



**{ FEBRUARY }**

*North Island  
Rhododendron  
Society  
2010/2011 Executive*

- President**  
Diana Scott .....338-0208
  - Vice-President**  
Paul Wurz .....287-4301
  - Past President:**  
Harry Wright.....338-8345
  - Secretary**  
Pauline Thompson .....339-3423
  - Treasurer**  
Dave Godfrey .....335-0717
  - Director: Ways & Means**  
Nadine Boudreau .....339-0909
  - Director: Membership**  
Brian Staton .....337-5228
  - Director: Revenue Table**  
Chris Aldred .....335-3221
  - Director: Newsletter/Library**  
Noni Godfrey .....335-0717  
..... nonigod@shaw.ca
  - Social Committee:**  
Louise Casson.....334-2331
  - Publicity:**  
Helena Stewart.....339-1733
  - Sunshine Lady:**  
Nancy Munro.....334-3719
- The club meets at 7:30 p.m  
the second Tuesday of each month  
(except May through August)  
United Church in Comox.

*Coming Events*

*31st January 2011-Executive Meeting 2.00 pm*

The executive meeting will be held at the home of Harry and Gwen Wright, 769 Chaster Road, Courtenay.

*8th February 2011-Regular Monthly Meeting*

**Judy Walker: "MAKING CONNECTIONS"  
From a Continent to an Island**

On the west coast of North American and especially in southern BC, Washington and Oregon, we are aware of the wonderful specimens of rhododendrons. Even if one isn't an enthusiast for the genera, the plants can't help but turn heads. But beautiful as they are, each one has a story - where did the plants come from, who were their parents? Did the seed travel thousands of miles to a small nursery here? Have the stories been forgotten?

Those questions led Judy to search out the connection between the plant collectors, the British nurseries, the wealthy members of the Rhododendron Society and to the surprising connections on the west coast of North American - and to the key - the Royston Nursery on Vancouver Island.

Join Judy in "Making Connections" for the fascinating story of friendships and chance encounters, trials and triumphs that have given us the wealth of rhododendrons in our gardens and parks today.





February. Ahhhh! It can be our winter deep freeze or almost spring! Thankfully we have our gardens to provide inspiration regardless of the weather.

'Christmas Cheer' (caucasicum x unknown; hybridized by Methven) and its near-twin



'Rosa Mundi' (caucasicum x unknown; hybridized by Standish & Noble) can begin blooming in the late fall but come into their own in late January

and early February. They have a small pink truss with medium green leaves. Experts say that 'Christmas Cheer' has slightly shorter leaves and blooms a week earlier than 'Rosa Mundi', and many folks have their theories about how to tell them apart. Regardless which one you might have, it's a joy to see it blooming so early in the garden. Last year our Christmas Cheer began blooming in September and was still blooming in the spring! Now that's garden value!!

Several other Rhodos can be in bloom as early as February. One of the earliest to bloom is the species moupinense, native to the mountainous Sichuan area of China. Some writers suggest that it is somewhat epiphytic, so it would be at home on moist old tree stumps or well decayed fallen logs. The delicate, open funnel-shaped flowers are white often tinged with pink. Although it has charm as an early bloomer, it

can be a somewhat leggy plant. The species sutchuenese, also from China, has pink bell-shaped flowers with reddish spots, long dark green leaves, and can form a very large shrub or small tree. Its name means 'from Sichuan' and it was introduced to the west in 1901 by E. H. Wilson. Two early blooming hybrids with moupinense parentage are 'Bric-a-Brac' (leucaspis x moupinense; hybridized by de Rothschild) which has lax trusses of white to pinkish-white funnel-shaped flowers and bronze new foliage, and 'Olive' (moupinense x dauricum; hybridized by Stirling-Maxwell) which is a shrubby plant with bright pink funnel-shaped flowers. Brian and Barb Staton typically bring in a truss from their 'Olive' to brighten the winter meeting!

We are fortunate in the Valley to be able to grow a number of plants that provide colour or



fragrance at this time of year. Daphne odora (winter daphne) is a compact mound-shaped evergreen shrub with small but very highly fragrant flowers that bloom in late winter. Robert Argall has a most impressive Daphne odora plant in his garden - it never fails to impress! Winter daphne is a native to China and has been referenced in its literature and medicine for a thousand years. It was named by Thunberg who first saw it in 18<sup>th</sup> century Japan, and the plant was introduced into Britain via Kew in 1771 by B. Torin. Those familiar with Greek mythology will recognize Daphne as the name of a nymph, but the name for this plant may actually have come from an Indo-European word meaning 'odor'. All parts of the daphne plant are poisonous, but apparently the root and bark have historically been used in medicine for toothaches and skin conditions. That said - I will simply enjoy its fragrance!



*Hamamelis* or *Witch-hazel* is another plant that provides both colour and fragrance in our gardens.

The brilliant yellow, bronze and reddish colour of the autumn leaves is stunning, and then in late winter the spidery, fragrant flowers dazzle us once more. North America has three species of *hamamelis* (*H. ovalis*, *H. virginiana*, and *H. vernalis*) with one each in Japan (*H. japonica*) and China (*H. mollis*). The most common witch hazels that I see in our gardens are the bright yellow flowered 'Arnold Promise', the paler yellow 'Pallida', the orangey-copper 'Jelena' and the reddish 'Diane'. They are all *hamamelis* x *intermedia* which is a cross between *H. japonica* and *H. mollis*. We have *Pallida* in our garden and it never fails to put on a show. I found it interesting to find out that the name *Witch* in *witch-hazel* actually has its origins in Middle and Old English *wiche/wice*, meaning "pliant" or "bendable". The leaves and bark of the *witch hazel* have been used medicinally for centuries primarily as an astringent and to soothe skin irritations. As with all medicinal plants in our garden, I'm happy to know about it but not interested in experimentation.

A stellar shrubby tree in our garden is *Cornus Mas*, also known as *Cornelian Cherry*. It is



situated just outside our back door and at this time of the year it is covered with small yellow ball-like flowers all along the leafless stems. It is a jolt of sunshine on a

dreary day! This is a plant with multiple seasons of interest, and in the fall it is covered with dark, ruby-red fruits. They are elongated 'berries' which are a magnet for birds that

spend days rustling through the leaves harvesting the drupes. Although I don't use them, the fruit - which is described as a mixture of cranberry and sour cherry - is used for making jams,



saucers and can even be distilled! If our tree should

ever have to come down, John will be very interested in the wood which is extremely dense and actually sinks in water. Historically it has been used by craftsmen for making spears, javelins and bows, as well as tool handles and parts for machines. At this time in our garden, however, we are enjoying the burst of yellow provided by these dazzling winter flowers.

It's a pleasure to enjoy the delights of our winter gardens -- as we begin to anticipate the many joys of spring that are just around the corner!

## RHODODENDRON VARIETIES & LOCATIONS

### Within British Columbia

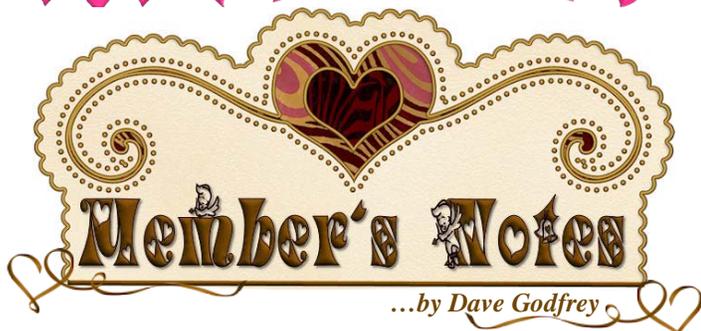
Many years ago I started a project which included collecting *Rhododendron* names and their location in BC gardens. So far I have 125 gardens listed with an inventory of over 4000 varieties. I would like to update my list for the Western Regional Conference in Nanaimo in 2012.

At this time I would like to ask those who have sent me their inventory, to update it and to those who haven't please consider doing so. I will accept garden inventories during all of 2011; this will give me time to compile the information before the conference in September, 2012.

Harry Wright  
250-338-8345

Email [haidaau@shaw.ca](mailto:haidaau@shaw.ca)





# Member's Notes

...by Dave Godfrey

Was it Divine Intervention or simply Mother Nature up to her usual old tricks? Whichever, our January meeting just was not meant to be! First our hall kitchen gets flooded out, but we decided to push ahead with modified facilities; but then an unexpected snowfall made travelling treacherous. So at the last minute, it was decided to cancel the meeting in order to err on the side of caution and keep everyone safe.

It was too bad that this had to happen as our guest speaker, Steve Hootman from the RSBG in Federal Way, Washington, had a colourful and informative program lined up. Steve is the Executive Director of the Rhododendron Species Foundation (RSF) Botanical Garden, and in 2007 was awarded the ARS Gold medal for his contributions to the Society and the genus rhododendron. He is one of the foremost international plant hunters and one of the world's most knowledgeable Rhododendron authorities.

Although Steve was unable to give his presentation to our chapter on "Rhododendrons in their Natural Habitat", he was able to make his presentation the following evening to the MARS chapter in Qualicum on "Plant Exploration in Southern China and North Vietnam" and to the Nanaimo chapter on Thursday, January 13th on "Recent Changes at the RSF". Steve was well received at these meetings, and was appreciative of the warmth and hospitality shown to him on his Island visit. He has promised to return to give a presentation to our chapter at a future date.

NIRS members *Harry & Gwen Wright* accompanied *Dave & Noni Godfrey* to the MARS meeting and report that it was well worth the trip. Also in attendance were our associate members and friends *Susan & Art Lightburn* from the Nanaimo chapter, *Ken & Madeline Webb* from Victoria, and *Alan & Sandy Campbell* from the Cowichan Valley chapter. There were approximately 50 in attendance with about half those guests from other chapters.

In addition to the many wonderful slides in his PowerPoint presentation, Steve also gave a short educational on the recent changes to the Rhododendron Species Foundation Botanical Garden. The RSF garden has undergone tremendous expansion in recent years, and has just opened the Rutherford Conservatory which

houses Vireyas and other non-hardy rhododendrons. Had we held our meeting on January 11<sup>th</sup>, we would have had an opportunity to welcome our newest chapter members, *John Heintz & Carol Sheehan* of Comox. We also welcome as new members, *Dave & Pam McIntosh* of Ucluelet. As with members *Wanda & Frank McAvoy* also from Ucluelet, Dave & Pam will not likely make too many meetings or events, but appreciate the opportunity to be a part of the Rhododendron organization as members of our chapter.

Preliminary plans are underway for our busy month of May. A letter has been sent to the Mayor of Courtenay asking him once again to proclaim May as "Rhododendron Month", and to receive permission to post our proud banner on the train building behind our beautiful community garden.

We will soon be gearing up for the annual NIRS Sale and Show on Sunday May 1<sup>st</sup>, followed by our 16<sup>th</sup> Annual Mother's Day Garden Tour on May 8<sup>th</sup>. Then our Annual General Meeting is scheduled for Tuesday May 10<sup>th</sup>, at which time we will be pleased to host Herman and Marjo van Ree of Holland. Herman is the owner and originator of the Hirsutum rhododendron website, and is looking forward to meeting many chapter members and visiting their gardens. Also in May, we have a planned return visit by friends of the Whidbey Island chapter. If time permits, we may even squeeze in a bus tour to MARS gardens in Port Alberni and Parksville/Qualicum. So buckle up folks, "May is Rhododendron Month" and it is only a few months away. It promises to be an exciting one this year.

The annual Members' Yearbook and Roster is hot off the presses and will be available for those members attending our meeting on February 8<sup>th</sup>. Our speaker for the meeting will be none other than NIRS founding member, Judy Walker, who will provide a presentation on "Making Connections - From a Continent to an Island." Judy will be making the connection with the origins of rhododendrons through plant collectors, British nurseries and wealthy members of the ARS, including a surprising Royston nursery connection. This is one presentation not to be missed. So we hope to see you at the February 8<sup>th</sup> meeting and don't forget to wear your name tag for that extra lucky raffle ticket!

**FEBRUARY 2ND  
IS  
GROUND HOG DAY**





# Member Profile Judy Walker

Judy grew up in Vancouver and attended UBC for her first degree in Honours Agricultural Sciences. She managed to avoid some soil and plant courses and at 21, when purchasing daffodils bulbs.... in the spring... was disdainfully told that one plants those in the fall! From that auspicious start into the plant world she has been an enthusiastic gardener—starting with a vegetable garden, adding on chickens, a greenhouse and lots of compost. She moved to Vancouver Island in 1974 and to the original Walter Gage farm property in 1981. Judy initially worked for Nori Pope at Trent River Nursery, and later at his nursery on Carwithen Road. It was through Nori that she became Mary Grieg’s friend and gardener. Judy and 8 other gardening friends started the North Island Chapter of the ARS.

Judy began landscaping and after a particularly grueling day of spreading drain rock under condominium decks, decided to save her back for her own garden and become a landscape architect. She returned to UBC in 1988 and then finished her Master’s degree in landscape architecture at the University of Washington in Seattle. She returned to the Comox Valley— after seductive offers of big city practice for the “quality of life” issue— does one work where one wants to live or just live where one works? Judy worked for 9 years with Chislett, Manson and Co. as the landscape architect in the architecture and engineering firm. While there she worked on commercial, institutional and residential projects. Her favourite line from a developer at the time, for Super Store— was him grumbling about having to put in any landscape and telling Judy— “You know what kind of landscape I like?

Asphalt!” Judy bit her tongue from replying that in Brandon, Manitoba— the head office of Super-Store, maybe that was the only choice! She and Alison Mewett, another landscape architect, taught landscape design classes at North Island College for several years— enjoying people confidently designing their own great gardens.

In 2003 she worked for the then Comox Strathcona Regional District as a planner to fill in for a maternity leave and then later was hired full-time. She was the planner for Quadra and Cortes and loved the quirky island rural life and politics, and continues to be outspoken for protection of the rural areas and agriculture in the Comox Valley. In 2006 she took the position of planner for the Village of Cumberland so her background with the quirky islands stood her in good stead. In the village she deals with a wide range of planning issues— from development and parks, to street trees and bears.

Also in 2006, Judy and husband, Brian Pearson, planted their 2 acre vineyard and last year sold all the red grapes to Beaufort Winery for the first Leon Millot wine from the Comox Valley to be released later this year. If you can’t find Judy in the vineyard, she is in her favourite place— her vegetable and flower garden— “Planet Judy” as a friend named it. A well-meaning friend once commented that a complete irrigation system could be installed and “you would hardly have to be in here”...Judy looked horrified and replied “but I only want to be here!”

*“This is not hard work, this is doing what I love— it’s only neurotic if you work this hard and don’t like it!”*



## The World in Your Garden Rhododendrons 2011

65<sup>th</sup> Annual International Convention of the  
AMERICAN RHODODENDRON SOCIETY

11 to 15 May 2011

Vancouver, Washington

Convention Website [www.ARS2011Convention.com](http://www.ARS2011Convention.com)

# LEGENDS AND FLOWERS PART III

...by Helena Stewart

*"Flowers have a mysterious and subtle influence upon the feelings, not unlike some strains of music."* Henry Ward Beecher.

*"...If music be the food of love, play on."* William Shakespeare, Twelfth Night.

Valentine's Day is known as the most romantic day of the year, a fact flogged endlessly by florists to husbands desperate on February 14 and sons who live leagues away from their mothers. Nonetheless, it is a rare woman who is not moved when she is presented with a huge bouquet of red roses on Valentine's Day.



The **rose** has been known as the symbol of love and romance since Roman times when it was the favourite flower of Venus, Goddess of Love and Beauty. Historians tell us that the tradition of giving red roses on Valentine's Day started in the 1700s when Charles II of Sweden first introduced the Persian custom of "the language of flowers" to Europe. Books were later published that outlined exactly what each flower signified so that whole conversations could be carried on by young lovers just by using flowers.

All this came in very handy during Victorian times when expressions of feeling were restricted by etiquette and conformity so men and women had to use the beauty and color of flowers to express emotions they couldn't express any other way. Wooing became an intricate game of unspoken messages sent via flowers.



A campanula or Canterbury bell, for example, said "I am grateful to you." A red carnation said: "My heart aches for you" while a yellow one meant "You have disappointed me." A striped carnation was a definite refusal: "Sorry I can't be with you." You had to be very careful with color: while a blue poppy signified love at first sight, a yellow one could mean extreme betrayal, a broken heart or jealousy. A pear blossom meant lasting friendship, shame or bashfulness while a dandelion implied that the fair damsel was a coquette. Some herbs and shrubs sent dangerous messages: a sprig of coriander said "lust" and a bit of mint indicated suspicion. Marigolds were associated with pain and grief, lettuce declared the loved one cold-hearted and hydrangea accused him or her of frigidness and heartlessness. Heaven help the messenger who sent a lime blossom which indicated (horrors) fornication.

But many flowers beside the rose meant love in its many forms. Mallow meant the sender was consumed by love. The daisy meant loyal love and the honeysuckle a sign of devoted affection. A little more provocative, a damsel who received an orange lily would know she was the object of desire and passion. The forget-

me-not was a flower that universally spoke of true love.

A poignant love story figures in the legend behind the **Forget-me-not**. It seems that a young man and his sweetheart were walking beside the Danube when they came across some blue flowers that grew on an islet in the stream. The man leapt into the river to pluck them for his sweetheart braving a strong current even though the girl begged him not to go. He managed to pick the flowers and was almost back to shore when he was hit with a severe cramp. Unable to fight the current and rapids, he took one last look at the white face of his beloved, flung the bouquet at her feet and cried as he disappeared: "Forget me not!" She never forgot him and then wore the flowers in her hair until she died.

A Persian legend tells of a youth named Farhad who fell in love with a maiden named Shirin. One day word reached him that she had been killed. Mad with unbearable grief, he mounted his favourite horse and galloped over a cliff to his death like a Middle Eastern Romeo. From each drop of blood that trickled onto the ground from his wounds a scarlet **tulip** sprang as a symbol of perfect love.



Transformation plays a big role in flower legends. Greek legend tells of a beautiful young nymph named Daphne who was a



hunter and refused to marry, dedicating herself instead to Artemis, goddess of the hunt. Apollo, son of Zeus, fell in love with Daphne and when she refused him he pursued her through the woods. In fear, Daphne called upon her father, the river god Peneus, for help. Dear old dad changed her into a bay laurel on the bank of the river to protect her. Heart-broken, Apollo took branches of the laurel in her memory

and made a wreath that became the symbol of eternal love and striving for excellence. All Olympic champions were thereafter crowned with a wreath remembering Daphne and if you should go to Rome, you'll see a magnificent statue by Bernini of Apollo clutching at Daphne halfway through her transformation.

Floral legends are many but one anecdote comes from the curmudgeonly George Bernard Shaw. Novelist Arnold Bennett visited Shaw in his apartment and, knowing his host's love of flowers, was surprised to see that there was not a single vase of flowers to be seen. Bennett said: "But I thought you were so fond of flowers" to which Shaw replied: "I am and I'm very fond of children too but I don't chop their heads off and stand them in pots around the house."

# International Collaboration: Creating The Rhododendron Species Foundation - Part 1

...by Joe Ronsley

(Joe Ronsley was the past President, Rhododendron Species Foundation and past President of the Vancouver Rhododendron Society)



'The Rhododendron Species Foundation is a non-profit organization founded and incorporated in 1964 by members of the American Rhododendron Society in order to secure the finest

authentic forms of Rhododendron species, and to develop a comprehensive collection of this plant genus. Conservation has become of primary importance in recent years due to the destruction of Rhododendron habitat in many areas of the world.' Such is the opening paragraph on the history of the RSF as outlined on its website - [www.rhodygarden.org](http://www.rhodygarden.org)

The Rhododendron Species Foundation was founded in 1964 on the collaboration of dedicated plantsmen and women, in three different countries—the United States, Britain, and Canada. A small group of gardeners in Oregon, led by Dr Milton Walker, were unsatisfied with the usual rhododendron hybrids to be found in local nurseries and garden centres, and, consequently, in gardens. Perhaps they were purists who simply wanted to get back to the original productions of nature. Or they were concerned with conservation of species endangered by habitat destruction. Or perhaps they had the refined sensibilities that lent themselves to the more subtle beauties of the natural originals rather than the 'in your face' showiness of most of the available hybrids.

Clearly, upon investigation, the line between subtle beauty and showiness is not so clearly drawn, however, at least not always. But whatever the original motivation, there was a desire to introduce into North American horticulture, to accompany the man-made hybrids, the natural species of *Rhododendron* for the discriminating enthusiast and connoisseur. The original idea for the implementation of the idea was to take cuttings from the best species *Rhododendron* clones in the great British gardens, plants which themselves were propagated from among those introduced directly into Britain by the renowned British plant explorers in Asia, and bring them into cultivation as a collection of *Rhododendron* species in

the United States. The intent, by the way, lest there be eyebrows raised among the cynical, was not to take the cuttings surreptitiously, but rather to take them with the full and generous collaboration of the proprietors of the British gardens! Eventually the plants would then be further propagated, and be disseminated among private interested parties.

This was the idea of a small group of men with big imaginations, living in two states, Washington and Oregon. But, unfortunately, the people directing American customs regulations had smaller imaginations, and required that all plant material imported from outside North America be fumigated when coming into the United States. In other words, the plants could be legally imported into the US, the only requirement being that they be dead. Fortunately, however, the plants could be brought, legally and live, from Britain into Canada, and the resulting propagated plants could then, after a period of time, say two years, be imported from Canada into the United States. So, on the recommendation of Milton Walker's friend Mary Greig, owner of Royston Nurseries on Vancouver Island, the plants were sent from Britain to Canada, rooted at the University of British Columbia, and when established sent to the fledgling RSF, at the time located in Oregon—in Dr Walker's own garden near Eugene, actually. One plant of each taxa was retained for the UBC Botanic Garden collection.

This last detail, the compensation as it were to UBC for taking the trouble, suggests to me a possible spin-off from this arrangement which may be of special interest to Canadians. At this time, there was no actual garden at UBC designated as a botanical garden, though some members of staff had titles such as Director and Curator of the Botanical Garden. Instead, special plants, many coming



from Ted and Mary Greig's Royston Nursery, were planted throughout the campus, and the entire campus was considered to embody a botanical garden. But in 1963, the Botanical Garden

designation itself, along with its previously titled Director and other personnel, was abandoned and the relevant people transferred to the Department of Physical Plant, or Buildings and Grounds as it was then called. Evelyn Jack, now Evelyn Weesjes, working at the time in this Department, propagated all the cuttings coming from Britain, beginning in 1964 and continuing over several years.

(Ed. Note: Series continues with Part 2 in next month's *Rhodoteller*.)

# Tidbits...

SEEDY SATURDAY 2011

Qualicum Beach, B.C.

Qualicum Beach's 9<sup>th</sup> annual Seedy Saturday kicks off the 2011 season with speakers Linda Gilkeson, "Smart Gardening: Three Keys to growing Your Most Successful Organic Garden Yet", Chanchal Cabrera, "Weeds As Medicines", and Dan Jason with Owen Bridge, "Saving Seeds", who will show you how to "Eat Your Garden", this year's theme. With over seventy vendors, Farmers' Market, traditional Seed Swap, raffle and door prizes there's lots to do.

It's all happening at the Qualicum Beach Civic Centre, Saturday, February 5<sup>th</sup>, 10 a.m. to 3:30 p.m. with a Special Pre-Show Presentation by Linda Gilkeson, "The Bugs In Your Garden: The Good, The Bad and the Beautiful", Friday, February 4<sup>th</sup> at 7:00p.m. in the Windsor Room. Limited seating so get there early. Admission by donation.

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

## MILNER GARDEN SUNDAY OPENINGS

Starting on Sunday January 30<sup>th</sup> Milner Gardens will be open each Sunday. The Gardens and Tea Room will be open from 11:00am to 3:00pm. Entrance for non members will be by donation through to our regular opening on March 31<sup>st</sup>. Come watch the blooms as they unfold and stop in for a cup of tea or a hot bowl of soup. The Christmas gift shop in the Magnolia room will be open during these Sundays through February. On the first Sunday opening, January 30<sup>th</sup>, we will be trying to tap some of our native maples and boil down the sap into syrup. Stop by and watch the process!

For more information please visit

[www.milnergardens.org](http://www.milnergardens.org) or phone 250-752-6153.

## COODIE GALS FOR FEBRUARY



Barb Staton, Chris Aldred,  
Maureen Denny and Noni Godfrey

# RECIPE REQUESTS

## Newfie Tongues

*Delicious donuts adapted from various 'BeaverTails' donut recipes online*



1/2 C warm water

Pinch of granulated sugar

1 C warm milk

2 eggs, lightly whisked

1 1/2 tsp salt

2.5 C flour

2 C sugar, tossed with 2 tsp cinnamon

4.5 tsp active dry yeast  
(2 envelopes)

1/3 C granulated sugar

1 tsp pure vanilla

1/3 C canola oil

2.5 C whole wheat flour

4 C canola oil for frying

### i heart you

In a large bowl, stir together warm water, yeast and a pinch of sugar. Let stand until it is slightly foamy (about 5 minutes). Add the remaining 1/3 cup of sugar, milk, vanilla, eggs, oil and salt. Stir until smooth. Mix in about half of flour and continue stirring, with a wooden spoon, gradually adding the remaining flour until it all has been incorporated.

Flour your hands and turn dough onto a floured surface. Knead for about 5 minutes. The dough will be very sticky, but resist the temptation to add more flour. Transfer dough to a greased bowl and cover with a clean dish towel.

Let dough sit covered until it rises and doubles (about 45 minutes). Lightly deflate dough and pinch off a piece about the size of a golf ball. Gently form into a ball with your hand. On a floured surface, use a rolling pin to roll out the small ball of dough into an oval shape, about 2 x 4 inches. Put it onto a lightly floured baking sheet and cover it with a tea towel while you continue to do the same with remaining dough.

Heat about 4 inches of oil in a deep-fryer (375F/190C) or Dutch oven. Before placing flattened dough into oil, gently stretch to enlarge the oval (I stretched mine to about 4 x 7 inches), to resemble a *Newfie tongue*. Carefully slip the dough ovals into oil (one or two at a time). Fry, turning once, until golden brown, about 30 seconds per side. Carefully remove from oil and let drain momentarily on paper towels. While still warm, toss lightly in cinnamon and sugar mix.



Until Next Month  
Noni

