

The South Haven Garden Club Newsletter  
**The Petunia Patch**

Volume 12, Number 1 - January-February 2012

[www.southhavengardenclub.com](http://www.southhavengardenclub.com)

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**Monday, January 9, 2012** - Congregational Church

**SOUP LUNCHEON**

**Hostesses:** Sue Gillett/Lynne Cheeseman

Enjoy home made soups and an afternoon of socializing with your Garden Club friends after a busy holiday

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**PRESIDENT'S MESSAGE**

I hope everyone has enjoyed the holiday season and is looking forward to the coming year. Once again, our holiday luncheon was a pleasure to attend. I want to thank Kay Whale, Kathy Straits and Fran Obrecht for making all the arrangements with the Yacht Club. I also want to thank Nancy Daugherty and all the crafty ladies who participated in the Holiday Boutique this year.

Looking ahead, we finally decided on a date for our annual flower show. It will be Saturday, September 15, at the Liberty Hyde Bailey Museum. . . so mark your calendars and be thinking of ideas for this year's theme. I hope to hold several flower arranging workshops beginning in the spring.

We have been fortunate so far with our weather and hope it doesn't keep any of you from attending our January meeting. I look forward to seeing you all then.

Wishing you a happy and healthy new year!

*Lynn Toneman, President*

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**FOOD TESTING TIME!**

The study of the origins of different foods can be very interesting. Can you guess which if any of the following originated in Africa – watermelon, peanuts, rice, bananas? Well, if you guessed all of them, you are correct! Rice did not originate in China as many are led to believe. Rice is even grown in the USA today.

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**CALENDAR OF EVENTS**

March 1-4, 2012 - Grand Rapids Flower Show "Growing - Together in Bloom." DeVos Place, 303 Monroe N.W., Grand Rapids. Admission \$9.

April 22, 2012 - Garden Study School - Course II. Hosted by Niles Garden Club, Chairperson - Bobby Quick. Garden Study Course I will be given in October.

April 24-26, 2012 - Flower Show School - Course II. Holiday Inn Express, Okemos.

May 3, 2012 - District III Spring Meeting. Hosted by Chula Vista Garden Club. Beechpoint Christian Camp, 3212 125<sup>th</sup> Ave., Allegan. Chairperson - Yvonne Henderson (269-685-5012).

**Monday, February 13, 2012** - Congregational Church

**SALAD LUNCHEON**

**Hostesses:** JoAnn Harris/Joan Hiddema

**Program:** MAKE IT - TAKE IT

Mary Jo Katerberg, owner of Seedlings in Holland, will have all of us "Making Something Out of Nothing."

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**CRUSTLESS PUMPKIN PIE**

This was served at our October meeting by Dorothy Appleyard who is sharing the recipe with us.

4 egg, beaten

15 oz. can pumpkin

12 oz. can evaporated milk

1-1/2 c. sugar

2 t. pumpkin pie spice

1 t. salt

18-1/2 oz. pkg. yellow cake mix

1 c. chopped pecans

1 c. butter, melted

Optional - whipped topping, chopped walnut

Combine eggs, pumpkin, evaporated milk, sugar, spice and salt. Mix well and pour into an ungreased 13 x 9 pan.

Drizzle with butter; do not stir. Bake 350° for 45 minutes to an hour, testing for doneness with a toothpick.

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**GO FOR THE GREEN!!!**

Did you know that a salad should be the first thing a person eats at a meal? Most restaurants have that correct. Also, did you know that lettuce calms the nerves. It is the second most popular vegetable. It is believed that Columbus brought lettuce to the United States.

Head (iceberg) lettuce is the most common type of lettuce. Head lettuce was originally known as crisphead until 1920 when they started transporting them under ice from California to keep them cool - hence the name iceberg lettuce. Other lettuces which come to mind are bibb, romaine, leaf, and oak leaf.

There are four basic types of lettuce - head, leaf, romaine, and asparagus. Today there is tremendous variety of lettuces within these available. You can mix up your own concoction or buy a package which includes a variety of lettuces. Even better yet - this summer plant a variety of lettuces and indulge. The seed catalogs usually have a long list besides information on the various varieties.

Lettuce originate in the Middle East and is commercially grown mostly in California. China tops the

United States in lettuce production. The American wild lettuce, a common weed, is too bitter to eat. The Native Americans used it as a sedative and as a relief for pain. Wild lettuce goes way back to 4500 BC and has been inscribed on Egyptian tombs.

Lettuce has a high content of water consequently it is less nutritionally dense but it has antioxidant qualities and is rich in vitamin K besides adding bulk to the diet.

Lettuce is a member of the daisy/sunflower family. Botanically it is *Lactuca-Butanica*. It comes from the Latin word *Lactis* which means milk. Why milk? The sap found in the stems and thick veins of lettuce produces a milky white sap which has a variety of uses. Another interesting fact is that the lettuce seed is used to make lettuce oil.

### **WINTER GARDEN TIPS**

Protect shallow-rooted perennials, such as mums, coral bells, shasta daisy and crocus from the freeze-thaw cycles of winter by covering plants with evergreen boughs from leftover holiday greens.

Protect multi-stemmed evergreens, such as upright arborvitae, junipers and yews from heavy snow or ice damage during a winter storm by tying trunks together with old nylons or cotton twine. Be sure to remove the ties in the spring.

Avoid using heavy quantities of de-icing material along sidewalks and parking areas near landscape plants.

Gently shake or brush off heavy snow that accumulates on shrubs and small trees before it freezes. Do not attempt to remove ice.

Begin monitoring for animal damage when food sources become scarce, but don't forget to feed the birds.

Care for holiday plants. To extend the life of poinsettias, Christmas cactus and other holiday plants, adjust the room temperature. Temperatures in the 60s will slow growth and flowering; higher temperatures will hasten them.

Begin planning your garden now, order seeds and garden plants early so they will arrive in time for spring planting.

Houseplants - Cacti and other succulents need little maintenance in order to thrive, but they must have adequate light, warmth and ventilation. Feed and water as appropriate for the particular species, and check regularly for signs of diseases or pests. Repot plants when they have become potbound.

Give foliage houseplants a bath in the kitchen sink. All plants breathe through tiny pores in their leaves and the showering gets rid of the dust and grime that tends to plug these openings.

### **HAVE YOU EVER WONDERED?**

Have you ever wondered about where the pomegranate comes from besides the produce department of the grocery store? The pomegranate is usually a Christmas treat and is known as the "jewel of winter." The plant is a bush which has been developed in a tree structure about 15 feet in height. The pomegranate required a warm climate to survive. It has been grown with some success in the southwest. The pomegranate has large scarlet flowers that produce fruit that contains many seeds which are individually surrounded by a red tasty juice. The pomegranate goes way back in history to 3500 to 2000 B.C. based on excavations. It is native to Iran. In Egypt it was a food source as well as being used for medicinal purposes. Many of the ancient temples and clothing were decorated with pomegranate designs.

The pomegranate is supposed to be good for lowering blood pressure, reduce joint problems and good in general for heart health. The pomegranate has three times the antioxidants of green tea. So, drink up!!

Another question to be answered is to eat or not to eat the seeds? The experts do not give any definitive answer except that if you choose to eat the seeds, it adds fiber to your diet. Most people spit the pits. It's much easier and maybe cheaper to buy pomegranate juice in the bottle.