



The Rhodoteller

www.nirs.rhodos.ca



North Island Rhododendron Society

2008/2009 Executive

President

Diana Scott..... 338-0208

Vice-President

Dave Crucq 339-7845

Past President:

Harry Wright..... 338-8345

Secretary

Pauline Thompson..... 339-3423

Treasurer

Don Law..... 339-2735

Director: Ways & Means

Dave Godfrey 335-0717

Director: Membership

Brian Staton 337-5228

Director: Publicity

Chris Aldred..... 331-0395

Director: Newsletter/Library

Noni Godfrey 335-0717
..... nonigod@shaw.ca

Social Committee:

Evelyn Wright..... 339-7493

Revenue Table Committee:

Louise Casson 334-2331

Sunshine Lady:

Pauline Bonney 339-7594

The club meets at 7:30 p.m
the second Tuesday of each month
(except May through August)
United Church in Comox.

#



Coming Events

2nd September 2008 - Executive Meeting 2:00 pm

The executive meeting will be held at the home of Diana and John Scott, 6432 Eagles Drive Courtenay. Drive down Coleman Road, turn left onto Left Road, and Eagles is close to the end. Left on Eagles, their house is on the right hand side and has a push button gate.

4th September 2008 - Regular Monthly Meeting

Great Plant Picks: Rhodos and Companion Plants

~Presented by Diana Scott~

Ah, what to plant with our Rhodos?! Those beautiful Rhododendrons grace our spring and early summer with a spectacular show of bloom colour and interesting foliage. But what about the rest of the year? Our September meeting will focus on Great Plant Picks – a program designed to identify terrific plants that do well in the Pacific Region. The presentation will look at some of the Rhodos selected by the Great Plant Picks Program committee and highlight a number of companion plants recommended to provide multi-season interest in the Rhodo Garden. We hope you'll come away with information about the Great Plant Picks program, a new Rhodo to look for, and perhaps a new companion plant to seek out!

President's View

...by Diana Scott

Welcome back everyone! It has been a very interesting summer. We were fortunate to be able to spend the last half of the summer on our boat in the Broughton Archipelago, and the first part of the summer with family from the Prairies. Our kids and grandkids arrived from Winnipeg at the end of June and we had a grand couple of weeks enjoying the Valley and spending time along the beach. Our 8 year old granddaughter was very happy to help pick the snap peas and strawberries but seemed to get the biggest kick out of digging for new potatoes. Surprises in the soil! It's quite a thrill for kids without veggie gardens to realize that food actually comes from plants.... Despite a great summer, I had one 'come-uppance' related to my veggie garden which is shared in the "Perils of the Garden Parsnip" article later in this issue. Ouch!

As September rolls around, I'm looking forward to seeing everyone at the meetings. We have a great club and a terrific group of members. The Executive is working to plan the meetings and activities, and we welcome any ideas and suggestions that might help to make the club more enjoyable. We'd like to welcome Pauline Thompson as she takes over the Secretary position this year, and thank her for stepping into the role. Welcome (back) and thanks also goes to Gwen Wright and Marleen Crucq who will be helping Evelyn Wright with Social; to Sue Holt who will be helping Louise Casson with the Revenue Table; to Nadine Boudreau who will be helping Dave Godfrey with Ways and Means; and to Chris Aldred who will continue to help Noni Godfrey with the Library. In addition to all those mentioned above, we are delighted to have Harry Wright, Dave Crucq, Don Law, Brian Staton, Pauline Bonney and Lois Clyde continue on as Executive this year! Many hands make light work and we encourage all our members to get as involved as time and energy permits!

Although it may seem strange not to have Harry Wright or Paul Wurz wielding the gavel at our meetings this year, both will continue to work for the club somewhat more 'behind the scenes'; Harry as head of our Rhodo Garden and Program for this year, and Paul who steps in whenever needed. Thanks guys!

It will be both interesting and challenging to assume the role of President this year and I know that I can look forward to support from the Executive and you the members! It's going to be a great year -- here we go!

Cheers.....Diana

PS: Members are reminded to bring digital pictures of their gardens for the winter garden presentation being produced. We hope to showcase most members gardens!!!



The weather was perfect, the location ideal and the company was fantastic for our annual pot-luck picnic on June 14th. Hosted by Nancy and Ross Munro in their Royston gardens, 41 members and guests enjoyed a fabulous meal topped off by several different desserts.

Beginning at 4 PM, many in attendance participated in the "name the trees" contest which Ross had setup. The Munro property is the former orchard portion of the Greystone Manor property next door. In addition to the 80 year old fruit trees still around their home, the Munro's have a vast variety of other trees scattered throughout their 3 acres. Identifying 14 trees on the list was tricky as there were more than 14 trees with number tags; unbeknownst to some there were "bonus" points for anyone who wrote down the names of others that were not on the list. Turns out there were 4 entries that had all 14 correct (suspect some collusion!) But in the end it was Dany Fortin, having all 14 correct and 3 bonus names correct, who was declared the eventual winner. All who got them correct were awarded a potted fern donated by Ross. In addition, Dany received a gift wrapped prize.

Following dinner, there were a number of awards handed out. On behalf of the club, Chris Aldred presented Dave & Marlene Crucq with a bouquet of plastic flowers for their winter home garden in San Antonio, Texas. When we were informed that they had "plastic" AstroTurf installed to go with their zeroscape gardens, it seemed only appropriate to have the matching flowers.

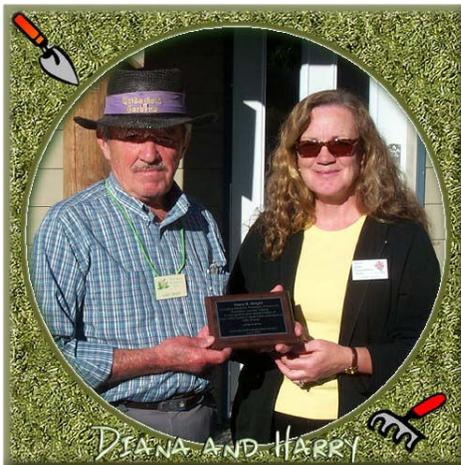


As event coordinator for the annual garden tour, Dave Godfrey thanked Bob Smith for providing an electric golf car to chauffeur any elderly or disabled guests around his property during the tour. Dave presented Bob with an "I Brake for Rhododendrons" bumper sticker to place on his golf car.

The highlight of the presentations was the recognition of Harry Wright for his many years of service and dedication to the chapter. As explained by President-elect Diana Scott, Harry is a founding member of the NIRS and has been involved with the executive for 18 of the past 24 years - 14 years as President.

The small plaque reads:

Harry R. Wright
Founding Member, President, Plantsman
Hybridizer, Leader, Friend
In recognition and appreciation
of your many years of dedication and service
With Thanks
North Island Rhododendron Society
June 2008



Once the presentations and speeches were completed, many members signed up for the bean bag toss tournament. Although some were eliminated rather soon, others hung on to the bitter end with a lot of laughs and surprise tosses along the way. The eventual winning team was Diana Scott and Antje Guertler, with Paul Wurz & Dorothy Law coming in second, then Brian Staton and Corrine Innes taking third. Congratulations to all participants for providing some fun entertainment for the rest of the guests.

Special thanks to Ross and Nancy Munro for hosting the party, and to all who had a hand in organizing the day. A good time was had by all.

In addition to the June wrap-up picnic, many members hosted others throughout the summer months and made their gardens available for viewing (see photos on our web.) Thanks to Ann Chevrier, Pauline Thompson, Terry & Charline Law, and Harry & Gwen Wright. Several work parties were also held during the summer months to keep our CV Rhododendron Garden looking in fine shape. By having these work parties and social gatherings throughout the summer hiatus, it keeps members in touch with each other and gives those attending another opportunity to see how the gardens are maturing.



For the benefit of all members (not just those who attend the meetings) I thought we should try to squeeze in a small article on the changes to the photo gallery on our web site....

Recent changes to our NIRS web site, has brought a new look to viewing photos on the "Photo Gallery" page. Beginning with the 2008 albums, there is a new slideshow viewer incorporated in the program. When an album is opened (click on the choices on the page) all photos in the album will appear in miniature. By clicking on any photo showing, a new slideshow window will open.

Viewers will then have the option to click previous or next to advance the photos manually, or click on "auto" to run the slideshow with about 5 second viewing for each photo. The show begins with the photo selected and runs automatically for the remainder of the photos in the album. We hope this new feature will make the viewing of the many photos posted on our site much more enjoyable for all viewers.

★ Dave Godfrey ★
★ NIRS Webmaster ★

...by Diana Scott

PERILS OF THE GARDEN PARSNIP

Parsnips. You love 'em or hate 'em! I have a few garden veggies that I like to grow and have been enjoying parsnips over the last few years. I save the seed from a number of my plants, and this year had a bumper crop of parsnip seed heads – way too many for my needs. One lovely, hot summer afternoon in early July, I decided to cut down and remove a number of the plants, saving two for seed this fall. The timing for this activity was on a whim. I don't usually garden in shorts, a tank top and flip flops, but the parsnips were there, I was there, and my garden gloves and secateurs were nearby. The plants were over 5 feet high, so I cut them in pieces, piled them in a heap, and hauled them by the armload to my compost pile. I then enjoyed the rest of the afternoon doing 'whatever'. By evening I had many red 'scratches' and swellings on my arms, legs and feet. I'd been scouring the beach and crashing through the brush with my grandkids, and I always seem to be well scratched after gardening, so I was puzzled but not alarmed. By late evening blisters were developing and by the next day, I broke out in huge, painful blisters in splotches on my arms, legs and feet. They continued to swell over the next few days. It was not a pretty sight!

It took me a while to figure out what was going on, but after some research I realized that I had been 'burned' by exposure to parsnip sap! Unlike poison ivy, the sap itself doesn't burn; however, with the right combination (moisture and sun) parsnip sap is absorbed by the skin and chemically binds with the skin's cells. The result is "phyto-photo-dermatitis" which means that the areas touched by the sap are hyper-sensitive to ultraviolet rays and exposure to sunlight will cause severe burns. For me that meant big watery blisters and painful burns. Several days after the blisters broke out we headed up north on our boat and I made sure that I kept covered and out of the sun. The areas that were blistered may continue to be 'photo sensitive' re-burning with exposure to sun, so I'm now working in the yard covered from head to toe! At this point (a month later), I have reddish-brown marks where the blisters have healed and have my fingers crossed that this will not be a permanent condition. Yikes!

As it happens, I was aware of the dangers of wild parsnip and hogweed, but did not connect that our garden parsnip might produce the same effects. I have saved parsnip seed for several years, but have always harvested it in my 'garden garb' - gloves, long sleeved shirt, long pants and gardening boots. I'm not sure how many of you may have read Leslie Cox's Duchess of Dirt column on "The Problem with Parsnips" in the July 17th 2008 issue of the Record, but I'm the friend she refers to in the article. You can read more about the 'dangers' of this family of plants by reading her article (Google 'Comox Valley Record parsnip'), or by looking up 'parsnip burns' on the net.

Despite this experience, I am still saving parsnip seed and have planted my crop as usual! I will, however, handle this plant with care!



Information from the Internet on treating wild parsnip burns

- If you get a parsnip burn, relieving the symptoms comes first. The affected area can be covered with a cool, wet cloth. If blisters are present, try to keep them from rupturing for as long as possible. The skin of a blister is "nature's bandage," as one doctor put it, and it keeps the skin below protected, moist and clean while healing occurs. When blisters pop, try to leave the skin "bandage" in place. To avoid infection, keep the area clean and apply an antibiotic cream.
- Adding Domeboro powder to cool cloth compresses can help dry weeping blisters. Some doctors recommend a topical or systemic cortisone-steroid for extreme discomfort. For serious cases with extensive blistering, consult a physician.
- Avoiding exposure, of course, is the wisest tactic. By learning to recognize the plant in different seasons and in different stages of growth, you can steer clear of it, or protect yourself by wearing gloves, long pants and long-sleeve shirts. Some people pull up the wild parsnips in the evening, when exposure to sunlight is minimal. If you do get the plant juice on your skin, the sooner you thoroughly wash the area, the less you will be affected.

Vest and Name Tag Order

Looks like the vests that were ordered after our season wrap-up garden party are now in. Anyone who has not yet picked up their vest may do so at the next meeting. See Dave Godfrey for vests (cost \$50) Name tags may be a while yet as our supplier has gone out of business, and a new supplier is being researched. Will keep you informed.

Milner Gardens Fall Plant Sale

On September 27th and 28th, 2008, ~ 10:00am to 4:00pm
Milner Gardens & Woodland ~ 2179 West Island Highway,
Qualicum Beach, will be holding their Fall plant sale.
Great discounts on heritage trees, shrubs and perennials
propagated on site. Master Gardeners and BC Fruit Growers will
be on hand to offer advice. Afternoon tea in the Tearoom ~
outdoor refreshments and hot dogs. Admission by donation. All
proceeds support the Garden.
Members only early access Sep 26th from 5 to 7 pm;
membership card required for the early access sale.
FMI 250-752-6153 ~ or ~ www.milnergardens.org

Garden Chatter, Natter and Notes

By Mary Palmer

Here are some good garden hints from "Fine Gardening" magazine, (May-June 2006 issue).

Do you enjoy having lavender in the garden? It has a lovely perfume and is drought-resistant. These years we need more of these plants. There is a new member of the family, "Kew Red", a Lavender Stoechas variety, hardy Zone 8-10, but Z7 if given a bit of protection for the winter, particularly from our usual heavy rains in fall and winter. Best to take some softwood cuttings, "just in case". Strip off the lower leaves, insert in good quality potting soil and cover with plastic until new growth shows. Let this new plant acclimatize slowly to the outdoors in spring, before planting in the garden. This will always be a compact plant, looking good in front of the border or in a pot.

How to handle cane-growing shrubs: They are multi-stemmed, and a naturally free-flowing habit (think Kerria for instance). Older stems are susceptible to disease, and are less vigorous and productive. The answer is to establish a habit of pruning them regularly. Each year or two, remove the 3 oldest stems at ground level. Prune out 1/3 of all stems, first any damaged or diseased, then others. Cut away any other stems that look out of place.

You can cut back older shrubs to the ground in early spring. Do it regardless of the time of year the shrub blooms, for you will likely lose one or two years' supply of flowers anyway. Over the growing season, new shoots will form and grow. In the spring of next year, select the strongest stems, and cut off weak ones. In the 3rd season, begin an annual maintenance pruning.

Shrubs that can be treated in this manner include Callicarps (Beautyberries), Aronia (Chokeberries) - protect this one from the deer! Chaenomeles (Flowering Quince), Forsythia, Kerria, Syringa (Lilac), Philadelphus (Mock Orange), Physocarpus (Ninebark), Ligustrum (Privet), Cornus alba and red-or yellow-stemmed Dogwoods, Hibiscus syriacus, Potentilla fruticosa, Hypericum (shrubby St. John's worts), Rosa subspecies, Cotinus (Smoke Bush), Spireas, Viburnums and Weigelias.

Even old, misshapen rhodos respond well to this kind of treatment. I have cut several down to 6" stubs, and within a year a new bushy little rhodo is ready to give more years of service.



LIBRARY NEWS

By Noni Godfrey

Noni here....putting on my Librarian cap for a few minutes to pass on some exciting news about the library.

We are fortunate to have an extensive library of research books available to all members that can be signed out for one month at a time.

Moving along into the 'computerized 21st century' we have decided to purchase some computer DVD videos as our newest addition to the library.

These DVD's are quite comprehensive and in just seconds, your computer can easily find the exact information you need and have your questions answered on a multitude of gardening topics.

The DVD's are a compilation of the most important articles collected from *Fine Gardening* along with instructive how-to videos.

The "How-to-Series" purchased are:

Gardening Techniques....Vol 1

Gardening Techniques....Vol 2

Gardening Techniques....Vol 3

Pruning (with several how-to videos)

Propagation (with several how-to-videos)



Other news regarding new reading material for the library this year is all about magazines! As most members are aware we currently subscribe to the "Garden Wise" magazine. This year we have added two new magazines to our repertoire to keep our members reading through the fall and winter. The annual subscriptions we have added are: "Fine Gardening" as well as the Royal Horticultural Society's "The Garden" magazine. Both magazines are very informative and are some of the most popular in the gardening world.

The sign out time for the magazines may be reduced depending on our members' interest. See me at the next meeting for further details regarding the signing out of the magazines.



Summer is the time of year
when it's too hot to do the job
that it was too cold to do last winter
(Maybe fall will do.....)

Harry the Hybridizer

Taking Rhodo Cuttings!

Isn't it amazing how the mind wanders and jumps from one thought to another with the blink of an eye, sometimes the original thought getting lost in the process. This meandering of the mind is the underlying reason for this article.

Originally I was intending to do a short write-up explaining the graphics and designing of the new page header on our newsletter the Rhodoteller. I was searching for a new look, one that was fresh, light and modern; more in fitting with today's graphics. Ideas for the new header were to maintain the garden theme, and sport the perfect picture of a Rhododendron.

So the search was on for a rhododendron to fit the bill. What better choice than the official flower of Courtenay, that just happens to be our very own Harry Wright's "R. Courtenay Lady".

Now, the perfect picture was found, permission granted for the use, picture misted, text inserted and header done. But the story continues as this rhododendron isn't just a picture on a newsletter, it has a life and a family of its own.

And the story begins in the wee small hamlet of Courtenay, on Vancouver Island. There in lives a famous rhododendron hybridizer by the name of Harry Wright of "Haida Gold Gardens". Now, this young man spent many a year dabbling in the fine art of cross pollinating rhododendrons. He tried many different combinations for parentage, and spent many years waiting for the fruits of his labors. (Flowers not fruits in his case) Some of his hybrid strains were very pleasing to the eyes and deserving of righteous names. Of the many lovely plants it seems that Harry had a favorite group of five that were regal amongst the others. This group of five were most certainly deserving of the royal names bestowed upon them and sanctioned by "The Royal Horticultural Society".

The prestigious group herein shall be referred to as "The Courtenay Series", and are justly named: R. Courtenay King, R. Courtenay Queen, R. Courtenay Lady, R. Courtenay Princess and R. Courtenay Duke.

Now in the year of our lord 2002, the citizens of the hamlet of Courtenay did take a vote and declared the "R. Courtenay Lady", of parentage Ladybird x Enchanted Evening, as the official flower of that city.



...from the Tacoma Chapter Newsletter Oct. 2000.

Most of us are just gardeners and we like rhodos in particular. We are however, not interested in propagating a bunch of them (unless you plan to start a nursery). I have two reasons to at least try. (I, by the way is Bill Brackman, editor of the Tacoma newsletter). First, I have favorite plants, and some of them are not readily replaceable. If my plant died, how could I replace it? It is worth while to make a "clone" right now, just in case. Second, if I like this particular rhodo so much, maybe others would like it too. A small plant would make a great gift. Or donate it to a plant auction. Why not try to root some cuttings to have a second plant for myself or to give away?

Planting mix: Almost anything is worth a try. A quote from Greer's Guidebook to Available Rhodos- "For planting use new bark, sawdust, clean peat, perlite or coarse clean sand mixed in practically any combination. The main thing is to have a medium with some humus to hold moisture and inert matter such as perlite or sand to provide air spaces and drainage".

Containers: Almost anything goes here also. Just make sure the container has good drainage through holes or spaces between boards. Wood flats of any size work well as long as they are at least 4" deep. I have used 4" pots to hold about 4 cuttings.

Cuttings: Take this year's tip growth (about 4" long) from a side or centre of the plant. I've heard that cuttings from the top of the plant do not root as well. Leave one whorl of leaves at the top of the cutting, and reduce this to 3-4 leaves (if large leaves, they can be trimmed back). Don't take a cutting with a flower bud at the tip. To reduce crowding in the flat or pot, the leaves can be cut even smaller. Some people dip the cuttings in a solution of 1 part household bleach to 10 parts of water for sanitation purposes. It is wise to clean containers with the same mix.

Hormones: Dip the end of the cutting in a powder or liquid hormone containing indolebutyric acid. Before dipping, cut off a bit of the end of the cutting to expose a fresh end, and take a thin slice off the bottom 1/2" on both sides, just enough to expose the cambium layer.

Stick them: Use a large nail or pencil to make holes in the medium so the hormone won't get pushed off when the cutting is stuck in. Get the cutting about 2" deep and firm the medium around the base or water them in

and let it all drain well.

Store them: Keep the filled containers moist but not drenched. If you have a greenhouse and misting system, fine. Otherwise make a plastic tent over the container, using wires or bamboo slats to hold the plastic off the cuttings. If you use a 4" pot, I found a gallon-size zip lock bag will hold the whole thing. When zipped up, it is a miniature greenhouse. Give containers lots of light but no direct sun. If the plastic coverings are well sealed, you will not have to water the cuttings for months, if at all.

Patience wait: Some varieties will root easily in 6 weeks or so. Others may take up to a year. It is true that some rhodos just refuse to root. For them, try grafting.

Propagating With Willow Tea

The NRS newsletter of March 1994 gave detailed information about "Willow Tea", a process of interest to those who will be taking cuttings in the fall.

Notable rhodo growers including the late Harold Johnson have used a rooting factor extracted from willow shoots in the propagation of hard-to-root plants such as "Lem's Cameo" and "Queen of Hearts". This factor was discovered at Agroculture Canada's Experimental Station at Morden, Manitoba, more than 30 years ago. It works best with conventional rooting hormones, making them much more effective.

Cuttings are prepared in the usual way. The bottom half of the cutting is immersed in the tea at room temperature for 12-24 hours (24 for hard-to-root varieties). Do not immerse the whole cutting. After soaking, pat the cutting dry, dip into standard rooting hormone, and place in a bed of rooting medium (peat and sand, peat and perlite, or your own special mix). After the cuttings have rooted (perhaps 6 months later), they can be transplanted into larger containers and watered with half water/half willow tea.

RECIPE FOR WILLOW TEA

1. Cut tender tips from current year's growth on a weeping willow.
2. Strip off the leaves and cut tips into 1-inch lengths, pound with a hammer until flattened and bark is loose.
3. Put 1/4 lb. of willow pieces into a quart jar and cover with water. Place jar in a pan of water and heat to 120F (50C) for 2-3 hours.
4. Strain the tea. It will keep in the refrigerator for a month in a closed container.

Rhododendron Introduction

The Fraser Valley Rhodo Society had an interesting article in their May/June issue of 1992 on the first rhodo introductions to Europe.

~ THE EARLY YEARS ~ of 1600 to 1800~

In the early part of the 17th century, wealthy landowners and merchants who had a keen interest in gardening desired to improve their collections by acquiring new species. Although the British Merchant Navy ventured to nearly all parts of the known world, very few plants other than potential food crops were ever seriously collected until the 19th century. The task of introducing ornamental plants into the gardens of England fell on the specialist collectors, such as John Tradescant Sr.

There is uncertainty regarding the actual date of introduction of the first species of rhodo to the British Isles, but 1656 is regarded as the year John Tradescant Jr. catalogued the plants in his family garden and listed *R. hirsutum* from the European Alps amongst them. Its closest relative, *R. ferrugineum* (Alpine Rose) did not arrive until 1752.

With the expansion of the British colonies in North America, during the early years of the 18th century, a flood of hardy plants, including some rhodos, reached Europe. The first American species were azaleas, brought to Britain as seed in 1734. These were *R. viscosum* and *R. calendulaceum*. *R. maximum* arrived in 1736.

Karl Linnaeus, a Dutch botanist, established in 1753 the categorization of plants which is still used today. Of the over 800 species of rhodos known today, only 9 were named and described by Linnaeus and not all of these were in cultivation.

It was not until about 1763 that *R. ponticum* was first introduced from Gibraltar and cultivated in British gardens. It had been found there a few years before, after the species had already been named for the 'Pontic' region of its first discovery in what is now Turkey.

Several other species from North America were introduced in the late 18th century. In 1780, *R. dauricum* was discovered near the Black Sea but its introduction to horticulture did not take place until 1793.

R. Chrysanthum was introduced in 1796 from the Siberian-Mongolian Mountains and Manchuria. By the end of the 18th century, 12 rhodo species were known, and 10 of these were in cultivation. More species were introduced over the following few years until the beginning of the 19th century, when expansion of western influence in Asia offered many new plants to horticulture.



RECIPE REQUESTS



Rhubarb Muffins

2 cups flour 3/4 cups sugar
1 1/2 tsp baking powder 1 tsp salt
3/4 cup pecans 1 egg
1/4 cup oil 2 tbsp orange peel
3/4 cup orange juice 1 1/4 cup rhubarb
Mix dry ingredients. Mix wet ingredients. Add wet to dry. Add rhubarb.
350°F for 25 -30 minutes

Bananna Crumb Muffins

3 C A/P Flour 2 tsp. B Soda
2 tsp B Powder 1 tsp. Salt
6 ripe Bananas, mashed 1 1/2 C Sugar
2 Egg, lightly beaten 2/3 C Butter or
Marg, melted
Topping: 2/3 C packed Brown Sugar
 2 Tbsp. A/P Flour
 1/4 tsp. Cinnamon
 2 Tbsp. cold Butter or Margarine
In a large bowl, combine dry ingredients. Combine bananas, sugar, eggs and butter. Mix well. Stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups 3/4 full.
Topping: Combine dry ingredients, cut in butter until crumbly. Sprinkle over the wet muffin mixture. Bake at 375° for 18-20 minutes cool to a wire rack. Yield about 2 dozen.



Members
Favourite
Recipes

Grandma's Berry Muffins

2 1/2 C Flour 1 C Sugar
2 1/2 tsp Baking Powder 1/2 tsp salt
1/2 C melted margarine 2 eggs
1 C Sour Milk (add 1 tsp lemon juice to regular milk)

Mix dry ingredients. Mix wet ingredients. Add wet to dry until just moistened. Gently mix in 2 Cups any berry (Blueberry, Blackberry or Raspberry etc)
Bake 20 minutes at 400°F. Yield 12 regular size muffins.
I find that 1 1/2 Cups is more than enough if berries are large!!

Apple Pecan Muffins

1 C whole wheat flour 1 1/2 C flour
1 C shredded Canadian Brick
1 tbsp BP 1 tsp cinnamon
1/4 tsp salt 1 1/3 dice apples
1/2 C chopped toasted pecans
1 Egg 1 C Milk
3/4 C packed brown sugar
1/4 C butter, melted

Preheat oven 375°F, prepare muffin pans. Combine flours, cheese, baking powder, cinnamon and salt. Stir in the apples and pecans. In another bowl, whisk together egg, milk, sugar and butter. Pour over dry ingredients and stir just until moistened, spoon into prepared muffin pan. Bake 22 - 25 minutes or until tops are firm to the touch. Let cool for 5 minutes in pan, then transfer to wire rack. Yield 12 muffins

Until Next Month
Noni

