

## Patty's Plants

# November Newsletter

I'm Thankful For You

2010

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### Did you Know?

- Potatoes were not part of the first Thanksgiving. Irish immigrants had not yet brought them to North America.
- It wasn't until 1941, that Congress made Thanksgiving a national holiday and set the date as the fourth Thursday in November.
- The cranberry is a symbol and a modern diet staple of thanksgiving. Originally called crane berry, it derived its name from its pink blossoms and drooping head, which reminded the Pilgrims of a crane.
- More than 40 million green bean casseroles are served on Thanksgiving.

## The Horn Of Plenty

What is this Cornucopia basket I just dug out of the basement and why do I only bring it out only at Thanksgiving?

The cornucopia has long been used as a thanksgiving decoration, I've never really thought about it's meaning. It just looks good on my table. It is called the "horn of plenty" cornu in Latin meaning horn and copia in meaning plenty. It is usually filled with an assortment of falls garden harvest. It symbolizes all that we are grateful for, not just in our garden bounty but in our everyday lives. The cornucopia has been in history way before we even had a holiday called



*Cornucopia* is the best symbol for gratitude and thanks!

Thanksgiving. It actually dates back to the 5th century BC and was a single curved goats horn which was filled with grains, nuts and fruits. So it is the perfect symbol for us to remember to say "Thank You" to all we have been given and blessed with on this Thanksgiving Holiday. I am thankful for many things in my life, family, friends and all of you, my customers!

When I sit down to my Thanksgiving dinner, I will be thinking of all the people that have put a smile on my face and all the positive things that have happened to me in my life. Thank you all for being part of that! Now on with this newsletter!

*Patty*

## 'Sage' Giving Stuffing It's Flavor

When I think of Thanksgiving stuffing, sage is the first herb that comes into my mind. I'm drying some now that was given to me by one of my garden club members. I will be using it in this years stuffing. Can't wait! I can smell it now, oh wait maybe because it's drying right behind me as I write this.

Sage- *Salvia officinalis* is a very easy perennial herb to grow. It will grow in a dry, hot sunny area. Sage will get 1-2' tall and 3-4' wide. It can become very woody so cutting it back 6-8 inches will

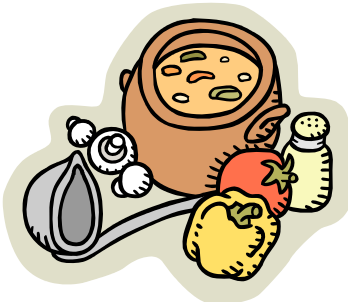
help. Harvest and hang it to dry throughout the growing season. Besides using it in stuffing, it can be made as a tea mixed with vinegar, good for sore throats when gargled. It was thought to promote longevity in the middle ages and said to reduce sweating. It is only safe in small doses, don't drink more than one or two cups a week. If you find you have way to much sage to harvest, make a wreath out of your cuttings, add some raffia or ribbon for a holiday decoration.

I had to add these delicious recipes for this Thanksgiving season. With so many people finding out they have gluten allergies, I thought I would repeat the stuffing recipe from my brother.

## Butternut Squash Soup

By Joyce Heussner

2 lbs. butternut squash, peeled & cut into chunks (about 3 cups cubed.)  
4 c. reduced-sodium chicken broth  
1 c. low-fat sour cream  
1 T. butter  
1/4 tsp ground cayenne  
1/2 tsp kosher salt  
White pepper  
1 T. sugar (Optional)  
Chopped fresh chives for garnish



squash is tender, about 20 min. Uncover & cool. Puree squash in blender or food processor. Return puree to saucepan & place over med-low heat. Stir in sour cream, butter & cayenne. Add salt & white pepper. If squash lacks sweetness, add the sugar. Cook soup just until thoroughly heated, but not boiling. Ladle into

Combine squash & broth in a large saucepan; bring to boil over high heat. Reduce heat to medium; cover & simmer until

bowls & garnish with chives.  
Yield: 6 servings

## Gluten-Free Stuffing

By Perry Andrews (my brother)

My Brother's family is gluten intolerant. His wife owned a Gluten-Free Bakery in St. Paul, MN. She has perfected gluten-free flour and makes her own bread and crumbs to use in this recipe. You may be able to purchase gluten-free bread at your local grocery or health food store to make your own crumbs. This Recipe can also be made without bread crumbs using just the rice.

1 1/2 cup gluten-free bread crumbs/cubes  
1 cup of wild rice  
1 red onion  
1 or 2 apples, (depends on apple size I like haralson or honeycrisp)  
2 or 3 carrots (again based on size)  
1/2 cup chopped pecans

1 stick of butter ( maybe a bit more)  
Cook the rice for a good long time, wild rice always takes longer and if you don't get it soft before you stuff the turkey, it doesn't get any softer inside as one might expect, (trust me- we've ended up eating crunchy rice, which the kids aren't such fans of), and add to your bowl of chopped ingredients, sprinkle in some **sage**, thyme, and basil, along with salt to taste. Melt your butter, and pour it over the whole mess. I usually put a little butter into the cavity of the bird as well, before I stuff.. **Note:** May need more butter when using crumbs.

"We're sort of believers in the everything's better with butter philosophy and more butter's even better."

For more info on Gluten-Free recipes go to my sister-laws shop web-site : [www.cooqiglutenfree.com](http://www.cooqiglutenfree.com)

## Easy Pumpkin Torte

By Paula Bulka ( my Mom)

3 eggs  
1 cup sugar  
1 large can 100% natural pumpkin  
2 t cinnamon  
1 t salt  
1 cup evaporated milk  
1 package yellow cake mix



Can I just say ...  
"Delicious"

1 1/2 sticks of melted butter or margarine  
chopped walnuts or pecans (opt)  
Beat eggs with sugar, add pumpkin, salt, cinnamon and evaporated milk- mix well. Pour into a 9x13 non greased pan.  
Sprinkle box of dry yellow cake mix ( do not follow directions on box) all over top of mixture. Drizzle the entire top with the melted butter. Sprinkle nuts (opt) Bake 350\* for 1 hour.  
Serve with whipped cream. Yum, Yum

## Soil Conditioning

I always say, "Plants are only as good as the soil you grow them in." By working in organic matter over a period of time, you will get great results.

Every year will get better and better. Add leaves to your garden in the fall and let the worms take over. When planting in the fall use **Happy Frog Soil Conditioner** to get your plants and bulbs off to a good start and keep them healthy. Mix it with the soil you dig out of the hole when planting. This is also an awesome topdressing for established perennial and herb gardens. You can top dress with this



*Happy Frog Soil Conditioner works great for topdressing plants this fall.*

or any organic matter, even around your trees and shrubs.

**About this product:** It is hand-blended in small batches, Happy Frog Soil Conditioner contains forest humus, bat guano, and earthworm castings. For an added boost to plant development, it also contains beneficial microbes and humic acid, both of which strengthen roots while aiding nutrient absorption. You can work it in your soil and use it as a fine conditioning mulch. Comes in three cubic feet bales.

## Composting

With winter soon upon us, we should be thinking about what we are going to do with all the kitchen scraps, fall leaves, garden debris. Where are all those potato peels going to go this Thanksgiving? Down the garage disposal or in the trash bin? Composting is a perfect solution for this. There are many different ways to compost, here are just a few:

**No Fuss, for the busy or lazy gardener** (that's me)

This is the easiest way to compost yard waste. In a heap or in a bin layer chopped yard waste. Leaves, grass, weeds etc. as they accumulate. Water as needed, so the compost stays moist. In 12-18 months the materials at the bottom and center of the pile will be dark and crumbly. Take the top uncomposted material off to start a new pile.

**Fast Compost** This is the fastest way to build a "Hot Pile" in a heap or bin. You must turn it frequently to make this work. Layer and mix green materials with dry until you have a good sized pile (3x3x3). Keep the pile moist. Turn the pile at least 2 times a week to give it the air that it needs. This will make it compost faster. I should be ready to use in 2-15 weeks. Add more or less of green or dried materials if it's not heating up properly.

**Worm Compost** Worms will turn food and garden waste into rich nutritious fertilizer and soil amendment. I've always bought ready made worm castings and I truly believe in them. Come in to see my wormtopia in the works. No smell, just good rich worm casting developing. For this type of method, you will need food wastes (no meat or bones) newspapers and red worms and a special worm box or bin. You can make your own with a little bit of research or Patty's does carry Wormtopias.

**Pre-Made Composter** If making your own compost pile is to much work right now, how about a pre-made compost bin. Patty's carries this Soilsaver Composter. It has a locking lid. It's has many air vent holes in it, helping to avoid problems with the pile smelling, and you can use the holes in the lid for adding water to keep the pile moist and

active. The base will help keep critters out of the pile. It's lightweight (about 30 pounds), as it's made from Polyethylene with 50 percent recycled HDPE plastic content, and comes with a 25 year manufacturers warranty.

It will hold enough material that you can get a hot compost pile going in it. The 2 foot square top opening allows easy loading of plenty of material. (dimensions are about 28" by 28" by 32" tall)

The hardware is made from nylon, so it won't rust. The directions indicate that it should be placed on a level flat surface. This fairly important, as the major complaint seen with this composter is that the lid sometimes doesn't fit properly, and it almost always seems to be the case that the base is not square on the ground.



This composter design has been in production for 25 years. This one is in stock: \$ 69.99

Then to carry your kitchen scrapes out to the composter, use this Indoor Kitchen Composter- This waste container features a replaceable charcoal filter that effectively removes odors so the waste can accumulate for literally days indoors, unnoticed. The bin is 11" tall with a 1.8 gallon capacity. Replacement filters are available in a three pack.

In Stock: \$24.99





## Garlic Butternut Bisque

Prep: 40 min.

Cook: 30 min.

- 2 whole garlic bulbs
- 1 tsp olive oil
- 3 lg onions, chopped
- 3/4 c. chopped carrots
- 1/2 c. chopped celery
- 1/4 c. butter
- 4 lbs. butternut squash, peeled, seeded & cubed (about 8 cups)
- 6 cups chicken broth
- 3 T. chopped fresh **sage**, divided
- 1/2 c. plus 1 T. heavy whipping cream, divided
- 1 1/2 tsp. salt
- 1/4 tsp pepper

Remove papery outer skin from garlic (do not peel separate cloves.)  
 Cut tops off bulbs; brush with oil. Wrap each in heavy-duty foil.  
 Bake 425 degrees for 30-35 min. or until softened. Cool 10-15 min.  
 Meanwhile, in a Dutch oven, saute onions, carrots & celery in butter until tender. Add the squash, broth & 2 T. sage. Bring to a boil.  
 Reduce heat; simmer, uncovered, for 25-30 min. or until squash is tender.  
 Squeeze softened garlic into a small bowl; mash with fork. Stir into squash mixture. Cool slightly. Puree squash mixture in batches in a blender; return to pan. Stir in 1/2 cup cream, salt & pepper; heat through. Garnish with remaining cream & sage.  
 Yield: 9 servings (3 quarts.)

By Joyce Heussner

## Quotes & Poems of Autumn

I thought these quotes and poems would be fun to read with a nice soothing cup of your flavor tea. Enjoy and Have a Happy Thanksgiving!

"If it is true that one of the greatest pleasures of gardening lies in looking forward, then the planning of next year's beds and borders must be one of the most agreeable occupations in the gardener's calendar. This should make October and November particularly pleasant months, for then we may begin to clear our borders, to cut down those sodden and untidy stalks, to dig up and increase our plants, and to move them to other positions where they will show up to greater effect. People who are not gardeners always say that the bare beds of winter are uninteresting; gardeners know better, and take even a certain pleasure in the neatness of the newly dug, bare, brown earth."

- Vita Sackville-West

"Give me the end of the year an' its fun  
 When most of the plannin' an' toilin' is done;  
 Bring all the wanderers home to the nest,  
 Let me sit down with the ones I love best,

Hear the old voices still ringin' with song,  
 See the old faces unblemished by wrong,  
 See the old table with all of its chairs  
 An' I'll put soul in my Thanksgivin' prayers."  
 - Edgar A. Guest, *Thanksgiving*

"How wonderful it would be if we could help our children and grandchildren to learn thanksgiving at an early age. Thanksgiving opens the doors. It changes a child's personality. A child is resentful, negative—**or thankful**. Thankful children want to give, they radiate happiness, they draw people."  
 - Sir John Templeton

"All the cabbages in our garden are robust and green to the core;  
 All the peppers are dead and black, not red anymore.  
 The onions are thriving, the tomatoes all gone,  
 The lettuce is rising, the pecans all stored;  
 It's wet now in Red Bluff, Winter's knocking at the door."  
 - Mike Garofalo, *Cuttings*