

# North Island Rhododendron Society



PO Box 3183, Courtenay, BC, Canada V9N 5N4

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Publisher: Noni Godfrey

## 2005/2006 Executive:

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### Membership

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### Rhodo Garden

Harry Wright.... 338-8345

### Historian

Lois Clyde..... 337-5754

### Sunshine Lady

Gwen Wright ... 338-8345

### Revenue Table

Gloria Guyader 338-5267

### Publicity

Evelyn Wright.. 339-7493

### Newsletter

Noni Godfrey ... 335-0717

The club meets the second Tuesday of the month (except May through August) at the United Church on Comox Avenue, Comox 7:30 p.m.

## COMING EVENTS:

### 6 June 2006

Executive meeting will be held at the home of Bernice and Gerry Morrison, 951 Aspen Way Comox, beginning at 7:30 p.m.

### 17 June 2006 — Annual Pot Luck Picnic

Picnic Protocols! (Chuckles borrowed and revised from 2005 Victoria RS)

The season's finale beckons. This year the gathering will be held at Roberts and Adela Smith's garden, 1717 Glen Urquhart Drive in Courtenay. Go down Back Road to 10<sup>th</sup>. Instead of turning right to Harry's, turn left, up the hill. The first right off 10<sup>th</sup> is Glen Urquhart Drive. All the way to the end of the road, through the nature park. (Bob says "lots of parking, and just ignore any signs that say do not enter")

Attendees to this year's gala will qualify for a chance to play the famous "*Bean Bag Toss Game*". New members will be welcomed, old friends embraced - warmly, in both cases. Do wear your name badges. Festive dress would be highly desirable...but any old thing will do.

Members are requested to bring one or more dishes...each suitable for serving several persons...of delicate appetizers, seductive savories, buttery breads, crunch salads, virtuous fruits, and elegant desserts.

The annual phenomenon of a perfect balance of dishes for all tastes will again be manifest. But...do bring necessary eating cutlery, and also serving utensils. (Only a limited supply of clean gardening trowels is available!)

And, your best outside mugs and drinking vessels for the communal tea and coffee, (or your own harmless or otherwise punches).

The picnic committee has requested that members bring their own plates...whether Royal Doulton, Value Village, or chipped crockery...whatever may be available. To avoid sullyng your dress garments with grass stains, please bring lawn chairs from home.



Wow...wow...  
One feels totally invited !

4:00 P.M.  
See You There!



**MEMBER NOTES:** (by Dave Godfrey)

**Annual General Meeting:**

The weather was cool but dry for the annual General Meeting held at the Bonney's garden on Tuesday May 9<sup>th</sup>. Many members took the opportunity to tour the gardens before settling down for the business at hand.



Dick Bonney was this year's Nomination Chairperson, and conducted the election of officers for the ensuing year. Although there were many positions up for election, all were proclaimed by acclamation, as there were no challengers for the positions.

Following the meeting, Tiffany Wyles won the raffle prize of R. Senator Jackson.

Then all enjoyed the refreshments and goodies provided by the social committee.

This concluded the business meetings for the year, as the June meeting will be the annual pot-luck picnic at the Smith gardens on Saturday, June 17<sup>th</sup>.

**Truss Show and Plant Sale:**

Our annual Truss Show and Plant Sale were held on Sunday, May 7<sup>th</sup> at the First Nations Hall on Comox Road. A record number of members helped with the sale, which brought in record sales for the vendors and the club.

The winner of the Rhododendron raffle was Mr. Joe Dunham of Courtenay, while the People's Choice Award for the Truss Show went to "Paprika Spice."



**Rhodo Garden Celebrates 10 Years!**

With the assistance of 17 members, the CV Rhododendron Garden work party was held as scheduled on Thursday May 4<sup>th</sup>. Weeds were pulled and beds tidied for the season. The city work's crew kindly delivered fresh bark mulch which was spread throughout.

As this was the 10<sup>th</sup> anniversary of the garden, a special cake was served to commemorate the occasion. Garden director, Harry Wright, has been instrumental with the garden since it's beginning in 1996, and has plans underway to extend the garden with a "Vancouver Island Hybrids" bed behind the steam engine building. Work should get underway on this latest project later this summer.

**Name the Newsletter Contest:**

Those members attending the AGM on May 9<sup>th</sup>, cast their vote for the favoured name of our NIRS newsletter from all the names submitted. Noni Godfrey, newsletter publisher, conducted the vote, and narrowed the original list to the top four favourites. Of these, a show of hands determined "Rhodoteller" to be the winner. For their suggested name, Roberts and Adela Smith won the prize of a rhododendron.

**NIRS Garden Tour**

Mother's Day brought warm blue skies, just right for the 11<sup>th</sup> annual NIRS Garden Tour. Record numbers attended the six gardens this year, and by all accounts everyone was impressed with the selection scoped out by Evelyn Wright.

Culminating at Kirk Lindal's garden on Anderton Road, the social committee provided afternoon refreshments for both the members and the public. Over 125 tickets were sold, which should net the club a record amount financially.

Thanks to all those who helped with the setup and the gate sitting, we now have another successful event under our belts.

The lucky winner of the rhodo draw was Mr. Bill Jay of Willow Point. All tickets (157 in total) were collected, and the draw made by Madeline Simmons at her garden tour on Wednesday, May 17<sup>th</sup>.

## GARDEN TOURS

On Wednesday, April 26<sup>th</sup>, sixteen members traveled to Whidbey Island, WA, to enjoy the beauty of several gardens in the area.

After checking in to the Harbour Inn in Freeland, we were invited to a tour of the Stipe's Glenneden Garden at Smuggler's Cove. Bill and Mary toured the group through their magnificent acreage and described the work that went into developing the property over the past 20 years. Being further south than even Victoria, the gardens on Whidbey Island seemed to be more advanced than ours on the North Island.

The group was then treated to a wonderful pot-luck supper hosted by the Whidbey Island Chapter. As a special treat, we were allowed to vote in their truss show. Although some "Canucks" would have like to, we did not partake in the Rhododendron auction as there would be complications bringing plants back across the border.



Everyone enjoys the hospitality of the Whidbey members and they have indicated an interest to tour some of our gardens in the near future. We hope that our members can be just as hospitable in hosting these wonderful friends when they do come visit our area.

On Thursday morning, the sun was shining as the group visited Frank Fujioka's garden and nursery. Undoubtedly one of the nicest gardens on Whidbey Island, Frank has an amazing assortment of rhododendrons and azaleas; not to mention the many trees and shrubs that adorn his property. Situated on 100 foot bluffs, there is a magnificent view of the Olympic peninsula across Admiralty Inlet.



Leaving Frank's gardens, the group then paid a visit to the famous Meerkerk Rhododendron Gardens near Greenbank. Founded in the early 1960's by Ann and Max Meerkerk, the gardens started with 13 acres.

Max & Ann started collecting and hybridizing rhododendrons in the development of their property. Over the years, the Meerkerks purchased an additional 40 acres to protect the woodland quality of the gardens, enveloping them in a forest preserve.

Before Ann passed away in 1979, she bequeathed the Gardens to the Seattle Rhododendron Society to care for as a "peaceful woodland garden with an emphasis on rhododendrons and companion plants."



Following our tour of Meerkerk, the group stopped at the Greenbank Farm for lunch before heading for the border crossing and home. A most enjoyable trip, thanks in part to van driver Dave Crucq.



## SNIPPETS FROM SAYWARD

(by Rose-Marie Silkens)



At the beginning of May we spent a morning strolling around the Asian Garden at the UBC Botanical Garden. The weather was perfect, and many plants in that fine collection were in bloom. As always, the visit was a voyage of both discovery and re-discovery.

Our timing was right to see the bloom of a beautiful small tree that is fairly new to the garden. *Staphylea holocarpa* var. *rosea* isn't near a main path but its lovely coral-pink blossoms caught our eye from a distance. Their shape reminded me a bit of deutzia bloom. Smooth bark with white markings and colourful fall foliage add to the beauty of this species, which can be grown as a shrub as well. It was introduced to western horticulture at the beginning of the last century, but the UBC plant was grown from seed collected in China in 1992.

Epimediums are a favourite with coastal gardeners, and we were delighted to find *E. leptorrhizum* in bloom. Bolder than most epimediums, this graceful plant displays large, violet-blue flowers on reddish new growth. Apparently it's very tough, so it's been added to my Sayward garden wish list.

A beautiful, young specimen of the deciduous tree *Emmenopterys henryi* was another highlight. While it has been in sporadic cultivation for some time, this rare tree is a reluctant bloomer and seed is consequently difficult to find. The UBC specimens are still too young for flowers, which apparently are trumpet-shaped, creamy-yellow, and are accompanied by showy bracts that turn pink and remain on the tree for some time.

Certainly more common in gardens but breathtaking nonetheless is *Cornus controversa*. This one is certainly on my wish list, as is the less spectacular but more modest-sized *C. macrophylla*. Maybe Harry Wright would propagate these to add to his dogwood repertoire (and ours).

I never leave this wonderful garden without paying my respects to the first paperbark maple that I ever saw. Fifteen years ago it was smaller, but on that grey January day its impact was enormous.

Before leaving the gardens, a stop at the bookstore section of the gift shop is requisite. We picked up a copy of the excellent new UBC publication, *The Jade Garden*, which documents "new and notable plants from Asia" that are grown on site.

## HYDRANGEAS

By the time the rhodos finish blooming, the hydrangeas start their annual show. At Heronswood Nursery, in Washington, there were 78 selections in their 2002 catalogue. There are many shades of colour and forms of these hardy shrubs. They look best when massed together or grouped with other shrubs and perennials such as *Sambucus nigra*, astilbes, ferns, Japanese maples. Most require plenty of moisture, and enjoy a diet of animal manure for mulch.

By now some of the following outstanding examples might be available locally: *H. serrata* 'Preziosa', with purple stems, and a range of colour on one plant from cream, shades of pink, to ruby red. *H. quercifolia* 'Snow Queen', leaves vibrant shades of crimson and burgundy if in a sunny spot. *H. aspera* subsp. *sargentiana* grows tall and gaunt, should be used as background with its tropical-looking large velvety leaves, delicate plate-sized lacecap flowers in white, blue or mauve. How about *H. arborescens* 'Annabelle', with its huge round flower heads of tiny blossoms that begin creamy white and change to soft green. By summer's end the plant resembles a leafy green dome dotted with fluffy chartreuse basketballs.

*Material from Horticulture magazine, July-August 2002.*

MP Notes. I would like to add I have always had problems with every hydrangea tried in my well-drained sandy/gravelly soil. All hydrangeas, in my experience, need far more water than I can give them. And the deer are very fond of the leaves. The only one the deer don't touch, and water is less of a problem, is *H. quercifolium*. However, this is a tall, gangly plant with bark hanging in ribbons. The flowers and fall colouring of leaves are lovely, so the back of a border is its home.



## RHODOS FOR DRY AREAS

Will we have another dry summer this year? Who knows?

Weather, as usual, has not been very predictable since January, so we cannot know what else is in store for us this year. It is best to be prepared. When you are looking at those beautiful rhodos in the nursery, a park or another garden, consider some of the points made by Douglas Justice in "Indumentum", the newsletter of the Vancouver Rhodo Society, April 2002, discussing rhodos for the Gulf Islands and other dry areas on our coast:



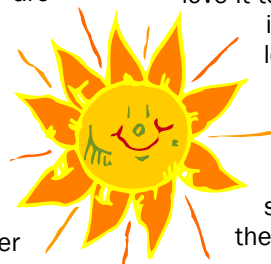
"With few exceptions, rhodos are not particularly tolerant of summer drought. Unfortunately, summer drought is the typical pattern in the Pacific Northwest, and nowhere is this more pronounced than in rain-shadow areas such as the southern Gulf Islands. Drought is exacerbated in these areas by thin, light soils that don't retain appreciable moisture and by significant competition from existing drought-adapted plants. This is often a hard lesson for those who garden without irrigation or are subject to summer watering bans in this area.

Pacific Rhododendron, *R. macrophyllum* and Western Azalea, *R. occidentale* may be good bets, as they routinely put up with dry summers. Otherwise, I recommend rhodos that have moderately tough, waxy leaves. These are adaptations that help plants cope with low moisture. Plant in the autumn to take advantage of winter moisture and make sure the soil is reasonably deep. Use an organic mulch top-dressing, but don't overdo it (3/4" deep over the root zone is adequate), and keep mulch away from the stem. Don't plant on sunny, exposed hillsides or at the top of a mound (where soil dries out fast). Overhead shade moderates summer heat, but established tree roots are remarkably efficient at sopping up all of the available moisture, so try to plant outside of their influence".

This would make a good discussion at a meeting, for I can hear "What about all the rhodos that have withstood no watering for years in my garden (mainly Cunningham's White or Pink), what about Ken Gibson, who gardens on a hill and always places his rhodos on mounds (but he has added years of mulch and has that lovely ocean fog drifting in every afternoon in summer)" and many other excuses and queries.

You have to just take your chances - but first ask other members of the Rhodo Club, check your neighbours' gardens, and stick to the "old reliables" unless you are positive that beautiful new variety has sound parents.

Our club has been going strong for 20 years, and many members can consider themselves "experts" in the rhodo world. In those 20 years we have had heavy snowfalls, violent winds, monsoon rains, and of course summer droughts. Some rhodos have laughed at all of it, some have been tossed onto the burning pile, some look rather pitiful all winter but offer the usual blaze of bloom in spring. So - give your rhodos

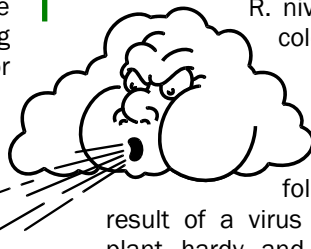


the best care possible, and be sure to ask questions - every gardener has a story to tell.

**AND THAT REMINDS ME** of another article, same newsletter, April 2006. Members had asked "Which are the worst rhodos to grow?" and *Ron Knight* happily replied, offering rhodos that will not "do" for him, though other people will disagree:

Ron's candidate for the worst rhodo is *R. Royston Reverie*, insipid flowers that form a mushy mess instead of opening.

*Garth Widemire* dislikes *R. Blue Peter* (weevils) and *Todd Major* dislikes *R. Unique Cream*. *Clive and Douglas Justice* offered *R. daphnoides* but neither mentioned the fact that the deer ate mine the same night I planted it. *R. praecox*, according to *Les Clay*, has miserable flowers and weevils. *R. President Roosevelt* is disliked by many members for its iron-starved look, but here MP has to add - the comical but sad story of a local specimen that landed in a creek during a windstorm. In other words, this plant, when grafted, has poor roots.



*R. niveum* is disliked by *Alleyne Cook* for the colour (plum purple) of the flowers, yet in Scotland this rhodo is practically worshipped by many people). *R. ponticum* is vilified by many gardeners. *Douglas Justice* objects to the weird foliage on *R. ponticum Variegatum*, the result of a virus infection. *Peter Wharton* considers the plant hardy and makes a good understock, but *Glen Patterson* calls it a weed (it certainly has become one in England and Scotland) and it makes ugly hybrids.

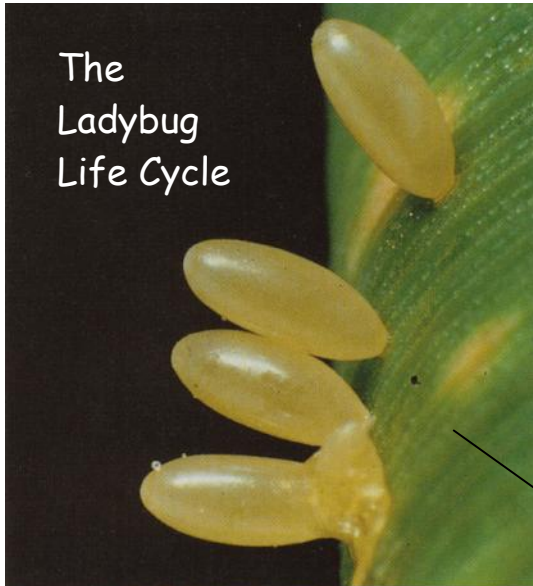
*Another note by MP* - When I collected many rhodos from the Stewart garden in Courtenay 35 years ago, and ignorantly planted them in my little forest, I probably planted many ponticums or hybrids Mr. Stewart produced with no records and no names. Now I have dozens of tall plants, many with the typical pale mauve or pink flowers of *ponticum*, blooming in late May. They don't get much summer sun, and are NEVER watered except by rain, but you know, they look just beautiful in the woods. The colour glows in twilight and I love them. Another time I can tell you about the problems.

*Virginia Richards* has many pluses and minuses. Attractive, but susceptible to *Phytophthora*, sensitive to bad drainage, infected by powdery mildew - I lost one to mildew (it was under a tree where air circulation may have been poor) but another, in almost full sun, in dry soil with little water in summer - hey - it is just beautiful.

One thing I have decided on after 30 years - if the weevils love it to death, dig it up and dispose of it. If the deer eat it, wait. They probably don't like the taste and will leave it alone next year. Watering can be a problem for the plants usually get far too much water in winter, and almost none in summer, whereas their "home" areas in the Himalayas have heavy rain in summer and 10 ft. of snow in winter. We must be thankful we can grow them at all.

## LADYBUGS (or as they call them in England - LADYBIRDS)

This cute little beetle is one of the best workhorses in our gardens. There are many kinds of colours and numbers of spots on these creatures, and we always welcome their presence in the garden. But I wonder if you can recognize the various stages in their life cycles? You might accidentally damage or kill them if you see these eggs - tiny yellow oval cylinders with pointed ends, in upright rows under leaves. The larvae which hatch from these eggs look very strange - about 3/4" long, grey with a few yellow spots, six legs. The larva pupates into a humpy yellow and black creature, which finally hatches into a ladybug beetle.



The first stage in the life cycle of ladybirds is the upright oval eggs, (x15) which the female beetles lay on the undersides of leaves.



The eggs hatch into larvae (x8) which often succumb to gardeners' pesticides because they look so different from the adults. In fact, it is at this stage that they have the biggest appetite for aphids.



When the larva is fully fed (x5) it pupates ready to hatch into an adult beetle.





## HOW ABOUT THOSE RABBITS?

The small brown rabbits with short ears, "wild" rabbits, have slowly wended their way up the Island, supposedly brought in to Duncan some years ago by an animal lover. Most people in our area are not lovers of these cute little creatures. It is bad enough that people buy rabbits for Easter, get tired of them, and let them go in someone else's field. This is animal cruelty I think.

Now we on the North part of the Island have to put up with little rabbits nibbling on garden plants - as well as the deer. Who said gardening was easy.

A recent copy of Amateur Gardening has an article on rabbits and gardens, and suggest some plants that they are not likely to eat. The Hardy Plant Society reports rabbits don't like plants with strong taste or smell, such as alliums, fritillarias, artemesias, or euphorbias. They object to prickly or spiny plants. Aconites, monkshood and foxgloves, which are poisonous to humans, are not to their taste either. Helleborus niger (Christmas Rose) is very tasty, they think, but they don't bother with H. orientalis (Lenten Rose).

Most spring bulbs are left alone except for crocuses (MP yes, they ate my crocus leaves). They don't bother with hardy Cyclamens, primulas, pulmonaria and aquilegia. Hardy geraniums are disliked, but penstemons are gobbled up. Roses are left alone except for new shoots.

Because rabbits in different parts of the country have different likes and dislikes, you may have to just watch carefully to see what they do eat, or get a big fierce dog to chase them. My neighbour's cat often drags home dead baby bunnies, so we may not become over-run with them.



## THE QUEST FOR R. WATTII

This is the first part of a description, by Steve Hootman, of a recent trip to Mount Saramati, on the northeastern border between India and Myanmar (Burma). We have several copies of a new book Rhododendron Species Vol I, published by the Rhodo Species Foundation this year. There is a great deal of interesting reading and lovely photos in this book, and I hope every member of the club will read at least some of the information in it.

I have often wished I were 40 years younger so that I could travel to some of these "Rhodo Mountains", but then when I read some of Steve's descriptions I shudder and say "Thank God I am sitting in my own

garden". How these people can struggle up and down the terrible roads, often on foot and soaking wet, how they can cheerfully eat whatever is put in front of them - how about this-"That night, with only 5 beds available, I volunteered to sleep on the floor and suffered a horrible night's sleep, fighting both dim-dams (same as our no-seeums) and visions of vipers, cobras and kraits crawling up through the holes in the floorboards all around me...it rained hard all night" or "the small house was set on poles situated above the pig sty into which all refuse was deposited through holes in the floor."

Yet the gang seemed to be cheerful and determined, most of the time, to find some of the plants they had on their lists.

When you read about the kind of country they tracked down rhodos in, you have to wonder how these plants will settle down in our gardens, not only at sea-level instead of high on mountains thousands of miles away, but in a vastly different climate. We have dry summers and wet winters, with some snow and frost which gives the plants very little protection from low temperatures. In their homeland, they often have rain all summer, and many feet of snow in winter.

## RAISING HELLEBORES FROM SEED

Here is yet another way to try to start seeds of these lovely winter-blooming plants, from the booklet "Hellebores", by Graham Rice, published by the RHS, and borrowed from our Rhodo library.

These plants are tricky to raise from seed, yet, when plants drop their seeds around, you will have dozens or hundreds of seedlings quite soon. I think it is because the seeds like a hot dry period, then a wet one, which is exactly what they get in our area. The seed pods open and the seeds drop around the end of June, which is just about the time we expect a couple of dry months.

Mr. Rice says "Try to sow the (fresh) seeds in midsummer. Pots are more dependable than the open ground; use large pots to give the roots plenty of room to grow. Use a soil or peat-based seed compost, and pack it loosely in a clean pot. Never use a "half-pot" or less than a 4" pot. Cover the seeds with 1/2" of grit or pea gravel, place in a cold frame and water well. Try to keep the humidity high by covering the pot with a terracotta saucer, but remember to remove it and water regularly. This method may be the only way to grow "special" plants, for the ones allowed to seed themselves give you many shades of green to pink and mauve as well as white."

## SOIL

I found a useful article in a January copy of Amateur Gardening. Using this information is sure to help produce more healthy rhodos. I quote and paraphrase Monty Don.

"In a teaspoonful of soil you can expect to find about 25,000 species of bacteria, 10,000 species of fungi, 1,000 protozoa and 100 nematodes. That means there are millions of bacteria in a single gram of soil and each contributes to the balance and health of the soil and the same goes for the fungi, nematodes and protozoa. In a complex relationship, some of these exist to feed on others, some rely on plants for food and some provide food for plants.

Conventional farming and chemical gardening inevitably upset this balance and wipe out the vast majority of life in the soil. The soil loses the ability to grow healthy plants, you apply more chemicals and the cycle continues.

The answer is - good old garden compost. A compost mulch improves the soil and is the only way to encourage the incredible intensity of life within a healthy soil. Compost is composed not only of decayed plant material but of living organisms, mainly bacteria and fungi. One gram of compost can contain 8,000 different species of fungi.

Monty Don attended a conference of the Soil Association in London, and gathered this information from various workshops there.

### A NOTE FROM MARY PALMER:

I spend time reading and re-reading articles by other people, and whenever feasible, I take the ideas or copy the material for our newsletters. I always try to give credit for other people's work, and I always proud and happy to have other news editors "borrow" mine. They don't have to ask my permission. Technically speaking, I should get written permission from other writers, but when I have done this they don't bother to answer the letters. So.... giving credit is the best I can do.



Many thanks to all those members who helped with the Rhododendron Sale & Show and the Garden Tours. Special thanks to Don Law for his many hours tabulating the finances, and to Evelyn Wright for arranging the gardens. Also to Evelyn and Bernice Morrison for providing the Garden Tour refreshments.

This year's fundraising events were extremely successful, and most enjoyable for all who helped and attended.

### Bouquets to everyone involved.

Dave Godfrey  
Events Coordinator

## RECIPE REQUESTS:

### RHUBARB SOUR CREAM CAKE

(submitted by Pauline Bonney)

#### Beat together:

¼ C butter  
1 ½ C brown sugar  
1 large egg (lightly beaten)  
1 tsp vanilla  
1 C sour crème

#### Topping:

¾ C sugar  
¾ tsp nutmeg

#### Mix:

2 1/3 C flour  
1 tsp each Baking soda & salt

Stir dry ingredients into wet ingredients. Add: 4 cups of rhubarb (½ " pieces). Add ½ Cup raisins for an extra taste treat. Put in a greased 9 by 13 pan and smooth top. Sprinkle with the topping mixture and bake at 350°F for about 40 minutes. Serve with whipped cream.

### RHUBARB MATRIMONIAL BARS

#### Rhubarb Filling:

3 C rhubarb, chopped  
1 ½ C sugar  
2 Tbsp cornstarch  
1 tsp vanilla

#### Crust

1 C flour  
½ tsp baking soda  
1/8 tsp salt  
1 C margarine  
1 C Brown sugar  
2 C rolled oats.

**Filling:** Combine and cook filling ingredients until thick. Cool

**Crust:** Sift flour, baking soda and salt. Rub in margarine. Add sugar and oatmeal. Mix well until crumbly. Spread ½ crumb mixture in greased 8 x 8 pan. Pat down firmly. Cover with filling. Sprinkle remaining crumbs on top; pat down again. Bake at 325°F for 30 to 40 minutes, until light brown. Freezes well.

### RHUBARB CUSTARD PIE

Pastry for a Single-Crust Pie

1 C sugar  
¼ tsp salt  
3 Tbsp Frozen orange juice concentrate  
2 Tbsp butter or marg, softened  
1/3 C chopped pecans

3 Tbsp Flour  
3 egg yolks  
1/3 C sugar  
3 egg whites

1 lb fresh rhubarb, cut into ½ " pieces (3 cups) or 16 oz package frozen rhubarb, thawed

Line a 9 " pie pan with pastry, trim to ½ inch beyond edge of pie plate, flute edge, do not prick pastry.

In large bowl combine 1 C sugar, flour, and salt. Add egg yolks, juice concentrate, and butter or marg. Beat till smooth. Stir in rhubarb. Beat egg whites till soft peaks form (tips curl over). Gradually add 1/3 C sugar, beating till stiff peaks form (tips stand straight). Gently fold whites into rhubarb mixture. Pour into pastry shell; sprinkle with nuts. Bake 325°F oven for 55 minutes. If desired, garnish with whipped cream. This one is yummy!!!