

A CULINARY TOUR

tastebound

SECOND EDITION

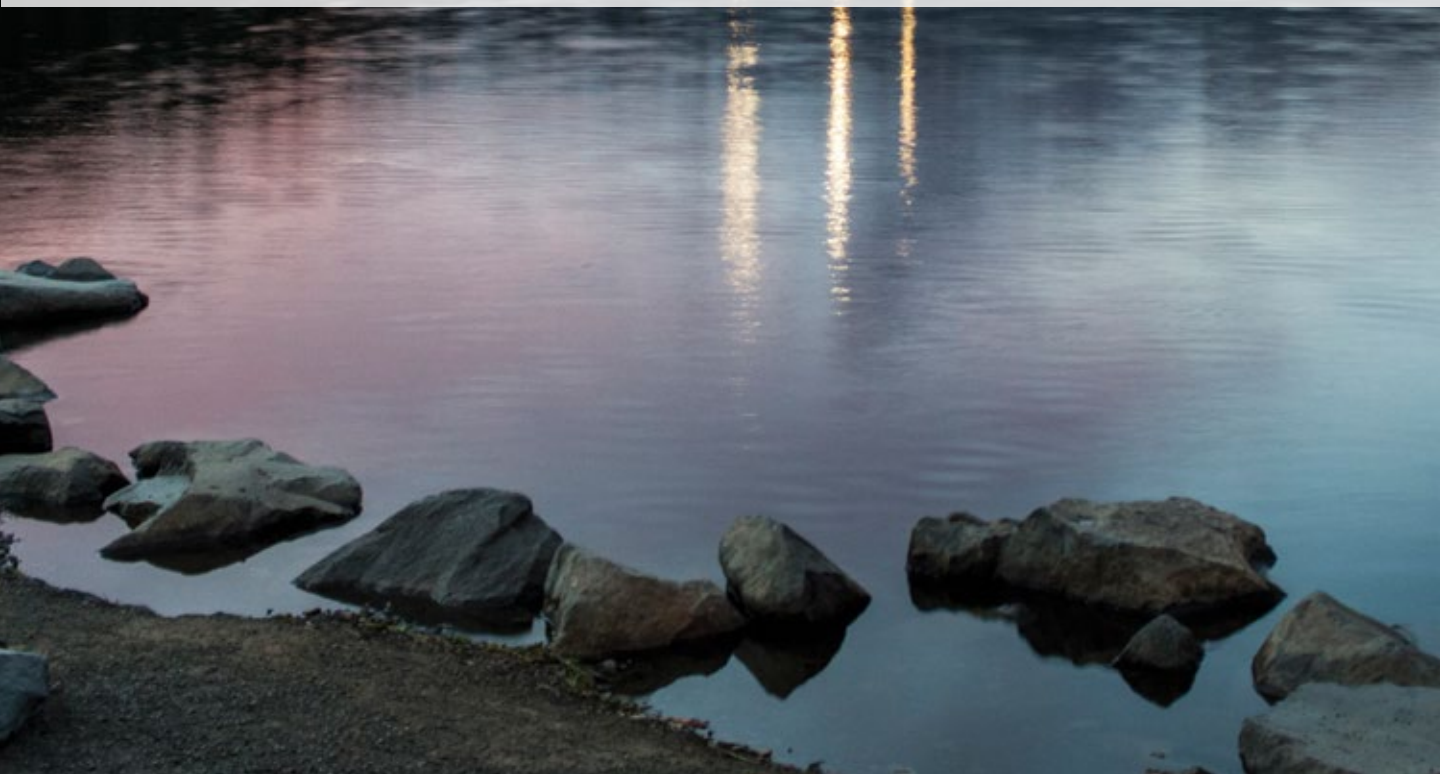
OF OREGON'S MT. HOOD & COLUMBIA RIVER GORGE





Land Acknowledgement

We acknowledge the traditional custodians of the land and waterways on which we reside and visit today: the Confederated Tribes of Warm Springs, Yakama, Wasco, Wishram, Tenino, Cowlitz, Nez Perce, the Confederated Tribes of Umatilla and the Confederated Tribes of the Grand Ronde. We pay our respect to their elders past, present and emerging.



Introduction

From lush green forests to bountiful orchards and vineyards, up Oregon's tallest mountain and past sparkling rivers and streams, the Mt. Hood and Columbia River Gorge region offers an experience like no other. This is a place where you can pick sun drenched cherries right off the tree in the morning, then have them sprinkled over your pizza at a restaurant for dinner. Here, you can ski ancient glaciers and take a break afterward with a pint of craft beer brewed using those same glacial waters.

There is a common saying we all know well, "you are what you eat." However, in our region, we go one step further... you get to experience what you eat. Every taste along your journey has an adventure waiting for you to unfold just around the corner.

Our hope is that each recipe, story and ingredient shared within these pages spurs within you a desire to learn more, participate in and pay respect to the tantalizing fruits of our lands, waterways and their caretakers. It is the family-owned farmers, Native fishers, inn-keepers, brewers, bakers and local makers who call this place home and invite you to join them in savoring it.

Welcome to Tastebound. We're so glad to have you at our table.







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CHAPTER 1

History of the Area and People



Geologic History

Fire and Flood: How Mt. Hood and The Columbia River Gorge Formed

The breathtaking landscape of Oregon today was shaped over tens of millions of years by fire and flood, earthquakes and eruptions, and the movement of oceans and continents on an epic scale. While most visitors to Oregon's natural areas on Mt. Hood and in the Columbia River Gorge see a vast and unchanging wilderness, geologists can divine the untold story of this ever-shifting landscape from the rocks, minerals, fossils and sediment that make up the region.

Our story truly begins in the Miocene era (some 12-17 million years ago) and continues to take shape through the Pleistocene era (some two million to 700,000 years ago), when the Cascade mountain range, which includes Mt. Hood, formed through a series of volcanic eruptions. Today, we can trace the path of two primordial floods—one of flowing magma, and one of raging

waters—on their path down the Columbia River Gorge. As the flowing magma cooled into layers of basalt, the Columbia Plateau was born. Home to some of Oregon's most dramatic scenery, the Columbia Plateau comprises the most well-studied flood basalt deposit in the world. Finally, at the end of the last Ice Age (approximately 14,000-20,000 years ago), massive floods from the glaciers carved away the dramatic, steep-walled canyon we see today, exposing layer upon layer of basalt. Today, Mt. Hood is home to 12 glaciers. The three most prominent being Eliot and Langille set on the north side and Palmer on the south.



Geology and Agriculture

Chances are, no matter where you live, you've already tasted the bounty of the Mt. Hood and Columbia River Gorge region. If you've ever sipped a fruit-forward Pinot noir from **Stave & Stone**, scooped a tasty spoonful of Ben & Jerry's Cherry Garcia (yes, those cherries come direct from The Dalles) or decorated a Douglas fir Christmas tree from Estacada, then you know the region produces some of the best agricultural products available. Rich volcanic soils (mostly silty loams collected over the ages from floods, volcanic activity and landslides) and a varied climate (sunny days along with plenty of our famous Pacific Northwest rain) make the Mt. Hood and Columbia River Gorge region uniquely positioned for agriculture. Wine grapes have been cultivated here since the 1880s, while orchard fruit cultivation began as early as 1850. Today, our region is best known for orchard fruits like apples, cherries and pears, as well as wine grapes and salmon (coho, chinook and sockeye).

The region is a unique confluence of multiple biomes and distinct ecosystems based on location proximity to Mt. Hood and the weather patterns that result from it. These ecosystems are home to abundant coniferous and deciduous trees and high desert landscapes, which contribute to the beautiful varied microclimates we see throughout the area. Common plants you may find while hiking include Oregon grape, Salal berry, rhododendron, trillium, swordfern and twinflower.

For more historical insight and perspective on the Columbia River system watch, Stories from the River: Celilo (confluenceproject.org/library-post/stories-from-the-river-celilo).



Indigenous Peoples and Food Sovereignty

More than 10,000 Years of Culture

Experience for yourself the remarkable abundance of the Columbia River, and it's easy to see why this region has been inhabited by Indigenous peoples for generations. The area surrounding the mid-Columbia River is one of the oldest continuously occupied places in the Western Hemisphere and has been home to Indigenous peoples since time immemorial. For more than 10,000 years, early inhabitants have lived or traveled to the Mt. Hood (or Wy'East as the Multnomah tribe first called it) and Columbia River region where towering Douglas firs and bountiful salmon harvests provided shelter and sustenance. Even as groups of people spread south and east, this region remains an important destination for social gathering and trade. Today, the agricultural land and prolific waters continue to bring cultural, spiritual and economic livelihood

to the Native people who have always been here and cared for it. Their intrinsic tie to and appreciation for the unique natural resources of this region have made sustainability practices not an afterthought but foundational to their way of living. As Buck Jones, member of Cayuse Tribe and part of **Columbia River Inter-Tribal Fish Commission**, shared upon reflecting on his motivation for his daughter's grandkids to be able to fish throughout their time: "We're not here to inherit the earth from our ancestors; we're here to borrow it from our children. Natives think about looking forward." In that spirit, we hope you seek more learning on a trip to the **Columbia Gorge Discovery Center and Museum** with your kids, class or community group.





First Foods

The area's earliest inhabitants were nomadic hunters who relied on big game such as elk and deer. The traditional lifestyle was one of hunting and foraging with seasonal camps established for fishing or gathering purposes. Roots such as camas and horsetail, berries like huckleberries and wild blackberries, as well as game, fish and edible and medicinal plants were all important to the tribes of the Columbia River area, both for nourishment and for spiritual practices. Although salmon and other first foods are not as plentiful as they were pre-colonization (due to industrialization and climate change), many Indigenous peoples along the Columbia River still eat traditional foods like roots, berries, deer and salmon as part of their daily diets today.

Go Fish

Indigenous peoples have fished the waters of the Columbia River for thousands of years, continually refining fishing strategies and tools in order to harvest salmon, sturgeon, lamprey and eulachon (or smelt). Native fishers used a variety of natural resources, including wood, stone, bone, antler, hide, tendon and plant fibers, to fashion tools for catching and preparing fish. The salmon was the first food to appear in early spring, and families



would gather along the Columbia River at ancestral fishing sites to catch and dry enough salmon for the year ahead. Before **The Dalles Dam** was built in 1957, it was said that there were so many fish that one could walk across a creek on the backs of salmon. Wooden scaffolds or platforms were set up next to the river, supported by or suspended from the rocks around them. Native fishers would perch atop these structures, using long-handled dip nets or spears to gather fish.

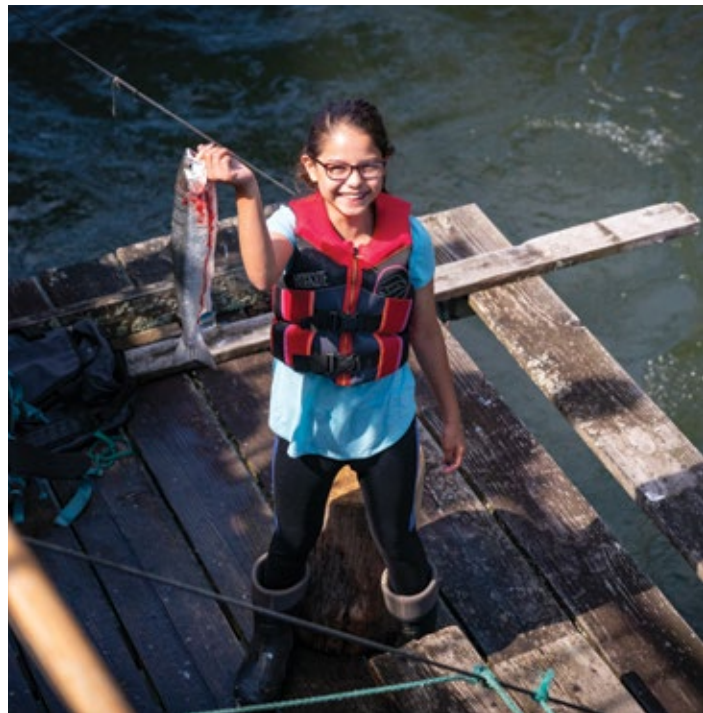


Today, they commonly use modern-day fishing equipment and boats in addition to use of the platforms and dip nets. Traditional salmon feasts are still held annually near the site of Celilo Falls, to celebrate the fish coming back and give deep thanks for the river's bounty. To the Indigenous peoples of the Columbia River Basin, salmon are more than a food source. They are a symbol of the link between man and creator, and a spiritual connection with salmon remains a vital part of Columbia River Basin Indigenous peoples' heritage and culture.

A Note on Indigenous Fishing Platforms and Buying Fresh Salmon

While the salmon population in Oregon's rivers and streams have dropped dramatically following colonization, the Columbia River still plays host to traditional fishing sites, some still with wooden platforms and traditional dip nets. If you come across a fishing platform, feel free to admire the view from a distance. Under no circumstances should you attempt to approach, climb on, or fish from a traditional fishing platform out of respect and safety.

When salmon season opens in late spring, summer and fall, the public is welcome to purchase the day's fresh catch or delicious smoked salmon directly from Indigenous fishers. For information on where to buy premium Columbia River chinook, coho, sockeye, and/or steelhead, visit Columbia River Inter-Tribal Fish Commission (<https://critfc.org/harvest>).





The Oregon Trail

The Oregon Trail was a 2,170-mile east-west covered wagon route and emigrant trail that connected the Missouri River to valleys in Oregon, stretching from present-day Kansas and spanning nearly all of modern-day Nebraska and Wyoming. The western half of the trail stretched across most of current-day Idaho and Oregon. Over 400,000 settlers, farmers, miners, ranchers, business owners and their families traveled west on the Oregon Trail. The Donation Land Act of 1850, which allowed for white males and married women to claim 320 acres of free land in Oregon, spurred this movement of resettlement in the west, forcing the displacement and removal of Indigenous peoples from the lands they resided on since time immemorial.



In 1847, Henderson Luelling and his son, Seth, left Iowa on the Oregon Trail with two wagons filled with 700 grafted apple, pear, peach and cherry trees. After arriving in Oregon, they established a nursery and sold thousands of trees in Oregon and California. Modern highways, like Highway 26 and Interstate 84, still follow parts of the same course westward, even passing through towns originally established as pit-stops along the Oregon Trail. In many parts of the region, you can still see how the established industry and businesses from over 175 years ago have yielded to ones that are thriving today. You can learn more about the history of the Oregon Trail by visiting the **Columbia Gorge Discovery Center and Museum** in The Dalles. Or take the family to visit the historic homestead of **Philip Foster Farm** and check out their heritage garden to see what pioneer families used to grow.





CHAPTER 2

West Columbia River Gorge

West Bound

The milky-green, glacial waters of the Sandy River head northward for 56 miles before meeting its confluence with the Columbia River. Here, a fertile delta gave birth to an agricultural legacy, including the early 1900s when it was known as ‘the celery capital of the world.’ It’s also where the Willamette Valley runs into the western gateway of the Columbia River Gorge.

This region boasts one of the most diverse fisheries in the state, providing habitat for various species of salmon and trout, as well as the giant white sturgeon—the largest and longest-living fish in the Columbia River Basin. Its western edge is home to **Townsend Farms**, a family-owned berry farm that has grown into one of the state’s largest producers through three generations of love and labor. The eastern stretches of this area offer a bounty of Native edibles like huckleberries and wapato that are nestled in between the old growth forests and intermittent waterfalls that spill over the ledges of mountainous walls.


Leave the Portland metro area behind and journey through the communities of Fairview, Wood Village, Troutdale, Corbett and Cascade Locks as they dot a path 30 miles upriver into the heart of the Columbia River Gorge. Feeling nostalgic? Hop on a shuttle or drive yourself along the 75-mile Historic Columbia River Highway, also known as the King of Roads. Over 100 years old, the Historic Columbia River Highway was the U.S.’s first nationally designated scenic highway.





West Gorge Food Trail

W = West Gorge Food Trail

Berry farms, breweries, fisheries and restaurants serving up ingredients sourced within 150 miles are just some of what travelers can expect to savor along this trail. Whether you choose to chart your own course or go with a guided tour via cycling, sternwheeler, hiking or a hop on, hop off shuttle, you will certainly experience wonder (and we mean in the most delicious ways possible) at each stop along the way.

A renowned destination for overnighers, music goers and quirky adventure seekers is of course the historic **McMenamins Edgefield Hotel** . Built in 1911 as a poor farm, this 74-acre property has had original farm buildings restored and preserved to now boast a winery, distillery, brewery, along with dining and entertainment options with McMenamins' signature whimsy.

Land conservation is a central tenet to many families and farms in our region. This is absolutely true of **Columbia View Blueberry Farm**  (formerly Klock Farm), which practices environmentally friendly farming to protect against water erosion, protect wildlife and native pollinators, and reduce greenhouse gas emissions. The Klock family began this farm in 1980 as a private, 20-acre working farm complete with mature blueberry, apple, raspberry and caneberry orchards. Today, the farm offers u-picking to locals and visitors and commercially harvests 50 tons of blueberries each season.

As you journey along the "Waterfall Corridor," do not miss the tucked away gem, **Bridal Veil Lodge Bed and Breakfast** . Since 1926, they've offered respite to road weary travelers along the Columbia River Highway. Hiking, biking, paddling and stunning waterfalls nestled in old-grown forests are steps from the front door. After a day of


adventuring, relax and dine in chic comfort at this quaint lodge that sources your breakfast fare directly from neighboring farms just down the road.

For locals or visitors grilling dinner at home or looking for a lunch spot, a stop by a fish market for the day's fresh catch is an absolute must. In Cascade Locks, pull up to the brick and mortar **Brigham Fish Market** , owned by Kim and Terrie Brigham, two sisters who are members of the Confederated Tribes of the Umatilla Indian Reservation. The colorful tapestry of the food scene here is possible because of the careful and and resource stewardship of Indigenous communities like the Umatilla. Close by, you'll also usually be able to find Native fish market stands underneath the **Bridge of the Gods**, in the **Bridgeside** parking lot. When driving through Hood River, it's worth a call to see if the **Wild Columbia Salmon**  fish stand at 108 Highway 35 is open. Or order salmon on the menu at one of 20 different restaurants they source fish for in the area. Whichever destination, your taste buds will not only sing with delight for premium, wild-caught chinook, coho or sockeye salmon, but you'll have the opportunity to buy directly from tribe members whose heritage is inextricably woven into the history of these riverbanks.






Larch Mountain Sundae *with* Browned Butter Blondies

Sugarpine Drive-In  | Emily Cafazzo and Ryan Domingo

 = West Gorge Food Trail

According to the Oregon Blueberry Commission, “Oregon harvested nearly 150 million pounds of blueberries in 2020, with an annual economic impact generated by growers estimated at \$353.5 million.” On Mt. Hood and in the Columbia River Gorge, summer temperatures hit an average of 79°F, making for warm, ideal blueberry growing conditions. There are numerous u-pick blueberry farms and stands in our region you can visit from June through September.

Established in 1962, **Kirby's Blueberry Farm**  is a perfect u-pick stop while enjoying the Columbia River Gorge National Scenic Area. Located in Corbett, you will not only find fresh, plump blueberries to snack on or to take home to sprinkle on top of your sundae, they also have pies, cherries, honey, eggs and more to offer their visitors.

Sugarpine Drive-In's  Blueberry-Lavender Sauce, featuring local blueberries, is used in the below Larch Mountain Sundae recipe and can be purchased jarred up and ready to serve from local grocery stores and on-site.

Sugarpine Drive-In is located on the banks of the Sandy River in Troutdale, at the edge of the Columbia River Gorge. Inside an old 1920s gas station, husband and wife team, chefs Ryan Domingo and Emily Cafazzo, have created a family-friendly drive-in restaurant featuring nostalgic comfort foods with a seasonal twist. Sugarpine Drive-In updates classic American recipes with modern techniques and Pacific Northwest ingredients. Their signature Larch Mountain Sundae features vanilla bean and chocolate swirl soft serve, blueberry-lavender sauce, a crunchy pine nut honeycomb brittle and brown butter blondies bites.

For Ryan and Emily, this sundae was inspired by the natural beauty of the Columbia River Gorge. Driving or cycling east from the restaurant into the Columbia River Gorge National Scenic Area, the

Historic Columbia River Highway leads you to the summit of Larch Mountain and even further past dozens of beautiful viewpoints and cascading waterfalls. Along the way, you'll pass small family farms selling everything from fresh eggs and vegetables to flowers and berries. Breathe in the floral aromas from **Bates Lavender Farm** and turn your fingers blue at **Kirby's U-Pick Blueberry Farm**. Enjoy the buzzing from the beehives nearby, and savor the sweet scent of pine and conifers as far as the eye can see.

The sundae and its composition captures the essence of the area and the creative spirit of the restaurant, incorporating the nostalgic character of soft serve with homemade toppings and loads of crunchy and chewy textures. Its depth of flavor and emphasis on local ingredients tell a story about this little corner of Oregon that we love so much. As Ryan and Emily put it, "Just call it a love letter from us to the Gorge."





8 Servings

6 ounces butter	½ cup white chocolate chips
2 ½ cups all purpose flour	Sugarpine Drive-In Blueberry
1 ½ teaspoons baking powder	Lavender Sundae Sauce for
¾ teaspoon kosher salt	serving
2 cups brown sugar	Vanilla and chocolate ice cream
2 teaspoons vanilla	for serving
3 large eggs	Chopped nuts or crushed
	graham crackers for serving

1. Preheat oven to 350°F. Using a quarter size sheet pan (9.5" x 13") or other similarly sized pan, spray with nonstick spray, line with parchment paper, and spray top of parchment. This will help with cleanup and pan release. Set pan aside until batter is completed.
2. In a small saucepan over medium heat, add butter, stirring occasionally as it melts. Once melted, butter will begin to foam and sizzle around the edges. Keep stirring. After 5-8 minutes, butter will turn golden brown, foam will reduce slightly, and milk solids on the bottom of the pan will toast. It will smell intensely buttery, nutty, and rich. There is a fine line between brown butter and burnt butter, so as soon as it reaches the level of nuttiness, remove from heat and transfer to a medium sized mixing bowl. Let butter cool for about 5 minutes.
3. Meanwhile, in a separate bowl, sift together flour, baking powder, and salt.
4. Add sugar and vanilla to browned butter, whisking to combine. Add eggs, one at a time, whisking to combine between each addition. Combine sifted flour mix with the brown butter mixture. Fold with a spatula until ingredients are almost fully incorporated, then fold in white chocolate chips to finish. Be careful to not overmix.
5. Spread batter into prepared pan in an even layer. As needed, slightly dampen hands to press down and smooth out the top. Bake for 25-30 minutes, until a toothpick comes out clean and the middle is set. Careful not to overbake, as it can turn dry.
6. Let cool for at least 20 minutes then cut into desired size. Ryan and Emily find 1" squares to be the perfect size for their signature Larch Mountain Sundae. Store in an air-tight container for up to 7 days in the refrigerator or up to 3 months in a freezer-safe bag in the freezer.
7. Making your sundae: place scoops of vanilla and chocolate ice cream in serving bowls, add blondie squares and blueberry lavender sauce, and top with chopped nuts or crushed graham crackers.

BEVERAGE PAIRING: Good Coffee , Lavender Matcha Latte





Lolo's Nettle Pesto

Lolo's Boss Pizza  | Leslie Henson

 = West Gorge Food Trail

Stinging nettles are a perennial plant with pointed leaves and fine white hairs. Nettles are packed with nutrients including iron, calcium and vitamin C to name a few. They are widely used in Western herbal medicine for their natural healing properties related to inflammation and blood pressure. Chefs love nettles for their vibrant green color and their kale-like taste.

Every year in early spring, wild nettles emerge from the ground all over the West Gorge. Nettles grow best in moist soil, so keep an eye out near creeks and other still bodies of water. Consider foraging them on your own. Be sure to wear gloves, however, because just as their name indicates, they do sting! When the fragile hairs of the plant are touched or brushed into, they release a formic acid that leaves a burning sensation that can stay with you for up to 24 hours. Not to worry though, the sting is neutralized once the nettles are cooked. If you aren't up for wild foraging, you can often find nettles at many farmers markets in the spring.



When winter winds down and signs of spring begin popping up, Leslie loves getting out in the forest to gather wild nettles for their Seasonal Farm-to-Pizza Nettle Pesto & Fresh Mozzarella Pie. If fresh basil and arugula are not available, try using a full pound of nettles. The flavor is a less traditional pesto flavor, but no less delicious! Beyond pizza, give this pesto a try on toast with a fried egg, tossed with pasta or spooned over grilled fish.

Makes 3 cups:

½ cup walnuts	⅓ cup freshly grated Parmesan cheese, optional
8 ounces freshly picked stinging nettle leaves	Fine sea salt and fresh ground black pepper to taste
4 ounces fresh basil leaves	
4 ounces fresh arugula leaves	
1 cup extra-virgin olive oil	
¼ cup fresh lemon juice	
6 roasted garlic cloves	

1. Preheat oven to 325°F.
2. Place walnuts on a rimmed baking sheet and toast in the oven for 10 minutes.
3. Wearing gloves, pick or clip the leaves from the stinging nettles. Wash leaves, and place in boiling water for 1 minute to blanch, then quickly transfer to an ice bath to stop the cooking process. Drain and squeeze as much water as you can from the leaves.
4. In batches, combine ingredients in a food processor, pouring olive oil in gradually and blending to desired consistency. Add more or less olive oil to achieve desired consistency. If desired, add Parmesan to final blending.

BEVERAGE PAIRING: Edgefield Winery , Blackberry Cider




Local Ale Poached Pear & Beet Salad

Thunder Island Brewing  | Dan Im

 = West Gorge Food Trail |  = Hood River Fruit Loop

According to the Oregon Historical Society, Oregon produces approximately 800 million pears annually, and the Columbia River Gorge is the nation's largest exporter of pears. A variety of pears, including Green and Red D'Anjou, Bartlett, Comice, Bosc, Forelle and Seckel, are grown by family farms throughout the region.

Visit **Kiyokawa Family Orchards** , to honor the region's legacy of immigrant families who first cultivated and cared for the region's farm land. This abundant farm has been family-owned and operated since 1911, when the Kiyokawa family first emigrated from Japan. As careful shepherds of the region's unique topography and glacier-fed water sources, the farm is known for their pears, but in total offers 150 distinct varieties of apples, pears and stone fruit. With the largest u-pick orchard in the valley, visitors can pick straight from the fields, pull kids along in wagons row-by-row, and delight in the farm's bounty with freshly canned honey, jams and ciders.



For the Salad:

- 2 medium beets, peeled
- 1 ½ tablespoons extra-virgin olive oil
- ½ teaspoon fine sea salt
- ¼ teaspoon fresh ground black pepper
- 12 ounces local leafy greens or your favorite salad mix, such as **Hood River Organic**
- ½ cup red wine vinaigrette, see recipe below
- 4 quarter pieces of ale poached pears sliced thin, see recipe below
- 2 ounces candied walnuts or your favorite candied nut
- 2 ounces golden raisins or dried cranberries
- 2 ounces local goat cheese crumbles

For the Ale & Ginger

Poached Pears:

- 1 ½ cups Thunder Island Golden Ale or your favorite light beer
- 1 cup water
- ⅛ teaspoon crushed red chili flakes
- 1 cup sugar
- 1 small knob fresh ginger, smashed with knife
- 1 tablespoon ground turmeric
- ¼ teaspoon ground nutmeg
- ¼ teaspoon fine sea salt
- 3 Hood River Pears, such as D'Anjou, Bartlett or Bosc

For the Red Wine Vinaigrette:

Makes 1 cup:

- ⅓ cup red wine vinegar
- 3 garlic cloves, minced
- 1 ½ tablespoons sugar
- 1 tablespoon Dijon mustard
- 1 ½ teaspoons dry Italian seasoning blend
- ¼ teaspoon fresh ground black pepper
- ¾ cup extra-virgin olive oil

For the Salad:

1. Preheat oven to 375°F. Line a rimmed baking sheet with parchment paper.
2. Cube beets in ¼" thick pieces, and evenly spread on prepared baking sheet. Pour olive oil on top then sprinkle with salt and pepper, and toss to evenly coat.
3. Bake for 35-40 minutes, until easily pierced with a fork. Remove and allow to come to room temperature before assembling salads.
4. In a large bowl, toss greens with vinaigrette. Divide greens among bowls or plates, and top with equal amounts of the beets, pears, nuts, raisins, and goat cheese.

For the Ale & Ginger Poached Pears:

1. In a medium pot, bring ale, water, and chili flakes to a boil.
2. Stir in sugar, ginger, turmeric, nutmeg, and salt. Once sugar is dissolved, reduce heat to a simmer.
3. Cut pears into quarters, remove core, and add to simmering liquid. Cook pears for 10-15 minutes, until tender. Remove from heat and strain pears. Cool in the refrigerator to keep pears from overcooking and becoming too soft.

For the Red Wine Vinaigrette:

1. In a large bowl, whisk to combine vinegar, garlic, sugar, mustard, Italian seasoning, and pepper.
2. Slowly whisk in olive oil until all ingredients are well combined.

BEVERAGE PAIRING: Thunder Island Brewing , Golden Ale




Salmon Meatballs Two Ways

Brigham Fish Market  | Terrie and Kim Brigham

 = West Gorge Food Trail

The Columbia River is well known for its salmon and steelhead runs. In a typical year, approximately one million chinook, coho, and sockeye salmon and steelhead will travel up the river to spawn. There is an extensive history surrounding tribal fishing rights in the Pacific Northwest that you can learn about on the **Hear in the Gorge Podcast**, “*Episode #5, Tribal Fishing in the Pacific Northwest.*”

To get the day’s fresh catch, head over to **Brigham Fish Market**  in Cascade Locks on the banks of the Columbia River. Terrie Brigham and her sister, Kim, started the market in 2014. Nearly all seafood sold at the market has been caught by a member of the Brigham family or members of other local tribes. The Brigham family are members of the Confederated Tribes of the Umatilla Reservation, which comprises three tribes that historically inhabited the area: the Cayuse, Umatilla, and Walla Walla. While there, enjoy a bowl of their salmon chowder, a Columbia River sturgeon po’boy, ciabatta with smoked salmon dip or one of the many other items from their menu. Fun fact: You can catch Terrie on Episode 6 of BRAVO’s Top Chef Season 18.



For the Meatballs:

4 Servings | 16-18 meatballs:

1 tablespoon extra-virgin olive oil
1 onion, minced
2 celery ribs, minced
2 garlic cloves, sliced
1 large egg
1 cup bread crumbs, divided
1 teaspoon fine sea salt
½ teaspoon red chili flakes
16 ounces salmon meat, scraped from salmon spine (reserve spine for broth)

For Fried Salmon Meatballs with Cocktail Sauce:

Salmon Meatballs, see recipe above
1 cup Italian breadcrumbs
Vegetable oil for frying
Cilantro, lemon wedges, and cocktail sauce for serving

For Salmon Meatballs with Garlic-Butter Gravy:

Reserved salmon spine(s)
1" fresh ginger, sliced
2 garlic cloves, smashed
½ teaspoon fresh ground black pepper
8 ounces canned crushed tomatoes
4 tablespoons butter
2 tablespoons flour
1 teaspoon garlic bouillon
2 cups salmon broth
Salmon Meatballs, see recipe
Jasmine and/or wild rice for serving
Cilantro and lemon or lime slices for serving

For the Meatballs:

1. In a pan over medium heat, warm oil. Saute onion, celery, and garlic until translucent and soft. Allow mixture to cool.
2. In a food processor, add cooled vegetable mix, egg, ½ cup bread crumbs, salt, and chili flakes. Pulse the mixture, scraping down the sides as needed. Remove and allow to cool.
3. In the food processor, mix salmon by itself until broken down. Add vegetable mix, and process to combine. Add remaining ½ cup bread crumbs, and process to combine.
4. Once cool, roll mixture into golf ball sized meatballs. If salmon mixture becomes sticky, dip hands in cold water between forming each meatball.

For Fried Salmon Meatballs with Cocktail Sauce:

1. In a large saucepan or wok, heat 3 inches of oil over medium-high heat until it reaches 365°F.
2. Roll meatballs in Italian bread crumbs and add to heated oil. Fry, turning frequently until dark golden brown and cooked through, about 8-10 minutes.
3. Remove from oil and transfer to a serving dish. Top with cilantro sprigs and serve with lemon wedges and cocktail sauce.

For Salmon Meatballs with Garlic-Butter Gravy:

1. In a large pot, add salmon spines, ginger, garlic, and pepper. Cover with water by 1". Bring to a boil, then reduce heat to low. Skim foam from top of the broth, and continue to simmer until liquid is reduced by half.
2. Strain mixture through a fine mesh colander into a small pot. Add tomatoes. Bring to a simmer and cook for 15-20 minutes. Remove from heat.
3. In a wok or large, deep pan over medium heat, melt butter. Slowly add flour and stir to thicken.
4. Slowly whisk in broth, 1 cup at a time. Continue to whisk until the gravy is thin. Bring to a boil until thickened.
5. Add salmon meatballs to gravy and cook for 7-9 minutes over medium heat, until cooked through. Reduce to a simmer.
6. Divide rice among plates or bowls, and top with meatballs and gravy. Garnish with cilantro and a slice of lemon or lime.

BEVERAGE PAIRING: Gorges Beer Co. ,
Angel's Rest IPA





CHAPTER 3

Hood River Valley



Hood River Bound

At the base of Mt. Hood's northeast slope stretches a 100-square-mile valley that falls off a low ridge into the buzzing, historic riverside city of Hood River. Here lie the roots of Oregon's fertile Mid-Columbia agricultural region, which are fed by high winds channeling down the Columbia River Gorge and the city's namesake river that delivers meltwater from three sprawling mountain glaciers.

These ripe conditions gave life to orchards and farms that now form the area's renowned **Hood River Fruit Loop**, weaving through quaint towns like Parkdale, Dee and Odell. The surrounding producers yield the largest pear export in the nation, and still have heaps of apples and cherries to spare. The result is a patchwork of on-the-farm

fruit stands, wineries, cideries, flower fields and farm-to-table eateries. The bounty trickles into downtown, where fine dining abounds and a storied legacy of craft brewing and distilling continues to blossom. And don't tell anyone who told you, but Hood River is the only city in Oregon where public alcohol consumption on sidewalks and in parks is perfectly legal—just part of the vibe.

Like its climate, this region represents a transition zone where foodies can gorge at the intersection of rural craft and modern taste.



Hood River Fruit Loop

F = Hood River Fruit Loop

As the name suggests, the Hood River Fruit Loop is just that: a scenic 35-mile loop winding through the valley's lush fruit fields. Over two dozen family-owned farms invite travelers into a rich mosaic of vineyards and cideries, fresh lavender fields and endless rows of cherry, apple, pear and peach orchards (some dating back to the 19th century). Choose to admire the idyllic scenes from the road or experience life on the farm firsthand with a variety of activities and epicurean delights for travelers of all ages.

One of the most fun ways to experience the Hood River Fruit Loop is to go by bike. Hop on an e-bike and join a guided biking wine tour with **Sol Rides**. Ride through the stunning valley, past blooming orchards with epic views of Mt. Hood at every turn. Take well planned breaks at some of our best local wineries, like **Marchesi Vineyards & Winery** **F**, **Wy'East Vineyards** **F**, and **Cathedral Ridge Winery** **F**.

Next, make your way to **Mt. View Orchards and Grateful Vineyards** **F**. This third-generation family farm offers 50 acres of top-grade apples and pears while caring for the land with environmentally sustainable practices. Choose to fill your own bushel or peck with u-picking, relish in the dedicated picnic space or farm-to-table dinner options, and sample an additive-free hard cider or glass of wine straight from the adjoining Grateful Vineyards tasting room.

Especially for their fall festival, **Packer Orchards & Farm Place** **F** is an absolute play destination with seasonal festivities and activities for all ages. Since 1994, they have been serving pies, pastries, jams and other sweet treats featuring field-fresh pears straight from their flagship bakery daily. Fruit or vegetable u-picking, on-tap beer, cider and wine, and rows of golden sunflowers are just the beginning of the options available at this family-friendly farm.





Undercover Copse

Hood River Distillers | Heidi Smart

Named after Scottish botanist, David Douglas, the Douglas fir tree was designated the official state tree of Oregon in 1936. Beyond its fame as one of the most popular Christmas tree varieties, the Douglas fir is also the most widely used source for plywood and lumber in the United States, according to the World Forestry Center. The Douglas fir is so revered in Oregon that it has even made its way into a spirit made by **Clear Creek Distillery** by macerating the green buds from the tree in clear brandy. Stop by **Hood River Distillers** tasting room in Hood River to try it for yourself.

Oregon produces 99 percent of all hazelnuts (also locally known as filberts) in the United States. Flourishing in moderate climates, Oregon provides the ideal growing conditions for these trees. Hazelnuts are harvested after they fall to the ground in September or October and can continue producing for more than 100 years. With a creamy, buttery profile, hazelnuts are delicious on their own, as an ingredient in numerous baked goods and dishes, and yes, even in a liquor such as Monarch® Hazelnut Liqueur, which is also featured in this cocktail.

Located near the town of Welches, along the Mt. Hood Scenic Byway, **Wildwood Recreation Site** provides an ideal experience to hike amongst old growth Douglas firs to experience the real life awe that inspired this Undercover Copse Cocktail. Options here include ADA accessible paved trails with educational displays, a challenging steep ascent up the slopes of Huckleberry Mountain, and swimming and fishing in the Salmon River.



TIMBERLINE[®]
TRADE MARK
40% ALC/VOL
750ml
80 PROOF
VODKA
WOOD RIVER DISTILLERS EST. 1924

This cocktail recipe subtly celebrates the trees of Oregon by incorporating ingredients of Douglas fir, hazelnut, maple, and apple trees. Where is the apple, you might ask? In the vodka! **Timberline Vodka** is made using locally grown apples, resulting in a full-bodied spirit with refined notes of apple blossom and a crisp finish. **Clear Creek Douglas Fir Brandy** yields an essence of our state tree, made from bright green springtime Douglas fir buds, which are hand-picked in the Mt. Hood National Forest. **The Hood River Distillers Tasting Room** proudly features these and many other products that embody the spirit, heritage and harvest of the Pacific Northwest.

Makes 1 serving:

1 ounce Timberline® Vodka	Pinch of Oregon sea salt
1 ounce Clear Creek® Douglas Fir Brandy	Dash of Dale Degroff's Pimento Aromatic Bitters
¼ ounce Monarch® Hazelnut Liqueur	Lemon Twist
¼ ounce dark maple syrup	

1. In a cocktail shaker, add ice, vodka, brandy, liqueur, syrup, salt, and bitters.
2. Shake for about 10 seconds, and strain into an old-fashioned rocks glass over a big ice cube.
3. Finish by expressing the oils of lemon peel over the drink. Garnish with lemon peel and, when available, a sprig of Douglas fir.

FOOD PAIRING: Lolo's Nettle Pesto, page 25





Cast Iron Skillet Roasted Pacific Coast Manila Clams

Celilo | Ben Stenn

A wide variety of clam species can be found along the Oregon coast, including the popular razor clam, gaper, butter, cockle, littleneck and softshell. About 95 percent of all razor clams in Oregon can be found on an 18-mile stretch of beaches in Clatsop. The Oregon Department of Fish and Wildlife is an excellent resource on clam features, habitat and clamming technique. The Columbia River provides the ideal access to bring in fresh clams from the coast into the Columbia River Gorge and Hood River Valley.

Before heading home from Hood River, drop by B Corp Certified **Fishpeople Market** to pick up some of their fresh, frozen or prepared sustainable seafood. They are open year round and offer seasonal seafood, such as crab, rockfish, tuna and shellfish.



Always start with fresh clams. Ben's preferred source is **Fishpeople** in Hood River. They have first person relationships with several shellfish producers on the Oregon coast whose products are always topnotch. You can also check the harvest and delivery date with your fish purveyor, as all shellfish travel with a tag that indicates this information. Don't cook any clams that have a cracked shell or that are opened and don't close in cold water.

4 Servings | 2 pounds:

3 tablespoons extra-virgin olive oil, plus extra for serving	1 medium fennel bulb, fronds removed and thinly sliced
2 pounds Pacific Coast Manila Clams	¼ teaspoon red chili flakes
1 garlic clove, thinly sliced	Fresh ground black pepper to taste

1. Preheat oven to 400°F.
2. In a large cast iron skillet over medium-high heat, warm oil until almost smoking.
3. Carefully lay clams in the pan covering the bottom of the entire surface. Sprinkle with garlic, fennel, and chili flakes.
4. Place pan in the oven and roast for 5-7 minutes. The clams are ready when they open and have released their juices into the pan and the garlic and fennel are lightly browned.
5. To serve, sprinkle pepper and drizzle oil over the entire dish. Serve immediately with fresh bread to sop up the juices.

BEVERAGE PAIRING: The Pines 1852, 2019 Chardonnay



Smoked Pork Belly Steaks *with Peach-Ginger Glaze*

Grasslands BBQ | Drew Marquis

F = Hood River Fruit Loop | **E** = East Gorge Food Trail

Rich, volcanic soil and warm, dry summers in the Hood River Valley provide an ideal peach growing environment. According to **McCarthy Family Farm** in Parkdale, the abundant winter snowfall in the region fosters a “chilling period to encourage the best fruit production during the season. This occurs when the trees enter a dormant state during temperatures between 32°F - 45°F.”

Cody Orchard Farm Stand **F**, run by **Farmer in Odell**, is an off the beaten path destination where you will find peaches, pears and other produce along with their friendly and knowledgeable staff. Don't miss out on their canned peaches and jam as well as dressings and syrups. Their crafts include beeswax candles, hand painted towels and jewelry.

Drew shared with us the inspiration for peaches in this recipe: “Last summer we had the pleasure of visiting the farm stand at Cody Orchards in Odell and being fed the most incredible peaches from Lisa Perry. Listening to her talk about managing the orchards, searching for the exact moment of when to harvest the numerous varieties, and tasting the literal fruits of her labor was a sensationally magical experience. We did our best to honor her product by serving it with responsibly raised pork from **Treebird Market** here in the Gorge and hope you'll enjoy the brightness it imparts on this rich cut of meat. But don't skip out on the opportunity to visit Lisa yourself and bite into a perfectly ripe peach. When you do, don't wipe your hands dry; peach juice should always be licked off your fingers.”



For the Pork Belly:

- 1 piece skinless pork belly, about 3-4 pounds
- 9 tablespoons coarse black pepper
- 3 tablespoons kosher salt
- 1 cup apple cider vinegar
- 1 cup water
- 3 tablespoons worcestershire sauce
- 1 food grade spray bottle

For the Peach-Ginger Glaze:

- ¼ cup minced garlic from about 12 medium cloves
- ¼ cup finely chopped fresh ginger, x inch piece
- 2 medium donut peaches, diced into ¼ inch pieces
- 1 tablespoon finely chopped and deseeded fresno chile
- ½ cup rice wine vinegar
- ½ cup low sodium soy sauce
- ¼ cup grapeseed oil or other neutral oil
- ½ teaspoon sesame oil
- 3 tablespoons agave syrup
- 1 teaspoon coarse black pepper

For Serving:

- 2 tablespoons fresh chopped mint
- 2 tablespoons fresh chopped cilantro
- ½ cup toasted peanuts, roughly chopped

1. Mix salt & pepper together. Season belly with mixture by sprinkling from at least a foot above the meat for even distribution. Use all of the mixture and season all sides of the belly. Let sit at room temperature for 1 hour.
2. In a separate bowl mix the vinegar, water and worcestershire then add to the spray bottle.
3. If you have a smoker, build your fire to reach a steady temperature of 275°F . If you're using an electric smoker, turn your dial to 275° and use the extra time to think about buying a real smoker. If you're using an oven, pre-heat to 275°F and find a pan with a wire rack large enough to fit the belly on.
4. Place the belly in your pre-heated smoker or oven and cook at 275° for 8 hours, spritzing with the vinegar solution every 2 hours. After 8 hours, start checking the belly for doneness by inserting a probe thermometer at various parts of the meat. Internal temperature will be between 190° and 205° when it's done, but more importantly is the way it feels. When the probe is inserted, there should be zero resistance and if you pick it up it should feel like it might fall apart.
5. Meanwhile, make the peach-ginger glaze by mixing all of the ingredients together. This can be made 1 day in advance and kept in a covered container in the fridge.
6. Once the belly is finished, remove it from the smoker/oven and let cool to 150°. Place the belly in the fridge and let it cool overnight.
7. The next day when you're ready to serve, remove from the fridge and slice it into 1 ½" steaks. Preheat your oven to 350°F.
8. Heat a cast iron skillet over medium-high heat. Add a tiny bit of grapeseed oil to the pan and sear the belly steaks cut side down. Flip and get a nice crust on each side, then transfer to a sheet pan. Once all pieces of belly have been seared, place in the oven and heat to an internal temperature of 165°.
9. Remove from the oven and top with the peach-ginger glaze, herbs and peanuts. Serve immediately.



Country Girl Cherry Pizza

Solstice Wood Fire Pizza | Chef Aaron Baumhackl


E = East Gorge Food Trail

Oregon is the third largest producer of cherries nationwide, having produced over 40 thousand tons in 2020. In a 2017 article from 1859 Magazine, B.J. Thurlby of the Northwest Cherry Growers was quoted as saying, “Dry and arid summers, the nearby mountains, and the water and fertile properties of the Columbia River Gorge give Oregon growers the perfect environment to grow premium sweet cherries.”

In addition to producing wild-fermented wines, the Certified Organic farm, **Idiot’s Grace** **E** in Mosier, Oregon, also produces many fruits and vegetables. U-pick seasonal cherries is one of the best reasons to make your way to their farm and winery. Also be on the lookout for Idiot’s Grace cherries at some of the many regional farmers markets, including **The Dalles Farmers Market**.

For more than 40 years, The Dalles has hosted an annual **Northwest Cherry Festival** in the spring where locals and visitors are invited to celebrate the blossoms that indicate the upcoming cherry harvest. Activities include the Cherry Festival parade, an outdoor market, family-friendly activities and music.



When Solstice opened in 2006, the first fruit to come into season in the Gorge was cherries. As the tractors drove by with loads and loads of cherries, Chef Aaron took upon the challenge of how to utilize the abundance of this delicious bounty. At this point in their menu history, pineapple (blasphemous to many pizza lovers) wasn't on the menu, so cherries were a stretch! When orchardist Peggy Kinsey, from Country Girl Orchard, came in with a basket of cherries to sample, the deal was all but done—cherries were going onto a pizza! Chef Aaron decided to embrace the rich, deep sweetness of the fruit and created a new pizza, treating the cherry as an ingredient to be balanced with others. Using a sweet, spicy, and savory profile, the Country Girl Cherry Pizza was born! The Country Girl quickly became a Solstice guest favorite, and in 2011, this pizza won "Best in State" by the Food Network Magazine. Since the Kinsey's have retired, they now source and sometimes hand-pick organic cherries from **Idiot's Grace Vineyard**  in Mosier, Oregon.

Makes 4 servings:

1 pound homemade or store-bought pizza dough, divided into 2 equal portions	2 cups shredded whole milk mozzarella cheese	½ cup goat cheese crumbles
½ cup pizza sauce: marinara-style sauce seasoned with oregano, garlic, and chili flakes	1 cup cooked and crumbled homemade or store-bought Mexican chorizo	1 ½ teaspoons fresh, finely chopped rosemary and thyme
	1 cup dark cherries (such as lapin or lamberts), pitted and roughly cut, or ½ cup dried cherries	⅓ cup grated Pecorino Romano cheese

1. Preheat oven to 500°F.
2. On a lightly floured surface, stretch each piece of dough into a 10" round. Transfer to a pizza stone or lightly greased baking sheets.
3. Spread a light layer of pizza sauce on each round, and divide mozzarella between pies.
4. Evenly divide chorizo, cherries, and goat cheese between pies.
5. Bake until cheese has melted and crust is golden, about 8-10 minutes.
6. Carefully remove from the oven then finish the pizzas by sprinkling with the fresh herbs & Pecorino Romano.
7. Slice the pizzas and serve with Idiot's Grace Dolcetto.

BEVERAGE PAIRING: Idiot's Grace , Dolcetto





CHAPTER 4

East Columbia River Gorge

East Bound

Beneath these still waters rushes the energy of Celilo Falls, which once stood as the epicenter of fishing and trade for the thriving Plateau tribes. About 15-20 million salmon pass through this nine-mile fishing site each year. Swallowed by a stagnant reservoir, Celilo's spiritual and cultural significance lives on in Native fishing traditions and food markets. The region remains a hub for Columbia River Gorge foodways too. Communities like Mosier, The Dalles and Dufur flaunt compact main streets, historic orchards, family-owned vineyards and unique restaurants.

Today, the food scene is more fruit forward, while still keeping one foot back in time. Sprawling orchards of cherry blossoms burst onto the scene each year before the region's **Northwest Cherry Festival**. And local harvest festivals celebrate

agricultural history with horse-drawn and steam-powered equipment. More recent to the mix are an array of intimate and approachable wineries and breweries that invite you to imbibe anytime. So whet your palate for this sunny stretch of Gorge-inspired grub.





East Gorge Food Trail

E = East Gorge Food Trail

As people look to increase their food IQ and learn where and how their food comes to be, more farms welcome visitors into their fields for a firsthand experience. The **East Gorge Food Trail** **E** works as the bridge between the two. A diverse collection of family-owned farms, u-pick orchards, canneries, farm-to-table dining complete with locally-crafted ciders, wines and beers, and historic lodging options wind through the area and offer stunning views and vistas along the way. More than that, this trail cultivates and strengthens the local food economy and fosters relationships between farmers and growers and the people their products serve. It is “living local” in action.

Though we recommend stopping at every location along the trail, a divine wine-tasting experience awaits you at **Analemma** **E** in Mosier. There, you can tour the Biodynamic orchards and sample grapes straight from the vine. Or enjoy a picnic

on-site with fresh, sweet cherries and peaches from **Evans Fruit Company** **E** just next door.

Similarly, **Tierra de Lobos** **E**, which means “Land of Wolves,” is a boutique winery in The Dalles. It offers travelers an unparalleled tasting room experience complete with sweeping views of the Columbia River. The wine is produced out of a converted 500-square-foot garage by the two owners and self-proclaimed wolves, Adolfo and Gabino.

Planning to extend your journey? Nestled directly on the iconic Oregon Trail, the historic **Balch Hotel** **E**, built in 1901, in Dufur offers all the creature comforts of modern-day lodging and locally-sourced dining from their bistro. While there, grab a glass of wine out on the patio and take in the stunning views of the east side of Mt. Hood.





Mrs. Pott's Fruit Puff Puddings

F = Hood River Fruit Loop

Soft and jammy, Hood Strawberries, which are deep red inside and out, are available for a short two to three week window in early June. Eating them fresh by the handfuls is a must, but they are also delicious when cooked into jams and baked goods as with this historical recipe.

For more than 100 years, **The Gorge White House** **F** has been a landmark in Hood River Valley. While they offer many fruit and flower u-pick varieties, including cherries, blackberries, raspberries, peaches, pluots, apples and pears, you will not want to miss out on their Hood Strawberry season. Plan your visit around lunch, and stop by their food cart for a pear quesadilla or a blueberry- sausage flatbread, both of which use produce straight from their farm.



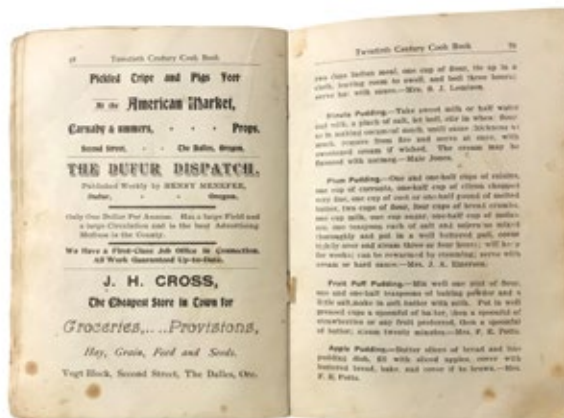
HISTORICAL RECIPE: This recipe is adapted from the Fruit Puff Pudding recipe of the 1901 “20th Century Cook Book,” compiled by the Ladies’ Aid Society of the First Christian Church, Corner of 9th and Court Streets in The Dalles. Sourced from the **Columbia Gorge Discovery Center and Museum** archives, the original instructions, located on the opposite page of an ad for “Pickled Tripe and Pigs Feet,” are from Mrs. F.E. Potts: “Mix well one pint of flour, one and a half teaspoons of baking powder, and a little salt, make in soft batter with milk. Put in well greased cups a spoonful of batter, then a spoonful of strawberries or any fruit preferred, then a spoonful of batter. Steam 20 minutes.”

6 Servings

1 ½ cups all purpose flour
½ cup sugar
1 teaspoon baking powder
¼ teaspoon fine sea salt

1 cup whole milk
¾ cup fresh chopped seasonal berries, such as strawberries, blackberries, blueberries and/or marionberries

1. Generously grease 6 (4 ounce) ramekins or pudding basins with butter or oil. Make 6 foil squares that will fit the top of the ramekins and butter the bottom of each.
2. Prepare a kettle or pot of boiling water.
3. In a medium mixing bowl, whisk to combine flour, sugar, baking powder, and salt. Gently whisk in milk until batter is smooth.
4. Evenly distribute half of the batter into ramekins, then evenly distribute berries. Top with remaining batter, then cover each ramekin with foil squares, buttered side down.
5. Place ramekins in a large pot(s), then pour boiling water to reach half way up the sides. Bring water to a simmer, cover, and steam for 25-30 minutes, until a knife inserted in the middle comes out clean.
6. Allow water to come to a safe temperature, then carefully remove ramekins. Run a knife along the edges then invert each pudding onto a plate. If desired, serve with cream and additional fresh berries.



BEVERAGE PAIRING: Hood Crest Winery and Distillers  Grappa





Seasonal Fruit Crisp

Balch Bistro  | Food & Beverage Manager, Debra Martinez

 = East Gorge Food Trail


Volcanic rich soil, warm and sunny growing days, and cool nights make for the perfect growing conditions for apples in the region. The most popular varieties include Fuji, Gala and Granny Smith. According to Columbia Gorge Fruit Growers, Oregon is the largest producer of the Newton Pippin Apple, growing nearly 4,000 tons annually. The Newton Pippin was popularized in the mid 1700s thanks to George Washington and Thomas Jefferson being avid fans of this variety. Due to its high acid and tannin profile, the variety has become popular in cider production.

Balch Bistro  sits inside the iconic and historic **Balch Hotel**  in Dufur. Built in 1907, the Balch Hotel is on the National Register of Historic Places and is known for its hospitality, great food, and even better views of Mt. Hood and surrounding area. Balch Bistro sources many of their ingredients from nearby farms like **Sandoz Family Farm Stand** , which is open year round, and is the perfect place to pick up locally grown apples as well as cherries, pears and pickled vegetables. Another local favorite is **Annie's Apricots**  in The Dalles where you can choose from one of their five varieties of apricots in July through early August.



Makes 8 servings:

3 pounds apples or pears, cored and chopped	1 cup rolled oats
1 tablespoon butter, cut into small pieces	1 ½ cup brown sugar
2 tablespoon fresh squeezed lemon juice	1 ½ teaspoon cinnamon
1 cup gluten-free or all-purpose flour	1 teaspoon salt
	½ cup butter
	Ice cream for serving, optional

1. Preheat oven to 350°F. Butter a 9 x 13 inch baking dish.
2. Spread apples or pears into a prepared baking dish. Dot with 1 tablespoon of butter pieces and sprinkle with lemon juice
3. Mix flour, rolled oats, brown sugar, cinnamon, and salt together in a large bowl. Cut butter into oat mixture until the mix resembles coarse crumbs; spread over apples or pears.
4. Bake in preheated oven until the topping is browned and the fruit is soft and tender, about 30 minutes. Serve warm with **Shannon's Ice Cream**  (in The Dalles).

BEVERAGE PAIRING: Double Circle Straight Wheat Whisky or Straight Bourbon Whisky



Honey Lavender Latte *and* Chicken & Waffles

The Riv Café **E** | Chef Noah Blakely

F = Hood River Fruit Loop | **E** = East Gorge Food Trail

Oregon is one of the top producers of lavender in the U.S. Having originated from Mediterranean countries, lavender prefers mild winters and sunny summers, and our region hosts just that. While some varieties begin blooming in May, most of these fragrant purple flowers reach their peak bloom in June and July each year. Beyond being beautiful, chefs and home cooks alike enjoy culinary lavender for the floral accent it adds to dishes such as teas, lemonades, cookies, scones and ice cream. Lavender, a key ingredient in the Herbs de Provence herb mix, can even be used in savory dishes such as roasted chicken and grilled steaks.

Located in Parkdale, **Lavender Valley** has been attracting day visitors to its 28-acre farm for both its vibrant lavender but also because they have one of the most majestic, unobstructed views of Mt. Hood. With 11 varieties of lavender that bloom at slightly different times, they are open seasonally for visits from June through September. In the off season, you can visit their online store to purchase a mix of products they make with their lavender, including soaps, essential oils, bath salts and honey.

Don't miss the event of the summer at **Hood River Lavender Farms** **F**. **The Lavender Daze Festival** takes place each July and features live music, arts and craft vendors, local food and their refreshing lavender lemonade.



1 serving | 10 servings:

For the Latte

- 1 ½ tablespoon **Honey Lavender Syrup**, see below
- 1 cup preferred milk (such as whole milk, 2% or oat milk)
- 1 double shot of espresso or ½ cup brewed, dark roast coffee

For the Honey Lavender Syrup

- ¾ cup Columbia Gorge Honey
- ¾ cup water
- 3 tablespoons Hope Valley Ranch fresh or dry culinary lavender petals (also known as English lavender)

For the Latte

1. In a small saucepan over medium heat, whisk to combine the milk and honey. Continue to simmer for 4-5 minutes until hot.
2. Use a milk frother to beat the milk until foamy. Alternatively, pour the milk into a glass jar with a tight fitting lid, wrap with a towel and shake vigorously until foamy.
3. Pour espresso or coffee into a large coffee mug then top with the foamed honey lavender milk
4. If desired, top with lavender petal garnish.

For the Honey Lavender Syrup

1. In a medium saucepan over high heat whisk together the honey, water and lavender then bring to a boil. Reduce heat to a simmer and cook for an additional 4 minutes, whisking constantly to prevent honey from boiling over.
2. Cool in the pot for 5 minutes then pour through a fine mesh strainer into a heat safe jar or bottle with a tight fitting lid. Allow honey lavender to cool at room temperature before sealing.

FOOD PAIRING: Chicken and Waffles, page 71.



Makes 6 servings:

For the Waffles

3 ½ cups all purpose flour
¼ cup sugar
1 tablespoon baking powder
1 ½ teaspoons baking soda
1 ½ teaspoons salt
3 ½ cups buttermilk
1 cup butter, melted and cooled
4 large eggs

For the Fried Chicken

1 ¾ cups all-purpose flour
1 tablespoon salt
1 tablespoon fresh ground black pepper
2 teaspoons baking powder
1 cup half and half
1 tablespoon apple cider vinegar

6 Mary's Skinless, Boneless Free Range Chicken Breasts,
about 3 pounds
Vegetable oil for frying

For the Waffles

1. In a large bowl whisk to combine flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk to combine the buttermilk, butter and eggs.
2. Fold the wet ingredients into the dry ingredients until just combined.
3. Preheat waffle iron and lightly grease with cooking spray. Ladle batter into waffle iron and cook until golden and crisp. Keep waffles warm in a 200°F oven until ready to serve

For the Fried Chicken

1. Heat oven to 200°F. Line a rimmed baking sheet with parchment and a wire cooling rack. Line a second rimmed baking sheet with paper towels and a wire cooling rack.
2. In a baking dish whisk to combine flour, salt, black pepper and baking powder. In a separate dish whisk to combine the heavy cream, milk and vinegar.
3. Dredge 3 chicken breasts in the flour mixture then the cream mixture. Allow excess to drip off. Dredge again in flour and buttermilk mixture and dredge a final time in the flour mixture. Transfer to the baking sheet lined with parchment for 30 minutes. Repeat the steps with the remaining chicken breasts.
4. Heat 2" of oil to 350°F degrees over medium-high heat in a large dutch oven. Regularly monitor the oil temperature throughout frying and adjust heat as needed to maintain a consistent temperature of 325°F to 360°F.
5. Fry chicken breasts, two to three at a time, in the hot oil until the internal temperature of chicken reaches 160°F degrees, turning several times throughout frying. Transfer to the cooling rack lined with paper towels then place in the preheated oven. Repeat the frying with remaining chicken breasts.

BEVERAGE PAIRING: Honey Lavendar Latte, page 69.





CHAPTER 5

Mt. Hood Territory

Mt. Hood Bound

From the cities of Estacada, Boring and Sandy in the foothills of the Cascade mountain range on to Brightwood, Welches, Zigzag, Rhododendron and Government Camp and up to the highest point in Oregon, this region's wide-ranging culinary inspiration is equal to its geographic reach. For millennia, people, including the Clackamas and Molala tribes, have hunted, fished and foraged around this sacred place. The ecosystem supports feisty steelhead, elusive deer and elk and a plethora of edible Native plants, including fiddlehead ferns, nettles, mushrooms and alpine berries.

Cushier options also adorn the roadsides of what began as a primitive trail known as the Barlow Road, forming the last leg of the Oregon Trail. From a nationally renowned donut shop in Sandy and funky food cart pods to local craft breweries and mountaintop ski resorts, the options seem to stretch to the horizon. So get ready for whatever: grab your keys, some foraging guidebooks, a fishing pole and skis, and don't forget that fancy flannel for a nightcap at **Timberline Lodge**.

Mt. Hood Territory Tap Trail

T = Mt. Hood Territory Tap Trail

Lace up your boots, and hit the trail. Featuring over two dozen craft taprooms and distilleries, **Mt. Hood Territory Tap Trail** honors Oregon's beer and cider traditions and supports the thriving small business scene.


Whether you'd like to sample handcrafted artisan beer, ciders showcasing locally-grown fruits and spices, or even a traditional German mead, Mt. Hood Territory Tap Trail is a libation celebration of this area's innovative spirit. Chat with the brewers and distillers about their craft or ask how best to complement your beverage with a savory snack or two from their food menus. Here are a few of our favorites:

Don't let the name fool you: **Boring Brewing Co.** **T** is anything but. This nano-brewery in Sandy (en route to Mt. Hood) was named after William Harrison Boring, a Union soldier and Oregon Trail pioneer whose family built a farm in the area in 1856.






The brewmasters here craft small batch ryes, ales and ciders. Try local favorites like the Big Yawn IPA or the Hot Scotch Ale (which uses scotch bonnet peppers). You can bring your own meal if you plan to stay, but they're just as happy to fill your growler or crowler to take on the go.

If imbibing on hand-crafted ales and lagers underneath a canopy of giant pine trees is your thing, then **Bent Shovel Brewing's**  Beer Garden and next door restaurant in Estacada is where you want to be. Bent Shovel Brewing got its start when longtime home cook Rick Strauss won Best in Show at the Cheers to Belgian Beers homebrew competition in 2015. Located across the street from Milo McIver State Park, which is home to hiking trails, Clackamas River access and a world-class 27-hole disc golf course, this is the perfect place to stop after a day of fun recreating.



Boasting 32 ales, lagers, porters, stouts, IPAs and ciders, **Clackamas River Growlers**  has quite literally something on tap to please every palate. But that is not all that makes this Estacada establishment unique. Owners Mark and Linnea are deaf. They communicate with their customers through ASL, offering pictures of sign language symbols next to each tap number to help folks order, or customers can use nearby white boards to write down their beverage of choice. Visiting Clackamas River Growlers means you'll likely go home having learned something new and been served a great regional brew with a smile.

Download the free Mt. Hood Territory Tap Trail passport (<https://www.mthoodterritory.com/taptrail>), and it will happily point you to your next destination. Hoppy trails!



Blackberry Margarita

Chicali Cantina | Owner and Chef, Robin Parker

Blackberries grow sweeter here, just taste for yourself. Our mountain climate, with longer spring months followed by very warm summer days with cool nights, allow the blackberries to ripen more slowly which enhances the natural sugars. Their premium flavor is also thanks to this region's mountain air, cascade waters, and rich volcanic soil. James Beard is said to have called Oregon's native trailing blackberry "the uncrowned king of all wild berries." Since it grows at ground level, it is also a tasty and important food source to a variety of birds and mammals.

According to the **Oregon Raspberry and Blackberry Commission**, in the mid 1800's, the European native 'Evergreen' blackberry was brought to Oregon, and to this day, Oregon ranks number one in the country for frozen blackberry production. By picking at the peak of ripeness and flash freezing within 24 hours, our region's blackberries lock in great taste, color, and nutrition, and can be available to enjoy anytime of year.

Chicali Cantina takes full advantage of their local access to these year-round perfect berries by featuring them in a bright, refreshing Blackberry Margarita. Sip it alongside their curated salsa flight and made-to-order guacamole. Food lovers will appreciate their delicious, creative twist on Mexican food, which is all made from scratch using locally sourced, seasonal ingredients. Located just 12 miles from Government Camp, this is a perfect happy hour stop after an exhilarating day on the slopes or trails. You may even catch some live music on a Wednesday!

If you happen to be visiting in summer, pick up a bucket of ripe blackberries at **Liepold Farms** to try out your own fresh berry creations, of course starting with the recipe shared here for your favorite new margarita. Check their website ahead, as this 350-acre family-owned, certified organic farm often hosts seasonal events, such as farm-to-table dinners and fall festivals, that are fun for the whole family.



1 serving | 2 cups purée:

For the Blackberry Margarita

- Juice of ½ a lime
- Margarita salt or chile-lime salt, optional
- 2 ounces Altos Silver or locally produced Batanga Tequila Blanco
- 1 ounce Blackberry Purée, see recipe
- 1 ounce margarita mix, such as Oregon-based Mary's Mixers
- ½ ounce triple sec
- Lime wedge and 5 fresh blackberries, for garnish

For the Blackberry Purée

- 4 cups local blackberries (fresh or frozen)
- ¾ cup sugar
- 2 tablespoons fresh squeezed lime juice

For the Blackberry Margarita

1. Place lime juice on a small dish. On a separate small dish place the margarita salt or chile-lime salt. Dip the rim of a rocks or margarita glass in lime juice then dip in the margarita salt or chile-lime salt. Fill the glass with ice.
2. Fill a cocktail shaker ½ full with ice. Add tequila, blackberry purée, margarita mix and triple sec. Shake vigorously and strain into prepared margarita glass.
3. Garnish with lime wedge and fresh blackberries.

For the Blackberry Purée

1. Process berries, sugar and lime juice in a food processor until smooth.
2. Press through a fine mesh strainer into a jar(s). Seal and store in the refrigerator.

FOOD PAIRING: Sabor Yucateco Salsas with Chips, page 81.



MAYAN CUISINE

52-816-7616

BUSINESS	
MON	11
TUE	11
WED	
THU	11
FRI	11
SAT	11
SUN	7



Sabor Yucateco Salsas *with* Chips

Sabor Yucateco | Julissa Camara

T = Mt. Hood Territory Tap Trail

Habaneros, jalapeños and a variety of other peppers are grown in our region. Habaneros in particular require many days of hot weather to grow, so they will be found primarily in summer at our various farmers markets. (In case you were wondering, yes, we do get sunshine in Oregon.) Habaneros are packed with heat but they also have a sweet, fruity flavor that brings a vibrant taste to salsas and many other dishes. While chips are the obvious pairing for salsas, those in the know love using fresh tortillas as the vehicle for dipping. Pick up some fresh corn or flour tortillas from La Milpa Tortilleria in Sandy to give it a try.

Ivan Gongora and his mother, Julissa Camara, like to purchase their peppers from **Uncle Wayne's Farm** in Eagle Creek, **Quackenbush Farm** in Estacada or at the **Mt. Hood Farmers Market**. While picking up some habaneros to make one of Sabor Yucateco's fresh salsas, you can also enjoy live music and food demonstrations at the Mt. Hood Farmers Market in Sandy from stands like **AntFarm** and **Slice of Heaven Farm**.

Sabor Yucateco is a family-owned and run food truck in Estacada featuring Southern Mexican cuisine from Yucatán Mexico. The mother and son team, made up of Julissa Camara and Ivan Gongora, take pride in the delicious simplicity of their recipes, many of which are made up of five ingredients or less. A note of caution when making these salsas is that they can get hotter over time because the peppers in the salsa will continue to release their capsicum oils, which are responsible for their heat, as it sits.



**Local Roasted
Habanero Salsa:**

Makes about 1 cup:

6-8 habanero peppers
¼ teaspoon fine sea salt
1 small yellow onion, diced
½ cup water

1. Preheat oven to 500°F. Place peppers on a baking sheet and roast until skins have blackened, about 10-12 minutes. Cool to room temperature.
2. In a blender or food processor, blend peppers, salt, onion, and water until well combined.

**Roasted Tomato
and Habanero Salsa:**

Makes 2 ½ - 3 cups:

10 small to medium sized Roma tomatoes
½ teaspoon fine sea salt
¼ cup chopped cilantro
1 small yellow onion, grilled
1-2 habanero peppers, stems removed

1. Set oven to broil. Place tomatoes on a baking sheet, and broil until skins have blackened, about 15-20 minutes. Large Romas may take up to 25 minutes to char. Cool to room temperature.
2. For more mild salsa, use only 1 habanero and remove seeds and ribs.
3. In a blender or food processor, blend tomatoes, salt, cilantro, onion, and habaneros until well combined.

Jalapeño Salsa:

Makes 1 - 1 ½ cups:

6-8 jalapeños, roasted
¼ teaspoon fine sea salt
1 cup water

1. Preheat oven to 500°F. Place jalapeños on a baking sheet, and roast until skins have blackened, about 15-20 minutes. Cool to room temperature.
2. In a blender or food processor, blend roasted peppers, salt, onion, and water until well combined.

FOR SERVING:

Make your own chips using fresh tortillas from **La Milpa** in Sandy, Oregon or use locals favorite **Juanita's Tortilla Chips** from Hood River

BEVERAGE PAIRING: Bent Shovel Brewing , Edgewood Pilsner



Gingersnap Cookies

Adapted from “*Fannie Farmer Cookbook*”

Wheat was not always easy to come by along the Oregon Trail, so families were suggested to pack 150-200lbs of it in their wagons. Thankfully today it is much easier to find. Quality flour can make all the difference in baked goods, such as this gingersnap cookie recipe. Local wheat has been grown throughout the Columbia River Gorge region for hundreds of years. At the **Kelly Wheat Ranch** in The Dalles, they have farmed their land for five generations. They use sustainable dry-land farming practices to grow soft white wheat, which is a light tan grain and has a more fine gluten structure relative to hard wheat, making it ideal for baked goods. Kelly Wheat Ranch makes their own wheat pancake and waffle mix that you can purchase on their online store or at the **Sunshine Mill** in The Dalles.

If you ever wondered what life was like for pioneers on the Oregon Trail, take a step back in time with a visit to **Philip Foster Farm**. Philip Foster and his family helped fund, build and operate the Barlow Road at various times between 1848 and 1865, guiding thousands of covered wagons into the Willamette Valley along the Oregon Trail. Today their homestead is open to visitors to learn about and recreate what life was like for pioneers in the 1800s. In September, Philip Foster Farm hosts a Cider Squeeze where you can bring your own apples (or purchase some of theirs) to press into cider.

HISTORICAL RECIPE: Philip Foster Farm,
Historical Gingerbread Recipe from
*"Directions for Cookery, in its Various
Branches"* by Eliza Leslie.

Born in 1787 in Philadelphia, Eliza Leslie was an author of cookbooks, etiquette guides, and children's stories. As you explore her historical recipe for gingerbread from her 1840s cookbook, you will likely stumble upon some unfamiliar ingredients and methods. For example, pearl ash was used as we use baking soda in recipes today. It is an alkaline salt (or potassium carbonate) that reacts with an acid such as molasses, yogurt or sour cream. Sour milk is the acid in this gingerbread recipe. It is made by adding an acid such as vinegar or lemon juice to milk. You can make it by adding one tablespoon of acid to one cup of milk, and it can be used as a replacement for buttermilk or sour cream in many recipes.

Historical Recipe Instructions:

"Cut up a pound of butter in a quart of West India molasses, which must be perfectly sweet; sugar house molasses will make it hard and heavy. Warm it slightly, just enough to melt the butter. Crush with the rolling pin, on the paste board, half a pound of brown sugar, and add it by degrees to the molasses and butter; then stir in a tea cup full of powdered ginger, a large tea spoonful of powdered cloves, and a table spoonful of powdered cinnamon. Add gradually sufficient flour to make a dough stiff enough to roll out easily; and lastly, a small tea spoonful of pearl ash melted in a little sour milk. Mix and stir the dough very hard with a spaddle, or a wooden spoon; but do not knead it. Then divide it with a knife into equal portions;

and, having floured your hands, roll it out on the paste board into long even strips. Place them in shallow tin pans that have been buttered; either laying the strips side by side in straight round sticks, (uniting them at both ends,) or coil them into rings one within another, as you see them at the cake shops. Bake them in a brisk oven taking care that they do not burn gingerbread; scorching sooner than any other cake.

To save time and trouble, you may roll out the dough into a sheet near an inch thick, and cut it into round flat cake with a tin cutter, or with the edge of a tumbler.

Ground ginger loses much of its strength by keeping. Therefore it will be frequently found necessary to put in more than the quantity given in the recipe."





12 Servings | 2 dozen cookies:

¾ cup vegetable shortening, such as Crisco	¼ cup molasses	1 tablespoon ground ginger
1 cup sugar, plus extra for rolling cookies	2 cups all purpose flour	1 teaspoon cinnamon
1 large egg	2 teaspoons baking soda	2 tablespoons sugar for rolling
	½ teaspoon fine sea salt	

1. Preheat oven to 350°F. Grease or line 2 baking sheets with parchment paper.
2. In a stand mixer on medium speed, beat shortening and sugar. Add egg and continue beating until light and fluffy. Add molasses and beat until well combined.
3. In a separate bowl, whisk to combine flour, baking soda, salt, ginger, and cinnamon.
4. On low speed, gradually pour flour mixture into the wet mixture until smooth and blended.
5. Roll dough into 1" balls. Place 2 tablespoons of sugar into a shallow bowl then roll each piece of dough into the sugar until well coated.
6. Place dough 2" apart on prepared baking sheets, and bake for 10-12 minutes, until cookies have spread and tops have cracked. Remove and transfer to a wire rack to cool.

BEVERAGE PAIRING: Boring Bean, Kenya Roast



Wild Fall Mushroom Pasta

Timberline Lodge | Tristan Newman

F = Hood River Fruit Loop

Wild mushrooms, such as chanterelles, morels, matsutakes and king boletes, are commonly foraged in Mt. Hood National Forest and are beloved by chefs and culinary adventure-seekers alike. Chanterelles, the deep golden, trumpet shaped mushrooms, are one of the most sought after given their subtle fruity and peppery taste along with their firm yet tender texture, which makes them a versatile delicacy in the kitchen. For a nuttier, earthy flavor profile, foragers seek out the brown, spongy, cone-shaped morels. However, these have some deadly look-alikes, so it is important to do your research or take a guide in order to identify “false” morels.

The **Estacada Festival of the Fungus** is a must-attend event for mushroom lovers of all ages. Thanks to the efforts of the **Estacada Fungus Association**, this annual gathering offers art, activities for kids, demonstrations on mushroom growing, cleaning and fermentation, and an informative display of fungus you can find here in the Pacific Northwest.



Makes 2 servings:

1 cup fresh pappardelle	1 cup heavy cream
¼ cup olive pomace oil or other high quality olive oil	¼ cup grated Pecorino Romano cheese
¼ cup minced shallot	1 cup fresh arugula
1 tablespoon minced garlic	1 tablespoon fresh lemon juice
½ cup chanterelle mushrooms	¼ cup toasted pine nuts
½ cup maitake mushrooms	Fine sea salt and fresh ground black pepper to taste
½ cup white wine	

1. In a large pot over high heat, bring 2 quarts of heavily salted water to a boil.
2. Preheat a pan over medium-high heat. Once the pan is hot, add oil. Saute shallots, garlic, and mushrooms. Mushrooms will release their liquid; continue cooking until all moisture has evaporated.
3. Deglaze pan with wine, then add cream, salt, and pepper. Reduce heat to a simmer.
4. Add fresh pappardelle to boiling water and cook until al dente, about 2-3 minutes. Using a strainer, remove pasta and transfer to mushroom cream sauce. Stir together.
5. In a small mixing bowl, combine arugula, salt, pepper, and fresh lemon juice. For plating, swirl pasta with tongs in a circular motion until a “nest like” form comes together.
6. Top with arugula mixture and pine nuts. Garnish with finely grated Pecorino.

BEVERAGE PAIRING: Phelps Creek , Cuvée Alexandrine





CHAPTER 6

Visiting the Area

Mushroom Foraging

In the 1970s, research coined the term “old growth forest” to describe any forest exhibiting complex, biodiverse characteristics at least 150 years old and comprising of long-lived tree species (both living and dead) undisturbed by harvesting or human impact. One such characteristic of an old growth forest is a soft, sponge-like forest floor—the perfect rich, fertile environment needed for a multitude of mushrooms and wild fungus to flourish.

Though different mushroom species fruit at different times of the year depending on climate conditions, as a general rule, the fall and spring are the best times to forage edible mushrooms in the region. A plethora of chanterelles, cauliflower, matsutake, porcini, lobster and oyster mushrooms are just some of the dozens of varieties hikers and foragers can expect to find across the

Pacific Northwest. The Pacific golden and white chanterelle (Latin for “little drinking cup”) are the most prolific and abundant edible species to the Mt. Hood region.

Areas that tend to be rich in fungi are the Salmon River, Old Trail, Opal Creek Wilderness and hiking trails within Zigzag, Sandy and Estacada. In general, areas rich with coniferous trees such as Douglas firs or a variety of hardwood trees tend to lend well to finding fantastic fungi.

Mushroom foraging can be a fun activity with family and friends, but it is not recommended if you do not know how to accurately identify mushrooms. If you plan to hunt for mushrooms in the Mt. Hood National Forest, you will need to pick up a free permit and map before you go. Permits are available at the **Zigzag Ranger Station** along with maps that show where you can and cannot forage. Because there is still an abundance of plants and fungi, it can be tempting to collect a bounty. However, being conservative while harvesting and honoring the land is both a beneficial and respectful practice.

If you are new to foraging, it is best to start with a guided group or an experienced forager until you are confident in properly identifying safe, edible mushrooms. **WildCraft Studio** and **Mt. Hood Meadows** have guided foraging workshops in the region.

Want to dive deeper into the world of local fungi? Listen to **Hear in the Gorge Podcast**, “*Episode #6: Mushroom Hunting with Dr. Michael Beug.*”

Then stop by the **Mossy Rock** in downtown Estacada where they have great resources for the fungi-curious as well as nature-themed gifts available for purchase.





Farmers Markets

Farmers markets do more than provide patrons a satisfying stroll and vendors a platform to showcase their products. They also encourage and foster conversation between maker and market-goer. And that connection is what forges strong local food economies, increases public participation in resource conservation and preservation to benefit the health and well-being of us all.

Short of picking it directly from the fields yourself, visiting one of the many seasonal farmers markets is the best way to sample and savor the abundant variety of produce and products grown here. This hyper local food experience features ingredients sourced by farms that are just 10-30 minutes away. Wander the rows of tents bursting with a diversity of fresh vegetables, fruits, meat, cheeses, honey, jams, mushrooms, fresh breads, pastries and locally crafted libations.

The **Gorge Grown Food Network** is a coalition of individuals and organizations intent on creating and maintaining strong food connections in the Columbia River Gorge. They oversee operations of all the farmers markets in the Gorge and strive to remove barriers to healthy, local food for all in the region, regardless of socioeconomic

conditions. This includes the **Hood River Farmers Market**, nestled in the heart of downtown, which showcases more than 40 local vendors every Saturday from May through November. Other not-to-miss markets and purveyors in the area include **The Dalles Farmers Market**, the **Gorge Grown Mobile Farmers Market** (that travels to our more rural communities) and the **Brigham Fish Market** in Cascade Locks.

The **Mt. Hood Farmers Market** in Sandy is another great stop to visit, open from May through October on Friday evenings. It is managed by **AntFarm**, an incredible organization whose mission is to provide life-changing learning experiences for young people in order to foster a healthy, purposeful and compassionate community. They do this through employing youth at the farmers market, cafe and art gallery that they manage as well as being active participants in outdoor trail work in the Mt. Hood National Forest.

Resources:

WEST BOUND PARTNERS:

W = West Gorge Food Trail

PARTNER	CATEGORY	PAGE NUMBER	TRAIL
Bates Lavender Farm	Farms & Orchards	19	
Bridal Veil Lodge Bed and Breakfast	Lodging	17	W
Brigham Fish Market	Native Fish Eatery	17, 31, 33, 93	W
Columbia View Blueberry Farm	Farms & Orchards	17	W
McMenamins Edgefield Hotel & Edgefield Winery	Lodging/Craft Beverages	17, 25	W
Good Coffee	Craft Beverages	21	W
Gorges Beer Co.	Craft Beverages	33	
Kirby's Blueberry Farm	Farms & Orchards	18, 19	W
Lolo's Boss Pizza	Eatery	23, 25	W
Sugarpine Drive-In	Eatery	18 - 20	W
Thunder Island Brewing	Craft Beverages	27, 29	W
Wild Columbia Salmon	Native Fish	17	W

HOOD RIVER BOUND PARTNERS:

F = Hood River Fruit Loop

PARTNER	CATEGORY	PAGE NUMBER	TRAIL
Celilo	Eatery	43, 45	
Clear Creek Distillery	Craft Beverages	39	
Farmer in Odell	Farms & Orchards/Market	47	
Fishpeople Market	Market	43, 45	
The Gorge White House	Farms & Orchards/Eatery	59	F
Grasslands BBQ	Eatery	47, 49	
Hoodcrest Winery and Distillers	Winery/Craft Beverages	61	F
Hood River Distillers	Craft Beverages	39, 41	
Hood River Lavender Farm	Farms & Orchards	67	F
Hood River Organic	Farms & Orchards	29	
Juanita's Tortilla Chips	Producer	83	
Kiyokawa Family Orchard	Farms & Orchards	27	F
Lavender Valley Farm	Farms & Orchards	67	F
Mt. View Orchards and Grateful Vineyards	Farms & Orchards/Winery	37	F
Packer Orchards & Farm	Farms & Orchards	37	F
Phelps Creek Winery	Winery	91	F
The Pines 1852	Winery	45	
Pine Street Bakery	Eatery	69	
Solstice Wood Fire Pizza	Eatery	51, 53	
Timberline Vodka	Craft Beverages	41	
Treebird Family Market	Market	47	

EAST BOUND PARTNERS:

E = East Gorge Food Trail

PARTNER	CATEGORY	PAGE NUMBER	TRAIL
Analemma	Winery	57	E
Annie's Apricots	Farms & Orchards	63	E
Balch Bistro	Eatery	63	E
Balch Hotel	Lodging	57, 63	E
Columbia Gorge Discovery Center and Museum	Destination	10, 13, 61	
Evans Fruit Company	Farms & Orchards	57	E
Double Circle Spirits	Distillery	65	
Idiot's Grace	Winery	51, 53	E
Kelly Wheat Ranch	Farms & Orchards	84	
The Riv Cafe	Eatery	67	
Runcible Cider	Craft Beverages	49	E
Sandoz Family Farm Stand	Farms & Orchards	63	E
Shannon's Ice Cream	Eatery	65	E
Sunshine Mill	Winery	84	
Tierra de Lobos	Winey	57	E

MT. HOOD BOUND PARTNERS:

T = Mt. Hood Territory Tap Trail

PARTNER	CATEGORY	PAGE NUMBER	TRAIL
AntFarm	Farms & Orchards	81, 95	
Bent Shovel Brewing and Restaurant	Craft Beverages/Eatery	75, 83	T
Boring Bean Coffee Roasters	Craft Beverages	87	
Boring Brewing Co.	Craft Beverages	74	T
Clackamas River Growlers	Craft Beverages	75	T
Harmony	Eatery	75, 77	
La Milpa Tortilleria	Producer	83	
McCarthy Family Farm	Farms & Orchards	47	
Philip Foster Farm	Farms & Orchards	13, 84, 85	
Quackenbush Farm	Farms & Orchards	81	
Sabor Yucateco	Eatery	79, 81	
Slice of Heaven Farm	Farms & Orchards	81	
Timberline Lodge	Lodging/Eatery	74, 89	
Uncle Wayne's Farm	Farms & Orchards	81	
Wildwood Recreation Site	Destination	39	
Zigzag Ranger Station	Destination	94	

The Infinity Loop Map

The Infinity Loop route makes for the perfect road trip through the region, ensuring you don't miss out on any of our best sights.





SEASONAL PRODUCE GUIDE:

PRODUCE	SUMMER			FALL			WINTER			SPRING		
Strawberries												
Cherries												
Raspberries												
Blueberries												
Apricots												
Red Haven Peaches												
Elberta Peaches												
Corn												
Lavender & Herbs												
Tomatoes												
Anjou Pears												
Bartlet Pears												
Bosc Pears												
Gravenstein Apples												
Autumn Apples												
Specialty Apples												
Pumpkins												
Cabbage												
Nettles												
Peppers												
Beets												
Christmas Trees												
Garlic												
Fennel												
Wild Mushrooms:												
Chanterelles												
Lobsters												
Matsutake												
Morels												
Oysters												

TRAVEL PLANNING TOOLS:

Mt. Hood and The Columbia River Gorge <https://www.hood-gorge.com>

Travel Oregon <https://traveloregon.com>

West Gorge Food Trail <https://gorgefoodtrails.com/west-gorge-food-trail>

Hood River Fruit Loop <https://hoodriverfruitloop.com>

East Gorge Food Trail <https://eastgorgefoodtrail.com>

Mt. Hood Territory Tap Trail <https://www.mthoodterritory.com/taptrail>

Getting Around <https://www.hood-gorge.com/getting-around>

SOURCES:

Gorge Grown Food Network <https://gorgegrown.com>

Columbia River Inter-Tribal Fish Commission <https://critfc.org/>

Confluence Project <https://www.confluenceproject.org>

Confederated Tribes of the Umatilla Indian Reservation <https://ctuir.org>

Hear in the Gorge Podcast <https://soundcloud.com/hearinthegorge>

Oregon Department of Geology and Mineral Industries <https://www.oregongeology.org>

Northwest Power and Conservation Council <https://www.nwcouncil.org>

Columbia Riverkeeper <https://www.columbiariverkeeper.org>

World Forestry Center <https://www.worldforestry.org>

Oregon Department of Transportation: Waterfall Corridor
<https://www.oregon.gov/odot/waterfall-corridor-permits>

Oregon Department of Fish & Wildlife <https://myodfw.com>

U.S. Department of Agriculture <https://www.usda.gov>

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