

WOMEN'S TRAIL CAMERA CONTEST

# ADVENTURESS<sup>TM</sup>

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SPRING 2017 | ISSUE 9

OUTDOOR

YOGA

AND FIVE  
FEEL-GOOD  
POSES

Jocelyn  
WALZ

## *The Bear.* *Necessities*

HOW TO HUNT BLACK BEARS

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# editor's note

SUBSCRIBE TO ADVENTURESS YOUTUBE!

While I do love print magazines, there's no denying the world is going more and more digital, and there are many great benefits to ADVENTURESS being a digital magazine! First of all, it's at your fingertips for FREE, and it can keep up with your busy lifestyle by being



Founder Jennifer Pudenz will have her 2017 spring turkey hunting videos up soon on the YouTube ADVENTURESS channel.

available on any and all of your devices (phone, tablet or computer - plus downloaded for offline use). A print magazine just CAN'T do that!

One of my other favorite things digital magazines can possess is videos playing directly in the pages. When I started ADVENTURESS, videos were always meant to be a part of it. However, at the time, the magazine could only link to videos.

Thanks to some recent upgrades, ADVENTURESS can now play videos directly on its pages so you have even more ways to learn - quickly and easily!

In this issue, I'm so excited to have videos from Aimee Hartwig of Cosmopolitan Huntress included for you! Watch her 2016 spring black bear hunt in Oregon on page 15, then follow along with her recipe video on page 22 as she uses meat from her hunt to make gourmet bear burgers!

Thanks to this upgrade, I'm also back to work on growing the **YouTube ADVENTURESS Channel!** This channel includes extra tips, recipes and entertainment you won't find within the magazine - plus join me while hunting and fishing! I hope you'll check out this extension of ADVENTURESS magazine and subscribe! And if you watch as many YouTube videos as I do, downloading the YouTube app on your phone is also a great option. YouTube is an amazing way to learn many things about the outdoors, and I'm so happy to contribute to that. Much more to come!

*Jennifer Pudenz*

## ADVENTURESS

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*Information and  
inspiration  
for the outdoor  
woman and  
country lifestyle*

ISSUE 9  
SPRING 2017

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Tara Huff

### on the cover



Cover featuring Jocelyn  
Walz. Photographer:  
Ghost Ridge Outfitters.



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ADVENTURESS  
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sponsored by  
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Elizabeth Boehm





Cover Girl!

# Meet Jocelyn Walz!

## Story of her spring black bear with a bow!

As a native to rural North Dakota, Jocelyn Walz, 23, grew up loving the outdoors, whether it be hunting or fishing. At 17, she started bow hunting and fell in love with it. She has shot numerous deer, a turkey and, her biggest trophy to date, a black bear with her bow. Check out her story. >>>

Day four on my seven-day Alberta hunt was my lucky day - I was in a tree stand with my guide, Devon Hanson of **Ghost Ridge Outfitters**. It had only been half an hour into the hunt and we were already seeing a lot of bears.

Soon, we spotted a good boar, but he was still out of range. I quickly got positioned and was ready to shoot through a break in the trees, but he never got that far and eventually wondered off. As luck would have it, he circled around and came back on the same trail no more than fifteen minutes later. I pulled my bow back and waited for him to enter a shooting lane. However, he was not at an angle I felt comfortable with so I let my bow down.

I started lining up for another shot while trying to take deep breaths and calm down. Again, I drew my bow back and waited for an angle that would allow me the most ethical shot. He eventually turned around, and I let my bow down for a second time.

I was not sure I would get another opportunity, but I picked out another opening. He was closing in to it, so I pulled my bow back for the third time and waited for him to stop. Whack! The third time was the charm!

He ran 40 yards before expiring. It was such a whirlwind of emotions leading up to taking the shot. It was truly one of the best days and best hunts I have ever experienced. I am so thankful for such an awesome story, pictures and memories that will last so much longer than the hunt. -Jocelyn Walz



## +Past Issues



<< Lots of great information in last year's spring issue of ADVENTURESS magazine - fly fishing, turkey hunting and recipe, puppy training, gardening and more!

Did you miss the last issue of ADVENTURESS magazine?! Check it out! >>



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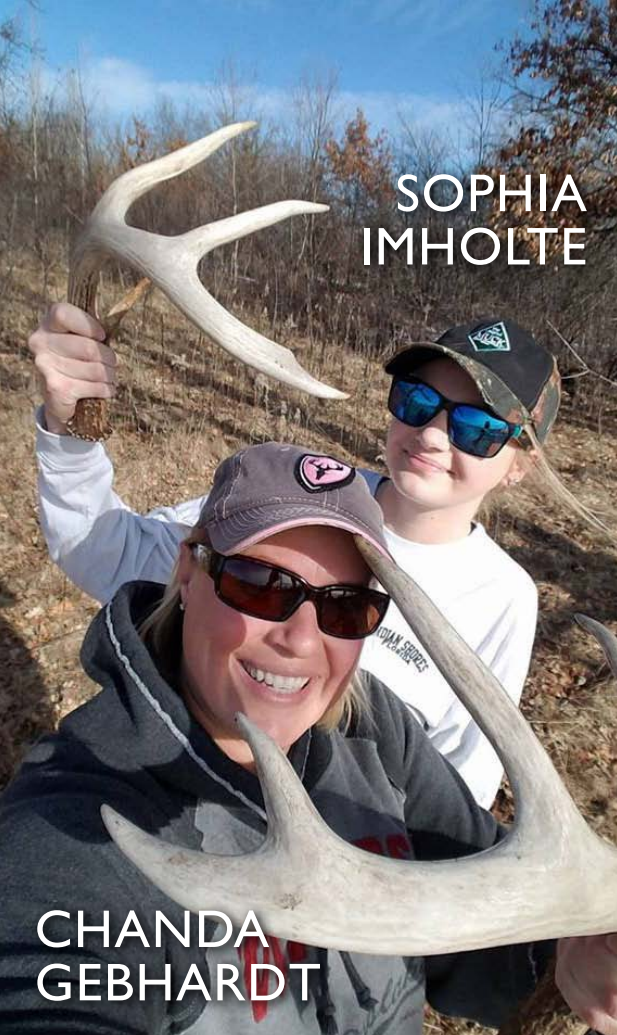
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## SHARE YOUR PHOTOS!

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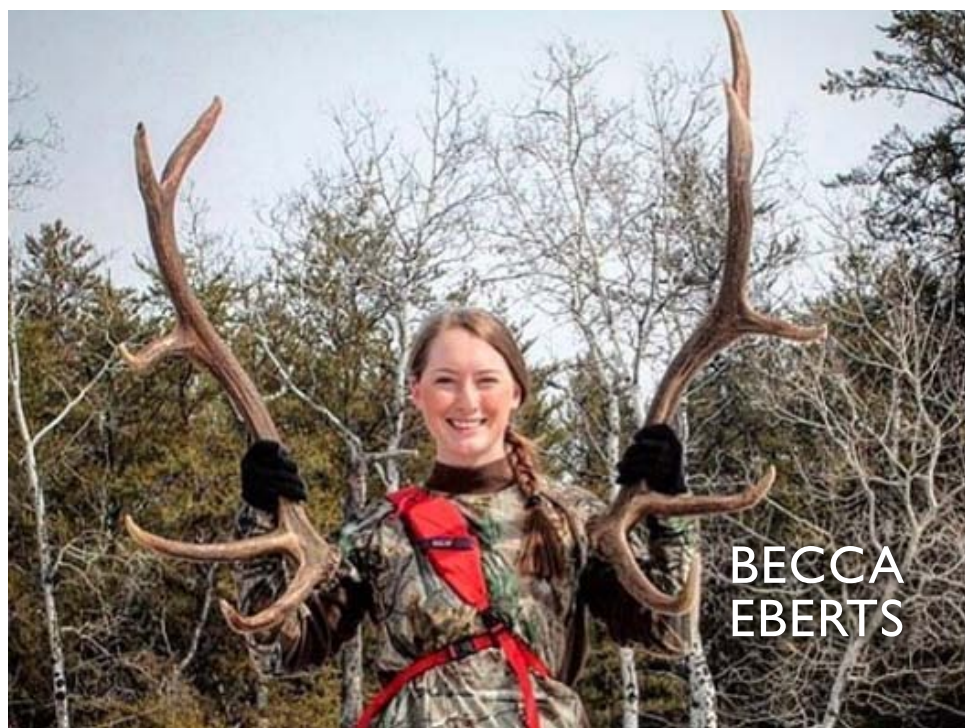
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SPRING







**Elizabeth  
Boehm**

Pinedale, Wyoming

Featured  
photographer

**FEATHERED  
FRIENDS**

“I love to be out in the springtime listening to the courting birds and seeing the color they can bring to the landscape for my winter-weary eyes!”

Follow Elizabeth on **Facebook** and check out **[www.elizabethboehm.com](http://www.elizabethboehm.com)**.





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# THE BEAR NECESSITIES

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*How to hunt black bears & why to pursue them in the spring*

---

**By Nikita Dalke**

**W**ho doesn't love spring? The snow is melting, weather is warming up and everything starts to bloom and turn green once again. People flock outside to soak up some much-needed vitamin D, but hunters have another reason to get outdoors - spring black bear season. There is nothing more exhilarating than pursuing a large, powerful predator. There are lots of different locations to pursue black bears and a few different ways you can hunt them.





Nikita Dalke spot and stalk hunting a black bear during spring season with her bow.



## HUNT.



The amazing paw of a black bear harvested by Aimee Hartwig. Watch the video of her hunt on the next page!

### POPULATIONS & REGULATIONS

The American Black Bear is the most common of the bear species. Widely distributed throughout North America, there is an estimated population of 900,000 bears (*Fur Institute of Canada*), with 500,000 of that population in Canada - almost twice that of all other bear species

combined.

Black bear are found in all of Canada (except PEI) and 41 U.S. states with 27 of the states allowing bear hunting. Out of those 27 states, 11 allow the use of bait and 16 allow hunting with dogs. Some states only allow one or the other, but many allow both with strict regulations and seasons. In Canada,

most of the provinces are in favor of baiting, but only British Columbia and Ontario allow bear hunting with dogs.

Every state has their own laws, most have a spring and fall season and others have certain seasons and areas you can bait or use dogs. So it's important to figure out how you want to hunt, when you want to hunt and then where you can hunt. If you are wanting to hunt in a different state or province, it's good to know that you will either need to use an outfitter or someone to hunter host you. If you plan to hunt outside of your country, you may need to get a CITES permit to export your bear back home. Usually the government websites will have the regulations and whether or not you need the permit. Your outfitter should know this as well.

### SPOT AND STALK

Black bear spot and stalk is definitely the more challenging way to hunt bears, but it is a huge adrenaline rush when you finally do get to pull off a stalk on a bear - particularly



## **VIDEO:** *Watch Aimee Hartwig's Oregon spring bear hunt!*



when you are bow hunting and have to get incredibly close. This is why I love hunting bears on the ground. You may not see as many as you would using the other methods, but being able to sneak up on a big bruin within archery range is a huge accomplishment in itself.

Bears may not have the greatest eyesight, but they have good hearing and an excellent sense of smell - 66 times better than a bloodhound. When searching for a bear, I tend to do a lot of driving and glassing. I focus on old, grown-in roads, old clear cuts, avalanche slides and any natural opening. Bears like thick brush, so an opening with green grass and thick brush around it for cover will eventually have a bear on it... it's just a matter of timing.

Spot and stalk is a lot of luck and perfect

timing; you can come to an area that screams bear and you may not see one at all or any sign. Game cameras can help on figuring out an area and identifying some of the bears that could be in that area, especially if you don't have a lot of land to hunt. Bears can have up to a square 200 km territory, so even when using cameras, you could catch a bear on it one day and be weeks before you see it again. If you have lots of public land you can hunt on, then covering ground (by hiking or driving) is a good idea.

### **DOGS**

I have not personally bear hunted with hounds, but I have many friends that do. It can be dangerous for the hunter and the hounds if you get an angry bear or a bear that will not tree. It takes a lot of time and



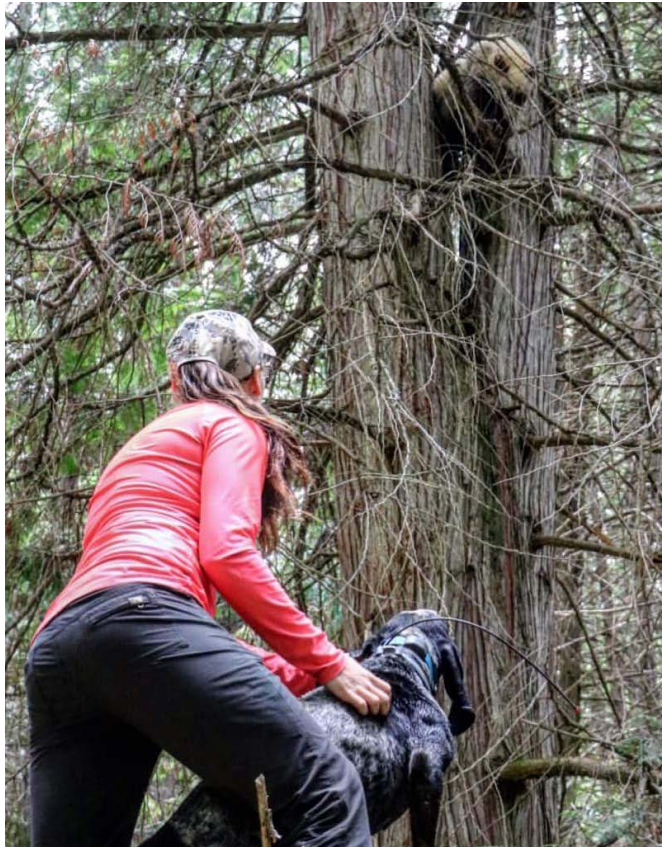
# HUNT.

knowledge for the handlers to train their dogs and shape them into good bear dogs. Typically, they will hunt with a larger number of dogs (unless your state has regulations on the number allowed) than for cat hunting. The dogs have to be more aggressive and braver than your standard cat hounds.

Hunting bears with hounds can be a controversial subject, but like cat hunting, it can give the hunter more choice on what type of bear they desire and typically an easier time telling if it is a sow or boar they have treed or bayed up.

## BAITING

Baiting is another controversial subject among hunters and the public. However, an Alberta study showed that baiting actually



Shayla Pukas with one of her dogs and a treed bear.



Preparing a bait barrel before spring bear season.

helps promote the survival of sows and cubs, and decreases the number of human/bear conflicts. Common bait used can be oats, beaver, meat scraps and processed food, such as donuts, cooking oil and molasses.

The bait is put in a large barrel with holes and then tied to a tree or a stump to stop the bear from dragging it away. Game cameras are set up to watch the bait. This lets the hunter see bears in the area, which ones have cubs and if any pattern, such as time of day visited.

A treestand or ground blind is set up within 40 yards of the bait. The bait attracts lots of bears, providing you have a good location, so there are chances of seeing multiple bears a day. The combination of monitoring trail cameras and bait allows one to be highly selective in the bear they want and the shot to take. Patience, bear identification and animal selection are all excellent benefits to



baiting.

Four years ago, I tried hunting over bait for my first time in Saskatchewan (BC doesn't allow baiting), and I didn't really know what to expect. I have hunted there twice now and while I did not take a bear, I saw many bears. I enjoy watching and observing them almost as much as hunting them. One thing I learned and enjoy that baiting offers is you get to observe them up close in their natural state. You get to watch how sows interact with their cubs, how they interact with other bears, and mating rituals and play. I learned much more about bear behavior by sitting over bait than any other way.

## JUDGING BEARS

Judging a bear can be difficult. It takes time, practice and research - and even then you can still have surprises. There are two things you will want to be able to judge with

a bear: sex and size. This is where people like to use the baiting method - you get an up-close look at a bear and the chance to observe it, as well as you can use the barrel to judge size. But let's focus on judging a bear on the ground without a barrel.

## SOW VS BOAR

Telling boars (males) from sows (females) is no easy task and isn't always 100 percent guaranteed. Typically, a sow has a narrower head and muzzle with soft, rounded features, kind of similar to the look of a German Shepherd dog, and their forehead looks flat. Sows also have wide hips, giving them a 'V' or heart shape from behind, and tend to waddle in the hips. Sows shoulders are narrower and their legs will pinch in at the wrist, right above their feet.

A boar's head will depend on age and size. When they are young, they can resemble a







Nikita Dalke with her kids helping her celebrate a successful spring black bear hunt.

sow slightly in the head and face, having a similar slim head with big ears. Boars are heavier in the shoulders than sows and have narrower hips. From behind, they have a horseshoe shape and tend to waddle more in their shoulders, as well as be pigeon-toed. If you see a boar and sow together, chances are the bigger bear is the boar because they tend to be bigger overall.

## BOAR SIZE

A lot of times the first thing you notice with a bear is its body size. If his belly hangs close to the ground and his legs look short, that's a heavy bear. His chest will be bigger than his back end, and when a boar gets really big, they can develop a swayback behind their shoulders, giving him a hump. His neck will be bigger than his head or it can appear that he doesn't have a neck at all. Looking at the head, the eyes will appear small and beady, the ears will look small and seated more on the sides, and right down the

middle will be a distinct crease.

The head shape will be very square and blocky; the nose will attach at right angles and look short. Young boars will appear gangly and their heads will resemble a sow. When looking at tracks, the general rule of thumb is the width of the pad in inches plus one inch will give you the bear's approximate height.

## GRIZZLY VS BLACK BEAR

If you are hunting in an area with a mix of black bears and grizzly bears, it is important to learn how to tell them apart. Montana actually makes hunters wanting to hunt bear take a course in bear identification before getting a tag. Shooting a grizzly instead of a black bear can have major legal consequences.

Going off color is not a reliable way to do it as black bears can range in colors of white, blonde, black, brown, red and bluish grey. Grizzly bears can have similar coloring



from blonde to very dark brown. A lot of times they will have silver markings on their humps and shoulders and sometimes silver throughout their body. It is this silver-tipped grizzled look that gave them their name.

When trying to identify between a black bear and grizzly, the first thing people identify is the iconic shoulder hump. However, if a black bear matures and gets heavy enough, they too can develop a hump due to swayback. Although this is a good indicator between the two, it may not always be so cut and dry, so it is important to learn the other identifying characteristics.

From a side profile, a black bear's face has a straight profile or looks roman-nosed, while a grizzly's profile is dished. Black bear ears tend to stand up more on their heads and grizzly ears are shorter and rounded. The claws are a good indicator of bear species in tracks and on the animal itself. Grizzly bears have much longer claws, perfect for digging, while black bears have short claws made for climbing. There are lots of websites and photos dedicated to educating people on the different characteristics and some sites have actual tests you can take.

## **SPRING VS FALL**

Spring or fall bear hunting - which should you do? Most places allow both spring and fall seasons, but some only allow fall hunting, like Colorado. Spring hunting black bears tend to be easier than the fall for a few reasons.

Black bears start to venture from their dens during April and May, depending on weather and location, to look for food. Black bears are omnivores and their diets are 85



Anna Vorisek with a grizzly. Whether hunting grizzly bears or black bears, it's important to know the differences between the two. Anna is the first female archer to take the Super Slam of the 29 North American big game species.

percent plant-based. When bears come out of their dens, they are skinny and hungry, so the first thing they do is seek out food.

In the early stages they stay close to the den, but as the snow continues to melt and the green grass starts to get more lush and plentiful, they start to venture farther. A lot of times this will be on a south-facing slope since that is where the snow melts first.

Spring is also mating season for bears, the end of May to the middle of July is typically when they start (can vary from place to place), so finding two bears together is highly possible. A boar will travel to find a sow in heat, so you might get lucky and catch one on the move.



## HUNT.



Aimee Hartwig's  
2016 spring  
black bear.

Many people that eat bear prefer taking one in the spring because they have very little fat. Fat can make the meat more gamey and greasy. Fall bears general have a large amount of fat and their diets start to incorporate more fish and meat, which some people claim can change the taste of the meat.

In the fall, bears are not as easy to find and most bears are encountered while hunting other animals. Bears start to scavenge more once the grass and plants are dying and the berries are gone. Having a powerful sense of smell and trying to pack on the pounds before winter, this can sometimes lead to human interactions. Most problems with bears are in the fall, whether it is in town or in the bush. It's always good to be prepared for a run in with a bear while hunting ungulates in the fall.

The bear hides can vary greatly from a spring hunt to a fall hunt. Springtime they start to rub and will often have big bald patches or thin hair on their bodies or faces. However, if you can get a spring bear that hasn't rubbed out their hide, it is usually beautiful and not too greasy. Fall bears usually have beautiful hides but can be greasy, which can be harder to clean for taxidermists.

### SHOT PLACEMENT

Bears are very tough animals. So like any animal, it is important to take a clean shot. However, their anatomy is different than deer. Their upper leg and shoulder cover a good portion of their lungs and almost their entire heart. So no matter the shot, you want to make sure that front leg closest to you is forward. For a perfect heart shot, you want to aim a third the way up the body and a little



left of the front leg or right, depending on which side you are facing. Of course, taking a broadside shot is the ideal shot. I have found bears do not leave much of a blood trail as their fat seems to clog up the wound and their hair soaks up the blood. If you are hunting with a rifle, try to take out both the heart as well as the far shoulder, and then the bear won't go far.

~~~~

Spring bear hunting has to be one of my favorite hunts, and it's a good way to break up the long wait until fall hunting seasons. Outwitting a bear's powerful nose and getting close to one of the most powerful animals is a huge adrenaline rush.

I love to watch and learn from them; they all have their own personalities. They are

magnificent animals. If you haven't been on a bear hunt, I highly suggest trying one out sooner rather than later. Every style has its own benefits and appeal, whether you want the challenge of a spot and stalk, the fast-paced adrenaline of dogs or the quiet patience of baiting - there is a type for everyone.

*Nikita Dalke is a wife and mom from the Rocky Mountains of British Columbia, Canada, a director for Backcountry Hunters & Anglers BC chapter and an avid outdoorswoman. She competed in the 2015 Extreme Huntress Contest, and enjoys blogging about her outdoor adventures. Her passion is to further education in conservation, and get women and kids involved in the great outdoors.*



Jeremy Starks



Misty Loggins



Aimee Burnett-Hartwig



Ty Hartwig





# G O U R M E T BEAR BURGERS

*with Aioli Sauce - by Aimee Hartwig*

**VIDEO:** *Click to watch this recipe!*



## INGREDIENTS:

1 lb ground bear meat  
1 tsp garlic powder  
1/2 tsp onion powder  
1/4 tsp sea salt  
1/4 tsp pepper  
1/4 cup sliced bell peppers  
(green, red, orange, yellow)  
1 egg  
1/4 cup mayonnaise  
1 tsp fresh lemon juice  
1/4 tsp minced garlic

## DIRECTIONS:

- Combine bear meat, garlic powder, onion powder, sea salt, pepper, bell peppers and egg in a bowl and mix until well blended.
- Spray frying pan with non-stick cooking spray and use medium heat.
- Split meat into 4 or 5 equal-sized balls and flatten into patties.
- Cook until meat is brown all the way through (it's important to not eat bear meat rare).
- While the meat is cooking, prepare the aioli sauce in a bowl by mixing mayonnaise, lemon juice and minced garlic together.
- Put the burger on your favorite bun (I used whole wheat) and spread aioli sauce on the bun. Garnish with your favorite burger fixings: lettuce, pickles, ketchup, onions, etc.



# Women's ADVENTURESS 3rd Annual TRAIL CAMERA CONTEST

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Ashley Rae  
with a beautiful  
black crappie.



# Spring . Crappie CRAZE

*Tips for locating and catching crappies around spring spawn*

**By Ashley Rae**

**S**pring is my favorite season to be out on the water! Here, where I live in Ontario, it means the start of a new open water season and a variety of fish species that can be targeted as their season's open up. There are also plenty of species that are open year-round, such as black crappie.

I love targeting these beautiful, feisty fish in the early spring, and they are easily my favorite panfish to chase. Crappies are accessible to all and can be targeted from shore or watercraft. At this time of year, they can be caught in great numbers as they stack up and get ready to spawn.

My adventures typically start when the ice is just coming off the lakes and lasts up until they spawn. Pre-spawn, these fish can be savages on the feed and so much fun to catch on ultra-light equipment. During spawning, they're not interested in much else so this is





# FISH.



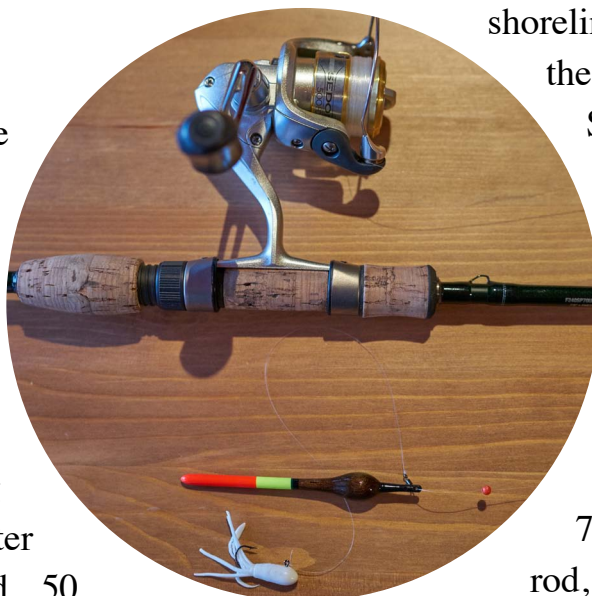
when I move on to other species and let them do their thing.

## Locating early spring crappie

It's quite easy to locate crappie in the early spring if you keep a few points in mind. Crappie make their way from their wintering areas to the adjacent waters that warm first. Staging typically begins in water temperatures at around 50 degrees. Be on the lookout for

baitfish and crappie shouldn't be too far off.

Spawning temperatures range from 60 to 70 degrees. Keep in mind that northern shorelines receive the most sunlight and these waters will warm quickest. Shallow bays and sheltered areas, especially with dark bottoms, are ideal spring crappie waters.



## Simple Equipment

It doesn't take much gear-wise to get out there and catch some crappie. I'm using a 7-foot Rapala Finesse Ultra Light rod, Shimano Sedona reel (500FD), 4-pound test monofilament mainline



with a bobber stop, bead, Thill Stealth float (bobber) and then a micro swivel to a 4-pound test fluorocarbon leader.

The bobber stop saves so much time on the water as it allows me to quickly adjust the depth of my float instead of re-tying each time. The bead enables a smooth cast as the bobber stop won't get stuck in the eye of the float and it also protects the stopper from getting damaged when casting.



I have three favorites when it comes to presentations including: a 1/16 ounce tube jig and a white 1-inch micro tube, the VMC Hot Skirt Glow Jig and the Berkley Atomic Teaser. I love trying new presentations each year, but these have been my top three producers over the years.

### How To Work It

Crappie can be finicky and sometimes prefer a still presentation, while other times they'll only hit a moving bait. They're known to suspend in the water



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Ashley Rae  
with an early  
spring double  
of crappie!









column and hit in an upward fashion. Using a float enables me to place my presentation right in their strike zone, and also adjust on the fly if they move up and down in the water column throughout the day or to deeper or shallower waters. The up-bites can be so subtle that it's important to have a good float that will detect any movement, whether it's up or down.

Keep an eye out for baitfish, as the crappie are not usually far behind. If they're not biting right away, experiment by adjusting

the depth of the float and also varying the movement of the presentation. Dead-sticking, twitching or slow retrieves should give you an indication of what they want. Once you figure them out, you can get into some serious crappie action!

*Ashley Rae is a year-round multispecies angler from Ottawa, Ontario, Canada. Follow her fishing adventures on her blog at [SheLovesToFish.com](http://SheLovesToFish.com).*





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EXPLORE.

# RAMP UP

*your. >>>>  
spring*

By Jennifer Dums







Jennifer Dums with wild ramps found in the spring.

*Also known as leeks  
or wild onions,  
ramps are sure to  
spice up your spring!*

Foraging for wild food has been a part of my life since early childhood. One of the earliest memories I have is walking through the woods with my family picking blackberries in the fall. Not only do I get the benefit of healthy, fresh eating, I also get the opportunity to spend quality time with family.

I spend a great deal of time in the spring, summer and fall foraging for wild food, growing fruits and vegetables, and preserving all of it to eat year-round. It is a personally satisfying way to eat clean and healthy.

Ramps, or wild leeks, are a member of the wild onion family. One of the earliest wild edibles to emerge, they start to appear in the early spring, usually around mid-April, in my neck of the woods. Ramps occur in the eastern part of North America, from Georgia through Canada.

You can begin your search in deciduous forests that are damp or near low-lying areas that hold lots of moisture. The sword-shaped, green foliage





grows directly up from the underground bulb. The base of the leaves, near the bulb, takes on a reddish color. When picked or crushed, you can immediately smell onion, or to some, a garlic scent.

Clusters of the bright, green leaves will be generally 6 to 10 inches tall. They will be plentiful and quite easy to spot amid the brown of the spring forest. It is easiest to spot during these early stages of growth before the flowers appear, which by that time, ground cover will have taken over making it nearly impossible to find. Once the flowers arrive, the beautiful green leaves usually dieback.

You will want to gently pull the entire bulb from underground to harvest, or use a small shovel. Both the bulb and the leaves are edible. The larger or more mature the leeks, the stronger the flavor.

I enjoy ramps raw in salads, tuna salad

sandwiches or sautéed in various cooked dishes. The possibilities are endless as you can interchange them for onions in most recipes. You may choose to freeze the bulb portion for later use; however, the green leaves do not last long and are best consumed fresh.

During this time, we also like to harvest fiddle head ferns and wild edible mushrooms. The combination is delicious!

*Prois Wisconsin State Coordinator Jennifer Dums has been fishing and enjoying the outdoors her whole life. Growing up in the UP of Michigan, gathering and foraging for wild foods, preserving as well as providing meat for the table, has been a lifestyle that she learned at a young age. She is passionate about hunting, fishing, bird watching, nature, animals and the serenity of the outdoor lifestyle.*





ABOVE: Jennifer Dums with ramps early in the spring. Ramps are easiest to spot in the early stages of growth before other ground cover has started to grow.

Bottom photos by Matthew Breuer of [northcountryguides.com](http://northcountryguides.com).



LIVE.

# OUTDOOR yoga

Five feel-good poses  
for a healthier you,  
inside and out

By Tara Huff







W

ith warmer temperatures and longer days ahead, springtime is the perfect season to start taking your yoga practice into the

great outdoors. Practicing yoga in nature can be an incredible experience that will awaken your senses and increase your mental well-being. According to a study in the Environmental Science and Technology Journal, participants who exercised in a natural outdoor environment reported a decrease in tension, anger and depression, and an increase in enjoyment, satisfaction and energy compared to performing the same activity indoors.

Taking your yoga practice onto natural surfaces and uneven terrain will intensify a posture, challenge balance and encourage you to focus during unusual distractions. If you live in a more urban area, you can find outdoor yoga classes at a nearby beach or park. If you crave something a little more intimate or adventurous, yoga will compliment many of the outdoor activities that you already enjoy. (There is something spectacular about waking up before daylight to hike to an alpine lake and perform sun salutations on a granite boulder as the sun rises.) You can enjoy the benefits of yoga while hiking, snowshoeing, snowboarding, skiing, hunting, kayaking, canoeing, camping, etc.

Here are five feel-good poses to compliment your next adventure. You can select one or try them all. Hold each pose for five to eight full inhales and exhales - repeat the movement for the same length of time on the opposite side when it applies. You can search online for in-depth descriptions of each pose, if needed.

Please remember to be safe, dress appropriately, bring plenty of water, wear sunscreen and bring an old beach towel or blanket for comfort.





*downward  
facing dog*









# *low crescent lunge*

*(hold for 5 to 8 breaths per side)*



# *tree pose*

*(hold for 5 to 8 breaths per side)*





# Warrior 2

*(hold for 5 to 8 breaths per side)*





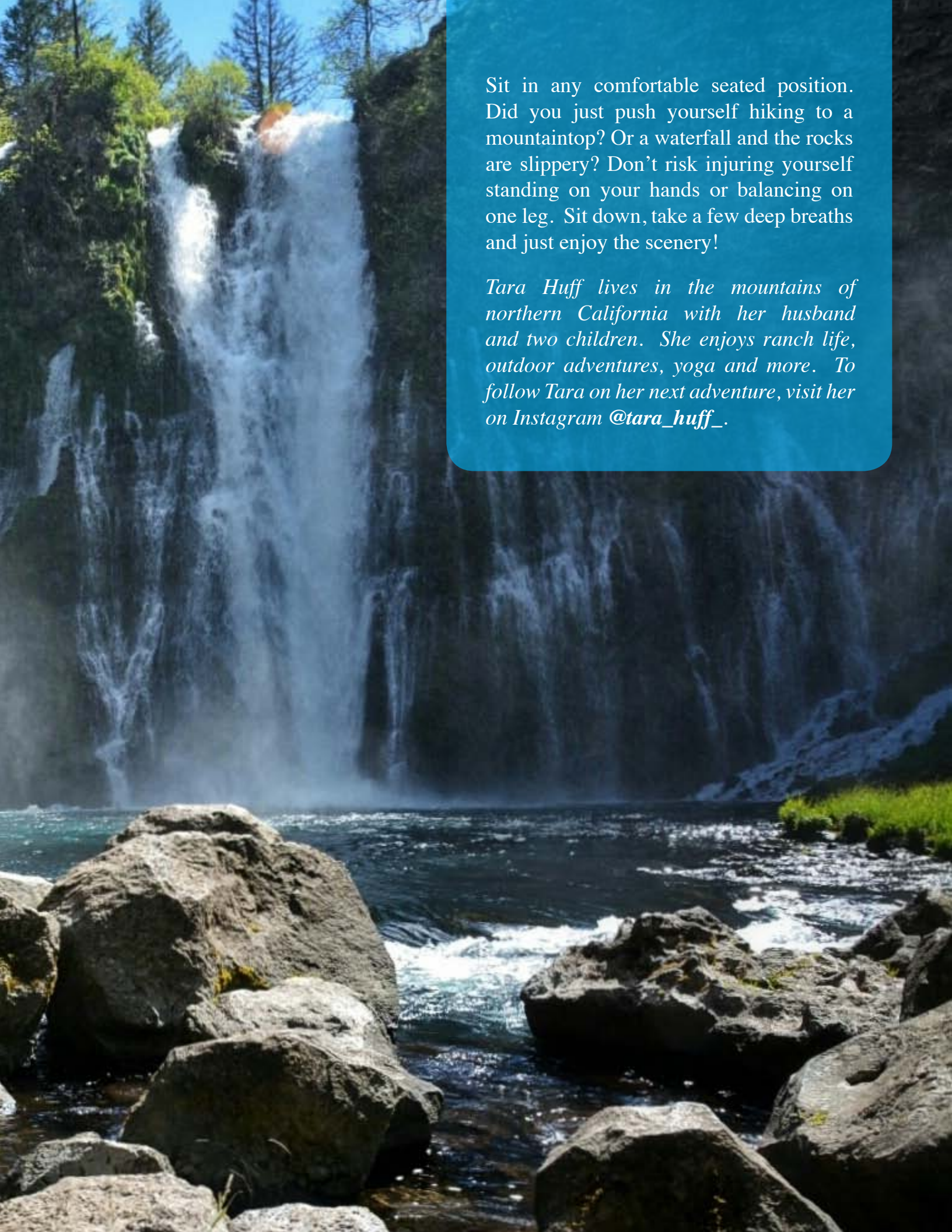




*seated position*





A large waterfall cascades down a dark, rocky cliff face. The water is white and frothy as it falls, creating a misty spray at the base. The surrounding area is lush with green trees and vegetation. In the foreground, several large, dark, wet boulders are scattered across the riverbank, with water splashing around them. The sky is clear and blue.

Sit in any comfortable seated position. Did you just push yourself hiking to a mountaintop? Or a waterfall and the rocks are slippery? Don't risk injuring yourself standing on your hands or balancing on one leg. Sit down, take a few deep breaths and just enjoy the scenery!

*Tara Huff lives in the mountains of northern California with her husband and two children. She enjoys ranch life, outdoor adventures, yoga and more. To follow Tara on her next adventure, visit her on Instagram [@tara\\_huff\\_](#).*





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