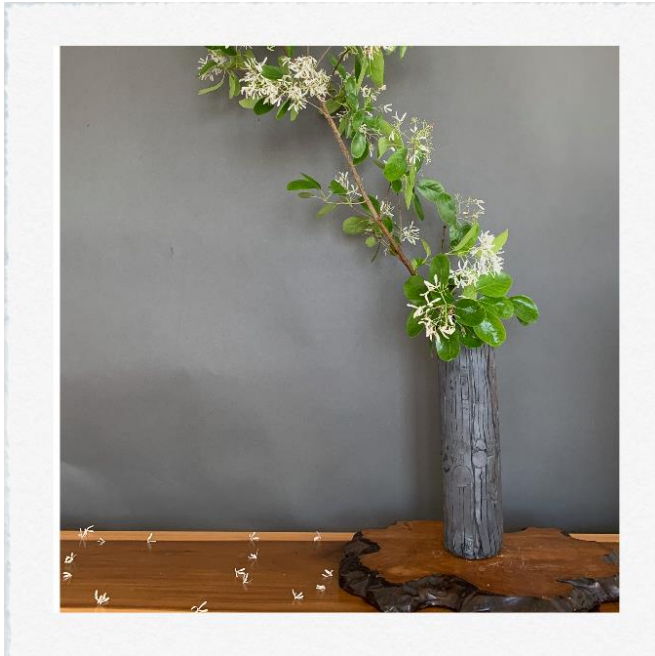


## September Meeting Follow-up



We are back!

Hope everyone enjoyed learning about the Japanese art of Ikebana from Shirley Bludau and Audrey Charlton. They both did some lovely demonstrations.

Many thanks to those who brought treats and drinks. The teachers at Thornwood Elementary appreciated the extras!

Sally Smith was the lucky winner of the raffled succulent pumpkin.

The recipes for the goodies are below, as are Karla Bower's notes from the meeting.

### **RECIPES – seasonal treat – Peanuts**

**Best Super Soft Peanut Butter Cookies -**

<https://www.lecremedelacrumb.com/best-super-soft-peanut-butter-cookies/>

**The BEST Gluten Free Peanut Butter Cookies Ever -**

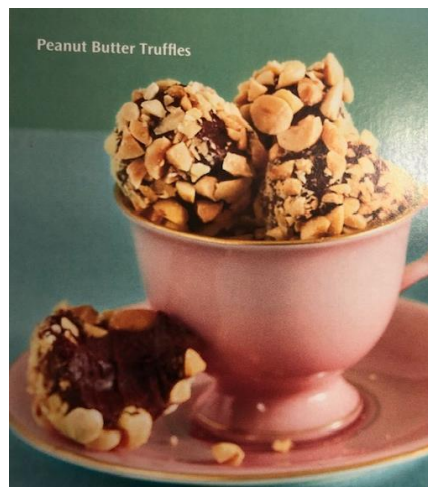
<https://glutenfreeonashoestring.com/gluten-free-peanut-butter-cookies-crosshatch/>

**Salty Peanut Bars -** <https://goboldwithbutter.com/Recipes/Salty-Peanut-Bars>

### **Drink**

**Autumn Sweet Tea Punch -**

<https://southernbite.com/autumn-sweet-tea-punch/>



*make ahead*

### **Peanut Butter Truffles**

If you overbeat the chocolate mixture in Step 2, beat in 2 to 3 Tbsp. more whipping cream to return mixture to a smooth consistency.

**Makes** about 2 dozen

**Hands-on Time:** 20 min. **Total Time:** 3 hr., 30 min.

- 1 (12-oz.) package semisweet chocolate morsels
- ½ cup whipping cream
- 3 Tbsp. creamy peanut butter
- ¾ cup finely chopped, lightly salted roasted peanuts
- Wax paper

1. Microwave morsels, cream, and peanut butter in a medium-size microwave-safe bowl at HIGH 1 to 1½ minutes or until melted and smooth, stirring at 30-second intervals. Let cool 10 minutes.
2. Beat chocolate mixture at medium speed with an electric mixer 1 to 2 minutes or until whipped and smooth. Cover and chill 2 hours or until firm.
3. Shape chocolate mixture into 1-inch balls, using a small ice-cream scoop. Roll in chopped peanuts. (If chocolate mixture becomes too soft to shape, refrigerate until firm.) Place on wax paper-lined baking sheets. Chill 1 hour before serving. Store truffles in an airtight container in refrigerator up to 5 days.

## September 28, 2023

The meeting took place at Nottingham Forest Club.

### **Announcements**

Barbara highlighted features in the September and October newsletters.

See the October newsletter for meeting dates through January, as well as information on workshops and field trips.

### **Garden Tip**

Use an olla (pronounced oy-ya) to help irrigate your plants. See pp. 12-13 & 15 of the September newsletter for information on how they work, and how to make them from terra cotta pots. Do not use glazed pots. You can also purchase them from nurseries or on-line. In addition to helping with irrigation, this watering method also has the advantage of preventing fungus. Remove the olla from the bed in the winter if there is a hard freeze.

### **Speakers**

Shirley Bludau (President) and Audrey Charlton (1<sup>st</sup> Vice President Programs) from Ikebana International Houston, Chapter 12.

Ikebana is the Japanese art of flower arranging which has been around for many centuries. The speakers gave a brief overview of the history and progression of Ikebana through centuries. In the Japanese religion of Shinto, the gods reside in nature, so they used branches in the designs. The branches must be evergreen and are often pine. Buddhism influence from Korea resulted in flowers being incorporated more.

Vases (or containers) are also important. They can be very elegant, or they can be simple and small – such as medicine bottles covered with decorative paper. Ceramic vases, rather than glass, are preferred, because with clear glass one also has to deal with the sight lines. Some schools are more particular about the container. Yard and estate sales are good places to find containers.

The vase has a pin frog (pin cushion) in it. These are called kenzan. Use weighted kenzan. They can be purchased on-line and come in many shapes in sizes. It's best to get those made in Japan. The pins available from stores such as Michaels are too light and the pints too far apart.

The speakers demonstrated making some arrangements. Branch and line are important in Ikebana. Space is important, too, so they trimmed leaves, and in some cases petals (making a smaller chrysanthemum). The demonstrations used materials commonly found in our gardens, including nandina branch, salvia, basil, dove weed, and fern. The demonstrations also pointed out differences between some of the Ikebana schools. Some modern schools have free style arrangements. Free style arrangements do not require the flowers to be in a line or be lined up in a particular way.

In one demo, the speaker put wire into the flower stalk, or wrapped it around the stem, and bent it so the flower is facing forward. If the flower is already bent, no wire is needed. The bends in flowers should be at the same level. There are no leaves at the bottom. Unlike traditional western flower arrangements, Ikebana arrangements are sparse; they do not require a lot of flowers. The arrangements are always asymmetric, and there are usually odd numbers of branches and flowers.

Ikebana emphasizes line and movement. There are many schools of Ikebana. The schools all have rules, and they vary. Proportions are important in the Ichiyo school, and they don't use much wire.

Ikebana International Houston Chapter 12 has events that are open to the public. See the website or Facebook page for more information. There is an exhibition November 18 at the [Houston Botanic Garden](#). Some events – such as the Oct. 10 chrysanthemum workshop at Hermann Park – are free and open to the public but require advance registration.

There are Ikebana instructors in the greater Houston area, for anyone wanting to take classes. There are also on-line classes.

**Resources**

<https://ikebanahouston.org/>

<https://www.facebook.com/ikebanahouston12>