



# Tyonek

TRIBAL  
CONSERVATION  
DISTRICT

## April, 2025

April in Alaska is a time of transition, where winter's grip begins to loosen and the promise of spring starts to take hold — puddles form, rivers trickle, and the sun casts a warmer glow on the landscape. Preparations for gardening and subsistence are already taking place. It's a month of anticipation, as we prepare for the outdoor adventures and vibrant summer days that lie ahead.



## Dena'ina word of the month

Our Dena'ina word of the month is qinunelyahi, seeds! We have started our seedlings with the Tebughna School students and are already seeing green leaves starting to emerge. Next up: transplanting in the Tyonek Garden!



**Qinunelyahi:**  
**Seeds**



# 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>



## Youth Garden Interns

TTCD is hiring youth garden interns to work in the Tyonek Garden this summer! Applicants must be 14-20 years old. Time commitment : 20-30 hours/week beginning May 26th for 12 weeks. Flexible schedules will be considered . Email your resume and cover letter to [admin@ttcd.org](mailto:admin@ttcd.org) by Friday, April 25th at 5pm. For more information on the internship, visit the TTCD Facebook page.

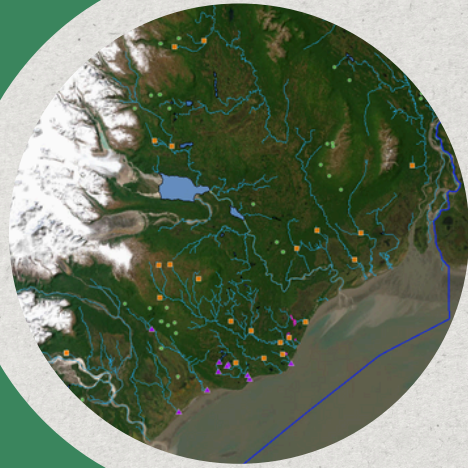


## Youth & Education

We started indoor seedlings for the Tyonek Garden with the Tebughna School students, using planting as an opportunity to learn about seed germination and the benefits of planting seeds indoors versus directly in the ground outside.







# Habitat Monitoring & Restoration

The HMR team is gearing up for the summer field season! We're in the process of hiring Conservation Technicians to assist in our summer projects, scheduling trips, and doing lots of mapping, like the one pictured here highlighting some of the sites we may visit this summer. We're excited to get our boots in the streams for a summer packed with data collection and monitoring!



# What's on the menu?

## Recipe: Lemon-Butter Cod



### Ingredients

#### Lemon Butter Mixture

- 3 Tbsp salted butter softened to room temp
- 1 Tbsp chopped chives, parsley, or any herb you like
- 2 Tbsp garlic, minced
- 1 Tbsp shallots or onions, minced
- 1/8 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp juice from fresh lemon or vinegar of choice
- 1 Tbsp grated lemon peel (optional)

#### Fish

- 2 Tbsp olive or vegetable oil
- 4 cod fillets, 1-inch thickness, 4 oz each
- Salt and pepper

### Directions

- Place cod in colander, let sit to drain and reach room temperature.
- In a small pan, combine all Lemon Butter Mixture ingredients. Set aside.
- Use paper towels to pat-dry moisture from the fish fillets.
- Evenly sprinkle both sides of fillets with pinches of kosher salt and freshly ground black pepper. Set aside.
- In a large pan, heat the oil over high heat. Once oil is sizzling hot, add fish fillets to pan and cover with lid ajar, allowing steam to escape. Cook until browned on one side, about 3-4 minutes. Do not move fish around.
- Use a spatula to gently flip fish fillets over to other side for 3-4 minutes until nicely browned and center is just-cooked.
- While your last fish fillets are cooking, heat up the Lemon Butter Mixture over medium-high, stirring just until bubbly. Immediately turn heat off and keep warm.
- Once fish is done, plate fillets and spoon lemon butter mixture over the fish, including any leftover juices from your frying pan. You can garnish with lemon slices if desired.

## How's it growing?



Did you know you can grow tomatoes in hydroponic towers? These space-saving systems use nutrient-rich water instead of soil, allowing tomatoes to thrive in small spaces. Perfect for urban environments, hydroponic towers offer a way to enjoy fresh tomatoes year-round, including in our TTCD office!

