



# ALPINE *Threads*

Community and Family Life in the California Alps Spring 2024

**IN THIS ISSUE...**

First 5 Alpine - Staying Healthy During Pregnancy ..... 2

Barriers to the Suicide Conversation ..... 3

Diabetes & Foot Health: How to prevent serious foot complications ..... 4

Expectations for the Future... 5

Thinking about a Change? .... 5

The Harmful Effects of Secondhand Smoke and Thirdhand Smoke on Your Pets ..... 6

CAPC is hosting virtual access to live webinars by CalTrin ... 7

First 5 Alpine - Parent Circle .. 7

Healthy Eating, in a SNAP!.... 8



## Designing a Path Forward for Restoration

*By Rachel Kieffer, Headwaters Coordinator, Alpine Watershed Group*

**Alpine Watershed Group (AWG) has led restoration and monitoring projects in Alpine County for over twenty years.** Many projects have been put forward by the community or identified after a natural disaster. We have worked with partners including the US Forest Service, Bureau of Land Management, Alpine County, California Department of Fish and Wildlife, California State Parks, Carson Water Subconservancy District, Friends of Hope Valley, and American Rivers to identify areas of need and plan projects. AWG released a stream corridor assessment for the Upper Carson River watershed in 2004, and American Rivers led an effort to prioritize meadows needing help in the Carson River watershed in 2018. In 2024 AWG is building from past data to identify problem areas and prioritize projects along the Upper West Fork Carson River. With Carson Water Subconservancy District, we hope to have the entire Carson River watershed assessed to provide a complete view and strategically direct efforts to restore and protect the landscape.



*West Fork Carson River in Hope Valley.*

Photo courtesy Rachel Kieffer

This spring AWG will hire a consultant to complete a geomorphological assessment and sediment transport model for the West Fork Carson River and its tributaries in California to identify areas of high sediment input and areas for potential restoration projects. The goal of the project is to provide a tool for identifying the best path forward to maintain and restore the natural landscape in Alpine County. This project is funded under Section 319 of the Federal Clean Water Act through the California State Water Resources Control Board's Nonpoint Source Grant Program. Carson Water Subconservancy District generously provides the required 25% match for the 319 grant.

All mapping and fieldwork will occur during the 2024 field season, and final reports will be completed by March 2025. AWG will host a meeting in early 2025 to present the findings and discuss the next steps for prioritized projects as well as future analyses in other Alpine County watersheds. The best way to get updates on the project is to subscribe to AWG's newsletter. If you have specific questions regarding the project or want help signing up for the newsletter, you can contact Headwaters Coordinator Rachel Kieffer at [awg.rachel@gmail.com](mailto:awg.rachel@gmail.com) or (530) 694-2327.

*Funding for this project has been provided in full or in part by the United States Environmental Protection Agency and the State Water Resources Control Board under the Federal Nonpoint Source Pollution Control Program (Clean Water Act Section 319). The contents of this document do not necessarily reflect the views and policies of the foregoing, nor does mention of trade names or commercial products constitute endorsement or recommendation for use.*

**Please reach out to us anytime!**

Kaitlyn Garber - [awg.kaitlyn@gmail.com](mailto:awg.kaitlyn@gmail.com) • Bella Kurtz - [awg.isabella@gmail.com](mailto:awg.isabella@gmail.com)  
AWG Office - (530) 694-2327 • Newsletter sign up: [www.alpinewatershedgroup.org/email-bulletin](http://www.alpinewatershedgroup.org/email-bulletin)



**You can do a lot to have a healthy pregnancy.** Start getting medical and dental checkups as soon as you think you are pregnant. This is called “prenatal care.”

You can see a family practice doctor, a doctor who specializes in women’s reproductive health and childbirth, a nurse midwife, or a nurse practitioner. If you do not have health insurance, you can get help paying for your healthcare.

### About Prenatal Care

- Your doctor will check your health, weight, blood pressure, and urine at each visit. They will also check your baby’s heartbeat and growth.
- Your doctor will test your blood for low iron, hepatitis B, diabetes, and other problems. They will also test for HIV, TB, and certain rare birth defects. Most of these problems can be treated.
- If you have a low income and need health insurance, contact Covered California. <https://www.coveredca.com/>
- It’s important to see a doctor regularly while you are pregnant.

### Oral Health Is Important

- Take extra care of your gums and teeth when you are pregnant. Gum disease can cause your baby to be born too early and too small.
- Try to see a dentist early in your pregnancy. Ask what dental care you should have when you are pregnant.
- Brush twice a day with fluoride toothpaste, and floss every day.

### WIC for Food and Nutrition

WIC (Women, Infants, and Children) offers free breastfeeding and healthy eating classes. It also gives vouchers or checks to help you get healthy food. WIC is for women with low to middle incomes. Contact California WIC for more information. For those living in Alpine County, the WIC contact is Marisol, who is available for appointments at 530-573-3491.

### Healthy Eating During Pregnancy

Eating healthy foods for you and your baby can be easier than you think. Try to eat a variety of healthy foods every day. Here are some guidelines:

- 2 to 3 servings of protein foods. A protein serving is about 3 ounces—about the size of a deck of cards. This can be cooked lean meat, poultry, fish, beans, eggs, tofu, or nuts. Eat fish at least 2 times a week.
- 6 to 8 servings of grains. A serving is a slice of bread or ½ cup of cooked pasta, rice, or cereal. Choose whole grains for at least half of these servings.
- 3 cups of vegetables and 2 cups of fruit. Eat some food with vitamin C daily, like oranges or broccoli.
- 2 cups of low-fat or nonfat dairy. This can be pasteurized milk, yogurt, or cottage cheese.
- Avoid raw or undercooked eggs, poultry, fish, meat, soft cheeses, raw sprouts, and unpasteurized milk.

CalFresh is California’s food stamp (SNAP) program. Most families who qualify get \$200 each month to buy food. Apply with Alpine County Social Services at 530-694-2235.

### Prenatal Vitamins

Prenatal vitamins have folic acid, calcium, iron, and other vitamins and minerals you need for a healthy pregnancy. You should get at least 400 micrograms (0.4 mg) a day of folic acid before and during pregnancy. This can reduce your risk of having a baby with brain or spinal problems.

### Healthy Pregnancy Weight

It’s important to gain the right amount of weight during pregnancy. Too much gain can cause problems like high blood pressure, diabetes, early births, and cesarean deliveries. It is hard to lose the extra weight after the birth, and your baby is more likely to be overweight. Gaining too little weight can also harm your baby’s health.

If you had a healthy weight before becoming pregnant, you should gain between 25 and 35 pounds. Overweight women should gain less, and underweight women should gain more. Talk to your doctor about how much weight to gain.

### First 5 Alpine has new baby kits for all expecting moms in Alpine County.

To have one delivered to your home, contact Amy Broadhurst, First 5 Alpine Executive Director, 530-694-2230 ext. 224. <https://parentguide.first5california.com/en-US/chapter/staying-healthy-during-pregnancy>

## Barriers to the Suicide Conversation

*“Silence is dangerous when we pretend the problem is not there. Communication is a healer to break the silence.” –Canadian First Nations Elder*

Various cultures around the globe surround the conversation about suicide with silence for many reasons. People find it painful, intrusive, disrespectful, or inappropriate, to name a few. Nonetheless, disposing of the silence and taboo around suicide is necessary in any community, anywhere. Talking openly about it will save lives, soothe the pain of suicide survivors and people around them, and prevent additional deaths.

Realizing the obstacles to this difficult conversation is a good start in the process of breaking the silence. The barriers described below are not intended to minimize their importance within any community or culture but rather to help understand why a conversation about suicide is so complex.

**Contradictory beliefs and emotions.** In some cultures, suicide is perceived as an honorable behavior, a demonstration of selflessness, or a form of martyrdom. Other cultures forbid suicide and associate it with shame and guilt. Such conflicting beliefs and emotions complicate the conversation about suicide.

**Historical trauma.** Elderly who suffer from historical trauma may be reluctant to talk about suicide for many reasons: not to burden the next generations with their hurt, not wanting to relive painful experiences, being taught to respond to suicide with silence, or shame.

**Guilt, shame, and personal pain.** Death by suicide might happen despite the efforts of the family and the community. Suicide loss survivors may try to avoid pain by not talking about suicide at all. Sometimes, in the attempt to understand the situation, survivors might also ask questions like: “What did I do wrong?” or “How didn’t I see this coming?” These questions come from difficult feelings of guilt and shame which might prevent a person from reaching out for needed support.

To help heal after experiencing a loss, the Suicide Prevention Network offers a Suicide Loss Support Group, led by a Licensed Clinical Social Worker, Gail Jacobs. It takes place on the 1st and 3rd Thursday of each month from 6:00 to 7:30 p.m. at 1625 Hwy 88, Suite 101 in Minden, Nevada.

**Politeness theory.** “Politeness should not prevent a caring person from asking someone directly if they’re thinking about suicide when having this conversation may save a life. As for individuals experiencing a suicidal crisis, vague or indirect calls for help protect them from their own embarrassment if others fail to respond. Potentially suicidal individuals also can deny the intent of their warning signs if it leads to a conversation that makes them feel uncomfortable. The vagueness of warning signs allows everyone concerned a way out of a potentially difficult and embarrassing situation. No matter how strong the politeness convention of a culture is, the value of life should be stronger.”

**Stigma.** Historically, suicide was considered a sin and reported as a crime. This stigma leaked in our language and now manifests itself when we hear that someone “committed suicide” just as if they “committed a crime”. But the problem with stigma is that it affects lives, not just the language. Stigma causes individuals, families, and communities to suffer in silence and stands in the way of seeking help. The only instance when the stigma has a positive outcome is when suicide perceived as a sin or a crime against life prevents a person from attempting suicide.

**Fear.** This is a major barrier to suicide conversation. Hesitation to openly talk and ask about suicide often has roots in fear of planting the seed for suicidal actions or pushing a person at risk over the edge. The contrary is true: asking someone openly about their suicidal thoughts will help them feel relieved, not alone, and will open the door to hope and seeking help.

Source: “To Live to See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults”, US Dept of HHS



**Ewa Czarnecka, Suicide Prevention Network**  
ewa@spnawareness.org [www.spnawareness.org](http://www.spnawareness.org)

**If you are having thoughts of suicide, do not hesitate to ask for help. Your life is extremely valuable, and people care about you. You are not alone. Call 988 to get in touch with trained counselors.**

They will listen, understand how your problems are affecting you, provide support, and connect you to resources. Another crisis line available to Alpine residents 24/7 is 1-800-318-8212. To see a clinician, call Alpine County Behavioral Health Services at 530-694-1816.

## Diabetes & Foot Health: How to prevent serious foot complications

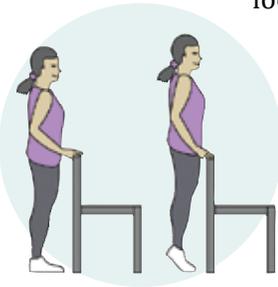
Elyse Burandt, DPT received her Doctor of Physical Therapy from Idaho State University and has clinical experience treating and managing chronic wound care patients as well as musculoskeletal and orthopedic conditions.

**Type II Diabetes is a health condition that affects the way the body converts food into energy.** Over time, the body is unable to regulate sugar in the bloodstream which can directly impact other systems throughout the body affecting vision, kidney function, and our hands and feet. Diabetes can lead to peripheral neuropathy, or nerve damage in the extremities which includes loss of sensation in the feet, decreased balance, and decreased foot flexibility. All of these symptoms significantly increase the risk of falls, reduced mobility, and even diabetic foot ulcers. Encouragingly, there are preventative measures to protect your feet. While managing your diabetes and foot health, there are certain DO's and DON'Ts to follow.

**DO:** Inspect your feet daily. If you are unable to visualize the bottom of your feet, try using a hand mirror or asking a loved one to check for you. Due to nerve changes, you may not be able to feel if any cuts, burns, or injuries are present. This also includes inspecting any footwear or socks for small objects like small rocks prior to donning.

**DON'T:** Walk barefoot. This includes outside and indoors. Due to the decreased sensation in the feet, walking barefoot puts the feet at risk of stepping on unwanted objects which can grow into a foot ulcer. Walking outside in the summer barefoot can lead to severe burns due to the inability to detect temperature changes at the feet.

**DO:** Wear appropriate footwear. Shoes with a deep and wide toe box are the best options for footwear. This allows for comfortable room for the toes and decreases the risk of hot spots placed on the toes from tight-fitting footwear. Consider investing in shower shoes, or slip-on sandals with a tread to protect your feet from hot temperatures and germs while showering.



**DON'T:** Soak your feet or get pedicures. Soaking your feet in hot water places diabetic feet at increased risk for burns. Do not try to remove corns or calluses on your own. When trimming your nails, cut straight across after you have bathed and avoid the corners. If you are unable to safely trim your nails, seek out a podiatrist, other medical professional, or certified nail technician in diabetic nail care.

**DO:** Control your blood glucose levels and exercise. Poor management of blood glucose can worsen nerve cell damage in the feet which can lead to further loss of sensation, foot deformities, and even amputation. When performed regularly, exercise has been shown to decrease pain related to neuropathy and lower blood glucose levels. There are many different types of exercises, however, try to incorporate aerobic training, flexibility, and balance, as well as resistance training for a well-rounded routine.

**Aerobic exercise:** 150 minutes a week of moderate aerobic exercise is associated with improved heart health and decreased mortality in individuals with type II diabetes. Examples include brisk walking, stationary bikes, low-impact dance classes, or swimming.

**Resistance and Flexibility:** Diabetes reduces blood flow to the feet which can cause stiff joints and even deformities of the toes which can lead to ulcers. Foot-ankle flexibility and resistance exercises can reduce the recurrence of diabetic foot ulcers and improve diabetic neuropathy and walking speed.

A wall arch stretch helps maintain flexibility in the tendons of the foot and great toe. Try to hold for 15-20 seconds and repeat three times. The great toe plays a crucial role in balance and needs to be able to extend and flex to perform its job. An excellent resistance exercise is a calf raise. You can perform a calf raise standing or seated to help strengthen the muscles in your lower legs and ankle.



ALPINE COUNTY PUBLIC HEALTH IS NOW ON FACEBOOK & TWITTER

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!



## Expectations for the Future

Discussing your hopes and dreams for their future early and regularly with your child is important. Even kindergarten isn't too early to start! These conversations let your child know they matter and that their future is important to you and should also be important to them.

### You teach children to set goals when you:

- Ask about and listen to your child's thoughts on the future.
- Share your hopes for your child's life after high school, such as a trade school, military, or graduating from college.

### Encourage your child's ability to achieve:

- Your hopes and expectations influence your child's school performance.

### Expect your child to:

- Give school their best effort and attend regularly.
- They follow through on their tasks, such as home chores, completing homework, turning it in on time, and studying for tests.

### Discuss learning in all areas of daily life, not just at school:

- Connect school to your family
- Knowing what your child is learning in school helps you focus on what you talk about for goals.

### You help build the bridge of "from here to there" when you:

- Make homework and studying a priority at home.
- Help your child learn to break down long or difficult assignments into easier, more manageable pieces.
- Keep reading time high and screen time low outside of school (screen time includes video games, computer games, social media, TV, and cell phone games).
- Help your child learn how to manage time for studies, outside activities, and household responsibilities.
- Tell your child that you believe they are capable of doing the school work, and then praise any progress they make.
- Help your child learn how to find help in school, such as assertively asking questions during class or asking to stay after school to work with a teacher.

### Why should you have expectations of children?

- Expectations help children reach their full potential.
- Children should understand that childhood is all about learning about the world and finding their place in it.
- Without expectations, children do not strive for goals.

**Parents are the most influential people in children's lives!**

## Thinking about a Change?



### The decision to change your drinking is up to you.

Mixed feelings are normal, it can help weigh your pros and cons. Don't wait to "hit bottom". Changing sooner than later is always better. People may drink to socialize, celebrate, or relax. Alcohol often has a strong effect on people and throughout history, people have struggled to understand and manage alcohol's power. Why does alcohol cause people to act and feel differently? How much is too much? Why do some become addicted while others do not?

- **Pros and Cons:** What are your reasons for and against making a change?
- **Ready or Not?** See what to do if you're not quite ready to change your drinking habits.
- **Planning for a Change:** a "change plan" helps you solidify your goal and how to achieve your goal.

**Binge drinking** is a pattern of drinking that brings blood alcohol concentration (BAC) to 0.08 percent or higher.

**Heavy alcohol use** is defined as more than 4 drinks on any day.

**Drinking excessively**, which includes binge drinking and heavy alcohol use, increases your risk of harmful consequences, including Alcohol Use Disorder.

## Strategies for cutting down

Small changes can make a big difference in reducing your chances of having alcohol-related problems. Whatever strategies you choose, give them a fair trial. If one approach doesn't work, try something else. Here are some strategies to try.

**Keep track. • Count and measure. • Set goals. Find alternatives. • Avoid "triggers".**

## Support for quitting

- **Choose your approach:** One size does not fit all, choose the approach best for you.
- **Self-help strategies for quitting:** Recognize risky situations, avoid them if possible, and cope if you are not able to avoid them.
- **Social support:** Get help from families, friends, and support groups.
- **Professional help:** Options now include medications your regular doctor can prescribe as well as counseling and intensive specialty programs.



*If you or someone you know is struggling with alcohol abuse, contact Alpine County Behavioral Health Services at 530-694-1816*

## The Health & Wellness Coalition is seeking new members!

To learn more or sign up, contact Jackie at  
jspringer@alpinecountyca.gov or (530) 694-2235.



## The Harmful Effects of Secondhand Smoke and Thirdhand Smoke on Your Pets

**What is secondhand smoke?** Secondhand smoke is smoke from burning tobacco products, like cigarettes, cigars, hookahs, or pipes. Secondhand smoke exposure occurs when people breathe in smoke breathed out by people or pets who smoke or from burning tobacco products.

**What is thirdhand smoke?** Thirdhand smoke is the residue left behind from smoking/vaping. The residue is left on clothing, skin, hair, furniture, floors, and your pets' fur and feathers.

**Nicotine poisoning and your pets:** Smoking cigarettes, cigar butts, and nicotine liquid pods can harm your pets. The fatal dose of nicotine to dogs and cats is 20-100 milligrams. One cigarette contains 9-30 milligrams of nicotine, and a cigar can contain 15-40 milligrams. Vapes can contain approximately 40 milligrams per pod. Cigarettes left in the ashtray or on the ground can still contain 5-7 milligrams of nicotine.

*There is no antidote for nicotine poisoning. If your pet ingests tobacco, contact your vet immediately!*

### What do secondhand smoke and thirdhand smoke do to your dog?

- Dogs with longer noses have a higher risk of nose cancer.
- Dogs with shorter noses have a higher risk of lung cancer.

### What do secondhand smoke and thirdhand smoke do to your cat?

- If someone smokes in the household, it can be dangerous for a cat to groom itself. When cats groom themselves, they ingest thirdhand smoke from their fur.
- Cats who live in smoking homes are two to four times at risk of mouth cancer. Cats can also develop lymphoma and are likely to live with it for up to six months.

### What do secondhand smoke and thirdhand smoke do to your bird?

- Like cats, birds like preening (grooming) themselves, and if they live in a smoking house, they can ingest thirdhand smoke from their feathers.
- Birds have been exposed to thirdhand smoke by perching on their owners.
- Birds who live in a smoking household can develop, and some can lead to death:

Irritated sinuses - Allergies - Lung cancer - Feather plucking - Pneumonia - Eye problems

### What do secondhand smoke and thirdhand smoke do to your guinea pig?

- Guinea Pigs exposed to chronic tobacco smoke had decreased weight gain due to the toxic effects on their metabolism.
- Guinea Pigs can also develop emphysema, high blood pressure, and pulmonary hypertension.

### What do secondhand smoke and thirdhand smoke do to your fish?

- Nicotine dissolves easily in water and can end up in tank water.
- Fish exposed to nicotine can develop muscle spasms, rigid fins, loss of color, and possible death.



*If you or someone you know needs help to quit tobacco, don't hesitate to get in touch with Alpine County Human Services at 530-694-2235 or text Kick It California at "Quit Smoking" to 66819*

## Alpine County's Child Abuse Prevention Council, CAPC, is hosting virtual access to live webinars by CalTrin (California Training Institute).

Each month, March- June 2024, we will focus on one Protective Factor. Sessions will be presented in an engaging lecture format and end by sharing additional resources for providers and families.

### March 14, 2024, 2:00-4:00 pm

During this session, the facilitator will:

1. Review how **Knowledge of Parenting and Child Development** helps keep families strong and prevents child abuse and neglect.
2. Identify key strategies and concrete everyday actions that help families build Knowledge of Parenting and Child Development.
3. Explore what it means to build Knowledge of Parenting and Child Development with families in a strength-based way.

### April 11, 2024, 2:00-4:00 pm

We will discuss strategies for increasing access to concrete support for families every day. Review how **Concrete Support** helps keep families strong and prevents child abuse and neglect.

1. Review how Concrete Support helps keep families strong and prevents child abuse and neglect.
2. Identify key strategies and everyday actions that help families access Concrete Support.
3. Explore what it means to help families develop tools and skills in a strengths-based way.

### May 16, 2024, 2:00-4:00 pm

During this session, discussion will focus on strategies for **helping children build social and emotional competence.**

1. Review how helping children develop social and emotional competence helps keep families strong and prevents child abuse and neglect.
2. Identify key strategies and everyday actions that help children grow emotionally and socially.
3. Explore what it means to help children develop social and emotional skills in a strength-based way.

Join this training to learn tools and strategies to strengthen communities and support families. Explore the FRIENDS Neglect Toolkit to understand how to assist your organization and community partners in understanding neglect and the complexity of this issue, as well as promising approaches and strategies to address it.

### June 11, 2024, 2:00-4:00 pm

In this engaging lecture-format webinar, we will:

1. Review how **helping families build and use social connections** helps keep families strong and prevents child abuse and neglect.
2. Identify key strategies and concrete everyday actions that help families build Protective Factors.
3. Explore what it means for families to build, sustain, and use social connections in a strength-based way.

CalTrin supports child abuse prevention by connecting child and family-serving professionals to free and accessible trainings and resources. Learn more at <https://www.caltrin.org/>



**Catalyst**  
community

# Parent Circle

## 2024 Schedule

Please join us for a mid-morning get together where we explore the different domains/areas of your child's development. The Circles will be interactive, allowing you to connect with your child and additional supports to complement what you're already doing at home, as your child's first teacher.

Parent Circle is an opportunity for caregivers of children ages newborn to age five. This class helps build a community of support in the journey as your child's first teacher. Every family will leave with an educational item that supports the Domain-of-the-Day!

**2024 Schedule: Fridays, 10:00 am - 11:30 am**

Catalyst Community Office | 100 Foothill Rd, Suite D-6, Markleeville, CA 96120

1.1.24 Cognitive Development	4.5.24 Nutritious and Health Development
2.2.24 Social and Emotional Development	5.3.24 Review of Domains of Early Childhood (and year-end wrap-up)
3.1.24 Adaptive Development	

**Questions/RSVP Contact**  
Donita Blam | 530.694.2129  
[delam@catalystcomm.org](mailto:delam@catalystcomm.org)

A division of  
**Catalyst**  
Family Inc.  
www.catalystfamily.com



## Alpine Threads Editorial Board

### First 5 Alpine

75 Diamond Valley Road  
PH: 530-694-2235 ext. 227  
[www.alpinecountyca.gov/523/First-5-Alpine](http://www.alpinecountyca.gov/523/First-5-Alpine)

### Alpine County Health and Human Services

75 B Diamond Valley Rd.  
PH: 530-694-2146  
FAX: 530-694-2252

### The Learning Center and Local Child Care Planning Council

100 Foothill Rd.  
PH: 530-694-1148

### Website Links

- [www.alpinecounty.com](http://www.alpinecounty.com)
- [www.spnawareness.org](http://www.spnawareness.org)
- [www.alpinewatershedgroup.org](http://www.alpinewatershedgroup.org)
- [www.alpinecountyca.gov/calendar](http://www.alpinecountyca.gov/calendar)
- [www.alpinecountyca.gov/523/First-5-Alpine](http://www.alpinecountyca.gov/523/First-5-Alpine)
- [www.alpinebiomasscommittee.wordpress.com](http://www.alpinebiomasscommittee.wordpress.com)

### ATTENTION LOCAL ORGANIZATIONS & AGENCIES

If you'd like to share your website link send it to Gina at [gina@originalmatteoni.com](mailto:gina@originalmatteoni.com) and we'll add it to our column.

*Disclaimer: This wellness-focused publication is not intended to provide timely news and/or personal, political or discriminatory statements. Alpine Threads Editorial Board reviews all content.*



## Healthy Eating, in a SNAP!

### Coastal Blackberry Salmon Salad



Serves: 2

### Ingredients

- 3 cups Blackberries
- 3 tablespoons Balsamic Vinegar optional
- 1 1/2 tablespoons Maple Syrup
- 2 Wild Salmon fillets, 3oz. each
- 1/2 cup Spinach or Claytonia Perfoliate
- 1/4 teaspoon Sea Salt optional
- 3/4 teaspoon Black Pepper optional
- 1/2 cup Feta Cheese crumbled
- 3/4 cup Walnuts chopped

### Directions:

Prepare a small pot over medium heat. Wash produce items before use. Add 1 cup of blackberries, balsamic vinegar, and maple syrup to small pot. Mash blackberries as they become heated. Simmer sauce for 15 minutes and remove from heat. Sauce will thicken as it cools. Prepare to grill salmon fillets. Oil the grill. Wash and pat salmon dry. Lightly coat with olive oil cooking spray and sprinkle

with salt and pepper(optional). For best quality and to prevent flaking use a fish grill basket. Grill salmon covered for 7-10 minutes, turning one time. Salmon is cooked when it flakes easily. Put spinach greens on two plates. Top with the remaining blackberries, cheese, walnuts, and optional balsamic vinegar dressing. Place grilled salmon on top and cover with blackberry sauce.



*For more recipes, borrow SNAP-Ed cookbooks from the Library and the Woodfords Indian Education Center.*



Do you need assistance paying your utility bill?

### The HEAP Program Helps!

**Alpine County Home Energy Assistance Program (HEAP) offers several programs to help Alpine County families pay their utility bills and improve the energy efficiency of their homes.**

Households may qualify to receive assistance with their electric bill, or credit towards their propane, wood, pellets or kerosene. The application process usually takes about 15 minutes. Applications must be submitted with copies of current utility, income, and citizenship or residency documents. HEAP eligibility is

determined using the household gross income for the most recent month. For more information please call 530-573-3490, visit [www.edcgov.us/HEAP](http://www.edcgov.us/HEAP), or visit El Dorado County HHS 1360 Johnson Blvd. #103, South Lake Tahoe, CA

