HONESOGARDEN A publication of the Herald-Same



¹¹⁵ W. WOODRIDGE DRIVE

CAPTIVATING TUDOR RETREAT IN DURHAM

BY REBECCA R. NEWSOME, MIRM

I fyou're seeking privacy yet convenience in an enchanting setting, you simply must see the 4 bedroom/3.5 bath English Tudor located at 115 W. Woodridge Drive in Durham.

This fabulous home was built in 1932 by Dr. Frederick Bernheim and Dr. Mary "Molly" Bernheim, both members of the original faculty at Duke Medical School. Dr. Frederick Bernheim was a Nobel-nominated researcher in pharmacology; his wife, Dr. Molly Bernheim (often the solitary woman in the Department of Biochemistry), was credited with "one of the seminal discoveries in twentieth century neurobiology" with her discovery of the enzyme tyramine oxidase. Beyond biochemistry, Dr. Molly Bernheim published A Sky of My Own, a book detailing her love of flying, and she was well known as a devoted gardener.

115 W Woodridge is an excellent example of classic architecture combined with the domicile wishes of



WOODRIDGE KITCHEN



Timely harvests produce luscious fruits

Proper storage ensures ripening from occurring too rapidly

BY LEE REICH THE ASSOCIATED PRESS

"Ripe" is a term that's used much too freely when it comes to fruits.

A plum is not supposed to taste sour like a lemon; that lemon-y plum is not ripe. Nor — and this is important — will it ever be.

Ripening can begin in a fruit's "mature" stage, and when the fruit reaches the "ripe" stage, it's best for eating. As it ripens, its color changes, the flesh softens, sugars increase and distinctive flavors develop. Apples, pears, kiwis, bananas, persimmons and quinces are some fruits that can ripen either on or off the plant, but to do so they must be mature before being harvested.

SOME FRUITS RIPEN AFTER HARVEST, SOME DO NOT

Whether a fruit can become delicious when ripened off the plant depends on the variety. For instance, summer apples generally taste best when picked dead ripe, but some "winter" apples (harvested late in the season), such as Idared and Newtown Pippin, taste best when they are picked mature and then ripen for a few months in storage.

A few fruits MUST be harvested when mature and then

brilliant minds.

Perhaps most striking upon your arrival at 115 W Woodridge is the fact that the lovely all-brick colonial home is nestled in the midst of towering hardwoods, verdant landscaping, and charming rock walls on a spacious (.83 acre) lot.

Tranquility greets owners and guests alike, making it hard to believe you're within a short walking distance of Nana's Restaurant, Foster's Market, Guglhupf Bakery, Rockwood Park and

SEE RETREAT/PAGE A9

WOODRIDGE LIVING ROOM

ripened off the plants. European pears, except for Seckel, are at their gustatory best only if ripened after harvest. Left to fully ripen on the plant, European pears turn mushy and brown inside.

Avocados also must be harvested under-ripe. Left to fully ripen on the tree, they develop off-flavors.

Now the important point: Many fruits do not ripen at all

SEE FRUITS/PAGE A9

Mystery plant:'Water-shield,' Brasenia schreberi

BY JOHN NELSON

Frequently the leaves and stems of a plant will prove to be just as fascinating as its flowers. This is a plant like that, and it is a native, aquatic species.

Except for its leaves, the entire plant grows below the surface of water, most often in quiet lakes and millponds, or sometimes creeks or beaver ponds. In the Southeast, it is most commonly seen in ponds on the coastal plain and in the sandhills, but it also grows in the mountain lakes. It's often easy to see in the various impoundments in a number of state parks, and of course, it is unmistakable for anything else. This species is actually quite common in many places around the world now. You generally need to do



WATER-SHIELD

some wading to get up-close and personal with it, unless you have a canoe or kayak.

The leaf blades, dark green or sometimes purplish,

Photo by Linda Lee

are shaped like little footballs with rounded ends. Each blade is attached to a very long leaf stalk at its center, rather than at its edge, and botanists say that the leaf is thus "peltate," in architecture something like an umbrella with its handle. What is more interesting is that the lower surfaces of the leaves, and for that matter, all the submersed parts of the plant, are thickly coated with a crvstal-clear, mucilaginous jelly. Because of this, it is something of a challenge to handle the plants: they are really quite slippery. This mucilage on the stems and leaves may serve some purpose, but we don't exactly understand what it might be. Seems like a good research project for an imaginative botany student. (It's also hard to make a decent herbarium specimen of this plant, as the mucilage tends to adhere tightly to the paper in which it is being

pressed. But botanists love a challenge.)

The flowers are not much more than the size of a quarter, deep red or maroon, and barely emerging from the water's surface. The flowers appear in the middle of the summer. To many people, this plant looks to be some sort of water-lily, and in fact they are somewhat related, although water lilies (the genus Nymphaea) have much showier flowers, and the leaves are not peltate. Now, in our Mystery Plant, each flower is "perfect" ... in having both female and male parts (that is, pistils and stamens). But the flowers behave as though they "imperfect," or unisexual. How? It turns out that a

SEE PLANT/PAGE A9