

BULLETIN

Summer 2023, Volume 39, Number 3



TABLE OF CONTENTS

- 1 – President’s Message
- 2 – Native American Cooking: Yucca Tacos
- 3 – Meet Our New Board Members
- 4 – Membership Update

Friends of the Indian Museum Board of Directors

President: Bruce Love, Ph.D.

Vice President: John Martin

Acting Recording

Secretary: Pam Anderson

Treasurer: Nancy Park, E.A.

Membership: Lynn DuPratt

Gift Shop: Charles Hood MFA

Gift Shop: Cydnee Ashmore

Bulletin Editor: Pam Anderson

Acting Historian: Bruce Love, Ph.D.

Board Member: Susy Martin

Board Member: Kat High

Director Emeritus: Darrell Walters

Director Emerita: Anne Kittlitz

Antelope Valley Indian Museum State Historic Park

15701 East Avenue M, Lancaster, CA 93535
(Between 150th and 170th East)

Museum: 661-946-3055

Facebook: AVIndian Museum

State Parks Museum Curator III: Peggy Ronning

Built in the 1920s among towering rock formations in the Mojave Desert, the museum is a unit of the California State Department of Parks and Recreation system.

President’s Message

Bruce Love, Ph.D.

Dear Readers,

We recently held our annual members and volunteers recognition event in the Joshua Cottage, and were blessed with a presentation by board member Kat High (Hupa descendant) on Native foods and drinks and gathering practices. At the board meeting that followed, camaraderie and good cheer prevailed. Kat had set the tone with her presentation showing us that spirituality is joyous, that gratitude and laughter go together.

Supporting the Indian Museum is a spiritual assignment. Our annual celebration in October is proof of that. Native groups come together from across the Southwest for two days of music, dance, arts and crafts, and food. It is a time when a thousand guests visit the museum, inside and out, to the reverberation of drums and ancient ancestral song.

The look of this new bulletin is a reflection of two of our new board members who collaborated to compose it: Professor Emeritus Charles Hood from A.V. College brings a new energy, an enormous wide-ranging knowledge of the natural world, global travel, and technical know-how (including high-end professional photography) to the board, and he worked with our newest of the new, board member Pamela Anderson to assemble this bulletin.

We now suddenly have three new board members (Kat, Charles, and Pam) to complement our newish members, me and Nancy Park, all of whom bring their very special talents to the table, while at the same time relying on our long-timers Lynn, Cydnee (Diné), and John and Suzy to give us that historical foundation and steady hand we need as we proceed. Two of our nine board members are Native American.

Pam brings us website and social media skills, and before you see the next bulletin, we plan to be online with a new website and have a social media presence that will serve to launch our new membership drive and public outreach. As they say in Spanish, *adelante* “onward”!

Native American Cooking

By Charles Hood

At our volunteer appreciation luncheon on June 17, 2023, Kat High treated us to samples of Native American cooking, including yucca tacos. As she explained, it is more than just the ingredients that help make meals authentic, but our attitude, as well. This starts with gathering.

Principles of good gathering include:

- showing respect
- gathering in appropriate seasons
- gathering no more than you need
- leaving enough to ensure strong regrowth

One plant presented was chaparral yucca (*Hesperoyucca whipplei*). You may know it by more colonial names, such as Spanish bayonet or “Our Lord’s Candle.” The stalk can be as sweet as sugar cane. The buds can be pickled, and the blossoms can be used in salads, stir fry, and served with pasta. Fruits can be eaten raw, roasted, or pounded into meal. Seeds can be roasted and eaten whole, or ground into flour. Other historic uses include braiding fiber from the leaves into sandals, cloth, and rope.

In this and future issues, we will continue to explore this topic.



Chaparral yuccas in bloom. Photo by Charles Hood



Kat High shared her wisdom and energy at the June meeting. Photo by Charles Hood

Yucca Tacos

By Kat High

My teachers were Barbara Drake and Jane Dumas. I acknowledge their leadership.

Ingredients

- 1 cluster yucca flowers
- 4 eggs beaten with a fork
- 1 teaspoon olive oil
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1 avocado, diced
- chopped *nopales* (prepared)
- 1 serrano pepper chopped, salted to taste (or small can chopped Ortega chilis)
- 6 corn tortillas

serves 3-5

Remove the individual yucca flowers from their stem, and remove the pod from the center of the flowers, soak in water for 10 minutes, then rinse thoroughly. Bring a quart of salted water to a boil. Place the yucca flowers in the boiling water, allow to boil 4-5 minutes, and drain.

(Continued on next page)

Heat the olive oil and add the chopped onion. When the onion begins to shimmer, add the serrano pepper (or Ortega chilis), stir for a couple of minutes, then add the yucca flowers, stir again, add the diced tomatoes, and then stir a few more minutes.

Add the beaten eggs and stir over a medium high heat, until they reach the consistency you prefer. Serve with diced avocado, cilantro, and hot sauce or Tajín to taste, and warm tortillas, for making tacos.

Meet Our New Board Members

We have added members to our board recently, so in this and upcoming issues, we will be introducing them, beginning with Charles Hood.



Photo by José Gabriel Martínez-Fonseca

The author of twenty books, Charles has lived in the Antelope Valley since 1989. His fellowships and awards include a Fulbright to translate poetry in Papua New Guinea, an artist-in-residence with the National Science Foundation in Antarctica, a Research Fellowship with the Center for Art and the Environment at the Nevada Museum of Art, two national poetry awards, a national fiction award, a Scholar in Residence award, and photography

assignments from TARA, the Trust for African Rock Art. Some of that work was shown at the Getty Museum. His most recent book has a foreword by Jane Goodall, while his MFA thesis was directed by Louise Glück, who later went on to win the Nobel Prize in literature.

Native American issues have been part of Charles's life ever since childhood. His aunt, Flora Mae Hood, was an author and a teacher who was very active in social justice movements, especially among the Diné. His main press, Heyday Books, is the publisher of the magazine *News from Native California*. Charles's mother was a teacher in LA Unified, asking for assignments in underserved neighborhoods; his father, a World War II veteran, was a cowboy, a truck driver, and a Sunday school teacher. Keeping in the family tradition, Charles has been a teacher but also was a factory worker, a dishwasher, a ski instructor, and a bird guide in Africa.

Charles recently retired from AVC as Professor Emeritus. He holds research privileges with the Huntington Library, the British Library, and the Met in New York, and he has been a featured speaker at a variety of cultural institutions, including the Autry Museum, the Los Angeles Central Library, Los Angeles County Natural History Museum, the Getty Center, the Velaslavasay Panorama, UCLA, MOAH, SF Camerawork, and Cambridge University.

He looks forward to supporting the Museum and its mission.



Your Membership Supports the Antelope Valley Indian Museum

Lynn DuPratt, Membership Chair

The nonprofit Friends of the AV Indian Museum (FAVIM) plays a crucial role in the support of the museum. Not all the museum's needs can be funded by the state. This is where FAVIM steps in to provide a financial boost.

Memberships are key to providing those needed funds for events, programs, projects and supplies. FAVIM's signature event is the annual American Indian Celebration, featuring Native American dancers, storytellers, vendors and activities for children. The two-day event each October draws hundreds of visitors to the Indian Museum.

Please consider joining FAVIM or renewing your membership. Members receive this quarterly Bulletin and a 10 percent discount on purchases when they present their membership card in the FAVIM Gift Shop at the museum. We value our members and are grateful for their support. Look for our membership renewal in the mail! We would like to especially thank those who became **Life Members** in 2022: **Dorothy Friedmann, Elizabeth Nasal, Carolyn Neipris-Jones, and Joshua Rand-Castillo.**



Photo by Charles Hood

Save the Date—This year, the museum's Native American Celebration will be October 14 and 15, 2023. Come out to enjoy Native music, art, and food!

Friends of the Antelope Valley Indian Museum
State Historic Park
PO Box 1171
Lancaster, CA 93584

