



Glacial Gardeners Grapevine

Volume 22, Issue 5

May 2017

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TO DO LIST:

- Dig up plants for plant sale
- Spring clean-up before meeting
- Hwy Clean-up, May 2, 9am



GGMGVA MEETING MINUTES

Glacial Gardeners' Minutes April 11, 2017

Ten members met in the Curry Room at the Natural Resources Center in Florence for our **APRIL MEETING**. Members were invited to introduce ourselves and share a few words of wisdom to the current MG Volunteer Training Class which was meeting in another room at the same time as our meeting. We will get together with them again for a mixer at the end of their training in June.

Chairperson Fleurette called the meeting to order at 6:40 p.m. with the following members in **ATTENDANCE**: Mary W, Sharon, Connie, Katy, Deb, Kathy, Jean, Nancy, Karen, Fleurette and UW-Extension Office Manager Sabrina Leffler. Thank you Katy, for bringing in the bunny cookies that were almost too cute to eat.

Those who are due "funny money" for

bringing in their up-to-date **VOLUNTEER HOURS** are Mary W, Sharon, Connie, Kathy, Jean, Nancy, Karen and Fleurette.

Nancy moved, Sharon supported, and motion carried to accept Secretary Karen's March **MINUTES** as published in the GG's Grapevine.

Kathy moved, Connie supported and motion carried to accept Treasurer Nancy's report of **ACCOUNT BALANCES**.

UWEX: Thank you, Sabrina, for creating the new GG website and updating it for us. Florence.uwex.edu. Sabrina also explained the Criminal Background Check.

WIMGA: No report.

COMMITTEE REPORTS: Updated Committee Sign-Up sheets were distributed.

EDUCATION: **Craft and Garden**

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Fleurette's Chat

I thought I would write this on a sunny, beautiful day so when I looked out the window it would be at good things! Snow is long gone, crocus blooming, daffodils coming up (mine are secluded and take a while to emerge). Inga's Mystery Lilies are outdoing themselves and spreading.

It's certainly been a busy month! Yesterday, Sharon and I taught a class at the annual Beechwood Garden Seminar. There were 28 people who really seemed to enjoy the afternoon. Larry, Jan and Nancy were also there. Tonight I will be helping Scott with a presentation on Repelling Backyard Wildlife. I didn't go to the Bay de Noc conference today so hope we hear from those who did about that trip. Our visit to the Marinette conference on the first was a good time. I took a class on making herbal and fruit cordials. Now that was fun! My chai cordial is pretty powerful stuff and I'm still waiting on the pear/ginger one to finish. I've sent the recipes to share with you all.

I bought a LOT of raffle tickets and ended up winning two big baskets of garden items, mostly chemicals, some of which I will donate to the Plant Sale garage sale area as they are things I don't use. And thinking of that, keep an eye out around your own house, garage,

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NEXT MEETING
TUESDAY
May 9
5:00pm
(come early for
spring clean-up)



HOURS TO BE COUNTED—FOR APRIL

- Support Services for attending meeting + driving time.
- Conference you attended (but not driving time) Continuing Ed Hours
- Hours spent on getting plants ready for the plant sale

Birds and Your Garden Reading

READING MATERIAL AVAILABLE:

UNIVERSITY OF WISCONSIN PUBLICATIONS: (Call Sabrina at the office and ask her to order—she can get the discount)

- Landscape Plants that Attract Birds, Author(s): Scott R. Craven, Robert Ellarson, SKU: G1609, PRICE: 2.00
- Shelves, Houses and Feeders for Birds and Mammals, Author(s): G. Barquest, S. Craven, R. Ellarson, SKU: NCR338, PRICE: 3.50
- Shoreline Plants and Landscaping, GWQ014
- Wisconsin: Native Plant Sources, Seeds & Plants for Prairies, woodlands, wetlands, and shorelines
- Wild Ones – Wisconsin’s Best Native Plants for Attracting Birds
- National Wildlife Federation Book on Attracting Birds, Butterflies and Other Backyard Wildlife by David Mizejewski
- Mother Earth News articles:
 - ◆ Put Birds to Work in your Garden
 - ◆ The Bird-Friendly Garden by Kris Wetherbee
- The Wild Garden, Making Natural Gardens Using Wild and Native Plants by Violet Stevenson, PENQUIN BOOKS 1985

WEB SITES FOR MORE INFORMATION:

- <http://www.avianweb.com/plantingflowersforthebirds.html>
- <http://www.nwf.org/backyard/bathouse.cfm>
- Wild ones Natural Landscapers at www.for-the-wild.org
- http://en.wikipedia.org/wiki/Eastern_bluebird
- <http://www.birdsforever.com/bluebird.html>

Further information on Bluebirds can be obtained from:

The North American Bluebird Society, Box 6295, Silver Spring, Maryland 20906-0295 with their website being: <http://www.nabluebirdsociety.org/>

Homes for Bluebirds, Inc., Route 1, Bailey, NC 27807. Please include a self-addressed, stamped envelope when writing either of these helpful organizations.

PICTURE CORNER



The hall where Fleurette & Sharon did their talk on April 21



Presenting Mr. Lambert with the check for the Trees for Tomorrow trip



Jan & Sharon hamming it up at the Marinette Conference



Fleurette at the Marinette conference with the two baskets of goodies she won and the two jars of cordials she made.

MEETING MINUTES - cont'd

Show, Windsor Center, Iron River, April 8 - Sharon and Nancy reported the children were exceptional, they answered questions and had a very good day.

Spring Garden Day, Beechwood, April 21 - Fleurette and Sharon will be telling about mold, diseases, fungus and cutting back perennials.

Library, Florence, May 13 - Deb and Nancy will be teaching a Mother's Day seed-planting project for children.

Trees for Tomorrow, Florence School, April 6 - Fleurette, Sharon, Karen, Nancy, Keri and Jean met with 14 middle school students who will be studying water quality at the Trees for Tomorrow Camp in Eagle River, WI. GG told them about our MG volunteer organization and presented them a check to help with their expenses.

BEAUTIFICATION: We picked up the Gazebo Garden signage and holders from the Florence School Fab Lab. Keri reported progress is being made on the Gazebo Garden watering system.

SCHOLARSHIPS: No scholarship applications have been received as of this date, but they aren't due until May 1. The Scholarship Committee will be meeting in early May.

HIGHWAY CLEAN-UP: Volunteers Mary W, Kathy, Jean, Katy, Nancy, Fleurette and Sharon (on call), will meet in the Natural Resources Center upper parking lot on May 2 at 9:00 a.m.

OLD BUSINESS:

SPRING PLANT SALE: (Saturday, May 27, Florence County Fairgrounds, 9:00 - 12:00) NEEDED: LOTS OF POTS (gallon size, that is, for the Spring Plant Sale). Keri has large bags of potting mix for use in potting our perennials for the Spring Plant Sale. We must go and pick it up ASAP. Many thanks to Fleurette for the beautiful Plant Sale posters and bookmarks she made for GG's to distribute. Thank you, Sabrina, for the current invasive plant lists. Thank you Nancy and Fleurette, for the Plant Sale labels, one kind for flowers and another kind for veggies. Members, please be sure to put your initials on your labels so we know who brought what plants in case there are questions. More details next month.

LAKWOOD GARDEN TOUR: (July ?)

Chairperson Kathy reported tentative plans are to tour Sharon's, Tom's, and Jean's gardens and spend about an hour in each location. Then to the Spread Eagle Garden Center for one hour, followed by lunch at Maxell's. There will be approximately 50 people. If there's time, we'll also walk through the Gazebo Garden.

BAY DE NOC, ESCANABA, GARDEN CONFERENCE, April 22:

Those planning to attend are Kathy, Sharon and Larry, Nancy, Jean and Wayne, and possibly Connie.

NEW BUSINESS:

The **WREATH WORKSHOP** will be held Tuesday, November 14. Chairperson Kathy will reserve the Community Center for this annual event.

Members are invited to attend programs and help out at the **CROSSROADS GARDENS** on the third Tuesday of every month during the summer.

Nancy will reserve the Community Center Pavilion for the **FALL PLANT SALE** on Saturday, August 26.

BE THINKING ABOUT: Summer Chit Chat sign-up, a garden tour for July, and writing an article for the GG Grapevine.

GG have been invited to the Iron River Library on **EARTH DAY**, April 22, to take part in an educational opportunity. No one is available on such short notice.

We will meet at 5:00 p.m. on **MAY 9** to Spring clean the upper and lower Natural Resources Center gardens before our May meeting.

Katy moved, Jean supported and motion carried to **ADJOURN** at 8:05 p.m.

shed, yard, for items to add. That area has gotten quite popular. I will bring printed plant labels to the May meeting. If you want to print your own let me know and I will send the files to you.

A Plant Sale reminder – we've always had a rule about members shopping. Whether you are working the sale or not, there are no member sales until the go-ahead that usually takes place once the big surge is over and everyone has time to take a break and walk around. That isn't until at least 10 a.m. I think most of us remember that, but sometimes members who aren't volunteering at the sale drop by and start shopping. Also, you can pick one plant (with approval) on Friday night that you can set aside and pay for on Saturday to get that little "edge". Everyone's cooperation on this is appreciated. Just keep in mind this sale is for the public.

Remember that the May meeting starts at 5 with cleanup of both the upper Resource Center Garden as well as the lower garden. Bring a few digging or cutting tools. I spent some time on the upper garden the other day and plan to bring an axe to see if I can make any inroad in dividing up the Cup Plant! Anyone with a tool they think will penetrate that thing is welcome to try. See you then!



Garden flowers offer us more than their beautiful colors and smells; many contain healing properties that have been used for thousands of years. As we begin planning our gardens, we reflect on the relationship between the plants to which we tend and our own bodies.
— Tieraona Low Dog, M.D.

We often conceive of flowers as a dazzling aesthetic addition to our home or garden. We take time to smell the roses, reveling in their centering scented offerings. Practiced gardeners and hobbyists alike can reap impressive health benefits by way of incorporating medicinal flowers into their gardens. In this way, your garden is both a wondrous green altar, as well as your own personal medicine cabinet.

Trembling with potential energy and encapsulated in a small seed are all the nutrients and structures necessary for the growth of the flower it contains. When provided with the right conditions, a seedling soon flourishes and attracts insects that are beneficial to other plants in a garden. This spring is the perfect time to create a healing ritual around the plants you tend. While you commit to caring for your bountiful blossoms, you can simultaneously tend to the soil that lies within you.

Calendula (Calendula officinalis)

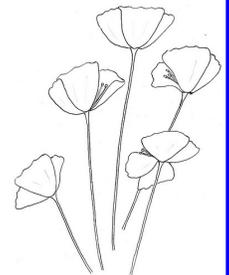
Growth and care: Start with real *Calendula officinalis* seeds (not one of the many hybrids) in flats or sow directly into outdoor soil. Enjoying cool temperatures, calendula does well with layer of mulch which traps moisture for use by this showy flowering annual. It is deer-resistant, non-invasive and the butterflies love it! And by the way, the flowers are edible and will remind you of saffron in both taste and color. They can be used in salads or in cooked dishes.



Medicinal uses: Boasting lasting benefits for oral health, calendula is known to reduce gum inflammation and gingivitis. Teas are soothing to the stomach and can help soothe a sore throat. Calendula flowers are anti-inflammatory and antimicrobial, which is why they have been treasured for centuries for soothing rashes and helping mend wounds. I keep small containers of calendula ointment around the house and up at the barn. It works as well for irritations and scrapes on the chickens and horses, as it does on us! *Harvesting:* Harvest calendula as soon as flowers are fully bloom. Pick them in the morning hours on bright sunny day and harvest regularly to encourage flowering. You can use the flowers fresh, as mentioned above, or you can dry the flower heads in a warm, shaded place for use in salves, ointments or teas throughout the year.

California Poppy (Eschscholzia californica)

Growth and care: Native to California, the Golden or California Poppy can be sown directly into rich soil. Golden poppies prefer full sun and sparse watering. They are annuals in some parts of the country, though our California poppies are perennial here at our ranch. These beautiful flowers are such a beautiful addition to the garden. The flowers are edible and look wonderful in salads.



Medicinal uses: California poppy is one of my favorite herbs for relaxation and relief of minor aches and pains. It is useful anti-inflammatory and antispasmodic, and is a life saver for those nights when I have overdone it in the garden. California poppy helps me fall asleep and stay asleep. It can be used to ease muscle cramps and spasms and soothe anxiety in someone who is feeling overwrought and irritable. It combines nicely with passionflower, valerian and other relaxants.

Harvesting: The entire plant is used as a medicine, so it is best to harvest it when there are both flowers and the long seedpods present. Take a small spade or shovel and dig straight down in a circle about 8-10 inches from the plant and lift up the root and entire plant. Rinse off any dirt from the roots, chop the root, leaves, stem and flowers into small pieces, put in a mason jar and completely cover with vodka. Steep a few weeks covered, strain, and you have your tincture. I generally use 50-80 drops at night before bed or a few times per day for minor pain.

Echinacea AKA Coneflower (Echinacea angustifolia, E. purpurea)

Growth and care: Echinacea, also known as coneflower, appreciates well-drained soil in full sun or light shade. These perennials are plants of the open woodlands and prairie and send out deep taproots that allow them to tolerate periods of low rainfall. They



flower throughout the summer. You can scatter seed in the fall or propagate from root cuttings. Echinacea is fabulous in the garden; the butterflies and birds love them!

Medicinal uses: Echinacea is celebrated for its ability to ease colds, sore throats, and respiratory tract infections. I have used the tincture for both my family and patients for more than 35 years. As a matter of fact, many patients told me it was the first herbal medicine that they had ever used that made them really believe that "this stuff works." Topically, Echinacea is used for cuts and minor abrasions.

Harvesting: You can prune the leaves and flower heads throughout the summer to enhance the health of your plant, as well as encourage blooming. Cut the flowering stem above the node, or the place where the leaves/stem emerges from the stalk. The leaves and flower heads can be dried or made into tincture. Wait for at least two years before harvesting the roots. Harvest in late summer. Sink your spade down about 24 inches from the stalk. Go deep and lean back on the spade to lift the root ball. Take the entire plant. You can dry or tincture the leaves and flowers. Trim some of the roots that you are going to use for medicine, leaving some roots with the crown, so that you can replant it in the garden. Washing the roots that you are going to dry with a good scrub brush. Use a sharp knife to cut the roots into small pieces. These can be set aside in a warm but shaded place for a week to dry and then stored, or you can make a tincture from the fresh roots. (Healthy at Home contains all the information you need for making fresh and dried herb tinctures).



Hyssop (Hyssopus officinalis)

Growth and care: Hyssop is a popular aromatic perennial member of the mint family that displays beautiful purplish blue flowers (or sometimes pink) and boasts a large root system beneath the earth. This is a great flower to plant in your garden to attract pollinators and prefers well drained soil and partial or full sunlight.

Medicinal uses: Hyssop possesses antiviral properties and promotes the expulsion of mucus from the respiratory system. The use of hyssop flower tea has long been used to ease colds, coughs, and congestion. The tea is quite pleasant and I have found to be a very good expectorant when taken in small doses throughout the day. When diffused, hyssop essential oil is often used to purify the air indoors. Hyssop leaves can be added to soups and salads.

Harvesting: Cut the flowering tops of hyssop. Harvest and dry the herb at the peak of maturity to assure the highest possible potency of active ingredients.



Lavender (Lavandula angustifolia)

Growth and care: Lavender enjoys full sun and well-drained, slightly alkaline soil. This gorgeous and fragrant perennial does not like to be overwatered and will not tolerate excessive moisture. While there are many different types of lavender, I admit that I am very partial to English lavender, or L. angustifolia. You can grow from seeds but cuttings are quicker. Lavender makes a beautiful border in the garden but also does great in pots.

Medicinal uses: Lavender flowers are often put in small cotton bags and put in linen and clothing drawers for their wondrous aroma. You can make an infusion and add it to a bath to soothe itchy skin or help relax before bed. Lavender essential oil touts many impressive benefits and can be used as aromatherapy to ease insomnia, headaches, and anxiety. Topically, diluted lavender essential oil can help ease sunburn, bug bites and mend wounds. I put ¼ cup of dried lavender flowhoney and let it steep for 2-3 weeks. This lavender honey can be used on minor wounds to help them heal. And it serves double duty when drizzled over Manchego cheese and served with some grapes on a warm summer evening. Delicious!

Harvesting: To harvest, cut the stems just above the first set of leaves, as soon as some of the flowers just begin to open. Bundle your stems together (no thicker than the opening on a soda pop bottle), tie with a string and hang upside down in a cool, dry place for 3-4 weeks.

For more tips on growing, harvesting, and making your own tinctures:

My book Healthy at Home is a great resource: <https://drlowdog.com/books/healthy-at-home/>

I also recommend buying high quality herb seeds from the following retailers:

www.strictlymedicalseeds.com

www.mountainroseherbs.com

Article found & submitted by Deb Simons

Hummingbirds in Spring

By OCMGA Master Gardener Holly Boettcher

The arrival of hummingbirds in spring is one of the most anticipated pleasures of the garden! I don't know about you, but I go out of my way to be ready for these little gems. There is nothing more disappointing than to see them begging at your window for a clean feeder with fresh nectar, but you weren't prepared. My grandmother always said they arrive on, or near May 15th (and depart around September 15th.) Of course there are some who show up earlier each year, as well as the stragglers in late fall. I often hear people comment how they wish they were able to attract and keep the hummingbirds coming to their feeders all season long, so here are some of my tips.

This is the perfect time of year to inspect your feeders from the previous year. There is nothing more important than starting with a clean feeder. Use 1/4 C bleach to 1 gallon of water and soak them at least once a month. Be sure to use a brush to get any leftover mold or residue. Rinse, rinse, rinse with hot tap water when done. I've found a dishwasher safe feeder from [Dr JB's Clean Feeder](#) that is easy to keep clean. Another helpful tip is to have an extra set of feeders. One that is clean and ready, and the other hanging outside for them.

Fresh Nectar: NEVER use red food coloring. Studies have shown red dye can sicken the little beau-

ties. They will find your feeder without the red coloring. I like to make my own nectar and you can make a double or triple batch which can be stored in a glass jar, and ready to use in your refrigerator. Start with 1 C boiling or very hot tap water, 1/4 C sugar. Mix well and cool before pouring into your sparkling clean feeder.

Frequency: It is so important to change your nectar every several days and especially in hot weather when the nectar spoils quickly. If you don't have time to keep up, then it may be best that you don't start feeding at all. Nectar that is not changed every couple days can develop mold and fungus which can cause hummingbirds to get sick. If your nectar is cloudy, it is SPOILED!

Additional Attractions: If you have a shady area to hang a Fushia, this will help attract Hummingbirds. They also love plants like Honeysuckle, Bee Balm, Red Hot Poker, Beardtongue, & Sage, to name a few, and of course these are all common names.

I hope you make time to get ready to welcome the Hummingbirds this spring. And remember to keep the feeders clean, the nectar fresh, and above all be PATIENT. Enjoy the show!

Holly is a regular contributor to Appleton Monthly magazine

Found and submitted by Katy Coppock



We will be potting up plants on Thursday, May 4, and Friday, May 5 starting at 10 a.m. at Katy's house. Katy will provide lunch! Looks like a great day to be outside! You can bring a shovel or trowel if you like. We can use gallon pots if you've got extras. If you need directions to Katy's, let me know.
Fleurette

Fleurette's recipes from the class at Marinette:

Chai Cordial

Sterilize a 1-cup canning jar (jelly size)

Remove string and label from one Chai tea bag of your choice

Place teabag in jar

Add vodka to about 1/2 of the way up the jar

Fill to the top with simple syrup (boil equal parts sugar/water for a few minutes, cool)

Cap jar and let sit 24 hours. Open jar and taste. If the chai flavor is to your liking, strain cordial and return to sterilized bottle. You can add more simple syrup if you would like it sweeter. This is good with sparkling water as a cocktail!

Pear/Ginger Cordial

Sterilize a 1-cup canning jar (jelly size)

Chop up a ripe washed pear and put into jar

Chop up a couple of pieces of candied ginger and add to jar

Pour vodka over the fruit to halfway up the jar

Add simple syrup to the top

Cap and let sit for 4 weeks in cool, dark place, shaking gently occasionally.

After 4 weeks, open and taste. If the pear/ginger flavor is to your liking, strain well (a coffee filter works best but is slow). If not flavorful enough, let sit another few days.

Serve as is or in sparkling water.

Editor's note: Sounds yummy :-)

My Wife the Gardener

~ (poem in old magazine)~

**She dug the plot on Monday –
the soil was rich and fine,
She forgot to thaw out dinner –
so we went out to dine...**

**She planted roses Tuesday –
she says they are a must,
They really are quite lovely
but she quite forgot to dust.**

**On Wednesday it was daisies –
they opened up with sun,
All whites and pinks and yellows –
but the laundry wasn't done...**

**The poppies came on Thursday -
a bright and cherry red,**

**I guess she really was
engrossed –
she never made the
bed...**

**It was violets on Friday
in colours she adores,
It never bothered her at
all –
all crumbs upon the floors**

**I hired a maid on Saturday –
my week is now complete,
My wife can garden all she wants –
the house will still be neat!**

**It's nearly lunchtime Sunday –
and I cannot find the maid,
Oh no! I don't believe it!
She's out there WITH THE SPADE!**





Glacial Gardeners
Master Gardener
Volunteer Association

University of Wisconsin
Cooperative Extension Office
5628 Forestry Drive
Florence, WI 54121



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WHAT'S HAPPENING

MAY

- 2 Highway Clean-up. Meet at the Resource Center upper parking lot at 9am. (cold/rain date is May 3)
- 4 Potting party at Katy Coppock's house. 10am. Katy will provide lunch
- 9 Spring clean the upper and lower Resource Center gardens. 5pm
- 13 Florence Library seed-planting program.
- 27 SPRING PLANT SALE: Florence County Fairgrounds, 9:00 - 12:00)

JULY

- 25 LAKEWOOD GARDEN TOUR

