



By Tracy Beard

PROVISIONS

ALONG THE TRAIL

The Robust Reuben Sandwich



St. Patrick's Day has come and gone, but leftover corned beef always makes a fantastic Reuben sandwich. My dill pickles will take your lunch over the top. You'll need to make the pickles and let them rest for two weeks. If they are not ready and you can't wait, purchase your favorite dill pickle to serve with your Reuben. And subsequently buy more corned beef to go with the "new" pickles!

REUBEN SANDWICH WITH SWISS CHEESE

I cook my corned beef, seasoned with the pickling spices, in the crockpot on low for about six hours or until it is juicy and fork tender.

4 ounces thinly sliced corned beef
2 slices Dave's multigrain bread (or rye if you like it and want the classic Reuben)

1 slice Swiss cheese
2-4 Tbl crunchy sauerkraut
2 Tbl mayonnaise
1 tsp ketchup
Salt and pepper
Butter

Mix the mayonnaise and ketchup and season with salt and pepper. Butter one side of each piece of bread and put one slice butter side down on a griddle. Spread the mayo mixture on the bread in the pan and layer the corned beef, Swiss cheese, and sauerkraut on top. Place the other slice of bread on top with the butter side up. Grill the bread until it is toasty brown and the cheese is melted.

Serve with Tracy's dill pickles.

TRACY'S YUMMY DILL PICKLES

7 one-quart jars, lids and rings (sterilize all of them before beginning)

Brine

1-¹/₂ cups sugar
1 cup canning salt
2 quarts vinegar
2 quarts water
6 tablespoons pickling spices

For the jars

8 lbs gherkin cucumbers (washed)
7 bay leaves
14 cloves garlic (2 per jar)
3-¹/₂ tsp mustard seeds (¹/₂ tsp per jar)
14 large heads dill (2 per jar)

Combine sugar, salt, vinegar and water in a large pot. Tie the spices in a cheesecloth bag and add to the liquid. Simmer for 15 minutes. Pack the cucumbers and jar ingredients into the 14 jars. Bring the liquid to a boil and fill the jars leaving ¹/₄ inch space. Wipe the top, add the lids and process in a hot water bath for 15 minutes. Store for two weeks before serving.

Savoring Spring

Exploring The Discovery Trail

Story & photos by Tracy Beard

Spring is here! It's time to get outside and appreciate the first colors of the season — white and violet crocuses, lemon daffodils, red, maroon and cream tulips, and vibrant pineapple and fuchsia water lilies. These flowers are short-lived, but don't be dismayed, as the warmer temperatures in April will replace them with purple alliums, pink and white bleeding hearts, and lavender lilacs. A great place to spy these seasonal flowers is in the small communities near the Pacific Ocean in Washington. After you peruse the neighborhoods, look for more spring splendor while hiking the Discovery Trail.

The Discovery Trail runs 8.5 miles along the coast. You can hike through Ilwaco, Seaview and Long Beach or take your time and investigate a smaller segment along with connecting trails in Cape Disappointment State Park. (You will need a Washington State Discovery Pass to park in the State Park.)

Where to begin? Start with a map (at night, or online*). There are numerous access points along the way, so before you go, determine whether your destination is the beach, the forest or Cape Disappointment.

Vancouver, Wash. resident Tracy Beard writes about luxury and adventure travel, traditional and trendy fine dining and libations for regional, national and international magazines. She is CRR's "Out & About" columnist, now in her sixth year.



Port of Ilwaco to Long Beach

Discovery Trail technically begins at the Port of Ilwaco and ends in Long Beach. Ilwaco is a small fishing village with a marina, restaurants, a bookstore, gift shops and galleries and a popular Saturday market in the summer. My family loves home-canned tuna, and I have often visited Ilwaco to purchase tuna by the pound at one of the retail seafood outlets. You can order a certain amount of fish and then pick up your order on a designated day. The trail starts at the Port, where you'll find a brass sculpture of a California condor spreading its wings. Wander along the Port, checking out the fishing boats and then head uphill straight to Cape Disappointment State Park.

Our Starting Point

Three paths intersect near the parking lot closest to North Head Lighthouse. This starting point gives you a few options. My friend Connie and I began our trek from here. We drove west to Ilwaco, Washington, looking for flowers, continued straight through the single light in town, and headed toward Fort Canby on Loop 100. After 2.3 miles, we turned right at North Head Lighthouse Road and continued the half-mile trip to the parking lot on the left.

This lot features restrooms and a large map to help you get your bearings. We headed east on the paved Discovery



Trail. It was a sunny day; and although many people were out walking, the wide trail made it easy to keep a reasonable distance from others. Parents chatted while pushing babies in strollers, and families kept close together while their small children tried to keep up on little bicycles.

The Trek

About a half mile down the trail, we crossed Highway 100 and continued north on the well-maintained Discovery Trail. The pine trees thinned, and alders took over the scenery. Sword ferns lined the trail for the next half mile until we traversed a wooden bridge, continued down the path crossing the Highway again and landed in Beard's Hollow parking lot. Wetlands surround this area. Pineapple-colored water lilies peeked out just above the waterline, and white lacy lichen, known as "Old Man's Beard," clung to the trees. Instead of heading north on Discovery Trail at the end of the parking lot, we followed a dirt trail due west to the beach and Beard's Hollow.

The Beach

People often drive on this beach, but it was pretty quiet this day. We found a sizable chunk of dry driftwood to sit on, pulled out our lunches and enjoyed the

sea breeze and sunshine. Once finished, we made our way back the same way we came. We dropped off our packs at the car and walked west on the loop trail to North Head Lighthouse.

The Lighthouse

We passed a grove of Sitka spruce on the left and the lighthouse keeper's residence on the right, which is now a vacation rental. When the lighthouse was manually operated, it took three lighthouse keepers, each working an eight-hour shift to provide 24-hour coverage. Their job was to trim the wicks, clean the lens, and carry 30 pounds of kerosene up the stairs to keep the light burning. North Head is the second windiest lighthouse area in the nation, with winds recorded at 120 miles per hour. After taking in the views and reading the placards near the lighthouse, we meandered back up the trail to the car and drove home.

The drive to the beach is lovely whether you take Highway 30 on the Oregon side or Highway 432 on the Washington side. Pack a lunch so you can maximize your time exploring.

