



OKANAGAN GARDENS & ROSES

November, 2019

NO MEETING Monday NOV 11TH

Minutes of the Executive meeting Okanagan Garden & Roses, Monday Nov 4, 2019 at People Place.

Members present: Marnie Cullum; Jocelyne Sewell; Heidi Ritter; Marie Tetarenko; Emily Long; Neva Low; Trevor Taylor;

Meeting to order at 1.05pm.

November General Meeting:

The meeting will take place on November 18th.

Will be at Heidi's house in Lavington. Meet there at 1.30pm for the making of centre pieces. Bring along any materials that you may have and/or use some of Heidi's. Coffee and cinnamon buns will be served. Heard rumors there could be other types of refreshment also. Her address is 9700 Bissette Rd. From Highway 6, turn right at School Rd which is just after you pass Petro Canada, continue until you pass the park on your right and turn right at Lavington Way going to the end and Heidi's house is right in the curve. Big white house but smaller than the one in Washington DC. In case you get lost: 250-542-4705.

Gorilla glue – clear – will be supplied by the Club, Marnie will pick up both glue and buns on her way out.

Anyone needing a ride contact Marnie and/or Neva. Also call Jocelyne if you plan to attend. We could carpool and leave some cars at Wholesale Club at the corner end of 25th Avenue and 32nd Street.

Christmas Party:

Schubert Centre on Monday Dec. 9th, at noon. Cost will be \$20.00 for guests and \$15.00 for members – which is a subsidized amount. There will be a gift exchange, cookie exchange and door prizes like previous years. Music will be provided (Pat Higgins) so will need some song sheets. (Jocelyne will be checking what she has.) Marie will contact her friend at Shoppers as well as there being gift cards to give away. Bring your monies for the Christmas party tickets to Heidi's. Will need to get some table centres, Point's/plants etc'.

Elections:

Will take place at Heidi's. We'll see who will continue to serve at that time.

Club Membership:

35 paid up memberships with a few more on the list that cannot attend because of the meeting time change. 42 as of this November..

Being no more to talk over we adjourned at 1.30pm.

<https://www.thompson-morgan.com/what-to-do-in-the-garden-in-november>

- Remove fallen leaves from around the base of any rose bushes which suffered from blackspot or rust this summer, to reduce the chance of reinfection next year.
- Place a scaffold plank on the ground along the main access route into your plot to allow access without compacting the soil as you walk across it.
- Stake top-heavy brassicas and draw up some soil around the base of stems to prevent wind from rocking the plant and causing damage to the roots.
- Check stored onions and garlic and remove any rotting bulbs immediately. The neck of the bulb is usually the first area to rot. Try using onion bags to improve air flow.
- Check stored potatoes and remove any that are rotting. Use hessian sacks to store your potatoes as this will allow the crop to breathe.
- Continue to clear fallen leaves off the lawn to keep it healthy.
- Edge your lawn. This is easy to do in the winter months once beds are clear. Lawn edging creates a neat and tidy appearance and makes maintenance easier throughout the year.
- Reuse spent compost from annual container displays as a mulch on the garden.
- Sweep up debris and fallen leaves that harbour overwintering fungal spores and create hiding places for slugs and snails.
- Shred fallen leaves to help them rot down even more quickly. A quick way to do this is to gather leaves on to the lawn and mow them with a rotary mower that has a collection box
- Give dry soil one last good watering before the ground freezes.

You can find more things to do at the above website.

Jocelyne's recipe for the month: Hope you have saved some pumpkins from Halloween.

CURRIED PUMPKIN SOUP WITH COCONUT MILK

<https://www.everydayeasyeats.com/curried-pumpkin-coconut-soup/>

Ingredients:

1 tablespoon coconut oil
1 yellow onion, diced
2 cloves garlic, minced
1 teaspoon minced ginger
1 teaspoon curry powder
1 (15-ounce) can pumpkin purée
2 cups vegetable broth
1 (14-ounce) can coconut milk

Optional garnishes: Extra coconut milk, pumpkin seeds

Instructions

In a large pot, heat the oil over medium heat. Add onion and sauté for 4 minutes until softened. Add garlic, ginger and curry powder and cook for 1 - 2 minutes until fragrant. Stir in the pumpkin purée, broth and coconut milk. Increase heat to high and bring to a boil. Reduce heat to low, cover and simmer for about 10 minutes. Remove from heat. Using an immersion blender, puree soup until smooth. Alternatively, transfer to a traditional blender and puree in batches until smooth. Season with salt and pepper to taste. Serve hot, garnished with a drizzle of coconut milk and pumpkin seeds if using.

Notes

The soup is meant to have a rich consistency, but if it is too thick for you, just add more broth or some water to thin it out.

If you are not vegetarian or vegan, the vegetable broth can be substituted with chicken broth.

You can add a small amount of carrots and celery if you wish. Chop them fine and cook them with the onion.

Did you know? I have used pumpkin for substitutes but I didn't know it could be used so much.

https://www.heraldstandard.com/food/locally_carei/locally-carei-use-pumpkin-puree-as-a-substitute-in-cooking/article_eafa014f-c4ae-54e5-ba6f-cd21a27f2e45.html

By Joe Carei For the Herald-Standard

First, we must create puree from our fresh pumpkin if that is the route we are taking. I prefer to clean the pumpkin of seeds and string and cut in half, top to bottom. Then, I wrap each half with foil and put in 325 degree oven, cut side up. Cook for about an hour and then check to see if soft. Then scrape flesh from skin and puree in blender or processor. Push through strainer or sieve to remove excess stringiness, if desired. Other ways to cook pumpkin is; to steam it or boil and strain, but I find both of these ways make the puree too loose. To give a more roasted flavor, brush flesh with butter or oil and roast flesh side up; no foil. Keep in mind the larger pumpkins used for jack-o-lanterns are more stringy, watery and will need to be cooked down. You are better off using smaller pie pumpkins.

Low in both calories and fat, pumpkin is also a good source of Vitamin A, B6, C, and E as well as a treasure trove of minerals. Therefore, pumpkin puree is a healthy substitute for eggs in a variety of baked goods. It cannot be used as a binder like in challah or chewy cookies, but pumpkin puree but can be used when eggs are incorporated for moisture in cookies, muffins, and quick breads. Pumpkin puree can be effortlessly added to mixes for cakes, cookies, breads and brownies.

Pour the liquid ingredients, including the canned pumpkin, into a separate bowl. Add ¼ cup canned pumpkin for each egg called for in the recipe.

Pumpkin can be a substitute for oil or butter in baking. For oil, the ratio is one to one — one cup oil is simply replaced with one cup pumpkin puree. To substitute pumpkin puree for butter, multiply the amount of butter by ¾. If a recipe calls for one cup, use ¾ cup puree in its place. If you're not ready to give up all the butter, and in some recipes you cannot, consider splitting the bill. For one cup of butter, use ½ cup of butter and ½ cup of pumpkin puree. In recipes that call for butter and sugar to be creamed or fluffed up, definitely split the use of butter and pumpkin and fold in pumpkin after creaming. In boxed cakes you can substitute the oil, water and the egg with pumpkin puree.

When making pancakes, you can substitute an equal amount of pureed pumpkin for the liquid. But try not to substitute for more than ½ of the recipe's liquid ingredients. When making waffles, keep the eggs in the recipe as the egg helps create the waffle "crust."

Cream sauces — Make your fall even pumpkinier. Substitute some of the heavy cream and butter in your Alfredo sauce recipe with pumpkin puree and get the taste of fall in our favorite dish.

Smoothies — Add pumpkin in place of bananas or other fruit in your smoothies for an alternate and healthy start to your day.

Cheesecakes — Substitute some of the cream cheese with pumpkin puree. It will soften the cake and reduce the fat and calories.

Fudge — Substitute some cream with puree for a different kind of fudge.

When shopping for pumpkin puree, make sure that is what you get. Pumpkin puree and pumpkin pie filling are two different birds. You will remember the day you mixed these two up.

Here is the humour section:

SUNDAY CLOTHES

A little boy was walking down a dirt road after church one Sunday afternoon when he came to a crossroads where he met a little girl coming from the other direction.

'Hi,' replied the little girl.

'Where are you going?' asked the little boy.

'I've been to church this morning and I'm on my way home,' answered the little girl.

'I'm also on my way home from church. Which church do you go to?' asked the little boy.

'I go to the Catholic church back down the road,' replied the little girl. 'What about you?'

'I go to the Lutheran church back at the top of the hill,' replied the little boy. They discover that they are both going the same way so they decided that they'd walk together.

They came to a low spot in the road where spring rains had partially flooded the road, so there was no way that they could get across to the other side without getting wet.

'If I get my new Sunday dress wet, my Mom's going to skin me alive,' said the little girl. 'My Mom'll tan my hide, too, if I get my new Sunday suit wet,' replied the little boy.

'I'll tell you what I think I'll do,' said the little girl. 'I'm gonna pull off all my clothes and hold them over my head and wade across.'

'That's a good idea, replied the little boy. 'I'm going to do the same thing with my suit. So they both undressed and waded across to the other side without getting their clothes wet. They were standing there in the sun waiting to drip dry before putting their clothes back on, when the little boy finally remarked:

'You know, I never realized before just how much difference there really is between a CATHOLIC and a LUTHERAN!
