

is a big factor, and in 1976-77 we had this. In the winter of 1977-78 there was little wind but excessive cloudiness, which kept our temperatures down. The winter of 1977-78 was concentrated in January and February. In fact, until 9 January 1978 we were experiencing a very "normal" winter. From then until 22 February it was solid winter and the average temperature was actually lower than that of 1976-77.

The big question is why the palms show less damage in 1977-78 than in 1976-77. Perhaps my explanation of the effects on *Washingtonia filifera* best explain the difference between the two winters.

In 1976-77, leaves on all plants were completely burned. In fact, the center

bud leaf just above the point where it emerges from the trunk (on the two larger plants) was so badly damaged that when it finally grew out, the first leaves on each did not completely unfold but grew out at an angle of about 30° from perpendicular. The small plant four years old showed no green in the bud area but later grew out.

In 1977-78, the two larger trees still were green in the bud area and the fans are now unfolding normally. In fact, some of the outer leaves still showed considerable green areas up to 17-19 February, when we got eight inches of snow and a low of 11° F on the 18th and 10° F on the 19th. The smaller plant, now five years old, already has a green fan growing out.

Notice

The Palm Beach Chapter will hold a plant sale on Saturday, October 7, 1978, beginning at 10 a. m. at the Mounts Agricultural Center, 531 N. Military Trail, West Palm Beach.

CULINARY NOTES

The following recipe may be of interest to Palm Society members who have fruiting plants of *Arenga pinnata* available to them. It comes from Mrs. Ligaya Capin, a student at the College of Home Economics, Central Mindanao University, Musuan, Bukidnon 8213, Philippine Islands, via Mr. Kermit H. Adams and Professor Norma R. Montemayor, who has given permission to publish it.

KA-ONG PRESERVES

Ingredients: 1 cup of sugar and ½ cup of water per cup (about 23 pieces) of young *ka-ong* nuts (*Arenga pinnata*).

Put *ka-ong* nuts in a large kettle with enough water to cover the nuts, boil for 20 minutes, then rinse with cold water. Repeat this procedure three times, then pound the nuts individually to get out the edible portion (the white gummy part inside the shell). Soak this edible portion in rice washing overnight and rinse thoroughly with tap water. If rice washing is not available, substitute a mixture of 1 tablespoon vinegar (4.5% acidity) to a cup of water or a mixture of 1 tablespoon flour to a cup of water.

Make a syrup of ½ cup sugar and ½ cup water per cup of *ka-ong* nuts, bring to a boil, add the *ka-ong*, and boil for approximately ten minutes—the *ka-ong* should not become mushy. Then soak the *ka-ong* in the syrup overnight.

After soaking, drain the syrup from the *ka-ong*, add the second ½ cup of sugar per cup of *ka-ong* to the syrup, bringing this to a boil, then return the *ka-ong* and simmer until the syrup is thick.

Pack in sterilized jars immediately, seeing to it that the *ka-ong* is completely covered with syrup, and seal at once.