Cooks Role Group

Welcome to the kitchen at Fort Ross. The beautiful views, the sounds of daily life and the warmth of the fire make cooking in the outdoor kitchen a pleasure. The abundance of food at Ross was a luxury. The cultural exchanges between the Russians and the Spanish, Mexicans, Kashia, and Alaska Natives created a unique and diverse menu. The pleasant exchanges of foods and cooking ideas that took place at Ross were unique for their time. There was a wide variety of foods available in the Russian day -- raised and hunted meats; seaweeds, fish and shellfish harvested from the ocean cultivated grains, fruits and vegetables, native berries, wild nuts; along with the trade foods from around the world. This bounty gives you plenty of options in planning your menu.

As cooks, you are responsible for the Fort Ross kitchen and the preparation of meals for the inhabitants. Your task starts before your arrival at the Fort and continues through the overnight stay.

You will be cooking outside on open fires that may be a new and exciting challenge. If it rains hard, you may have to move inside the Officials' Quarters and use our back up propane camp stove and possibly the pechka (wood-burning oven). If you're interested in using the pechka, be sure to read through all of the pechka information thoroughly!

Butchering of live animals on site or bringing in weapons is not permitted. All butchered meat must be dressed before you bring it to the fort, according to State Park rules and regulations.

When planning your menu, keep your onsite ELP schedule in mind. Review the menu and recipes in the link provided below, and carefully consider the how much time it will take to prepare and cook each menu item. We recommend that you only choose one or two dishes that take a long time to cook. We strongly recommend that the cook employees (students) decide on the menu.

Cooks Classroom Preparation -

- Review the recipes and eating habits of Russian people. Learn Russian words used in the kitchen
- Prepare a menu for dinner, Night Watch to include Russian Tea Cakes and hot drink, breakfast, and snacks. Keep your dinner menu simple. Breakfast should be kept simple, as well to limit the amount of cleanup required. If your group is having lunch at the Fort, plan for a meal that requires NO cooking and dishwashing -- sandwiches and handheld snacks are a good option
- Use a variety of foods and let the employees choose
• Purchase supplies that you will need to make the recipes you have chosen. As you pack for the big trip, box the ingredients for each recipe in separate boxes. That makes it very easy to find all your ingredients when you start to cook. Make sure you have critter-proof bins for storing food overnight!

• Pack a tin of cookies and cocoa for each group for night watch. Tins can be purchased at secondhand stores, or you can ask class families for spare tins

• Ideas - Make a banner for your group, stencil dish towels, tablecloths, aprons, or head scarves. Learn to embroider. Make a pot holder

Fort Ross will supply - Kitchen items are in the ELP storage room in the Officers Barracks.

• A box of various cooking utensils
• 2 frying pans
• 4 griddles
• 6 stainless steel bowls

• 9 3-legged cast iron pots
• 2 flat-bottomed cast iron pots
• 6 cutting boards
• 1 butter churn

• a box of various knives
• Can openers
• Ladles
• Spatulas
• 3 washtubs
• 6 buckets

Cooks Classroom Preparation and Onsite Activities -

- General Information, Rules and Expectations - Please read through this carefully
- Cooks Role Play Characters - Use this list to select your role play characters
- Cooks Important Tips - Essential Cook tips for planning and while at Fort Ross
- Cooks Onsite Task List - An essential list of your tasks and responsibilities
- Cooks Menu Ideas - A great source for menu ideas and recipes
- Cooks Churning Butter - Cooks should read through if they’re planning on doing this popular activity
- Cooks Cooking with the Pechka - Read through carefully, if you’d like to use the pechka (indoor wood-oven)
- Cooks Candle Making - Instructions for candle making, an optional onsite project for Cooks
- Cooks Apron & Kerchief Project - Patterns for Cooks who choose to make their own apron & kerchief
- Cooks Additional Cleanup - Instructions for cleaning the Fort pots and pans. Cooks should familiarize themselves with this information, but remember Militia and Hunters are to do the bulk of this cleanup.
- Night Watch - Night Watch is mandatory, read all about it!
Items to Bring - A list of items to bring...Check it twice!

Russian American Company Travel Permit - Don’t forget your papers, to gain entrance to the Fort

Cooks Additional Information -
Brief History and Walking Tour - Learn about the history, buildings and grounds of Fort Ross
Cooks Food Vocabulary in Russian - A list of Russian translations for the Cooks
Cooks Food History - Read all about the food and culinary traditions at Colony Ross
Creole Privileges - Read this to learn about the RAC’s historic regulations and privileges regarding Creoles

Rules & Regulations, General Information, and Expectations

Expectations - At Colony Ross, we feel strongly about our efforts to provide you with a high quality educational program. To this end we have created several expectations that have shown, time and time again, to be worthy of a great program:

It is expected you spend a minimum of six weeks reviewing the basic history of Fort Ross and prepping for this trip. This website includes a twelve-week curriculum plan (see Teacher Timeline). We are aware that may not happen for all, however, we have seen that the more students understood before coming on site and the more preparation completed in the classroom, the more they grasp the ideas of what makes history relevant -- meaning they begin to understand the similarities and differences of the people of the past we are learning about.

We expect character research and role-play. It is one of the most meaningful aspects of this program. When the students take on real names they take ownership of their learning and practical work. It is this ownership we are looking for. Through role-play the students start to place themselves in this colony and understand where they may have fit in. The students’ ties to their characters become more personal and therefore more meaningful. It is the everyday people and the real names that make this experience worthwhile and memorable. Please note, we ask that you only assign characters who were present at Fort Ross. For example, the teacher should choose a manager who worked at Fort Ross, not Alexander Baranov whose duty was in Alaska. We understand there are historical figures who lived in California, e.g. Sutter, but truly never visited Fort Ross. Please avoid these characters. Teachers should choose a Manager character to role-play. Parents and students should choose roles from their selected role group. Teachers become the Manager of Colony Ross, parents become the “Officers”, and students
become the "Employees." All adults should have a character role to play, and must take on the responsibilities of an Officer. This website provides characters to choose from for all Company members.

It is expected that you, your officers, and your employees, all come in costume. It adds so much -- it allows for the Colony to come alive with color and differences. It is a visual experience that allows us to use our imagination even more. When we put on a different hat -- or dress -- we become more aware of the person we are portraying.

It is expected that you, your officers, and your employees are familiar with their role group tasks, and are able to carry out these tasks during your program. For example, the Militia are primarily responsible for starting the fires in the kitchen (for cooking and washing dishes). It is very important that at least one of the Militia officers are comfortable with building fires. Please email any questions or concerns about this to the ELP Manager and/or ELP Instructor.

We encourage the walk from the Reef Campground. It is such a wonderful introduction to the Colony and the surroundings. It creates the atmosphere of walking back into time. We want that. It also allows for the unloading of the vehicles, allows for the parents to become ready as officers, and for our ELP Instructor to make contact with the officers ahead of the students' arrival; this is critical!

We encourage the use of primary sources. Primary sources tell a story only those who lived at that time could tell. They give us a true sense of events.

Age limits - This program is designed to meet California Curriculum standards for 4th and 5th grade. With that said – it is acceptable to bring students who might be in the third grade with a combo class of 4th graders. Or a 5th and 6th grade combo class. It is not encouraged to bring students 2nd grade and younger as the program can be too demanding on them. Nor is it encouraged to bring students 7th grade and older as they are too influenced by peer pressure and have a very hard time wearing a costume and acting out the different roles. They look so ‘uncool’ to their peers. If you have a different circumstance please contact us.

All students are welcome. Please -- if you have a student with special needs -- just let us know so we can be aware of and sensitive to that child’s needs.
State Park Rules - All features of the park are protected. Do not remove any objects that are lying on the ground: rocks, shells, glass, bones, etc. If you find anything that appears to be historically or environmentally important please leave it where it was found and advise the ELP Instructor of the item's location. Remember - take only pictures and leave only footprints.

Please remember that many things that have been done in the past are not acceptable today. Butchering of live animals on site is not permitted. All butchered meat must be dressed before you bring it to the fort. Bringing weapons is not permitted. State Park rules and regulations must be observed. If you have any questions please email the ELP Manager.

Please note the only exception to the butchering rule is for the Hunters group. When the Hunters legally catch fish on site, they can butcher their catch in order to cook and serve it to the colony.

Planning Your On-site Activities - Your ELP Schedule - Use one of the sample schedules supplied on the website (or put together a customized schedule) that will work for your group. Communicate with ELP staff if creating a custom schedule, to get approval on any item changes. You are welcome to use your own and your students’ creative ideas to augment the on-site program. However, any significant variation from the ideas outlined MUST be discussed with the ELP Manager or ELP Instructors prior to your visit. Failure to do so can result in dismissal from the Fort Ross ELP. Don't forget that short winter days will require a different schedule from long fall or spring days. Try not to over or under schedule activities for the day. Following the Arrival Protocol outlined here can be critical to the success of your ELP. Please read through all of this information carefully!

As the Manager of Colony Ross, teachers will need to float from group to group helping out where needed. Your ELP Instructor will also be available to help where needed. Please do not plan to have the ELP Instructor remain with any one role group for any extended period of time.

It is really important to have activities planned for your entire visit. The time right before dinner and right after dinner can be a time when parents tend to 'let loose' and socialize. Employees tend to start having a new surge of energy. This is a rough combo. Please monitor this. Before dinner have journal writing time, drawing time, or structured game time with the entire class. Right after dinner is also a very good time for teachers to take the students on a walk to visit the windmill and view the sunset. This allows the parents to have some down time, time to socialize, and gives them a renewed interest as the employees come back to them.
Rotation of Groups - Rotation of individual employees through different groups is not allowed in this program. There are several reasons for this. First, having the children go from place to place does not allow them to fully experience the life routine of their chosen character. Secondly, it is a whirlwind for students and adults alike. The teacher becomes a frantic timekeeper trying to keep the various groups going to the right place at the right time. Thirdly, the students don't usually have sufficient time to finish any of their projects.

The intention of the program is to give each student a feel for what it might have been like to function as a member of the Colony Ross Community anywhere between 1812-1842. True to this historical template, each person had a specific function and role within the community; if one person did not perform his/her designated task/role, the entire community would have to scramble to make up for the missing piece. And that is what happens if students are encouraged to rotate between group tasks. We have found rotations to be disruptive and counterproductive to all groups. What's the adage? Jack of all trades; Master of none.

Sleeping Arrangements - Sleeping arrangements can be a difficult issue. It is up to you, the parents, and your administration how you divide boys and girls in the buildings at night. We have never heard of problems arising from mixing boys and girls when letting role groups stay together in the sleeping areas. However, it is something that some parents might be concerned about. It is definitely important to make sure that you have more than one adult in each sleeping area. Parent Officers must sleep in the same area as their assigned role group so they can get their group off to night watch quickly and quietly.

Leaving Colony Ross - When leaving Colony Ross, we highly recommend a visit to the Fort Ross Visitor Center, Museum and Bookshop. There is much to learn from the museum and many interpretive items, nature guides, and historical resources available to buy to continue their education.

Visitor photographs - Please note that FRC, nor your ELP Instructor, will interfere with visitors taking photographs of your group while you’re on site. Fort Ross State Historic Park is a public space and only professional, permitted photographers using the photographs commercially need permission to take photos. If you have any questions, please contact us.

Approximate Driving Times

From Santa Rosa: 1 ½ hours
From Petaluma: 1 ½ hours
From San Francisco: 2 ½ hours
From **Sacramento:** 3 ½ hours
From **Fort Bragg:** 2 hours

Please keep in mind that these driving times do not take account for changing road conditions. Check here for any road work and plan accordingly: [http://roadconditions.sonoma-county.org/](http://roadconditions.sonoma-county.org/)

**Role Play Characters for the Cooks**

Role play is a big part of the environmental living program experience. To make the most of your program, here is a list of real people who were at Colony Ross, including short biographies of what we know about their lives. All officers and employees in the Cook Role Group should choose one of the following people out of the history pages of Colony Ross, to role play while on site. Remember to have fun and ‘role’ with it!

**Olga (Ol’ga)** - A Kodiak and wife of Naneshkun Avvakum (a Kodiak) died August 1820. It is not known how she died.

**Ayumin Mar’ya** - A Kashia Pomo. She had a daughter, Maria, with the Russian Promyshlennik named Rodion Koroliov. He died December 9, 1820 of “some disease.” Ayumin and Maria returned to Ayumin’s native village near Ross after his death.

**Ukayla** - A Coast Miwok living with Kili Fedor, a Kodiak.

**Mit’ya (Meet’ya)** - A Kashia Pomo married to Aniehta Nikolai, a Kodiak. They had one son, Chanian Vissarion.

**Kobbeya** - A Southern Pomo, she had lived along the Russian River. She married Agchyaesikok Roman, a Kodiak. They may have lived in the Alaskan neighborhood out on the front terrace. They had a son, Kiochan Mitrofah. Kobbeya returned to her home and people along the Russian River in 1820. The father raised the young boy, until the father drowned. A Kodiak, Alexey Chaniguchi, was said to have raised the boy.

**Vaimpo** - A Coast Miwok, he worked at Ross in 1820 to pay off obligations to the Company.
Chichamik - A Coast Miwok, he worked at Ross in 1820 to pay off obligations to the Company.

Kapisha - A Coast Miwok, he worked on the Farallones to pay off obligations to the Company.

Chilan - A Kashia Pomo, he worked at Ross to pay off obligations to the Company.

Iik - A Kashia Pomo, he worked of his own free will in the kitchen.

Cooks Onsite Task List

Tasks -
- Organize pots, pans and cooking materials in the kitchen area. Look at your schedule and chosen recipes, and decide as a group when you have to do what.
- To churn butter, put cream out right away to warm. Start early, as it takes awhile to churn.
- Prepare snack to serve.
- Prepare dinner meal. Dinner should be ready at the time specified on your schedule.
- After meal preparation, make beeswax candles, time permitting. ELP Instructor supplies materials for candles.
- Move personal sleeping gear into front of the Kuskov House - only at the scheduled time!
- Know your Night Watch and morning clean up chores.
- Return kitchen equipment to proper place in ELP closet. Please be sure all utensils are thoroughly cleaned, pots are washed inside and out and dried thoroughly before taking back to the storeroom. Please be neat.
- Fires - The militia crew will help the cooks by starting the cooking fires. Cooks maintain the fires once the militia leaves from the kitchen. Make sure that your fires don't get too big and too hot to cook on.
- Hand washing - Place hand soap and hand towels near the faucet area for the Company
- Hot Dish Water - is provided by building a nice fire under the big spider pot in the cooking area. The Militia starts this fire and adds the hot water to the dishwashing station. Do not put wash tubs on fire to heat water!
- Leftovers and scraps - from the kitchen should be taken to the garden compost pile before nightfall by the gardeners, or other selected group. We provide a tub to be used for this task. Do not put food in the trash cans!
- Trash - There are two trash barrels nearby. One for true trash and one for recycling. Please try not to overfill the trash cans. If they are full, ask for a new trash bag or use the extra that is in the can.
- Recycling - We ask that you take home the recyclables -- glass, plastic and aluminum.

Rules and Responsibilities -
- Follow the Officers' instructions at all times.
- Obey all safety rules; be especially careful with knives, axes and fire.
- Keep the kitchen area as neat and clean as possible.
- Wash hands before handling food.

**Night watch** - Check Schedule. Wake up Artisans in the back of the Kuskov House for next watch, or as specified by the Commandant.

**Morning Responsibilities** -
- Prepare and serve breakfast
- Clean Kitchen with help from Hunters and others
- Pack personal gear and completely clear out sleeping quarters
- Remove litter, make sure wax is off tables and floors, wash and dry tablecloths in the Officers’ Barracks
- If your group is finished and another is not, find out how you can help
- **Fort Litter Pick Up** – All groups line up shoulder to shoulder and walk the inside of the fort for a full Fort cleanup.

**Fill in your character names below** -

**Cook Officers** -
1. 
2. 
3. 

**Cook Employees** -
1. 
2. 
3. 
4. 
5. 
6.
Cooks Menu Ideas & Recipes

Suggested Dishes and Cooks Tips -

- Soups like Borsch or Shchi served with hearty breads
- Piroshki (meat and/or vegetable pies) are traditional fare in Russian homes. They are easy to make and are delicious. Make these ahead of time before your visit
- Potatoes cooked any number of ways: in a stew, creamed, or boiled with sour cream or churned butter on top
- Marinated beets are often a new and interesting food to try, and are fun to make
- Kasha or grains can also be served in a variety of ways. Different grains can include a 9-grain cereal, wild rice or buckwheat. Try roasting them on the fire before cooking. For a tasty breakfast, add nuts and dried fruits or berries to the grains, serve with cream if you wish
- Pancakes or blinis made on-site are not a good idea for breakfast. They can drip and make a mess on the fireplace stones. Please consider other options for breakfast
- Dark Rye Breads or “Mission” style grain breads can be ordered from your local bakery. It is most important that the bread be different from the bread that the children usually eat. Using round loaves of bread can add to the difference
- Coffee can be a different experience when you bring green coffee beans. Roast them on the open fire, grind and then pour boiling water on top. Then let grinds settle. It makes great coffee and will help parents and teachers get through chilly afternoons and night watch
- Herb teas are a treat for the employees. Herb teas could replace cocoa for night watch
- Russian Tea Cakes can be served with herb teas or cocoa for night watch. Chinese Tea Bricks can be found online or at times at Cost Plus

Menu Ideas -

Snacks -

- Dried fruit – cranberries, apricots, pineapple, etc.
- Mixed Nuts Beef jerky
- Piroshki
Soft cheese with crackers and/or bread
Whole fruit – apples, pears, grapes
Sliced Veggies - carrots, cucumbers, green beans, radishes, etc.

**Dinners -**
Pick at least three items
Soups - borscht, shchi, stews
Fresh fish – Salmon when in season
Piroshki
Potatoes

**Night Watch Snacks -**
Russian Tea Cakes Hot Cocoa or Hot Tea

**Breakfasts -**
Kasha - Mixed grain hot cereal served with butter, Brown sugar, yogurts, and molasses to drizzle on the cereal
Scrambled Eggs - 4 ½ dozen + 1 C milk
Breads, Bagels & Cream Cheese
Fresh Fruit - 5 apples, 4 pears, 3 persimmons
Nuts Dried Fruit Butter Jams
Sliced cheeses Scrambled eggs Fruit

Pickled Mushrooms
Hard boiled eggs

Green Beans
Whole Grain Breads
Churned Butter
Salad
Berries over sweet grain
Tapioca or Pumpkin Porridge

Tea and/or Coffee
Sack Lunches -
● This could be a repeat of the layout of foods mentioned under snacks

Lunch Day Two - Keep this simple and plan for no cooking or dishes
● Sandwiches
● Carrot sticks
● Fresh fruit
● Hard Boiled Eggs, Sandwiches, Whole fruit, Crackers
● Mozzarella cheese sticks
● Nuts

Recipes -
Russian Borscht - Serves 20
● 1 Cube Butter
● Caraway and Dill Seeds
● 5 Onions Peeled
● 4 Veggie Cubes
● 10 Potatoes Peeled
● 8 Tbsp Vinegar (or to taste)
● 24 Beets – Canned or Fresh
● 8 Tbsp Honey (or to taste)
● 4-6 Cups Water
● 6 Carrots
● Fresh Dill
● 2 Small to Medium Cabbage Heads
● Sour Cream
● 4 Cloves Garlic

Put all ingredients except sour cream and fresh dill in one big pot. Cook for a few hours on the open fire. Top each serving with sour cream and dill. That is the Fort Ross way.

Alaska Native Beef and Berry Stew - Serves 30
● 15 lbs Stew Meat
● Flour for Dredging Beef
● Olive Oil
● 9 Medium White Onions
● 13 Small Cans Beef Broth
● 10 cups Berries
● 6 Tbsp Honey
● Salt to Taste

Roll meat in the flour and brown in olive oil in large spider pot. Then add the sliced onions and more oil. Add some broth to deglaze the pots and then add remaining broth and berries. Add water if needed. Stir in the honey. Cook over a low fire until all is tender and blended. Salt to taste.
**Vegetable Shchi Soup** - Serves 10

- 4 oz Dried Mushrooms
- 2 Tbsp Butter
- 3 Onions
- 2 Tbsp Dill
- 2 Leeks
- 2 Carrots
- 2 lbs Sauerkraut
- 3 Medium Potatoes
- Sour Cream

Add all ingredients except sour cream to 3 quarts water, cook until tender. Add sour cream to taste on top of each serving.

**Kasha - Buckwheat Groats** - Serves 6

- 1 Cup Buckwheat Groats
- 2 Cups Boiling Water
- ½ Tsp Salt

Brown buckwheat in an ungreased skillet (cast iron works best), let cool. Bring water to a boil and add salt and oil. Stir in the cooled groats. Cover tightly. Reduce to low heat and continue cooking on low heat, stirring carefully once or twice. Allow to simmer for about 20 to 30 minutes. When water is all absorbed and kasha looks fluffy it is ready to be served with butter, milk or as a side dish.

**Green Beans with Yogurt** - Cook green beans. Let them cool and add 1 cup of yogurt per 1 lb. of beans. If you like, spice up the flavor with sautéed onions and garlic. This is a very typical Russian fare.

**Churned Butter** - We have a butter churn on site. Depending on the size of your group and your needs (snack, dinner, breakfast) you will use from one quart to a half-gallon. [Click here for more information.](#)

**Soft Cheeses with Herbs** - Serves 20

- 1 Cup Sour Cream
- 1 Cup Cottage Cheese
- 2 Cups Cream Cheese

Minced fresh herbs like basil, dill, garlic, chives, parsley, thyme and pepper are all good. Combine all ingredients into one bowl. This is great with dinner or as an afternoon snack.

**Syrniki (Cheeses)** - Serves 20
4 Cups Yogurt Cheese or Ricotta
4 Eggs
Beat eggs. Add sugar and cheese, stir well. Add flour and stir until blended. Form into balls using a rounded tablespoon to measure each. Roll balls in flour. Flatten into patties about 1 inch thick. Fry in a little butter until both sides are deep and golden and seem set. (If they are brown but not set, try covering.) Eat hot with sour cream or cool.

**Camp Coffee** - Yields 14 eight oz servings
Purchased one pound green coffee beans, roasted them in 'spider pot'. Smashed them with antique coffee masher or mortar and pestle. Make coffee as you would with other grounds - French Press, Drip, etc.

(Optional) Large handful of crushed eggshells

**Cranberry Kvas** - This must be made off site, ahead of time. Kvas deemed yummy by kids. Had officer cooks pour so each person got a 2-3 oz splash...not a glassful. Yields approximately 2 wine bottles

- 4 lbs Fresh Cranberries
- 4 Quarts Water
- 1 Cup Fresh Peppermint Leaves
- 1 Tsp Baking Yeast
- 3 ½ Cups Sugar
- 1 Tsp Vanilla


**Limony Kvas** - This must be made off site, ahead of time. Yields 5 wine bottles

- 1 Lemon Cut in Half, Seeds Removed
- 3 ½ Quarts Boiling Water
- 1 Cup Raisins
- 1 Tbsp Each: Flour, Sugar, Dry Yeast
- 1 Cup Sugar
- Juice of Three Lemons

Chop up the lemon & place in large enamel or heatproof glass dishes. Do not use metal. Add raisins & boiling water. Cover & let cool to lukewarm (approx. 110°F). Dissolve in flour, sugar & yeast. Cover and
let stand overnight. Strain, being careful not to get sediment. Add sugar & lemon to taste. Strain again through muslin or a very clean tea towel. Bottle (sterilize wine bottles in dishwasher), cork & refrigerate, standing upright!!

**Pelmeni** (A Siberian Recipe) - **Bake off site, ahead of time.** Pelmeni are filled dumplings made of noodle dough, similar to ravioli. You can assemble pelmeni ahead of time and freeze it.

**Meat Filling** -
- 1 lb Ground Pork
- 1 lb Ground Beef
- Spices to Taste: Salt, Black Pepper, Garlic and Onion
- **Dough** (Make ahead of time) -
  - 2 lbs White Flour
  - 3 Eggs
  - 1 Cup Milk

**Assembly** - On a lightly floured surface, roll out one ball of dough into a circle of 18 inches in diameter and a little less than 1/16 inch thick; be careful not to tear it. Cut 2 1/2-inch circles with a round cookie cutter. Fill each round with 1 tsp of filling, pushing it lightly to make a compact mound. Fold in half to form semicircles, fit the edges together and pinch well. Bring the corners together to form a loop and pinch to seal.

**Cooking** - In a wide pan bring 4 quarts of water, 1 Tbsp salt to a boil. Add bay leaves. Drop in as many dumplings as will fit easily in one layer and return to boil. Lower the heat and keep the water just at a simmer, uncovered; do not allow to boil vigorously or they will be ruined. The pel'meni are done when they rise to the surface. With a slotted spoon transfer them into heated bowls, sprinkle with melted butter to keep them from sticking together. Sprinkle with freshly ground pepper, perhaps vinegar, and serve immediately.

**Piroshki with Meat, Cabbage and Potato** - Serves 10, **Bake off site, ahead of time.**
- ½ lb Cooked Beef – Chopped Small
- ½ lb Potato – Boiled and Chopped
- ½ of One Cabbage
- Onions, Boiled Eggs, or other Ingredients appropriate for Fort Ross.
- Your Favorite Pastry or Bread Dough.
Saute all filling ingredients together. Roll out circles of dough, add the filling, fold dough over. Brush edges with milk and pinch. Bake at 350 for about 15-20 minutes.

**Pashka Easter Dessert - Bake off site, ahead of time.**

- 3 lbs Cream Cheese
- 2 lbs Cottage Cheese (squeeze until dry)
- 1 Cup Sour Cream
- 1 1/2 Sticks Butter
- 2 Cups Powdered Sugar
- 2 Tsp Vanilla
- 3 Tsp Grated Lemon Rind
- 3 Tsp Grated Orange Rind
- 1 Cup Chopped Pistachios
- 2 Cups Golden Raisins

Put first 4 ingredients into a large bowl and beat together well. Add sugar, vanilla, lemon and orange rinds, then beat well. Fold in nuts and raisins. Line mold or colander with a double thickness cheesecloth. Fill with mixture. Place a weight on top, and deep pan underneath to collect the liquid seeping out. Leave in cool place overnight. Stand upright on a serving cloth.

**Russian Tea Cakes - Bake off site, ahead of time.** Serve the Russian Tea cakes with a cup of warm cocoa and it makes for the perfect night watch.

- 2 Sticks Butter
- 2/3 Cups Sugar
- ½ Tsp Salt
- 2 Egg Yolks
- 1 Tsp Vanilla
- ½ Cup Confectioners Sugar
- 1 Cup Chopped Pecans or Walnuts
- 1 Tsp Baking Powder
- ½ Cup Cornstarch
- 2 ½ Cups Flour
- 2 Cups Confectioners Sugar for Rolling Baked Cookies

In a large bowl cream together the butter, sugar, salt. Add egg yolks and vanilla and beat until smooth. Add the confectioners sugar, nuts, baking powder, cornstarch, and flour gradually until all is used. Mix until thoroughly combined. Roll the dough into 1-inch balls and arrange them ¾ inch apart on ungreased baking sheets. Bake the cookies for 14 to 16 minutes, or until just firm and beginning to brown. Let the cookies cool for 5 minutes on the sheets. Put the confectioners sugar in a large bowl and while the
cookies are still warm, swirl 6 cookies at a time in the bowl until they are coated with sugar. Transfer them to sheets of wax paper to cool completely.

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**Additional Sample Menu with Recipes** (Mary Collins School Cherry Valley Charter School) - Serves 26 kids, 17 adults

**Early Afternoon Snack** -
- 3 carrots cut into sticks, 1 cucumber sliced, 1 ½ lb green beans, 1 bunch radishes, halved
- 10 apples, 8 pears, 3 persimmons, 1 bag each green & red grapes, pomegranates cut into 1/8ths for lunch
- Nuts - walnut and almonds
- Soft herbed cheese (Fort Ross recipe) with 2 Boxes Ak-Mak, 1 Box other Crackers
- 1 Jar Pickled Mushrooms

**“Griby v Marinade”** -
- 1 lb Small White Mushrooms
- ¾ Cup Red Wine Vinegar
- ½ Cup Water
- 1 Bay Leaf
- 10 Peppercorns
- 2 Cloves Garlic
- ¼ Tsp Salt & Pepper
- ¼ Cup Olive Oil

Wipe mushrooms with a damp cloth. Bring vinegar & water to a boil. Add bay leaf, pepper, garlic & return to boil. Add mushroom & simmer 5 minutes. Let cool; then put in glass jar & top with olive oil.

**“Syrnye Palochki” - Bake off site, ahead of time.**
- ½ Cup Soft Butter
- 10.5 oz Grated Cheese
- 3 Egg Yolks
- 4 Tbsp Vodka
- 1 Tsp Salt
- 4 ½ Cup Flour


**Fat Honey Cookies** - Serves one cookie/person - Bake off site, ahead of time.
- 1 Cup Butter
- 1 ¼ Cup Honey
¼ Cup Sugar
1 Egg
4 Cup Flour
1 ½ Tsp Salt
1 Tsp Each: Baking Powder & Soda

2 Tsp Each: Cinnamon & Ginger
½ Tsp Ground Cloves


Dinner -
**Borscht** with 2 pints sour cream & ½ bunch chopped dill on side.

2 Sticks Butter
¼ Cup Olive Oil
5 Onions, Chopped
10 Yukon or Red Potatoes, Diced
3 lbs Beets, Grated
6 Carrots, Diced
2 Small Red Cabbages, Chopped

Saute onions in butter & olive oil. Add everything else. Cover with water, bring to a boil. Cook for several hours. Serve topped with sour cream and fresh dill.

**Pelmeni** (Star Downey) - Served with choice of sour cream, vinegar or soy sauce. **Bake off site, ahead of time.**

**Filling** - yields ~ 400, about 8 per person; some will come apart in the water.

2 lbs Ground Lamb
4 lbs Ground Beef
6 Tbsp Corn Flour
2 Yellow Onions, Grated

Mix filling well. Keep in fridge. Work with only 1 pound at a time.

**Dough** - (made 6 or 7 batches) make one at a time as you work with filling
Blend dry ingredients. Whisk eggs & water. Make a well in the flour, stir in egg water. Knead dough until smooth, not sticky. Roll out very thin on lightly floured board. Cut into 2 ½ inch rounds. Tuck 1 tsp filling onto round, moisten edge & seal. Freeze until use. Layer with parchment paper as you make these; not wax paper. Gently boil, lift with slotted spoon. Drizzle with butter & olive oil to prevent sticking.

**Whole Grilled Fish** - Hunters 'caught' an 8 lb whole salmon, (purchased at Bodega Bay for best price). Parent with experience expertly filleted salmon. Bring sharp fillet knife. Pieces were wrapped in foil w/slice lemon, salt & drizzle of olive oil; then cooked on edges of fire or on elevated grate.

**Carrot Apple Salad** - Serves 20

- 8 Carrots
- 4 Apples
- 2 Tbsp Each: Olive Oil, Vinegar, Sugar
- ¼ Tsp Horseradish
- ½ Tsp Salt
- 1 Handful Chopped Walnuts
- Mixed Greens (two one pound boxes)
- Oil & Vinegar Dressing
- 6 Tbsp Red Wine Vinegar
- 1/2 Tsp Salt
- 2 Tsp Dijon Mustard
- 2 Minced Garlic Clove
- 4 Tbsp Herbs
- 1/2 Cup Olive Oil

Grate carrots & apples. Whisk all dressing ingredients together. Toss everything together.

**Pear Pie "Pirog s grushami"** - Make 2 Pies, **Bake off site, ahead of time.**

- 3 Cups Flour
- 1 Tsp Salt
- 1 ½ Cup Butter
- 1 Egg
- 5 Tbsp Sugar
- ½ Cup Vodka
- 6-8 Pears, Peeled and Sliced


**Topping -**
1 Cup Butter
1 Cup Sugar
3 Eggs

- 5 Tbsp sour cream
- 1 Tsp Vanilla
- 5 Tbsp Flour

Cream butter & sugar. Add eggs one at a time. Add sour cream & vanilla, then stir in flour. Spread topping over pears. Reduce heat to 350°F. Bake one hour.

**Pumpkin porridge** - Made in spider pot - stir, stir, stir!!

- Two 10 oz Cans Pumpkin or Fresh Cooked
- 1 lb Brown Sugar
- 1 Quart Cream (used buttermilk leftover from churning butter instead, plus ½ cup water)
- 6 Eggs
- 2 Tsp Cinnamon
- 1 ½ Tsp Ginger
- ¼ Tsp Ground Cloves
- Two Boxes Graham Cracker Crumbs

Combine ingredients, but reserve ½ box Graham cracker crumbs to thicken if necessary. Stir continuously over low heat until cooked. Burns very easily. Can be served straight from 'spider pot'.

**Hot Russian Honey Drink** -

- 6 Tbsp Each: Cinnamon, Whole Cloves
- 12 Tbsp Ground Nutmeg
- 3 Quarts Water
- 1 ½ Cups Honey

Tie spices in cheesecloth bag. Boil all together 15 minutes.

**Breakfast - Cherry-Berry Kissel** -

- 24 oz jar Cherries in Syrup
- 1 Bag Frozen Blackberries
- 6 Tbs cornstarch


**Honey Cake** - Make Two of these Cakes, **Bake off site, ahead of time.**
1 Cup Sugar
4 Eggs
1 Cup Honey
½ Cup Strong Black Coffee
2 Tbsp Oil
3 ½ Cup Flour
1 ½ Tsp Baking Powder
1 Tsp Each: Baking Soda & Cinnamon
½ Tsp Each: Salt & Ginger
¼ Tsp Nutmeg
1 Pinch Ground Cloves
½ Cup Each: Raisins, Chopped Walnuts
2 Tbsp Orange Zest

Beat eggs & sugar until fluffy. Stir coffee into honey. Let cool, add oil. Sift dry ingredients together & add alternately with wet to sugar/egg mixture. Stir in walnuts, raisins & zest. Bake 300°F in greased, lined 9 x 13 inch pan for one hour (or until toothpick comes out clean). Flip onto rack to cool.

**Cooks Churning Butter**

**Churning Butter** - Churning butter is a traditional activity that is quite fun. One half-gallon container should be plenty for your group. Freshly churned butter is delicious and pairs perfectly with warm bread.

**How to Churn Butter** - The cream will turn to butter more easily if it is at room temperature. Take cream out of the cooler shortly after you arrive at the fort. Wrap a towel around the churn, including the top, to keep it from cooling from the action of churning. Churning the butter takes a long time, start early to ensure the butter is ready in time for dinner. **The crock is very fragile.** Please be very careful with it. Place it on the ground and straddle it. The churning action is up and down with a twist of the wrist in both directions. As the cream is churned, clumps of butter will start to form. Churning must be continuous! Don’t stop before butter clumps have formed. Once you have a good amount of these clumps, you can strain the butter from the buttermilk. We recommend you save the buttermilk for the Cooks to taste or add to your other dishes.

**Supplies** -

- Half-gallon of Heavy Cream
• Cheesecloth or other cloth for straining butter
• Optional to flavor your butter - salt, herbs
  ○ Note - If your Company has a Gardeners group, you might see if they will be gathering herbs for the Cooks
• The butter churn is provided by the Fort

Cooks Cooking with the Pechka

A pechka is a traditional indoor, wood-burning stove used for cooking and warming the home. The Fort pechka is housed in the Officer's Barracks near the kitchen. Please carefully read through this entire document to bring the necessary supplies and properly prepare for your onsite visit.

Requirements and Recommendations -

• Required - The pechka requires that you bring extra firewood:
  ○ For baking: bring 8 additional boxes or ¼ cord of wood
  ○ For cooking: Bring 4 additional boxes or ⅛ cord of wood. Unless you are planning to ONLY cook in the pechka and not cook in the outdoor firepit at all, then wood will be provided.

• Required - In order to use it, Cooks must know how to use the pechka prior to their arrival!
Please read the instructions carefully and plan accordingly. Cook officers who want to use the pechka need to be familiar with how to use a wood-burning stove. **Only Cooks who are experienced baking in wood-burning ovens, should consider using the pechka to bake from scratch.** Use the links provided below to learn more.

• Strongly Recommended - Use the pechka for cooking on **rainy days only.** Please note that the pechka is tricky to navigate and time consuming. We strongly recommend cooking in the outdoor fire pit instead, whenever safe and possible.

• Recommended - For an easier way to experience the pechka, plan to do most of your cooking in the outdoor fire pit -- or propane stoves as needed during rainy days. And bring previously baked bread, piroshki or other foods just to warm up in the pechka (you still must bring all firewood needed).
- **Recommended** - The pechka takes approximately 3 hours prep time before it’s hot enough to bake from scratch. **Groups following an Early Sunset schedule, or coming for an ELDP should not use the pechka for baking.**

### Supplies
- **Extra Firewood** - It is best to heat the pechka with dry hardwood -- oak is preferable to fir. **For baking:** bring 8 additional boxes or ¼ cord of wood. **For cooking:** Bring 4 additional boxes or ⅛ cord of wood. Unless you are planning to ONLY cook in the pechka and not cook in the outdoor firepit at all, then wood will be provided.
- **Kindling** - Bring kindling and newspaper
- **Matches** - the Fort supplies matches to the Officers
- **Fire Tongs and Gloves** - the Fort supplies these
- **Cast Iron Flat-Bottom pots and Griddles** - the Fort supplies these

### To Start the Fire
- Start the fire right inside the back section of the pechka, with the flue wide open and the metal doors partially closed. Use newspaper and dry kindling, then smaller pieces of wood, then bigger logs on top (if logs are split thinner, they’ll give off more heat).

### To Cook or Warm up Food
- Use the **flat-bottomed pots or griddles** to cook in the pechka -- the spider pots have legs and are difficult to maneuver. Do not put food in without placing on a pot or griddle as it leaves the pechka dirty and difficult to clean. Let the wood burn down enough to get some coals. Then you can begin cooking by putting your pots on the coals. Make sure you keep a close eye and stir often, especially if you’re working with more flame than coals. As long as you have flame and smoke, you’ll need to keep the flue open, this is critical to ensure that smoke doesn’t gather inside and set off the fire alarm -- and to ensure that carbon monoxide isn’t accumulating inside! As much as possible, try to keep the metal doors mostly closed, in order to keep the heat inside the oven. After you’ve cooked your food, and the fire and coals are burning out, you can start to slowly close the flue. Again, make sure there is no flame or smoke before closing the flue. You may want to keep your food warming until it’s time to serve. To do this, push
some coals further back inside the oven, this will help to keep the oven warm. When you’re done, you must gather all remaining burning/smoking embers into a metal tub, which is located on the floor near the pechka, then take the tub outside to empty the embers into the outdoor firepit.

**To Bake** - The oven must get hot enough prior to baking. Use three or four large armfuls of wood, adding one load at a time, and allowing each load to burn down to embers before adding the next. After you’ve added your final load of wood, and the initial burn has slowed, start to close the flue little by little. Once all the wood has burned down to embers and there is no flame, then you must gather all remaining burning/smoking embers into a metal tub, which is located on the floor near the pechka, then take the tub outside to empty the embers into the outdoor firepit. It is critical to have no flame and remove any smoking embers to, before closing the flue, to ensure the building doesn’t fill up with carbon monoxide or smoke -- and set off the fire alarm. At this point it is safe to fully close the flue, to keep in the heat. **This whole process takes approximately three hours -- before you can begin to bake.** Once the oven is hot, and you’ve closed the flue, place your bread or piroshki inside and close the back portion of the oven with the wooden oven door. The food should be cooked in a flat-bottomed cast iron pot or griddle, so the oven doesn’t have food residue left behind! **The wooden door is located next to the pechka, have your employees thoroughly soak the oven door in water first so it doesn’t burn during the baking process.** If you’ve heated up the brick oven enough to bake, you can make use of the heat for breakfast by letting your kasha or hot cereal slowly cook overnight in a warm closed oven.

**Learn More with these Additional Resources**


**Background** - The Russian word “pechka” (печка) comes from the word “pech” which means “to bake”. The pechka, may be considered the most important part of the home as it provides warmth for living and a place to cook. The larger “Russian Pechka” includes a large platform on the top, on which children and elders can sleep. The pechka is made of whitewashed brick and mortar, with a labyrinth of flues which maintain the heat, and is typically located near the center of the house. Once fired up, the pechka can warm the whole house with wonderful, radiant heat for a day or more, depending on the temperature outside.
Candle Making

We provide wax sheets and wick for candle making. The wax needs to be soft before you start working it. You can soften the sheets by warming them by the fire, or better yet, put them in sun (safer). Be careful not to melt them.

One sheet makes 3 candles.

- Fold and cut the sheet into thirds widthwise

- Cut a length of wick equal to the height of the sheet plus one inch
- Roll the sheet along its short dimension around the wick leaving an inch of wick sticking out
Cooks Apron & Kerchief Projects

An apron and kerchief are essential elements of any hardworking cook’s wardrobe. Here are simple patterns for those Cooks who choose to make their own kerchief and apron for their work at Fort Ross.

Russian Apron & Kerchief

"Embroidery" strip decorated with designs patterned after Russian cross stitch.

45" Layout
Fabric Needs: 32" length

35" Layout
Fabric Needs: 36" length

Both lengths include enough for embroidery strips of 4" (3 1/2 hemmed)
Cooks Additional Cleanup

Washing dishes
For washing dishes, we provide three large washtubs: one for soapy water, one for sterilizing bleach rinse, and one for a clear water rinse. You will need to bring bleach and soap. The first washtub should contain hot water and dish soap. The sterilizing solution should contain warm water with 1 tablespoon of 5% chlorine bleach to each 2 gallons of water. The utensils should be soaked for 30 seconds or more, and then rinsed in the third tub of hot, clear water. Please dry all the utensils before putting into boxes or sending them to the ELP closet. Use ash to get the soot off the pots and pans. It really works!

Caring for Cast Iron
There are many fine cast iron pots available for your use. They are wonderful to cook with and are very authentic, but need a little care. After cooking in one of the pots, it should be wiped clean, using mild soap, never a strong detergent. Do not scour; scouring will remove the natural seasoning of the pot and cause rust and possibly metallic taste. If at any time it is necessary to scour or scrape, be sure you do it as little as possible. Wipe a little oil around inside of the pot and lid to season. DO NOT SEND WET POTS BACK TO THE ELP CLOSET!

Putting Things Away
All of the items we provide for the ELP must be put back into the ELP storage closet by the group

Buildings
Personal gear removed, floors swept, candle wax scraped off, mud/dirt swept out, litter picked up.

Broken Items
Please let the ELP Instructor know if anything is broken so we may be able to replace it before the next ELP group arrives.
The following tips have been compiled through a lot of experience. Please read through these carefully to help in your ELP preparations and on-site program.

**Tips -**

- Children eat less than a full serving. Plan 2-3 ounces of meat per person.
- Plan quantities carefully. Too much food is hard to keep organized and leftovers are a nuisance -- too little can be a problem, too. Wash all your produce at home before packing if the weather is cold. It is painful to constantly have your hands immersed in freezing water and it is wonderful to have things ready for cooking or snacking. Pack and unpack like items together (staples, produce, snacks, breads) so that way things won't get lost or forgotten.
- Plan one-dish recipes when possible -- stews, soups, etc. Too many dishes are hard to prep and even harder to keep track of when cooking for a large group. Simplify the recipes -- it is not usually necessary to include exact measurements or quantities if you purchase ingredients in the correct proportion. Type out your recipes in large font and put them in sheet protectors so that the students (employees) can refer to them.
- "Authentic" foods are really appealing. It is good to have choices at each meal. The employees will be quite willing to try everything when they don't feel they have to. Don't forget dietary restrictions like vegetarians and allergies (nuts, etc.)
- It helps to set up a self-service beverage area and a snack/grazing area. Keep these areas away from your prep and working areas. A little planning and organization will help the employees be self-sufficient, an important Fort Ross lesson. It will also keep you sane and prevent the constant chorus of "Where is X?" This is critical when weather is stormy, because your work area is constantly filled with employees visiting or coming inside to warm up.
- Having three cook officers is really helpful. The Head Cook can meet with the employees to make menu decisions develop recipes, shop, oversee and give orders. The second cook officer should be available to organize the employees, chat with them, help them with their skit, make sure they understand their chores, organize breaks, hikes, crafts and churning. The third cook can tend to fire and carry pots etc. Of course, other divisions of labor can work equally well, but have a plan and try to have three parents in this role.
- **Encourage the employees to be resourceful and self-sufficient. Resist the urge to do things for them.** Give clear, concise verbal instructions, and then allow them to find solutions. This is respectful and they will appreciate it. You will see that they are usually quite adept at asking for help! This approach will also keep you from feeling stressed from being constantly called upon. If you discover they haven't followed through, follow up with suggestions for how they might proceed. If you expect a lot of them,
they will surprise you with their capability and enthusiasm and you will be overflowing with genuine praise for them. What a happy circumstance!

- A cook’s meeting to decide on menus will really help to galvanize everyone to the task at hand. Give them choices among "authentic" dishes, and you will not end up with demands for hamburgers! A baking day is also fun if you can fit it in. If not, enlist parents to make Russian tea cakes and jam filled cookies.

- A starchy Russian diet is actually great for employees! Include lots of "carbs" in the menu and even the fussiest eater will not go hungry.

- Cooking over a wood fire is hard work. If you need a hot flame, use a grate that is not too high above the fire. Start boiling water early and make sure that the fire is stoked in cold weather! Don’t be fancy. It’s easy to braise and stew, so plan accordingly. Don’t be afraid to adapt to circumstances and innovate -- employees love this -- as long as you know what you are doing with the main course. Let the employees do all the prep because they are usually not able to withstand too much open fire cooking -- smoke burns their eyes (yours too!) and if it's cold and rainy you will be struggling to convince them to stay warm and dry. They can certainly stir pots, draw water, fetch ingredients, run messages between the outdoor fire and the Officials' Quarters, gather kindling (including paper), feed the fire and keep tabs on the status of water, spider pot, and dishwashing tubs. Work hard to engage the employees in the activity at hand and you will be amazed at the camaraderie and affection that grows among you. Remember, they can do it. Most of all have fun; they will never forget their Fort Ross experience.

- **Breakfast** - Please create a breakfast menu from the [menu items](#). You can leave on the table some snacks for grazing. Bagels and cream cheese work well for morning snack. Pancakes or blini’s are not a good idea. They can drip and make a mess on the fireplace stones and are hard to cook on an open fire.

- **Lunch** - Plan a lunch that requires little or no prep, no dishes, and almost no cleanup, because by this time you are packed up, almost ready to depart and you want to savor the remaining time. Lay out the food as a buffet. At each meal officers can serve to expedite the line. Plan for this and enlist help. Always say yes when someone offers help! They’ll feel good and your job will be much easier.

### Night Watch

Night watch is an integral part of the ELP and it is mandatory. Surrounded by the coastal night and sounds, students can imagine what it must have been like at the fort in the “old days.” This quiet period often becomes a time of reflection, and an on-site night watch log is available to record any thoughts the students may have while on the night watch. It’s suggested that your students may also bring their own
Lanterns -
Each role group will have one battery-powered lantern plus a candle lantern (for outside the buildings only).

Night Watch Duties -
● Keep the fire going - a small fire is all that is necessary
● Keep the teapot filled with water
● Write in night watch log
● Walk the perimeter of the fort as a group
● To pass the time, quietly play checkers, staves, cards or your class games
● Clean up your mess when your watch is over. Secure food from raccoons. Keep all outside doors closed
● Wake the next group as quietly and quickly as possible
● Notify the teacher in case of any kind of problem

Night Watch Reminders -
● Each employee will be accompanied by an officer at all nighttime activities
● At no time should students wander off alone
● KEEP VOICES AND NOISE TO A MINIMUM! NO BELL RINGING!
● Block the privy doors with a piece of wood to prevent them from slamming
● Each person gets one hot drink and a cookie or two
● Students should not play with candles
● The First Aid Kit will be kept at the kitchen area. Emergency phone is in ELP Instructors office

Night Watch Game Bag -
● Shut the Box game
● Checkers
● Uno Card game
● Mancala game
● Journal
● Cards, several decks
● Abacus instructions

Night Watch Schedule and Sleeping Arrangement -
Night watch is important for the safety of the fort and the group. The following schedule is for an all-group night watch. The sleeping arrangements described work well for waking one watch group while not disturbing others. Militia will start fires for breakfast and coffee before their watch ends.

<table>
<thead>
<tr>
<th>Shift</th>
<th>Time</th>
<th>Group</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st watch</td>
<td>9:00-11:00</td>
<td>Cooks</td>
<td>Sleep in front of Kuskov House</td>
</tr>
<tr>
<td>2nd watch</td>
<td>11:00-12:30</td>
<td>Artisans</td>
<td>Sleep in back of Kuskov House</td>
</tr>
<tr>
<td>3rd watch</td>
<td>12:30-2:00</td>
<td>Clerks</td>
<td>Sleep in Chapel front vestibule</td>
</tr>
<tr>
<td>4th watch</td>
<td>2:00-3:30</td>
<td>Gardeners/Gatherers</td>
<td>Sleep in Chapel main sanctuary</td>
</tr>
<tr>
<td>5th watch</td>
<td>3:30-5:00</td>
<td>Hunters</td>
<td>Sleep in the 8-sided Blockhouse</td>
</tr>
<tr>
<td>6th watch</td>
<td>5:00-7:00</td>
<td>Militia</td>
<td>Sleep in the 7-sided Blockhouse</td>
</tr>
<tr>
<td>Wake up</td>
<td>7:00</td>
<td>Cooks</td>
<td></td>
</tr>
</tbody>
</table>

**ELP - Items to Bring**

**For All Company Members -**

- **Snack** - To eat at Reef Campground
- **A Bag Lunch** - For your arrival the first day
- **Warm Sleeping Bag, Pad & Ground Cloth** - You will sleep on wood floors in the fort buildings
- **Eating Utensils** - Cup, plate and/or bowl, knife, fork, spoon, and water bottle
- **Toiletries** - Don’t forget sunscreen -- the sun can be very strong, toothbrush and toothpaste, baby wipes - for cleaning up oneself at night.
- **Any Necessary Medications** - Include written instructions for the teacher; give medications and instructions to the teacher upon school departure
- **Pencil** - For writing in journals and sketching
- **Hat/Scarf** - Russian style scarf for girls and/or a warm hat for night watch. Sun hats are highly recommended for students and adults alike, especially for spring or fall dates
- **Change of Clothes and Shoes** - Children and parents should wear their costume to the fort. Bring a second set of clothes as well. Even if the weather looks warm, evenings are always quite cold on the coast. Students feet and clothing often get wet during the day’s activities therefore two pairs of shoes are essential. Black rain boots are highly recommended. Bring layers to prepare for all weather scenarios.
- **Warm Jacket/Sweater** - Layers are important for the changing coastal weather
● **Rain gear as needed** - Be prepared so you’ll stay as dry and active, and as safe and possible

● **Name Tags** - Create your own name tag with a Fort Ross design and character’s name

● **Recommended** - We encourage each Company member to put their sleeping gear into a plastic garbage bag with a clear label of their Company name. This is a great way to make unloading, finding and moving gear easier, and most especially helps to keep sleeping gear dry. If you prefer a more authentic option you can use canvas bags, but note that it will not keep things as dry.

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**For Teachers (Ross Managers) -**

● **ALL signed Contracts and Consent Forms** - Hand in to ELP Instructor

● **Journals** - As a class project, have students make a small blank journal so that they can write down their impressions of their time at Fort Ross

● **Nightwatch Activities** - Board games, cards, etc.

● **Flashlight** - For safety it is a good idea for both the teacher and parents to bring flashlights. Students **should not** have flashlights

● **Schedule** - Bring a copies of your ELP schedule for you and your Officers

● **Mail Call** - Bring letters if you’re planning on doing mail call

● **Spending Money (Optional)** - If you would like to visit the Visitor Center, Bookshop and Museum at the end of your program, you may suggest that students bring spending money. And don’t miss the wonderful collection of baskets, kayaks and much more on display!

Teachers also check with the **parent Officers of each Role Group** to ensure they have the following items.

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**For All Role Groups -**

● **Role group pdf** - Some parent (Officers) find it helpful to have printouts of their role group pdfs with them on site.

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**For Militia Officers -**

● **Firewood** - FRC supplies some firewood for your program. If you have wood we appreciate donations to our supply. Each group will use about ¼ cord of firewood; this is about 8 boxes of wood. (Double that if you plan to use the indoor brick oven.) You must bring dry kindling and newspaper as it is always in short supply.

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**For Cook Officers -**
**Towels** - You will need a good supply of dish-towels, towels for drying and hand towels for all.

**Dish soap** - For clean up

**Tablecloths** - This is optional, but does make for a nice presentation in the kitchen.

**Water** - The tap water in the fort is safe, but it doesn’t taste very good. We highly recommend that you bring a few gallons of bottled water and have the children bring refillable water bottles.

**Food** - Food for your recipes and one half gallon heavy cream for churning butter (if planning on this Cook activity), oil, salt, pepper, matches, etc.

**Oil** - As needed for cooking, AND for seasoning cast iron pots

**Hand soap** - There is no hand soap for washing hands, so please bring enough for all!

**Food bins** - We strongly recommend that Cooks bring food storage bins with secure lids to store food overnight safely and to keep the small critters out of your food stores. We also recommend bringing containers to take home any leftovers.

**PLEASE DO NOT BRING** - Individually wrapped food items (no juice boxes or anything with straws, etc.) as it generates a lot of garbage and the wrappers often end up on the ground.

**Hunters** -

**Bait** - Squid or any bait suitable for rock fishing at the ocean.

**Fishing License** - For adults only (a day use license is sufficient). Officers must visit the California Department of Fish and Wildlife website to be familiar with any and all fishing restrictions at Fort Ross State Historic Park. Thank you in advance!

**Artisans** -

**Project supplies** - Paint, nails or whatever supplies they need for their craft project. (We supply basic tools.)

**Clerks** -

**Trade Store Items** - Any items ready for sale in the Trade Store

**Pay packets and Company ledger** - Depending on the Clerks chosen system of payment

**Critter-proof containers** - for any food items being sold at the Trade Store

**Gardeners** -

**Plants and/or seeds** - For planting in the garden

**School sign (Optional)** - To put in garden plot

**Gardening gloves (Optional)** - To keep hands protected during gardening work
Gatherers -

- **Project supplies** - Whatever is needed for your chosen project, such as the Acorn or Cordage project. Check the supplies list on these Gatherer pages carefully, to make sure you have everything you need. **Remember Gatherer projects need to be done according to season, plan ahead to ensure you have all the materials you need**

- **Gatherer Journals (Required for this group)** - See the Gatherers Classroom Projects page for details

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**Russian American Company Travel Permits**

All Russian American Company (RAC) members -- manager, employees, and officers -- should have their official papers (travel permits) with them upon their arrival at Fort Ross. In order to gain entrance to the Fort, the Militia will check everyone’s papers at the gate. Use this pdf to print out and cut travel permits for your whole company. It works best to use double-sided printing, so each permit has the Company member’s permit on one side, and a map of the Fort Compound on the back. Each double-sided print out should be cut into 4 permits.

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*Russian-American Company Travel Permit*

*This permit is issued to*

-------------------------------------------------------------

*Giving permission to remain at Colony Ross for a period not to exceed one year.*

*Signed at Fort Ross by my hand*

-------------------------------------------------------------

*Commandant of Fort Ross*
**Brief History and Walking Tour**

Read this to your employees in your group in the classroom and bring this information with you to Fort Ross.

**Introduction** - The settlement of Ross, the name derived from the word for Russia (Rossia) was established by the Russian-American Company, a commercial hunting and trading company chartered by the tsarist government, with shares held by members of the Tsar's family, court nobility and high officials. The Company controlled all Russian exploration, trade, and settlement in North America and included permanent outposts in the Kurile Islands, the Aleutian Islands, Alaska, and a brief settlement in Hawaii. From 1790 to 1818, Alexander Andreyevich Baranov, the Company's chief manager, supervised the entire North Pacific area. Trade was vital to Russian outposts in Alaska, where long winters exhausted supplies and the settlements could not grow enough food to support themselves. Baranov directed his chief deputy, Ivan Alexandrovich Kuskov, to establish a colony in California as a food source for Alaska and to hunt profitable sea otters. After several reconnaissance missions, Kuskov arrived at Ross in March of 1812 with a party of 25 Russians, many of them craftsmen, and 80 native Alaskans from Kodiak and the Aleutian Islands. After negotiating with the Kashia Pomo people who inhabited the area, Kuskov began construction of the fort. The carpenters who accompanied Kuskov to Settlement Ross, along with their native Alaskan helpers, had worked on forts in Alaska, and the construction here followed models of the traditional stockade, blockhouses and log buildings found in Siberia and Alaska. Outside the main gate stood the dwellings of the Native Alaskans, brought to the settlement as a labor force.

The history of Fort Ross is a unique blend of diverse cultural groups. These groups include the Russians, the Kashia Pomo, Coast Miwok and Southern Pomo Indians, the Aleutian and Kodiak Islanders, and the Spanish and Mexican settlers. Their settlement included many more Native Alaskan people than Russians. Creoles, the children of Russian men and Native North American women, comprised a large group during this era.

**On the Trail from the Visitor Center to the Fort** -

**California’s First Windmill** - The site of California's first windmill appears on the 1817 map of Fort Ross. From this map the windmill is triangulated northwest of the fort on a rise midway between the Northwest Blockhouse, the Visitor Center and Highway One. The windmill is visible on the 1841
watercolor by Russian naturalist and artist, Ilya Gavrilovich Voznesenskii. Two windmills were still there in 1841, with their grindstones, along with an animal powered mill. The original Russian millstones are now inside the fort compound beside the west gate.

The windmills highlight the important agricultural aspect of the Russian-American Company settlement at Fort Ross. One important reason for the establishment of the colony was to grow wheat and other crops for the Alaskan settlements. At Fort Ross the coastal fog, wind, rocky terrain, gophers and lack of trained agriculturalists combined to thwart this effort. Although the Company established three farms at inland sites between Fort Ross and Port Rumiantsev (Bodega Bay), and agriculture intensified after sea otter hunting diminished in the early 1820s, production was still insufficient. Trade with Spanish and Mexican California was conducted to increase the food supply to Alaskan settlements, and after 1839 a contract with the Hudson's Bay Company supplied Russian Alaska with grain and other needed supplies. On the hill to the north just below the tree line, you can see the Russian orchard. The original Russian orchard encompassed two to three acres, and contained approximately 260 trees at its peak. Fruit trees were planted to provide for the Ross settlement in the early 1800s, and to supplement other agricultural products such as wheat and barley grown in California and shipped to the Russian colonies in Alaska. It has not yet been determined whether the oldest surviving trees date back to the Russian settlement.

**Kashia Pomo (The First Inhabitants)** - The Kashia Pomo, who lived in this area when the Russians arrived, were a spiritual, peace-loving people hunting game and gathering wild foods abundant in the area. The Kashia lived on the lands from the Gualala River to Salmon Creek located just north of present day Bodega Bay. The name Kashia, which means “expert gamblers”, was given to them by a neighboring Pomo group. The Kashia, superbly matched to their environment, moved their homes from the ridges in the winter to the ocean shore in the summer, hunting and gathering food from the ocean and the land. Along the shore there were plentiful supplies of abalone, mussel, fish and sea plants. Sea salt was harvested for domestic use as well as for trading. Plants (acorns and seeds) and animals (deer, elk and a vast number of smaller animals) provided abundant food inland. The Kashia created a wide variety of tools, utensils, basketry, and objects of personal adornment which reflected a high degree of technical knowledge, design and artistic ingenuity. Their basketry, a ritual art, has achieved extraordinary respect. The Kashia’s first encounter with Europeans was with the Russians. They provided much of the labor for agricultural efforts at Ross. The high land beyond the highway supported the villages of the Kashia Pomo while they worked at Ross.

**The Village Complex (Sloboda)** - Most of the Russian-American Company population lived outside the fort. Only the higher ranking officials and visitors lived inside. Lower-ranking Company employees and people of mixed ancestry lived in the village complex of houses and gardens that gradually developed
outside the northwest stockade walls. Intermarriage between Russians and Alaska Natives was commonplace. Their children, known as Creoles, formed a large part of the colony's population. Population varied over the years. In 1836 Ioann Veniaminov reported: "Fort Ross contains 260 people: 154 male and 106 female. There are 120 Russians, 51 Creoles, 50 Kodiak Aleuts, and 39 baptized Indians."

Vallejo in 1833 describes the village outside the fort: "The village of the establishment contains 59 large buildings... They are without order or symmetry and are arranged in a confusing and disorienting perspective. Inside the walls there are nine buildings, all of them large and attractive, including the warehouses and granaries." Later, the inventory for Mr. Sutter in 1841 lists: "twenty-four planked dwellings with glazed windows, a floor and a ceiling; each had a garden. There were eight sheds, eight bath houses and ten kitchens."

**Grinding Stones** - These grinding stones up to three feet in diameter and one foot thick were made of indigenous stone. They were once used for grinding flour in California's first windmills.

**The Fort Compound** -

**Rotchev House** - Of the six buildings presently within the fort compound only one, the Rotchev House, is an original Russian-built structure. It is a National Historic Landmark. The Rotchev House is unique and nationally significant because it is one of only four surviving buildings built in the Russian-American colonial period, and the only surviving Russian-built structure outside of Alaska. The exterior of the Rotchev House was restored to its late-1830s appearance in a series of modifications between 1925 and 1974. Numerous rare examples of original Russian building techniques are visible. The interior is now the focus of a five-year preservation and furnishing project. The Rotchev House was constructed circa 1836 to serve as the home of Alexander Rotchev, the Russian-American Company's last manager at Fort Ross, his wife Elena, and their children. Alexander Rotchev was
an intelligent well-traveled person and a poet. His wife, Princess Elena, a descendant of the titled nobility, was also accomplished in the arts and conversant in several languages. Accounts indicate that the Rotchev House was considered a relatively refined and properly furnished residence, given its location on the frontier. A French visitor remarked that the Rotchev’s possessed a "choice library, a piano, and a score of Mozart." The hospitality of the Rotchev’s was highly regarded. They lived in their Fort Ross home until July of 1841. During the American ranching era following the Russian settlement, the Rotchev House was enlarged with a two story addition and a long front porch by the owner William Benitz. It is possible that the existing fireplace was added at that time. Later, when Fort Ross was part of the George W. Call Ranch, the enlarged structure became the Fort Ross Hotel.

**Officials’ Quarters (or Officer’s Barracks)** - This building was built before 1817 and was originally the site of company workshops. On the 1817 map it was referred to as "house of planks containing a foundry and workroom for medical aide". It was refurbished in 1833 to provide Company officials and visitors with accommodations. Reconstruction of the Officials' Quarters, demolished during the 1916-18 Chapel reconstruction, was completed in 1981.

**Southeast Blockhouse** - The original blockhouses were built prior to 1817. The southeast blockhouse was reconstructed in a number of phases between 1930 and 1957. Original floorboards from the Officials' Quarters were used for flooring. This southeast blockhouse has eight sides and offers a clear field of fire, protecting the south and east stockade walls from possible attack. The Spanish were a potential threat to the colony, and the armaments were always ready, but the defensive value of the fort was never tested. The naval cannons in this blockhouse were used to signal and welcome visiting dignitaries. Historical accounts of the numbers and distribution of the Fort Ross cannons varied over the years. The 1822 diary of Fr. Mariano Payeras mentions: "...two bastions, one in the northern corner with five guns on two floors, and another on the south with seven guns... Also within the presidio they have four mobile cannons with their gun carriages." Mariano G. Vallejo in 1833: "12 pieces of artillery on two towers ... of 8 caliber, six in each one... All of these pieces are mounted on naval gun carriages except for two "violentos" of 3 caliber..." In 1836 Sir Edward Belcher states "These towers, armed with three guns each... In the center of the yard or square, in front of the governor's staircase, a brass nine-pounder gun commands the gateway..." 1837 William A. Slacum "...mounts four 12 lb. caronades on each angle, and four 6 lb brass howitzers fronting the principal gate..." 1841 John A Sutter: "From the Russians I have got only one fine brass field piece (mounted with caisson)... This piece has been cast in St. Petersburg, 1804." The four cannons now in the center of the fort compound are contemporary reproductions; two are capable of firing. They are 5 ½ inch howitzers mounted on field carriages. In the southeast blockhouse
there are 12 pound caronades on naval carriages, as well as a [two?] reproduction 4 pounder bronze Russian cannon[s].

**Stockade Walls** - The original stockade walls and sally ports deteriorated rapidly. They were reconstructed several times on a piecemeal basis between 1929 and 1989. After Highway One was rerouted to bypass the Fort in 1972, the stockade was finally re-enclosed for the first time since the 1800s. The original walls of the fort were approximately 1204 feet long (172 Russian sazhens) and 14 feet high (2 sazhens). They were held together by a complex system of mortised joints locked by wooden pins. The top truss and the sills were locked into main posts spaced about 12 feet apart extending about 6 feet into the ground.

**Chapel** - The Chapel was originally built in the mid-1820s. It was the first Russian Orthodox structure in North America outside of Alaska, although Ross had no resident priest. The chapel was probably built by the settlement’s shipbuilders. In 1836, Father Ioann Veniaminov, who later became Bishop of Alaska and then Senior Bishop of the Russian Empire, visited the settlement and conducted sacraments of marriage, baptisms, and other religious services. Father Veniaminov had been an active missionary among the native Alaskan people. Unlike the Spanish, the Russian priests in North America baptized only those natives who demonstrated a knowledge and sincere acceptance of Christian belief. **The chapel is constructed from wooden boards... It has a small belfry and is rather plain; its entire interior decoration consists of two icons in silver rizas. The chapel at Fort Ross receives almost no income from its members or from those Russians who are occasional visitors.** Journal of Father Ioann Veniaminov, 1836. The chapel was partially destroyed in the 1906 earthquake. The foundation crumbled and the walls were ruined; only the roof and two towers remained intact. Between 1916 and 1918, the Chapel was rebuilt using timbers from both the Officials' Quarters and the Warehouse. On October 5, 1970 the restored Russian chapel was entirely destroyed in an accidental fire. It was reconstructed in 1973. Following Russian Orthodox tradition, some lumber from the burned building was used. The chapel bell melted in the fire, and was recast in Belgium using a rubbing and metal from the original Russian bell. On the bell is a small inscription in Church Slavonic which reads "Heavenly King, receive all, who glorify Him." Along the lower edge another inscription reads, "Cast at the foundry of Michael Makar Stukolkin, master founder and merchant at the city of St. Petersburg."

According to Russian Orthodox tradition, the cross on the chapel cupola has a short bar on the top representing a sign nailed to the cross: "Jesus of Nazareth-King of the Jews"; the middle bar represents Christ's crucifixion; the bottom bar, to which Christ's feet were nailed, points toward heaven (signifying the thief on the right who repented) and downward (signifying the disposition of the mocking thief).
1925, the Chapel began to be used for Orthodox religious services, and it continues to be used for such services every Memorial Day and Fourth of July.

**Kuskov House** - The Kuskov House was the residence of Ivan Alexandrovich Kuskov, who founded Ross and was the first manager. It served as the manager's house from before 1817 until 1838. In the upstairs were living quarters, downstairs an armory. Four of the Fort's five managers lived here. First hand accounts describe its historic use: *The first room we entered was the armory, containing many muskets, ranged in neat order; hence we passed into the chief room of the house, which is used as a dining room & in which all business is transacted. It was comfortably, though not elegantly furnished, and the walls were adorned with engravings of Nicholas I, Duke Constantine, &c... An (anonymous) Bostonian's description, 1832.* **The old house for the commandant, two stories, built of beams, 8 toises[sazhens] long by 6 wide, covered with double planking. There are 6 rooms and a kitchen.** Inventory for Mr. Sutter, 1841. The Kuskov House reconstruction was completed in 1983, based in part on the plan of 1817.

The Voznesenskii Room is in the upstairs of the Kuskov House on the northeast corner. Among the later visitors to Ross was the naturalist and artist, Ilya Gavrilovich Voznesenskii. A trained scientist and competent graphic artist, Voznesenskii was sent by the Imperial Academy of Sciences to explore and investigate Russian America. Many important sketches of the Ross Settlement and its surrounding area come from Voznesenskii's hand, the result of a year-long visit to Northern California. His avid interest in California's flora and fauna, as well as Indian life, took him far afield by foot, boat, and horseback. On these and other expeditions, Voznesenskii was able to gather an ethnographically invaluable collection of California Indian artifacts.

**Northwest Blockhouse** - The original was built in 1812. In 1948 ruins of the blockhouse were removed, and it was reconstructed in 1950-1951. The Northwest Blockhouse has seven sides. As a watchtower for sentries with muskets and cannons, it protected the north and west stockade walls from potential attack by land. Each blockhouse carried a flagstaff, used to signal colonists in case of attack or provide a navigational aid for ships approaching Ross. From this blockhouse could be seen the two windmills which were located beyond the fort compound. The three cannon in this blockhouse are of unknown provenance.

**Warehouse or Russian Magazin** - This two-story Russian-American Company warehouse, or magazin, functioned both as company store and as a warehouse where supplies for agricultural operations and hunting were documented, assessed and stored for distribution. Reconstruction of this warehouse is being conducted by California State Parks. Goods stored in the warehouse reflected extensive Russian
trade with Spanish and later Mexican California, as well as Britain, the United States, Europe and China. The Pacific Coast as far north as the northern boundary of the current state of Washington was claimed by the Spanish, though in 1812 they had no settlement north of the Presidio of San Francisco. The Governor of Spanish Alta California, Jose Joaquin de Grillage, was friendly with the Russians, and profited by trade. After his death, the Spanish took a harder line, demanding the removal of the Russian colony. While trade with the Russians was strictly forbidden by Madrid, the Spanish colonists found ways to get around the rules, and trade between Settlement Ross and the Spanish colonies continued. Eager to buy goods made by the Russians, the Spanish traded food, which was sent to the Alaskan settlements. When Mexico separated from Spain in 1821, trade with Ross assumed greater importance as the Russians provided military goods to the former Spanish colony, which no longer had a mother country to supply it.

Well - Archaeological excavations indicate that the original well cribbing was 34 feet deep. Though there was a nearby creek, the well inside the fort compound offered security in case of attack. The site for the settlement of Fort Ross was partially selected because of the proximity of water. The site was also chosen because of nearby timber for construction, the flat coastal terrace surrounding it on which to grow crops, and because it was a defensible site with inaccessible ridges protecting the rear, and a small defensible harbor below.

Outside the Fort -

Alaska Native Village Site - Outside the main gate of the fort stood the dwellings of the Native Alaskans who were brought to the settlement by the Russian-American Company to hunt sea mammals and provide a work force for the colony. The Native Alaskan Village Site was the primary residential area for single Native Alaskan men, Native Alaskan families, and interethnic households composed of Native Alaskan men and local Native Californian women. The village was situated on the marine terrace directly south of the stockade walls. The extensive archaeological deposit sits on approximately one-half acre, and was investigated by archaeologists from State Parks and University of California, Berkeley, in the summers of 1989, 1991, and 1992. The Alaska Natives brought their native baidarkas, swift maneuverable kayaks, used for hunting and transport. From these baidarkas they hunted the valuable sea otter and other sea mammals along the California coast and from a base on the Farallon Islands. Hunted by the Spanish, English, Americans and Russians the number of sea otters was greatly diminished by the early 1820s. The Russian-American Company made the first efforts at marine conservation in the North Pacific when they established moratoriums on fur seal and sea otter hunting. In 1834 the Company stopped the harvest of sea otters for 12 years, and then imposed a strict yearly limit.
Sandy Beach Cove - Sandy Beach Cove lies below the fort. The principal port of the settlement remained 19 miles to the south at Port Rumiantsev (Bodega Bay). There was frequent travel and transport of goods between Sandy Beach Cove and Port Rumiantsev in Russian launches and Native Alaskan baidarkas (kayaks) and baidaras (large, open skin boats used to carry cargo and up to 15 passengers). In the cove area below the settlement were a number of buildings including a shed for the baidarkas, a forge and blacksmith shop, tannery, cooperage and a public bath. There was a boat shop and shipways for building ships. Farm implements and boats were sold and traded to the Spanish, and four Russian-American Company ships—three brigs and a schooner—were the first built on the California coast. The shipyard was abandoned by 1825, but smaller boats continued to be built.

The Russian Cemetery - Across the gulch to the east Russian Orthodox crosses mark the site of the settlement’s cemetery. Over 150 people were buried in the cemetery during the Russian-American Company’s thirty-year settlement here. “To the northeast at a cannon shot’s distance they have their cemetery, although unfenced. In it there is a noteworthy distinction... [a] mausoleum atop a sepulcher of three square steps, from larger to smaller. Above these was a pyramid two yards high, and over it a ball topped off by a cross, all painted white and black, which is what most attracts one’s attention when you descend from the mountain. Over another burial... they placed only something like a box, and over the Kodiaks a cross... All of the crosses we saw are patriarchal; a small cross above and a larger cross nearby like arms, and below, a diagonally placed stick...” Payeras, 1822.

In 1990 the University of Wisconsin Milwaukee assisted the California State Parks in a project intended to better understand the boundaries and composition of the historic Russian cemetery. Excavations to locate and identify the individual Orthodox burials were conducted. The names of individuals associated with specific burials are not known, although researchers have identified a lengthy list of people who died at Fort Ross and were most likely buried here. The Ross settlement was a mercantile village with many families, and there are a large number of women and children buried in the cemetery. Remains have been re-interred and given last rites by priests of the Russian Orthodox Church. Artifacts, such as beads, buttons, cloth fragments, crosses and religious medals found in the cemetery restoration project, will help researchers better understand the Russian settlement’s culture.

Food Vocabulary in Russian

You can also use Google Translate to hear the words spoken in Russian - [https://translate.google.com/](https://translate.google.com/)

- First course -- per'vey kyrč
- Appetizers -- zakus'ki
- Soup -- sup
- Salad -- salat'
- Main Dish -- troy blood
- Dessert -- desert'
- Bread -- khleb
- Rice -- rees
- Rye -- rosh
- Wheat -- shenee'tsa
- Sausage -- kielbasa'
- Beef -- myas'a
- Pork -- svinin'a
- Lamb -- baran'ina
- Rabbit -- kro'lik
- Chicken -- tsyplyon'ok
- Veal -- telyat'ina
- Ham -- vetchina'
- Dumplings -- pelmen'ee
- Fish -- ree'ba
- Trout -- forel'
- Apple -- yab'laka
- Pears -- groosh'a
- Peaches -- per'siki
- Cucumber -- agurets'
- Tomatoes -- pomidor'ee
- Potato -- kartof'el
- Cabbage -- kapust'a
- Onion -- lyk
- Sour cream -- smetan'a
- Milk -- moloko'
- Juice -- sok
- Tea -- chai
- Coffee -- kof'ee
- Salt -- sol
- Pepper -- pyear'ets
- Sugar -- sa'xar
- Parsley -- petroosh'k a
- Dill -- ookrowp'
- Basil -- basil'ik
- Egg -- yait'sa
- Omelet -- omlet'
- Sandwich -- buterbrod’
Cooks Food History

Food at Fort Ross - Food was abundant at Settlement Ross. Below is a list of foods known to have been either grown by Ross residents, introduced to the settler’s diet by the Alaska Native or Pomo cultures, or brought to the colony through trade. All but the foods known to the Pomo people were, of course, introduced to the region’s ecology. Seeds and plants were brought from all over the world. Radishes, for example, came from China. The Spanish introduced the peppers grown at the settlement from South America. The list is not intended to be a complete inventory, and research is ongoing.

Fruits Grown at Fort Ross -

- Peaches
- apples
- Pears
- Apricots
- Cherries
- Quince
- Plums
- Grapes
- Melons, such as casabas, watermelons, and cantaloupes

Vegetables Grown at Fort Ross -

- Winter squashes
- Pumpkins
- Cabbage fresh and as sauerkraut
- Beets
- Turnips
- Carrots
- Potatoes
- Onions
- Garlic
- Radishes
- Horseradish
- Peas
- Beans
- Lettuce
- Parsley
- Mints

Grains Grown at Fort Ross -

- Millet
- Wheat
- Barley
- Buckwheat (kasha)
Flowers Grown at Fort Ross -
- Roses
- Calendula
- Honey from beehives in the orchard
- Wild Mushrooms

Livestock -
- Chicken for meat, feathers, or eggs
- Cattle for meat, milk, cheese, butter
- Pig for meat and hides
- Goat for meat and hides

Wild Animals -
- Deer for meat, hides, and horns
- Elk and Bear for meat and hides
- Quail for meat and feathers
- Fish, both ocean and freshwater

Kashia Influence -
- Purslane
- Miner’s lettuce
- Mustard greens
- Wild onion
- Bay laurel
- Acorns and hazelnuts
- Wild grains, roots of cattail, shellfish, dill, fennel, wild carrot
- Blackberries, huckleberries, thimbleberries

Alaska Native Influence -
- Sea Lion meat and skins
- Seagull eggs and feathers
- Seal meat, oil and intestines

Trade with Spanish, European, Chinese, or Merchant ships -
- Rye, cornmeal, oats, rice, sugar, cinnamon, mace, molasses, and poppy seeds
- Sage, pepper, rosemary, ginger, dill, clove, nutmeg, olive oil, and beans
Cranberries

Tea and coffee

Cranberry juice or other locally grown fruit juices

Russian Kvass (a yeasted fruit drink)

Meal Time at Colony Ross - As with many cultures, the kitchen is the favorite or central spot of the home. Russia is not different. It is where families gather for meals, friends get together to chat over a cup of tea and welcomed guests feel the warmth of Russian hospitality.

Depending on where you are from, Russians refer to the three meals of the day differently. To most Americans, these are breakfast, lunch, and dinner or supper. Russians start the day with breakfast or “zavtrak.” It is a hearty meal. A Russian breakfast will include a protein such as eggs, sausage, cold cuts, and cheese. This is accompanied by bread and butter with tea or coffee. Hot cereals are particularly popular with mothers. Yes, Russian children get their first shot of energy from a hot bowl of oatmeal, just as most of us did! Cold, boxed cereal was introduced to Russia in the early 1990’s and is, generally speaking, found only in specialty stores.

Historically, Russians didn’t have a meal like our lunch. In fact, this was a generally not understood term until the 1990’s. The second meal of the Russian day is taken around 1 o'clock p.m. and is called “obyed” or dinner. This is the main meal of the day. Appetizers, or “zakuski,” highlight this meal. One can easily make the mistake of making a meal out of a selection from such delights as caviar, pickles, smoked fish and various combinations of vegetables. Soup is a part of dinner along with the main course of meat or fish. The main dish is usually accompanied by a starchy food: potatoes, rice, or noodles and vegetables: fresh or marinated. Finally there is dessert! Last course might be cake, stewed fruit or vegetables.

The evening meal is served around 7:00 p.m. or later. It is supper or uzhin. It is similar to dinner but without the soup and often, dessert. One notable exception is, in the agricultural regions, field workers take their soup with supper and not with dinner.

Children and the elderly enjoyed a mid-afternoon nap followed by a snack. Everyone, young and old, enjoyed a nice cup of tea. It is the most common beverage. Orange juice was not a breakfast staple in Russia. Water and soft drinks may be served with dinner or supper. Coffee and tea are offered at the end of these two meals. Of course, festive occasions and celebrations mean the presence of wine, vodka or cognac!
Traditional Russian cuisine is a delight to see and to eat. Popular and best-known dishes include caviar, served with beet soup, borscht, pancakes, blini, and beef stroganoff. What do you do if you have unexpected company? Serve up a spread of blini, caviar, herring, sour cream, jams, and a bit of vodka!

**Tea** - Tea was introduced to Russia in 1640. Russian ambassadors from the Mongol camps brought with them packets of tea. It was instantly praised for its medicinal powers and ability to refresh and purify the blood. By the beginning of the 18th century tea had become the national drink and asking one to partake in tea was a traditional sign of hospitality. A samovar was essential to the brewing of tea and they began appearing at this time in a great variety of shapes and sizes. The traditional spherical, cylindrical and tapered samovars began to be made in great quantities so that by the end of the 19th century production was around 1/2 million per year. The samovar creates its own coziness at the table and the participants generally declare the tea is usually tastier.

**Tea from the Samovar** - A Russian Tea Party begins when the hostess fills the samovar with cold water and puts burning coal in the draft chimney. She boils the water and carries the samovar to the table. To make the tea she rinses a porcelain or ceramic (never metal) teapot with some boiling water. She fills the teapot with loose tea (using 1 tbsp of tea for every 3 cups of water) and pours boiling water until three quarters full. After letting it steep for 5-6 minutes, she tops the essence off with some more boiling water. Tea from a samovar is a mixed drink: strong tea from the pot, diluted to taste with hot water from the spigot. Serve with sugar cubes and a slice of fresh lemon.

**A little Bit About Beets** - What contains vitamins A and C and potassium, has been used as a bone salve, a sinus remedy, rouge, a cure for toothache, and the base for a really tasty soup? Why, the humble beet, of course. Named for its resemblance to the Greek letter beta, the beet is a relative of leafy spinach.

There are three groups of beets: root beets, leaf beets, and the uncultivated sea beet. The leaf beet was the first to be domesticated, its name, chard, was derived from the Latin cardus, or thistle. Leaf chard was eaten 2000 years ago by the Greeks and Romans but the root of this early beet was unimpressive and used chiefly as a medicine. In the second or third century, Italian farmers developed larger roots and beets began appearing at mealtimes throughout Europe. During the Middle Ages, in the first of several historical collaborations between the two countries, German farmers improved on the “Roman beet” developing the rosy, round root we enjoy today.

Beets have been used and prepared in a wide variety of ways throughout culinary and non-culinary history. Sixteenth century sinus sufferers were advised to inhale beet juice to “purge the head.” It was
recommended that cooks of the same period wipe their beets with fresh dung before cooking them. One assumes that the beets were then peeled prior to consumption; and one is glad that twentieth century cooks use a common vegetable brush. Young women in the nineteenth century used beet juice as rouge, but that is the extent of the practical use for beet dye. Although it will redden the cheeks, fingers, and Easter egg shells, beet dyed fabric will fade upon washing.

So beets can’t be used to make dye, but they can be prepared in many dishes to die for. Russian borscht, a hearty beet soup, is a fine example. Many people enjoy beets pickled, although some beetophiles feel that pickling obscures the beet’s distinct sweetness. If a small beet is added to apples being cooked for sauce, the resultant product will be a pretty rose pink.

A Little Bit About Potatoes - Potatoes were first domesticated in the Peruvian Andes about 6000 years ago where they were a staple of the Incan diet. The Spanish discovered potatoes while searching for gold and took as many as 80 varieties back to Spain. These plants so intrigued the French and Italians that soon they could be found growing throughout Southern Europe. People refused to eat potatoes, though, because they were thought to resemble the hands of lepers and it was feared that they carried diseases. The first potatoes in Europe were grown as novelty.

Despite a bitter-tasting introduction into England where the tubers were discarded and the leaves eaten, the English took to eating potatoes. They were especially welcome in famine-plagued Ireland where it was discovered that a family of six could, with relatively little labor, live for a year on the potatoes produced on only an acre and a half of land.

Still, throughout most of Europe the potato was snubbed as livestock or slave food. In the late 1600s, after a disastrous crop failure, Emperor Frederik Wilhelm ordered all peasants to plant potatoes as famine relief or lose their noses and ears. At first disliked, the potato soon became part of the Prussian diet.

King of France Louis XVI and Marie Antoinette, in an apparent effort to appease the masses, embraced the potato to the extent of adorning their hair and clothing with potato flowers. The potato soon became a popular French vegetable.

The potato has become a staple throughout the world. In 1845 when black rot attacked Ireland’s potato crop 1.5 million Irish citizens died and another million immigrated to the United States.
Today most of the controversy around the potato has dissipated leaving us only to argue about whether or not the spuds are healthy. They are indeed healthy! They are loaded with many vitamins and minerals. A potato plucked fresh from the ground and steamed or baked to perfection needs no butter – it’s delicious plain. Honest!

**A Little Bit About Tomatoes** - In 1591 when the Spanish arrived in Mexico, Europeans had their first contact with the tomato. A native of Western South America the tomato was widely grown from Peru to Mexico. The Spanish found the plants, with their gangly vines, ugly but the curious red fruit was interesting enough to be carried back to Europe. Since it is a member of the deadly nightshade family it was thought to be poisonous and planted only as an ornamental.

Within a few years taste overcame fear and tomatoes became a popular addition to the cuisine of old Spain. Portugal, Morocco and Italy followed the Spanish lead but England and France viewed the tomato as attractive on the outside, like a peach, but deadly on the inside. This view is how the tomato came to be called the “Wolf Peach” in England.

The English brought their tomato fear with them to colonial America. It was common for doctors and ministers to speak out against the tomato. All of this changed on September 26, 1820, when on the courthouse steps in Salem, New Jersey, Robert Johnson ate a tomato in public. Quite a crowd gathered but Mr. Johnson failed to die. Soon seed companies began to offer the “love apple” and by 1860 commercial harvesting of tomatoes had begun.

**Regulations and Privileges of Creoles**

(Mixed Russian and Native Blood) Russian American Company February 28, 1822

1. Creoles will be encouraged not to follow savage ways
2. Creoles who are not legitimized are citizens of the colonies and are therefore Russian subjects. They have all the rights of laws and must obey them
3. Creoles must apply, in writing, to the Company Office in order to change residence. Transferring residences without permission will lead to a charge of vagrancy.
4. Education:
a. Creoles are obliged to the company for their education and must serve the company for twenty-nine years.
b. Creoles educated to a craft at Company expense will fit into the following categories:
i. From birth to age 16 they will be treated as apprentices.
ii. From ages 16 to 20 they will be assigned to occupations and will be provided with the necessities appropriate to the positions they occupy.

5. Compensation:
a. From ages 20 to 29 they are to receive salaries from $50.00 to $175.00 per year including clothing and food.
b. Each Creole will receive 1/2 to 1 pound flour per month free.

6. Rank:
a. Creoles educated to an art or science will be treated as students:
i. Each pupil will receive: one set warm gray woolen clothing, one set summer clothing made of ticking, 3 fur hats, 3 lined shirts, one cap, one set leggings.
ii. Each student will receive 10 pounds flour per month, five pounds of groats per month, and five pounds peas per month.
iii. Each student will receive necessary ink, pencils, etc.
b. Creoles in the Company Service can become clerks or office managers.
c. Creoles in the Company Service can, in special cases, be given privileges and titles.

Those Creoles Who Do Not Enter Company Service
7. Those Creoles not in Company Service may go in hunting expeditions with their relatives, but they must participate according to the rules.
8. Those Creoles not in Company Service must not ask the company for assistance in food, clothing or other privileges.
9. A charge of laziness or vagrancy on the part of Creoles not in the Company Service will result in one year’s service.
10. Those Creoles not in Company Service will be granted free medical care in an emergency.