



Temecula Valley  
Historical Society  
**Newsletter**

June 2007 Vol 7 Issue 4

**\*\*\*\*\*NEW MEETING PLACE\*\*\*\*\***

We meet at the historical Pujol School on Santiago Road on the first Friday of each month from 12:00 to 2:00 p.m. Plan to be there for a board meeting followed by an interesting speaker.

**2007 OFFICERS**

President	Barbara Tobin
Vice President	Leslie Karp
Secretary	Charlene Fink
Treasurer	Keith Johnson

**ADDITIONAL DIRECTORS**

Eve Craig	Paul J. Price
Laura "Sis" Herron	Jack Roripaugh
Carol Marsden	Carol Strode
Bill McBurney	Norm Taylor

**COMMITTEE CHAIRS**

Research & Development  
Darell Farnbach

Historic Markers & Plaques  
Pam Grender

Wolf Tomb Restoration  
Eve Craig

Public Relations  
Bill Harker

Membership  
Bill Harker

Youth Projects  
Paul Price

Planned Giving  
Keith Johnson

Newsletter  
Rebecca Farnbach

Historian  
Myra Gonsalves

Web Site  
Elaine Eshom

[www.temeculavalleyhistoricalsociety.org](http://www.temeculavalleyhistoricalsociety.org)  
Contact us at 951-553-9549, or  
P.O. Box 157, Temecula, CA 92593

***Come to the June 1<sup>st</sup> meeting to hear Arlie & Coral Bergman and Esther Trunnell's program about the history of Aguanga and about Jacob Bergman, an early stagecoach driver.***

**Meeting Notes**

**April Meeting:** Johnny Munoa, a longtime Temecula Valley resident gave a wonderful talk. Everyone enjoyed his stories and felt disappointed when his program ended.

We met at the historical Pujol Schoolhouse for the **May Meeting**. Thanks to Malcolm and Loretta Barnett's efforts and leadership, the little school, originally built by Malcolm's great-grandfather Jose Gonzalez, has been restored to resemble a vintage 1880 school.

Otto Baron gave a presentation about his property in Old Town and Christopher Baiz gave an update on plans for renovation of the Palomar Hotel.

Gene Knott gave a talk about his grandparents Al and Freda Knott. Al's blacksmith business stood behind the Palomar Hotel until he moved it across Front Street. The second site was later home to his gasoline station and automotive repair shop. Al made many of his tools, often from metal he salvaged from his junk pile behind the station. Freda was known for teaching Bible classes to Protestant children in the Pujol Schoolhouse on Thursday afternoons while the Catholic students attended Catechism.

**Society News**

The urn for the **Wolf Monument** is ready for placement, thanks to Paul Price and his careful fabrication of it. This crowning touch and a plaque honoring donors will complete the restoration project championed by the society's founding president Eve Craig.

Paul is working on the DVD that will provide local history instruction to Temecula's third-graders.

Restoration of the **stagecoach** replica is nearly finished by Darell Farnbach, Dick Fox, Rhine Helzer and Paul Price. The stagecoach will debut at the Jackass Mail Commemoration at the Vail Ranch on June 9<sup>th</sup>.

Eve Craig is planning a **membership drive picnic** at the CRC on Sunday, June 24 featuring musical entertainment and local history presentation by Paul Price.

Members should watch their mail for invitations to the **annual luncheon** Eve is planning for Wednesday, July 18<sup>th</sup> at the historical Murrieta Hot Springs. After lunch, guides will give tours of the restored grounds.

Elaine Eshom is restructuring the **Web site** and has put the newsletter online.

The **Vail Ranch Restoration Association** has signed a lease to put a history center in the implement barn next to Kohls.

VaRRA is selling the newly released **"Images of America: Fallbrook"** books co-authored by Rebecca Farnbach and Loretta Barnett.

## Early Food History of Temecula

By Myra Gonsalves and Rebecca Farnbach, with Paul Price

The first settlers of the Temecula Valley were migratory hunters who arrived about ten thousand years ago. They were joined by Shoshone hunters from the Great Basin about two thousand years ago and lived in villages along the waterways of the Temecula and Murrieta Creeks.

The eight varieties of local acorns were the most important foods to them, supplemented by seeds, nuts, small game, and edible vegetation.

Because they favored acorns from higher elevations, families harvested the nuts from oak groves of the areas we now call the Santa Rosa Plateau and Palomar Mountain areas.

They took the acorns back to their villages to store in large baskets woven from willow branches. These baskets, woven with the willow leaves still attached, called granaries, kept the acorns dry and safe from rodents until use.

To prepare acorns for eating, the hulls were cracked and the inner membrane was peeled away from the nut. The nut inside was ground between *metate* and *mano* stones, or crushed in a mortar hole with a pestle, until pulverized into a fine meal.

The meal was rinsed with hot water to remove the bitter tannic acid, until the mixture changed from a white color to pink.

The mixture was then put into a tightly woven coiled basket to cook. A *comal* or boiling stone, was taken from a fire and placed in the basket. The gruel was stirred and cooked, until it achieved the desired temperature and texture. The nutritive value and flavor were enhanced by adding nuts, greens, berries, or meat. Some present-day tribal members of the Pechanga Band of Luiseno Indians make this dish called *weewish* to

remember their ancestors. They say the texture and taste is similar to bitter oatmeal, Cream of Wheat or Roman Meal cereal.

The tightly coiled baskets made by the Temecula Indians and used as cookware were their most significant cultural achievement. The skillfully designed baskets were so tightly woven that they held water. Using a boiling stone allowed a family to cook inside their tule grass hut, instead of using a claypot on an open fire outside as their Desert Cahuilla neighbors did.

After padres from the mission San Luis Rey influenced the indigenous people, the Indians began growing crops and raising herds. New foods were introduced to their diets. One such food is Fry Bread, an Indian version of the Mexican tortilla.

Carmen Mojado of Vista, a member of the San Luis Band of Luiseno Indians, shares her family's multigenerational recipe:

### Indian Fry Bread

4 ½ cups flour (and more for rolling)  
1 ½ teaspoons salt  
1 tablespoon baking powder  
1/3 cup Crisco shortening  
1 cup hot water  
1 cup milk  
oil to deep fry

Sift dry ingredients together. Add Crisco and work into the flour mixture with fingers. Combine hot water and milk; add to flour mixture. Mix until dough is smooth. Do not over mix.

Cover dough and let rest for at least 30 minutes. Then, divide dough into tortilla balls (about the size of golf balls) and let rest for about ten minutes.

Roll each ball on floured surface, then fry in hot oil until golden brown. Drain on paper towels.

By 1846, the land in the Temecula Valley was divided into four grants: the Rancho Temecula, Pauba, Santa Rosa and Little Temecula. The Laguna Rancho was a close neighbor to the north. Ranch food staples were beans, flour tortillas, and *carne seca*, which we would call beef jerky today.

*Carne seca* was made from beef pounded thin, seasoned with salt, pepper and ground chiles. The raw beef was hung over ropes or fences to dry. To keep flies and bees away, muslin was sometimes put over it. After the beef dried hard, it was cut in long pieces and bound for storage. When needed for a meal, it was made into stew by cooking it with lard, chiles, onions, and tomatoes.

Our board member Bill McBurney shares some old-time family recipes that are similar to those used locally 150 years ago:

#### Cottontail Fricassee

3 Cottontail Rabbits – cleaned and cut into meaty pieces (discard the rib pieces, because there is little meat)

1 Cup Flour

Salt, Pepper & Sage to taste  
(the wild sage growing in Riverside County works fine)

3 cups Half & Half

Season the rabbit and dredge it in flour. Place the pieces in a skillet with about 4 to 6 tablespoons of lard and fry until the pieces are golden brown on all sides.

Pour the half & half over the rabbit and cover, simmering for about 30 minutes until the cream thickens into a nice gravy. Re-season to taste before serving.

Bill was born in Hemet and moved to the old Roripaugh homestead in Auld Valley

in 1938. With a meager food supply, his mother cooked wild game that Bill and his brother shot, to go along with the basic biscuits and gravy and produce from the family garden. She cooked on a woodstove in a home with no refrigeration, electricity or gas. Water was carried into the house in a bucket from the well and the sink drained into the garden.

Since there were a lot of quail in the valley, Bill's family trapped them in figure four traps made from fruit boxes propped on sticks that were notched and fitted so the tension from the weight of the box held them up until the arm would spring the trap on a quail pecking at the bait. Each trap would catch 2 or 3 quail each time it was set. The family would often catch six birds, which, after plucking and cleaning by the well, were delivered dressed (ready for cooking) to the kitchen.

#### Quail & Dumplings

6 Quail

3 quarts of water with ½ teaspoon salt in stewpot

¼ teaspoon pepper ¼ teaspoon sage

¼ teaspoon rosemary

1 clove garlic

2 carrots cut into ¼ inch cubes

2 stalks of celery cut into ¼ inch cubes

1 onion diced into ¼ inch cubes

2 – 3 potatoes dices into ¼ inch cubes

Place quail, spices and vegetables in seasoned, boiling water in stewpot; boil 1 hour until meat falls off bones. Add dumplings and simmer about 20 minutes, until done.

#### Dumplings

1 ½ cups flour

3 teaspoons baking powder

½ teaspoon salt

1 sprig parsley, minced ¾ cup milk

Mix thoroughly, then, drop golf ball sized dumplings into the stewpot. Cover, and do not raise the lid for 20 minutes. You can then test the firmness of the dumplings. Serve.