



BETWEEN THE ROWS
WENDY SCHMIDT

Brighten your day with lilies

Daylilies — *Hemerocallis* — are native to swamps and boggy areas. This plant is a perennial and member of the lily family. The roots are tuberous and somewhat fleshy, deciduous and evergreen, growing in all zones. Its growth habit is in large clumps of arching, lax, strap-shaped leaves. The blossoms are lily-like on tall stiff leafless stems. Many have a light fragrance.

Older varieties of daylilies have one set of chromosomes. The newer varieties have double (duploid) and quadruple (tetraploid) sets of chromosomes. The new varieties have flowers that are more fleshy and could be either larger or smaller, double, triple, or single. The plants now vary from dwarf to giant and can be used for ground covers and on hillsides to hold soil.

Few plants are tougher, more persistent or more pest-free than daylilies. They adapt to any kind of soil, sun or part shade. Red-flowered daylily need warmth to develop best color.

Water thoroughly while blooming; feed with complete fertilizer in spring and midsummer. Divide crowded plants by separating fans (which are what the *hemerocallis* society calls the individual plants) in early spring or late fall. I was once given a fan of the daylily "dance ballerina dance" that sold for \$600 per fan when it was first introduced. It did not do well in my garden at the time because of the humidity in Missouri. Some of the new introductions take a while to get into the general market because the *Hemerocallis* Society thoroughly tests them in different soil conditions and climate zones.

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PROTECT YOUR PETS
DR. JERELD RICE

Dog days can mean danger for your pets

The dog days of summer are here, and what better way to spend a long, hot summer day than with a faithful canine or feline companion?

As you enjoy the hot days, take the following precautions to help keep your dog or cat safe and healthy. Remember that even the healthiest pets can suffer the effects of heat exposure.

- Provide fresh, clean water — Dogs and cats can rapidly become dehydrated in the summertime heat if water is not readily available.

- Provide a place in the shade — Most of us prefer shade on a hot, summer day. Our pets are no exception. If a dog or cat is forced to be in the sun on a hot day, their core body temperature can rapidly increase.

- If you are traveling with your dog or cat, never leave them in a parked vehicle. Even on days when the outside temperatures are comfortable, the inside of a vehicle can become a veritable furnace — even with the windows left open. Excessive temperatures could lead to fatal heat stroke.

- Give your dog or cat a summer cut. Shaving hair down to approximately one inch will help your dog or cat stay cool and still provide protection from the sun.

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Cherry Recipes



Hillary Levin/St. Louis Post-Dispatch-TNS

Flaming cherries for cherries jubilee.

CHEERS TO SUMMER!

By Daniel Neman
St. Louis Post-Dispatch

When I was a child, my favorite flavor was red. If pressed to be specific, I always said my favorite was cherry.

When I became a man I put away childish things, but I still love cherries. At this time of year, when they are so abundant, I can never quite get the stains of cherry juice off my fingers.

Cherries are sweet, of course, and they make basically any dessert better. But they also can be part of savory dishes, too — they add a hint of cherry magic that accentuates the savoriness of the other ingredients. And they are reason enough to order an old-fashioned, a Manhattan or an amaretto sour.

So with red-stained hands, I raised a Manhattan to toast cherries, the most glorious of summer glories. And then I made a bunch of dishes that have cherries in them.

I began with Cherry Chipotle Chili, and not entirely because of the alliteration. I was instantly intrigued by the addition of sweet cherries to the spice and the smokiness of the chipotle peppers. I thought the classic combination of sweetness, smoke and heat — think of a spicy barbecue with a sweet, tomato-based sauce — might be good.

I had no idea. This may be my new favorite way to make chili.

At least, that's how I felt on the second day. It was also pretty good when I first made it, but the sweetness of the cherries was a bit assertive; it stood out from the smooth blend of the other flavors.

But by the next day, the cherries had had a chance to mellow and join the assembly of tastes. On the second day, you get just a hint of sweetness and the flavor of cherries was happily assimilated into the whole.

This is a chili recipe to keep.

I stayed in the savory realm with my second dish, Grilled Pork Tenderloin With Cherry Salsa. Pork and cherries are a natural combination, and I liked the fact that the cherries would come in the form of a chunky sauce.

I was also attracted to the recipe by the fact that the tenderloin is marinated briefly before grilling. Marinating a tenderloin is never necessary, but it doesn't hurt. This marinade has the bite of lime juice mixed with shallots, along with plenty of cilantro.



Hillary Levin/St. Louis Post-Dispatch-TNS

Cherry and chipotle pepper turkey chili, topped with plain yogurt.

Those ingredients are also featured in the salsa, along with the freshness of cherries and a bit of pepper for extra punch. The salsa is great on its own — one taste-tester said she wanted to make it to serve with tortilla chips — but here it also amplifies everything that is so wonderful about grilled pork tenderloin.

For my first sweet dish, I made a pastry that is not too sweet, despite its name. Sweet Cherry-Filled Buns are a type of *vatrushka*, a bun that is popular in Russia and Ukraine. In other parts of Central Europe, it would be called a *kolache* or something similar. It is kind of like a danish, in fact, only the dough is less sweet.

Vatrushki are usually filled with farmers' cheese, but they are also often filled with fruit. That's where the cherries come in. Why use any other fruit when there are cherries?

These buns are made with yeast, so they rise three times. That makes them deliciously puffy without being too dense. The filling is just cherries with sugar sprinkled on top, and they have a crumb topping for a little extra richness.

My last sweet dish was cherries jubilee. Of course it was cherries jubilee. You can't write

about cooking with cherries unless you make cherries jubilee. Everybody loves cherries jubilee.

And to the best of my recollection, I had never actually had cherries jubilee before. And neither had the people who tasted it. It must be one of those hugely popular dishes that no one has eaten since 1979.

Now that I've made it, I don't understand why it has disappeared from menus. It's easy to make, it tastes great and it catches on fire. What's not to love?

Plus, it has ice cream.

The recipe dates back to the most august of all chefs, Auguste Escoffier, who created it in 1897 for Queen Victoria's Diamond Jubilee, her 60th year as sovereign.

Escoffier's original recipe calls for cherries to be poached in a simple syrup. The syrup is then thickened, and hot kirsch (a cherry brandy) is poured over it and set aflame.

The modern version is not much different. The syrup is now buttery and no longer thickened, and if you do not have kirsch you can use ordinary brandy.

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