



EXECUTIVE

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October 2017 Newsletter

Meeting will be at 7:00 pm, Wed Oct 25th, in upper level of Heritage House, 100 Lorne St. Guests are always welcome.

Speaker. Dr. Michael D. Mehta (born in 1965 in Halifax, Canada) is an environmental social scientist who specializes in science, technology and society with a focus on environmental and health risk issues. His recent work focuses on community resistance, resiliency and social innovation with a particular emphasis on citizen science. He was co-founder and coordinator of Help the Kelp Project, and was co-founder and a Director of community-based electrical non-profit society GabEnergy on Gabriola Island, British Columbia. In 2015 he formed three new organizations; namely, the Salish Sea Marine Ecosystem Society, Western Canada Renewable Energy Association, and the Gabriola Island Clean Air Society. He is a founding Director of an international organization called Doctors and Scientists Against Woodsmoke Pollution.

He leads a project called the Solar Compass - Canada's first solar road, and he is the CEO and President of the Sweet Spot Solar Company.

A highly educated and accomplished man, we are lucky to have him as a speaker, more info on him in this link.

https://en.wikipedia.org/wiki/Michael_D._Mehta;

September fall Harvest was once again a lot of fun, though we may not have made as much as last year with a cold spring vegetables ripened very slowly. Now that we see the glass rooster went for \$25, maybe we should consider bringing other items besides produce.

Of course we will have the scratch and dent sale Garage sale (and plants) at the home of Greg Koll and John Olynick, instead of our May plant sale where we can relieve ourselves of treasured items we no longer need.

Thank you to Camilla Drake for the jokes.

Q. Why did the Tomato turn red? A. Because it saw the salad dressing.

Q. Why do watermelons have fancy weddings? A. Because they cantaloupe.

Q. Why did Eve want to leave the Garden of Eden and move to New York?
A. She fell for the Big Apple.

Don't forget Grocery Receipts from Independent Foods which we exchange for gift certificates that pay for our turkeys and rib roasts, and give them to Mary Bianco. I did pick up 2 Turkeys for our Christmas pot luck with the Thanksgiving sales.

Thank you for last month's goodies brought Joan Campbell and Guiliana D'Agnolo. This month's goodies will be brought by John Olynick and Carolyn Demers.

Silent Auction items are 50% collected by Rae Wilson and he will contact Marty Koslowski to see if he will play piano for our usual carol sing along.

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Gardening Hints from: Growing for Flavor by James Wong

Harvesting and storing Carrots: Sow late to avoid carrot rust fly and harvest late, "the lower the mercury falls the tastier your harvests are likely to be". Cook them whole retains 25% more of the sugars and much of the vitamin C. "Steaming, roasting or baking them whole and slicing them up at the table will not only make them taste sweeter, but also conserve more of their water-soluble vitamins and minerals. According to trials at the University of Massachusetts Amherst, the sweetness of carrots actually improves with winter storage, peaking after about three months. After this point however there is a marked decline." *So I say you might want to mark some dates on your calendar to remember to eat them before they decline.*

Continued Growing for Flavor by James Wong:

Winter Squash “are made up of three distinct species, while behaving similarly in the garden, perform radically differently in the kitchen.” Maxima, the tasty ones, Pepo, the pretty ones, and Moscata, the ready meal ones.

Winter Squash, the tasty ones: Cucurbita Maxima Species have “richer denser flesh,... classic caramel-nut, pumpkin flavor”, and he lists the best, and complains that butternut which is in the Moschata group have demonstrated to be considerably lower in starch, sugars, & super-nutritious carotene than almost all other squashes. He says that they are trickier to grow and inferior tasting, and are readily available at supermarkets because they store well and are easier to peel and slice. So I will stop buying butternut and try some of these tastier ones.



Crown Prince: the best for roasting, sweet sticky golden goodness beneath a steely blue skin,...also happens to be one the most long storing of all squash



Galeux d'Eysines, the best for soup, “so packed with sugar it erupts through its surface as it ripens, creating curious peanut-shaped warts...has a velvet smooth texture and creamy caramel-butter flavor when it is simmered down slowly into sauces and soups.”



Tonda Padana, the best for breads and baking, rich and intense, it has a chestnut like texture and deep, savory almost smoky flavor. Its dense dry floury flesh makes it perfect for breads, gnocchi and cakes, Roast until golden in oil, mash and knead into your mix, ...spectacular in soup too.



Bonbon Best for Pie, bred specifically with flavor in mind, the smooth fiber-free texture and rich sweetness...make it the perfect candidate for turning into pumpkin pie. Plants are compact and upright ...if space is limited



Queensland blue is almost artificially sweet and fiber-free. Its small seed cavity means its smooth-textured, creamy flesh stretches wall-to-wall, making kitchen prep a breeze...will last well into spring if kept in a cool dark place.



Fall Crocus and Riverside Park junipers & Virginia Creeper Thx to Muriel McIllwain

