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*Jim Bernau, Founder/CEO*

# indulge

YAMHILL VALLEY



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## OLD WORLD FLAVORS

Pacific NW meets Mediterranean  
at new Mac restaurant Cypress



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## SUMMER 2023

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COVER PHOTO  
Travis Bird, co-chef/owner of Cypress,  
serves up shakshuka, a North African  
breakfast dish. *Photo by Rachel Thompson*

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Indulge is back!

The News-Register Publishing Co. is excited to resume publication of Indulge Yamhill Valley, providing the region with an editorial source highlighting the local food and beverage industry and more.

IndulgeYV was launched May 2014 as a bi-annual publication, and expanded to quarterly in 2015, with the company's annual Visitors Guide acting as the first issue each year.

"This publication is for the out-of-towner, the local consumer and industry insider," wrote Associate Publisher Ossie Bladine in



the inaugural issue. "With each new issue of Indulge, the editorial content will increase and expand."

Publication of a stand-alone Indulge magazine was paused with COVID struck, while the branded

food + drink content continued as a monthly special feature in the News-Register newspaper.

With this reboot, Bladine said readers can expect similar coverage of the people and stories that make the area's food and drink scene so unique. In addition, Bladine added, the editorial and advertising teams will also focus on various topics that pair well with local hospitality offerings, like arts and music, and health and wellness.

"The food and drink scene encompasses so much more than just what's served on a plate of in a glass," Bladine said. "It's a reflection of the many vibrant aspects of the Valley that make it a wonderful place to live and visit — we plan to highlight those complementary topics in

the magazine as we move forward."

Stacy Heatherington, sales manager for the News-Register, said the sales staff is equally excited to offer Indulge as a marketing tool for their clients' businesses.

"Our aim is to inspire and inform our readers to celebrate all the beauty and magic the Valley offers," Heatherington said. "I look forward to working with our advertisers and business community to create a quarterly luxury lifestyle publication that exemplifies the essence and spirit of the local communities. As you thumb through this issue, please recognize all our loyal advertisers who believe in us, we truly appreciate their support."

For more, go to [www.indulgeyamhillvalley.com](http://www.indulgeyamhillvalley.com). ■



PHOTO BY CAROLYN WELLS KRAMER

ABOVE: Collection of Indulge Yamhill Valley magazine covers over the years. LEFT: Dishes being prepared at the International Pinot Noir Celebration.

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Third Street opens for diners, imbibers

The McMinnville Downtown Association's popular Dine Out(side) returns this summer, featuring local restaurants and tasting rooms serving food and beverages on Third Street, which is closed to vehicles every Friday evening and all day Saturday and Sunday. Al fresco dining will be available June 24 through October 1.

Once the MDA puts up the barriers each week, establishments begin setting up chairs and tables,

leading to a weekly street-fair setting between Baker and Galloway streets. Dine Out(side) began in 2020 in response to the pandemic, and has become a McMinnville tradition — an appealing way to savor downtown's fare, and the summer outdoor scene in general. (Note that cross streets from Cows to Galloway remain open to north-south traffic.)

Music is also planned, in the streets and in participating businesses. Wine



PHOTO BY KIRBY NEUMANN-REA

bars and other establishments provide bands or solo artists, and this year performers are booked each week on an outdoor stage to be set up between Baker and Cows streets, according to manager Shantel

Shake of Jacob Williams Winery. The tasting room is partnering with neighbors Gerald's, Harvest Fresh, La Rambla, Joysticks, The Bitter Monk, and The Grove.

Freddie Lamb performs from 4 to 7 p.m. on June 24, starting a series of well-known local musicians performing on the block. Lamb returns July 29 and Sept. 16, 4 to 7 p.m. The band Run And Tell That is scheduled from 4 to 7 p.m. on July 1, Mojo Holler from 2 to 5 p.m. on July 8, Erik Kallio from 3 to 6 p.m. on July 15, Mojo Holler from 2 to 5 p.m. on Aug. 5, Steve Hale from 2-5 p.m. on Aug. 12, DJ Juice from 4 to 7 p.m. on Aug. 19, the band The Acoustic Minds from 4 to 7 p.m. on Sept. 2, Erick Kallio from 3 to 6 p.m. on Sept. 3, Dante Zapata from 2 to 5 p.m. on Sept. 9, Jermaine Halome from 2 to 5 p.m. on Sept. 23, and Mojo Holler from 2 to 5 p.m. on Sept. 30. October musicians to be announced. ■



TOP: Josh and Laura Lovell of McMinnville relax after a late-summer dinner at Humble Spirit during last year's Dine Out(side). ABOVE: Local musician Freddy Lamb will kick off the first Dine Out(side) on June 24.



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PHOTOS BY RUSTY RAE

# NEW ON THE HORIZON

Catering duo opens new brunch spot in Dayton, expands to evening service

BY STARLA POINTER

Many plants growing in clear vases on the brick wall, a huge, century-old wooden bar and a light, airy dining room provide the setting for Loam, Dayton's newest restaurant. Kim Lattig and Corey Taylor, who have been selling mushroom pastries and catering in wine country for several years, opened the brunch and dinner spot in mid-May. They started

with morning and early afternoon hours, but have expanded to serve in the evenings on Fridays and Saturdays, as well. The mushrooms, which they forage themselves, play a leading role in Loam — even inspiring the name, which refers to the layer of nutritious earth in which the fungi flourish. While chanterelle, morel, porcini and lobster mushrooms are featured in dinner specials and savory pastries, the seasonal menu

also includes a range of hearty items, all made with high-end, local ingredients such as farm fresh eggs, vegetables, seafood, beef and lamb. Biscuits and gravy made with the restaurant's already famous cheddar chive biscuits are the biggest seller. But brunch-goers also can choose from, among other things, French toast topped with Draper Farms rhubarb; oysters on the half shell; house-made rye bread toasted and topped with salmon lox, cream cheese and Left Coast micro-greens; "Cowboy Breakfast"

with beans and brisket; and sandwiches made with biscuits and lamb sausage, brisket or vegetables. Some items are gluten-free, although the kitchen is labeled "gluten-friendly" because flour is used in other baked goods. Other local purveyors include Durant, from which they get olive oil and balsamic vinegar; Flag & Wire coffee; Bernards Farm, Eola Crest Cattle, etc. "The camaraderie of small businesses in this county is pretty special," Lattig said. Loam also pours local wines, including many bubbling wines from places

such as Lundeen Wines in McMinnville. "Wine and food pairing is a passion for me," Lattig said. Lattig was born in the Portland area and grew up in Newberg. She left home at 14 and made her way by busing tables at Dundee Bistro and moving on to other positions in other area restaurants. She moved to McMinnville 12 years ago, working at the Grain Station, the Barberry, 1882 and other places. In addition to spending more than half her life in the food industry, Lattig studied wine business at Chemeketa Community College and worked in various wineries, as well. She also managed a tasting room prior to the COVID pandemic. Taylor came to Oregon

from California, where he started his career in food preparation. He once owned a farm near Sheridan with goats, llamas and other animals, and really cares about the farm-to-table concept, Lattig said. He also is an advocate of wasting nothing, making sure to find ways to use extra ingredients in creative ways. For instance, he uses bits and pieces left from his thick-sliced bacon to add taste and complexity to carbonara pasta or clam dishes. A few years ago, Taylor and Lattig started foraging for chanterelles. They used them to make savory little pies with puff pastry crusts. Friends loved the pastries, and encouraged them to start selling them. Their pastries, with or without mushrooms, continue to

be big sellers at Flag & Wire coffee in McMinnville, as are their cheddar chive biscuits — both of which are available at Loam, too. With the growth of their mushroom pastry business, they rented commercial kitchen space from Thistle. That led to the start of their catering company, Ø Horizon Provisions. Among other events, the successful caterers provided "harvest lunches" daily for 40 wine industries in the fall of 2021, then 100 in the fall of 2022. Looking for a larger space to call their own, they considered McMinnville locations, then found the former location of several short-lived restaurants in downtown Dayton. They rented the building from owners Allison Sokol-Blosser and her husband Javier.

To use more than just the kitchen, they decided to open a sit-down restaurant, and Loam was born. Lattig credited friends and her network of contacts in the local wine and food industry with helping inspire them; "farm friends" also provided a loan to help them get started. She also "adopted some amazing workers" to fill out the Loam staff. Amy Hicks, for instance, is hospitality manager and in charge of cocktails. Hailey Smith is the barista. "Both are so incredible. Our collaboration is fun," Lattig said. Loam Kitchen is located at 306 Ferry St., across from the city park. Hours are 7:30 a.m. until 2 p.m. Thursday and Friday, and 8 a.m. to 2 p.m. Saturday and Sunday, and 5 to 9 p.m. Friday and Saturday. Reservations are not required, but recommended for large parties or if an outside patio table is desired. ■



TOP LEFT: Corey Taylor tops off a stack of strawberry short pancakes with some fresh berries. ABOVE: Taylor with loaves of freshly baked bread. RIGHT: Kim Lattig describes their transition from being caterers to restaurateurs.

## Loam

306 Ferry Street,  
Dayton

503-770-5011

loamkitchen.com

Hours: Thur. 7:30  
a.m. to 2 p.m.; Fri.  
7:20 a.m. to 2 p.m., 5  
to 9 p.m.; Sun. 8 a.m.  
to 2 p.m., 5 to 9 p.m.;  
Sun. 8 a.m. to 2 p.m.



## CHEFS Q&A



PHOTOS BY RACHEL THOMPSON

# old world flavors

## Pacific NW meets Mediterranean at new Mac restaurant Cypress

Chefs Henry Kibit and Travis Bird have spent years refining their culinary skills in Oregon wine country. But Cypress, the new Mediterranean-inspired restaurant attached to the Atticus Hotel, is their first venture as chef-owners, in partnership with longtime front-of-house manager Michelle Grannis.

Kibit grew up in Michigan and moved to Oregon for culinary school. He spent years working in Portland restaurants before becoming executive chef at Sokol Blosser Winery in 2015.

Bird cooked with the culinary team at Jory, the restaurant in Newberg's Allison Inn & Spa, before joining Kibit at Sokol Blosser. After Kibit's departure, Bird became executive chef at the winery.

Grannis has held numerous roles in the restaurant industry, including as a face of Community Plate (now closed) in downtown McMinnville. She joined the Atticus in 2020, and became group sales coordinator before becoming part of Cypress.

### Cypress

530 N.E. Fourth Street, McMinnville

503-687-1900

Hours: Thur.-Mon.,  
8 a.m. to 2 p.m.,  
5:30 to 8:30 p.m.

*Interview edited for length and readability.*

**Q**When it comes to Mediterranean cuisine, people often first think Greek or Italian, but Cypress seems to draw more from Northern Africa, Middle Eastern and so on. What's Mediterranean cuisine to you, and what was the inspiration to feature it here in McMinnville?

**Henry:** For me, it's based in the sort of flavors I had growing up in Dearborn, Michigan, which has one of the largest Middle Eastern populations outside of the Middle East. That was always something I was

surrounded with and kind of gravitated towards those flavors. A lot of Lebanese food, Syrian food, Greek food. Downtown Detroit has a big Greektown, and so I worked down there in my late teens to early 20s.

As Travis and I have I worked together, we drew some inspiration from that. And when we talked about this project last year, it was, you know, Middle Eastern flavor, Mediterranean flavor ... There's such a wide variety of places and different cuisines to explore. So it's kind of endless, right?

North African for sure, Middle Eastern, Lebanese, Syrian, Israeli; we're hit-

ting all of those places. And we've just gotten started. We have a lot more exploring to do, especially as the seasons progress.

**Q**With that endless supply of inspiration, was it tough to kind of nail down the first menus?

**Travis:** I think it makes it even more fun because there's so much to pick from. Part of my approach to food is if it's good flavor, I don't really mind where it comes from. I like to put it all together. So having that wide swath of the Mediterranean to choose from really makes for a lot of opportunity. But it does present challenges. Where do you start? And where do you stop?

To expand on the flavors, a lot of times people think of the Mediterranean and they do stop at Greece; but we're talking from Spain to Syria,

familiar with.

The other thing with a lot of Mediterranean food, for me, is that we talk about a lot of preserved items, but also a lot of fresh produce. Being here in the Valley and having this wealth of farmlands and agricultural resources around us, the ranches that we're able to source from, it makes it easy to follow the seasons.

**“We’ve just gotten started. We have a lot more exploring to do, especially as the seasons progress.”** HENRY KIBIT

across the top of Northern Africa, and it's just so much to choose from. The flavor is so pronounced and intense. That's one of the big draws, being able to provide those kind of interesting flavors that a lot of people may not be

**Q**What would you say is the Northwest inspiration in combination with the Mediterranean traditions with the program here?

**Travis:** I think the farm-to-table movement is a lot of that. It's wine country food,

and maybe we get to redefine it every time. For instance, a fun mix I see here is we have purple sprouting broccoli on the menu, different brassicas; you don't see that a lot in much of Mediterranean cuisine. We've taken some of those ingredients that we find here and put a little bit of a Mediterranean twist on it. You get this new hybrid of classic flavors and Northwest cuisine and products that we have available.

**Q**You use a bunch of spices many people wouldn't have heard of. Is it difficult to get some of those around here?

**Henry:** We have some purveyors based out of Portland and they have a different reach than what the local supermarkets have here, and so that plays into an advantage. But we're also creating our own. We're making our own curry spices and making our own za'atar, our own harissa spice.

**Q**This being the first restaurant you've opened as owners, what's been the biggest challenge and what's been some of the most fun parts of the experience so far?

**Travis:** Staffing is pretty tough across the industry right now.

**Henry:** Yeah, the industry definitely is taking a hit pandemic and post-pandemic. It hasn't felt like it is fully recovered. People are dining again, but the amount of bodies that are out there and readily available don't seem to be as plentiful as they once were.

I have not tried to hire out here, having lived here since 2016. Coming from Portland, where at the time there were three culinary programs to draw from and now those have kind of dried up and gone away. That changed the dynamic of things. ... Especially because our goals are to be open more hours, more days, our biggest hurdle right now is actually having the staff to do it without totally beating ourselves up.

*Continued on page 22*



**LEFT:** Travis Bird, left, and Henry Kibit recently opened Cypress, at the Atticus Hotel, with Michele Grannis. **ABOVE:** A selection of Cypress' Mediterranean-inspired menu, including mezze plate (served with warm pita, at left), little gem lettuce salad (top middle), shakshuka (bottom right) and ful mudammas (top right).



Tips From the Chef

SKIN IN THE GAME

When it comes to cooking trout, chef Brett Uniss of Humble Spirit stresses the importance of what’s on the outside.

“To me, what makes a great trout is all about the skin,” Uniss said. “The meat of it is delicious and mild and sweet, but when you can get a bit of crisp on the skin, it really sings.”

In preparation, Uniss suggests finding tips in a book or watching an online video if it’s your first time deboning a trout. “There’s tons of little bones,” he said.

Uniss butterflies the rainbow trout, leaving the head and tail attached. “When you can see the whole and the head, it’s a sign of freshness.”

Next, “a real big trick is to pat the skin nice and dry.” The final key is to not overcook the trout. Uniss said cooking skin-down in the pan for the majority of the fry is the way to go.

“It’s a delicate, sweet fish with, thin filets, so making sure not to overcook is important because it is really

thin,” he said. “We cook probably 90% on the skin side and then just kiss the filet side. If you let it roast on the flesh side, it’ll dry.”

Uniss suggests cooking the trout with roasting brown butter with crushed garlic in the pan and some light herbs, like sprigs of thyme. At Humble Spirit, they serve it the fish on skin side up, resting on a tarragon “goddess” sauce, and topped with a light herb salad.

“It’s nice, light and bright,” Uniss said. “An herby cream sauce and the fatty, salty skin make it feel a little bit more luxurious than it really is.”

Humble Spirit is one of the few restaurants in the Valley with trout on its menu. Perhaps that’s because trout can be laborious to prepare, Uniss suggests, or there’s a preconceived notion that trout should be left for campouts or after fishing home cooking – “it’s not seen as elevated.” Regardless, Uniss said he wishes trout was more prevalent on local menus. “I think it is regionally significant,” he said. “It should be celebrated.” ■



PHOTO PROVIDED BY HUMBLE SPIRIT

CATCH YOUR OWN

Higher, cooler lakes or moving streams are best in summer for trout angling, or study up and prepare for catching your own in fall, when cooler waters are expected to be more prevalent. The best resource for fishing sites, tips, rules and license information, and more general guidelines: Oregon Fish and Wildlife’s website, [myodfw.com/fishing](http://myodfw.com/fishing).

The site can also provide tips for catch-and-release, as well as the benefits of safely returning fish to the stream.

Trout fishing possibilities in northwest Oregon include Henry Hagg Lake about a half-hour north of McMin-

nville on Highway 47, and Wilson River, one of Oregon’s most productive and scenic rivers, about an hour’s drive north of McMinnville on Highway 6.

Summer and winter steelhead are available throughout the year in the northwest part of Oregon. Fish for resident cutthroat trout in spring and fall, and larger sea-run cutthroat in July and August. Spring and fall Chinook also are available.

A general Oregon fishing license is all that’s required to fish for trout. Youth 12-17 years old need a juvenile angling license and kids under 12 fish for free.

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“Brewing is an art – an expression of an intention to have an enjoyable time with others.”

J.P. BIERLY

LEFT: Ames and J.P. Bierly with hardware won at the Oregon Beer Awards.

Smoked Ale Gold to Fore-Land Brewing of McMinnville for its Mashers to Ashes coffee ale done in collaboration with Level Brewing of Portland, and Wolves and People Brewery of Newberg for its Traveling Companion, earning a Silver in the Mixed Culture category.

“We are really grateful to the community of McMinnville to help us get to this point,” Bierly said. He cited the assistance of Rick Allen and his daughter, Lisa, of Heater Allen Brewing in McMinnville, who gave him his first brewing internship, his former assistant Beth McGillis, and the folks at Mutantis Brewing, another gluten-free Portland brewery, as well as Groundbreaker, for their personal and professional support.

“Brewing is an art – an expression of an intention to have an enjoyable time with others,” Bierly said.

The business started in 2016 in Philomath and moved to a location on Northeast Baker Street in McMinnville in 2018 and in



2021 to its current brewery and café location, 624 N.E. Third St. Chef Ames overseas creation of pretzels and a rotating selection of weekly pastries, along with corn dogs, sandwiches, salads, soups and more — all gluten-free. The food all pairs well with the brewery’s wide tap list with seasonals in addition to flagship brews Felix Pilsner, Lucky IPA, Blackbird Stout, and Rendezvous DIPA. (Select brews can be purchased at local stores and tap rooms.)

Next up for Bierly is a Brut-style IPA in May and the Star Gazer IPA, and the return of another best-seller, the sour Berliner Weisse.

Bierly is likely to always remain small, but the owners envision growth as demand

for their beer increases. J.P. Bierly brews on a two-barrel system that he said he hopes one day to expand to 15 barrels.

“We will be trying out a lot of things. We know we have plenty of room,” he said. Bierly brews using what he calls three-step rising mash, employing “living enzymes no one had used.” The three-hour mash process takes longer than conventional barley brewing, employing malted rice, millet or buckwheat, which Bierly said “are nearly as fermentable as barley, with the right process.

“I’m still doing experimentation to see how I want to brew beer,” said Bierly. “It’s a lot of work but I’m really enjoying it right now.” ■

# BIG ACCOLADES

Bierly finds reward in staying small, for now

BY KIRBY NEUMANN-REA

While fellow brewers were partying in Portland at the Oregon Beer Awards (OBA) in April, J.P. Bierly was “doing the classic small brewer thing” – sleeping in his van, while delivering beer in Spokane. And then he got the phone call: the award for Best Small Brewery of 2022 went to Bierly Brewing of McMinnville. The call was from Jessie Bufton of Groundbreaker Brewing, with Bierly Brewing one

of four gluten-free such fermenters in Oregon. Bierly, who co-owns the brewery and restaurant operation with Ames Bierly, first thought Bufton was pranking him. “But he said, ‘Dude, you killed it,’” referring also to the Gold medals Bierly won for its Blackbird Stout and Rendezvous Double IPA. “It was a big surprise,” said Bierly of the brewery’s first professional award. “It’s a recognition of what we do, it says we are a part of the brewing industry and an important part of it.” The award “will look great up there next to the

beer steins,” Bierly said of the vintage tankards, a long-time family collection he keeps on display in the taproom. Two other Yamhill County breweries took home OBA awards: A

## Bierly Brewing

624 N.E. Third Street, McMinnville  
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PHOTO BY RUSTY RAE



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PHOTO BY MARCUS LARSON

## Heater Allen Brewing

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heaterallen.com

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noon to 6 p.m. (See  
website for Sunday  
hours starting in  
July.)

always worked, producing prize-winning lagers and other beers, while expanding in what it produces: Gold Dot Helles, the first beer from the Davey-Allen collaboration.

Allen, head brewer and part of the brewery since its inception and author of award-winning Pils, and other beers, partners with Davey, founding brewer at Portland's Wayfinder. Davey amicably parted ways with Wayfinder last year, seeing personal ownership as a way to continue Heater Allen's prowess and forge his own path, to be known as Gold Dot. Rick and Jan still own a portion, and Rick continues to help on the business side, but Lisa Allen and Davey own the majority.

"I do think that that once I took over the official head-brewer role, a few years ago, my Dad started making sure I was at the

**TOP:** Keving Davey and Lisa Allen purchased Heater Allen Brewing from Lisa's father last fall.

## Heater Allen expands while keeping things the same

BY OSSIE BLADINE

Inside and out, McMinnville's Heater Allen brewery is in transformation.

The beer at is different, too. And the same.

Lisa Allen and Kevin Davey purchased the brewery in November 2022 from her parents, Rick and Jan, after it celebrated its 15th anniversary last summer. It's the second-oldest brewery in the county, after Golden Valley.

Heater Allen's revised production system is taking shape, marking the largest changes since the

brewery opened, on Northeast 10th Avenue in the Alpine Avenue district.

The long-awaited expansion project got underway in late 2022 after its neighbor, Remy Wines, moved operations to join its tasting room near Dayton. That enabled Heater Allen to double its space both for brewing and aging of beer, and for outdoor beer garden service.

The beer garden, known as Gold Dot Spot for Davey and Allen's new line of ales, opened as a self-pop-up May 20 and began regular operations June 9-10 — weekends only for the time

being. Gold Dot Spot is behind the brewery, at 907 N.E. 10th Ave. Hours are 2 to 7 p.m. on Fridays and noon to 6 p.m. on Saturdays, with Sunday hours planned to start in July.

Everything indoors is in flux, including the brewery's small tasting room.

"We are doubling the size, and will have the ability to make twice as much beer, depending on what beers we make," Allen said. Addressing that increase in volume started with installing new floor drains.

With double the space and output, Heater Allen will continue what has

forefront," Allen said. "He wanted me to the face of the brand going forward, because I think he kind of knew that eventually he wanted to step back, and so have me take ownership to some extent."

"I think bringing new life into the brand is part of it," Allen said. She added, "I've always felt very connected to the brand because it's my Dad, but a lot of this, with Gold Dot, it's creating something of our own."

Said Davey, "We wanted to make something that is a collaborative effort between the two of us." The first Gold Dot, a Helles,

**"I've always felt very connected to the brand because it's my Dad, but a lot of this, with Gold Dot, it's creating something of our own."**

LISA ALLEN

arrived in May and the first kegs were blown the same day it debuted at The Bitter Monk tap room. Look for more Gold Dot lagers this summer, along with Heater Allen Maibock, and a beer in the Kolsch style.

They call the expanded Heater Allen "lager-cen-

tric."

"I've been describing them as luxury lager," Davey said of the Gold Dot line. Most will lager for eight or nine weeks, instead of the typical six.

"For me, I want to do what I couldn't do at Wayfinder, if that's possible,"

Davey said. "A lot of that had to do with being in McMinnville with a small team, and being an owner. I don't want to re-envision Heater Allen. And I don't want to change it. We want to continue to make fantastic pilsners."

The expansion and addition of new equipment will improve the brewery's process, Allen and Davey noted. Last week the brewery took delivery of new fermenters and lagering tanks, to be located in the expansion area along with packaging and kegging, allowing a linear, streamlined process from mash to market. ■

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# HIGHER POWERS

Earth & Elevate studio takes yoga to the floor and the air

BY STARLA POINTER

A new yoga studio in McMinnville offers classes both on the floor and up in the air.

Earth & Elevate Movement Center is equipped with suspended slings in which students can do yoga poses and other moves, said Jessie Tay, owner of the new studio.

“The aerial yoga challenges perceptions,” Tay said. “You become aware of your body in space ... it allows more emotional regulation and introspection.”

Aerial work also moves muscles that may not have been used for awhile, she said. “It’s a lot of inversions,” as well, and those upside-down movements can stretch the body and relieve compression.

Tay also leads traditional floor yoga classes, and her studio also brings in teachers that offer healing movement practices such as mat pilates and belly dancing. In addition, an energy healer will offer a class with singing sound bowls.

“For me, yoga is very, very empowering,” Tay said.

It improves her health and “gives me a deeper mind/body connection,” she said, explaining that yoga “spoke to what I needed for a deeper understanding” of her body.



PHOTO BY RUSTY RAE

## Earth & Elevate Movement Center

106 N.E. Davis Street, McMinnville  
503-803-7013  
earth-elevate.com

Many people appreciate what yoga does for the muscles, joints and soft tissues. Others practice is for the spiritual connection, she said.

“A lot of people who come for the physical benefits leave with the seeds of mindfulness planted,” she said.

Tay started as a personal trainer. She became a yoga instructor more than a decade ago. She once had a studio in Vancouver, Washington. But closed it when she and her family moved from Portland to Yamhill County fulltime in 2020.

She started teaching at 4Elements Yoga with owner/founder Erin Bowman in early 2020. Three

weeks later, coronavirus pandemic restrictions caused Bowman’s studio and many other businesses to close.

4Elements, which also offered aerial work, eventually reopened. But it closed in May 2022 after losing its lease.

Bowman taught at other sites for awhile, then decided to move on with other projects. On the Spring Equinox in March, she announced she’d sold the business, saying the change marked “the culmination of 12 years, a full lunar cycle, invested in the support of wellness, community and personal transformation.”

**ABOVE:** Jessie Tay poses in an aerial sling that are used in her Aerial Yoga classes at Earth & Elevate Movement Studio.

“A lot of people who come for the physical benefits leave with the seeds of mindfulness planted.” JESSIE TAY

since she’d come to McMinnville. When it became available to rent, she was delighted.

“This building is so charming, so beautiful,” Tay said, and its history as a church and, at one point, a healing arts center fits perfectly with her mission to help people with mindfulness and mind/body connection.

She said she’s also thrilled to be teaching yoga again. “It’s so gratifying, so wonderful, to hear my clients say they are no longer in pain while walking up and down stairs, or no pain doing other things,” she said.

Tay, who has children who are 10, three and six-months old, offers classes for both adults and little ones.

Her first aerial class for youngsters six to 10 was completely full, prompting her to split it into two sessions, she said. Like other classes for kids, the aerial sessions are “more playful.”

But like all her classes, they start with mindfulness practice and breathing. Then clients move on to work in the slings or on mats. Classes “gently progress” from beginning to more challenging moves.

Most people are physically able to do yoga on the floor or in the slings, which

are rated to hold 500 pounds or more. “Your weight doesn’t matter,” Tay said.

However, a few students shouldn’t try upside down movements without checking with their doctor first, she said — those with high or low blood pressure, for instance, or people with vertigo.

Clients also can modify their movements in both aerial and floor yoga classes, she said. Beginners might not do all the moves that experienced students perform, for instance.

“I expect students to have no aerial experience, so I have an ‘intro to aerial’ class,” Tay said. “You can choose your own adventure. It’s up to you how to move, and I’m here to guide you.”

Props are provided, including mats. Tay said students usually wear sweats or workout gear to classes, “something easy to move in.”

Earth and Elevate currently is open three days a week, with plans to add more classes. A schedule is available on her website, earth-elevate.com.

She admits, “The logistics hadn’t really been ironed out, but when that bus passed in front of me, it became really clear. It was a giant green light for me. It really helped. ■

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“Thoughts come clearly while one walks.”

— Thomas Mann

BY NEWS-REGISTER STAFF

**W**alking is a sure way to relieve the cares of the day, soak up some vitamin D, and enjoy fresh air and exercise, as well as a lovely preface or follow-up to a fine meal or evening of music or theater. For this edition of Indulge, members of the news staff discuss a few favorite walking routes, both urban and rural, at six locations that are easy to get to and, except where noted, free. — *Kirby Neumann-Rea*

#### A CARLTON RAMBLE

I love the city-country mix of walking in Carlton: Watching yards change with the seasons, monitoring the progress of construction projects, seeing what’s swimming in the little creek on the east side of town and viewing the vistas of hills and fields. A favorite route takes me north on Fourth Street from Main, exchanging greetings with two big dogs who are always alone in their yard, then three more who spent time outside with their owner (I greet him, too), then into a bit of country before I reach a relatively new subdivision. I walk east on Johnson Street, then south on Seventh, passing a community park before I arrive at a little bridge over the creek.

On summer mornings, I see nutria napping on the banks. A couple more blocks takes me back to Main, where I turn west toward downtown; keep walking and you’ll find the gift shops, restaurants and wine tasting rooms. — *Starla Pointer*

#### RIVERSIDE SIDEWALK

My newest walking route takes me to work, although you could walk it any time.

I disembark from the Yamhill Transit bus at Lafayette Avenue and Riverside Drive, then head east to Miller Street. The route measured .8 miles on my vehicle’s odometer, although the first time I walked it, in heavy fog, it felt longer. Now, as I think more about the interesting buildings and beautiful countryside, rather than about my feet, it feels good. The route passes the dog park, so there are usually some friendly greetings as I go by; then YCAP, McMinnville Water & Light, McMinnville CrossFit gym and several manufacturing businesses. If I kept walking, instead of going to work, I’d really feel as if I were out in the country as Riverside winds past small farms and other residences. I’m looking forward to nicer weather, when I may see colorful hot air balloons from Vista Balloon Adventures heading our way. — *Starla Pointer*

#### LINFIELD WELLNESS TRAIL,

This trail, at 1.1 miles, is open to the public and popular with walkers and runners, and wide enough to accommodate plenty of traffic. Yet it often feels secluded, like you have the whole trail to yourself. This flat and, mostly, dry trail is open to anyone, and can be approached either at a small parking area on Booth Bend Road or on the northeast side of the trail, on Keck Avenue on the Linfield campus. (Benches are provided but no water or toilets.) A third of the route is tree covered but the rest is open. On warm days take the counter-clockwise route and enjoy the shady pines and maples on the last half of the route. Another idea is to incorporate the trail with a general campus walk. If you need refreshment, Albertsons and other retail are on the north side of the route and a key amenity is the “art walk” at the university’s Miller Art Center, on the northeastern section of the trail. This makes it a satisfying urban walk with both human and natural appeal. — *Kirby Neumann-Rea*

#### MILLER WOODS

For a pure dose of accessible nature, Miller Woods Conservation Area, six miles west of McMinnville, is prime walking territory with ponds, streams, native plants, birds and other wildlife. Day pass for one vehicle is \$5. Owned and operated by Yamhill County Soil and Water Conservation District, the 130-acre site offers varied trail loops that pass through oak savannah land and a hayfield, as well as deeper into the woods, with mild and steep slopes that give the feel of being in the middle of the Coast Range. The longest route, called Outer Loop, measures 4.5 miles. Or, start with the short Discovery Loop around a large pond, active with wildlife. It’s just down the slope from the parking area. (Volunteers built a modern restroom facility last year, replacing porta-potties.) The area was bequeathed by Frieda and K.T. Miller in 2004. Note that no bikes or dogs are allowed, and the site closes at dusk. Sturdy shoes are recommended. Also, groups of 10 or more are asked to make reservations; details at yamhillswcd.org/miller-woods. To get to Miller Woods,

take Baker Creek Road west and turn on Northwest Orchard View Drive. — *Kirby Neumann-Rea*

#### HOSPITAL TRACK

The Willamette Valley Medical Center all-weather track, located on the south side of the McMinnville hospital property offers a perfect location to get some steps in no matter what the weather is, because you’re walking on a rubberized surface. It’s a quarter-mile oval. My first experience using the track came after undergoing a total hip replacement procedure. It was good physical therapy. What I further like about the track is that it’s available for use day and night. The Baker Field track, located on Northeast Evans Street, across from McMinnville High School, was once an option 24/7. No more, as hours of use are now more restricted. If after finishing up on the hospital track, you can always continue your walk by establishing a personal route that takes you across the hospital property, which is quite expansive. — *Paul Daquilante*

#### JOE DANCER PARK

The Joe Dancer loops might offer the perfect lunch-hour hike. Close to downtown, the park is ideal in summer as portions of the trail are shaded by the wide and low-hanging branches of maple and fir trees, including the stretches near the Yamhill River. This flat trail, mostly woodchip surface with some grassy stretches, is well-maintained by the city of McMinnville. There’s essentially two loops: the south one that goes around the Drew Gary Ottley Memorial Skatepark and the softball diamonds, and the north loop, taking in the Rotary Wetland Park. Take a picnic and rest at one of the unusual metal picnic tables along the trail, and listen to extensive birdsong. Worth viewing en route is the “Power of Play” mural done by Mac High art students in 2022. In July and August, Joe Dancer is also great blackberry-picking territory. The parking lots near the south entrance, at the skatepark, and in the center of the park provide excellent trail access. — *Kirby Neumann-Rea* ■

**ABOVE:** A couple of locals take a leisurely stroll along the trails at Miller Woods.

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## Cypress

Continued from page 11

**Q**So, what about the fun parts?

**Travis:** Being a first time restaurant opener, it was really fun to design the space. We teamed up with the Atticus Hotel, so finding an opportunity to create a congruent space with them that's going to fit their style and provide us still a palette to paint on and play with has been really fun. I think that we found a good balance there.

The community and their support. Coming in and seeing just happy faces. That's why we're here. That's why we do it, to provide that service for people. That's been really fun.

And one of the hidden fun parts that I found is, even with the challenges of staffing, we've hired a lot of people that are fresh to the industry and have had this opportunity to train them and see that growth and see their energy and their enjoyment of what we're doing here.

For me it centers around that interpersonal thing, where we bring in the community, and we have staff that loves being here. That's fun for us and makes it easier.

**Henry:** Yeah, watching the staff feel more invested and feel like they have a voice and feel like they have a place. That's been fun watching that growth.

They want more challenges. We don't want this to be our one and only menu. We want this to grow and change, to play with different

**ABOVE:** Chefs Henry Kibit (foreground) and Travis Bird finish off a couple dishes in the front kitchen.



PHOTO BY RACHEL THOMPSON

flavors and play with different platings. That requires an investment not only for us, but also from our staff to be up for that and not get complacent. They're not just plating hummus and calling it a day.

**Q**What's been the initial feedback to the menu and do you have any favorite dishes on the menu?

**Travis:** We kind of have a hybrid breakfast of some Mediterranean fair, or some more Americanized fair to appeal to a wider group of people. The ful mudammas and the shakshuka have really been big highlights on the breakfast menu. That's one of my favorite dishes, the shakshuka, which is kind of this stew of peppers and garlic and tomato, a couple poached eggs on top. Traditionally, it's more of a baked egg inside the dish. So some fun little twists on it that we were trying.

The muhammara is another one of my favorite dishes. It's a kind of walnut

**“You'll be able to come in knowing that those familiar flavors are here, and then find these new weekly or monthly interpretations of what we have around us.”**

TRAVIS BIRD

and pepper spread, like a hummus idea; very flavorful, just packed with textured flavor, one of my favorite ones for sure as far as experience.

**Q**The menu is meant to be kind of a shareable experience, right?

**Henry:** Very much intended to be that. It's not a fully composed protein, starch and vegetable kind of a presentation. It's more of protein with the sauce and then you have this wide range of different beats, carrots, cauliflower and things that are really easily shared. Breakfast is obviously a little bit different, but there's definitely still some shareable

items there, too.

**Q**For home cooks looking to expand what they make, what are some tips when it comes to Mediterranean cuisine and trying to add more of that at home?

**Henry:** I would say look to expand upon some of the spices that you use and in the ways that you use them. It's super simple. Here's a great example: People make hamburgers all the time at home, right? It's easy enough and readily available out there that you could do a combination of a little beef and a little lamb. And then spice it a little bit differently. Maybe it's a

little cumin, a little coriander — things that you're not unfamiliar with, but maybe you hadn't totally considered. Maybe add a little squirt hot sauce into your ketchup, or a little harissa into your ketchup. Those are things that you can buy pre-made, like a tube of that sauce, and just sneak some of those flavors in the more familiar places that you're comfortable with.

There's a wealth of resources with cookbooks and the web — I'm always more of an advocate for the book, just because it's nice to be able to stand up a book after you've continued to practice these recipes and worked with these flavors.

You can get falafel mixes, but what you're getting there is not going to be the same as soaking your own garbanzo beans, grinding them and trying to take those extra steps. That's a process, but the end result is going to be so much different than this little dried package that you're adding water to.

**Q**I know you've been big into foraging. Are you able to continue to do that with this cuisine?

**Henry:** We have not ruled anything out. I won't speak for Travis on this, but I definitely have spent a lot of years personally doing a lot of foraging. Right now, we haven't had the luxury of extra time that it does require. But there's also businesses out there that we can buy from and support that are doing it.

We'll see what the future holds. I'll never say no, especially when it comes to getting out there and mushroom hunting. That's always top on my list, especially to get my

kids out there, too.

**Q**On the drink side of the menu, are there traditional items? Are there certain pairings of drinks and cuisine?

**Henry:** We do a Moroccan mint tea service; a sweetened mint tea with fresh mint that definitely lends itself nicely to our food. Other than that, we're playing with some flavors, whether it be a little za'atar-rimmed, a little sumac syrup infusion or cardamom flavors.

We've been messing around with a Turkish coffee. We don't have means nor really the space to do the traditional in-sand coffee. So one of the things we're looking to do is emulate those flavors in an espresso form. A Lebanese coffee or a Turkish coffee is often made with cardamom and fine ground coffee. So we're trying to do that with a cardamom syrup to try to hit those marks and those places, pallet-wise. It almost tastes like a Fernet-Branca, kind of minty. And then you have that with maybe a little sweet slice of baklava, something a little more kind of sugary and honey-driven. The combinations are nice: bitter and herbaceous with a sweet nutty kind of combination.

The bar program started off with a lot of ideas and we have honed it in to make it work a little bit better with the food and service. Now it's in regrowth stage again, the next wave right now. Super exciting Lebanese wine on the menu, as well a bunch of local supportive wineries and producers.

**Travis:** Michelle spent a lot of time curating this wine list. So we see some local wines

that you don't see around too often, but also there's a good selection of imported wines, which you really never see many places. It heightens that sense of adventure.

**Q**Now that you're open, what are you looking forward to?

**Henry:** We're excited as the seasons have already begun to progress. I'm seeing pictures of harvesting cucumbers, and zucchinis and the strawberry season now. So now it's time to get busy (trying new things) without changing the menu too much. We want people to be able to fall in love with some of these dishes and come back and rely on them being there. But all of our progressive thought processes still has to be supported, too. The farms grow such good stuff, it's hard not to get ambitious.

**Travis:** That goes back to that seasonal thing and the Northwest foods. We started with this menu, it's kind of on the smaller side. It's going to be the staple backbone of what happens here, so people can fall in love with the pita or the falafel or shakshuka. But as we keep going and growing bigger, our intention is to start having more of a specials menu that we feature these seasonal items. You'll be able to come in knowing that those familiar flavors are here, and then find these new weekly or monthly interpretations of what we have around us.

That's when the fun really begins: once we get our processes in order and become a little more well-suited to functioning as a kitchen that can put out consistent specials like that. Something to keep an eye on for. ■

## Zapata

Continued from page 26

**Q**How did you manage through the pandemic when performing live in front of a crowd wasn't an option?

**DZ:** From March through July of 2020 I did a handful of online performances, Zoom concerts were a hit for about a week, they got old pretty quick. July through the fall of 2020 some live music events started to come back and I was making out okay. In November there was a 'two-week lockdown' which lasted more like 2 months. I was offered a position at Methven Family Vineyards and started pouring wine there in the spring on 2021. I ended up going back to full time music as events picked back up in full swing in the summer of '21 and haven't slowed down since. Although the Covid era was emotionally taxing, it was the best thing to ever happen to my music business. People are throwing more parties now than ever and I think everyone realized how powerful rest and celebration can be.

**Q**On the business side of the industry, is there any advice you'd give yourself 10 years ago if you could go back?

**DZ:** Just because people don't applaud that doesn't mean they don't enjoy your music. People want to have fun, you just have to help them find it.

**Q**Who would be your dream musician to perform with?

**DZ:** Alive — Ben Harper. Dead — Jim Croce. ■



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# Dante Zapata



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ABOVE: Dante Zapata out in nature with his acoustic guitar.

**Q** Have you kept count of how many different wineries and tasting rooms you've performed at?

**DZ:** I was keeping track for a while a couple years back but I've lost count. I'm guessing somewhere around 100 different wineries. I started performing in tasting rooms and wineries about 13 years ago when

I was fresh out of high school and have performed in at least 10 different wineries every year since.

**Q** Do you have a favorite winery or tasting room to play at?

**DZ:** I really do love all the wineries I've performed at. I've never played at a 'bad winery'. It really comes

down to the acoustics of the room, the vibe of the space and staff, and of course the wine and label. Some of my favorites include Brooks, Van Duzer, Lange, Ponzi, to name a few.

**Q** What bottle of wine goes best with a Dante Zapata solo set?

**DZ:** Whiskey.

**Q** Your Spotify profile playlists run the musical gamut of all genres. Is there any music you don't like to listen to?

**DZ:** Not a fan of Zydeco believe it or not. It sounds like hyperventilation.

**Q** What's something people might be surprised to know about you?

**DZ:** I was a competitive and performing ballroom and club dancer for around 10 years. I really love dance, it's the mistress to my first love of music. I pulled the reins way back on dancing after covid shut down a lot of my favorite clubs and communities.

**Q** You've been playing a lot of R&B/Soul/Funk gigs with bands, most recently as The EarthTonez; do you have any other music projects on the horizon

outside of your solo work?

**DZ:** Yes! I'm hoping to start a country band in the near future.

**Q** Has that recent group work been your first foray into being a frontman on the electric guitar? Do you see yourself moving more into electric music and detour from the acoustic work you've been performing for so long now?

**DZ:** The Earth Tonez is a relatively new group, I was performing electric music regularly about 3 years before The Earth Tonez. There's equally high demands for both mellow acoustic social events and full band electric dance parties. One really doesn't outweigh the other right now and I don't foresee it doing so.

**Q** Is there an instrument you're wanting to learn?

**DZ:** I'd love to learn piano. If I had more time, or a better way of managing the time I have, I would absolutely put time into the piano.

**Q** How many songs are in your repertoire to perform in front of people, and how frequently are you learning new songs?

**DZ:** I'd say I have about 2-300 songs in my repertoire. But I usually play the same 100 or so songs on a regular basis. I don't learn too many new songs these days. I'd say maybe 2 or 3 a month. These are usually special requests for weddings or me just trying something new.

*Continued on page 23*

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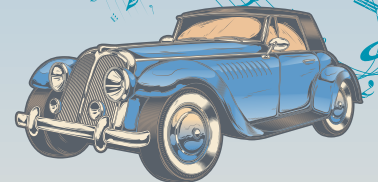
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