



THE COASTAL NC DAYLILY SOCIETY NEWSLETTER

JUNE 2022

No. 118

PRESIDENT'S CORNER



Beverly Ambrose

Bloom season is finally here!! I don't know about you guys but I'm excited!! It's like Christmas every morning seeing blooms on new plants and old favorites.

Since I was slack and didn't get anything to Ken so he could work his magic for a May newsletter we have some catching up to do! I will start putting reminders on my phone so I can be better.

CNCDS participated in the Currituck Master Gardener's event on 23 April. This was the first event held since 2019, so plenty of excitement and anticipation!

Club members dug and washed plants Friday morning then hustled over to the venue to get set up. There were a lot of great vendors and plenty of foot traffic thru our little booth. It was a busy couple of days but we sold a good number of plants and a few people expressed interest in joining our group!



National will be here before we know it so we need to get our ideas together for our entry in the gift basket competition! For those who attended the Fall Regional at OBX, you might remember our garden cart "basket" was very popular. I propose that we use the cart again and fill it with Coastal NC items. Any suggestions will be most welcome.

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I received word from Karol Emmerich that she will be shipping our Plants For Members in the next couple of weeks. She wants them to get a little more growth. Because of this we have pushed our meeting to the following Saturday morning, 18 June, at 8AM. We will still be at Pat's farm located at 503 W Bear Swamp Rd in Hertford. Pat will be talking to us about hybridizing and Ken will be giving us tips on how to get the best pictures of our plants, so bring your cameras!

This was one of the more unusual KNOWLEDGE BASE ARTICLE offerings. Novel, but it comes with an important caveat.

Disclaimer: The information contained in this KNOWLEDGE BASE is strictly and categorically intended as a reference. The providers of this information accept no liability for the use or misuse of information contained herein.

Hemerocallis fulva

Some call it an Orange Daylily, Outhouse Lily, Railroad Daylily, Roadside Daylily, Tawny Daylily, Tiger Daylily, Wash-house Lily, or simply a Ditch Lily.

The genus originated in Asia and has been used there as a food source for perhaps thousands of years. It was first mentioned in European writing in the 1500's. When the daylily was imported to North America in the 1600's there was only the unspotted orange kind, *Hemerocallis fulva*, and it is edible, top to bottom. This was the only daylily in North America for perhaps 200 years or more. After the depression in the US, hybridizers started creating new daylilies. They have been bred for color, height, the number of petals, as well as many other distinct characteristics.



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Plants are chemical factories and within a genus there can be edible and toxic plants. The genetic selection that might produce a beautiful flower might also produce an inedible one.

So what makes *H. fulva* so different? Individual daylily cultivars are usually classified as either diploids (DIP) or tetraploids (TET.) Diploids have two identical sets of chromosomes, tetraploids have four. Then along comes *H. fulva*. Both diploid and triploid (three identical sets of chromosomes) forms of the plant can be found in the wild, but most what you see are sterile triploids which only reproduce vegetatively by the tubers (stolons.) Ahhh... here is the rub. This particular cultivar runs underground. And runs. And runs. And runs.

So, here is a way you can kill two birds with one stone. Get them out of your garden by **eating them.**

IMPORTANT

Some people are allergic to *H. fulva*, and from several sources, that number is about 5% of the population. So how does one tell if they are one of the 5%? Dig up an *H. fulva*, cut off the leaves, and thoroughly wash the tubers. Older roots will be very fibrous and not too tasty, so discard them. Think of the roots as a fingerling potatoes. You will need to cook them the same way as a potato whether you boil, broil or bake them.

Eat a SMALL portion of one root. If you don't feel nauseous in an hour or so, get ready to get out into the garden and dig up a bunch of this nuisance (but lovely) cultivar. One final note, several research papers have shown that *H. fulva* displays strong antioxidant activity. Imagine that... an invasive plant that may be good for you as well. Another word of caution, don't go overboard with any part of the plant or you'll be creating a lot of personal fertilizer as *Hemerocallis fulva* is a natural laxative.

While researching this article, a hit from an internet blogger stated, "Euell Gibbons" [*outdoorsman and proponent of natural diets during the 1960's*] liked to batter-fry the buds, and lots of other old-timers 'creamed' their daylily tubers, which sounds unappetizing. But beyond hippie forager types and the Chinese, I've found no other use of the daylily as food."

Read on and see how that author is so, so WRONG. Here are some dishes that are guaranteed not to be in any of your friend's recipe boxes!

This should be good in any season that you can dig...

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CREAMY SOUTHERN FULVA VAR SALAD

(faux potato salad)

- 2 pounds of cooked roots [H. fulva **ONLY** (re-read above)]
- 4 hard-cooked eggs, chopped (optional)
- ½ cup sour cream
- ½ cup mayonnaise (here in the south it must be DUKE's)
- 1 4-ounce jar chopped pimentos
- 2 green onions, whites and greens, chopped
- 2 slices cooked bacon, chopped (optional)
- 2 tablespoons yellow mustard
- 1 tablespoon white sugar
- 1 tablespoon red wine vinegar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon celery seed
- ¼ teaspoon garlic powder



Place roots into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 20 to 25 minutes. Drain, cool, and chop the roots into bite size pieces. Combine chopped roots and eggs in a large bowl.

Mix sour cream, mayonnaise, pimento peppers, green onions, bacon, mustard, sugar, vinegar, salt, black pepper, celery seed, and garlic powder together in a bowl. Pour dressing over the roots and eggs; toss gently to coat. Sprinkle potato salad with paprika (optional.)

It's been said that, "...the buds taste like a cross between asparagus and green peas, with a hint of pepper..."

This is immediate gratification in the Spring!

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PAN SEARED DAYLILY BUDS



2 handfuls of green, tight daylily buds
[*H. fulva* **ONLY**]

1 tablespoon canola oil

Select young buds that aren't showing very much orange. Rinse the buds well.

Heat the oil in a medium saucepan. Add the buds to the hot oil. Leave them in the pan for about 5 minutes, turning until all sides are very browned. Using a slotted spoon, lift the buds out onto a paper towel to drain. Salt to taste and serve.

Or, if you like the taste of the Orient, try this variation...

2 Cups fresh daylily buds [*H. fulva* **ONLY**]

1 Tablespoon peanut oil

1/3 Cup almond slivers

1 Teaspoon freshly grated ginger

1 Tablespoon Rice wine vinegar

1 Tablespoon Tamari or soy sauce

1 Tablespoon Water

2 cups cooked brown rice

Steam daylily buds for 10-15 minutes, until tender. In a wok or heavy skillet, heat the oil over a high heat until very hot. Add the almond slivers, sauté until browned. Quickly remove the almonds from the pan, set aside. Turn heat down to medium. Add grated ginger and cook 1 to 2 minutes. Add vinegar, tamari, and water. Stir to mix.

Toss in daylily buds. Serve over hot rice, topped with sautéed almonds.

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Ramp those buds up a notch... "dip them in a light batter, do a Paula Deen deep-fry, and you've got yourself a crispy summer treat like no other."

PAN SEARED DAYLILY BUDS

1 cup unbleached white flour
1 tablespoon baking powder
1/2 teaspoon sea salt
1 cup ice cold hard apple cider
(or beer or soda water)
2 to 3 cups canola oil for frying
1 to 2 pounds of fresh buds
[H.fulva **ONLY**]



In a small to medium-sized bowl, whisk the flour, baking powder, and salt together until fully mixed. Add 1 cup of cold apple cider (be sure it's ice cold as this will help your batter crisp up nicely) and gently whisk, being careful not to over-mix. A few lumps in the batter are ok and preferable to an over-mixed batter as you don't want the gluten to develop.

In a small heavy skillet or saucepan, heat the oil over medium heat. The oil should be just a little more than an inch deep. Drop a bit of batter into the oil as a test. If it starts to sizzle and bubble right away, the oil is ready. It's important to make sure the oil is hot enough because hot oil prevents your batter from absorbing too much oil as it fries.

Grab your daylily buds by the stem and dip each one into the batter. It's ok for the green stem to stick out of the batter, it will fry up and be delicious to eat as well. Working in small batches is best, no more than 5 fritters in the oil at a time to properly monitor them. Drop each battered bud into the oil carefully to avoid splashing, and allow it to fry for about 1 minute or until crisp and golden, then flip it on the other side using tongs and fry it for about another minute.

Remove the fritters from the oil and place them on a sheet of paper towel to absorb any excess oil. Eat warm, with a sprinkle of good salt or your favorite dipping sauce.

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Going back to the roots of this cultivar... no pun intended

"**Golden Needles**," a traditional ingredient in Chinese dishes such as Hot and Sour Soup and Moo Shu, are actually sun-dried daylilies. Vast fields of daylilies are grown for harvest in Asian countries including China and Thailand. The buds are picked when colored, but unopened, and dried in the sun for about a week. You can harvest your own *H. fulva* and either sun-dry them or use a dehydrator. To use them, soak the dried flowers in hot water for about ten minutes. Then pinch off the stem end, and cut in half if large. They add a chewy texture and are rich in carotene.

FRIED RICE WITH GOLDEN NEEDLES



4 eggs
4 scallions
20 golden needles sliced
[*H. fulva* ONLY]
1 small can bamboo shoots
1/2 pound snow pea pods,
cut in half the long way
1 medium carrot, cut into
match-stick (julienne) pieces
(Substitutes: water chest-
nuts, bell peppers or brocco-
li, all cut in comparable sized
pieces, can be used in place
of any of the vegetable of
any of the vegetables)

2 cloves minced garlic
2 Tablespoons grated or minced garlic
4 cups cooked rice
2-4 Tablespoons soy sauce
2 Tablespoons canola oil
1 Tablespoon sesame oil

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Heat the sesame oil in a 10-12 inch non-stick skillet or wok. Add eggs, spread over pan as thinly as possible. When done, but not brown, remove and slice into thin strips. Set aside.

Heat canola oil until smoking. Add ginger and stir. After one minute add garlic, the vegetables, scallions and golden needles. Mix and stir-fry rice about three minutes.

Lower heat and cook until vegetables are done but crisp. Add rice, egg and soy sauce to taste, and mix until heated through.

If you try any of these recipes, PLEASE send us and review and we will publish it in a future newsletter...



WHAT'S UP IN THE GARDEN

Don't forget... our next meeting is SAT, 18 JUNE, 0800 hrs (8 AM), at Pat's farm. GPS 503W Bear Swamp Road, Hertford. See you then and be sure to bring your camera.



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CNCDS APRIL CALENDAR

SUNDAY 10 APRIL

There were a lot of great vendors and plenty of foot traffic thru our little booth. It was a busy couple of days but we sold a good

WEDNESDAY 20 APRIL or THURSDAY 21 APRIL

The weather forecast will determine the actual date of this event. Notice will go out via email. Either way, the morning will be set aside to Dig, Split, Splash, and Pack the plants for the Master Gardeners Sale. This will happen at Pat's home, 503 W Bear Swamp Rd, Hertford.

FRIDAY 22 APRIL (rain or shine)

We load in at the Cooperative Extension Office Auditorium, 120 Community Way, Barco (next to the YMCA.) We are allowed from 12N until 5P to get all of our plants in and set up. The more of us that can help, the faster the project will go. Remember to park on the SIDE of the back of the building versus the front. It is a much shorter walk.

SATURDAY 23 APRIL (rain or shine)

Our first plant sale of 2022! Wahoo! This is 9A—4P. The organization really doesn't like to have vendors leave early. So the load out time is pretty firm. We will have sign up sheets at the next meeting to see who can do what when. This event is always a lot of fun. Plus, we have the opportunity to talk with other like minded gardeners about joining our Society.

