

# What's your stance on leftovers?

By **Danny Tyree**

"Do you mind if we have leftovers?" When my wife poses that question, I always answer, "No, that's fine," because (a) I genuinely enjoy leftovers, (b) I don't want to cause extra trouble for her and (c) I can't afford the airline tickets to transport a Tupperware container of six-day-old broccoli to all those "starving children on the other side of the world who would give their right arm for a fraction of the food you and your siblings are wasting."



Unless I redeem my "frequent guilt trip miles." But I digress. Although leftovers are a societal bone of contention year-round, they are particularly controversial in the last month of the year, as Americans race to finish off the wretched excess of Thanksgiving leftovers before the creation of a wretched excess of Christmas leftovers. ("I'll be home for Christmas... if only in my relaxed-fit sweatpants...")

And don't forget the wretched excess of New Year edibles. The only thing that drops faster than the Times Square ball is my good cholesterol.

Yes, even though urbanization and feminism have gotten us away from the notion of needing to fortify a clan of hungry fieldhands, tradition and gluttony still make us cook/take-out/"five-second rule" way too much food.

The right attitude and right recipes can help us stop wasting all that food. A creative chef can turn yesterday's turkey into turkey sandwiches, turkey hash, turkey soup and countless other variations. ("You can still make a wish with the wishbone, even in aerosol form.")

One of my friends spent several years writing a book about repurposing kale and fruitcake. Ironically enough, it wound up in the remaindered bin.

Of course, there are limits to reinventing last night's supper. Your children's delicate sensibilities should be taken into consideration when contemplating leftovers. Don't torture them by making them eat carrots two days in a row after their busy day of watching the same "PAW Patrol" and "Peppa Pig" episodes for the 500th time.

Maybe you'd better be sitting down for this, but leading researchers have determined that the people least likely to lend a hand whipping up a new menu item are the most likely to gripe about leftovers. ("Next, we won a research grant to study washing the dishes. Sweet. Let's celebrate. What... lobster AGAIN?")

Human beings really should hold themselves to a higher standard than my tomcat Moggie. No matter how much dry food he finds already on his plate, he expects a few "fresh" bits dropped on the plate before he'll deign to eat. His mother neglected those all-important lessons about starving cats on the other side of the world.

I grew up eating whatever was set in front of me (I tried eating what was set behind me, but my career as a budding contortionist couldn't handle the chiropractic bills), so I grind my teeth when I hear some effete snob regarding himself as too good to eat leftovers. (Whoa...grinding my teeth dislodged some leftover cranberry sauce. Better the second time around.)

Citizens in First World countries are notorious about sending food to the landfill. We need to revive the World War II motto "Take all you want, but eat all you take." Then we can stop being so tolerant of a chuckled "Guess my eyes were bigger than my stomach."

Maybe the right response is "But my boot and your rear are a perfect match."

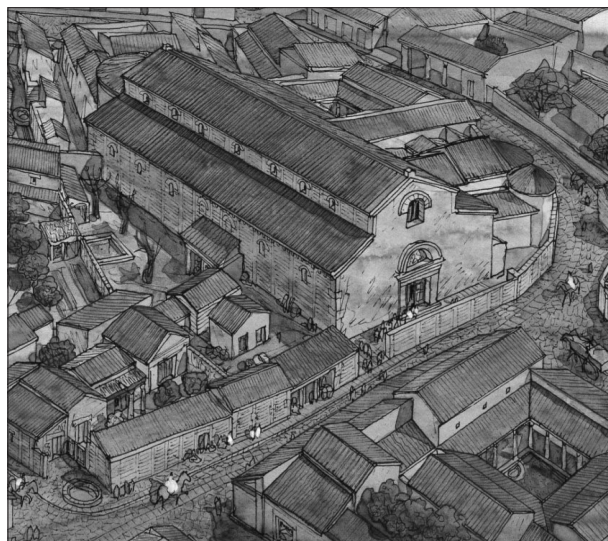
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# Lamb publishes two books

Michael Lamb, the son of Ken and Angela Lamb of Chapel Hill, has published two books this year.

A Commonwealth of Hope: Augustine's Political Thought, published by Princeton University Press on November 1, explores the thought of St. Augustine of Hippo, one of the most influential thinkers in the Christian tradition and the history of political thought. Against the common view of Augustine as a pessimist about politics, Lamb argues that Augustine is a great teacher of hope and shows how Augustine's virtue of hope can inform politics.

The second book, Cultivating Virtue in the University, is co-edited by Lamb, along with Jonathan Brant and Edward Brooks from the University of Oxford. Published by Oxford University Press, the book highlights the importance of educating character within colleges and universities and gath-



MICHAEL LAMB  
**A COMMONWEALTH OF HOPE**  
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ers essays from leading scholars from a variety of fields—including history, literature, philosophy, psychology, and theology—to explore how educators can develop character. Lamb co-authored a chapter in the volume that identifies seven strategies to develop character, including re-

flecting on experience, imitating virtuous role models, and developing friendships of support and accountability.

Lamb is also a co-editor of Everyday Ethics: Moral Theology and the Practices of Ordinary Life, published in 2019. All three books are available for purchase at booksellers.

After graduating from high school in Chapel Hill, Lamb received a B.A. in political science from Rhodes College in Memphis and then earned a second B.A. in philosophy and theology from the University of Oxford, where he studied as a Rhodes Scholar. After receiving a Ph.D. in politics from Princeton University, he held a postdoctoral fellowship at Oxford, where he helped to launch the Oxford Character Project. He is currently the F. M. Kirby Foundation Chair of Leadership and Character, Executive Director of the Program for Leadership and Character, and Associate Professor of Interdisciplinary Humanities at Wake Forest University in North Carolina. A recipient of teaching awards from Princeton, Oxford, and Wake Forest, Lamb focuses on helping students become leaders and citizens of character.

## Winterberry Holly blazes in color across its namesake months

UT Gardens' November 2022 Plant of the Month

KNOXVILLE, Tenn. – As the beautiful fall-colored leaves drop and we transition into winter, winterberry holly (Ilex verticillata) is sure to catch your eye. The berries are especially prominent when the holly is planted in front of evergreens. Unlike most hollies, winterberry holly is deciduous which adds to the "berry" pleasing display on its bare branches during the plant's namesake winter months. While red berry varieties of the holly tend to be most popular, there are gold and orange cultivars, as well.

Ilex verticillata is native to eastern North America (USDA plant hardiness zones 3 to 9) where it typically occurs in wetlands or along lakes and stream banks. The shrub is slow growing and may reach up to 15 feet in the wild, but tend to be smaller in the home landscape. Though commonly found in wet areas, winterberry holly is easily grown in average, well-drained, acidic soils with adequate moisture. Generally the shrubs are pest and disease free,

but they can be susceptible to leaf spots and powdery mildew. They may readily sucker to form a colony in wet sites, and remain in a tighter clump with drier soils. Winterberry holly will grow in part shade, however their best fruit production occurs in full sun at sites that receive six or more hours of sunlight a day.

The shrub has elliptical, toothed leaves that are two to three inches long, and it develops inconspicuous, greenish-white flowers in late spring. Most importantly, Ilex verticillata is dioecious, meaning that some plants are male and some female. To enjoy the bountiful berries for which this plant is cherished, you must plant both male and female plants in your landscape. One male plant can pollinate five to 10 females and should be planted within 40 to 50 feet. It is also important to match bloom times when selecting a male pollinator. Some bloom earlier than others, and the more overlap you can achieve, the better the berry production will be.

Winterberry holly is quite versatile in the

landscape. As mentioned earlier, the plant is stunning with an evergreen backdrop. Shrubs can also be used as hedges, borders, foundation plantings, native gardens, rain gardens, and for wildlife. Ilex verticillata attract many species of songbirds, as well as butterflies and beneficial insects, including bees and other pollinators. The berries make a wonderful addition to holiday arrangements. In fact, December is a good time to do any needed pruning, or otherwise wait until late winter and prune before new growth appears.

You can see winterberry hollies in person growing at all three locations of the University of Tennessee Gardens.

Popular winterberry holly cultivars with their recommended pollinators include:

'Winter Red' grows 6 to 8 feet tall, multi-stemmed, abundance of red berries.

Pollinator, 'Southern Gentleman' grows 6 to 8 feet tall.

'Winter Gold' grows 5 to 8 feet tall, dense, heavy fruiting orange-yellow berries.

Pollinator, 'Southern Gentleman' grows 6 to

8 feet tall.

'Nana' (Red Sprite) dwarf cultivar grows to 3 feet, bright red berries.

Pollinator, 'Jim Dandy' grows 3 to 6 feet.

'Berry Poppins' dwarf cultivar grows 3 to 4 feet, display of red berries.

Pollinator, 'Mr. Poppins' grows 3 to 4 feet.

'Berry Heavy' grows 6 to 8 feet, bright red berries.

Pollinator, 'Mr. Poppins' grows 3 to 4 feet.

'Berry Heavy Gold' grows 6 to 8 feet, big, bright gold fruit.

Pollinator, 'Mr. Poppins' grows 3 to 4 feet.

The UT Gardens includes plant collections located in Knoxville, Crossville and Jackson, Tennessee. Designated as the official botanical garden for the State of Tennessee, the UT Gardens are part of the UT Institute of Agriculture. The Gardens' mission is to foster appreciation, education and stewardship of plants through garden displays, educational programs and research trials. The Gardens are open during all seasons and free to the public. For more information, see the Gardens website: [utia.tennessee.edu/state-botanical-garden](http://utia.tennessee.edu/state-botanical-garden).

## Specialty Vegetable Crops Workshop Scheduled for December 13

### Farmers and commercial growers invited to attend

PULASKI, Tenn. – The University of Tennessee, Southern and the UT Extension Center for Profitable Agriculture are teaming up for their second annual Reaching Local Farms educational workshop for farmers and farm families in the southern middle Tennessee region. The event will be held on the UT Southern campus at 6 p.m. on Tuesday, December 13, for farmers and commercial growers interested in specialty vegetable crops. While the session will focus on garlic and microgreens, other specialty vegetables will also be addressed.

There is no cost to attend the workshop, but registration is required in order to make appropriate meal plans. Those who register in

advance will be sent detailed instructions regarding the building, meeting room and parking instructions. Area farmers are encouraged to register online at [utsouthern.typeform.com/to/bE-Su9XrS](http://utsouthern.typeform.com/to/bE-Su9XrS) or by contacting Rebecka Cronin at [cronre39@utsouthern.edu](mailto:cronre39@utsouthern.edu). The deadline to register is December 9. Annette Wszelaki, UT Extension commercial vegetable specialist, will present information on production considerations for specialty vegetables and Rachel Painter, marketing specialist in the Center for Profitable Agriculture, will address marketing considerations with emphasis on retailing and added value.

"We are looking forward to once again

collaborating with the Center for Profitable Agriculture and hosting area farmers on our campus," said Allen Stanton, director of the Turner Center for Rural Vitality at UT Southern. "It is nice to have farmers here to learn skills and receive information that helps sustain their farm operations."

Rob Holland, director of the Center for Profitable Agriculture, added, "Since seating is limited, we encourage folks to register early. At registration, folks will be asked if there are specific vegetable crops of interest, and our presenters will do all they can to address specific crops in their presentations."

This workshop is provided as part of a specialty crop project

funded in part by the U.S. Department of Agriculture's Agricultural Marketing Service and the Tennessee Department of Agriculture. For additional information about the workshop, contact Rob Holland at 931-698-3211.

The southern middle Tennessee region consists of Bedford, Coffee, Franklin, Giles, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry and Wayne counties.

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