

The Parterre

The sixth baronet, Sir Henry Paston Bedingfeld, and his wife Margaret, imported a design for a parterre from Paris in 1845 and, remarkably, it survives almost intact to this day. The original gravel and crushed stone, was about to be changed and replaced with flowers when I was there.

A parterre (from the French meaning “low to the ground”) is the division of the garden beds in such a way that the pattern itself becomes an ornament. It was a sophisticated development of the traditional medieval knot garden where different plants were separated by dwarf hedges, often of box, or some other controllable low-growing plant.

The earliest form was the *parterre de pièces coupés*, or cutwork parterre. In this style raised flower-beds flowed into the edge of dividing paths, forming a quilt-like plot. Middle Age monastery gardens inspired the original cutwork parterres and were practical rather than ornamental. By the Renaissance, cutwork parterres were the typical ornamental garden.

The *parterre de broderie*, or embroidered parterre, was an intricately woven garden with woven with lush boxwoods, creating a botanical brocade. Most embroidered parterres are spread below the windows of majestic chateaux, offering a breathtaking view.

The final class was the *parterre à l'anglais*, or English manner parterre. This was a turf-based parterre that was either based on simplicity and style in rectangular design, or required creativity and craft in *gazon coupés*, that is that is it sliced turf into elaborate shapes and usually incorporate gravel paths.

The style could easily be replicated here using Dwarf yaupon holly (*Ilex vomitoria*) or green and gray lavender cotton (*Santolnina virens*).

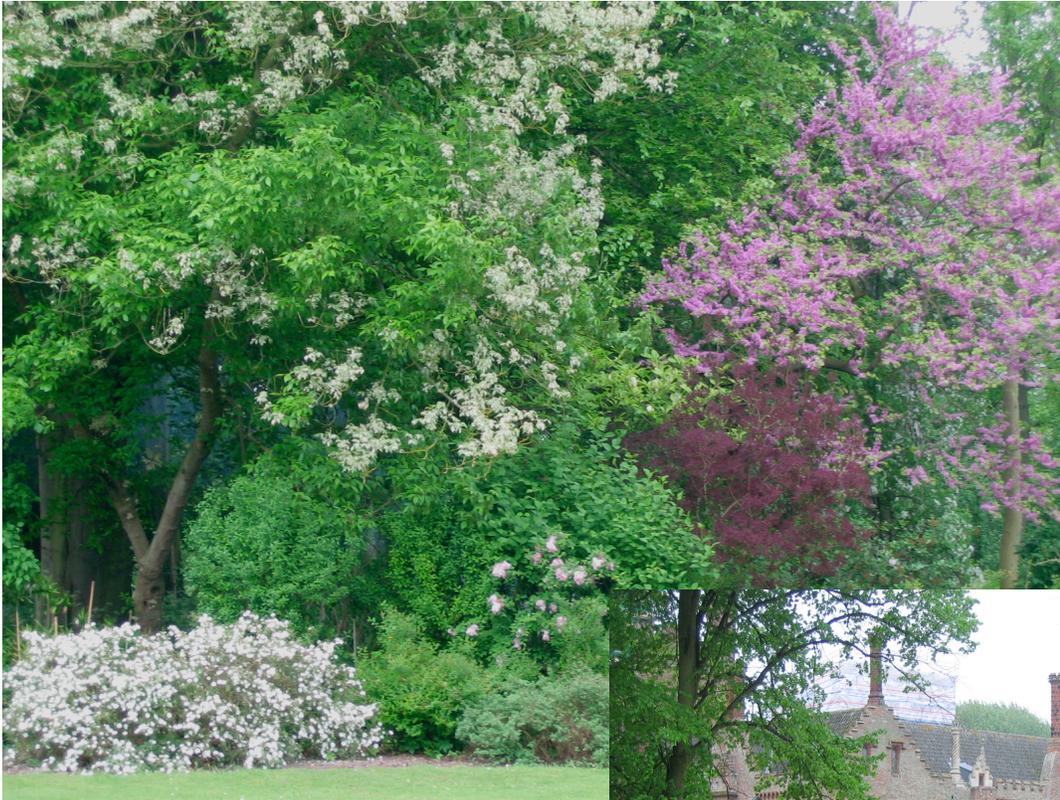
Parterre’s are best viewed from above and to see a wonderful ariel view of the parterre go to:

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=Oxburgh+Hall+england&ic=UTF8&ll=52.581315,0.57112&spn=0.000919,0.001937&t=h&z=19>



On the other side of the parterre, is a marvelous herbaceous border along a very old brick wall. At first sight it appeared to be random plantings but as you studied it further you could tell that the plantings were repeated in large blocks. It is all skillfully laid out and in a very organized plan. Plants are in a tiered system with taller plants at the back and graduating down to short plants. Very traditional “English” plants have been used and many old favorites like lupins remain a staple. I saw a single example of monkswood (*Aconitum napellus*) with it’s beautiful blue flower spike. On the other side of the grass walkway closely planted yew trees normally form a dense hedge. In past times the lady of the house could stroll unnoticed in the afternoon. However, the hedge was in the process of heavy pruning while I was there but would soon return to its former glory if left to re-sprout. Beyond the wall is the orchard and the walled kitchen gardens planted with plums, grape, medlars, pears and quinces.





There are woodland walks and trails which lead to My Lady's Wood where a thatched summer-house sits among the oaks, beeches and sycamore. In Spring this area is covered with snowdrops, violets and wildflowers. The edge of the woodland was beautiful with many different shrubs and small decorative trees. A perfect wildscape. Every now and then you catch a glimpse of the Hall or you may stumble over the chapel or a woodland glen.



Across the courtyard from the Hall's main entrance is a well stocked shop which is covered in wisteria. Produce from the hall's garden keeps the cafe well supplied with fruit and vegetables in season.

Many of the techniques seen at Oxburgh can be employed on a smaller scale in our gardens here using native and adaptive plants. I know I would love a herbaceous border like the one I saw and the woodland edges had to be seen to be believed.

I hope you enjoyed this stroll around a very old but ever changing garden. I envision an regular feature on gardens we have visited, be it a trip to the garden tour of Austin or one of the major botanical gardens of the world share your experiences with the rest of our members. So, if you have, or are, visiting a fabulous garden, large or small, grand or simple, take pictures, write a few captions and there you go. Even a trip round your own garden could make a wonderful addition to the Newsletter. Send me your feature articles now!

Master Gardener Plant Talks

The Air Potato—*Dioscorea Bulbifera*

Annette Banks

The *dioscorea bulbifera* (di os kor' ee a bul bif' er a), commonly referred to as the air potato, is a deciduous perennial vine with large, lush heart-shaped leaves. Some of the other names by which this plant is known are air yam, bitter yam, cheeky yam, Chinese yam, and the Hawaiian names hoi or Pi'oi.

After a winter dormant period when the stem dies back to the ground, the young stems grow from the underground tuber at a fast pace. Growing in a counter-clockwise direction, the herbaceous stem fastens itself firmly to a tree or other host, and it can grow up to eight inches a day and may reach 60 to 70 feet in length. Once the round stem has attached, it forms the large deep green leaves in the shape of a heart (cordate). Some leaves may measure eight inches. The basal lobes of the leaf blade are rounded. The veins of the leaf are prominently marked, and they radiate from a single point. The leaf is attached to a long stem and grows in an alternate pattern on the stem.

Flowers are rare, but inconspicuous greenish flower tassels are followed by air potatoes, which remain on the vine for a rather lengthy time. The plant produces these bulbils (figured right) in the leaf axils of the stems, and it produces tubers underneath the ground.

Each node on the vine produces a single leaf, an indicator of the monocot plant that it is. It has the capacity to produce a bulbil (aerial tuber), which serves as

storage for starches and a propagule. The bulbil is brownish gray in color and a few inches in diameter. When the plant becomes dormant, the bulbils fall and may propagate in the spring.

The *dioscorea bulbifera* can be found in the southeastern part of the U.S. predominantly; but they live within our community, just not in the profuse manner in which they live in many other areas. Within our area they are a handsome addition to the colors and textures of a garden. Too, the plant is drought tolerant and can lend itself to xeriscaping. The plant's interesting foliage and vivid green colors add a spot of interest to the trunks of the trees without being intrusive. In the more tropical areas they are not considered non-intrusive plants.

The air potato is native to tropical Africa and Asia. There seems to be no substantiating proof as to which country was the first to have the air yam. When



the Polynesians settled in the Pacific, they introduced the bitter yam there. Its arrival time into America is uncertain. Some sources accredit the slave trade from Africa with its arrival; others credit European contact in America around 1500 A.D.

In 1905 the USDA sent a sample of the plant to Henry Nehrling, Florida's premier botanist. Noting the aggressive nature of the plant, he advised not to cultivate it. Somehow, his advice was left unheeded.

The speed and tenacity of the plant's growth patterns disrupted the natural processes of the Florida landscape. The plants would overtop the mature tree canopies, engulf native vegetation, disrupt water flow, and interfere with farming and raising livestock. By the 1970s it was recognized as a pest plant in Florida. In 1993 the Florida Exotic Pest Plant Council listed it as one of Florida's most invasive plant species. In 1999 the Florida Department of Agriculture and Consumer Services placed it on the Florida Noxious Weed List. This designation means that the air potato plants may not be introduced, possessed, moved, or released in the state without a permit.

The underground tubers are used as a food source in some countries, particularly in Africa. There is a bitter taste to the tuber, but the bitterness can be removed by boiling the tuber. Preparations of the tuber dishes are aligned to our customary uses of the sweet potato.

Not all tubers can be eaten; the wild, uncultivated forms may even be poisonous, both to humans and some animals. They create digestive problems, such as nausea, etc. However, the varieties of the *dioscorea* that contain the steroid diosgenin are used in the manufacture of contraceptive pills. Some nutritional supplement manufacturers use this property and make claims that they provide a balancing effect upon the aging body's hormones that cannot be achieved through animal and synthetic forms of hormones.

This article focuses on the *dioscorea bulbifera*. There are other species of the *dioscorea* that are identifiable in the U.S. The *dioscorea alata*, white yam, is recognized by its winged stems, often pink on plants that are grown in the shade. Its stem twists clockwise, and its underground tubers become extremely heavy.

Dioscorea sansibarensis twines counter-clockwise. The bulbils of this species are small, often purplish, smooth, and poisonous. The leaves differ from the above species because they are cordate near the base with long tail-like projections on the leaf tip. The native species of wild yams which have developed in the U.S. (*dioscorea floridana* and *dioscorea quarternata*) never form bulbils.



June 11-14, 2008 - Junior Master Gardener Specialist Training



Williamson County Extension
Williamson County Master Gardeners

A Date to Remember

Please save the date of June 11-14, 2008. Junior Master Gardener Specialty Training will be held at the Williamson County Extension Office in Georgetown, Texas. Costs are being calculated and an application will be available soon.

Contact: Neil Cochran, JMG Coordinator Williamson County



- 2008 Menard, Texas - June 17-19,
- 2008 Kaufman, Texas - July 16-18,
- 2008 Conroe, Texas - Sept 11-12

The purpose of this course is to provide advanced training whereby Master Gardeners can obtain specialization in rainwater harvesting. For more information visit: http://rainwaterharvesting.tamu.edu/training_gardener.html
Taylor Blackburn coordinates the MG trainings in rainwater harvesting. TABlackburn@ag.tamu.edu

Plant of the Month



Yucca treculeana Carr. Don Quixote's lace, Palma Pita, Spanish Dagger

I was at the Lady Bird Johnson Wildflower Center this week (22 March) and it is gorgeous with everything coming into bloom. Everyone was strolling around with their eyes down picking out the bluebonnets, the Indian paintbrushes, and the buttercups so few noticed the magnificent bloom on the *Yucca treculeana*. (Spanish Dagger, Don Quixote's lace, Palma Pita).

The Spanish Dagger is classed as an evergreen shrub or small tree that can extend up to ten or more feet tall. This particular species of *Yucca* is only found in Texas and is the only tree yucca found east of the Pecos River. It usually has several trunks or heads and grows taller toward the coast and shorter inland. This statuesque tree would make a wonderful feature in any garden.

The stem is unbranched except near the top. In the wild this fabulous specimen plant grows in brushy and open areas. The leaves are rigid, sharp, and pointed, in a boat-shaped form, three feet long by two to three inches wide symmetrically arranged around the top of the thick trunk. Dead leaves hang down below the live ones.

When the plant is old enough to flower, usually in about four to five years, a giant, white, light bulb-like inflorescence emerges from the top, opening into an amazing floral spike of white with a faintly purplish undertone on the lower edges of the petals. The dense showy clusters of flowers rise above the leaves and appear in March and April.

The reddish-brown fruit capsule can be up to four inches long by one inch wide and the fruit ferments nicely into an adult beverage if left undisturbed. However, the mature black fruit is eaten by small mammals if they can get to it.

During the frontier days, Spanish Dagger leaves were used to make rope or thatch, the trunks were used for posts, and the blossoms were used for pickles or cooked like cabbage. The Native Americans used the plant for various medicinal uses as well as an intoxicating beverage by fermenting the fruit.

The most fascinating feature for me is the pollination of the plant. If not pollinated by the yucca moth (genus *Tegeticula*) then the only other way is by human hand. After mating, the female moth deposits her eggs on the pistil at the base of the flower. She then collects pollen from other flowers in a depression behind her head and, finally, she places the ball of pollen in a special depression in the stigma of the flower, thus ensuring the flower is fertilized. This intensely specialized relationship ensure both the yucca and the moth survive. The caterpillar eats the pollen and some of the seeds but there are plenty left to germinate. Let's hope this wonderful little moth continues its good work for generations to come.



Bug of the Month

“Who could love a ‘bug’ like this? Well, every gardener should because this larva turns into a lady beetle (notice “beetle, not “bug” - it has chewing mouthparts). And, as with the younger version of most species, it is a more voracious eater than its adult stage, which is, admittedly, a more attractive specimen. Attesting to the appetite, the larva is actually bigger than the adult stage. So when you see some of these critters crawling around your favorite plants don’t reach for the pyrethrins, rejoice for you have been favored with nature’s best aphid eater - and a self-renewing pest control resource.”

Asian lady beetle larva—text and photo by Sam Myers



Capital Area Invaders Workshop

Come learn about the invasive plants that affect our part of Texas and train as a “citizen scientist” who can identify, document, and track these species. Invasive species cost the U.S. economy as much as \$137 billion each year (\$500 for each of us). Your contribution can be very helpful in building the necessary data base for developing an effective strategy to control these pests.

Lady Bird Johnson Wildflower Center

4801 La Crosse Ave.

Austin, Texas

Saturday, June 7, 2008

9:00 am to 5:00 pm

Free!

Bring snacks and a sack lunch, and (if you have them) a digital camera and portable GPS unit. Some units will be available for use if you do not have one.

To register, contact Christine Powell at xtinepowell@verizon.net or (512) 863-8250. You will also need to submit a Volunteer Interest Form, available at http://www.texasinvasives.org/Citizen_Science/Trainer_Resources/Volunteer_Interest_rev.doc. For more information on the Invaders program, see http://www.texasinvasives.org/Citizen_Science/citizen.html.

Workshop will count as Advanced hours. Hours in the field after training will count as Volunteer hours.

Weed Watching

Who hasn't blown the seeds from a dandelion and watched them float gracefully away on the breeze? Isn't it funny how once we grew up that wonderful bright yellow flower suddenly became a pest, a WEED! Well, I have to admit I tend to leave them to do their own thing in my garden. Occasionally I will pull one if I think it is detrimental to the aesthetic value of my landscape but since my major plan for my garden it to provide habitat for wildlife most plants get to stay if they are well behaved and non-invasive.

Our ancestors when they were packing to come west from Europe carefully selected dandelion seed as a priority in their luggage. It has so many uses that it could be classed as the ultimate al-rounder. A member of the Sunflower family (*Asteraceae*) it could easily just be called "another one of those "damn yellow asters" (a botanical term, I am assured by a botanist friend). However, the plant has so many uses. It has been used as food, the young leaves are supposed to be delicious, as a medicine, it is a well known diuretic plus an antibacterial and antifungal agent. It is also claimed to cure problems in the liver, gall and spleen. In fact, it is suppose to have done so many things that Culpeper, the seventeenth-century English herbalist declared that it was "very effectual" for "evil dispositions of the body" and concluded that "Great are the virtues of this common herb."

I can remember when I was young that everyone made a beautiful golden dandelion wine. This too is a suppose to be an excellent tonic. It has been used as a dye and even the Native Americans included it in their mythology. Vineland, New Jersey proudly declares itself the "dandelion growing capital of the United States" since it grows dandelions commercially for sale to the ethnic markets in New Your City.

Why then, with a plant that is so clearly so useful, do we treat it with such disdain? I always leave mine for the bees and butterflies to visit and since I have so many other yellow flowers in the garden it blends happily in. I think it is time we all practiced a little tolerance!

One last word. Last year in the herb section of a very well-known nursery I saw dandelions for sale in four inch pots. Now, I guess I may be tempted to part with my dandelions at two dollars a pot!

Christine Powell

Top—A very delicate and beautiful native sunflower I am still trying to name but clearly a form of dandilion.

Middle—The Texas dandelion or False Dandelion is a beautiful wildflower that certinally doesn't seem to justify the name Swine's Snout.

Bottom—The typical dandelion that the first settlers brought with them from Europe.

"Our attitude towards plants is a singularly narrow one. If we see any immediate utility in a plant we foster it. If for any reason we find its presence undesirable or merely a matter of indifference, we may condemn it to destruction forthwith."

Rachel Carson



Treats from the Master Garden

Going “against the grain” in the Kitchen

Margaret Seals

I usually try to stick to writing about vegetables, herbs and fruits in this column, since that is what most of us home gardeners grow for food, but this time I'm going to veer off topic and discuss some “good eats” for a digestive problem, celiac disease or gluten intolerance. Seems lots of Americans these days are discovering they can't eat foods that contain gluten, and are dismayed to find gluten in almost every product on grocery store shelves. Due to recent demand, the gluten-free product shelves are beginning to get stocked with alternative bread, crackers and some cooking staples (such as flours) that don't contain gluten. Some of them are really delicious. In the few short weeks since I have been aware that these products were available, I've almost become addicted to Blue Diamond Nut and Rice Cracker Snacks- Pecan, Almond and Hazelnut. Turns out that they (and most other gluten-free products) are also good products to eat for folks like me who need to pay attention to the GI (glycemic index) of foods to keep their blood sugar and triglycerides in check. But “store bought” products, even the ones that are really good, usually can't measure up to that great “home made” taste.

When my sister-in-law was diagnosed as gluten intolerant this year, I offered to help her adapt to a new diet. She is a Flight Attendant for Southwest Airlines (the peanuts-for-dinner airline), and airport food is notoriously limited to whatever passes for “fast food,” so she must take her own food when she is working. Since her working schedules are erratic and she is often away from home for days on end, she does not have a lot of time to try new recipes. During the past couple of months while she was at work, I researched the Internet for recipes and available cookbooks, and then tried out gluten free recipes of various kinds for her. The recipes that follow turned out to be her favorites. I want to recommend one book, *The Gluten-Free Gourmet Cooks Comfort Foods, More than 200 Recipes for Creating Old Favorites with New Flours* by Bette Hagman. The Quinoa Cookie recipe that follows comes from that book and, out of all my testing, this recipe was the hands-down favorite not only of my sister-in-law, but other of taste-testing relatives and friends as well.

If you are gluten intolerant, I hope these recipes will be welcome additions to your diet, and if not, please pass them on to some celiac who struggles with this problem at every meal. Even if you don't have to restrict gluten from your diet, these recipes taste great, and you might want to try them just for something different. Some of the ingredients may not be familiar to you. Agave Syrup is a natural sweetener made from the juice of the agave plant. It comes in both light and dark versions. Both are good. Quinoa grains and flakes come from a South American grain grown 5,000 years ago by the ancient Incas and still in production today. In fact, the word Quinoa (pronounced Keen-wah) is the Inca word for “mother grain.” It is the only grain (to my knowledge) that contains a complete protein.

Teriyaki Sauce

(Clean Eating Magazine, Spring 2008)

¼ C Mirin (rice cooking wine)

3 T water

3 T gluten-free low-sodium soy sauce

1 T agave syrup

¼ t. finely grated fresh gingerroot

1 clove garlic, finely minced

Place all ingredients in a small saucepan over medium high heat, and bring to a boil. Reduce heat to low and simmer, stirring constantly, for 3 minutes. Remove from heat. Cool to room temperature. Use to marinate or season meat, fish or vegetables. It is especially good on sautéed mushrooms.

Farmhouse Buttermilk Bread

(for Bread Machines)

(from Tom Powers on the Internet)

Liquid Ingredients:

3 large eggs (room temperature), lightly beaten

¼ C Canola oil

1 ¼ C + 1 T milk to which 4 T dry buttermilk has been added (the dry buttermilk is a little hard to dissolve, so add the milk to it a little at a time and stir with a fork or whisk to make sure it is all dissolved)

(You will need to heat the milk in your microwave for about 15-20 seconds to bring it to room temperature. 70-75 degrees)

Dry Ingredients:

2 C Brown Rice Flour

½ C Potato Starch Flour (not Potato Flour, there is a difference)

½ C Tapioca Flour

3 ½ t Xanthan Gum

¼ C Sugar or Honey

1 ½ t Salt

2 ¼ t Active Dry Yeast or Bread machine Yeast

Mix all liquid ingredients together and pour into your 1½ lb loaf bread machine. Mix all dry ingredients except the yeast and spoon over the liquid in the bread machine. Sprinkle yeast over the dry ingredients and avoid letting it touch the sides of the pan. Set the machine for the Basic/Light settings. Start the machine according to machine instructions. Remove the bread when the machine finishes baking (or cooling down following baking).

Banana-Quinoa Muffins

(from Mrs. G. F. on the Internet)

2 mashed ripe bananas

2 T Canola Oil

1 large egg, room temperature, slightly beaten

½ C fat free milk

¾ t vanilla extract

2/3 C Brown Rice Flour

½ C Quinoa Flakes (not Quinoa grain, there is a difference)

1/3 C Sugar

1 ¾ t Baking Powder

½ t Cinnamon

½ t Salt

½ C chopped pecans or walnuts (optional)

Preheat oven to 375 degrees. Grease muffin tins or put muffin liners in pan. Combine bananas with wet ingredients, mix well. Mix dry ingredients in another bowl. Combine mixtures until combined, but don't overstir. Put batter evenly into muffin tin. Bake about 16-20 minutes, or until toothpick inserted in center comes out clean. Cool on wire rack, and store in airtight container. Makes 1 dozen.

Chicken or Quinoa Rice Salad

(from The Gluten-free Gourmet Cooks Comfort Foods)

(A great "make ahead salad. Best if made the day before serving and refrigerated overnight.)

Salad:

4 C chicken stock

1 C uncooked wild rice

1 C uncooked brown rice

4 C cooked chicken, cubed, or 4 C Quinoa grains*, cooked according to package instructions. *If you use the Quinoa grains, be sure to rinse them in a colander under cold running water before you cook them. Quinoa grains have a “resin like” coating that makes them bitter if you don’t wash them first. The Quinoa flakes, which are a different texture, don’t have to be washed first, but the grains do!

3 Green onions, thinly sliced

½ C Celery, sliced

1 C coarsely chopped pecans

1 C golden raisins

Vinaigrette:

¼ C Orange juice

¼ C Apple Cider vinegar or white wine

¼ C Canola Oil

2 t prepared Mustard

1 T sugar

Bring chicken stock to a boil, add the wild rice and bring back to a boil; lower heat, and simmer for 15 minutes. Put in the brown rice and bring back to a boil; stir, lower heat and simmer 45 minutes longer. The liquid should be absorbed and the rice tender. Cool to room temperature.

In a large bowl, combine the cooked rice, cooked, diced chicken or cooked and cooled Quinoa grains, green onions, celery, pecans and raisins.

In a glass jar, combine the orange juice, vinegar or wine and oil; stir in the mustard and sugar. Shake thoroughly to blend before stirring gently into the salad. Refrigerate at least 4 hours before serving; refrigeration overnight is better. Serve alone, over lettuce leaves, or as a filling for a lettuce wrap. Makes 8-10 servings.

Brown Rice and Goat Cheese Cakes

(from Eating Well Magazine, April 2008)

Another good “make ahead” dish.

¾ C Medium-grain Brown Rice

1 ½ C water

4 t extra virgin olive oil, divided (Try McEvoy Ranch Organic Brand)

6 medium shallots, chopped

2 medium carrots, shredded using the large holes of a box grater

½ C toasted pecans

3 oz goat cheese

1 large egg white

½ t dried thyme (or 1 t fresh thyme)

½ t salt

½ t freshly ground black pepper

Bring rice and water to a boil in a medium saucepan. Reduce heat to low, cover and simmer at the lowest bubble until the water is absorbed and the rice is tender, 30-50 minutes. Remove from the heat and let stand, covered for 10 minutes.

Meanwhile, heat 2 t olive oil in a large skillet over medium heat. Add shallots; cook, stirring often, until soft, 2-3 minutes. Add carrots, reduce the heat to low and cook, stirring often until softened and the shallots are lightly browned, about 4 minutes. Remove from the heat.

Preheat oven to 400 degrees F. Don’t preheat your oven unless you are planning to finish the dish now. If you are making the patties ahead of time, preheat the oven as you take them out of the refrigerator.

Transfer the cooked vegetables and rice to a large food processor. Add pecans, goat cheese, egg white, thyme, salt and pepper. Pulse until well blended, but still a little coarse. Scrape into a large bowl. With wet hands, form the mixture into six 3

inch patties (about ½ C each) If you are doing this ahead of time, now the patties can be refrigerated, covered tightly, for up to 3 days until you are ready to use them.

Heat the remaining 2 t olive oil in a large nonstick skillet over medium heat. Add the patties and cook until well browned, 3-4 minutes each side. Transfer to a baking sheet and bake until an instant read thermometer inserted into the middle registers at least 160 degrees F, 10-15 minutes. (You want to be sure the egg white cooks.)

Now, drum roll please, here is the winner of our taste tests: Quinoa Cookies! This recipe requires some Featherlight Rice Flour Mix, and here is how to make that:

Mix together: 1 C Rice Flour, 1 C Tapioca Flour, 1 C Cornstarch, and 3 t Potato Flour (Not Potato Starch Flour, they are not the same)

Quinoa Cookies

(from The Gluten-free Gourmet Cooks Comfort Foods)

1 ¾ C Featherlight Rice Flour Mix (See recipe above)

1 t Xanthan Gum

1 t Cinnamon

1 t Baking Powder

¼ t Baking Soda

1 C Butter

1 C Brown Sugar

½ C White Sugar

2 large eggs, room temperature

2 C Quinoa Flakes (not the Quinoa grains, they are different)

1 C light raisins

1 C chopped walnuts, toasted

Preheat oven to 375 degrees. Leave cookie sheets ungreased or use parchment paper to bake cookies on.

Whisk together the flour mix, Xanthan gum, cinnamon, baking powder and baking soda.

Using your electric mixer, cream the butter and sugar together. Beat until well incorporated, and then break in the eggs, one at a time, and mix well until smooth.

Still using the mixer, blend in the flour mix. Remove from the mixer and add the Quinoa flakes, raisins and nuts until smooth. Refrigerate dough for 20-30 minutes before placing on cookie sheets in heaping tablespoons. Bake for about 10 minutes or until the edges of the cookies are golden. Makes 4 dozen cookies.

The neat thing about this cookie is that each one contains about 1 gram of protein and 1 gram of fiber. They are pretty high in calories (about 90 calories per cookie) and fat (4 grams each due to the butter), but because the Quinoa is a whole protein grain, it has a low GI and these cookies won't spike your blood sugar like most sweets if you eat them as a between meal snack.

Some of the ingredients in the recipes above may be new to you, but you can find all of them at your local HEB except for Agave Nectar and Quinoa Flakes. For those you will have to make a trip to Whole Foods in Austin.

A last word about eating gluten-free: there is a charming gluten-free restaurant and bakery in Austin called Wild Wood. It is located in # 4-A at 3663 Bee Caves Road in a little strip mall at the corner of Bee Caves and Westbank (across from Breeds Hardware and Gifts). We had a delightful meal there recently, and brought home many goodies from the bakery to try. All were good and have that "home made" taste. They also serve organic, free trade coffee and various smoothies, plus they make cakes to order. Alas, they are not open for dinner, but get there before 5 p.m. and they will accommodate you. (512-327-9660)

President's Column

Good News

Wayne Rhoden



Good news! We have scheduled the Fall 2008 Master Gardener Classes. The new application will be on the county extension web site very soon. Donna is working on getting it posted and putting together a news release. I know many were waiting to get their friends involved and you will now be able to let them know it is scheduled.

We have been very busy with the Georgetown Home and Garden Show and the plant sale at Georgetown Market Days. It is estimated that 1300 folks attended the show and we had about 105 people sit through our presentations. The morning sessions were better attended than the evening ones but that is to be expected. Thanks to our sales, we now have some funds to apply to the projects we have been planning, such as our demonstration vegetable garden at the extension office. You should see some news soon about the date to install the garden and plant the vegetables. We are also helping Benold Middle School with their garden as well as the Georgetown Boy's and Girl's Club garden. Our sales from the greenhouse have been very good and we still have more to sell. Therefore we will be selling at the Georgetown Market Days on April 12. Let us know if you wish to help with the sales.

We had a good presentation at our monthly program this month and learned about the habits and migrations of the monarch butterfly. A reminder, we are moving the meeting date of the monthly program to the second Monday of each month so the next meeting will be on Monday, April 14 at the training facility where we normally meet. We hope to see you there.

I am excited about all of the perennials that are coming back in my yard and hope we do not have another ice storm like we had last year. All of the plants seem very happy and ready to put on a good show this year.

We have been recognizing our interns that have completed their hours and become certified Master Gardeners at our monthly program. Christine is posting their names in the newsletter so take a good look at the latest Journal to see who got all of their hours. Remember time is ticking away for all of the interns to get their hours. Do not wait until the last minute to get your hours in to become certified.

Wayne

Monthly Meetings

Williamson County Master Gardeners hold monthly meetings at the Williamson County Extension Office, 3151 SE Innerloop Road, Suite A, Georgetown on the second Monday of each month at 6:00pm. Master Gardeners and the public are welcome to attend.

Photo Credits

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Williamson County Master Gardener Association Officers for 2008

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Greenhouse:	Vacant		

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Quote of the Month

"When the April wind wakes the call for the soil, I hold the plough as my only hold upon the earth, and, as I follow through the fresh and fragrant furrow, I am planted with every foot-step, growing, budding, blooming into a spirit of spring."

Dallas Lore Sharp, 1870-1929