



# Tyonek

TRIBAL  
CONSERVATION  
DISTRICT

## February, 2025

It's been a while, but we are back with monthly newsletter updates on what TTCDD has been up to! The past couple months have felt oddly like spring, and though it seems like we should be prepping beds for the growing season and preparing for field work, our team has been busy with all things winter - analyzing summer data, applying for grants, running the Tyonek Gather Market, and developing lesson plans for the Tebughna School.



## Dena'ina word of the month



Shegha means frost crystals, which grow from water vapor in the air on windowpanes, tree branches, and other solid surfaces. Shegha can help tell the texture of snow and overall environment for navigation on ice roads.

**Shegha:**  
fine frost  
crystals

# Habitat Monitoring & Restoration

Since 2018, TTCD and the Native Village of Tyonek have partnered with the Alaska Department of Fish & Game on pike control near Tyonek and Beluga, analyzing pike otoliths (tiny ear bones) to trace the origins and movement of these invasive fish. The results of this study were recently released and have spread to national news: <https://tinyurl.com/2s3rvufn>



## Youth & Education

With the recent hiring of an Outreach Manager, we are building out new culturally relevant STEM based lessons plans and are returning to the Tebughna School classroom to reconnect with the students in Tyonek. Most recently, we taught about beluga echolocation!

## Tyonek Gather

The Tyonek Gather program is providing 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 the following Friday. Weekly orders of Alaskan-grown foods can be found on the online marketplace: <https://tyonekgather.localfoodmarketplace.com/Products>



# What's on the menu?

## Recipe: Carrot Muffins

It's winter, and I don't know about you, but I keep reaching for carrots - they're hardy, nutrient rich, and they add a little color to my life. This muffin recipe has brought me joy in the last month. I hope it brings joy to you, too.



### Ingredients

- 1½ cups all purpose flour
- 1 cup sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup vegetable oil
- ⅓ cup brown sugar
- 2 large eggs - at room temperature
- 2 teaspoons vanilla extract
- 2 cups finely grated carrots

### Directions

- Preheat oven to 350 degrees and line a muffin tin with cupcake liners or grease well.
  - In a medium bowl whisk together flour, sugar, cinnamon, nutmeg, cloves, baking soda, baking powder, and salt.
  - In a large bowl combine oil, brown sugar, eggs, and vanilla and mix well. Stir in grated carrots.
  - Stir dry ingredients into wet ingredients.
  - Fill muffin tins 2/3 full.
  - Bake in preheated oven for 20-22 minutes until a toothpick inserted in the center of the muffins comes out clean. Cool for 5 minutes before transferring to a cooling rack to continue cooling.
- \*Can sub half of the flour called for with barley flour.

## How's it growing?



Just because it's a slow month on the farm, does not mean it's a slow month of growth! In the TTCD hydroponic gardens, we have been growing full, healthy heads of lettuce just like the Salanova butter lettuce pictured here! Hydroponics, a method of growing plants without soil and often with the use of artificial light, is a good way to grow fresh, local produce year-round in Alaska.

