better than the last — and yet I never planned on paper. I touched the surface of the gourd, became one with the gourd, let the gourd tell me what it wanted to hold, and then drew directly on the gourd. they became vessels for all of the beauty I experienced in Japan. they became vessels for me.

I still remember those four months in Japan as the happiest time of my life. what did I need to be happy, except the wind and the mountains, a lake and the sea nearby, a dear friend to cook with, a kind neighborhood dad, and a garden of gourds — containers for my art, my poems, my soul?

source: <https://keningzhu.com>

GOING FURTHER:

[Carving Textures on Gourds](#)

[Decorative Gourd Art & Crafts Ideas : How to Cut a Gourd](#)

[How To Make Water Canteens From Dried Gourds](#)

[From the Garden: Decorative Gourds](#)

[The Canadian Gourd Society](#)



HAPPY GOURDING!

— Inni Spezzacatena

MARINATED WHOLE MUSHROOMS

Yield: Approximately 8 half-pint jars

7 pounds mushrooms
1/2 cup lemon juice
2 cups olive oil
2.5 cups white distilled vinegar (5% acidity)
1 Tbsp. dried oregano leaves
1 Tbsp. dried basil leaves
1 Tbsp. salt
1/2 cup finely chopped onions
1/4 cup diced pimiento
2 cloves garlic
25 black peppercorns, cut into quarters

- Select fresh unopened button mushrooms with caps less than 1 1/4 inches in diameter. Wash.
- Cut stems, leaving 1/4 inch attached to cap.
- Add lemon juice and water to cover. Bring to a boil. Simmer 5 minutes.
- Drain mushrooms.
- Mix oil, vinegar, oregano, basil and salt in a saucepan. Stir in onions and pimiento. Heat to boiling.
- Place 1/4 garlic clove and 2-3 peppercorns in each 1/2 pint jar.
- Fill jars with mushrooms and cover with hot, well mixed oil/vinegar solution.
- Leave 1/2 inch head space. Remove air bubbles, Wipe jar rims. Adjust lids.
- Process half pints for 20 minutes in a boiling water canner.
- After processing, remove canner from heat.
- Remove lid and wait 5 minutes before removing jars.

Source: [OSU Master Food Preserver Program](#)



PRESERVATION RESOURCES

Oregon State University
Home Food Safety and
Preservation program

<[PUBLICATION LIST](#)>

- [Harvesting, drying and storing nuts](#)
- [Flavoured Vinegars](#)
- [Pickling Fish and Other Aquatic Foods](#)
- [Salsa Recipes for Canning](#)
- [Garlic and Herb-Infused Oils](#)
- [Canning Seafood](#)
- [Using and Caring for Your Pressure Canner](#)

*thanks to Kevin Wilson for providing
the resouce and handpicking the
above recipies for you*

YOUR REALLY AUTUMN KNOW...

As we are moving into the season of cozy, you may find yourself with more time at home on your hands. Here are some upcoming online food events and ideas of things to do this season...

- Get inspired by all the incredible - and successfully funded - food security initiatives happening right now, through help from **<Steward>**, a new a private lender working with regenerative farmers, ranchers, fishermen, and producers to provide the capital they need to expand and sustain their businesses
- Check out the **<Measuring, verifying and communicating regenerative agriculture webinar>** on Tuesday September 28th by Regeneration Canada.
- **<The National Farmers Union conference>** is coming up online, on November 25-27th
- Check out **<The Liberation on Land Skillshare Video Series>** YouTube channel, featuring Black, Indigenous, Latinx, and other people of colour farmers and land stewards. Paying homage to legacies of African Diasporic and Indigenous wisdom and innovation carried through generations, each “how to” video tutorial demonstrates practical, hands-on skills for making life and livelihood on land, growing food and medicine for our families and communities, and strengthening community food sovereignty. The series is intended to equip all of us with the land-based skills needed to reclaim leadership as gardeners, farmers and food justice organizers in our communities, heal trauma and relationship with earth, and imagine bolder futures.

source: <<https://youngagrarians.org>>