

December 2016

Garden Beet

MASTER GARDENER ASSOCIATION OF TIPPECANOE COUNTY



From Two Js

We are almost through another year. The months flash by so quickly, it seems. As the year comes to a close, we want to thank all of the volunteers who have contributed so greatly to our organization throughout the year. It is all of you who have made our association so successful during 2016. We could not function successfully without each one of you. We are so very dependent on all our volunteer members to help us achieve our Mission.

As you know we are about to graduate a new class of enthusiastic gardeners. Many of these future gardeners are already helping our volunteer efforts. A big thanks to all of you - the class of 2016 will be remembered in the future as a group of hard-chargers.

The "Growing Your Goals" review of all projects is underway. As all of you realize, it takes money and volunteer

hours to support all the activities our organization is responsible for. Our membership varies from year to year for numerous reasons. Age, physical ability, and demand for volunteers are among the most frequent reasons given for membership non-renewal. The "Growing Your Goals" review is designed to review all projects and activities of the MGATC with a purpose of deciding to keep, eliminate, or alter the activity. Each project chairman will be consulted and involved with all decision making and possible changes within their area of responsibility. We presently have nine positions open in the Display/Idea Gardens which are of critical importance to the future operation and upkeep of this community showplace.

We all like to believe that our existence in this organization has made a difference in a positive manner. Under-

standing and fulfilling one's purpose can make a difference in so many ways and we can't help but draw a parallel to the MGATC importance and purposeful volunteer work for the community.

All our members have benefitted in some way from the volunteer efforts expended to help our association implement our mission statement. Everyone can be proud of the difference their involvement with the MGATC has made over the years. Thank you for helping our association fulfill its mission and be held in such high esteem in Tippecanoe County.

Please have a safe, happy, and memorable holiday season.

It's not all about volunteering - it's really about wanting to volunteer.

Jerry and John

The Latest Dirt

by Flora N. Fauna

Two items from Kerry Meyer at Proven Winners:

- Un-Combining Your Containers for Winter. Watch this 38-minute video to learn how to undo your succulent combination containers so you can enjoy the plants inside this winter. https://www.youtube.com/watch?v=rsWHvARP7wI&feature=youtu.be&utm_campaign=November-Winners-Circle-2016&utm_medium=email&utm_source=emfluence.
- If you like to make hand-made gifts, now is a great time to work on pro-

jects. Their featured Pinterest board https://www.pinterest.com/provenwinners/diy-garden-projects/?utm_campaign=November-Winners-Circle-2016&utm_medium=email&utm_source=emfluence has a compilation of ideas. If you aren't on Pinterest, their DIY Section on the website is another great resource for projects. http://www.beauty.provenwinners.com/diy?utm_campaign=November-Winners-Circle-2016&utm_medium=email&utm_source=emfluence.

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Programs

December 6 • 6 p.m.
Tippecanoe County Fair Grounds
Home Ec Building
5:30 p.m. Social Time
6 p.m. Carry In
Sally Weeks

Sally Weeks will speak on planting native trees and shrubs. Please don't forget to bring a dish to share.

January 3 • 7 p.m. • TCEO
6:30 p.m. Social Time
Patricia Weaver

Patricia Weaver will speak on community gardens.

Please submit items for the *Garden Beet* to MGATCGardenBeet@gmail.com by the 15th of the month for the next month's issue.

Items to be emailed to the membership should be sent to Donna Cumberland at donna.d.cumberland@gmail.com.

<http://www.tippecanoeastergardener.org>

<https://www.purdue.edu/hla/sites/master-gardener/>

MGATC Minutes: November 1, 2016, 7 p.m., TCEO

Cheryl McCool called the meeting to order and introduced Ann Hunt of the Scholarship Committee. Ann introduced the two recipients of the Ivy Tech scholarships this year. The recipients are Addison Tomson and Katherine Ramage. Both recipients were present at the meeting and thanked everyone for the scholarships.

Carol Byers then introduced Dan Dunton who gave a very interesting presentation regarding the Celery Bog Nature Area. He gave the history of the celery bog and discussed the many things that it has to offer today, such as observation decks, paved and mulched trails, and classrooms. He encouraged Master Gardeners to visit and noted that there are also opportunities to earn volunteer hours.

Carol Byers thanked Dan Dunton for his presentation and turned the meeting over to John Pickett who called the meeting to order at 7:40 p.m.

The Minutes of the October MGATC meeting were approved as posted in the November 2016 *Garden Beet*.

John Pickett then recognized the students in attendance from the current Master Gardener class. Those present were Marilyn Redmon, Paulette Moody, and Nicki Lekas.

Mickey Penrod and Sue Swick were then recognized and congratulated for receiving first place in the All-America Selections 5th Annual Landscape Design Contest.

As Pat Miller was absent, Laurie Madlung gave the treasurer's report noting that the current balance in the account is \$17,500. For anyone needing reimbursement, she reminded everyone that there is a form available on the website and noted that the forms need to be signed by one of the chairs of the specific project. When you receive your reimbursement, you will also receive a report indicating the original budget amount, amount reimbursed and remaining balance available.

Billie Seaton discussed membership noting that there are still 60 members who have not paid their dues. She encouraged everyone to pay dues to remain a member of the organization. She will be sending out final notices, and she and Jerry Millard will be making phone calls. Any address, telephone, or email address changes need to be reported to Billie Seaton in order to keep the membership records up-to-date.

It is nearing year-end and Carl Stafford encouraged everyone to turn in their education and volunteer hours. To date, only 77 members have recorded any 2016 hours.

Jolaine Roberts made an announcement for Joanne Liphard of the Social Committee. The December 6 meeting will be held at the Tippecanoe County Fairgrounds in the Home Economics Building with the annual Christmas pitch-in dinner prior to the meeting. Help will be needed to set up tables and chairs starting at 4 p.m. The social time will begin at 5:30 p.m. with dinner at 6 p.m. Members are asked to bring salads, entrees, vegetables and desserts; drinks will be provided.

The Trellis and Vine program has been implemented. Each class member has been assigned a trellis who will work with them and help get them involved in the Master Gardener program.

Konie Hughes introduced Mary Quinn who will be co-chairing with her in the Demonstration Garden next year. Volunteers are needed on Saturday, November 5, to help put straw in the gardens for winter.

Pollyn Aranas had some purple sweet potatoes for anyone interested in trying them.

Dee Dilling reminded everyone to let her know if anyone needs a card (such as a get well card, sympathy card, etc.) sent so that she can take care of it.

John Pickett noted that there was an obituary in the paper for Rita Bombassaro who was an Advanced Master Gardener.

John Pickett also noted that Chris Ramsey is looking for someone to help write articles for the *Garden Beet*. Anyone interested should contact Chris to discuss.

John Pickett introduced Dee Dee Long as the new Member at Large, replacing Debbie Ladd who had a conflict with the Board meeting schedule. Dee Dee Long has been approved by the Board to serve out Debbie Ladd's term which will end in September of 2017. As Member at Large, her job will be to listen to concerns and complaints of the members and bring these issues to the Board.

The next Board meeting is scheduled for Thursday, November 10 at 6 p.m. at the Extension Office. All members are welcome to attend.

Jim Jeray announced that the Yoga for Gardeners classes will continue; however, the schedule has not yet been set.

In regard to the memorial for Jeff Phillips, the Board has approved signage for Jeff Phillips and are awaiting quotes. Ed Knoth and Jerry Millard will be repairing the garden pergola and the plan is to mount a memorial sign on the pergola.

Honey that was produced from the Extension Office gardens was available for sale after the meeting.

Karen Mitchell reported that the Growing Your Goals program has been completed and the group discussed the purpose and goals for the Master Gardener program and the need to make sure an educational component is included in each of the Master Gardener projects. Karen took notes from the session and a group will be working to evaluate the programs and projects.

Board Minutes: November 10, 2016, 6 p.m., TCEO

Jerry Millard called the meeting to order at 6 p.m. Present for the meeting were Jerry Millard, Dee Dee Long, Carol Byers, Cheryl McCool, Dee Dilling, Jan Sadler, and Pat Miller.

The October Board meeting minutes were approved as posted in the November issue of the *Garden Beet*.

Jerry Millard showed everyone the AAS award which will be presented to Mickey Penrod and Sue Swick at the December monthly meeting. They will be given the option of either keeping the award or having it mounted and hung in the Extension Office.

Jerry Millard reported that Karen Mitchell has met with someone from Purdue regarding designing a new watering system. Once the design is finalized, she will obtain estimates for the work and then submit all of the information to Laurie Madlung who will prepare a grant request. Jim Mailloux will also follow up with Lawn & Shrub as they may be willing to donate some materials for the project. As additional information, Don Nead prepared a letter to John Pickett and Jerry Millard outlining the history of the current water system. Jerry distributed copies of the letter to each Board member.

Pat Miller gave the Treasurer's Report noting that funds have been received from the VanGuard account, closing it out. These funds will be deposited into a money market account at Old National Bank. As soon as Pat has the paperwork done, she will contact John Pickett and Jerry Millard to go to the bank and complete the signature cards for the account. In addition, Pat Miller noted that she still needs to write a check to the Hendricks County Master Gardener program for our support of the 2018 State Conference.

Pat Miller noted that the new budget was posted in the October issue of the *Garden Beet*. As there is no chair for the Display/Idea Gardens, Pat

will be meeting with Jerry Millard and Mickey Penrod to split its budget among the chairs of each of the individual gardens.

Jerry Millard reported that Karen Mitchell got some prices for the memorial sign for Jeff Phillips; however, the exact cost cannot be determined until the pergola has been repaired and the size of the sign can be agreed upon. The best estimate at this time is \$400. Ed Knoth and Jerry Millard have not yet been able to work on the pergola. However, it will be done in early spring at the latest at an estimated cost of \$100 for the repairs.

Jerry Millard noted that there are still nine spots to be filled in the Display/Idea Gardens; it is important to get those filled before Adopt-a-Spots and other areas. Jerry Millard distributed copies of the Display/Idea Gardens map showing the available spots. It was suggested that some of the current class members could be included in the assignment of these gardens.

In order to keep the organization running well, it needs members who pay dues and who volunteer. At present there are still 53 members who have not paid their dues for next year. Billie Seaton and Jerry Millard will be making telephone calls to these members, noting that when dues are paid, the term of the membership starts on September 1.

Jerry Millard distributed copies of a report from the "Growing Your Goals" program prepared by Karen Mitchell. He asked everyone to take the report home to review it. He will be working with Pat Miller and meeting with chairs of each project with the goal being to create more education into some of these programs. Dee Dee Long suggested having MGATC brochures available at Wah-ba-shik-a Nature Center and also having members wear their Master Gardener badges when volunteering. There was also

concern regarding finances and number of volunteers.

The Trellis and Vine program is on track. Members who have volunteered to be trellises have been given their vine assignments.

It was decided that there will not be a Board meeting in December. If anything important comes up that needs immediate attention, Jerry Millard will email the Board for a vote.

The December meeting will be the annual holiday pitch-in dinner prior to the meeting and Joanne Liphard asked that some men come early to help set up tables and chairs at the Fairgrounds. Donna Cumberland will be asked to send out an e-mail on this.

The meeting adjourned at 7:10 p.m.

Respectfully submitted,
Jan Sadler
Recording Secretary

Minutes

(continued from page 2)

Karen Mitchell also discussed the Youth Pollinator Program which will be a 15-week program held on Wednesday afternoons from 4 p.m. to 5 p.m. beginning in February at the Tippecanoe County Fairgrounds. There will be training sessions for Master Gardeners on November 18 and 19 from 11:30 a.m. to 4 p.m. with lunch provided. There will be a sign-up sheet in the back of the room or you can contact Karen if you are interested.

The irrigation system will be discussed further at the next Board meeting to determine the next step in taking care of this major issue.

The meeting adjourned at 8:10 p.m.

Respectfully submitted,
Jan Sadler
Recording Secretary

Latest Dirt

(continued from page 1)

Need to protect iris and peonies, multiplying glads and dahlias, etc.? Click these links for helpful tips from our Old House Gardens newsletter and website: how to do a simple fall clean-up to [prevent iris borers](#) and [eliminate peony mildew](#); how to get free bulbs by [digging and storing your glads](#) (later is better), [dahlias](#), and [crocosmia](#); how to store - even without digging! - [tuberose](#)s, [rain lilies](#), and [crinum](#)s; how to safely plant spring-blooming bulbs in [outdoor pots](#); how to [force bulbs indoors](#) for winter bloom - just add water; For even more bulb care tips, check out the [47 other links](#) on their complete Planting and Care page. Your garden will thank you!

State-by-State Gardening Magazine is offering 25% off one-year gift subscriptions. The offer is valid for one-year subscriptions only and cannot be used in conjunction with any other sale, discount, or promotion. After initial purchase term, discounted products will be available to renew at the then-current renewal list price. Offer

expires Saturday, December 31, 2016 at 11:59 p.m. CST. <http://campaign.r20.constantcontact.com/render?m=1102486612807&ca=8318402d-5d6a-4e20-b5e0-61ff9ec75350>.

Need a quick digital getaway? Visit <http://www.cheapflights.com/news/top-10-unusual-gardens/> for a peek at ten unusual gardens of the world. The Cheapflights crew has searched high and low to uncover 10 of the most unusual gardens found on Earth, from a mathematical masterpiece to a beautiful garbage collection: 1. Las Pozas, Xilitla, Mexico; 2. The Garden of Cosmic Speculation, Dumfries, Scotland; 3. Rock Garden of Chandigarh, India; 4. A French Kiss in Akaroa, Christchurch, New Zealand; 5. Forestiere Underground Gardens, Fresno, California, United States; 6. Arctic-Alpine Botanical Garden, Tromsø, Norway; 7. Bookworm Garden, Sheboygan, Wisconsin, United States; 8. Tarot Garden (Giardino dei Tarocchi), Tuscany, Italy; 9. Jardin Majorelle, Marrakech, Morocco; 10. Poison Gardens, Northumberland, England.

MGATC Roots

What a difference between the 1994 Master Gardener class and the 2016 Master Gardener class!

Taken from the 1993 December *Garden Beet*:

“A new Master Gardener’s class will be held January 12-April 6, 1994 from 9 a.m. to noon at the Extension Office. The cost will be \$40.00 and there will be forty hours of class and forty hours of service for participants. If you know of anyone who is interested, have them call Jeff Phillips at the Extension Office, 474-0783 (between the hours of 8:30 am to 11:00 a.m.)”

Dee Dee Long

Et Cetera

Mary Quinn’s phone number has changed to 765-491-4638. Please update your Green Book.

Anyone interested in becoming Chairman of the Lilly Nature Center Butterfly Garden please contact Mary Isaacs at 765-543-1887. Thank you.

Acts of creation are ordinarily reserved for gods and poets, but humbler folk may circumvent this restriction. To plant a pine, for example, one need only own a good shovel.

~Aldo Leopold

Study Abroad

May 23-June 5, 2017

Enrollment is now open for the 2017 Purdue MG Study Abroad program - England and its Gardens.

The program begins with the world’s most famous horticultural event, the

Chelsea Flower Show. Then you will visit and study such notable gardens and sites as Hampton Court, Nymans, Stourhead, Stonehenge, Montacute House, Barnsley House, Hidcote Manor, Corsham Court, Great Dixter, Chilstone Garden Ornaments, Hestercombe, Iford Manor, Sissinghurst Castle, and the Royal Horticulture Society gardens at Wisley.

The fee for the land package is \$3,850 per person based on double occupancy and \$4,600 based on single occupancy.

Purdue MGs and MG study abroad alums have priority for enrollment. Enrollment will open for other Master Gardeners on December 5. Visit <https://www.purdue.edu/hla/sites/eaig17/> for more information.

Garden Gossip

Demonstration Garden Year-End Report

The MGATC Demonstration Garden during 2016 was, overall, one of the more challenging seasons. A very positive change was the number of interns (mostly 2015) that volunteered this season!

The weather was a big challenge this year because of the late frosts and very late cool night temperatures, the record-breaking heat, and the timing of rain. We were able to begin planting cool crops in early April as we usually do, but we had to plant the rest of the crops somewhat later than usual because of the low ground temperature that persisted. The lack of early beneficial rain, record-breaking heat, daily humidity, and winds were tough on volunteers and plants. We learned that our irrigation supplants rainfall and after plants have emerged, but is not sufficient as seeds are planted and need to be watered to establish good root growth when we have scant rainfall. Therefore, the entire garden had to be watered using sprinklers or hand watering with hoses on an almost daily basis until mid-June. Compared to years past, the germination rate was more sporadic, so we reseeded, sometimes more than once.

We did reduce the amount of garden space that was planted in crops this year by various methods: reducing the number of rows of one kind of vegetable, spacing the rows of squash further apart, planting more flowers (mostly pollinators), and planting cover crops. Due to the spacing, perhaps, we had few mildew problems and pests even with the constant humidity and lack of rainfall. We continued to have problems with potato and flea beetles that especially negatively affected the eggplant. We didn't use any chemicals this year. Besides using row cover, we used organic Spinosad to halt the pests on the eggplant with some success, and baby powder and powdered chicken fertilizer to keep bunnies and

other pests from nibbling at the green beans and lettuce. Due to the lack of early rainfall, chicken fertilizer pepped up the green peppers, cabbage, and green beans. The sweet potatoes were harvested early, as voles were helping themselves to nice chunks of potatoes. Interestingly, perhaps due to our clay soil but more likely to lack of early rainfall, the sweet potatoes grew long and narrow rather than big and deep into the ground. This was different compared to past harvests.

Our final count of donated produce to St. Ann's Soup Kitchen, the Salvation Army, and LUM is 5,126 pounds. They truly appreciate our donations.

We had seven advanced MGs return this season, all who took responsibility for either one crop or a section of the entire garden. We were fortunate to have eight 2015 MG interns volunteering. We had three interns who were especially committed in playing an integral part of the entire garden, and we had 10 MG/Interns who came out to help weed or join the organized weekend work days. The majority of work was done by six regular volunteers. Our total count of volunteer hours is over 1,200. We are very grateful for everyone's help!

The Demonstration Garden had various projects this season to show different ways to grow vegetables: raised beds which included square foot gardening, troughs, structures for vining vegetables, straw bales, grouping plants in a row or bed, pollinator flowers, and cover crops. We grew some non-traditional plants: celery, bitter melon, meatball eggplant, kohlrabi, and purple sweet potatoes. The High Tunnel was actively used to extend the growing season for some vegetables. We used various techniques to deter weeds: straw, large pieces of cardboard, carpet remnants, mulch, and sawdust on pathways.

The Demonstration Garden gave six tours: MG Conference (75 attendees),

Open House (200+ public), Hendricks County (12 MGs), Mom's Club (12 children + adults), Cub Scouts (12+ adults), and the current MG Training Class (41).

I am very happy to announce that Mary Quinn will co-chair with me next year. Sadly, Don and Norma will not be returning except to help out as needed. We are very grateful for all the hard work they've committed to for the Demonstration Garden over the last five years.

Konie Hughes

From
December to
March, there
are for many
of us three
gardens—the
garden out-
doors, the
garden of pots
and bowls in
the house,
and the
garden of the
mind's eye.

~Katharine S. White

What's Happening

Ivy Tech Scholarship



The winners of the 2016 MGATC Ivy Tech Scholarship are Katherine Ramage and Addison Tomson. They each received \$500; those funds will be available for them to spend at the Ivy Tech book store or to use for tuition. The awards were originally presented at the annual Evening at the Farm on September 20, 2016 on the Ivy Tech campus. Master Gardeners Carol Byers and Cheryl McCool presented that award. Katherine and Addison both attended the November 1, 2016 MGATC meeting and thanked the organization for the honors and funding.

Katherine and Addison are both Agribusiness majors and enrolled in the Pathway to Purdue Agriculture program which enables them to take classes and work toward degrees at Purdue and Ivy Tech. In addition, both Katherine and Addison participated in FFA during high school.

Addison Tomson is from Westport, Indiana which is in Decatur County. She was a member of the National Honor Society and expects to complete her undergraduate degrees in 2019. After graduation Addison will use her agribusiness skills and knowledge as she returns to her family's farm.

Katherine Ramage is from Bloomington, Indiana in Monroe County. Katherine is a 10-year member of 4-H and has been involved with livestock her "whole life." She has a particular interest in swine and swine nutrition. She plans to complete her Ivy Tech degrees in 2017 and use her agribusiness credentials to be a swine nutritionist.

2016 MGATC Graduation

December 14 • 6-9 p.m. • TCEO
*Graduation Celebration
and Volunteer Fair*

The Class of 2016 will be graduating and you are all invited! Come celebrate with the new class and make them feel welcomed into the association. Be sure to wear your nametag! If you are the chair of a project, be prepared with an "elevator speech" about your project so you can recruit volunteers. I will also have a slide show prepared with photos of various projects. Please email me photos that you would like to be included. It is not necessary to RSVP.

Karen Mitchell

Yoga for Gardeners

Back by popular demand! Yoga for Gardeners will be starting back up after the Thanksgiving holiday. It will be held on Mondays from 3 to 4 p.m. (November 28 and December 5, 12, and 19) in the large conference room of the Tippecanoe County Extension Office. Please click on the link below to register - type in your name and select which dates you will be able to attend. We have limited space, so each day is limited to 16 participants.

Register here - <http://doodle.com/poll/eaqssvf4zs26485u>.

Karen Mitchell



Volunteer Opportunity

Here's an exciting opportunity for our present MG training class and current members of the MGATC. There are six plots in the Idea and Display Gardens available for 2017. Take advantage of this opportunity to use your imagination and express your idea of garden beauty while earning your volunteer hours. The garden plots vary in size and location. Plantings can be flower, vegetable, or combinations. Many of the gardens are ongoing, so if you want to have a continuing theme, you may want one with perennial plants. Hours spent planning, planting, and tending all qualify for volunteer hours. You can work on your own or with others as you wish. Last year our garden received a first place national recognition! If you want to take part in this garden, contact John Pickett at pickettv@yaho.com or Mary Quinn at msq1224@msn.com.

John Pickett

Let us
love
winter,
for it
is the
spring of
genius.

~Pietro Aretino

Herb Bed

(continued from back)

But if you are up for it, here is what you will need to do once you have created the correct environment in your home or greenhouse. Find the freshest seeds you can, from newly or recently picked fruit. Old or dried seeds will not do. Or purchase a seedling, which has already been adapted to local conditions and toughened for growing in a pot.

Growing temperatures need be kept at 65° to 90° F., without wild fluctuations and with humidity of at least 60 per cent. If you do not have a greenhouse, use a humidifier and heater to approximate tropical conditions or use an adjustable growing lamp with a filter to provide warmth or place a plastic bag (tent) over your seedling. Set a bowl of water next to the seedling to release humidity. Cocoa likes rich, moist, but not overly wet, soil, so spritz sparingly but often.

Since *Theobroma cacao* is an understory plant, grow it in indirect, filtered sunlight, both inside and out. Within four to five years, you may expect to see your tree flower. However, flowers are naturally pollinated by midges, those tiny flies that thrive in thick, damp vegetation. If you happen to be short on midges, you'll have to pollinate the flowers by hand or purchase self-compatible plants that do not require a pollinator. Once fertilization is successful, fruit should appear within 5-6 months.

Sadly, any resulting tree will never be as lush as the one grown in the tropics, and it's highly unlikely it will ever produce cocoa pods, but it could be a rewarding activity. You know how much I love a challenge, but I think I will pass on this one.

So my cocoa powder will come from the grocery store, where it is best to buy plain cocoa powder, not cocoa mixes with high sugar content, or, even better, Dutch-processed (dark) cocoa powder. Regular cocoa powder

retains an acidic nature and bitter taste and is used in baking recipes with baking soda, whereas Dutch-processed cocoa powder is processed with an alkalized solution, making it less acidic and much richer in taste.

Have you heard of the "bliss chemical" anandamide, which is a lipid that causes us to feel great? It is said to lift our spirits without inducing addiction like caffeine and has no side-effects like amphetamine. Three compounds that strongly resemble anandamide are found in dark chocolate. No wonder my grandchildren get so bubbly and giggly when drinking hot cocoa!

Orange Mocha

1 orange
5 c. hot, strongly brewed coffee
1/2 c. unsweetened cocoa powder
1/2 c. packed brown sugar
1/4 t. cinnamon
1/2 c. whipping cream or half & half

Using a peeler, remove the peel from the orange in strips. In a large saucepan, combine the orange peel and the coffee. Allow to steep over medium-low heat for 5 minutes. Remove and set aside the orange peel. In a bowl, whisk together the cocoa, sugar, and cinnamon. Stir in the cream and, if desired, froth with a handheld immersion blender. Ladle the coffee into mugs and top with the cream mixture and the orange peels. Serves 6.



Animal Crackers
By: Christopher Morley

Animal crackers and cocoa to drink,
That is the finest of suppers, I think;
When I'm grown up and can have what I please
I think I shall always insist upon these.

What do you choose when you're offered a treat?
When Mother says, "What would you like best to eat?"
Is it waffles and syrup, or cinnamon toast?
It's cocoa and animals that I love the most!

The kitchen's the coziest place that I know:
The kettle is singing, the stove is aglow,
And there in the twilight, how jolly to see
The cocoa and animals waiting for me.

Daddy and Mother dine later in state,
With Mary to cook for them, Susan to wait;
But they don't have nearly as much fun as I
Who eat in the kitchen with Nurse standing by;
And Daddy once said he would like to be me
Having cocoa and animals once more for tea!

Christmas Cocoa

4 cups milk
2/3 c. instant chocolate drink mix
5 chocolate mint candy canes,
crushed
1 1/2 c. heavy whipping cream
1/4 c. confectioners' sugar
1/2 t. vanilla extract

In a large saucepan, combine the milk and drink mix. Cook and stir over medium heat until heated through. Remove from the heat. Set aside 1 tablespoon crushed candy canes for garnish. Stir remaining candy canes into cocoa; keep warm. In a small bowl, beat cream until it begins to thicken. Add confectioners' sugar and vanilla; beat until stiff peaks form. Ladle cocoa into mugs. Top with whipped cream; sprinkle with reserved crushed candy canes. Note: Chocolate mint candy canes can be used as stirrers. Yield: 4 servings.

The Herb Bed

by Connie Kingman

As I write in mid-November, the first killing frost has arrived, a month later than in previous years. This morning the roof outside my office window is covered in diamond dust, and the chill of late autumn stirs the desire for something more than coffee. Perhaps, cocoa. Or, better yet, mocha.

Although I was never much of a cocoa drinker, my grandchildren have changed that. They never seem to get enough of its warming and comforting qualities. I love drinking hot cocoa with them, while listening to their chatter and laughter through chocolaty mustaches. This tea party, of sorts, always reminds me of a poem by Christopher Morley entitled "Animal Crackers" (see page 7).

Cocoa powder comes from roasted, husked, and ground seeds of the *Theobroma cacao* tree. Cacao is the seed, and cocoa is the product made from it. The scientific name was given to the species by Swedish botanist Carl Linnaeus in 1753, when he published it in his famous book *Species Plantarum*. In Latin, *Theobroma* means "food of the gods," and *cacao* is derived from the Nahuatl (Aztec language) word "xocolatl," from "xococ" (bitter) and "atl" (water).

Cocoa powder is a rich source of fiber, has little fat, and has a bit of protein in it as well. You can use cocoa powder and cacao powder interchangeably in baking recipes, smoothies, oatmeal, cookies, homemade raw treats, or even stir them into your coffee for a homemade mocha. Both cacao and cocoa are

highly nutritious and sure to satisfy chocolate cravings.

Theobroma cacao is a small evergreen tree that grows about 15 to 25 feet in humid, tropical climates. Its red-orange, sometimes purplish, fruit, usually around 4 to 12 inches long, contains about 20-60 seeds embedded in a soft, white pulp. The seeds are used to produce cocoa, which, when processed, becomes the basis for different kinds of commercial chocolate.

What a shame we are unable to grow cocoa/chocolate trees in zone 5. To successfully grow them outdoors, one must live in zone 10 or higher, somewhere around Hawaii. And though we could grow the tree indoors, the process is tricky and time-consuming and requires a hot, humid environment.

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Garden Beet

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