



Tyonek

TRIBAL
CONSERVATION
DISTRICT

July, 2025

Summer has officially arrived, and many of us at TTCD are trading office time for fieldwork as the season hits its stride. In July, we start to settle into the rhythm of long days and hands-on projects. With Pike Camp wrapped up and planting complete at the Tyonek Garden, we're diving into our next round of summer work and looking ahead to the abundant harvests just around the corner.



Dena'ina word of the month



Our Dena'ina word of the month is quyushi, which means beluga. Beluga whales are active in the upper Cook Inlet during the summer months. They migrate here to feed on salmon during their summer runs and they also use the shallow waters for calving.

Quyushi:
Beluga



Pickling Workshop

In collaboration with the UAF Cooperative Extension Service, we recently hosted a vegetable preservation workshop, where Tyonek community members learned to pickle and can carrots as well as zucchini and onions. We even had some of our youngest community members get involved! We hope to offer more preservation workshops in Tyonek later this summer so stay tuned!

Habitat Monitoring & Restoration

June pike camp concluded after we removed over 1500 pike from Threemile, Chuitbuna, and Second lakes. We've already seen adult salmon returning up Threemile creek, and we'll be going back to Threemile, Rollercoaster, Chuitbuna, and Second lakes later this summer to remove young of the year pike. In July, we'll visit some of our remote sites to collect water quality and temperature data, and survey some remote tributaries for anadromous fish.



Summer Youth Interns

As part of our pike eradication work, the summer youth interns joined our Habitat Monitoring & Restoration team at Second Lake in Tyonek to work on invasive pike eradication and salmon population monitoring. They participated in minnow trapping, setting and checking nets for pike, fish dissections, and data collection.

Tyonek Grown

Get ready — our first farmers market of the season is just around the corner. Stay tuned on the TTCD Facebook page for dates and details! This month, our summer youth interns are heading to Palmer for hands-on farm visits and trainings.



Tyonek Gather

We're thrilled to welcome Crystal Jones as our new Food Distribution Coordinator! The Tyonek Gather program provides free of charge Alaskan-grown food to Tyonek residents. Ordering is open every Friday from 9 AM AKST - Sunday 11:59 PM. Pickup is always available by the following Friday. Weekly orders of Alaskan-grown foods can be found on the online marketplace:

<https://tyonekgather.localfoodmarketplace.com/Products>

Dairy Subscription

Tyonek Gather is now offering a dairy subscription for Tyonek residents to receive Alaska Range Dairy milk and yogurt every week.

- Visit <https://tyonekgather.localfoodmarketplace.com/Products>
- Click on your favorite dairy product
- Follow the subscription prompt and choose your weekly quantity



What's on the menu?

Recipe: Homemade Ricotta

Ingredients

- 1/2 gallon whole milk, not ultra-pasteurized
- Pinch of kosher salt
- 2 tablespoons plus 2 teaspoons distilled white vinegar or fresh lemon juice

Directions

- Fill a pot with milk. Stir in salt. Heat over medium heat until milk registers 185°F on an instant-read thermometer. If you do not have a thermometer, heat the milk until it reaches a stage where there is a lot of steam, little bubbles form close to the edge of the pot, and a slight film appears over the milk (about 20 mins).
 - Add vinegar or lemon juice and stir. Curds should begin forming; stop stirring as soon as they've formed throughout the pot.
 - Without stirring, continue to hold curdled-milk mixture at 185°F for 20 minutes. It's okay if the temperature fluctuates but try to keep it in that zone.
 - Line a fine-mesh strainer with paper towels or cheesecloth.
 - Using a slotted spoon, transfer curds to strainer and let stand until excess liquid has drained away. Drain longer for a drier cheese and shorter for a wetter cheese.
 - Drained ricotta can be refrigerated for up to 2 days. It's best fresh.
- *Combine with tomatoes, pasta, and ground beef to make lasagna!



How's it growing?



Kale is popping up at the Tyonek Garden and we couldn't be more excited! Did you know a single cup of raw kale can provide more than 100% of the recommended daily intake of vitamins A and K? Vitamin A is essential for vision, cell growth, and immune function and vitamin K is crucial for blood clotting and bone health.

