



R. Courtenay Lady

The Rhodoteller

www.nirs.rhodos.ca

November

AUTUMN

North Island Rhododendron Society

2008/2009 Executive

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Diana Scott338-0208

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Harry Wright338-8345

Secretary

Pauline Thompson.....339-3423

Treasurer

Don Law339-2735

Director: Ways & Means

Dave Godfrey335-0717

Director: Membership

Brian Staton.....337-5228

Director: Publicity

Chris Aldred331-0395

Director: Newsletter/Library

Noni Godfrey.....335-0717

.....nonigod@shaw.ca

Social Committee:

Evelyn Wright339-7493

Revenue Table Committee:

Louise Casson334-2331

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

4th November 2008 - Executive Meeting 2:00 pm

The executive meeting will be held at the home of Gwen and Harry Wright, 769 Chaster Road Courtenay.

11th November 2008 - Regular Monthly Meeting

"Three Years on the Bluff"

Brian Pearson and Judy Walker are both landscape architects and long time residents of the Comox Valley, living at the original Walter Gage homestead on Nob Hill. With Judy's love of gardening and growing experience and Brian's legendary technical abilities and wine making skills, it was a good fit to begin a 2 acre vineyard.

In 2006 the land was ploughed and tilled, and then fenced against the very interested resident deer population. An extensive irrigation system was installed after the posts and trellising and only then were the first 500 cool climate grapevines planted. The following year 500 more vines were planted. Their first harvest is slated for 2009 with full cropping in 2011. So there will not be a wine tasting at the meeting, but please join Brian and Judy as they present "Three Years on the Bluff", showing the development of their young vineyard at Greengage Farm.

PRESIDENT'S VIEW

...by Diana Scott

As we move into November, I am reminded again why we moved to the Coast from our home in Manitoba. I love the extended fall! As long as the winds don't take the leaves off too soon, our yard is full of colour. Some shrubs started turning colour in late August, and we've had a kaleidoscope throughout September and October. When those leaves hit the ground they are gathered up and deposited in the compost bins or chopped and added directly to the beds. Once that is done, most of the fall cleanup will be complete and it's time to think about enjoying those months that aren't taken up with the joys of quite so much garden 'labour'.

In addition to the leaf changes, many of us have been enjoying the dazzle of dahlia colour over the last few months. Noni Godfrey grows beautiful dahlias and has excellent success wintering the tubers. For our 'educational' in November, Noni will be sharing how she prepares her dahlia tubers for storage and might even have a few tubers for the Revenue Table.

We toured the Okanagan this fall, visiting various wineries in the area. It was very interesting and great fun, so I'm delighted that our Program this month will be a presentation by one of our Founding Members, Judy Walker, on the development of their vineyard. With the opening of a winery north of Courtenay (Beaufort Winery), this may be the beginnings of a new agribusiness in the Valley!.....See you at the meeting!.....Diana



MEMBER'S NOTES

BY DAVE GOOFLEY

The work party at our CV Rhododendron Garden on September 25th gave an opportunity for members to help clean up the paths and beds, as well as plant another 17 rhodos; 5 new additions to the BOVI bed, a few to replace previously lost plants and the rest were added to the newly renovated "stump" bed. Harry was pleased with the turnout and the work accomplished, and says that a final work party of the season will be needed around the end of October to put the gardens to bed (pun intended!) for the winter months.

Another entertaining and informative meeting was held on October 7th. Although a week earlier than normal to accommodate our guest speaker's schedule, we had a total of 40 in attendance, including 3 guests.



Following the business portion of the meeting, Brian Staton gave a short educational on his methods of winterizing fuchsias. As Brian explained, by burying the root stock and cuttings in frost protected trenches, he has had a great success rate of 85% recovery the following spring. Brian cautioned, however, that the

soil must be fairly coarse and have good drainage to be successful.

Guest speaker for the evening was Garth Wedemire from the Fraser Valley ARS chapter who presented "Lu Zhu - A Plant Collector's Passion"; a marvelous overview of Dr. Mike Bale's garden on Mt. Woodside near Harrison Hot Springs, BC.

The garden, which Mike calls "Lu Zhu" (Morning Mist), has been under development since the early 1990's. His 25 acre property was first purchased in 1976, but it was not until Mike attended the ARS conference in Victoria in 1989 that he was inspired to develop his retreat on the mountain side.

The location and conditions ideally replicate those of the Himalayas where many rhododendron species originate. Dr. Bale attends his garden for several hours almost on a daily basis before his work day begins at Abbotsford's General Hospital. In the beginning, he purchased several

Garden Chatter, Natter and Notes

rhododendron "collections" from others who moved away from the area, and has since added a tremendous number of different plants.

Garth's presentation was full of interesting facts and wonderful photographs which he has taken over the past ten years of visiting Lu Zhu. Many members were overheard commenting on the great quality of the presentation, and appreciation from all the members present was extended to Garth for the opportunity to share the experience.



After Garth's presentation, draws were made for our raffle prizes. The lucky winner of "R. pseudochrysanthimum" was none other than Evelyn Wright; while Bob Smith was the winner of the secondary prize of the rhododendron "Taro Too" donated by Paul Wurz. Winners of the door prizes included Pauline Thompson (a pot of cyclamen) and Dany Fortin (a bag of "Allium Christophii" bulbs donated by Diana Scott.) Congratulations to all the winners.

On Friday, Oct. 17th several club members attended a special "Walk of Achievement" ceremony in Courtenay to honor Dr. Roberts Smith. As a scientist, Bob was a pioneer in the anti-viral field, who came up with the idea to limit the search for anti-viral compounds after the structure of DNA and RNA was discovered in the 1950's.

Following Roberts' induction ceremony at the Sid William's Theatre, those in attendance witnessed the unveiling of his plaque in front of Graham's Jewelers on Fifth Street. Bob's plaque is the third to be presented, and well deserved for his lifetime of achievement in the pharmaceutical world. To quote David Durrant, Walk of Achievement Committee Director, "He's a man of outstanding accomplishments; he has done so much for so many and his work has saved lives and continues to save lives today!" Congratulations Bob, from all your fellow NIRS members.



Dr. Roberts A. Smith, PhD.
Professor Emeritus UCLA
Antiviral Pioneer
His work continues
to save lives



Peter Cox, writing in "Amateur Gardener" has given us some clues on what happens to rhodos in cold weather. Hard frost produces rather similar reactions in rhodos as hot sunny weather does. In both instances, the plants have a tendency to curl up their leaves, and in extreme cases they become tightly rolled like little cigars. This is a natural mechanism to save moisture in times of stress.

Sun and hard frost create conditions where a plant is unable to take up enough moisture to keep the leaves fully turgid. A curled leaf has a much smaller surface area. The leaves may remain curled up over a long period, but return to their natural shape as soon as conditions return to normal.

Soil frozen to some depth can mean moisture becomes completely unavailable and as frost deep into the ground takes some time to thaw out, so the plants may look distressed for days after the weather warms up. Many of the hardiest rhodos curl their leaves the tightest.

Winter sun combined with frozen roots can do severe damage to some evergreen plants. In continental climates, sun hitting the frozen sap in leaf cells can cause the cells to split, resulting in dead tissue and brown leaves. Luckily this happens rarely in our area. You can reduce frost penetration with a 4" mulch of bark or wood chips to insulate the plants.

Why do leaves change colour in fall:

(From NIRS Newsletter Nov 1993 Vol 8 Issue #3)
Penelope Hobhouse, in her book "Flower Gardens" (Little, Brown & Co.) explains this quite clearly.

Anthocyanins and anthoxanthins are the main flower pigments. Anthocyanins, which are affected by soil acidity, give reddish tints to flowers and leaves; while anthoxanthins produce a range of yellows, from pale to dark. These pigments are water-soluble. When both sets of pigments are present, colours range through browns to blues. Plastid pigments are found in the wall lining of

plant cells, and they do not dissolve. Greenness in leaves and stems is caused by chlorophyll, the most important plastid. Chlorophyll is essential for photosynthesis. Although usually masked by chlorophyll, soluble pigments are also present in leaf cells. In some plants these pigments override the green, to give leaves a bronze, purple or pink colour.

These colours last the whole season in deciduous plants, though they often become darker in the summer. Then the chlorophyll starts to break down, producing droplets of carotenoid pigments which turns leaves yellow. As nights get colder, sugar starts building up in plant tissues, and this activates the anthocyanins and anthoxanthins in the sap, causing the leaves to turn red or golden.

In areas of high acidity, autumn colours are more startling than in alkaline areas. Early sharp frosts produce brighter colours, whereas a long gradual decline in temperatures often cause leaf textures to deteriorate before the sugars build up.

Did you Know?

District 1 of the American Rhododendron Society (ARS) is British Columbia.

District 1 includes the following chapters: Cowichan Valley, Fraser South, Fraser Valley, Mt. Arrowsmith (MARS), Nanaimo, North Island (NIRS), Peace Arch, Vancouver and Victoria

Birth Flowers.....

Did you know there is a flower for every month? There is a book "Birthflowers of the Landscapes" by Linton Wright McKnight, (Commercial Publishing Network 1998) which tells you all about your birthflower. For instance, October's birthflower is the daylily, a spirited bloom. People born in October are said to possess exuberant, powerful leadership traits. Do you know anyone born in that month?

January.....	Narcissus
February.....	Forsythia
March.....	Azalea
April.....	Iris
May.....	Rose
June.....	Hydrangea
July.....	Crape Myrtle
August.....	Phlox
September.....	Canna
October.....	Daylily
November.....	Chrysanthemum
December.....	Camellia

More on Why Do Leaves Change Colour

Every year at this time we look around in wonder, and then try to explain why and how it happens. Quoting from Amateur Gardening: "In the sap and some of the cells of plants are pigments, the most well known being the green chlorophyll. The other pigments carotin (orange & red) and xanthophyll, which is basically yellow. Under temperatures below 45F, chlorophyll production ceases and a breakdown of all the pigments occurs. Usually chlorophyll breaks down first, thereby exposing the other colours. If these pigments are in abundance, then one would expect good autumnal displays, but the situation is not that simple.

During the growing season, plants with the use of chlorophyll and sunlight change carbon dioxide from the atmosphere and water from the soil, through the process termed photosynthesis, into sugars. These sugars are used as energy by the plants, or combined with other chemicals to form tissue-producing materials.

Excess produced during the growing season may be stored in the roots and stems. Other excesses are converted into flavinoids (other coloured substances), particularly if cool nights slow the movement of sugars produced during the previous day; a safety mechanism to prevent a high sugar concentration in leaves.

Therefore, cool nights following sunny days should encourage the production of orange flavones or red-scarlet or purple anthocyanins. Anyone who has mixed colours knows red and yellow mixed will produce orange, but yellow mixed with purple will give brown shades. Combine these two colour-producing methods with tannins naturally produced in many plants, along with the oils that some plants produce from excess sugars and starches, and waste matter deposited in leaves, and a more complicated situation arises.

Some plants are very reliable in their production of needed chemicals and will produce a good show every year, notably varieties of Acer palmatum such as Osakazuki. Many plants never produce a good show, and others do well if given the correct conditions. Recently, nurserymen have been selecting and propagating more colourful forms of good autumn foliaged trees and shrubs.

It is a well-known fact that many young actively growing trees and shrubs do not give off their best (colours) when almost all of the sugars produced are needed for growth. As soon as the growth rate settles down, they start producing more and better colours.

Sunny days followed by cool nights, below 45F, are needed for the best displays. Adequate moisture is needed to prevent premature leaf fall, The best garden site for these trees is an open site where the plants receive all sunlight possible, and cool nights. A slight ground frost will cool the air and encourage colour production."

Gravel Gardens ...by Dany Fortin

Have you heard of Beth Chatto's Gravel Garden, or the award winning dry garden at the RHS Garden Hyde Hall? These are two very good examples of successful gravel gardens in England. Gravel gardens, also called dry gardens, are a great alternative to conventional style gardens for several reasons.

A gravel garden will allow a great range of drought tolerant plants to grow, needing little maintenance, and reducing considerably the amount of watering required in the summer. It can also replace an old, tired lawn, or a traditional flower border, and can impart a Mediterranean or alpine feel. Gravel gardens are best in full sun, favouring most drought tolerant plants. A true gravel garden is situated in a predominantly gritty/sandy or low fertile, well-drained soil.

The following selection of plants would be suitable for a gravel garden:

Bulbs: Allium, Camasia, Colchicum, Crinum x powellii, Eremurus stenophyllus, Nerine bowdenii, Species Narcisus and Tulipa.

Shrubs: Arctostaphylos, Ballota pseudodictamnus, Baptisia australis, Buddleja, Bupleurum fruticosum, Cistus, Elaeagnus 'quick silver', Genista, Grevillea, Hebe, Juniperus, Lavendula, Rosmarinus, Salvia, Santolina, Senecio, Yucca.

Perennials: Achillea, Agapanthus, Bergenia, Datura, Echinops, Eryngium, Euphorbia, Iris (bearded), Kniphofia, Nepeta, Papaver orientale, Perovskia, Phormium, Sedum, Verbascum, Verbena bonariensis,

Grasses: Calamagrostis, Helictotrichon, Miscanthus, Pennisetum, Stipa.

Climbers: Campsis, Trachelospermum.

Trees: Albizia julibrissin, Arbutus, Catalpa, Eucalyptus, Koeleruteria panniculata, Pinus.

When planting, plants should sit high in the ground so that gravel can be raked up to their crowns without burying them. Make sure to thoroughly water in all new plants. Keep them well watered in the first season after planting to ensure they establish. Once planted, mulch the bed with 2-3 inches of gravel or even better, a layer of compost, covered with gravel, which will retain moisture while plants establish. Different sizes of gravel are available, but 20 mm, a larger grade gravel is best, particularly if angular in shape. It is easier to walk on and will deter cat activities. Gravel gardens always look more natural if big and medium sized rock formations are incorporated in amongst plants. Local material will be the cheapest.

Fine bark mulch, when dry, will have surface tension. The water will run off the mulch, and it may take a long time and a lot of water to rewet. With gravel mulch, the water drains directly down to the soil and is available to the plant.

Maintaining the gravel garden involves weeding and pruning, mulching can be topped up as and when required. Weeding is most intensive in the first few years of establishment. Once ornamental plants fill the space, the removal of self seeded ornamentals is more likely. The only major pruning is required

in early spring when the spent flowers and dry grasses are cut back hard. They are left through the winter to provide structure, protection for plants against frost, home for overwintering insects, and seeds for birds.

The selection of plants for the right environment is crucial for a successful gravel garden.

In an ever growing Comox Valley, the increasing population and it's high water demands put a strain on the water levels for our consumption, the fish habitat of the Puntledge River watershed and the power generated for our electrical needs. Creating a sustainable garden in which wildlife can thrive and water use is kept to a minimum is fundamental for a healthier community. To meet the evolving demand of climate change, a gravel garden is the green choice for a garden.



Occasionally we receive e-mail via our website. Following are e-mails passed along for member information:

"Nepal rhododendron trek"

From: Tom Carter and Marci Lyon Tel. 250-954-2345
<http://www.moonmountainadventures.com>

Hello, to the north Island Rhododendron Society. Last fall I sent you a letter describing the Nepal rhododendron trek I was organizing for this past spring. Thank you very much for your helpful and positive response.

It was a wonderful journey! Walking through rhodo forests in full bloom with snow peaks towering above is an unforgettable experience. It overwhelms me every time and makes me eager to share this beauty with others.

I am returning next spring with a shorter trek of sixteen days. We will still visit the Annapurna Sanctuary and still have the same number of days in "Rhodoland". This reduces the price considerably and also reduces the number of days away from Canada to twenty-seven. Hopefully this will make the journey more available to rhodo lovers.

My website's "schedule" page has a detailed itinerary, as well as a slide show.

<http://www.moonmountainadventures.com>

The Nanaimo Rhododendron Society has invited me to present a slide show on this year's trek. Everyone is welcome on Nov.13, 7:30pm at the Beban Park Recreation Center, 2300 Bowen Road.

If there is any way you could make your members aware of this trek, I would greatly appreciate it, as might those who have dreamed of such a journey. Thank you for your time and attention.....Sincerely, Tom Carter

"Milner Christmas Magic"

Milner Gardens present a family oriented festival of lights and music event on Dec 5 - 7, Dec 12 - 14 and Dec 18 - 21 from 5:00 pm to 8:30 pm. Admission will be by donation, with all donations going to support the garden. Santa will be here!

Although the Gardens will be lit up with thousands of Christmas lights, we suggest you bring a flashlight. Musicians will entertain in the Milner House, decorated in old fashioned Christmas splendor. Bid on silent auction items or guess the number of teddy bears in the gardener's cottage to win a prize.

Gift shops and tea room will be open. Golf cart shuttle available for those with mobility issues.

FMI call 250-752-6153 or www.milnergardens.org

Dave Godfrey
NIRS Webmaster

Success With Rhododendrons

(Information from Coastal Grower - Autumn 1996)

Rhododendrons are one reason gardeners love our area, and November is the best time to plant or replant these beauties. Plants put in the ground now establish better and faster than those planted in the spring.

The general rule of thumb for planting (or transplanting) is that the later in spring you plant, the more you will have to water for the first year. Then once the plant takes hold, you should be able resume a more normal watering schedule. They do have some specific needs to bear in mind as you choose the planting site.

"WASH" is the key. "W" for water - a minimum of one inch per week year-round, either from natural rain or from whatever method you have available. But a hot, dry site will not fill the bill regardless of the amount of water you want to pour into it. Conversely, rhodos don't like to have their roots in moist soil, so a well drained site is equally critical. "A" for acid - the soil should be in the pH range of 5.0 to 6.0. "S" for shade - a general rule of thumb is the larger the leaf, the more shade the plant will need. However, they do need some sun to flower well. For example, plants with a five inch long leaf need an average of six hours of sunshine in mid-summer in order to set flower buds. This is somewhat modified in the case of red varieties, which seem to be more sun-tolerant than other colours, but in each case you might want to investigate the requirements of a particular plant you have chosen. And finally "H" is for humus content of the planting bed, which should be 50% of the backfill soil mix. This can be in the form of peat moss, compost, oak leaf mulch, shredded bark, or a

combination of any of the above.

The planting hole does not need to be deep - usually about 12" is sufficient, but should be at least three times as wide (some say five) as the existing rootball or container. This allows for humus rich area as the shallow, surface roots spread out. When placing the plant in the hole, be sure that it is no deeper than it was in the container. Some bone meal mixed in the backfill soil is good, but no other fertilizer is needed at this time. Mulching with a nice fluffy layer of shredded bark or bark mixed with oak leaves will also be appreciated. (Oak leaves because they are acidic.)

If you have a rhodo that seems "sick" this would be a good time to try to correct the situation. Dig straight down at the drip line to a depth of about 12". Small plants will be no problem to lift, but for a larger plant you may need to "lever" it out with the aid of a plank. Slide it onto a tarp for easy movement. If the site seems to have been the problem, consider changing the location. But if you can't, then make a properly amended hole and enlarge it more than you normally would widthwise. Replant and keep well watered. This will often do the trick, but do remember that plants are living things and there are some that are sickly and will never amount to much, so you may occasionally get one that resists all efforts. In this case, you may find that replacement is in order.

Vancouver Island Hybridizers Dracula and Rhododendrons by Alan Campbell, Cowichan Valley Chapter

Mythology and symbolism play a rich and wonderful part within the history of China and the rhododendrons has a place within these fables. The rhododendron and the cuckoo share the same Chinese pictogram, derived from the name of an ancient King of Sichuan who was brutally ousted from his throne and palace by his brother. Legend has it that when the heart-broken king died, he was transformed into a cuckoo and his tears of sorrow fell to the ground and became bright red rhododendrons.

Historical legends inspired by rhododendrons are not isolated to China. Stories from ages past tell us of the Greek commander Xenophon leading his army onto Asia Minor in the 5th century BC where they collected local honey produced from the yellow-flowered *Rhododendron luteum*. This natural sweet delight caused the invading host to have "lost their senses." Luckily for the Greeks, no defenders found them while their honey-induced affliction had them out of sorts.

Not so lucky was Pompey's Roman army 300 years later. Perhaps these Roman legions missed that day of history class, but they unwittingly followed the Greeks' footsteps onto the same shores of the Black Sea and into the same *luteum* honey-induced stupor, during which the Colchian "homeland security" forces found them. The outcome was, needless to say, unpleasant. *The Two Thousand Year Curse of the Rhododendron* by **David Leach**, which recounts this story as well as others, was published in the American Rhododendron Society's book *Rhododendron Information* (1967).

The Cowichan Valley holds claim to a number of "urban legends", one of which I can now pronounce as documented fact. In 1900, a retired British army medical doctor and his wife, **Richard** and **Susan Stoker**, moved to Duncan and into a house near Quamichan Lake and shortly after built a summer house on Marble Bay at Cowichan Lake. Dr. Stoker was not the only learned member of his family. A brother by the name of **Bram** was a well-known author. He wrote, among other books, the classic horror tale *Dracula*. Now you're asking, "How does Dracula connect with rhododendrons?" Let's continue.

Cowichan Valley Rhododendron Society member **Leslie Drew** and her husband **Frank** wrote an exceptional article titled "Furs, Gold, and Rhododendrons," which was included in the Victoria Rhododendron Society's publication *Rhododendrons on a Western Shore* (1989). Their article clearly illustrates the early Vancouver Island rhododendron enthusiasts and the interaction between them. I have borrowed some names and dates from it.

George and **Suzanne Buchanan Simpson** settled at Cowichan Lake in 1914 and quickly befriended Dr. and Mrs. Stoker, as people with shared interests naturally will. The Stokers' and the Buchanan Simpsons' shared interest in gardening and plants in general swiftly resulted in flourishing gardens and a burgeoning nursery business, nourished with material discovered by plant hunters worldwide. Throughout the 1920s and the early half of the 1930s, their interest turned toward alpine plants and rhododendron species. Eventually, due to personal family matters, the Buchanan Simpsons made the decision to sell their Marble Bay Alpine Plant Nursery business to a Royston couple in 1935.

Ted and **Mary Greig**, originally from Duncan, shared an intense interest in alpine plants, which prompted their decision to purchase the Buchanan Simpsons' nursery stock and begin their own horticultural endeavors at their new home in Royston. The alpine plants resented being relocated to this low-level seaside environment, but the rhododendrons flourished. Obtaining wild collected seed from the plant hunting expeditions of **Frank Kingdon Ward** and those of the partnership of **Frank Ludlow** and **George Sheriff**, the Greig nursery became well known for propagating the best forms of species *Rhododendron*.

It is not a rare occurrence to be wandering about an established rhododendron garden and find plant labels reading *R. auriculatum* (Greig form) or *R. strigillosum* (Greig form). Somewhat less common is to come across named forms of Greig-propagated species, two of which are 'Royston Blue', a form of *R. augustinii*. and 'Chancellor's Choice', a form of *R. pseudochrysanthum*, so named by **Herman Vaartnou** in honour of **Dr. Ian McTaggart-Cowan**, Chancellor of the University of Victoria from 1979 to 1984.

The Greigs' expertise at propagating species *Rhododendron*, along with the ability to evaluate the best forms, eventually made Royston Nursery a name of distinction throughout the rhodo world. It is thought that at one point the Royston Nursery supplied 10% of the rhododendrons available in North America. For this accomplishment Ted and Mary were sought out as charter members of the newly forming **American Rhododendron Society**. Some 20 years later, they would be recognized by the ARS by becoming joint recipients of the Gold Medal, the highest award that can be bestowed by the society.

During the mid-1960s, a group of ARS members formed a non-profit organization which would become known as the Rhododendron Species Foundation. The purpose of this organization would be to establish a comprehensive collection of authentic forms of rhododendron species that were becoming threatened by the destruction of their natural habitat. A member of the group, **Dr. Milton Walker**, visited the great public and private gardens of Britain requesting propagation material. But there was a snag. American import regulations prohibited the importation of plant material from Europe. Canada did not have the same restrictions, nor was there a restriction on plant material entering the United States from Canada. Dr. Walker contacted the Greigs in Royston to inquire whether the cuttings could be imported and propagated in British Columbia. Mary made further inquiries, and arrangements were made with the University of British Columbia.

Over the next several years, cutting material from the major gardens of Britain arrived at UBC and to the propagating skills of **Evelyn Jack** (now **Weesjes**), who took on much of the correspondence with the British sources. The birth of the Foundation was secured, made possible by the efforts of Ted and Mary Greig of Royston.

Next month: *The Royston Nursery hybrids*

The Maple Leaves Are Falling

There is before our window
A stand of Maple trees,
A feasting and a Trysting place
For many birds and bees.

The robins like to nest in them
The squirrels search for keys,
And we enjoy the shade they give
With their many thousand leaves.

Just now the leaves are falling
By ones, and twos and threes,
And sometimes by the dozens
When comes a vagrant breeze.

But God has ordered wisely
In the change the seasons bring,
And the glory of the Maples
Is seen in fall and spring.

.....Abridged J.W. Jenner

Recipe Requests



Spicy Apple Cake (Marleen Crucq)

1/2 cup butter	1 1/2 cups flour
3/4 cup packed brown sugar	1 tsp baking powder
1/4 cup white sugar	1/2 tsp baking soda
2 eggs	1/2 tsp salt
1 tsp vanilla	1 tsp cinnamon
2 cups chopped apple	1/2 tsp nutmeg
1/2 cup milk	



Cream butter, sugars, eggs and vanilla on medium speed of mixer until light and fluffy.

Add remaining ingredients EXCEPT apple. Beat on low speed until blended, then on medium speed for 1 minute. Now fold in apples. Spread evenly in 9" square cake pan, pan will be full.

Bake at 350 F for 35-45 minutes or until toothpick inserted in center comes out clean.

Cool completely. Good served with whipped cream!

Apple Butter

Apple butter is a highly concentrated form of apple sauce, produced by long, slow cooking of apples with cider or water to a point where the sugar in the apples caramelizes, turning the apple butter a deep brown. The concentration of sugar gives apple butter a much longer shelf life as a preserve than applesauce. Apple butter was a popular way of using apples in colonial America, and well into the 19th century. The term "butter" refers to the thick, soft consistency, and apple butter's use as a spread for breads. Typically seasoned with cinnamon, cloves and other spices, apple butter may be spread on toast, used as a side dish, an ingredient in baked goods, or as a condiment.

Large Slow Cooker...Setting low for 12 to 20 hours (Cooker is uncovered for 10 12 hours)

5 pounds tart cooking apples unpeeled, cored and cut up (or enough apples to fill the pot)
2 cups sugar
1 cup apple juice or cider
1 1/4 Tsp cinnamon
1/4 tsp Ground cloves
1/4 tsp ground nutmeg
1/4 tsp ground all spice
Pinch of salt



Coat the cooker with non stick cooking spray (veg oil brushed on the sides) Fill the cooker almost to the top with apples but as you add them sprinkle the layers with sugar. Now cover and let stand all day, the apples will exude their own juice. Or you can just use the 1 cup of apple juice or cider and skip the all day waiting.

Add spices, salt and toss with a spoon. Cover and cook on low for 10-12 hours, or overnight. In the morning, remove lid and let apple butter cook an additional 2-8 hours, until your desired thickness and flavour.

Turn off the cooker and cool to room temperature. When cool, blend in processor or blender until completely smooth. Store covered in the fridge for up to 2 months or the freezer in containers for 3 months. Serve cold or at room temperature.



Pumpkin Seeds

4 C water, Olive Oil

- Rinse seeds, add to water and salt. Simmer 10 minutes
- Drain and pat dry with paper towels
- Toss seeds with olive oil and seasoned salt if desired, until evenly coated.
- Spray cookie sheet with cooking oil spray
- Bake at 250 for 45 minutes or until lightly browned, tossing occasionally.



From The Membership Chairman



A last reminder for all NIRS members to renew their memberships before the end of November. Membership names have to be received at ARS head office before the end of November to ensure that you receive your winter (January) issue of the ARS 'Journal'. Be sure to bring your \$35 cheque or cash to the November 11th meeting, or mail to the address found on page 1 of this newsletter. Thank you.

