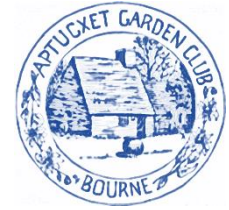


Aptucket Garden Club of Bourne



Stewards of the Earth

Monthly Newsletter

February 2022



I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again." – Lewis Carroll

January Events

Due to our on-going roller coaster ride with the pandemic, AGC took its January meeting back to Zoom. Our program speaker was Chris Walz from MASS Audubon's Long Pasture Wildlife Sanctuary. Thirty club members gathered by Zoom to enter the fascinating world of "birding" with Chris. Chris fell in love with bird watching when he was in college, and he has been at it now for the last 24 years. His knowledge and enthusiasm was wonderful.



Long Pasture Wildlife Sanctuary
Barnstable

When Chris began his discussion on the raptors of Cape Cod, he said we were going to "wing it." And boy did we! For Chris this expression meant flying with the raptors through web cam videos and detailed data collection and mapping resources. He introduced us to the **ebird** website from Cornell Labs. You will want to check this out at <https://ebird.org>

Members got an Ornithology 101 class in raptor types, wing structure and feather patterns. He reviewed the day feeding raptors: falcons, accipiters, buteos, the nocturnal feeding snowy owls, and the bald eagles. Twenty years ago bald eagles were very rare on the Cape. Today bald eagle have made a come back and can frequently be sighted.



Snowy Owl

Chris noted that if we had the vision of a hawk, we could stand on the top of a 10 story building and see an ant on the ground. Raptors have ultraviolet vision and can see ten times better than we can. Yet with speed, agility and super vision, raptors work very hard for their food. Chris noted that most raptors do not make it past their first winter.

A closer look at one of the many birds discussed is provided on the next page.

American Kestrel (*Falco sparverius*)



Male and Female

The **American kestrel**, also called the **sparrow hawk**, is the smallest falcon in North America. Females are slightly larger than the males; and the males have the bright colored plumage. These birds are often sighted in Falmouth. They used to plentiful during the Cape's agricultural era; but due to loss of habitat their population on the Cape is in decline.

The American kestrel usually hunts by perching and scanning the ground for prey to ambush, though it also hunts from the air. It is one of the very few birds that can hover in the air with rapid wing beats while homing in on prey. Its diet typically consists of grasshoppers and other insects, lizards, mice, and small birds. It nests in cavities in trees, cliffs, buildings, and other structures. The female lays three to seven eggs, which both sexes help to incubate.

The American kestrel has three basic calls: the "klee", the "whine", and the "chitter". The "klee" is usually delivered in a rapid series when the kestrel is upset or excited. The "whine" is primarily associated with feeding. The "chitter" is used in activities that involve interaction between male and female birds. You can hear the calls on the [eBird](#) website.

Chris Walz reminded us that when you are looking at a bird, they are also looking at you. Stay back and respect these magnificent animals.

Belated Thanks



Carolee Packard sends her Thanks to all those who worked on the Boxwood Trees for the December Green Sale. Many thanks go to: [Alda Barron](#), [Jan Casiello](#), [Darlene Chickosky](#), [Marilyn Crane](#), [Barbara Daniels](#), [Jean Davock](#), [Sue Demochowski](#), [Cheryl Keowan](#), [Isabel Melo](#), [Kit Nelson](#), [Lorraine Newman](#), [Joan O'Brien](#), [Paula O'Neil](#), [Nancy Selchan](#) and [Betsy Woodley](#).



Holiday Greetings from Priscilla Fueller

The club received a lovely card from Priscilla. Priscilla was an active club member for over 20 years. She regularly attended day meetings and floral design workshops. Here is her greeting.

Dear AGC,

What a pleasant surprise to have Bobbie Dwyer drop by for a visit, on her way to visit her mother who happens to be in the same building I am in. She brought a lovely arrangement from the Garden Club. I would like to thank the club. It is much appreciated.

So I thank the club and hope the girls all have or had a very nice holiday. I do enjoy the monthly Newspaper.

*Thank you so much,
Priscilla Fueller*



AGC is delighted to have two new members join the club! **Welcome to Maureen Smith** from Buzzards Bay and **Cheryl Hafela** from Sagamore Beach!

A Flower Show Can Have Many Faces
By Judy Sheehy

People are used to seeing horticulture and floral designs when they go to a Garden Club Federation of Massachusetts (GCFM) Flower Show. Another class that is sometimes included is called Botanical Arts Design.

This class was developed to give designers more leeway and expression than found in design classes with specific rules. You may see collages, plaques, wreaths, swags, garlands, mobiles, pot-et-fleur, and topiary. Photography is also under this umbrella. Here are two fun examples made by club members.



Topiary



Wreath

So, keep your eyes open when you see a Flower Show event coming up. There might be some artistic design for you to enjoy and maybe even to enter yourself.

AGC's 2021 Scholarship Winner!



Caroline Curran

We are so pleased to report that our 2021 Scholarship winner successfully completed her first semester in Environmental Studies at Harvard. "Successfully" is a bit of an understatement. Caroline brought home all A's! Ms. Curran will receive a check for \$2,500 from the club and our heartfelt congratulations! Many thanks to Chris Crane for her administration of this program.

Styrofoam Recycling

If you have Styrofoam to recycle, please contact Kathy Sargent-O'Neill at ksoland2@gmail.com. She can arrange a drop off for you.

Time for Your Bird Feeders

Mass Audubon has lifted last year's restriction on bird feeders due to the avian flu threat. Winter is when our beloved birds are most in need of supplemental nutrition. Be sure to clean your bird feeders before restocking them. Then enjoy feeding our winged friends!



Looking Ahead - AGC February Events

<p>Feb 12 Pocasset Community Building</p>	<p>CANCELLED Horticulture Flower Show Due to the pandemic, the Board has decided to reschedule AGC's flower show to the winter of 2023.</p>
<p>Feb 16 Zoom Meeting</p>  <p>Kristen Andres</p>	<p>Meeting, 6:30 pm Look for email from Kathy Sargent-O'Neill for connection details.</p> <ul style="list-style-type: none"> Program: Eco-friendly Cape Cod Landscapes, by Kristen Andres Kristen is the Associate Director of Education for the Association to Preserve Cape Cod. She will discuss how our gardening choices play an important role in the health of the Cape.
<p>Feb 16</p>  <p><i>January's Flowers to Cape Cod Nursing Home, Buzzards Bay</i></p>	<p>10:00 am Garden Therapy, Bourne Manor</p> <p><i>Special thanks to Marcia Willmott for chairing the program in January and to Alda Baron for chairing the program in February.</i></p> <p><i>– Paula O'Neil, Chair Garden Therapy Nursing Homes</i></p>



**Stewardship Begins at Home
Exercise Your Right to Comment**



Mass Maritime Academy, Bourne, MA

Renewal of Mass Maritime Academy Wastewater Discharge Permit

The wastewater treatment plant at Mass Maritime Academy was permitted twenty years ago by EPA. The plant itself was upgraded in 2015. The permit is subject to renewal every 5 years. The permit is now up for renewal and is open for public comment. The comment period will close on February 8, 2022.

The wastewater discharged into the canal meets or exceeds all permit requirements. The discharge pipe extends into the canal to a location 12 feet below mean low tide. The current permit allows for an average discharge of 77,000 gallons a day, and a maximum discharge of 140,000 gallons a day.

Future discharge from this plant has been the subject of much local concern. The Buzzards Bay Coalition along with Wareham propose to expand the Wareham Wastewater Treatment Plant into a multi-town treatment plant (for Wareham, South Plymouth, Marion, Bourne and the Mass Maritime Academy) and pump all the treated wastewater 3.5 - 10 million gallons per day directly into the canal using the Mass Maritime outfall pipe location. This proposal was opposed by the majority of Bourne residents present at the November 15, 2021, Open Town Meeting. Many are concerned about the impact of this discharge on the fishing industry and the canal.

How man handles his waste is a subject we are all concerned with. Treatment costs money. But it is also true that dilution is not pollution control. Please exercise your right to comment. Let EPA know where you stand on this issue.

The Mass Maritime Academy Permit is **NPDES Permit No. MA20024368**. Here is the link to the permit <https://www.epa.gov/ma/draft-permit-massachusetts-maritime-academy-buzzards-bay-ma-ma0024368> To comment contact George Papadopoulos at EPA, Papadopoulos.george@epa.gov



Stewardship, Native Trees, Butterflies and You

We have all seen a decline of butterflies over the last decade. We have focused on planting pollinator plants and making our gardens butterfly friendly. The decline of butterflies has many regional causes, such as deforestation, urban sprawl, climate change, and other stress factors. The question is, what can we do at the local level?

In 2020, a study was published by Desiree Narango, Doug Tallamy and Kimberly Shropshire titled ***“Few Keystone Plant Genera Support the Majority of Lepidoptera Species.”*** The study included 12,072 Lepidopteran species, 2,079 native plants, from 25 different states, including Massachusetts. They found that 90% of what caterpillars eat is from 14% of the native plants. And (drumroll) ... the top 5 most important plants were trees! The winners are **Oak, Willow, Prunus (Cherry, Plum, Peach), Pine and Populus (Poplar, Aspen, Cottonwood)**. Here is quick look at three of these trees.



Oaks (*Quercus*)

Oaks are host to more caterpillars than any other tree. 532 species of caterpillars thrive on oaks, supplying important nutrition needed for bird breeding success. More than 100 U.S. vertebrate species eat acorns. In autumn and winter, acorns are one of the most valuable wildlife foods.



Black Cherry (*Prunus serotina*)

Leaves on native cherry trees provide food for caterpillars and spring blossoms are where native bees find early nectar. Songbirds and gamebirds eat the fruit, along with foxes, chipmunks, squirrels, raccoons, and mice.



Poplar (*Populus*)

A variety of moth caterpillars feed on Poplar leaves, including the puss moth, pink-barred sawfly, poplar grey, yellow-line quaker, dingy shears and sawfly kitten. The catkins are an early source of pollen and nectar for bees and other insects, and the seeds are eaten by birds.

Tawny Simisky, entomologist with UMass Extension, wrote a review of the study. She said, *“As a gardener and land steward ... when you plant a tree ... choosing a native oak, willow, cherry, plum, peach, pine, or poplar may have the largest impact on supporting caterpillar populations.”* If you have an opportunity to plant a new tree, please consider one of these top 5 supporters of butterflies.

Cape Cod Cooperative Extension News

As we begin winter, with some of the first snow on the ground, we can begin to plan for Spring! The **2022 Native Plant Sale** has been announced. For a copy of the brochure and the order form, go to <https://www.capecodextension.org/>. Orders are due by March 18. Plant picked up is on April 29 and 30.

This year's offerings include native trees, perennials and shrubs. Here are two of the choices.



Boneset, *Eupatorium perfoliatum*

Perennial herb, historically used to treat colds, flu and fevers.



Beach Plum, *Prunus maritima*

Deciduous shrub, grown in sandy soil. Berries used to make wonderful jams and jellies.

You can kick off your garden planning by attending the **Master Gardener Association of Cape Cod's Spring Symposia**. Three separate Zoom sessions will take place on Saturdays, from 10:00 am to noon.

- 🌱 **February 5: Designing for Plenty with Pollinators**, by garden coach Karen Bussolini,
- 🌱 **February 12: Gardening Strategies for the Climate Crisis**, by horticulturist Kim Eierman, and
- 🌱 **March 12: Eat Your Yard**, by Garden historian John Forti.

See link above to register. Each session is \$15. These programs are a great way to enjoy a little gardening education, at home with a nice cup of tea!

Interesting Plant Facts: Rhizomes



As winter closes down our gardens, and plants consolidate their energy below the surface of the earth, have you ever wondered what is going on in a rhizome? Rhizomes are modified stems running underground horizontally. They store starches and proteins that allow the plant to survive during winter. These stems allow the plant to propagate and spread. They strike new roots out of their nodes, down into the soil and up to the surface.

Some plants, such as poplars and bamboos, rely heavily on rhizomes for that purpose. In plants such as water lilies and ferns, the rhizome is the only stem of the plant. The rhizomes of some species, like ginger, are edible and valued for their culinary applications.

Rhizomes plants can be good guys or thugs. Some of the good guys are irises and asparagus. Some of the thugs are bittersweet and poison ivy.



😊 Iris



😊 Asparagus



😞 Bittersweet



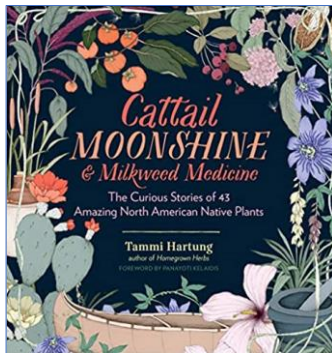
😞 Poison Ivy



Book Review Corner

Cattail Moonshine & Milkweed Medicine

By: Tammi Hartung



Published 2016



Tammi Hartung

Tammi is an ethnobotanical herbalist and organic farmer. She and her husband, Chris, own Desert Canyon Farm, in southern Colorado, where they grow more than 1800 varieties of plants.

This book is a delightful series of short articles about 43 different North American native plants. You'll read about their historical uses and their unique contributions to mankind. Here are just two of the fascinating stories.



Hibiscus

Hibiscus martianus

Hibiscus flowers are edible and can be used in soups and salads. They are also used to make an herbal black tea, which is high in vitamin C and rich in antioxidants.

The author's husband Chris, hand pollinates the hibiscus on their farm. The local children call him Mr. Bumblebee.



Persimmon (dehydrated)

Diospyros virginia

Persimmon is a delicious fruit that tastes like pudding. Picking the fruit after the first frost and drying it, reduces the tart taste.

During the Civil War, southern soldiers would roast and grind the seeds, and use them as a substitute for coffee. Native Americans have used the fruit to relieve indigestion, heartburn and as a treatment for warts.

You'll have to read the book to discover why ancient Romans called, Cattail (*Typha latifolia*) the "people's whiskey". I highly recommend this fun book. Each story fascinated me. The book is available at the Jonathan Bourne Public Library. I give the book 5 stars! I know you will enjoy it! - Pat Nemeth



Message from the President

My fellow Gardeners:

It's that time of year and the seed catalogs are flooding my mailbox. I must admit I love to read them, dream, and order few things. I am just not a great vegetable gardener. I must try harder.

This week I went to the HF Johnson tree farm to look at mature shrubs and trees to replace all that I lost in the big storm this past fall. I am excited to state that I ordered a Bicolor Quercus - swamp oak.

Time will tell when they get here to plant it; but it will be quite a process! First, I must dig up several hundred hostas and shade plants. I will rearrange my garden to get ready for the tree. I will be replanting many of my plants; but there will also be quite a few available for the plant sale. Stay tuned.



Swamp Oak (Quercus bicolor)

This tree is native to North American. It is named for its bicolor leaves. They are green on top and grey on the bottom; in fall they turn reddish brown on top. This magnificent tree attracts many birds and can live for 300 years!

I have enjoyed several of the videos from GCFM and other venues, including one on conifer sculptures and one on creative floral arrangements. I hope you are enjoying them as well. Don't forget to visit the GCFM website, and check KSO's eblast where she mentions many. I have signed up for the upcoming Groton lecture. Last years was quite good.

The Village Beautification Program is again available to those in the community that assist in maintaining our Town's open space, planters, and traffic islands. If you know of anyone that is worthy to receive these funds, or an area that needs our attention, please let me know. Let's share our knowledge and abilities with the town and keep it beautiful.

*Happy Valentine's Day to all.
- Sally Baer*

The Aptucket Garden Club of Bourne is a member of the Southeastern District of the Garden Club Federation of Massachusetts, the New England Garden Clubs and the National Garden Clubs, Inc.

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Visit the Aptucket Garden Club Website www.apucketgardenclub.com