***Newsletter Service***

**May/June 2022**

**MAY ISSUE**

**An Aquarium Experience Beyond the Arctic Circle**

In the northernmost part of Norway tucked near the water’s edge in Tromsø you will find an attraction called “Polaria.” Upon first glimpse you might think this building has toppled over, but don’t be fooled. Inside you will find exhibits unique to the Svalbard region including a simulated permafrost. The aquarium features rare cold-water fish, fascinating marine life and a large pool housing bearded seals. Visitors are invited to an intimate look at these creatures thanks to a viewing bubble inside the tank wall. If you go, don’t forget to reserve time to experience the “Arctic Walkway,” a panoramic cinema including displays of polar exploration gear.

While the sea life at Polaria is captivating, the building itself has an interesting design that evokes a massive ice floe; the architecture resembles a toppled cascade of blocks of ice. This attraction opened in 1998 and continues to draw visitors every year.

Be sure and save time to visit this wonder while touring Northern Norway.

**Article photo for download:**

[**https://www.dropbox.com/s/z7a26y80hoqm0j6/Aquarium-Seal.jpg?dl=0**](https://www.dropbox.com/s/z7a26y80hoqm0j6/Aquarium-Seal.jpg?dl=0)

**Norwegian Film Nominated for Oscar: “Verdens Verste Menneske”**

In October 2021, the Norwegian film “Verdens Verste Menneske” was released in France and Norway. The film, which translates to “The Worst Person in the World,” has been a hit and has since been released in the USA in early February 2022. In fact, the film has been nominated for an Oscar in the “Best Foreign Language Film” category by The Academy of Motion Pictures and Sciences in Hollywood.

This is not the film’s first praise, however. The film has already won “Best Foreign Film” at the New York Film Critics Circle in December, making it the first-ever Norwegian film to win. In the lead role, Renate Reinsve has also been in the spotlight since the film’s premiere as she won “Best Actress” at the Cannes Film Festival. The film depicts her character finding her way through life and love.

This is the sixth time Norway has been nominated for an Oscar in that category, however all previous nominations have not been the winners. Sadly, it was not in the cards for “Verdens Verste Menneske” this year. The award went to the film “Drive My Car” from Japan.

**Article photo for download:**

[**https://www.dropbox.com/s/q8j7n0a9j1awbwa/Norwegian-Film.jpg?dl=0**](https://www.dropbox.com/s/q8j7n0a9j1awbwa/Norwegian-Film.jpg?dl=0)

**Knut Brakstad – A Career of Service**Knut Brakstad built a career in service to his country, eventually becoming the right hand of the king. Originally from Molde, he attended St. Olaf College in the U.S. The liberal arts curriculum allowed him to explore interests such as civic engagement, philosophy and theology. He studied in Germany and London; in Oslo he earned degrees in family therapy and theology.

Brakstad was a chaplain in the Royal Norwegian Navy, worked for the Ministry of Foreign Affairs and served as a Lutheran minister. He was a project manager on the 1994 Winter Olympics in Lillehammer and then shifted careers, moving to the royal palace to become the First Assistant Cabinet Secretary for King Harald V.

Eventually Brakstad became the king’s private secretary, responsible for maintaining King Harald’s correspondence, schedule and activities, flying with him all over Norway and the world.

For his service to his country, Brakstad was appointed a Knight of the Order of St. Olav in 2005, and was awarded an honorary doctorate by his alma mater, St. Olaf College. He retired in December 2021, after 28 years of representing the royal family.

**Article photo for download:**

[**https://www.dropbox.com/s/fp142q7kjstugep/Knut-Brakstad.jpg?dl=0**](https://www.dropbox.com/s/fp142q7kjstugep/Knut-Brakstad.jpg?dl=0)

**May Membership Blurb**

Hipp, Hipp, Hurra for Syttende Mai! Show your Norwegian pride. Consider inviting a friend or family member to join the fun of Norwegian National Constitution Day and our lodge this month.

**Article photo for download:**

[**https://www.dropbox.com/s/9y2dl7df89uabpu/Syttende-Mai.jpg?dl=0**](https://www.dropbox.com/s/9y2dl7df89uabpu/Syttende-Mai.jpg?dl=0)

**TRANSLATION**

[**https://forskning.no/hjertet-samliv/gamle-ektefellers-hjerter-banket-i-takt/1939080**](https://forskning.no/hjertet-samliv/gamle-ektefellers-hjerter-banket-i-takt/1939080)

# Gamle ektefellers hjerter banket i takt

### Når ektefeller som hadde vært sammen lenge var i nærheten av hverandre, ble hjerterytmen deres synkronisert.

Det kan høres merkelig ut. Men mange studier de siste årene har vist at pusten og hjerterytmen hos to eller flere personer kan synkroniseres når de er i nærheten av hverandre.

En studie viste for eksempel at [hjerterytmen til deltagerne i et kor steg og sank i takt](https://forskning.no/hjertet-forebyggende-helse-hjernen/korsang-synkroniserer-hjerterytmen/621062).

Og nå har altså forskere fra University of Illinois funnet ut at hjertene til eldre ektefeller påvirker hverandre når de er fysisk nær hverandre.

## **Gikk med pulsmåler i to uker**

Forsker Brian G. Ogolsky og kollegaene hans rekrutterte 10 ektepar i alderen mellom 64 og 88 år. De hadde vært sammen i mellom 14 og 65 år.

Forskerne utstyrte deltagerne med pulsmåler og en sensor som registrerte hvor nær de var hverandre. Parene gikk med utstyret hver dag i to uker, og avla også daglig rapport om hvordan de hadde det.

Slik kunne forskerne bruke dataene til å lete etter mønster i hjerterytmer og avstand.

## **Fulgte hverandre** Resultatene viste at ektefellene påvirket hverandre når de var i nærheten av hverandre. Men måten rytmen forandret og synkroniserte seg på var ulik fra dag til dag.

På et tidspunkt kunne mannens hjerterytme tilpasse seg konas, på neste tidspunkt kunne det være omvendt. Og rytmen var ikke den samme hver gang de var i nærheten av hverandre.

**Nærhet var viktig**

Forskerne beskriver mønstrene som en unik pardans.

Når partnerne er nær hverandre, antyder hjerterytme-mønstrene deres et meningsfullt samspill, skriver de.

I denne undersøkelsen konkluderer forskerne med at fysisk nærhet var avgjørende for å forstå synkroniseringen av hjerterytme hos parene.

Men det finnes også studier som antyder at dette ikke alltid er nødvendig for at hjerter skal begynne å oppføre seg likt.

Trolig er det mye forskning som gjenstår før vi forstår dette fenomenet fullt ut.

**TRANSLATION**

**Hearts of Long-Married Couples Beat as One**

*When couples who have been together for a long time are close to each other, their heartbeats are synchronized.*

It may sound strange, however, many studies in recent years have shown that the breath and heart rate of two or more people can be synchronized when they are close to each other.

One study, for example, showed that the heart rate of participants in a choir increased and decreased as one.

And now researchers from the University of Illinois have found that the hearts of older spouses affect each other when they are physically close to each other.

**Wore heart rate monitors for two weeks**

Researcher Brian G. Ogolsky and his colleagues recruited 10 married couples between the ages of 64 and 88. They had been together for between 14 and 65 years.

The researchers equipped the participants with a heart rate monitor and a sensor that registered how close they were to each other. The couples wore the equipment every day for two weeks, and also made a daily report on how they were doing.

In this way, the researchers were able to use the data to look for patterns in heart rhythms and distance.

**Following each other’s rhythms**

The results showed that the spouses influenced each other when they were close to each other. But the way the rhythm changed and synchronized was different from day to day.

At one time, the man's heartbeat could adapt to his wife’s, at the next it could be the other way around. And the rhythm was not the same every time they were close to each other.

**Proximity is important**

The researchers describe the patterns as a unique couples dance.

When partners are close to each other, their heartbeat patterns suggest a meaningful interaction, they write.

In this study, the researchers conclude that physical proximity was crucial to understanding the synchronization of heart rhythm in couples.

But there are also studies that suggest that this is not always necessary for hearts to start behaving the same way.

There is probably a lot of research left before we fully understand this phenomenon.

**What is the Sons of Norway Foundation and what does it do?**

The Sons of Norway Foundation is a 501(c)(3) charitable organization that was established in 1966 to help provide assistance to Sons of Norway Members, Lodges, and their greater communities. The Foundation is tax-exempt from federal and state income tax which means that donations to the Sons of Norway Foundation from individuals and companies are tax-deductible.

The Sons of Norway Foundation currently offers 16 different scholarships and six grants that support our mission to positively affect the lives of our members.

In 2021, the Foundation awarded $111,000 in scholarships to 25 students to study in the United States, Canada, and Norway. Scholarships are available for vocational school, students without parents, adults, females studying chemistry, physics, or engineering, Oslo Summer School - just to mention a few. Applications are open annually on our website from October 1- March 1.

The Foundation currently has six grant programs ranging from community partnerships, preserving culture, lodge and children's programs. There are also grants for members who have experienced a natural disaster or medical emergency. In 2022, the Foundation will award 42 grants for a total of $56,429 in grants. Grant applications are also open annually on our website from October 1-January 1.

The overwhelming majority of the $11.8 million dollars in foundation assets are held in endowed funds, meaning the initial gift amount is invested and interest income from the scholarship fund can be used for scholarships in perpetuity. Support from lodges and individuals is critical for the Foundation to continue our work in the Sons of Norway community and beyond.

You can find more information about scholarships and grants on the Sons of Norway Foundation website, [**https://www.sofn.com/foundation/**](https://www.sofn.com/foundation/)**.**

**Article photo for download:**

[**https://www.dropbox.com/s/bham7xkoqsnkjaa/Foundation.jpg?dl=0**](https://www.dropbox.com/s/bham7xkoqsnkjaa/Foundation.jpg?dl=0)

**Lingonberry Cake**  
  
This festive cake will put some zip in your Syttende Mai celebration. Tangy-sweet lingonberry jam brings together fluffy cake and crunchy streusel, pairing well with coffee, tea or brunch.

## **Ingredients:**

#### **For the Cake**

Scant 2 cups flour  
2/3 cup sugar  
1 Tbsp. baking powder  
Scant 2/3 cup unsalted butter  
1 egg  
3/4 cup lingonberry preserves

#### **For the Streusel Topping**

2/3 cup oatmeal  
3 Tbsp. butter  
1/2 cup sugar  
1 tsp. vanilla sugar (or 1/2 tsp. vanilla extract)

## **Instructions:**

Preheat the oven to 400°F.  
Combine flour, sugar, and baking powder then cut in the butter with pastry blender.  
Add the egg and mix well.  
Spread into a greased 8″ x 12″ pan.  
Spread the preserves over the batter.  
Mix streusel topping together using a pastry cutter or two knives and sprinkle over lingonberry preserves.

Bake 25-30 minutes, until golden. Cool in the pan.

**Article photo for download:**

[**https://www.dropbox.com/s/cvdwf6ofaeeiq56/Lingonberry-Cake.jpg?dl=0**](https://www.dropbox.com/s/cvdwf6ofaeeiq56/Lingonberry-Cake.jpg?dl=0)

**JUNE ISSUE**

**Preserving the Sámi Language**

February 6 marks the celebration of Sámi National Day. This is the date when the first Sámi congress was held in 1917 in Trondheim, Norway. As part of the celebration for this special day, Gunnar Wilhelmsen, the Mayor of Tromsø, made a call to Norway’s larger cities. He challenged them to “increase their use of the Sámi language on signs for public buildings.” Wilhelmsen specifically called out Oslo’s mayor, due to the fact that “Oslo is the only city in Norway with more Sámi than Tromsø, so the challenge goes first to Raymond Johansen.”

The Sámi are an important part of Norwegian culture. Wilhelmsen wants to ensure that accommodations are being made to encourage and respect Sámi speakers in the public sector. Fortunately, there has been a spread of Sámi language nationwide. In many parts of Northern Norway, road signs have been updated to include Sámi. It is important that these efforts to preserve and protect Sámi culture and language continue.

**Article photo for download:**

**https://www.dropbox.com/s/efs9377yqd77okq/Sami.jpg?dl=0**

**How to Name Your Dragon**

With all the dragon heads appearing in Norwegian architecture, it is surprising that there are only three named dragons found in Norwegian myths and legends.

**Fafnir** – Fafnir was a dwarf. He had a cursed magical ring which produced oodles of treasures. To guard his ever-increasing hoard, Fafnir shape-shifted into a poison-spewing dragon. Unfortunately for him, his nephew was the legendary human hero Sigurd, who made short work of his slithery uncle and saved the day!

**Jörmungandr** – The son of Loki and the giantess Angrboða, Jörmungandr, also known as Midgardsormen is a gigantic sea serpent. He floats coiled around the edges of the earthly realm Midgard, his tail clenched firmly in his teeth. His peaceful life at sea is occasionally interrupted by his archnemesis Thor, who is always scrapping for a fight.

**Nidhogg** – The “Curse Striker” dwells at the base of the tree of life, Yggdrasil, which holds up the nine realms. Along with his smaller, unnamed serpent friends, Nidhogg constantly gnaws on the roots of Yggdrasil with a view to someday bring it crashing down, plunging all creation into chaos.

**Find Out Your Dragon Name**

Though there are only three known Norwegian dragons, there might be more out there waiting to be discovered. What would your name be if you were a slithery, fire breathing serpent slumbering under a mountain?

What is the first letter of your **first name**?

A = Arvid / Agnetha the Alarming

B = Bjarne/ Borghild the Blue

C = Cnut / Christina the Creeping

D = Dag / Dagmar the Dreadful

E = Egil / Eydis the Earth Shattering

F = Fridtjof / Frida the Flying

G = Geir / Gudrun the Growling

H = Haakon / Hjordis the Horned

I = Iggy / Ingrid the Inky-Eyed

J = Jostein / Jorunn the Jagged

K = Kjell / Kjerstin the Kind of Scary

L = Lars / Lena the Lutefisk-Scented

M = Magnus / Magda the Mighty

N = Nels / Norunn the Noisy

O = Olaf / Olaug the Opal-Scaled

P = Per / Pernille the Purple

Q = Quase (Kvase) / Quinand (Kvinand) the Very Quiet

R= Ragnar / Ragnhild the Ravenous

S = Sven / Sigrid the Slithering

T = Trygve / Thordis the Terrifying

U = Ulf / Unni the Unexpected

V = Vidar / Vilde the Very Vicious

W = Waldemar / Wenche the Water Dwelling

X = Mr. X / Ms. X the Inexplicable

Y = Yngvar / Yngvildr the Yellow

Z = Zoomer / Zoë the Zooming

Ø = Ørnulf / Øivor the Oily-Skinned

Å = Åsbjørn / Ågoth the Oat-Snarfing

Here is the next step. What letter does your **last name** start with?

A = Abomination

B = Big Ball of Fluff

C = Carnivorous Worm

D = Dancing Dragon

E = Egg-Eating Snake

F= Fjord Boiler

G = Mountain Gnawer

H = Hairy Hellbender

I = Iceberg Squatter

J = Ski Jump Eater

K = Kraken Cracker

L = Lefse Lizard

M = Mitten Knitter

N = Norwegian Needle Nose

O = Omelet Om-Nommer

P = Precipice Percher

Q = Quiet Charmer

R = Revolting Reptile

S = Ship Sinker

T = Troll Taster

U = Unicorn Hugger

V = Violent Velociraptor

W = Waffle Scorcher

X = Honorary Swede

Y = Young Thunder Clap

Z = Zooming Zoomer

Ø = Earth Shaker

Å = Åsgard Defender

Then, add ‘of’ your hometown at the end, or your favorite place in Norway.

For example, John Knutsen would be: Jostein the Jagged Kraken Cracker of Finnmark.

What is your dragon name?

**Article photo for download:**

[**https://www.dropbox.com/s/5szmenee1zionyc/Dragon.jpg?dl=0**](https://www.dropbox.com/s/5szmenee1zionyc/Dragon.jpg?dl=0)

**“Den største forbrytelsen” (“Betrayed”) receives top rating**  
A Norwegian historical drama is receiving praise on film review website Rotten Tomatoes, garnering a rare 100% rating. Based on real events and Marte Michelet’s award-winning book with the same title, WW II drama “Den største forbrytelsen” ([The Greatest Crime], distributed in English as “Betrayed”) recounts the fate of the Braude family, working-class Norwegian Jews from Oslo.   
  
Jakob Oftebro stars as boxer Charles Braude, whose tight-knit family is upended by the Nazi takeover, with the men first being imprisoned in Berg concentration camp near Tønsberg, Norway, and then forcibly deported to Auschwitz.   
  
In director Eirik Svensson’s latest vehicle, we see that the “greatest crime”—a painful part of Norwegian history—is carried out not only through the actions of traitorous Norwegians who were part of the fascist puppet regime, but also by ordinary citizens who witness the anguish of their neighbors and do nothing.  
  
The film is available for streaming on Amazon, iTunes, Google Play, and Vudu.

**Article photo for download:**

[**https://www.dropbox.com/s/w80hf5y5w2ce006/Betrayed.jpg?dl=0**](https://www.dropbox.com/s/w80hf5y5w2ce006/Betrayed.jpg?dl=0)

**June Membership Blurb**

Our 2022 Recruitment Campaign is well underway. Share Nordic heritage and culture when you invite new friends to join the Sons of Norway family this year. And, remember to give prospective members your member number so you can earn a limited-edition 2022 Recruiter Pin while available!

**Article photo for download:**

[**https://www.dropbox.com/s/31d4dmlvljhyecx/Recruitment-Pin.jpg?dl=0**](https://www.dropbox.com/s/31d4dmlvljhyecx/Recruitment-Pin.jpg?dl=0)

**TRANSLATION**

# <https://www.rodekors.no/vart-arbeid/beredskap/topptursekken/>

# Dette må du ha i topptursekken

Sunniva Kiviranta i Røde Kors Ungdom har alltid med seg både ekstra klær og lommelykt på tur. Her er hennes beste tips til hva du bør pakke i topptursekken i sommer.

Sunniva er en ivrig turgåer og bruker mye av fritiden sin i fjellene i Sogn og Fjordane. Det viktigste er ifølge Sunniva en god sekk som sitter godt på hoftene og skuldrene. Her er hennes liste over utstyr hun alltid har med i tursekken sin.

**Vær forberedt på det uventede**

– Jeg har alltid med meg et ekstra sett med klær, som sokker, lue, ullundertøy og en bøff, sier Sunniva. Hun viser også frem en vindsekk som er god å ha, hvis det skulle komme uvær. Rikelig med mat på tur er også ekstremt viktig både for humør og ytelse. Små tursjokolader eller nøtter er god bensin man bør ha lett tilgjengelig i jakkelomma. Noe så enkelt som en liten bunt med tau kan også være kjekt å ha med, fordi du kan bruke det til å sette opp en gapahuk for eksempel. Det gamle gode sitteunderlaget kommer også godt med i tursekken, sier Sunniva.

**Ikke stol på mobilen**

Kart og kompass er også lurt å ta med seg, særlig hvis mobilen går tom for strøm eller du ikke har dekning. Sørg for å tren på hvordan kart og kompass skal brukes, slik at du vet hvordan det fungerer når du skal bruke det. En GPS gjør det også enklere å navigere hvor man er.

– Jeg har også alltid med en lommelykt, uansett hvor jeg skal, sier Sunniva.

Konkret utstyr som bør være på plass i sekken: kniv, trekanttørkle, redningsfolie, sportsteip, en vanntett pose med compeed, kompress, fyrstikker, sårservietter og støttebandasje- og husk nok vann!

– Har du med mobil er det lurt å ha med en powerbank, i tilfelle man går tom for batteri, sier hun.

**Ressurssider:**

* [**Fjellvettreglene med forklaringer**](https://www.sofn.com/blog/norwegian-mountain-code-9-rules-for-summit-safety/)
* [**Lær å bruke kart og kompass**](https://www.rodekors.no/aktuelt/tar-for-lett-pa-navigering-i-paskefjellet/)

**TRANSLATION**

**Must-Haves For Your Hiking Backpack**

Sunniva Kiviranta of the Norwegian Red Cross Youth always brings both extra clothes and a flashlight on a hike. Here are her top tips for what to put in your backpack this summer.  
  
Sunniva is an avid hiker and spends much of her free time in the mountains of Sogn og Fjordane. According to Sunniva, the most important thing is a good backpack that fits well on the hips and shoulders. Here is her list of equipment she always has in her backpack.  
  
**Be prepared for the unexpected**   
“I always have an extra set of clothes with me, such as socks, a hat, wool base layers and a neck buff,” says Sunniva. She also presents a bivy sack that is good to have in case of a storm. “Having plenty of food on your hike is also extremely important for both mood and performance. Little trail chocolates or nuts are good fuel that should be easily accessible in a jacket pocket. Something as simple as a small bundle of rope can also be nice to have along, because you can use it to set up a shelter, for example. A good old sitting pad also comes in handy,” says Sunniva.  
  
**Do not trust your cell phone**   
A map and compass are also a good idea to take with you, especially if your cell phone runs out of power or you do not have coverage. Make sure you practice how to use a map and compass so you know how it works when you need to use it. A GPS device also makes it easier to navigate where you are.  
  
“I also always have a flashlight with me, no matter where I go,” says Sunniva.  
  
Specific equipment that should be in your backpack: knife, triangular bandage, Mylar rescue blanket, athletic tape, a waterproof bag with blister patches, a compress, matches, antiseptic wound wipes and an ACE bandage - and remember enough water!  
  
“If you have a cell phone, it is a good idea to have a portable charger with you, in case your battery runs out,” she says.  
  
 **Resource pages:**   
[**The Mountain Code with explanations**](https://www.sofn.com/blog/norwegian-mountain-code-9-rules-for-summit-safety/) [English]  
[**Learn to use a map and compass**](https://www.rodekors.no/aktuelt/tar-for-lett-pa-navigering-i-paskefjellet/) [Norwegian]

**Growing the Foundation**

To grow the Sons of Norway Foundation, we need the support of our lodges and members, but we also need the support of our staff and volunteers.

**Staff at Sons of Norway Headquarters**

The Foundation has one full-time staff member at Sons of Norway Headquarters: Emily Stark, Foundation Development Director. Emily wears multiple hats and is responsible for ensuring Foundation operations are running smoothly: setting annual goals, working with the Board of Governors and Sons of Norway staff, and communicating with our members and donors. She does a little bit of everything with the help of the Fraternal team and dedicated Sons of Norway members like Lodge and District Foundation Directors.

**Lodge Foundation Directors**

We encourage every lodge in our six districts to have a Foundation Director, either elected or appointed. The role of the Local Lodge Foundation Director is that of communicating to the lodge by:

* Promoting Foundation benefits to members: scholarships and grants
* Helping the Foundation grow financially

Lodge Foundation Directors are not asked to be a fundraiser, although some do plan fundraising events for their lodges.

**District Foundation Directors**

The Sons of Norway Foundation encompasses the six districts with lodges in the United States. Our Canadian districts have the Sons of Norway Foundation in Canada; Norway does not have a foundation.

In each of the six US districts with lodges in the US, there is a District Foundation Director, who is appointed by the District President. The role of the District Foundation Director is that of communication to the district leadership and Lodge Foundation Directors by:

* Promoting the mission and goals of the Foundation
* Meeting with their District Board of Directors to report about the Foundation
* Having teleconference/Zoom meetings about the Foundation with the Lodge Foundation Directors and lodge leadership
* Forwarding Foundation news releases to the Lodge Foundation Director

**Article photo for download:**

[**https://www.dropbox.com/s/4efbyjduwyzq6m6/Emily-Stark.jpg?dl=0**](https://www.dropbox.com/s/4efbyjduwyzq6m6/Emily-Stark.jpg?dl=0)

**Strawberry and Rye Berry Salad with Mushrooms, Goat Cheese, and Almonds**  
Each summer we look forward to cooking with the freshest produce, especially that grown locally or in our own backyard. This recipe features strawberries paired with grain, almonds, dill and more for a healthy & tasty summer dish. Serves 4.

**Ingredients:**

3/4 cup rye berries\*

2 1/2 cups water

2 Tbsp. extra-virgin olive oil

8 ounces sliced fresh mushrooms

1 cup sliced almonds

2 Tbsp. sherry vinegar

1 tsp. kosher salt

3 Tbsp. roasted or regular walnut oil

1 cup sliced fresh strawberries (5 ounces)

1 Tbsp. chopped fresh dill

4 ounces fresh goat cheese (chèvre) crumbled

**Directions:**

Rinse the rye berries, then place in a medium saucepan with the water and bring to a boil. Lower the heat, then cover and simmer until tender, about one hour. Drain any excess water, then cool the cooked grains to room temperature and transfer to a large bowl.

In a large pan, heat olive oil over medium-high heat until it glistens. Add the mushrooms and sauté until tender, about 5 minutes, then transfer to a bowl and set aside. Using the same pan, briefly toast the almonds over medium heat, then roughly chop.

In a small bowl, combine the vinegar and salt, then slowly whisk in the walnut oil. Pour the dressing over the cooled rye berries and toss to coat, then add the sautéed mushrooms, half of the almonds, all of the strawberries and dill, and toss gently to combine. Top with the crumbled goat cheese and the remaining almonds. Serve at room temperature.

**Notes:**

Rye berries are available in the bulk bin section of many groceries. Substitute another grain, such as farro or wheat berries, if you wish, adjusting cooking time as needed.

Recipe Source: Outside Oslo, Daytona Strong.[**https://outside-oslo.com/summer-salad-with-strawberries-rye/**](https://outside-oslo.com/summer-salad-with-strawberries-rye/)

**Article photo for download:**

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