



Lake Owasso Garden Club

September -- *Green leaves turn to gold and red*

Monday September 11, 2017

6:30 Social - Member provided snacks

7:00 Meeting - For our September event, we're back at **Presbyterian Church of the Way** to resume our gardening lectures after a wonderful summer of tours.

**Presbyterian Church of the Way
3382 Lexington Ave North,
Shoreview MN 55126**

This month we'll hear from Sue Bagge, a horticulturist, master landscape- and floral designer, and owner of Sangro, Inc, who will discuss how many of the principles used in Japanese gardens can add interest to our MN gardens, especially in the winter.

Presidents Message

Here we are facing September already. Seems like we just toured Kelley and Kelley Nursery.

This week is the State Fair Flower Show and the Federated Show so hope things go well.

I have the officers for the coming year, now need to touch base with committee chairs.

We have a good lineup of programs for the fall and will have a board meeting to discuss a few things.

Enjoy the Fair and our remaining warm weather.

Treasurer's report

Balance is \$13,720 as of 7/24/2017

"Just Add Water"

Articles and Photos by Soni Forsman

N. 'Wanvisa,' an award-winning hardy waterlily

To date, only one hardy waterlily has earned the title Best New Waterlily of the Year. *Nymphaea* 'Wanvisa' was given that award in 2010, winning the annual competition sponsored by the International Waterlily and Water Garden Society (IWGS). It competed against new hybrids, both hardy and tropical varieties, from around the world.

The winner was recognized for the colorations of its flowers and pads. The flower is a salmon-pink color with white/cream flecks. The pads are deep bronze with bright green mottling, coloration typically seen in the foliage of tropical waterlilies.

About six months after *N. 'Wanvisa'* was announced the winner and weeks before mine would be shipped to cold Minnesota, reports and pictures were circulating that the flower color was not stable. Flowers were blooming with bright yellow petals amongst the salmon-pink ones. Others were a light or a faded-out shade of the award-winning color.

This information did not dampen my enthusiasm for a brand new hardy waterlily. Instead, my interest was heightened by all the possibilities.

N. 'Wanvisa' was discovered growing in a pristine pond of *N. 'Joey Tomocik'* (hardy yellow) waterlilies in Thailand. It was saved by Thai hybridizer Dr. N. Nopchai Chansilpa and several years later he entered it in the competition.

Because the color is not stable, some consider this waterlily undesirable. Most water gardeners embrace its unpredictability. I'm in the later group, enjoying the unexpected. Each bloom is a potential photo op!

Pictures with this story show the true color of *N. 'Wanvisa,'* the others illustrate just two of the many variations I've photographed – 2011 through this summer.



The award-winning Nymphaea 'Wanvisa.'

The salmon-pink flower rises above deep bronze pads with bright green mottling



Bright yellow petals sparkle among the salmon-pink ones



A light pink *N.* 'Wanvisa' with half a petal light yellow.

Note the creamy-white flecks are still present.

"Brianna's Kitchen Garden"



Summer **Chili** **Cornbread** Cobbler

Serves 8

This is a great summer recipe that brings together the best of summer and fall. The deliciously ripe fruits of summer – tomatoes, peaches, peppers – and the warmth of chili make it a great meal for a September evening. Topped with cornbread, it's everything you want in a single skillet. If you feel so inclined, you can add ground meat as well, just be sure to brown it before adding the other ingredients. And don't be afraid to mix in any other vegetables you have around; this dish can handle anything you've got laying around like zucchini, fresh (hot or sweet) peppers, green beans, or even fresh corn off the cob.

If you don't have or don't want to use a cast iron skillet, prepare the chili on the stove and transfer it to your baking pan of choice before adding the cornbread dollops.

And, of course, as a chili, this just gets better as the days pass. Make it on Sunday and have lunches all week long.

Ingredients:

For the Chili

- 2 lbs plum tomatoes (i.e. Roma, San Marzano, Opalka, etc..)
- ½ lb peaches (about 2-3 small peaches)
- 2 tbsp oil or butter
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 1 tsp ground cumin
- ½ tsp chili pepper powder
- 1 tsp salt
- 1 can pinto beans, drained

For the Cornbread

- 1 ¼ cup all-purpose flour
- 1 cup cornmeal
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 1 egg
- 1 cup buttermilk*
- 2 tbsp honey
- 1/3 cup of butter, melted

***NOTE:** You can make your own buttermilk. Combine 1 cup milk + 1 tbsp vinegar and let it sit for 5 minutes.

Instructions

1. *(Optional but recommended step: Peeling the peaches and tomatoes)* Bring a large pot of water to a boil and score an "X" at the blossom end of each fruit with a sharp knife. Prepare a large bowl of cold water. Drop the fruit in the boiling water and transfer to the bowl of cold water as soon as the skins start to peel (~30 seconds, maybe a little longer for the peaches). Peel off all the skins with your hands and discard. They should come right off, but you can use a knife if you need to.]

2. Trim the stem end and roughly chop the tomatoes. Pit the peaches and chop them as well. Set the tomatoes and peaches aside.
3. In a cast iron skillet (I used a 10"), melt the oil or butter over medium heat. Saute the onions and garlic with a few pinches of salt until translucent (~ 3-5 minutes).
4. Add the cumin and chili powder and mix together for about 30 seconds until it's well combined.
5. Add the tomatoes and peaches. Lower the heat to medium-low and cover. Simmer for 10 minutes.
6. While the chili is simmering, preheat the oven to 375°F and prepare the cornbread topping.
7. Combine the dry ingredients in a large bowl.
8. Whisk together the buttermilk, egg, and honey in a separate bowl.
9. Add the wet ingredient mix to the dry ingredients and stir to combine. Add the melted butter and mix again until fully incorporated. Let sit for 10 minutes.
10. In the meantime, remove the lid from the simmering chili, slightly increase the heat to maintain a simmer, and continue cooking for another 10 minutes or so, until slightly reduced. Taste for salt/heat and adjust if necessary.
11. Stir in the beans and cook for a few more minutes. If the chili is too watery, continue reducing until the desired consistency is reached, but remember that cornbread topping will soak up some of the liquid. Alternatively, if it's too dry, add a little bit of water, simmer, and taste/season before topping.
12. Remove from heat and spoon the cornbread batter in dollops on top. Distribute it evenly, but don't worry too much about the gaps, the batter will spread to cover the surface of the skillet.
13. Bake for ~20 minutes, until the cornbread is cooked through and golden.
14. Rest for 10 minutes before digging in. Garnish with cherry tomatoes, cilantro, and chillies.

Source: <http://baked-theblog.com/summer-chili-cornbread-cobbler/>

Preserving



Preserving

This is the highlight of the edibles season. The last hurrah before the fall. With the warm days, the long season vegetables are coming into their own and the bounty is prolific. Tomatoes galore! An excess of cucumbers! Corn on every corner! More zucchinis than you know what to do with! The best thing you can do right now is revel in the success of a good growing season. Harvest and enjoy the literal fruits of your labor.

But there comes a point where you've had enough and can't eat one more bite. This is where preserving comes into play. Right now, the fruits and vegetables are at their peak for flavor and nutrition. If you can't eat it today, preserve it for tomorrow. As a popular TV show says, "Winter is coming" and it's always a joy to be able to enjoy your harvest again while the ground is frozen. There are many options: dehydrating, freezing, and canning are all popular options, though I personally am a fan of the freezer.

If you're not sure what to do with your bounty, consider these suggestions. If you see anything you want to try but aren't sure where to start, just ask me. There's a good chance that I have a recipe that I can share with you.

- **Broccoli**

- Blanche and freeze
- Make cream of broccoli soup and freeze it in single-serving baggies

- **Corn**

- Blanche and freeze (I blanche it ON the cob and then cut the kernels off)
- Make corn chowder using the spent cobs and freeze it in single-serving baggies

- **Herbs**

- Dehydrate and store (whole leaves) or replace current herbs
- Mince and store in ice cube trays with either water or olive oil

- **Melons**

- It's a little unconventional but try making a sorbet or granita

- **Peppers**

- Dice and freeze on a cookie sheet before bagging, making it easy to pull out a cup for chili later in the winter
- Pickle the peppers (It tastes MUCH better than the small cans of jalapenos you buy at the store)
- Make your own Sriracha sauce

- **Tomatoes**

- Blanche, remove skins, and freeze
- Dice and can
- Make tomato soup, chili, or sauce and freeze it in serving-size baggies
- Dehydrate cherry tomatoes to make your own sun-dried tomatoes

- **Zucchini**

- Shred and squeeze all of the water out of it that you can before freezing (I pack my measuring cup and freeze them in 1-cup pucks for easy use in zucchini bread)
- Add to other soups and freeze those

Resource: <http://nchfp.uga.edu/>

Ready for harvest in September: Parsley (herbs in general), Dried Beans, Broccoli, Corn, Cucumbers, Eggplant, Melons, Peppers, Tomatillos, Tomatoes

Plant "Imagination"



Petasites japonicus or, butterbur

Common Name: butterbur

Type: Herbaceous perennial

Family: Asteraceae

Native Range: Korea, China, Japan

Zone: 5 to 9

Height: 2.00 to 3.00 feet

Spread: 2.00 to 5.00 feet

Bloom Time: April

Bloom Description: Yellowish-white

Sun: Part shade to full shade

Water: Medium to wet

Maintenance: Medium

Suggested Use: Water Plant, Vegetable, Naturalize, Rain Garden

Flower: Showy, Fragrant

Tolerate: Heavy Shade, Erosion, Wet Soil

Easily grown in consistently moist to wet soils in part shade to full shade. If grown in full sun, leaves will typically wilt during hot days in somewhat the same manner as with the ligularias. Best grown at the shoreline of large natural ponds, on the banks of streams or in bogs. Tolerates a wide range of soils as long as consistent moisture is present. Large containers sunk in the mud may be used if control of rhizomatous spread is desired. Grow in containers for water gardens or smaller ponds.

Noteworthy Characteristics

Petasites japonicus, commonly known as butterbur, fuki or sweet coltsfoot, is a rhizomatous perennial that is noted for its huge basal leaves that form dense spreading clumps of foliage to 3' tall and 5' wide. It is native to Korea, China and Japan where it is typically found growing on wet streambanks in woodland areas. Long-stalked, lightly toothed, kidney-shaped, green leaves (to 16-32" wide) are tomentose beneath. Fragrant, yellowish-white, daisy-like flowers in dense corymbs appear in spring before the leaves emerge on rigid scapes to 6" tall. Scapes elongate after bloom. Leaf stalks (petioles) are eaten as a vegetable (*fuki*) in Japan.

Genus name comes from the Greek *petasos* meaning a hat with a broad brim with reference to the large leaves.

Specific epithet means of Japan.

The leaves were reportedly once used to wrap butter in hot weather, hence the common name.

No serious insect or disease problems. Watch for slugs. Spreads aggressively by rhizomes if not grown in containers or otherwise restrained by barriers.

Garden Uses

Banks of ponds, streams or water gardens. Bogs. Shady corner of the border or woodland garden as long as the soil moisture requirements can be met.



Taste That!

Spicy Chicken Soup



INGREDIENTS:

- 2 quarts water
- 8 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 2 tablespoons dried parsley
- 1 tablespoon onion powder
- 5 cubes chicken bouillon
- 3 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 (16 ounce) jar chunky salsa
- 2 (14.5 ounce) cans peeled and diced tomatoes
- 1 (14.5 ounce) can whole peeled Tomatoes Use Rotell w/chili's instead of tomatoes
- 1 (10.75 ounce) can condensed tomato soup
- 3 tablespoons chili powder
- 1 (15 ounce) can whole kernel corn, drained
- 2 (16 ounce) cans chili beans, undrained
- 1 (8 ounce) container sour cream

DIRECTIONS:

1. In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, onion powder and bouillon cubes. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred chicken.
2. In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes.



<http://www.crosspollination.weebly.com> Once there, There you will find a link to:

The *Lake Owasso Garden Club* website: <http://www.lakeowassogc.weebly.com>

On our LOGC website you can link to our **Facebook** site

Or, you can start out at the LOGC website and go to crosspollination! It's so easy.

Our Google Doc

https://docs.google.com/spreadsheet/ccc?key=0AvDTcsB_CgstdE81dUVQNEFrblNUSDBWd250QlpGYWc

OUR MEETINGS ARE HELD AT,

Presbyterian Church of the Way
3382 Lexington Ave North,
Shoreview MN 55126

Family Membership is \$25.00 Per Year

Newsletter submissions

We welcome pictures (please title, include latin names of plants), news items, and commentary, preferably via email to raflipp@comcast.net **Deadline** is by the **25th of each month**. I will try to get the newsletter out on the first of the month.

Also, remember our club's [Facebook](#) page. It is a great place to post pictures and share what's in bloom.

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