



November 2015

President's Message

It is hard to believe that the month of November is upon us. We're all busy trying hard to put our gardens to bed for the winter and to help prepare them for the spring to come. Many of my rhodos are full of buds and I am excited to see that my R. sutchuenense will be flowering for the first time. I have had it for 14 years and it was a few years old when I bought it!

In late October, my cousin and I took our mothers (Jean Greig and sister-in law Sue Mouat) back to the Comox Valley where they were raised. We were able to stop in to the site of the former Royston Nursery and enjoyed seeing the huge Acer griseum and the fabulous undergrowth of cyclamen hederifolium and cyclamen coum. There are only a few un-named rhododendrons left, but the bones of the original garden are still there, especially the trees, including a huge old circedephyllum and Stewartia, to name a few.



We have some social events upcoming to look forward to, especially the Christmas auction and pot luck at our December meeting. Start thinking now about what you are able to bring to the auction as this is our major

fundraiser for the year. We also donate a portion of the funds to our local foodbank.

We're so pleased to welcome three new members to the NRS, Janet Taylor, Lynne Lepin, and Jamie Dryburgh!

Chris Southwick

EXECUTIVE

President	Chris Southwick	390-3415
Vice President	Brenda Lewis	751-3639
Secretary	Ann Beamish	758-2574
Treasurer	Krystyna Sosulski	729-0948
Directors	Glenda Barr	390-2822
	Craig Clarke	390-4090
	Susan Lightburn	468-7516
	Dorothee Kieser	390-4136
	Gayle McRae	758-7589
	Art Lightburn	468-7516
	Sandra Dorman	390-0136

COMMITTEES

Advertising	Jan Moles	
Library	Ann Beamish	758-2574
Newsletter	Kathryn Grant	585-2706
Membership	Sandra Dorman	390-0136
Program	Art Lightburn	468-7516
Raffle	Ann Davey & Val Harvey	
Social	Susan Lightburn	468-7516
Bargain Table	Reinhold Gorgosilich	758-6533
Website	Craig Clarke	390-4090
Sunshine	Edith Higgins	390-9340
Bus Tour	John Deniseger & June Bouchard	
Truss Show	Doug Blenkarn	
Spring Sale	Ann Beamish	

Nanaimo Rhododendron Society
Box 241, #101-5170 Dunster Road
Nanaimo, BC V9T 6M4
Website: nanaimo.rhodos.ca
email: nanaimo@rhodos.ca

Next Meeting

Thursday November 12, 7:30 pm Beban Park Social Centre

Art and Susan Lightburn

"Art and Susan in Northeast India"

Twigs and Stems 

Goodies for November Meeting
Gayle McRae
Eliane Le Cleric
Linda Moore

MILNER CHRISTMAS MAGIC

December 4-6, 11-13, 16-20

5 pm – 8:30 pm

entry by donation

Santa, lights, live music, Teddy Bear Cottage, refreshments

Roots children's program

www.milnergardens.org or 250.752.6153

Can you find a name for our newsletter?

We'd like to challenge our membership to come up with a name for our newsletter! The Mount Arrowsmith Chapter is called the "Rhodovine", North Island is the "Rhodoteller", Fraser South Chapter's newsletter is the "Yak", and Vancouver's is the "Indumentum". Can you think of something creative to call our newsletter? Please submit your ideas at our next meeting, or send them in to your president at: csouthwick@shaw.ca. We have so many creative folk in our group, surely we can come up with something unique ☺ (No pun intended R. Unique!)

Nanaimo Rhododendron Society Calendar

Our regular monthly meetings normally begin at 7:30 pm on the 2nd Thursday of the month at Beban Park Social Centre. Executive meetings begin at 2:00 pm on the 3rd Thursday of the month. Occasionally the dates change due to events at Beban Park Social Centre or if we share an exceptional speaker with another chapter. Here is the annual calendar for your information:

Nov. 12	Monthly meeting
Nov. 19	Executive meeting – Gayle and Allen's
Dec. 10	Christmas Potluck and Auction – 6:30 start
Jan. 14	Monthly meeting
Jan. 21	Executive meeting – Glenda's
Feb. 11	Monthly meeting
Feb. 18	Executive meeting – Craig and Joyce's
March 10	Monthly meeting
March 17	Executive meeting – Sandra's
April 14	Monthly meeting
April 21	Executive meeting – Krystyna's
May 12	Monthly meeting
May 19	Executive meeting – TBD
June 11	Saturday - Possible date for the year-end wind up party

**Our November Speakers
Art and Susan Lightburn**

Come and enjoy Part One of the Lightburn's March and April trip to India. Part One covers Kolkata

(Calcutta) through West Bengali to Darjeeling, then on to Gangtok in Sikkim and north to the rhododendron growing areas of the Himalayas. Expect to see Susan's great photography, and some initial attempts at recording with a video camera.



NANAIMO RHODODENDRON SOCIETY

On April 25, a 7.8 magnitude earthquake struck Nepal, followed two weeks later by a 7.3 tremor. Almost 9,000 lives were lost and entire villages turned to rubble. At the Spring ARS Conference in Sydney, B.C., Kenneth Cox challenged all of the rhododendron clubs around the world to help raise funds to support the devastation in Nepal where their state flower is stately *R. arboreum*. (See the Nepalese coat of arms graphic.) This very poor country will be rebuilding for many, many years. Your executive challenges to us all to hold a one-item auction at each meeting for the rest of this rhododendron meeting year. Donations of plants to be auctioned will be welcomed! The first item to be auctioned will be a lovely potted *R. Biskra* (see Susan Lightburn's photo). *Biskra* is a



hybrid of *cinnabarinum* var. *roylei* x *ambiguum*. According to Greer, its leaves are medium-sized on this upright-growing hybrid, which is hardier than most *cinnabarinum* varieties. It has bell-shaped flower to 2 ½ inches long, and it is a rich vermilion set in lax trusses of 4 – 6 flowers. This specimen is well-budded and in a delightful richly-glazed dark green clay pot.



It is with great pleasure that the Nanaimo Rhododendron Society jointly awards Art and Susan Lightburn our highest honour, the Bronze Medal for outstanding service to our society. Art and Susan have been active and productive members of our club for many years. Together they have enthusiastically supported our club in virtually every possible way. Both have served on our executive: Art as President and past President; Susan as director. They have shared their knowledge, leadership and experience through presentations, committees and panel discussions. They have also modelled the promotion of positive relationships between the Vancouver Island chapters. Susan's outstanding photography skills have been recognized both by our club and at ARS competitions. Our annual truss show features many entries from their beautiful garden. They have generously donated many plants to plant sales and raffles. Art and Susan have graciously opened their garden to club members and hosted many meetings as well as our year end barbecue. Together, they have enriched the Nanaimo Chapter of the American Rhododendron Society.

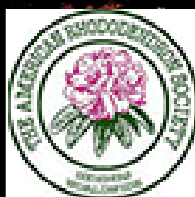


FOR CHRISTMAS AND OTHER GIFT-GIVING, IF YOU ARE SHOPPING ON THE INTERNET PLEASE HELP SUPPORT THE AMERICAN RHODODENDRON SOCIETY BY SIMPLY LOGGING ONTO THE ARSSTORE (<http://arsstore.org>). THE LINK TO AMAZON.CA ON THE WEBSITE ([Click for Canadian ARS Amazon](#)) for example WILL CONNECT YOU TO AMAZON.CA. SIMPLY USING THIS LINK DIRECTS FUNDS TO THE ARS and AMAZON HAS A GREAT SELECTION OF GIFTS!!

SHOP. CONNECT. ENJOY.

SIGN ON TO: <http://arsstore.org>

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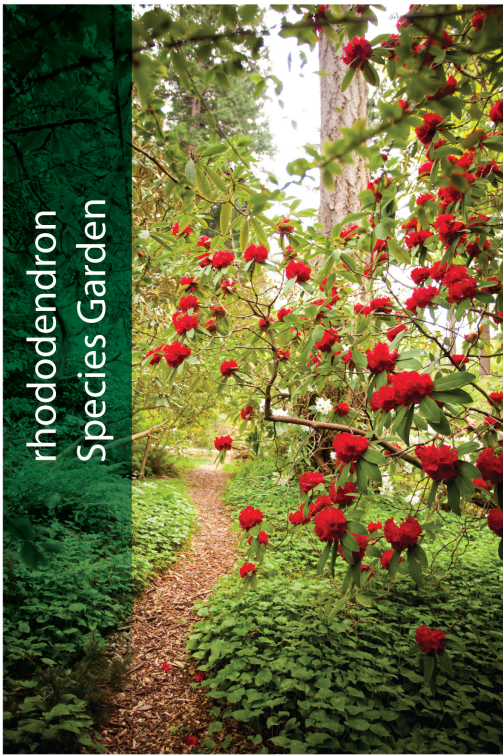
ARSStore.org

*Where every purchase benefits the
American Rhododendron Society*

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NANAIMO RHODODENDRON SOCIETY



rhododendron
Species Garden

The ground is being prepared...

Vancouver Island University's Milner Gardens & Woodland and The District 1 Vancouver Island chapters of the American Rhododendron Society are excited to be partnering to create a Rhododendron Species Garden in this area over the next few years.

for conservation

Preserving the old growth trees that were left after this area was logged years ago, this garden will highlight the tremendous diversity found within the genus *Rhododendron*, while contributing to the conservation of species threatened by habitat loss in the wild.



for education

Featuring the parent species of many of the heritage hybrid rhododendrons already here, the species garden will show visitors how plants in their home gardens are related to wild species. It will also provide a valuable opportunity for students from Vancouver Island University's Horticulture Technician program to understand how new hybrid species are developed.

for inspiration

Imagine: A world of rhododendrons from the slopes of the Himalayas, the mountains of eastern Europe, and across North America, including species only recently introduced to horticulture, all nestled into this serene woodland setting.

Stay tuned to find out how you can support this new garden.



Species Garden Advisory Group Minutes of Advisory Meeting at Milner Gardens and Woodland Oct. 24, 2015 at 1 pm

Attendees: Geoff Ball, Art Lightburn, John Deniseger, Chris Southwick, (Nanaimo RS) Glen Jamieson. Tony Ansdell, Marilyn Dawson (Mount Arrowsmith RS) Alan Campbell, (Cowichan RS)

Brief Review: Tony Ansdell provided a brief review of activities so far, which saw the culmination of the signing of the Memorandum of Understanding and Gift Agreement and the subsequent work party to clear the area of small trees and underlying brush. All island chapters have contributed their financial pledges and the bank account now stands at \$20,000.

Garden Update: Geoff Ball produced a large sign announcing the upcoming species garden, for conservation, education and inspiration that will hang in a conspicuous place for visitors. A digital version is also available for dissemination. Geoff has asked five companies in the Nanaimo-Parksville area for bids on the falling of trees and subsequent cleanup. So far he has had one estimate of about \$25,000 with the work likely to be done in November. Attendees agreed to an expense of \$25,000. After the clearing the area will be left to overwinter.

Geoff has applied to the federal government for a grant that will be awarded in honor of the 150th anniversary of Canadian federation. The award will not be announced until after the federal election.

Plant Selection: Art Lightburn reported on correspondence with Steve Hootman of the Rhododendron Species Foundation in Federal Way, Wash. in which he appeared to have little problem with a middleman providing species as long as there is acceptable identification. Hootman noted that he can always check out such plants when he visits here. Art will ask the RSF to set aside about 55 plants on and hold them until spring.

Art has already offered to donate several of his plants and he will begin root pruning this fall.

Holding Area: Geoff has asked Fenceline to provide a quote for preparing the 40 foot-square Holding Area for fencing, including pressure-treated posts and a vehicle gate. It is anticipated it won't be required until late summer 2016. Tony Ansdell will apply to the ARS for a grant in 2016 to help finance the irrigation for the area.

Finally Glen Jamieson asked again that attendees keep notes of vital decisions and why they were made for a future article in the Journal of the ARS.

Meeting Adjourned: 2 pm
Next Meeting: January 20, 2016 at 1 pm

Seen in passing...



Coral Bark Maple (*Acer palmatum* 'Sango Kaku') with *R. lagopus* and *R. schlippenbachii*

Rhodos Worth Growing



Rhododendron morii — (HY, hy, Maculifera) 4', -21°C, EM, 3-4/4. An extremely interesting species in that the foliage maintains a symmetrical "collar" around the stems and trusses. The leaves are oblong lance shaped, the tops glossy dark green, paler below. Bell shaped, 2" long flowers, pure white or white blushed with rose flowers, accented with slight crimson speckling or heavy red blotching, in loose trusses of 12-15, burst forth from soft pink buds. (drought tolerant)



Rhododendron 'Golden Gate' — (seedling from dichroanthum ssp. scyphocalyx) 3', -10°C, M, 3/4. An easy to grow plant that is compact in habit. The flowers look like flames, starting out yellow in the center and blending to orange at the outer edges. If you like orange, you will like this one. (drought tolerant)

NANAIMO RHODODENDRON SOCIETY

Growing Rhodos – Making Changes Terry Richmond and Al Murray

Introduction

- Increase in hours of sunlight
- Higher temperatures
- Lack of water
- Conserve water

Garden design

- Special attention to light and shade
- Plan for future growth of shade trees
- Shade trees to avoid

Growing medium preparation

- Slow down drainage
- Increased water retention of medium using compost, loam and even some clay loam

Rhodo choices

- Choose carefully using your garden plan
- Obtain advice on sun and heat tolerance
- Some old varieties may make a comeback
- See attached “Rhodo Recommendation List”

Planting Rhodos

- Plant high and mulch up
- Consider fall planting to establish root system by spring

Fertilizing

- The object here is to develop a good root system by the spring and to develop foliage that is as tough as possible
- Fertilize in fall using any combination of a low nitrogen chemical fertilizer (2% nitrogen) and/or as much organic material as possible, i.e. complete organic fertilizer (Borden's), compost, worm castings, etc. Fertilize early in the spring, about the end of March. If using chemical fertilizer limit the nitrogen content to 4%
- Add magnesium sulphate to all fertilizers

Mulching

- Increase mulch depth to 2 inches and maintain
- Consider static mulches such as ¾ inch drain rock

Watering

- Check plant appearance in hot weather
- Ensure watering system is working
- If preceding is followed, watering every 10 days should be enough

October 8, 2015

NANAIMO RHODODENDRON SOCIETY

Rhodos Recommended

Terry Richmond

Hachmann hybrids are heat and sun tested in their open fields--some examples are: Hachman's Polaris, Charmant, Marlis, Kalinka etc.

Most east coast hybrids have good heat resistance; some examples are: Cynthia, A. Bedford, Scintillation, Trilby. Most blues with small leaves are great in sunny locations; examples are PJM, Blue Diamond, Sapphire, Bob's Blue, Purple Gem, Vibrant Violet. A large number of purples with medium to fairly large leaves are good in sunny spots; e.g. Anna Kruschke, Lee's Dark Purple, Purple Passion, Purple Splendour, Tapestry, Polarnacht. Jean Marie de Montaque and most of its' hybrids are among the best rhododendrons in the sun; e.g. Solidarity, Hallelujah, Wallaper group, Markeeta's Prize, Anna, Halfdan Lem, Grace Seabrook and many more. Many Yak hybrids do well in the sun: Golper, Anna H. Hall, etc. Many old timers are good such as Leo, Gomer Waterer, Vulcan.

Al Murray - Species

R. argophyllum, R. augustinii, R. morii, R. mucronulatum,
R. pseudochrysanthum

Al Murray - Hybrids

April Rose, Brick Dust, Canada, Gala, Ginny Gee, Golden gate, Jean's Favourite, Mary's Favourite, Mrs T.H. Lowinsky, Susan, Vincent Van Gogh

Williamsianum crosses such as:

Linda, Maureen, Moonstone, Point Fosdick, Royal Pink, Whispering Rose

Best Trees for your Garden (ref: Allen Paterson)

Birch, Cherries –flowering, Cornus, Corylus avellana (contorta), Davida involucrata, Flowering crab apples, Gingko biloba, Magnolias. Maples of all kinds. Native trees such as Fir and Big leaf Maple, Parrotia persica, Stewardia, Oaks

Trees to Avoid:

Alder, Aspen, Cedar, Walnut, Willow

Terry Richmond booklet on Plant Nutrition and Fertilizer

At the October 8th meeting Terry Richmond donated his booklet on Plant Nutrition and Fertilizer. After reviewing the booklet, which is chock full of information from Terry and a collection of information from various websites from around 2003 or 2004, we are reproducing the information written specifically by Terry, with his permission, of course. To see his 1993 article on Fertilizing Rhododendrons the Organ Way, please see you Journal of the American Rhododendron Society (JARS) Volume 47: No 4 p202:1993 or visit the ARS website: <http://www.rhododendronr.org/fertilizing.htm>. His article is one of four on the topic of rhododendron nutrition. It includes his organic fertilizer recipes and explanations that are most helpful in understanding fertilizing the organic way. Also included in the booklet is the following found on page 26 and 27, which is included in this newsletter on page 9 & 10.

RHODODENDRON FERTILIZERSChemical (inorganic fertilizers)

The fertilizer I prefer in this category is green valley 10-8-6 with fritted trace elements. To a 10 kg bag of 10-8-6 I add 2 kg prilled dolomite lime and 1 kg epsom salts.

Organic/Natural fertilizers

Organic materials that can be used to create an organic fertilizer contain between one and all three of the macro-nutrients (N-P-K) and many trace elements. The seed meals, soybean, cottonseed, canola, flaxseed, sunflower, neem, etc. generally have an N-P-K value of about 5-2-1 plus trace elements. Kelp meal is reported to contain every element presently known.

*It should be noted that most chemical fertilizers and even some organic materials high in nitrogen, such a fresh manure, blood meal and vampire bat guano, will burn the roots of dwarf and small rhododendrons. The same is true for caustic fresh wood ash.

Below is a list of some of the organic/natural materials and their most important (N-P-K) nutrient.

SECONDARY ELEMENTSNITROGEN - (N)

Canola Meal	(5.5-2-1)
Cotton seed	(6-2-1)
Neem meal	(5-1-2)
Alfalfa powder	(2-.5-2)
Fish meal	(3-2-1)
Blood meal	(12-0-0)
Bat guano	(10-3-1)

PHOSPHORUS - (P)

Bone meal	(2-12-0)
Shrimp meal	(0-3-0)
Rock phosphate	(0-3-0)

POTASSIUM - (K)

Kelp meal	(1-.5-3)
Green sand	(0-0-3)
Langbeinite	(0-0-18)

CALCIUM - (CA)

Dolomite lime	20-30%
Agricultural lime	32%
Gypsum	22%
Wood ash	9%
Bone meal	22%
Fish meal	6%

MAGNESIUM - (MG)

Dolomite lime	10%
Epsom salts	10%
Langbeinite	11%

SULPHUR - (S)

Langbeinite	23%
Elemental sulphur	70-100%

My favourite organic materials are alfalfa, bone meal, kelp, rabbit manure and earth worm castings. Earth worm castings are 7 or neutral Ph and contain .86% nitrogen, .37% phosphoric acid, .25% potash, 2.3% calcium, .72% iron plus a multitude of trace elements.

FRITTED TRACE ELEMENTS

The desired minor (trace) elements (i.e. boron, copper, iron, manganese, molybdenum, zinc, etc.) are mixed with silicates, fused by heating to 1000°C, quenched in cold water and then ground to a fine powder. The product produced is known as a fritted trace element mixture (FTE), and in this form has a much lower solubility than the original inorganic salts, thereby giving a release over a long period and at the same time providing a greater margin of safety against phytotoxicity. The FTE mixture can be produced in any desired ratio of elements.

CHELATED MINERALS

A chelated mineral is a mineral, such as copper, zinc, manganese, cobalt or iron etc, that is bonded to "small proteins," peptides or amino acids. It's well documented that nature has evolved its own exceptionally efficient process of absorption of free inorganic matter into living organic organisms, and the process is called natural chelation. Simply stated, chelation is the process whereby an organic free form amino acid picks up a molecule of a mineral, wraps it within its structure, actually enveloping it, making it easier for organic organisms to absorb it.

NANAIMO RHODODENDRON SOCIETY

Nanaimo Rhododendron Society Thursday, October 8, 2015 Minutes

Meeting commenced at 1930 with 43 in attendance

1. Welcome to all! Chris welcomed a guest Jamie Dryburgh and two new members Janet Taylor and Lynne Lepin

In addition she welcomed back long time member Richard White who moved to Christina Lake but both he and his wife Linda continue to be NRS members and they attend whenever a meeting coincides with a visit to Nanaimo.

2. **President's Report**

Chris reported that District 1 has two Directors Ken Webb and alternate Chris Hodgson from Fraser South. Given that Ken is stepping us to Vice President of the ARS there will be a vacancy for Director. Anyone interested in the position should see Chris at the break or contact her.

The 2016 Western Regional Conference will be held in Newport Oregon September 30 to October 2, 2016. Save the date.

The order form for Efford's Gardens of Vancouver Island (\$20) is being circulated. The books are available at the meeting. In addition Judith Walker's book A Garden for Life-Story of Mary Greig (\$25) is also available for purchase at the meeting.

Thank you to the following members who have volunteered to steer tasks:

- Garden Tour Spring 2016 Gayle McRae and Art Lightburn
- Members Garden Tour May 2016 Rosina Schmidt
- Bowen Park Initiative Hailey Gardens Sandra Millen and Yvonne Harding
- **Computer Set Up - still need assistance**

3. **Secretary's Report:** Correspondence received from Jane Lauzier thanking us for our contribution to the Nanaimo Schools Foundation in memory of her late husband Ray. In addition we received a thank you from the Foundation. We also received acknowledgement from Vancouver Island University for both our and the other island chapters bursaries. In that regard we received a thank you card from Allison McCabe for the Island Chapter bursary. The recipient for the NRS bursary was Michaela Carriere.
4. **Treasurer's Report:** Balance as of August 31 2015 is **\$13,877.20**. Krystyna gave a full report which is available on request. Krystyna moved and Art Lightburn seconded that the report be accepted as presented. Carried.
5. **Membership:** Sandra reminded members that the November meeting will be the **absolute** cut off for regular membership prices and after November 12, there will be a \$10 surcharge which is what the Chapter has to pay to ARS. In addition please note that our fees are submitted to the ARS in US dollars. Single membership \$40, family membership \$45 and associate (you are a primary member of another ARS chapter) \$10.
6. **Program;** Art Lightburn announced that November will be revealed in the next newsletter. He has several irons in the fire. If anyone has a burning desire to see or hear a topic please contact Art.
7. **Milner Species Garden Update:** Currently work is going on by a considerable group and there are many facets to this project.
8. **Sunshine** Edith noted she had also sent a card to Jane Lauzier as she (Edith) was away and was not certain one had been sent, in addition well wishes to Earl Daneluk.

NANAIMO RHODODENDRON SOCIETY

9. **Raffle Table** Liz and Alan Murray kindly donated 3 plants to our raffle table so there are many choices. One of the unique door prizes is rhododendron tea.
10. **Dollar Table** Reinhold had many plants for sale. Please remember to pot up and bring items for the dollar table each week.
11. **Next Regular Meeting** **November 12**
12. **Next Executive Meeting Thursday October 15 at 2PM at Brenda Lewis's**
13. Program: Al Murray and Terry Richmond presented a spirited very informative discussion on drought plants, planting and fertilizing.
14. Meeting adjourned at 2135

American Rhododendron Society ARS District One (British Columbia, Canada)

Shows, Plant Sales and Garden Tours

2016 - Chapter Shows and Plant Sales

Saturday April	Fraser South Chapter - Annual Spring Plant Sale at 10:00 am to 4:00 pm
Saturday April	Mount Arrowsmith Chapter - Rhododendron Plant Sale and Truss Show at the Parksville Curling Rink from 10:00 am - 2:00 pm. Free Admission.
Sunday April	North Island Chapter - Rhododendron Show and Sale at the Komox Band Hall on Comox (Dyke) Road from 10:00 am to 1:00 pm
Saturday April 30	Vancouver Chapter - Plant Sale and Annual Flower Show - Park and Tilford Gardens, 330 Brooksbank Avenue, North Vancouver 10:00 am to 3:00 pm
Saturday April 30	Cowichan Chapter - Annual Plant Sale and Truss Show at the Cowichan Valley Garden Fair (Mellor Hall, Cowichan Exhibition Park, Duncan) from 10:00 am to 2:00 pm
Saturday April 30	Victoria Chapter - Plant Sale at the compound at Tony and Carolyn's home from 9:00 am to 3:00 pm
Sunday May 1	Nanaimo Chapter - 23rd Annual Plant Sale and Truss Show - Centennial Building, Beban Park from 10:00 am to 2:00 pm
Second weekend in May (May 14-15)	Victoria Chapter - Truss Show at the Mary Winspear Centre

2016 - Garden Tours and Other Plant Sales

Sunday April	Garden Tour and Plant Sale at Fearing' Farm in Abbotsford - starts at 10:00am. There will be a sale of species rhododendrons by Harold Fearing. Rhododendrons, azaleas, camellias and others plants will be sold by
Saturday May 9-11	Cowichan Chapter - CVRS 2016 Spring Bus Tour -West Coast and Tofino Bus Tour
Saturday-Sunday May	Mount Arrowsmith Chapter - Mothers' Day Weekend Garden Tour featuring gardens from Eaglecrest to Columbia Beach in Qualicum Beach (both days 10:00 am – 4:00 pm)
	North Island Chapter - 21st Annual Mothers' Day Garden Tour 10:00am to 4:00pm at various gardens in the Courtenay/ Comox area
Saturday-Sunday May 14-15	Nanaimo Chapter - Garden Tour
October/November	Cowichan Valley Chapter - New Zealand Gardens Trip. See CVRS Website for details.

Jamaican Red Bean Soup

Quick Easy Vegan Kidney Bean Soup, Crockpot Soup Recipe

Total Prep & Cook Time: 30 Min

6 Servings

Nutrition Data Per 209g Serving: 200 cal, 23g carb, 11g fat, 295mg sodium, 6g fiber, 6g protein, low Cholesterol, high in Manganese & Vit A. Estimated glycemic load 8

Ingredients:

- 1 Tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 2 cups sliced baby carrots
- 3 scallions, chopped
- 1 sweet potato, diced
- 1 (15 oz) can diced tomatoes, drained
- 2 tsp curry powder
- 1/2 tsp dried thyme
- 1/4 tsp red pepper flakes
- 1/4 tsp ground allspice
- Salt and freshly ground black pepper
- 2 (16 oz) cans dark red kidney beans, drained and rinsed
- 1 cup unsweetened coconut milk
- 1 - 2 cups unsalted vegetable broth or water
- Optional: 1/4 tsp salt or to taste

For less saturated fat and calories, use light coconut milk or reduce the amount to ½ cup and use ½ of the olive oil or no oil

Reduce sodium in the recipe by eliminating added salt, by rinsing canned beans, and using unsalted canned tomatoes.

Directions:

1. Pour the oil into a 4-quart slow cooker and set the cooker on high. Add the garlic and put the lid on the cooker while you prepare the rest of the ingredients
2. To the cooker, add the carrots, scallions, sweet potato, and tomatoes
3. Stir in the curry powder, thyme, red pepper flakes, allspice, and salt and pepper to taste
4. Add the beans, coconut milk, and broth
5. Reduce heat, cover, and cook on low for 6 to 8 hours

Recipe Tips:

Pressure Cooker: Saute garlic and veggies, then add spices, then 1 cup vegetable stock. Cook on high pressure for 2 minutes. Add coconut milk, kidney beans, salt and pepper to taste, then cook uncovered on medium-high heat until the stew has thickened and the veggies are completely tender. Add more stock as needed.

Stove Top: Saute garlic and veggies, then add spices, then 1 cup vegetable stock. Cook covered on medium low heat until veggies are tender. Add coconut milk, kidney beans, salt and pepper to taste, then cook uncovered on medium-high heat until the stew has thickened. Add more stock as needed.