

# Camptonville Community COURIER



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## Local Food!

Two important events took place the last week in March significantly advancing our community's dialog on local food. There was the Third Town Hall in the Food Series, and the visit of food marketing "guru", Joanne Neft. Below is the "Food" Town Hall update from the four working groups (formed by volunteers at the 2/29 Town Hall):

1) **Communications** set up a Yahoo chat address dedicated to sharing info on the "local food" project. Please sign up by emailing [north\\_yuba.food@yahoo.com](mailto:north_yuba.food@yahoo.com). A future website for Local Food was also discussed, and volunteers stepped forward to help. The Communications team will send out a survey in the next few days to collect data on all the types and quantities of food being grown here, as well as information on the needs of local producers. Please take the time to fill out this survey form carefully.

2) The **Regulatory Team** compiled and reviewed pertinent County, State, and Federal regulations in order to provide support to local farmers trying to navigate regulatory hurdles or contest unreasonable regulations. This group will work to unite individual farmers in an effort to organize and strengthen local communications with the County. The local community will be notified when political action may benefit local concerns.

3) The **Co-op Group** highlighted the benefits of centralized selling and buying. Different co-op formats were outlined as possible options. Your information from the survey will be crucial for the critical move forward.

4) **Signage** did solid work gathering data on regulations, materials, and costs, which will be used once we have developed our "message" and "brand". Now, we need a marketing group to develop branding and marketing strategies.

Video clips of the above reports can be viewed at: <http://www.northyuba.biz/wp/?p=120> and Joanne Neft's discussion can be viewed at <http://www.northyuba.biz/wp/?p=124>. Thanks to Barbara Burton for creating and posting these excellent videos.



Joanne Neft toured a number of farming ventures and got a good feel for the abundance we enjoy. She was very enthusiastic about what she saw and feels the time is ripe for our community to succeed in our food goals. There is much to report about Joanne's advice and encouragement. It's best to view the video, and I will report further. Her tour included Lucero Vineyards and Winery, Filaki Farms (Juan, Jo, Domingo, and Eve), Jenny Cavaliere's Oregon House Farm Store, Apollo Olive Oil, Sierra d'Oro Olive Oil, and Keith Walley's Gardens on the Fellowship property. At 4:30pm Joanne met with about 30 people at the Alcouffe Center, including Supervisor Hal Stocker who expressed considerable interest.

Joanne perceived that our strengths include: great people, mature farming, great "terroir", and willingness to collaborate and cooperate. The suggestions she offered on how to move forward included the following key ideas:

- get start-up funding
- get going seriously on marketing, assemble a team and fund it as best we can
- utilize social marketing sites like Facebook
- decide on how to "brand" our region (Joanne liked "Yuba Foothills")
- types of promotions that might work for us

Please consider getting personally involved. Contact Roger Shelton, Regulatory Team, at [shelrg@aol.com](mailto:shelrg@aol.com); Terra Kosaka, Co-op Group, at [greenterrabella@gmail.com](mailto:greenterrabella@gmail.com), Janet Marchant, Communications, at [qaqa@digitalpath.net](mailto:qaqa@digitalpath.net) and Cindy Kibbe, signage, at [kibelou@yahoo.com](mailto:kibelou@yahoo.com).—*Janet Marchant 692.9511*

## Camptonville Prepared!

We keep moving forward to help our community be prepared for any emergency. Highlights from April 18th's meeting are:

- The community Automated Telephone Phone Tree System is working great. Those on the list have already received several test calls. If you haven't received a call yet you need to fill out the "Emergency Contact Sheet" (aka "yellow dink") ASAP, and you'll be notified of any emergency within our area. Call 288.1228 for a form.
- Storage space, at Camptonville Elementary School for Red Cross supplies has been identified and agreements will be reached by Mid-May. Red Cross is ready to deliver supplies when we give them the "green light".
- Red Cross is willing to conduct training sessions for volunteers, in Camptonville, to run the community emergency shelter. Training applications will be available through the Resource Center; call 288.9355.
- We have three local residents who have their ham radio licenses and can aid in emergency communications; but they need equipment. So...
- We will research grants, such as Lowes and Office Depot, to purchase communication equipment, pet rescue kits for CVFD vehicles, window and door stickers identifying pets for first responders during evacuations, and to cover printing costs for pocket-size emergency contact cards.
- Several volunteers signed up to provide information on Camptonville Prepared! At the annual Community Plant and Flea Market Sale on Saturday, May 19<sup>th</sup>, we'll have blank "yellow dinks" so you can sign-up for the Automated Phone System.
- Shirley DicKard led the group in two practice emergency scenarios to help us focus on what we need to have in place now. One priority is to become aware of the needs of neighbors. Without intruding on anyone's privacy, simply be aware of any medical issues your neighbors might have during a power outage. Is anyone on oxygen? Are there special medications that need refrigeration? Just try to be helpful. Another priority is to know all alternate evacuation routes within your area.

Thank you, Shirley, for getting us thinking about things that we can easily do and that do not cost anything except the time to "ask and share".

Come join us at the next meeting of Camptonville Prepared! on Wednesday, May 16<sup>th</sup> at 6:30pm at the CVFD Fire Hall. For further information call Judy 288.1228. Remember **YOYO72**.—*Judy Morris*

## CCP Advocacy Updates

- As part of the Sutter/Yuba Prevention Early Intervention Program, CCP is looking for folks who have a skill or experience in agriculture, green energy or technology and would like to share their knowledge with foothill youth through mentorship or by teaching a class (or series) *twilight school style*. You may be able to earn a stipend too! Please call us.
- If you have energy, creative ideas, and would like to help Camptonville School raise the funding necessary to continue to thrive, please join us to learn more or be a member the Action Team!
- Yuba County Children's Council will hold the Annual Foothill meeting at the Alcouffe Center May 2 at 6pm. Please come and share your thoughts regarding children and youth in our community. Camptonville Community Partnership (CCP) will share about work being done in Yuba County to support School Wellness Policies.
- There is still room for four more people to sign up to be a part of an official FERC focus group to be hosted by Yuba County Water Agency on May 16 to discuss issues in relation to the Relicensing of Bullards Bar. Any resident who uses the lake or trails is welcome.
- CCP will take Camptonville's 8<sup>th</sup> Grade students to visit the state capitol May 21<sup>st</sup> to meet legislators and tour the Capitol.
- CCP will host School Wellness Policy workshops for all school districts in Yuba County. Community partners are invited to attend. The workshop series will be held at 3:30 to 4:45pm May 23, 29, and 31 in Marysville.
- Come share your ideas and concerns May 30, 5:00pm at Yuba River Ranger Station when USFS District Ranger Genice Froehlich will host an open house for anyone interested in discussing issues pertaining to Bullards Bar Reservoir and recreation uses.

To be involved or receive more information on any of the above, or to RSVP, call Cathy at the Resource Center at 288.9355, or email [cathy.marie17@gmail.com](mailto:cathy.marie17@gmail.com)—*Cathy LeBlanc*



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## Relay For Life

What is Relay For Life? It is an annual event that raises money for the American Cancer Society during a 24 hour time frame. Camptonville Buddies is our local community team that has participated in this event since 2003. What you need to know:

**Date :** June 2<sup>nd</sup> and 3<sup>rd</sup> 2012 from 9:00am Saturday through 9:00am Sunday (24 hours)

**Location:** Nevada County Fairgrounds, in Grass Valley off McCourtney Road

**Why:** To help raise awareness about cancer; to provide information on free services offered by the American Cancer Society to cancer patients; to raise money for education and research to develop medications that fight cancer; to celebrate life.

**Cost:** Free family event; activities for all ages; team booths will be selling various items and foods; games during the day and music all day long.

**Hours: Saturday, June 2<sup>nd</sup>**  
 9:00am Opening Ceremonies  
 9:30am Survivors Lap  
 5:30pm Spaghetti Dinner Fundraiser (tickets \$5.00per person)  
 9:00pm Luminaria Ceremony  
**Sunday, June 3<sup>rd</sup>**  
 9:00am Closing Ceremony

**To Donate:** On-line donations for Camptonville Buddies Team can be made by logging on to: [www.relayforlife.org/nevadacountyca](http://www.relayforlife.org/nevadacountyca). The Donate box is on the right side; click on support a team; enter team name as Camptonville Buddies; click on participant; click on donate box in middle of screen. If you would like further information or are having computer issues, please contact Joseph Holman at [Relay\\_geek@comcast.net](mailto:Relay_geek@comcast.net).

As always you can call Judy at 288.1228, and I'll do my best to help assist you. **There is no finish line until we find a cure.**—*Judy Morris*



## NSJ Senior Center Update

It's time for the second annual Souper Saturday fund raiser for the North San Juan Ridge Family Resource Center, North San Juan Senior Center, and Women's Savvy (Empowerment thru Embodiment for Survivors of Violence and Addiction) Saturday, May 26, 10:00am to 3:00pm at the North San Juan Senior Center on Route 49.

Enjoy a variety of homemade soups from famous Ridge cooks, served in a handmade bowl to take home. Be sure to come early if you want a bowl. The bowls, made by Penny St. Clair and other Ridge potters, go fast. Skyler Meyers and Elisa Parker (of See Jane Do and KVMR) will host a slide show of pictures from their recent trip to New York and the UN Commission on the Status of Women. They will also facilitate a discussion centered around community action at noon. There will be chair massages throughout the day, gentle yoga at 10:00am with Skyler, a silent auction, music, and entertainment . If you wish to donate to the silent auction or be involved in the event, contact Skyler at 615.7268.

Come to the Grand Opening of the Gold Country Cafe! Lunch will be served every Thursday at noon, starting June 7<sup>th</sup>, at the North San Juan Senior Center on Route 49. This is for all you folks who can't come on Tuesdays! Suggested donation is \$3 for those over 60 and \$6 for younger folks. No one will be turned away for lack of funds. Call 277.0169 for more information.—*Annalinde Wainwright*



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## Yuba River Ranger District

Happy spring! It has been so great to see the sun, and spring is setting some things into action.

Woodcutting permits for the Tahoe National Forest (TNF) can be purchased beginning Wednesday, May 2<sup>nd</sup>, 2012. The price for permits is \$15 per cord with a two-cord minimum and an annual ten-cord maximum per household. Permits can be obtained at all TNF Ranger Stations, the Forest Headquarters, or by mail. Applications for mail-in permits can be found online at [www.fs.usda.gov/tahoe](http://www.fs.usda.gov/tahoe) under "Passes and Permits". Firewood season will extend into the fall, until rain and snow traditionally make the roads impassable. **On the Yuba River Ranger District, woodcutting will end no later than November 9<sup>th</sup>**, to protect hardwood trees that lose their leaves and may appear to be dead. **The remainder of the forest will be open for cutting until December 2<sup>nd</sup>**, weather and road conditions permitting.

Some campgrounds on the north side of the district have been opened: including Schoolhouse, Hornswoggle, Dark Day, Garden Point, Madrone Cove, Carlton Flat, Cal-Ida, Fiddle Creek, Indian Valley, Rocky Rest, Ramshorn, Union Flat, and Loganville. White Cloud and Skillman are currently open on the north side of the district and Big Bend, Woodchuck, Indian Springs and Hampshire Rock will all be opening May 11<sup>th</sup>, 2012. The Bowman Lake area will open as soon as the snow has melted off.

As of May 1<sup>st</sup>, 2012 a burn permit will be required. You must also continue to call Air Quality for permissive burn day information:

Yuba County: .....530.741.6299

Nevada County:...530.274.7928

Sierra County: .....530.289.3662

If you have any questions or concerns please feel free to call us at 530.288.3231 or 530.478.6253. Enjoy the beautiful spring weather!—*Annie Prout-Garcia*



## Hunter Education Class

California Department of Fish and Game Warden, Bill Miller, is planning to hold a Hunter Education Class in May in Camptonville. This class is required in order to obtain a California hunting license and is available to both youth and adults. The class is free and includes ten hours of instruction. Class dates, time and location will soon be posted at the Lost Nugget and Camptonville School. For more information or to register call Warden Bill Miller at 288.3540.

—*Regine Miller*

## Ranger Station Open House

Hello, community members! Some of you may already know me. To those of you who don't, my name is Genice Froehlich, and I am the District Ranger here on the Yuba River Ranger District.

I'm taking this opportunity to introduce myself to the community and talk about a couple of topics that are currently important to us all. I would like to focus on the recreation at Bullards Bar Reservoir and the Camp Timber and Fuels Reduction Project.

Bullards Bar Reservoir is a huge part of our community. I want to hear what is important to you in regards to the way Bullards Bar Reservoir is now and what the future may hold.

The Camp Project is a future fuel reduction and forest restoration project in the Pendola and Bullards Bar area. I would like to educate you and to discuss with you the importance of this project as well as hear your questions and concerns.

The upcoming open house will be a great opportunity for us all to achieve together what is best for our community. We hope to see you on **Wednesday May 30<sup>th</sup>, 2012 from 5:00pm to 7:30pm at the Yuba River Ranger Station**. If you have any questions, please feel free to call 288.3231. I hope to see you there.—*Genice Froehlich*

Anyone interested in obtaining their **Amateur Ham Radio License**, please contact Lonnie Moore at [ki6zyy@yahoo.com](mailto:ki6zyy@yahoo.com). Ham radio is a great way to communicate during emergencies when power lines are down. Tell Lonnie that Camptonville Prepared! sent you.



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## Reach for the Future

Reach for the Future was an amazing conference that I would recommend every Junior High student to go to. It's a place where you can be who you really are and share your feelings without being judged. You are encouraged to 'be the change.' Also, you get the amazing opportunity to make lots of new friends. My Reach experience was amazing, and I hope that all 6<sup>th</sup> through 8<sup>th</sup> graders get the opportunity to experience it.

This year, from March 29<sup>th</sup> through the 31<sup>st</sup>, Sandy Ross and Sheila Olson took eight students to the Club Live REACH Conference in Richardson Springs near Chico. They were Ravynn, Lily, Nick, Jenny, Cody, Reid, Noah, and Erin. Our male chaperone was Talon Cook; he was awesome! We were so lucky to have him along.—*Ravynn*

The Odyssey ropes course was exciting. It was fun when we got in harnesses and picked partners for the 'flying squirrel'. I picked Ravynn to be my partner. We had a choice to go all the way to the top or whatever was comfortable. Ravynn and I chose to go all the way to the top. It was really cool 'cause we went up really fast! But, the downside was that everybody got soaking wet because of the rain. When the rain finally stopped, we went on a rock-climbing wall with more harnesses. It was really fun because we climbed really high up in the air. It was 45 feet up to the top. When you start climbing and you look down, you get a little scared.—*Jenny*

One of the workshops I went to was 'the influence of alcohol.' What we did was split into three different groups. Each group was given a piece of poster board on which they could write down what they would do with 3.5 million dollars. My group decided to give 1 million dollars to charity, build a zoo with many zebras, elephants, and pandas, and design a clothing company with the logo 'Awesomeness!' After each group was done figuring out what they would do with the money, we discussed a commercial for alcohol. The company that made this commercial spent 3.5 million dollars for 15 seconds of advertising! There are so many other good things that this money could be used for! —*Ravynn*

In my workshop we watched a video about bullying and it made me think that bullying people isn't funny or cool. It made me think about what I am doing, why I should stop what I am doing, and then think about it.—*Reid*

Stu was an amazing keynote speaker. He was really funny too. I was influenced by his speech about being nice. When he was talking, I thought to myself: why is it that people can't put two words into action, *be nice!* It occurred to me then that I should really make a greater effort to be nice to other people. In fact,

I was planning to make an anti-bullying website. I really learned a lot from Stu and from Reach. It was an amazing experience, once again, and I highly recommend it to other students. I learned a lot of amazing life lessons.—*Lily*

## Field Trip

1, 2, 3 Grow and Connie's Critters took a field trip to the KidZone Museum in Truckee on April 19<sup>th</sup>. This museum offers a large indoor playground, a science experimentation room, an art space, and a large interactive exhibit about oceans.

Photo One...Mariana helps daughter Asha into an octopus costume. There were many exhibit-related costumes, including an undersea diver, that children could dress up in while playing in the Ocean Room.

Photo Two...Macie and Yakshi use large foam blocks to build a see-saw and, later, a playhouse.

Photo Three...Odessa at the sand exhibit in the Ocean Room of the museum.—*Birdsong Sundstrom*



## The Little School That Can

On Wednesday, April 18<sup>th</sup> at 6:30pm, a group of concerned parents, community members, and school staff met with the Board of Trustees to discuss the present and future concerns facing Camptonville Elementary School. Introductions were made by Superintendent Sandy Ross who urged the community to work together to keep Camptonville a progressive and high achieving public school in order to provide a free and appropriate education to all students in our school district. She presented her vision of Camptonville as the Little School That Can (and does) make a difference by putting students and community values at the center of the educational experience.

A major concern from the Needs Assessment Survey was addressed. Proposed configurations for next year's classrooms (K-2, 3-5, and 6-8) are based on aligning curriculum with developmentally appropriate standards and recommendations from the California Department of Education.

Both current and projected budget overviews were presented by board member Donna Tate. While revenue for 2011-12 was approximately \$593,000, expenses reached \$844,000. This is deficit spending of over \$251,000. Salaries comprise over 80% of the school's expenditures and Camptonville spends twice as much per pupil as the majority of schools in California. The school's primary source of income is generated from Average Daily Attendance (ADA) which, along with enrollment, has steadily declined over the last three years. Our goal is to reach and maintain an ADA of over 50 students.

Options considered to reduce expenses included decreasing staff and hours, furlough days, eliminating bus service, closing the lower wing, and lowering health benefits and superintendent services. K-5 configuration with a middle school charter option was discussed along with better promotion of the unique qualities of our school using a district website or video drama, stimulating growth of small business based on local resources to attract families with children, reaching out to parents whose children have chronic attendance issues, applying for grants, and creating a foundation to pay for enrichment activities. Cathy LeBlanc suggested creating action teams to research these areas and began a sign-up sheet.

School Board members and I thank those who took the time to attend and voice their concern for the future of our school and the education of this community's children. Some of you went to school here and have a strong desire to give your children the same opportunity. With hope, strength, and courage we should continue to be a little school that can make a difference.—*Sandy Ross*

## Win, Win, Win!

A spring raffle! The Camptonville Christmas Club is getting a good start on fundraising for Santa's visit this winter. We are raffling off three great prizes to encourage "Living Outside". First place prize is a six-piece patio set; second place prize is a mini CSA farm share from Ledson's Family Farm; and third place prize is a great little fire pit. Tickets are on sale at Rebel Ridge Organics, Lost Nugget Market, and will also be on sale at the annual plant sale, May 19<sup>th</sup>. We will raffle off the prizes toward the end of the plant sale. You do not need to be present to win.

Thank you so much for supporting the Christmas Club.—*Jessi Mullins*

## Bicycle Rodeo

In honor of National Bicycle Safety Month, the Camptonville School Parents Club is sponsoring a school assembly featuring the Cap City BMX Stunt Team on Thursday, May 17<sup>th</sup> and a Bicycle Rodeo on Sunday, May 20<sup>th</sup> from 10am to 2pm at the Camptonville School playground.

We invite kids of all ages to come learn about bike safety and have a great time! Bring your own bike or borrow one of ours. Each participant will have the opportunity to have their bike checked over by our mechanics, learn road rules, participate on fun and challenging bicycle courses, and learn basic stunts. Free bicycle helmets, courtesy of the Yuba County Sheriff's Department, will be available to those children in need of one. Each Bicycle Rodeo participant must be accompanied by a parent or guardian.

Join us for a day of fun; help promote bicycle safety; and support our community's youth!

—*Regine Miller*



## A Swarm of Gnats

Many thousand glittering motes  
Crowd forward greedily together  
In trembling circles.  
Extravagantly carousing away  
For a whole hour rapidly vanishing,  
They rave, delirious, a shrill whir,  
Shivering with joy against death.  
While kingdoms, sunk into ruin,  
Whose thrones, heavy with gold, instantly scattered  
Into night and legend, without leaving a trace,  
Have never known so fierce a dancing.

—*Herman Hesse*, translated by James Wright



## THE HISTORY WINDOW

"In the up-and-down country between the middle and north forks of the Yuba River lies a branch of one of the fossil riverbeds. When gold rush miners traced its sinuous channel, they found that it went under the tiny town of Camptonville. A gaping hydraulic valley soon filled the space where old Camptonville used to be. A new Camptonville rose nearby, next to the town cemetery, at a safe distance from the auriferous channel. When I say that the Camptonville Cemetery is a place that's hard to leave, I'm not attempting morbid humor. It sits on a breezy knoll studded with stately oaks and has the prettiest view in a region of pretty views, taking in acres of rolling Sierra Nevada foothills cloaked with cedar, oak, madrone, and pine.

Jonathan Spencer took up residence in the Camptonville Cemetery in September 1853. Like many gold rush-era men, it's hard to know much about him. Few miners kept personal records. He was probably one of thousands who scabbled for placer gold along the banks of the Yuba River. What sort of man was he? Did he crack jokes, laugh loudly, and grab hold of life with gusto? I hope so. His son must have loved him, or at least honored him, for when Warwick Spencer buried my great, great, great grandfather, he gave him a living legacy. The son planted four seedling incense cedars at the corners of his father's grave. Today these trees — now more than a century-and-a-half old — soar one hundred feet above the gravesite. Planted too close for the size they would attain, the trees now lean slightly away from one another, so that the space between them opens toward the heavens. The trees almost certainly contain a fraction of my gold rush ancestor, for life's carbon is endlessly recycled, and Mr. Spencer was just borrowing those atoms for a while, as we all do. His remains, reconstituted, rustle in the limbs above my head, casting a comfortable shade."—*Keith Heyer Meldahl, Rough-Hewn Land: A Geologic Journey from California to the Rocky Mountains, University of California Press*

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## Plant Sale and Flea Market

This year's Camptonville Plant Sale and Flea Market will be on the third Saturday in May from 9:30am to 2:30pm at the Rebel Ridge Market field.

Are you curious to taste a Health Kick, Brandywine, Gardener's Delight Cherry, Sweet 100 Cherry, German Green, Amana Orange, Cherokee Purple, or Evergreen tomato? All these and many more varieties will be available to buy at this year's Plant Sale and Flea Market.

Join us to buy, sell, or trade your starts. Also, consider having a booth to sell your unwanted items, or think about selling something to eat or drink.

Jessi Mullins of Rebel Ridge Organics will offer a large number of starts. She will have various kinds of tomatoes, sweet and hot peppers, summer and winter squash, eggplant, pole and bush beans, basil, oregano, thyme, and savory marjoram. She will also offer these greens: cabbage, kale, swiss chard, mustard, pak choy, and spinach. Other local gardeners will be offering extra starts. Among these gardeners will be Keith Montgomery who will have grape, boysenberry, and other starts. Charlene Robertson will have veggie starts.

Last year we had delicious food choices including tacos, with all the extras, for eating during the sale. If you are interested in offering food or drinks for sale, call Carolyn Mumm at 288.3424. As always people are always welcome to bring their crafts for sale. The booth cost is \$10 for about twelve feet or a larger space for \$20. There is no charge for nonprofit groups who only wish to share information about their organization.

Thank you to John Jaynes who has graciously given us permission to hold our sale on the Rebel Ridge field; he has asked that all the money from the booths be donated to the Camptonville Volunteer Fire Department.—*Carolyn Mumm*



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## Burn Permits Required May 1, 2012

With the arrival of spring, I would like to remind everyone to take a look around their property and establish defensible space. This is a great time to clear your property and burn piles before summer sneaks up on us and becomes too hot and dry. Burn permits are now required, so be sure you are creating 4x4 foot piles or smaller to burn. Remember, you are ultimately responsible for your fire. Here are a few safety tips and burn permit conditions to keep in mind:

- Maintain a 10-foot clearance around your pile
- Maximum pile size is four feet in diameter
- Have water and tools near the site
- A responsible party must be in attendance of the fire at all times
- Always be sure that your piles are dead out
- Never burn on dry and windy days

Burn permits are available at the Yuba River Ranger Station. Enjoy working outside on the nice spring days, but continue both to use safe debris burning practices and to call the Air Quality District to ensure it is a permissive burn day. As always, feel free to contact me at 288.3231 or visit us at the Yuba River Ranger Station.— *Jessica Prince*, Fire Safety Tech



## Cemetery Fundraising

Memorial Day is Monday, May 28, 2012. Friends of the Cemetery and the Camptonville Historical Society invite you to visit the historic Camptonville Cemetery. Enjoy the view and spend some time thinking about our pioneer residents. As part of our maintenance efforts, we are planning to conduct a new survey of the grounds. With a new survey, we can confirm current plot locations and dimensions and measure out new plots. Because the survey will require additional funding, we're asking for your help. Please call 701.6378 or write the Camptonville Historical Society, PO Box 153, Camptonville, CA 95922, for additional information.—*Stephanie Korney*



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## JIMBO'S PRODUCE CORNER

Welcome back to the Produce Corner where we will explore that fascinating and delicious fruit, the pineapple, the “princess of fruit”.

This unique and exotic tropical fruit is a member of the bromeliad family, with Spanish moss being arguably its most familiar relative. Native to the Amazon basin, its cultivation eventually spread to the West Indies where it was encountered by Columbus on Guadeloupe in 1493. Pineapples were then spread by early explorers and traders so that, by the end of the sixteenth century, they were being cultivated in the tropical regions across the globe.

Fresh pineapple, however, was still unavailable except in the tropics. Attempts were made to grow pineapples in greenhouses, and a successful industry was developed in the Azores to supply the European market. This greenhouse production lasted until the development of large pineapple plantations in the tropics and the advent of improved shipping methods. In the United States, southern Florida had a modest pineapple industry during the nineteenth and early twentieth centuries. The famous Hawaiian pineapple industry began in earnest at the start of the twentieth century and continues today. World production is dominated by southeast Asia, led by the Phillipines, Thailand, and Indonesia. Tropical America is not far behind with Costa Rica, Chile, and Brazil as leaders.

Nutritionally, pineapple is loaded with manganese and vitamin C. It is also a source of bromelain, an enzyme that is currently gaining prominence as an anti-inflammatory agent. Pineapples are available year round with the greatest supply being from March through June. I have seen a lot of nice pineapples this year and the prices have been low.

Now to the issue of selecting a pineapple which, unlike many fruits, do not get sweeter after they're picked. Therefore, the fresher the better. Avoid those that have bruises, soft or discolored spots, or dried out leaves. Having determined freshness, then which one to buy? My opinion, based on much experience, is forget any tricks you may have heard, such as pulling a leaf out of the crown, and choose the pineapple with the most golden color ... simple as that.

'Til next time, have fun and enjoy fresh produce!

—*Jimbo Garrison*

## Minced Pork, Shrimp and Pineapple Salad Recipe

(Thit Lon, Tom Xay Tron Dua An Voi Nuoc Xot Ca)

### Ingredients : Serves 4

- 1 pound fresh lean pork, minced or finely chopped
- 1¼ cups water
- ½ pound cooked shrimps
- 2 tablespoons lemon juice
- 2 tablespoons nuoc mam sauce and a generous ½ teaspoon anchovy essence
- ½ teaspoon dried powdered chili
- 1 teaspoon fresh chili pepper, sliced
- 2 tablespoons onion, finely sliced
- 2 tablespoons spring onions, cut into ½-inch sections
- 2 tablespoons roasted peanuts
- 2 slices pineapple roughly chopped
- 2 tablespoons ginger root, finely sliced
- 1 tablespoon mint leaves, chopped
- 2 tablespoons fresh coriander leaves and stem, chopped
- 6 large lettuce leaves

### Garnish:

- ½ teaspoon roasted peanuts
- 1 tablespoon finely sliced ginger root
- A pinch dried powdered chili
- 1 fresh red chili pepper, sliced
- 1 sprig mint leaves
- 1 sprig coriander leaves
- A few spring onion curls and chili flowers

### Method :

- Cook the pork in a wok over medium heat with the water until the pork is cooked thoroughly but still tender and juicy. Remove from the heat.
- Add the shrimps, lemon juice, Nuoc Mam sauce and dried and fresh chili and stir.
- Add the onion, spring onions, peanuts, pineapple, ginger, mint and coriander leaves. Toss lightly.
- Serve on a bed of lettuce leaves.
- Garnish with peanuts, ginger, chili, sprigs of mint and coriander, spring onion curls and chili flowers.

Vietnamese Recipes and Cuisines, (2012). Retrieved from <http://www.vietnamese-recipes.com/vietnamese-recipes/salad/minced-pork-shrimp-pineapple-salad.php>



### Camptonville School Calendar

May 2<sup>nd</sup>, Wednesday 8:45am Awards Assembly  
12:45pm dismissal Minimum Day, Staff Development  
May 11<sup>th</sup>, Friday 6:30pm Camptonville's Got Talent  
Talent and Trash Fashion Show

May 17<sup>th</sup>, Thursday 11am • BMX Assembly  
May 20<sup>th</sup>, Sunday 10am to 2pm Bike Rodeo  
May 25<sup>th</sup> through May 28<sup>th</sup> No School  
Memorial Day Holiday

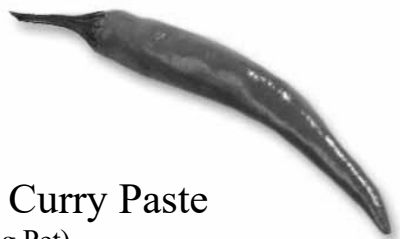
## Lobster with Pineapple

4 lobster tails\*, 6 ounces each  
 ¼ cup vegetable oil  
 3 cloves garlic, chopped  
 1 stalk lemon grass (bottom 6 inches), finely chopped  
 1 teaspoon red curry paste  
 1 egg, lightly beaten  
 ½ cup water  
 1 cup fresh pineapple chunks  
 2 to 4 tablespoons fish sauce (to taste)  
 ½ teaspoon brown sugar  
 20 sweet basil leaves

Slit underside of lobster tail and press lightly to open. In a skillet heat oil on high heat, add garlic, lemon grass, and red curry paste and cook until sauce bubbles. Stir in egg and cook for one minute. Add lobster and water and bring to a boil. Reduce heat to medium and add pineapple, fish sauce, and brown sugar. Cook for five to ten minutes or until lobster is cooked but not overcooked. Stir in sweet basil. Serve immediately. Makes four servings.

From Keo's Thai Cuisine Cookbook

\*Can substitute an equivalent amount of jumbo shrimp.



## Red Curry Paste

(Gaeng Pet)

8 long dried red chilis, deseeded and chopped  
 1 teaspoon ground coriander  
 ½ teaspoon ground cumin  
 1 teaspoon ground white pepper  
 2 tablespoons chopped garlic  
 2 stalks lemongrass (bottom 6 inches only), finely chopped  
 3 coriander roots (or stems), chopped  
 1 teaspoon finely chopped kaffir lime leaves  
 1-inch piece galangal, chopped  
 1 teaspoon Thai shrimp paste  
 (available at most Asian groceries)  
 1 teaspoon salt

Using a mortar and pestle (or blender\*), blend all ingredients together to make a smooth paste.

The Taste of Thailand  
 by Vatcharin Bhumichitr

\*if using a blender, you may wish to add just enough water to assist in blending.

## Farm Chronicles

Hello once again from the Ledson's Family CSA Farm. We've been getting down and dirty all month prepping the garden for this year's growing season. It's been a challenge to keep up with planting and transplanting our veggie starters. Timing is everything, and, yet, each season has its own personality so this art will never quite be mastered. The first half of April was wet and cold. Cold nights stunted most of our spring crops. Then, almost like a light switch, summer broke out right in the middle of the month. We've noticed some crops going to seed early as they struggled with the hot days.

March showers have brought us April flowers this year which are such a motivational sight to see. All our bulbs popped out early and luckily survived the snow. But this moisture also got all the weeds off to an early start. We were invaded by thistles and other prickly and pokey plants. How can you tell it's a weed? Tug on it gently. If it comes out easily, it was a valuable plant—oops. How can you tell you've been pulling prickly weeds out of the ground all day? Drink a glass of water. If you notice the water spraying out the holes in your fingertips like a shower head, that's a tell-tale sign. However, since petting a porcupine in the wrong direction might render similar results, to be certain, you should also have an incredibly sore back. Check.

Love is a burning thing and it makes a fiery ring. What else makes a fiery ring? An annular solar eclipse! Be sure to mark your calendars for the annular solar eclipse that is scheduled to take place on May 20th around 6:30pm (rain or shine). A solar eclipse occurs when the Moon passes between the Earth and the Sun. We call it "annular" when the apparent diameter of the moon is less than the diameter of the sun which displays the burning ring of fire. And it burns, burns, burns, the ring of fire, the ring of fire ...

Make the most of your May as we start to enjoy those home-grown treats from the garden. Enjoy!

—Jeff Ledson



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KVMR 89.5 FM .....	265.9555

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<b>MAY Community Calendar</b>	
CCP Board Meeting .....	Monday, May 7 <sup>th</sup> , Resource Center, 6 to 8pm
CCSD Board Meeting .....	Monday, May 12 <sup>th</sup> , Camptonville School, 7pm
Camptonville Plant Sale and Flea Market.....	Saturday, May 19 <sup>th</sup> , 9:30am to 2:30pm, Rebel Ridge Field
Camptonville Prepared! .....	Wednesday, May 16 <sup>th</sup> , 6:30pm at the Camptonville Firehouse
Courier Handwritten Deadline .....	Friday, May 18 <sup>th</sup>
Courier Deadline.....	Sunday, May 20 <sup>th</sup>
Food Bank (Federal) .....	Third Thursday, 8am, Lake Francis Grange, Dobbins
Food Bank (Local) .....	Other Thursdays, 1pm, Lake Francis Grange, Dobbins
NSJ Bingo.....	First and Third Fridays, 7pm, NSJ Senior Center
NSJ Senior Center Lunch.....	Every Tuesday, noon to 1pm
NSJ Senior Center Brunch.....	First and Third Sundays, 8am to noon
Overeaters Anonymous.....	Fridays, every week, 9:30am, Camptonville Firehall
Sock Hop and Classic Car Show.....	Saturday May 26 <sup>th</sup> , Alcouffe Community Center
Souper Saturday .....	Saturday, May 26 <sup>th</sup> , 10am to 3pm, NSJ Senior Center
USFS Open House .....	Wednesday, May 30 <sup>th</sup> , 5pm to 7:30pm, Yuba River Ranger Station
Vintage Tractor Days .....	Saturday and Sunday, May 5 <sup>th</sup> and 6 <sup>th</sup> , Eventful Acres, Oregon House
WSMC Mobile Health Services.....	Tuesdays and Thursdays, 10am to 3pm, Masonic Lodge
Yoga—Camptonville .....	Tuesdays, Camptonville School Gym, 5:30 to 6:30pm
Yoga—NSJ Senior Center .....	Every Tuesday, 9 to 10:15am
Yoga—Willow Springs.....	Every Friday, 9 to 10:15am
Yuba County Children’s Council.....	Wednesday, May 2 <sup>nd</sup> , 6pm, Alcouffe Community Center

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