



# The Rhodoteller

www.nirs.rhodos.ca



**October**

## North Island Rhododendron Society

**2014-2015 Executive**

**President**  
 Jake Ellis.....337-8516

**Vice-President** ..... vacant

**Secretary**  
 Adrienne McNabb .....898-8712

**Treasurer**  
 Dave Godfrey .....335-0717

**Past President:**  
 Paul Wurz .....287-4301

**Director: Ways & Means**  
 Dick Bonney.....339-7594

**Director: Membership**  
 Jill Gould .....331-1859

**Director: Revenue Table**  
 Fran Thornton.....339-3754

**Director: Library**  
 Ruth Fowler.....890-9448

**Director: at large**  
 Garth Wedemire .....941-5598

**Newsletter**  
 Noni Godfrey.....335-0717  
 ..... nonigod@shaw.ca

**Social Committee:**  
 Claudia Ellis .....337-8516

**Sunshine Lady:**  
 Nancy Munro.....334-3719  
 The club meets at 7:30 p.m  
 the second Tuesday of each month  
 (except May through August)



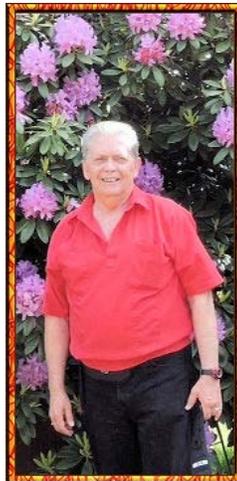
## 7th Oct 2014 - Executive Meeting 2:00 pm

The executive meeting will be held at the home of Dick Bonney 3293 Seabank Road, Courtenay.

## 14th Oct 2014 - Regular Meeting 7:30 pm

### Highlights of the 2014 Rhododendron Exhibition

Earl Daneluk, of the Nanaimo chapter will be showing us highlights of the "2014 Rhododendron Exhibition", an event only held every four years in Germany. Spectacular rhododendron garden displays, features a wide array of different species and hybrids including many "tree" size rhodos.



Next a visit to **Hachman's Nursery**; the largest rhododendron production nursery in Germany and perhaps the world. See hundreds of thousands of rhodos at all stages of growth, their display garden, propagation greenhouses, test fields, new varieties and much more.

Both of these places were included as part of a 12 day ARS Tour of public and private rhododendron gardens in Germany & Denmark. This is NOT a travel-log but rather a pictorial overview showcasing beautiful rhodos in bloom, and is part one of a two part presentation. Part two will be presented in the spring.



# President's View

...by **Jake Ellis**

As I get older my plan for life has simplified. Live every day to the fullest. That's it. And looking out the window this morning the day ahead has unlimited possibilities. The early morning sun, the blue sky, the light breeze all seem to confirm the weatherman's forecast for a beautiful day. A little creative writing, some quality time in the garden followed by another session of self-inflicted frustration at the golf course. I'm getting excited just thinking about it. Something even more exciting though, was the start of the NIRS season. Over the past 3 weeks, as president of this chapter, I attended the District 1 Meeting at Horseshoe Bay which was followed by our first executive meeting of the season and a few days ago we had our first general meeting. And on Sep 15th Paul Wurz and I attended the planning meeting for the 2015 Convention in Sidney.

Probably because this was my first general meeting as President of NIRS, I was a little nervous and on edge but those feelings quickly dissipated. Even as members started to arrive at the church it was obvious that this was going to be a lot of fun. The atmosphere was reminiscent of returning to school in September after a couple of months off and seeing all your friends and meeting and making new ones. To make it even more special the speakers for the night were of our own. We have had some superb speakers visit our club from other chapters and places but it was really inspiring to watch and listen to members of our own chapter like Lois and Nadine. Last year it was Dany and Shane who delivered such an enjoyable and informative session that they ended up taking it on the road. I noticed Art Lightburn and his wife Susan in the crowd at our last meeting -- so I expect Lois and Nadine should get the call any day now.

When I started this year as president, I thought if I had one goal in mind it would be to encourage more members to get involved in the running of NIRS. However, it seems clear that my goal has almost been realized already with no effort on my part. We have some new members on the Board of Directors this year. We have members stepping out of their comfort zones to make presentations like we saw from Nadine and Lois and when we asked for volunteers to host the AGM and June Picnic we received almost immediate results. I hope this trend will continue with upcoming events -- particularly the 2015 Convention. Last year I served our chapter as vice-president under President Paul Wurz and I can honestly say I learned more

about the ARS and so much more about rhododendrons than I learned over all the previous years as a member. Fear and hanging around with Paul were undoubtedly the major contributors to that learning. This year, to this point in time, we haven't had a vice-president which was a shame. And lo and behold while I was preparing to challenge someone to step up I was approached by a member interested in doing just that!

The name of this member will be put forward at our upcoming executive meeting and will be divulged at our next general meeting. That was way too easy. Obviously I need to set loftier goals.



# Raffle Rhodos

...by **Dick Bonney**

Donated by Ken Webb and the Victoria propagating group. **'Hachmann's Marlis'** (*Mars X yakushimanum*



*R. Hachmann's Marlis*

*'Koichiro Wada')* was hybridized by world famous Hans Hachmann in 1970. This plant flowers in May, buds up young and is a compact bushy grower. This is a consistently reliable plant and won the RHS Award of Garden Merit. Hardy to -18 C. Height 5ft. in 10 years.

Hybridized by D.L. Hardgrove in 1966, **'Golden Star'** (*fortunei* ssp. *fortunei* x *wardii* Croceum Group) grows



*R. Golden Star*

to 5 feet and is hardy to -17 C. The buds are tinged with apricot and open into wavy petals of soft mimosa yellow in ball shaped trusses

with seven flowers, late to mid season. Leaves are elliptic, apiculate at tip, rounded at base, 5" long, dull green and are usually retained for 2 years. Golden Star is a worthwhile addition to any collection.

# Member's Notes

...by *Dave Godfrey*

As Nat King Cole once sang... "Roll out those lazy, hazy, crazy days of summer!" And what a summer we have been enjoying this year. For most of the people I have spoken with their number one complaint was spending too many hours watering! Unfortunately this becomes a necessity if you wish to give your plants a chance of surviving the heat of summer, especially rhodos!

Mother Nature is back on the job and doing the watering for us again now. Some other sure signs of summer coming to an end are: the drop in temperatures when the sun goes down, the changing colour of the leaves and the first meeting of the new season for the rhodo club!



On Tuesday, September 9<sup>th</sup>, an amazing 65 members and 3 guests attended this first meeting. **President Jake Ellis** welcomed everyone back from the summer break, and thanked our outgoing executive members for their "job well done!" It was nice

to see NIRS associate members **Susan & Art Lightburn** in the audience, as well as **Gwen Wright's** daughter **Deb McLaren** as a guest. We also welcomed our newest member **Kathy Gordon** of Royston.

Membership chair **Jill Gould** reports that 29 regular members and 1 associate membership have been renewed for 2015. This is fantastic! We encourage our members to renew their memberships sooner, rather than later, to avoid being missed from the ARS Journal mail out and from our own Yearbook roster. If you are unable to attend the meetings in October and November, feel free to mail your \$35 cheque (payable to N.I.R.S.) to the address found at the bottom of the front page of our newsletters.

**Fran Thornton** and **Ann Chevrier** were delighted with all the many items donated to the revenue table at

the September meeting. A big thank to all those members who made a generous contribution. The funds raised at the revenue table help to offset the hall rent and other meeting costs. Please continue to bring along a garden related item or two in the coming months.

Speaking of items, members are also reminded when ordering items online to make the extra small effort to access Amazon.com and other online stores through the ARStore. This small step helps contribute funds to the ARS and helps keep our membership costs down. For your convenience, a link to the ARStore can be found on our NIRS website's "Links" page.

Following the business portion of the meeting, it was time for our Show & Tell. Adding his usual sense of humour **Dick Bonney** brought in a sample of the newly discovered rare "Blue" rhododendron blooming in his garden. **Dany Fortin** discussed his contributions of pink flox, some salvia, his geranium "Roseanne" (which he says blooms all summer), and a purple Monkshood. **Bernie Guyader** showed a sample of his Osteospermum (an African daisy), a Dianthus, and his gentians which are late blooming. Thank you gentlemen for your presentations, information and humour!

After a short break, and before the evening's program commenced, draws were made for the raffle and door prizes. Congratulations to **Ron Cameron** winner of R. 'Molly

**Anrl**, **Ann Chevrier** winner of the 'Yakusimanum x bureavii' cross, and **Maureen Denny** who won the third rhodo draw 'Sea Shells'. Also winners were **Gwen Wright** for the Hori garden knife as a door prize, and **Dave Doubek** won the garden apron donated by **Jill Gould** (Dave's wife!)

With the formalities out of the way, it was time for our program. Back in early May, presenters **Nadine Boudreau** and **Lois Clyde**, along with seven other NIRS members made their way to San Francisco to join a California/Oregon garden tour arranged by the Cowichan chapter.

This 6-day bus tour included visits to the San Francisco Botanical Garden, Mendocino Botanical Garden at Fort Bragg, the Giant Redwoods and the



Hinsdale Rhododendron Garden, to name just a few. (See a separate article in this issue) A colourful and interesting presentation was enjoyed by all in attendance.

Next up will be a presentation by **Earl Daneluk** of the Nanaimo chapter showcasing a tour he and 22 ARS members, including our own **Antje & Peter Guertler**, enjoyed to Northern Germany and Denmark. Part 1 of the presentation covering the European Rhododendron Exhibition and Hachmann's Nursery will be our program for the October 14<sup>th</sup> meeting; while Part 2 of Earl's presentation will be our program next March when he will present some of the many gardens they visited.

As announced by President Jake, another clean-up work party was held at the CVRG on Thursday, Sept. 11<sup>th</sup>. Once again, a group of 13 members attended and managed to remove many of the weeds and grasses that continue to invade the beds. (Photos of the event have been added to the gallery.) A final work party for the season will likely be called for Thursday, October 16<sup>th</sup> - weather permitting! Plans will be announced at the October meeting.

Special congratulations to NIRS member **Brian Staton** on his recent medal haul at the BC Senior Games in Langley. Brian has been a competitive swimmer for many years, and now has another nine gold medals to add to his collection.

**Paul Wurz** advised that plans are well underway for the 70<sup>th</sup> Anniversary ARS Convention next May in Sidney, BC. Look for further information on the website ([www.2015rhodo.ca](http://www.2015rhodo.ca)) as registrations will begin soon.

Because our annual Mother's Day tour next May 10<sup>th</sup> falls at the same time as the Convention, plans are already underway to locate gardens in the Courtenay/Comox area willing to be available for the tour. **Helen & Joe Stefiuk** have already graciously offered their garden to be on the tour. If any other members are willing or know of another suitable garden, please notify Secretary **Adrienne McNabb**. Until next month...Dave

# A Tour To Remember

...by **Dave Godfrey**

(Ed. Note: This article is based on notes provided by **Nadine Boudreau** and **Lois Clyde** from their September presentation.)

Back in early May, nine members of the North Island chapter made their way to San Francisco to join a California/Oregon garden tour arranged by the Cowichan chapter of the ARS.



The 6 day bus tour began with a stop at the Pulgas Water Temple. This stone structure was erected in 1938 by the San Francisco Water department to commemorate the completion of the Hetchy Hetchy aqua

duct which supplies water to San Francisco and the surrounding areas.

The tour then continued to the estate garden of William & Agnes Bourn. This 654 acre estate was developed over 12 years from 1917 to 1929 by famous landscape architect Bruce Porter. When the Bourns passed away in 1936, the estate was purchased by William and Lurline Roth and it was under Mrs. Roth's supervision that the gardens gained worldwide recognition. Mrs. Roth in turn donated the estate to the "National Trust for Historic Preservation" in 1975.

These estate gardens include a sunken garden; a vegetable garden; a cutting garden where sweet peas, dahlias, zinnias, asters and peonies were grown for the house; a rose garden with 242 different varieties of roses, and a knot



garden, with its whimsical garden art scattered throughout, developed in 1976 by a local garden club. There are 16 acres of formal gardens which keep 14 full-time gardeners, 5 interns and countless volunteers busy tending to the grounds. Over 95,000 bulbs (NO, that's



not a typo!) with 40,000 tulips grown in containers and 16,000 bulbs planted throughout the estate, the spring display is incredible! Unfortunately, most had just finished before this tour.

It was then on to the famous San Francisco Botanical Garden. The site was chosen and designated in 1890 by Mr. McLaren, then City Superintendent of Parks. But it wasn't until 1926 when Helen Strybing, widow of a wealthy San Francisco merchant, provided the funds that work began on developing the garden in 1930. Today, this 55 acre Botanical Garden, located within the Golden Gate Park, is looked after by City Park employees and volunteers. With its mild temperatures, wet winters, and dry summers coupled with San Francisco fog, the garden showcases over 50,000 plants from around the world.

The only private garden visited on the tour was owned by Judy and Bob Matthey. The 10 acre garden set amongst second growth redwoods is located just south of Fort Bragg. They have a collection of over 300 specimens of rhododendrons and conifers. The garden features two waterfalls that emerge from hidden springs, two large ponds, nine stone benches and a classical stone bridge that connects the house to the rest of the garden. The Smithsonian Institute was so impressed with their garden that they have included it in their "Archive of American Gardens."

Our next stop was at the world famous Mendocino Coast Botanical Garden in Fort Bragg. Founded in 1961 by retired nurseryman Ernest Schoefer and his wife, Betty, this 47 acre garden employs 5 gardeners and 2 nursery staff for its upkeep. It opened in 1966 and in 1992 it was purchased by the California Coastal Conservancy. It was then transferred to the Mendocino Coast Recreation and Park District.

Next to the entrance to the Mendocino Garden, the Noyo chapter of the ARS had organized the 37th annual 'John Drucker Memorial Rhododendron Truss Show' inside a large tent. The largest truss show in California, it featured over 975 entries this year. The Noyo chapter had asked for volunteers from our group to assist in the judging and NIRS member Heather Mackenzie became one of the assistants.



Travelling north, the tour stopped at the Richardson Redwood Grove in Humboldt County, just south of Eureka, California. This grove and the Ladybird Johnson Park within the Redwood National State Park is home to some of the

largest redwood trees in the world. Within the 110,000 acre State Park, in 1969 then Governor Ronald Regan dedicated a 300 acre grove in honour of the former First Lady for her campaign to preserve America's natural beauty.

It was then on to Shore Acres State Park located south of Coos Bay, Oregon. Here the Coos Bay chapter set up a welcoming area with a truss display. Once the grand estate of pioneer timber baron, Louis Simpson, this park features 5 acres of formal gardens, including an "All American Rose Selection" display garden. There were circular rose beds and wonderful rhododendrons in formal settings. Beyond a huge pond there was also an informal rhodo garden with large mature plants among the tall trees.



Unfortunately the original estate mansion burned to the ground in 1921 and another was built in 1927. Then in 1942 the estate was sold to the State of Oregon for a mere \$29,000. It was used by the army during the second World War, but due to its deteriorating condition the second mansion was torn down in 1948. The estate sat unkempt for years until in 1975 the Oregon State Parks department launched a restoration program which rehabilitated Shore Acres to what it is today.

Next stop was the Hinsdale Rhododendron Garden. Hinsdale is located 3 miles east of Reedsport, Oregon. The garden is currently being restored by the Bureau of Land Management and a group called "The Friends of Hinsdale Garden"; some being from the Suislaw Rhododendron Society.

The property had been in the Hinsdale family since 1912. Howard Hinsdale was a very successful business man including an owner of a sand and gravel company. In the 1940's, Howard began remodeling the house and gardens. He dredged about 23,000 cubic yards from the Umpquar River in order to build up the elevation of the property.

In 1952, he began landscaping the 8 acres by procuring mature plants by touring through the affluent areas of Portland. When he found a plant he wanted, he would knock on the door and offer the owners cash. He offered them so much money that they couldn't refuse! In the meantime, other plants were purchased from England and transported via the Panama Canal. Because Mr.

Hinsdale purchased mature plants, two of them R. Cynthia (1890) and R. Fortunei (1895) are now very old and massive.

In the mid-1960's Howard and his wife separated and he moved to Oswego. The property was left unattended for many years. Then, when he passed away in 1987, the house and gardens were left to his son, Oscar. In 1994, he sold the property to the Bureau of Land Management. The Bureau planned to demolish it as they only wanted it as an "Elk Viewing Area". Fortunately the "Friends of Hinsdale" group was formed and managed to preserve the gardens. It continues to be a labour of love for many people to clear the land and identify plants using Howard Hinsdale's meticulous records.

After a brief stop at the Greer Gardens and Nursery in Eugene Oregon, where 90 plants worth \$3000 were purchased in less than an hour, it was off to the final garden on the tour - Crystal Springs Rhododendron Garden.

This 7 acre garden boasts an outstanding collection of rare species and hybrid rhododendrons along with hundreds of companion plants and unusual trees. Development began in 1950 by the Portland chapter with support from the Portland Superintendent of Parks. With the help of many volunteers the garden flourished, and in 1956 the first show was held. More than 2500 plants have all been donated to the garden by volunteers and interested individuals or purchased through specifically donated funds. The garden is named for the Crystal Springs Creek which flows along the western side of the garden into a large lake on the property which attracts many types of waterfowl.

Mature rhododendrons moved to the property in the 1950's formed a canopy over the pathways around the lake. A massive R. davidii and the pure white "Snow Queen" provided a magnificent showing. Three natural springs feeding the creek

provided a perfect location for the many hostas and companion plants under the rhodos.



This garden was truly a treasure on which to end the tour, as everyone said their goodbyes and made their way back home. The thousands of photographs taken will provide a wonderful memory of this trip for many years to come.

**Happy Halloween**

## Membership Fees

Our 2014-2015 membership drive is on again, so a quick review of where our monies go is in order. Again, as a member of the North Island Rhododendron Society, you are part of the larger organization called the American Rhododendron Society.

Membership fees are set by the ARS and are paid in US funds by NIRS to the parent organization. The ARS membership fee is \$30US. NIRS charges \$35 as a membership fee which typically covers the fee paid to the ARS with some leeway for the exchange rate. Sometimes club funds subsidize the membership; sometimes we retain a few dollars!

The \$35 fee is for one ARS 'membership' and a membership number (and technically one vote if a vote is required). In practical terms, many of us have joined NIRS as a 'couple' despite holding only one membership in the ARS. In recent years, the ARS has recognized this practice at the Chapter level and the fee of \$30 US now includes two family members. This change does not make any difference at our local level. As a single or a couple you will still receive only one Journal per household.

As a club, our fundraising efforts go toward the upkeep of the CV Rhodo Garden, the rental of the Church hall, paying for our Speakers, purchasing equipment (e.g. our projector and microphone systems, club laptop, etc), and for the general expenses incurred in running a club. We continue to work hard at these fundraising initiatives, and have been frugal in our spending. The Executive feels that it is appropriate at this time to maintain our local membership fee of \$35, and subsidize the remainder of the membership fee when required.

The ARS would be delighted to have any of our members increase their financial contribution by becoming a Sustaining or Sponsoring Member. In addition, we have a number of Associate members who belong to a different 'home' chapter, but have decided to be part of our group as well. For a small fee (currently \$10 per chapter), you can be an Associate member of any other chapter in the ARS. Several of our members belong to MARS, our sister chapter in Qualicum/Parksville attending meetings and functions there from time to time. If any of these membership alternatives are of interest, please speak with our Membership Chair Jill Gould for more details

# A.R.S. 2015 ANNUAL RHODODENDRON CONVENTION

Hosted by the Victoria Rhododendron Society

6-10th May 2015

Sidney-By-The-Sea - Highlight Speakers



## Marc Colombel



Marc Colombel was born in Picardy, France and began his career as a navigator in the air transport branch of the French Air Force. Since retiring from the Air Force, Marc and his wife, Theresa, live in Brittany, France. Marc has been a member of the A.R.S. for nearly 30 years.

His main interest in Rhododendron hybridization began in 1985, and by the end of 2013 he has created about 900 different crosses. He registered his first hybrid in 1992 and gave it the name of his house "Kernéostic" because of the huge hundred-year-old Broughtonii growing to its gable. He also registered 12 more hybrids that year.

1993 was a prosperous year for Marc. He published a book "Rhododendrons : Mode d'emploi" and created the Société bretonne du Rhododendron (Breton Rhododendron Society - headquartered in the town of Fouesnant, France.) Marc was the President for 14 years and the society now has more than 160 members. He has also written over 200 articles for the bulletins of the Society.

Right from the start, Marc encouraged the members of the society to hybridize. After about 5 years of practise, they began to register. He also started his first web site in 1996. The goal of this web site ([www.rhododendron.fr](http://www.rhododendron.fr)) is to share his knowledge and to educate visitors with the help of files. There is a very active forum on his website with nearly 300 members.

Recognizing his efforts to educate and promote the genus Rhododendron, in 2008 the American Rhododendron Society presented Marc Colombel with the Silver Medal Award.

In 2000, Marc launched the first rhododendron show in France. There were a lot of flower shows, but not one for rhododendrons only. For his many contributions, Mr. Colombel was made a Chevalier of the Agricultural Order by the French Government in 2010.

The ARS 70th Annual Convention is being held in Victoria this coming year. Our members are encouraged to attend and take in some of the presentations and of course the garden tours offered on Thursday, Friday and Saturday. For more information go to <http://2015rhodo.ca/>



# Autumn Choices

...by *Dany Fortin*

Our garden is going through another transformation. After a beautiful long, dry summer this year, we are spectators of a magnificent, colourful change, called dormancy. Rhodos seem to just cruise along apart from shedding old leaves and growing new flower buds for next spring's crescendo. One reason I like rhodos so much, is their perpetual, evergreen foliage, and their lovely structure in the garden all year. It is on this pacific coast rainforest that rhodos enjoy the precipitation in the months to come. Autumn is like a renewed 'goodbye', year after year, 'I'll see you again in the spring'.

Some of my favorite plants in my garden at this time of year are the Monkshood (*Aconitum*), the Toadlily (*Tricyrtis*), *Kirengeshoma palmata*, and a late flowering *Saxifraga fortunei*.



*Aconitum (Monkshood)*

The great blues of the *Aconitums* stand tall above all else, making fall so beautiful. They can be used in contrasting combinations with the colourful trees and shrubs, perennials and grasses that shine in autumn. *Aconitum japonicum* is from Japan and it is at it's best between September and October. It forms large clumps of stems up to 150cm tall. The maple-like leaves are coarsely toothed, three to five lobed, with inflorescence coming out of each leaf axil along the top half of stem. Hardy to -20c, perhaps. It's a great sturdy plant with handsome buttery yellow autumn leaves, contrasting with the striking blue flowers.

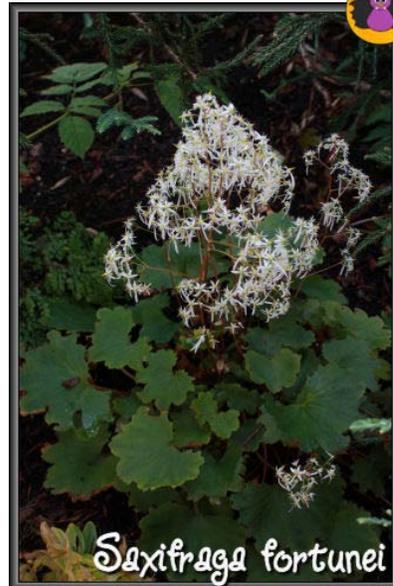
Another good companion for *A. japonicum*, is *Tricyrtis formosana* because the purple magenta and the blue are so close on the colour wheel. The leaf shape of *Tricyrtis* is simple, ovate-lanceolate, arranged in alternating intervals along the stem. Native to Taiwan, growing in forest and moist leafy soil in partial shade, it flowers from August to

November. The flower is orchid-like, white with purple speckling, facing upwards. Hardy to -15c.



*Kirengeshoma palmata*

*Kirengeshoma palmata* is from Japan and is apparently almost extinct in the wild. However, since it was collected by plant collectors, distributed world wide and cultivated over decades, it has a strong hold in it's conservation. It belongs to the *Hydrangea* family, and is a beautiful rhizomatous perennial, flowering in the fall. Native to mountains and steep woodland with loose rocky soil, it can grow up to 120cm. Leaves are large, and palmately lobed, flowers have bright yellow, overlapping, fleshy petals, and the whole plant turns pastel yellow when dying down. Hardy to -15c.



*Saxifraga fortunei*

*Saxifraga fortunei* is named after Robert Fortune, who discovered it. This saxifraga has a glossy, rounded, crenately-lobed leaves, 8-10cm across, on long petioles. Dark green to bronze on top, and pink to reddish underside, with beautiful veination. Pure white flowers are born in graceful, 40cm panicles. Each flower has five narrow,

unspotted petals, of which one or two are longer than the other ones. It is from China, Japan and Korea, living among shaded mountain rocks. *S. fortunei* needs a moist, acidic soil and hummus leaf mold in a sheltered, partially shaded corner of the garden. Mine is still flowering as of today, November 5th. Also hardy to -15c.

Autumn is a exciting time for me. I always look for the best colors out there. There is plants that die, or should i say in the process to reach dormancy, some wither, shrivel go brown and die. For example *Hostas*, some die fast without

colors and some die nicely with an intense yellow buttery hue that last into November. This year I did not cut my huge clump of Ligularia, the ray florets or petals fell off revealing the bracts, it just sat there for weeks in the late summer. Death I thought, but out of death came a blossoming sphere of seeds, the seeds of life itself. Kind of like a dandelion seed head, but coffee colored and nicer.



The rain would flatten the bristles (pappus), sticking them together to collapse the sphere. The sun would dry it up and reform the sphere. This lasted until mid December. The low winter sun made the spheres glow against the dark backdrop of my yard.

Some times you have to be patient, not to cut these plants with special seed heads before February. You have to choose plants that extend interest all year, or else you might get caught in the winter blues.



- 1 tsp fresh thyme
- $\frac{1}{2}$  C sour cream
- $\frac{1}{2}$  C shredded cheddar cheese



Cut the spaghetti squash in half and remove the seeds. Place in a covered dish with a  $\frac{1}{4}$  inch of water and microwave for 10 -12 minutes. In a medium sized skillet over medium heat, add the butter, onions, red pepper and thyme and cook until the onions are slightly brown in color. Salt and pepper to taste.

Using a fork, scrape the insides of the squash and transfer to a small bowl. Combine the squash, onions, sour cream and half the cheese together and mix well. Transfer the mixture to a buttered baking dish and top with remaining cheese.

Place into a 375° for 15 - 20 minutes until golden brown on top.

# OCTOBER GOODIES

Paul Wurz - Carolyn Chester  
Cathy Storey - Adela Smith  
Lily Vanderhorst - Dorothy Law

## RECIPE Requests



### Spaghetti Squash Au Gratin

*Tastes like Hash Brown Casserole without all the calories and carbs*

#### Ingredients:

- 1 medium spaghetti squash
- 2 Tbsp butter
- 1 small yellow onion, cut in half and thinly sliced
- $\frac{1}{4}$  tsp red pepper flakes, more if you like it spicy

