

NOVEMBER 2023

# The Columbian

*for* **kids!**



THE  
**FOOD**  
ISSUE

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## Hey Kids!

### Can you guess what all these ingredients make up?

- Layers of soft pasta.
- Rich, red tomato sauce.
- Savory, stretchy and melted mozzarella.
- Just a pinch of basil.

Lasagna! It is my favorite food. A few years ago, I decided to start making my own. Why? Because I realized that one of the best ways to make your friends and family happy is to cook for them.

My mom taught me how to make lasagnas. We have been eating them for the holidays for my whole life! Every family has different traditions with holiday food, and I like to see how each one is special and unique.

When I pull a hot lasagna out of the

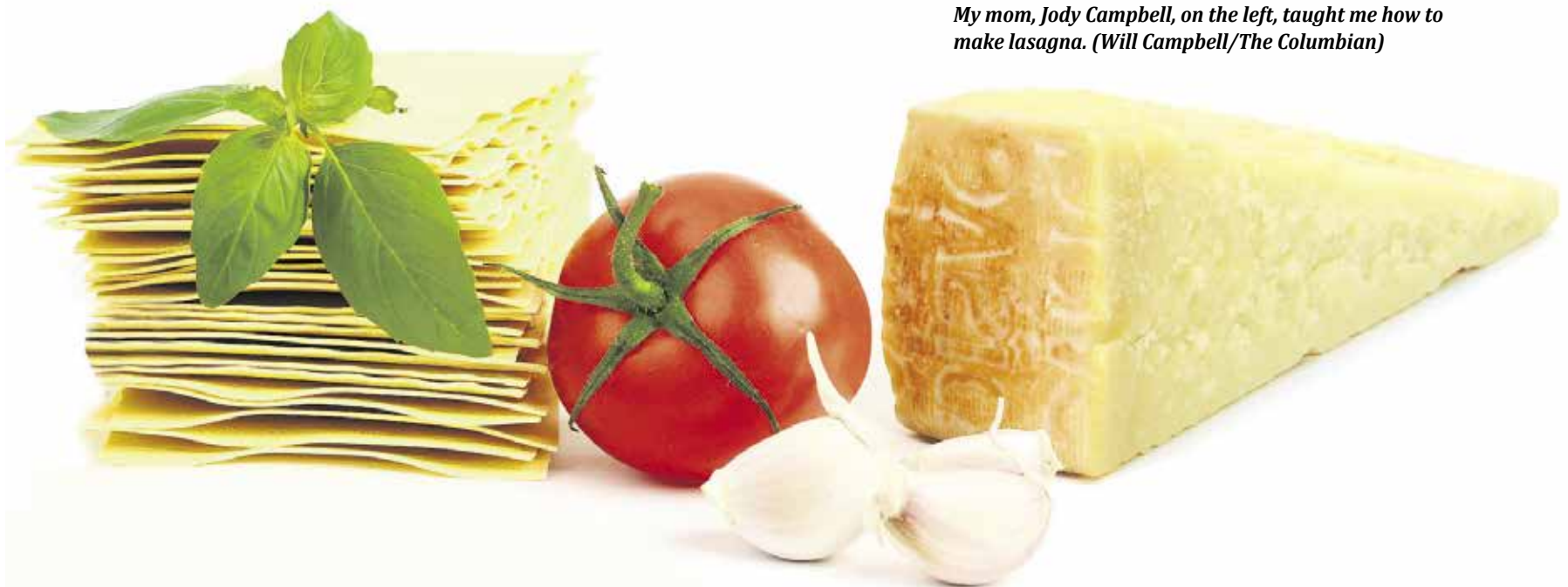
oven and set it in front of my loved ones, they understand the work I put into it. When we go sit down at our favorite restaurant and order a meal to share, we also feel comfort and happiness.

Food brings people together and creates memories, and that's what this second-ever Kids Edition of The Columbian is all about. ●

Thank you,  
Will



*My mom, Jody Campbell, on the left, taught me how to make lasagna. (Will Campbell/The Columbian)*



“ I can only make eggs by myself. I don't like them but I make them for my family. ”

**-Ronan, age 7**

“ My favorite thing to cook is hamburgers. It's fun. ”

**-Logan, age 9**

“ My favorite thing to cook is eggs because it's easy. When I cook eggs I make it delicious. ”

**-Sylas, age 7**

“ My favorite is homemade ice cream that tastes like whip cream. ”

**-Anais, age 8**

“ Chocolate Chip Waffles - I just put them in the toaster. ”

**-Adam, age 8**

“ I like to make cotton candy because I have a big cotton candy machine at my house. ”

**-Masey, age 8**



“ I like to bake cakes because it is fun. ”

**-Onighla, age 8**

“ I like to make cakes with my mom. ”

**-Lola, age 8**

“ I like to bake cakes because I get to do it with my mom. ”

**-Ryleigh, age 9**

“ Fried rice because I like the taste. ”

**-Jonas, age 8**

“ I like to cook chicken with my uncle. We put barbeque sauce on it. ”

**-Laylah, age 7**

“ My favorite is homemade pepperoni pizza that you cook in the oven. I like the cheese crust. ”

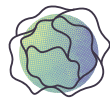
**-Braxton, age 8**

“ I've never cooked anything on my own. I have helped my parents make spaghetti, pancakes, and french toast. I love those foods. I'm very good at stirring things though. ”

**-Cora, age 7**

# 7 Foods Every Kid Should Try in Vancouver

By Rachel Pinsky, for *The Columbian*



Being a food writer is fun because I can use all my senses (taste, touch, smell, sight, and hearing) for my work. I also get to do two things that I love - write and eat. Parents (like me) often complain that kids are picky eaters but maybe you're just bored with the food on the table. Kids' menus at many restaurants typically just have chicken nuggets or noodles with butter, which are good but there are so many other things to eat.

This is my list of seven foods I think every kid should try. I picked them for their interesting flavors, textures, and appearance. I explained where they come from and how they're prepared for readers who've never had these dishes, but I know that many of you are very familiar with these foods. *Make your own list or write comments about these dishes and share them with me on my Instagram @rachelapinsky or email me at couveeats@gmail.com.*

**1: PUPUSAS AT MI CASA PUPUSERIA Y MEXICAN RESTAURANT.** Pupusas are round flat disks of corn masa (the same dough used to make a corn tortilla) wrapped around cheese and other fillings like beans, chicken, pork, or veggies then placed on a hot griddle until golden and crunchy on the outside with a nice ooze of melted cheese on the inside. This snack from El Salvador comes with a

zesty pickled mix of shredded carrots and cabbage called curtido that adds lightness to the richness of the masa and cheese. [www.instagram.com/explore/locations/116630066418355/mi-casa-pupuseria-y-mexican-restaurant/](https://www.instagram.com/explore/locations/116630066418355/mi-casa-pupuseria-y-mexican-restaurant/)

**2: KHACHAPURI AT DEDIKO.** Dediko means mommy in Georgian, but this Georgia is in Eastern Europe not the United States. Ella Bakh, who owns the restaurant, comes from Tbilisi, Georgia. She opened this restaurant to share food from her hometown. Khachapuri are large boat shaped flatbreads with cheese and other toppings. My favorite is the adjaruli filled with fresh cheese, butter, and egg. The egg baked on top looks like a drawing of the sun when it comes out of the oven. [www.instagram.com/dedikovancouver/](https://www.instagram.com/dedikovancouver/)

**3: KIDS MEAL OR PAD KI MOW BEEF AT GINGER POP.** Ginger Pop offers a special kids Thai meal served on trays with small compartments filled with thick chewy rice noodles and egg, goldfish crackers, fruit gummies, and choice of drink. If you have a larger appetite try one of the regular dishes like pad ki mow with wide rice noodles tossed with strips of beef, as well as sliced peppers, onions, and mushrooms. The tofu fries served with three different dipping sauces also offer a fun way to try a variety of

flavors. [www.instagram.com/gingerpopthai/](https://www.instagram.com/gingerpopthai/)

**4: CININNATI CHILI AT SLOW FOX CHILI PARLOR.** Sadly, the midwestern part of the United States isn't typically considered a food destination but many great eats from here (ok, I admit it, I'm from the midwest). Cincinnati chili is one of those dishes. It isn't just chili but chili mixed with spaghetti noodles, shredded cheese, beans, and onions. The best part



Khachapuri

Liège waffles

Cincinnati Chili

is you can order it however you like. Three way comes with spaghetti noodles, chili, and cheddar cheese. Four way is three way plus diced onions or kidney beans. Five way is three way with diced onions and kidney beans. Don't worry about memorizing all these ways, they're listed at the restaurant. The shredded cheddar cheese melts into the hot noodles and chili making every twist of the fork the perfect bite. [www.instagram.com/slowfoxchili/](https://www.instagram.com/slowfoxchili/)

**5: ALAMBRE AT LOS ALAMBRES.** The Hernandez family opened this casual family friendly spot to share their favorite foods from their hometown of Mexico City. Los Alambres serves things like burritos, tacos, tortas, and quesadillas like many other Mexican restaurants in town, but they also have some special dishes from Mexico City. My favorite dish is the alambre - a platter of grilled Mexican sausage, steak, bell peppers, onions, and ham topped with melted cheese. It's served with warm corn tortillas to scoop everything up and add a bit of salsa. [www.instagram.com/losalambres.cdmx/](https://www.instagram.com/losalambres.cdmx/)

**6: LIÈGE WAFFLES AT SYRUP TRAP.** These Belgian waffles are made with a yeast-leavened dough dotted with bits of Belgian pearl sugar. The small balls of sugar turn caramel-y while they are cooked in a special waffle maker. Syrup Trap offers many topping choices. Waffles can be ordered with just a dusting of powdered sugar, sweet toppings like strawberries and whipped cream or blueberries and lemon curd, or savory things like brie, ham and pear. You can also create your own combinations with a variety of things like chocolate syrup, bananas, and sausage. [www.instagram.com/syruptrapwaffles/](https://www.instagram.com/syruptrapwaffles/)

**7: CRAZY DRINK AT SHORT & SWEET.** Short and Sweet offers a great selection of milk teas and fruit teas with or without boba, but their signature drink called the Crazy Drink is a unique sensory experience. The first thing you'll notice are the variety of shapes and colors floating around in the plastic cup as you poke your straw in and sip the refreshing winter melon juice base. The bright colors and shapes bobbing around in the clear tea give this drink under-the-sea vibes. [www.instagram.com/shortnsweet360/](https://www.instagram.com/shortnsweet360/)



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 A E N B E O T A T O P E  
 R I D Y C A N D Y W O V  
 G F P Z J Y Z U R O V O  
 C J V U B W S X R H I V

apple pie	gingerbread	samosa
candy	holiday	tamale
chocolate	latke	turkey
cider	mochi	
eggnog	potato	

Do you want to try something a little different for your holidays that kids in other countries around the world eat during this time of year? These are foods that you can get at the store or make at home with your parents.

Color the Food . . . . .



**TAMALES:  
MEXICO**

Tamales are pockets made from corn flour dough spread on a corn husk and filled with meat or cheese. They are and folded up and steamed, and then unwrapped to be enjoyed.

Samosas are little triangles of fluffy pastry dough filled with potatoes, peas and spices and then deep fried or baked.

**SAMOSAS:  
INDIA  
AND OTHER SOUTHERN  
ASIAN COUNTRIES**



**GINGERBREAD:  
EUROPE**

Gingerbread cookies are common in Europe and now in the U.S. They are crunchy cookie with the warm, spicy flavor of ginger, cinnamon, and nutmeg.



**MOCHI: JAPAN**

Mochi is rice that's steamed, pounded, and made into little balls. The flavors can be plain and simple to sweet and fruity, or even filled with red beans or ice cream!

**LATKES: JEWISH COMMUNITIES**

Latkes are made by grating potatoes into a batter and adding some onion, egg and flour. Then, they're formed into small patties and fried in oil until they're golden brown and perfectly crispy. They're eaten with sour cream or apple sauce.



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# PEOPLE- PLEASING PUDDING IS PERFECT FOR PARTIES

By *Monika Spykerman, The Columbian*



**T**here are many things you should not do with pudding. You should never, for example, put it in your shoes. You should not use it as shampoo. You should not mix it with glue and use it for papier mache. And you must not, under any circumstances, use it to clean windows.

## The best thing to do with pudding is eat it.

You can make homemade pudding from scratch with eggs and milk, but it involves complicated directions and cooking on the stove and other very annoying things. I will share a secret with you: Even I, a person who cooks a lot, cannot make good pudding from scratch. It's hard and I think we should let other grown-ups do the hard things and you and I will just have fun.

There is a way to make pudding very quickly. It's called instant pudding. It comes in a box and is a sweet powder that turns into pudding when it's mixed with milk. It's a treat to have sometimes, as long as you also eat the vegetables your parents want you to eat, like broccoli and carrots and celery and peas. But no one can eat broccoli all day, every day, because that would be boring and you'd have broccoli breath. No one wants to smell like broccoli. That's why extremely smart people invented dessert.

Here are two ways to make delicious dessert with instant pudding. One recipe is Pumpkin Pie Pudding and the other is Chocolate Cherry Pudding. I took pictures of each of the steps so you can see how to make them. The recipes are very easy and you don't need to cook anything, but you do need to use a hand-mixer. You might need an adult to help you with that part. You might also want to wear an apron so you don't get pudding all over your clothes. Pudding is sneaky that way.

The last, and most important part, of any recipe is: You get to eat it! If you get pudding on your face, well, sometimes that happens. Grown-ups are absolutely not allowed to have face-pudding. But you're a kid so you should be fine.

P.S. If you have questions or want to show me pictures of your pudding creations, send me an email at [monika.spykerman@columbian.com](mailto:monika.spykerman@columbian.com). If you want to send me a picture of an octopus, that would be great, too, because I love octopuses.

**But please don't send me pictures of broccoli.**

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[instagram.com/monikasplayfulpantry](https://www.instagram.com/monikasplayfulpantry)**



# PUMPKIN PIE PUDDING

## INGREDIENTS

- 1 15-ounce can unsweetened pumpkin puree
- 1 13.5-ounce can unsweetened coconut milk (or 1 and 3/4 cups of other nut milk or half-and-half)
- 1 5.1-ounce box of instant vanilla pudding mix
- 1 teaspoon vanilla extract
- 1/2 teaspoon pumpkin pie spice
- 1-2 tablespoons maple syrup



## INSTRUCTIONS

1. Pour pudding mix into large bowl.
2. Carefully pour all the coconut milk (or substitute half-and-other nut milk) into the bowl and blend on high with a hand mixer for 1 minute. Get a grown-up to help if needed.
3. Add pumpkin puree, vanilla, spice and syrup and mix again with the hand mixer until well blended and smooth.
4. Transfer to six small, cup-size bowls or leave in large bowl.
5. Refrigerate for 1-2 hours.
6. Serve plain or with whipped cream and a sprinkle of coconut or cinnamon.



Pumpkin Pie Pudding is perfect for kids who like pudding. And pumpkin. And pie.

Decorate Pumpkin Pie Pudding with whipped cream and a sprinkle of cinnamon.

# CHOCOLATE CHERRY PUDDING



All you need to make Chocolate Cherry Pudding is chocolate instant pudding, a can of cherries and a can of coconut milk.

## INGREDIENTS

- 1 15-ounce can dark sweet cherries, either in syrup or in juice
- 1 13.5-ounce can unsweetened coconut milk (or 1 and 3/4 cups of other nut milk or half-and-half)
- 1 5.1-ounce box of instant chocolate pudding mix
- 1 teaspoon vanilla extract

## INSTRUCTIONS

1. Pour pudding mix into large bowl.
2. Carefully pour coconut milk (or substitute half-and-half or other nut milk) into the bowl and blend on high with a hand mixer for 1 minute.
3. Add the entire can of cherries (undrained) into pudding mix along with vanilla. Blend with hand mixer on low until well blended. Watch out for splatters of pudding or cherry juice! You may need a grown-up to help with this part.
4. Transfer to six small, cup-size bowls or leave in large bowl.
5. Refrigerate for 1-2 hours.
6. Serve plain or with whipped cream, chocolate chips and a cherry.



Step 1: Put chocolate pudding powder in a large bowl.

Step 2: Add 1 can of coconut milk (or substitute 1 3/4 cup of another kind of milk).



Step 4: Divide the pudding into six small cups and put it in the refrigerator for 1-2 hours.



Step 3: Add the whole can of cherries. There's no need to drain the cherries – add the liquid, too.



After it's chilled, decorate it with whipped cream, chocolate chips and a cherry.

**THE BEST THING ABOUT MAKING A RECIPE IS: YOU GET TO EAT IT!**



Make a pudding that tastes like pumpkin pie! Mix 1 can pumpkin puree with vanilla instant pudding and a can of coconut milk.

half or  
nd mixer

in on high with

, family-style.



the  
Pie  
with  
cream  
le of  
n.

# Food at the Fair is Fun!



**D**id you go to the 2023 Clark County Fair? What's your favorite fair food? Is it the corndogs, the elephant ears, burgers, pie or milkshakes? What about the big turkey leg, or corn on the cob? Have you tried the frozen lemonade, or a smoothie, or munched on some Kettle Corn? The fair is an amazing place to try some foods you may not eat at other times of the year and one of my favorite parts of going to the Fair.

Are you excited for next year's Fair? One of the most fun attractions is the "Passport to Fun" program. This passport is designed with you and your family in mind and aims to transform the fair experience into an educational adventure. With "Passport to Fun," you can explore the world of agriculture, food preparation, and the thrilling activities that the fair has to offer.

At various locations throughout the fairgrounds, families will discover "Passport to Fun" stations. There are places with hands-on activities and educational displays, such as petting farm animals or getting a taste of the art of making honey. These interactive experiences make learning an adventure and provide a deeper understanding of the essential role agriculture plays in our lives. Furthermore, the

program rewards inquisitive (that means curious) minds—each topic learned earns a unique stamp on the passport booklet, along with a related small prize. These prizes add an extra layer of fun while you are learning!

The ultimate incentive? After collecting ten different stamps, you are eligible to enter the grand prize drawing, with a chance at exciting rewards, plus you begin the journey of lifelong learning. The "Passport to Fun" program at the 2024 Clark County Fair will offer an incredible opportunity for exploration and learning in a fun-filled atmosphere. The 2024 Clark County Fair is set to be a remarkable blend of entertainment, education, and food, an event no family should miss. Tell your grownups to put it on their calendar for August 2024! ●



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# What's on your Plate?

Look through this newspaper for food ideas and draw pictures of food you want on your plate.

**Are you going to fill your plate with breakfast food?**

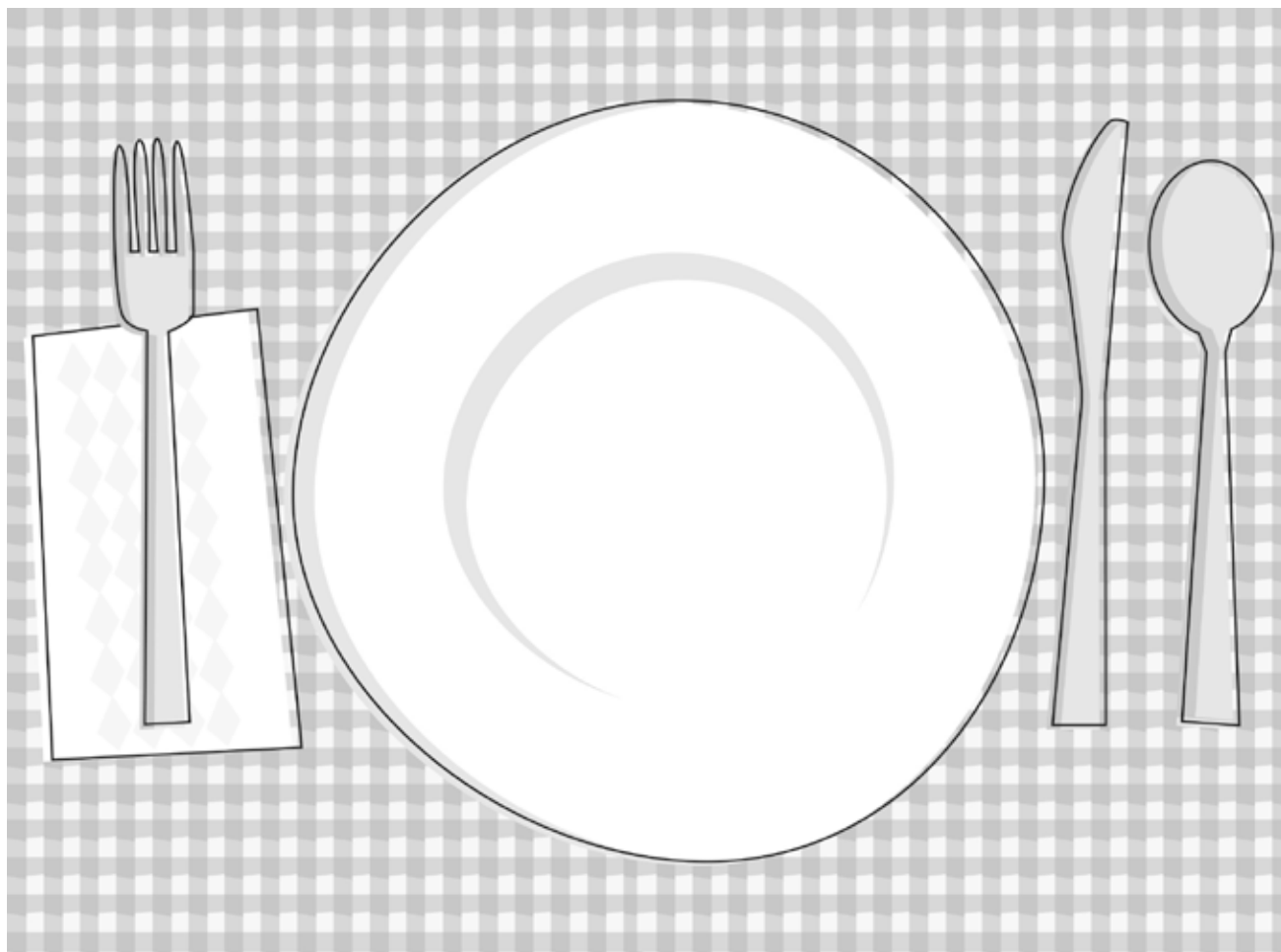
**Or lunch or dinner?**

Notice where the fork, knife, spoon and napkin sit.

**Can you set a table and arrange the plate and utensils this way?**

Where would your glass go? It should sit above your spoon, just far enough away that you don't knock it over. Some restaurants have their tables arranged this way, and sometimes there are extra spoons and forks for different kinds of food.

**What's your favorite utensil? I like whatever I can eat dessert with!**



## FUTURE CEO:

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# Food Art!

Sometimes you may hear "Don't play with your Food!" If you can't cook or make real food to eat, you can play and make your food out of art supplies. You can make realistic looking food or foods as unique as your imagination. Sometimes it's fun to play with pretend food - just don't lick your fingers!

**LOOK AT THESE PHOTOS FOR INSPIRATION AND IDEAS.**

## SUPPLIES

colored paper

paint

puffy paint

glue

scissors

dry noodles

yarn

maybe some pom poms or stickers

puffy paint



*Sweet Treats - from a session on Cake and Ice cream as art.*

*Ramen - from a session on Art & Japanese culture.*

DRIP DROP ART STUDIO | [www.dripdropartstudio.com](http://www.dripdropartstudio.com) | [hello@dripdropartstudio.com](mailto:hello@dripdropartstudio.com) | Instagram: DripDropArtStudio | Downtown Vancouver, WA  
For information on classes and open studio time visit the website | Katie Wright, BA Art Education, Studio Owner



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and warmth this holiday season*

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# Farm to Food



**W**here do you get your food? From the store may be what you first think of! Or maybe you eat at a restaurant sometimes. But how did the food get to the store? How does the restaurant have food to cook for you? Where did it come from originally? The answer is often – FARMS.

Farms and the people that work on them take care to raise crops that we need to eat. This is hard work as they have to maintain the land, plant seeds, and take special care to make sure there is enough water and fertilizer to make the plants grow strong and healthy.

The food they grow can be vegetables – carrots, broccoli, lettuce, potatoes, corn, radishes, cabbage, eggplant, potatoes, soybeans and so many more! Or they



can be fruit – apples, oranges, plums, strawberries, pumpkins and tomatoes. Did you know pumpkins and tomatoes are fruit? What kinds of vegetables and fruits can you name? What kinds of plants can you drink in a juice?

Did you ever think about bread or tortillas or pita and what they are made from? Often that ingredient is wheat, oat, corn or rye. Cereal is made from things like oats - you may eat oatmeal for breakfast. Rice is a plant to make crispy rice cereal or sticky rice. Popcorn and tortilla chips is a fun snack made from corn! So many things can be grown on a farm that are delicious for us to eat! What's your favorite kind of bread? I like mine with peanut butter and jelly! (Peanut butter and jelly are also made from plants!)

Besides plants, there are special farms that raise the animals that provide us with protein.

These farms are where the farmers take care of the animals, providing them healthy food, safe shelter and care. Some animals produce food ready to eat and others have to be processed. Chickens lay eggs, and other chickens are raised for their meat. Dairy cows provide milk, and then the milk and cream can be made into cheese and yogurt and butter. Some other cows are raised to provide meat, which is called beef and is a main part of cheeseburgers! Food is important to our lives.

We all need food and drink of some kind every day. Without farms and farmers, our grocery stores and restaurants would be empty and we would be hungry! And all this talk about food has made me hungry. I'm going to go look in my kitchen for a snack! ●



As a fresh-market farmer, we have a very close relationship with the people who eat the food we produce. However, when you go to the grocery store, every food item you buy was ALSO grown by a farmer, or farmers, and they do the same thing we do. They just often specialize in something different than us, such as hay, grain, beef or even fish.

**-Joe Zimmerman, Bi-Zi Farms**

# WANTED

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to start cooking



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