

Native American Heritage Month

The Boy Scouts were the first Americans to acknowledge the first people of this country for their contributions. For years the Boy Scouts set aside a day to celebrate American Indians which was encouraged by Dr. Arthur C. Parker a Seneca Indian. As time evolved Native Americans were being recognized for their involvement of the ever changing North America; Congress drew up a resolution honoring the heritage of Indians for an entire month. In 1990 President George Bush signed off on a joint resolution honoring Native Americans and their heritage. The city of San Diego proclaims every November of each year to be Native American Heritage Month. Throughout the month museums will honor Indians by filling display cases with culturally sensitive items, usually showcasing the tribe/s within that local region. Universities will host presentations, history lectures, and events. Powwows are hosted in honor of celebrating the culture of the first people all over the country. In the past the City of San Diego has acknowledged a handful of local Indians that had a substantial impact on their communities. A culture that was once on the verge of being abolished is now rich and thriving.

The Rincon Environmental and Recreation Department, will be collaborating with Inter Tribal Sports hosting Culture Day on November 22, 2011, 10am to 5pm, Rincon Indian Reservation kiosk.

Harvesting Acorn to Make Wiiwish

It is no secret Indians of California in particular the Luiseño had to find resourceful means to survive. The Luiseño found a natural way to keep themselves nourished by picking acorn and cooking it. Making Wiiwish (acorn mush), out of the cracked, skinned, sifted, crushed, leached and cooked nuts. Black Oak acorns are a good source of vitamins, harvested in October and can be stored in granaries up to five years. The process is to crack the shell open revealing a nut and removing a thin layered skin by rubbing it with your fingers. Next grind the acorn finely into a powder formed meal. Then leach the meal by stretching a sack cloth inside of a strainer making it impossible for the meal to fall through the cracks of the strainer. Rinse with warm water over and over again so that the only thing sifting through the sack cloth is tannic acid. Finally placing the meal into a pot and adding water to cook until you make a mush. Spread the prepared mush in a cake pan. Allow the mush to cool and solidify. When solid you can cut the cake like mush into squares and enjoy a traditional Luiseño dish called Wiiwish.~

Tamale-Stuffed Turkey by Epicurious



Ingredients:

- 4 shallots, peeled
- 2 garlic cloves, peeled
- 2 jalapeño chiles, stemmed and seeded
- Kosher salt and freshly ground black pepper
- 8 tablespoons (1 stick) unsalted butter, cut into 8 pieces and chilled
- 30 medium pork, chicken, or chile tamales, husks removed and discarded
- 1 cup frozen corn, thawed
- One 8 to 10 pound whole turkey, giblets removed

Preparation:

1. Place an oven rack in the lower-center position and preheat the oven to 350° F. Set a large V-shaped roasting rack inside a shallow roasting pan.
2. Pulse the shallots, garlic, chiles, 1 teaspoon salt, and 1/2 teaspoon pepper in a food processor until finely chopped. With the food processor running, add the butter, one piece at a time, and process until a paste forms.
3. In a large bowl, crumble the tamales and using a fork, stir in the corn. Season with salt and pepper to taste.
4. Pat the turkey dry. Using metal skewers or toothpicks, secure the neck skin to the back of the turkey, then tuck the turkey's wings behind its back.
5. Stuff the tamale mixture into the turkey's cavity and tie the legs together with butcher's twine. Place the turkey in the prepared rack, breast up, and rub with the butter mixture. Cover the turkey loosely with foil and roast for 1 hour, basting with pan drippings every 20 minutes.
6. Uncover and roast for 30 to 45 minutes, until the skin is well browned and an instant-read thermometer registers 175° F in the thighs and drumsticks and 165° F in the breast and stuffing.
7. Transfer the turkey to a serving platter or carving board and let rest for 30 minutes to 1 hour before serving.
8. Carve the turkey and serve with the tamale stuffing.

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Green tip of the month

Most of you have met "Bubba" Rincon's recycling assistant. If you haven't met him yet he is the big blue trailer you see stationed for your convenience around the rez. He is on duty Monday through Friday at designated areas so recycling is easy to do. Bubba loves to be filled with plastic, glass, cardboard, mixed paper and aluminum recyclables. Please help Rincon contribute to the program Recycle, Reduce, Re-use to lessen Rincon's carbon foot print. If you have questions please call.

REMEMBER BUBBA DOES NOT TAKE TRASH!!