



By Tracy Beard
PROVISIONS
 ALONG THE TRAIL

Caramel Appletini

- 1 ounce Vodka
- 1 ounce Sour Apple Pucker
- ½ ounce Buttershots
- 3 ounces Apple cider
- Caramel sauce
- Apple slice

Drizzle a martini glass with caramel. Mix Vodka, Sour Apple Pucker, Buttershots, and Cider in a cocktail shaker with ice. Shake for 20 seconds and pour into a martini glass. Garnish with an apple slice.

Caramelized Pears with Baked Oatmeal

A fabulous, warm, comforting breakfast or dessert dish.

- Vanilla sugar**
 ½ cup plus 2 Tbl sugar
 ½ vanilla bean

- Pears**
 2 Tbl unsalted butter
 3 pears (D’Anjou, or firm Bartletts)
 1 lemon

- Oatmeal**
 1 cup milk
 1 cup water
 2 Tablespoons butter
 2 large eggs
 1 ½ teaspoon kosher salt
 2 teaspoons baking powder
 3 cups rolled oats

- To finish the dish**
 1 cup heavy cream

Place the sugar in a bowl. Split the vanilla bean and scrape the seeds into the bowl. Use your fingers to distribute the seeds. Save the pod. Heat the oven to 400 degrees. Place the butter in a 9x13 baking dish to melt the butter. Grate the zest of half the lemon and set it aside. Juice the whole lemon. Peel the pears and split them lengthwise. Remove the cores and toss the pears in the lemon juice. Remove the baking dish and sprinkle ½ cup vanilla sugar on top of the butter. Arrange the pears



cut side up and drizzle the remaining lemon juice on top. Cover with foil and bake for 20 minutes. Remove the foil and bake for 10 more minutes. While the pears are baking, whisk the milk, water, butter, eggs, salt, and reserved zest in a large bowl. Sprinkle baking powder over these and stir to combine. Add oats and stir again. Use a spatula to turn the pears over, carefully spooning sauce over the pears. Reduce the heat to 350 degrees. Dollop oat mixture around the pears in the pan and bake another 20-25 minutes until the pears are soft and the oatmeal edges are light brown. Make vanilla cream by bringing the cream, remaining 2 Tbl. vanilla sugar, and pod to a simmer in a saucepan. Simmer for 5 minutes and reduce to ¾ cups. Chill the cream.

Fabulous Fall Frolics

Favorite stops for seasonal fun

Story and photos by Tracy Beard

Fall is one of my favorite times of the year, especially in the Pacific Northwest. The heat of summer is gone, and the cold of winter is not yet upon us. Fall brings moderate temperatures perfect for hiking and cycling, stunning fall foliage with multi-colored leaves, delicious comfort foods made in crockpots for chilly nights, and pumpkin lattes and hot apple cider to begin the day. Whether you enjoy outdoor activities, savoring tasty bites, or fun family outings, here are some of my favorite fall stops:



Lacamas Lake Heritage Trail
303 NW Lake Road, Camas, Washington

While dogsitting in Camas, Washington, I discovered this 3.5-mile gravel shared-use trail in East Clark County on the west side of Lacamas Lake and Lacamas Creek. Traversing the path, you may encounter other dog walkers, hikers, runners, and cyclists along the way. Lacamas Lake is in view for most of the hike, along with birds, rock formations, and scattered waterfalls. The park offers numerous picnic spots and playgrounds for the children. Parking and toilets are available on either end of the trail, and the southern trailhead includes a boat launch. The trail rambles up and down gently with a 203-foot elevation gain, and if you manage to make it up and back, you can add 7.1 miles to your workout log. Dogs are welcome but must be on a leash.

Pomeroy Farm and Pomeroy Cellars -
20902 NE Lucia Falls Road, Yacolt, Wash.

Pumpkin Lane provides fun times at Pomeroy Farm during the fall season. Join the hayride and watch for “pumpkin people” scenes, pick out the perfect pumpkin for carving, take advantage of the many photo-ops, explore the historic farm, and take the kids to visit the resident farm animals. The Farm is open every Saturday and Sunday throughout October from 10am to 4pm. Admission is \$7 for adults, \$5 for kids ages 3-11 (2 & under are free), and pumpkins



ad space



are sold separately. Please leave your pets at home unless they are service animals, and enjoy the free parking.

Pomeroy Cellars offers wine tasting and a few savory bites to enjoy while you sip. You can taste wines inside and enjoy the vintage décor or sip outside on the lovely patio.

Events at the farm and the winery take place throughout the year. Afternoon teas in the fall and winter, live music in the summer, and various workshops fill Pomeroy's calendars.

Upcoming events include Pumpkin Lane After Dark on Friday, October 20, when the staff at Pomeroy Farms combines fun in the pumpkin patch with some delicious wine and S'mores. This event is for adults 21+ and older and costs \$35 per person.

Tickets are on sale now for the November 30 and December 1, 2, 7 & 8 wreath-making classes.

Sauvie Island

Sauvie Island is a fabulous place to pick out your pumpkin, get lost in a corn maze, or cook some tasty autumn fare. Parking at the corn mazes and fruit stands is free, but if you want to hike or sit on the beach, you must have a Sauvie Island parking permit. It costs \$10 per day or \$30 annually. You can purchase one online or pick up a day pass at one of the many markets on the island.

There is plenty to do on the island. I recommend making a large loop around the island and taking a few less-traveled roads for outdoor adventure. The island is approximately 32 square miles, about the size of Manhattan.



Farms to Visit on Sauvie Island:

Visiting the local farms is a favorite activity on the island. The Pumpkin Patch, Bella Organic Pumpkin Farm, and Topaz Farm are all very popular, and each farm has a produce market. Many people pick up fruit for canning, and different farms offer large quantities for sale in the markets, or you can pick fruits and vegetables directly from the fields.

The Pumpkin Patch has been a family destination for more than 50 years. Visit the animal barn, the Patio Café, the produce market, and Portland's Original Maze. There are free daily hayrides in October.

Bella Organic Pumpkin Farm boasts a corn maze, produce market, animal petting area, grill, and a cow train.

Topaz Farm is not far down the road from the bridge if you are heading west, and it can be seen directly from the road. Kid-centric, this farm features a children's sunflower maze, farm animals, a grill with picnic fare, a cow train, and a produce market.

Kruger Farm is another popular stop.

Cedar Creek Grist Mill – 43907 NE Grist Mill Road, Woodland, Washington

The Cedar Creek Grist Mill is a working mill and museum. The mill is open on Saturdays from 1–4pm. On a recent visit, I met John, the current president of the mill. He said, “We grind wheat and cornmeal every Saturday when the water in the creek is high enough and show people how the milling process was done years ago.



We are a favorite destination for school kids, and we are a donation-based business. We are also very popular with photographers in the fall season as the leaves in the area are absolutely gorgeous.” Pulleys and belts just under the ceiling turn and churn to grind the grains into flour and cornmeal. The same system runs the apple cider press. As long as the water is high enough in the creek, the volunteers at the mill plan to press 10,000 pounds of apples on October 28. This event is the most popular one at the mill. Check the website to confirm the date, as it may be postponed into November if the water levels are not high enough.

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Tracy Beard writes about luxury and adventure travel, traditional and trendy fine dining and libations for regional, national and international magazines. She is in her eighth year as CRR's “Out & About” columnist. She lives in Longview, Wash.