

# EDIBLE ACADEMY COMPOST GRANOLA

## INGREDIENTS

1 ¼ cup granola

1 ½ teaspoon of your choice of spices

4 tablespoons sweet ingredients

4 tablespoons savory ingredients

# TIPS FOR A SUCCESSFUL WOODLAND TERRARIUM

Choose a space with medium light to display your Rabbit's Foot Fern (*Davallia trichomanoides*) inside its glass house.

Create a forest floor environment and maintain moist and humid conditions.

Terrariums do not require much more than the occasional watering and trimming:

- Use an eye dropper to water without disturbing the plant (do not saturate soil).
- Use small scissors to keep a compact plant size.

Enjoy your lovely woodland landscape indoors as an escape from the wintry weather outside!

# MULLED APPLE CIDER

## INGREDIENTS

2 quarts apple cider  
2 cinnamon sticks  
3 whole cloves  
4 allspice berries  
1/8 teaspoon dried orange peel  
1/8 teaspoon dried lemon peel

## INSTRUCTIONS

Combine cider, cinnamon sticks, allspice, cloves, orange, and lemon peels in a six-quart saucepot and bring to a boil. Reduce heat to low; cover and simmer for about 45 minutes. Pour cider through a sieve or cheesecloth into a heat-safe bowl, pitcher, or mug to serve.

# GROWING PAPERWHITES INDOORS

Growing paperwhites indoors is also called “forcing paperwhites.” You’re forcing them to bloom before they would outdoors. Unlike other narcissus, paperwhites don’t require a cool period before blooming.

When you get home, set your container on a small saucer and water until the soil is about as moist as a wrung-out sponge. Then, place the container somewhere sunny and it is ready to grow!

## **TIP**

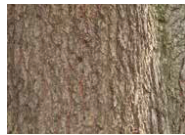
Stick decorative branches in your indoor paperwhite container to act as a type of trellis or support for paperwhite stems.

# LOOK FOR THESE PLANT PARTS

Applied Imagination's botanical artists use plant materials they find in the forests and countryside near their Kentucky studio as well as the beautiful plants they encounter through their work in public gardens, including The New York Botanical Garden. In their hands, leaves become roofing material, twigs become railings, and fungi become staircases. Look for the following plant parts in the photographs throughout.

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## BARK



Bark is the outer, protective layer of a woody plant. Textured cedar bark is used to simulate irregular stonework on buildings throughout the *Holiday Train Show*, while birch bark mimics smoother wood and stucco surfaces.

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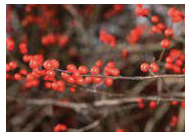
## CONES



Cones hold the seeds of plants that do not flower (the seeds are nestled between the scales). Small individual cones can be found on models throughout the *Holiday Train Show*, as architectural ornaments and as part of larger sculptures. Pine cone scales are often used as roof shingles.

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## FRUITS



Fruits hold and protect the seeds of flowering plants. Fruits range from those that are commonly eaten by humans, such as apples and citrus, to those that are less recognizable as fruits, such as magnolia seedpods and acorns.

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## LEAVES



Plants make and store food in their leaves through a process known as photosynthesis. Botanical artists use the broad leaves of deciduous trees, such as eucalyptus and oak, to make smooth roof surfaces, and the thin, needle-like leaves of coniferous trees, such as white pine, to replicate intricately detailed carvings.

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## TWIGS



Twigs are woody stems. Plants use stems to move water and nutrients between their roots and their leaves. Euonymus twigs are used for window mullions in models throughout the *Holiday Train Show*.

# MY CUP OF TEA

## INGREDIENTS

Add 1 tablespoon each of your favorite herbs to your sachet (up to 4 tablespoons)

## INSTRUCTIONS

Boil 3–4 cups water.

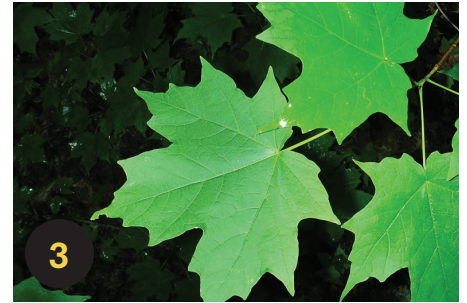
Add your sachet to a teapot or 24 ounce jar.

Pour water over the tea and let sit for 5–10 minutes.

Remove sachet and serve!

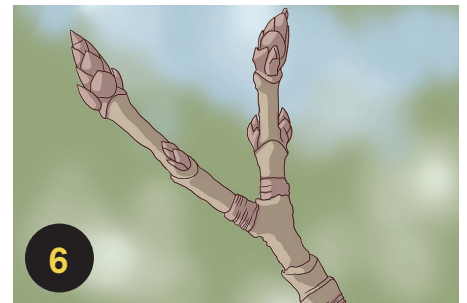
# MOUNTAINTOP MAPLE

Jewett, NY



Humans have been harvesting the sap of sugar maple trees in North America for hundreds of years. On the site of our sugarbush (maple syrup farm) in the northern Catskill Mountains we have discovered the foundation of a sugarhouse believed to be more than 150 years old, with large iron kettles (1) that were used to boil sap into syrup.

We have continued that tradition, tapping the sugar maple (*Acer saccharum*) in late winter. The ideal time to tap the trees is when daytime temperatures rise above freezing while the nights still see temperatures below 32 degrees F. Today we no longer empty buckets of sap into tanks on horse-drawn sleds. Instead, we hook up the maple taps to food-quality plastic tubing that takes the sap downhill to the sugarhouse where it is boiled down to syrup in our wood-fired evaporator (2).



Sugar maple trees can be identified by their leaves throughout most of the year (3). During the winter, when selecting a tree to tap, we rely on the bark of the tree (4), which grows coarser as the tree ages (5). In winter, sugar maple can also be identified by the brown, cone-shaped buds growing along the length of the twigs in an opposite orientation, and one larger bud growing straight out from the terminal end of the twigs (6).

At Mountaintop Maple, we had over 500 taps in our woods last winter, which is considered a “hobby” sugarbush. If you can find one or two sugar maples to tap, you could make your own syrup at home!