

# Monthly Newsletter

## NOVEMBER 2018

### Plant of the Month

**POINSETTIA  
(CHRISTMAS STAR)**

The poinsettia is a commercially important plant species of the diverse spurge family. The species is indigenous to Mexico. It is particularly well known for its red and green foliage and is widely used in Christmas floral displays. It derives its common English name from Joel Roberts Poinsett, the first United States Minister to Mexico, who introduced the plant to the US in 1825.



### Care:

**Warm and Bright:** It may seem strange due to their holiday connotations, but poinsettias are tropical plants. Provide lots of sunlight — a sunny window with east, west, or southern exposure is best. Also try to keep the temperature between 65 and 70 degrees F during the day, keeping in mind that the area around a drafty window can be quite a bit cooler than the rest of the room. If your plant's leaves are touching a cold window, they may drop off. At night, poinsettias like a slightly lower temperature (55 – 60 degrees F), but avoid drastic drops in temperatures.

**Hydrated and Humid:** Make sure to water the poinsettia whenever the surface of the soil feels dry. Give the plant a good watering, but don't flood or soak it – gravel in the bottom of the pot will help keep the roots dry. If your home is dry during the winter months, a humidifier or plant mister can help your plant stay hydrated.

**Prevent Leaf Loss:** If your plant starts to lose leaves, there are a few likely culprits: is the plant resting against a cold window or near a draft? Is it too warm or dry in the room? Is the plant thirsty?

With correct care, poinsettias can be encouraged to re-bloom next holiday, but it's a touchy and time-consuming process that not all poinsettia fans are prepared for.

### Featured Recipe

#### YUMMY SWEET POTATO CASSEROLE

##### Ingredients

- 4 cups sweet potato, cubed
- 1/2 cup white sugar
- 2 eggs, beaten
- 4 TBSP butter, softened
- 1/2 cup milk
- 1/2 TSP vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup all-purpose flour
- 3 TBSP butter, softened
- 1/2 cup chopped pecans



##### Directions:

1. Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
2. In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.
3. In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
4. Bake in the preheated oven 30 minutes, or until the topping is lightly brown.



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