

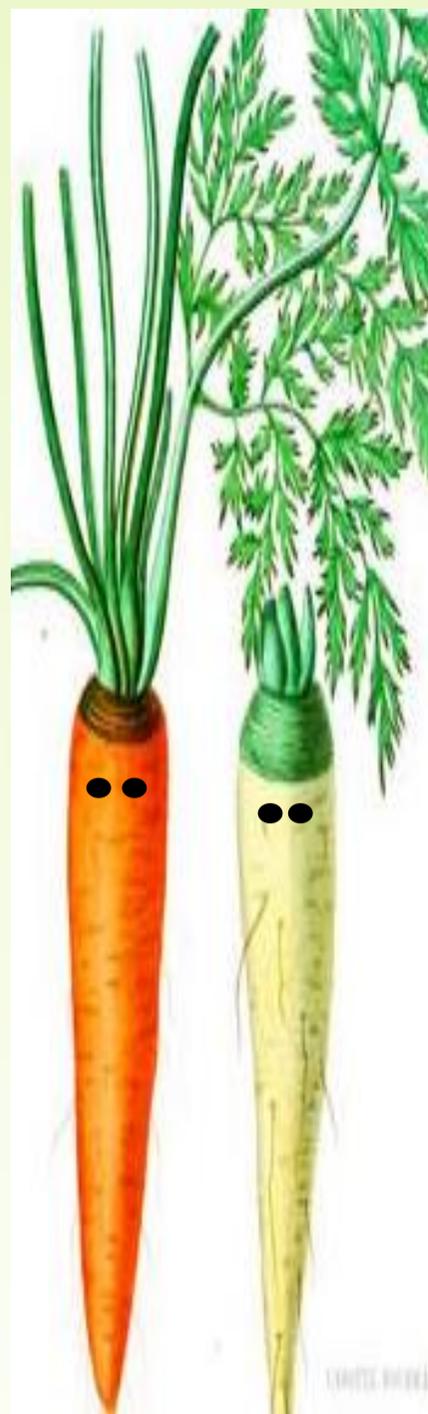
Welcome Gardens! Newsletter

June 7th/2017

LATEST NEWS!

Thanks for joining us last Friday in our Planting and Growing tomatoes workshop!

Thanks to Jared for growing tomatoes for us and sharing planting tips.



How much do you know about Rhubarb? Share your tips and recipes.

Rhubarb is a herbaceous perennial plant originally from Asia and widely used in Europe and North America. Rhubarb leaves are poisonous, but the long fleshy stalks with a strong tart taste are used to make desserts. Although rhubarb is not a true fruit, in the kitchen it is usually prepared as if it were. Most commonly, the stalks are cooked with sugar and used in pies, crumbles and other desserts.



In traditional Chinese medicine, rhubarb roots have been used as a laxative for several millennia. Rhubarb also appears in medieval Arabic and European prescriptions. It was one of the first Chinese medicines to be imported to the West from China.

Do you have too much Rhubarb? Check this recipe out!

Rhubarb Meringue Pie*

Shortbread crust: 1/2 cup butter (softened), 1 Tbsp icing sugar, 1 cup flour, For the crust, combine all ingredients and press into a nine-inch pie plate. Bake at 350 F for 12 minutes.

Filling: 3 egg yolks, 3/4 cup sugar, 2 Tbsp flour, 1/2 cup whipping cream, 1 tsp vanilla, 4 cups chopped rhubarb. For the filling, beat everything except rhubarb together. Stir in rhubarb. Pour into crust. Bake 40 minutes or until custard is set, at the same temperature.

Meringue: 3 egg whites, 1/4 cup sugar. For the meringue, beat egg whites and sugar together until the blend forms soft peaks. Spread over pie. Continue baking until the meringue is lightly browned.

* taken from the Times Colonist (May/2017).



Garden Activities Happening in Victoria next week

Creating a Herbal First Aid

Learn how to make your own herbal first aid kit to have on hand for treks out into the woods or your backyard. We will talk about the medicinal plants used in the kit,

When: Saturday June 10th

Time: 1:00-3:00 pm

Where: Compost Education Centre, 1216 N Park St
Victoria, BC V8T 1C9

Fee: \$20

Guided Bird walks

Bring your binoculars and walking shoes and meet in the parking lot for this informal and informative walk around the lake area. Donations are appreciated. Download a copy of the sanctuary bird checklist [here](#).

When: Every Sunday

Time: starts at 9 am

Where: Swan Lake, meeting point parking lot.

Do you have recipes or stories? Please share with us welcomegardens@vircs.bc.ca

For more information about times and topics, please visit VIRCS event calendar at www.vircs.bc.ca or Welcome Gardens facebook page <https://www.facebook.com/vircswelcomegardens/>

Victoria Immigrant and Refugee Centre Society- VIRCS