BLG Newsletter for Week of Oct. 26, 2026

Thank You – to Lisa, Georgina, Bill, and Pat who showed up for the Saturday workshop and sorted seeds even though it was wet and cold, and Lisa was just getting over the 'flu.

Workshops – Unfortunately, the workshop originally set for last Sunday, Oct. 16, did not happen. However, it will go ahead next Sun., Nov. 1.
The workshop set for yesterday, Sun., Oct. 25, went well and on schedule.

Potluck Lunch Last Wednesday – As usual, there were lots of delicious contributions. Here are a few of the requested recipes:

Brussels Sprout Salad - https://whatgreatgrandmaate.com/paleo-roasted-brussels-sprouts-salad-2/ Instead of the maple balsamic dressing called for in the recipe, I used a honey mustard one I had on hand (1/4 c. each of honey, olive oil, apple cider vinegar, and dijon mustard). And I added one apple, cubed. PW

Apple Cake - Joan H. promises to send this next week.

Pumpkin Cranberry Muffins (thanks to Shelagh)

¼ c butter, softened
1 c sugar
1 large egg
1 can (14 oz) pumpkin puree
1 tsp vanilla
2 c flour
2 tsp cinnamon
1 tsp baking powder
½ tsp baking soda
½ salt
¾ c buttermilk
½ c dried cranberries
½ c pecans, chopped (optional)
Preheat oven to 400 F.
Beat butter and sugar to consistency of wet sand. Add egg, pumpkin, and vanilla and mix well.
In another bowl, combine dry ingredients. Add 1/3 dry ingredients to the butter mixture. Then add half the buttermilk. Continue alternating until everything is mixed together. Add the cranberries and/or pecans. Divide the batter between 12 muffin cups and bake for 25-30 mins, or until golden and springy to the touch.
Recipe from *Grazing* by Julie Van Rosendaal

Dates to Remember

Sun., Nov. 1 – 1 - 3pm - retry of "Fall Propagating" workshop (registration still open through Parks & Rec.) Thanks to Sandra who will be hosting this one.

Wed., Nov. 11 – Remembrance Day – Official workparty cancelled but unofficial weeding or tidying is always an option.