

BLG Newsletter for Week of December 8

Thank You – to the mysterious person (likely not a volunteer) who, for the second year, pruned our blueberry bushes for us!

“Tis the Season” – Helga and I had been talking about where to get some holly to deck her halls, and Lisa was able to let her know where some was available. Helga sent me this photo of the result:



Helga's Christmas Tree

If you would like to share your Christmas Tree in the newsletter, send it to Pat.

Wanted: It would be great if volunteers could bring in some small-size tubs (250 ml) with lids as we find these handy for many things:



Active Members' Contact List – In the past we have sent out, every so often, an updated contact list of Active BLG members. This used to be sent as an attachment to all members. We did this so that if volunteers wanted to get in touch with each other, they had the means. We will certainly not be putting it on the website, the way we do the newsletter. It could still be sent out as an attachment to all with the Monday link email but some volunteers are not sure they want it “out there” at all. If you would rather not have your name on the list, let Pat know that and your name and contact info will be deleted and we will not send you a list. We plan to have an updated list ready to send early in January.

Recipes from Lisa -

Spiced Parsnip Pound Cake

- ¼ cup butter, at room temperature
 - ¼ cup oil
 - ½ cup sugar
 - ½ cup brown sugar, packed
 - 2 large eggs, at room temperature (yes flax eggs would work)
 - 1 teaspoon vanilla extract
 - 1–1/4 cup all-purpose flour
 - 1 teaspoon baking powder
 - ½ teaspoon baking soda
 - ¼ teaspoon salt
 - 1 teaspoon cinnamon
 - ½ teaspoon Nutmeg
 - ½ teaspoon ground or grated ginger
 - 1–1/3 cup freshly peeled and grated parsnips
 - ½ cup chopped pecans, walnuts if you'd prefer
1. Preheat the oven to 350 degrees F. Lightly grease an 8×4” loaf pan and line the bottom (if desired) with a trimmed piece of parchment paper for easy removal. Set aside.
 2. In a large bowl or the bowl of a stand mixer, cream together the butter, oil, sugar, and brown sugar until smooth, about 2 minutes. Add the eggs one at a time, mixing gently at each addition, followed by the vanilla.
 3. Add the flour, baking powder, baking soda, salt, and spices, stirring only until combined.
 4. Add the parsnips and nuts and fold until just integrated.
 5. Spoon the batter into the prepared pan and smooth the top. Bake the loaf in the oven about 45-47 minutes, or until a toothpick inserted comes out clean. Allow to cool 10 minutes before inverting the pan on a cooling rack to allow to cool completely. If desired, top with frosting.

Simple Sautéed Mustard Greens Recipe

- 1 bunch mizuna, about 10 ounces (can sub spinach, giant red mustard, Bekana, Choy)
- 2 cloves garlic, crushed
- 2 tablespoons oil
- 1 teaspoon fish sauce OR balsamic vinegar OR hot sauce OR soy sauce
- 1/4 lemon, fresh
- Salt to taste, about 1/4 teaspoon
- Freshly ground pepper

Directions

1. Wash and drain mizuna. The greens do not have to be completely dry. Roughly chop into 1-inch segments and set aside. (If you are substituting choy you might want to reserve the stems for a stir fry!)
2. Place a wide and shallow pan or a wok over high heat. Add 2 tablespoons of oil.
3. Add crushed garlic and stir around for 5 or so seconds.
4. Add greens to wok or pan and sauté for 1 minute, stir around constantly. Greens should be softened but still crisp. Add chosen liquid and salt and stir around to distribute evenly. Garnish with a squeeze of lemon and freshly ground pepper. Serve warm or at room temperature.

Dates to Remember -

Sat., Dec. 20 – last Saturday workparty until February 2026

Wed., Dec. 24 – Christmas Eve – No workparty.

Wed., Dec. 31 – New Year's Eve – No workparty.