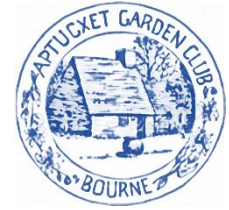


# Aptucxet Garden Club of Bourne



## Peace in the Garden

Monthly Newsletter

June 2022



*The beauty of flowers is forever captured in the way floral designers make them a part of our life's memories.*  
- *Idalina Bertone*

### May Meeting Report

Over forty club members gathered for the May meeting. Sally Baer announced the results of the election of officers. Installation of the new officers will be at the June dinner meeting. See page 3 for the members of the 2022-2023 Executive board.

**Many Thanks** to the Hospitality Committee for the Cinco de Mayo celebration. Our compliments go to Amy Fenton, Gloria Gammons, Isabel Melo, Linda Wagner, and Cindy Williams for the delicious treats, and to Alda Barron for the lovely floral centerpieces.

For the last in-person meeting of the year, we were treated to a presentation by C.L. Fornari on **Organic Flowers and Food**. Ms. Fornari is well known to those of us on the Cape. She is a very talented gardener, author, and speaker. She works at Hyannis Country Garden as a consultant. In 2015 she helped launch the Cape Cod Hydrangea Festival. Ms. Fornari shares her knowledge through her books, articles, radio shows, podcasts, and on her website [gardenlady.com](http://gardenlady.com)

C.L. Fornari, the "garden lady" or "plant geek" as she likes to be called, gave a delightful presentation about organic flowers and food. This means gardening without synthetic pesticides or fertilizers!

She discussed how gardening without synthetic products improves the flavor of fresh vegetables and herbs. Dogs and children can play safely in your yard. And most importantly we need to be aware of the impact that chemical pesticides and fertilizers can have on the water which surrounds the Cape.



C.L. Fornari

*This article is continued on page 2.*

## ***Organic Flowers and Foods (Continued)***

Organic gardening is a way of thinking about how we connect, support, and live within the environment. We share our gardens with bees, butterflies, insects, turkeys, rabbits, and birds.

To support the local ecosystem, look at how nature grows plants. Native oak trees and wild cherry trees sustain more species of life. Take a survey of your yard; find out what is native. If it is below 30%, plant more native species.

C.L. then discussed fertilizers. Does your yard need to be fertilized? Do a soil test periodically to decide if you need to feed your plants. When you look at nature, fertilizers are not used. Leaf decay supplies a slow release of nutrient over time. Using organic fertilizers will not kill microorganisms. The best time to fertilize is April or May because it takes 6 weeks for the plants to use it; and you want it available at the height of plant growth. She suggested fertilizing annuals as they have a short growing season.

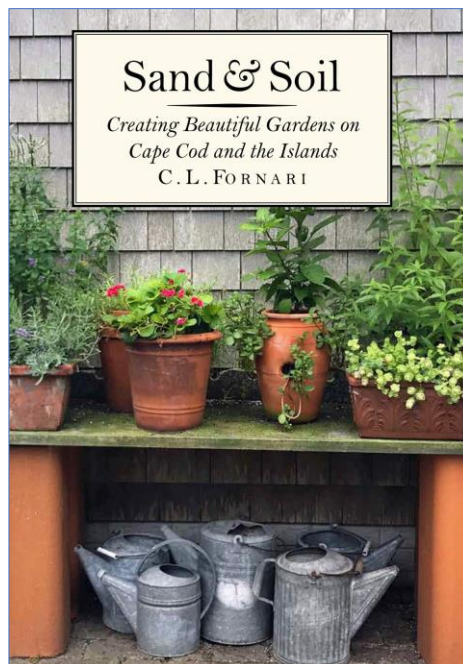
Ms. Fornari has been known to tell folks that that "C.L." stands for "Compost Lover." She uses a combination of 1 part time release synthetic and 1-part organic general fertilizer. Mix this together, mix into the soil, and then plant your annuals.

How do you know if you have a plant problem that needs treatment? First you need to identify the problem, does this naturally happen with that particular plant? For example, Monardas (Bee Balm) get mildew every year. Think innocent; until proven guilty. Remember that insects are plant specific. Weather, especially drought plays a huge part in plant damage. There is an acceptable level of damage. Move slowly and stop to examine. If you need to treat a plant, use organic products. Doing nothing is also an option.

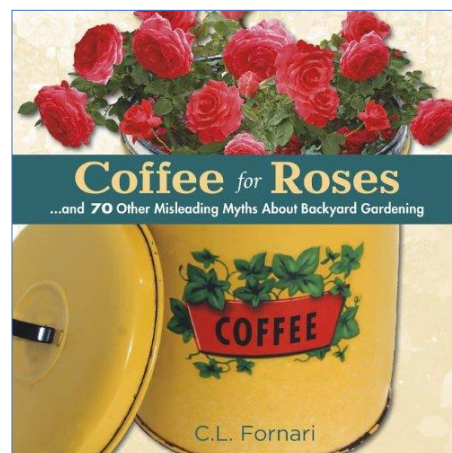
Then C.L. discussed one of our all-time favorite gardening activities ... weeding! Remove weeds by hand, use a hoe to get between plants. Mulch helps battle weeds, use either hay, bark, or pine needles. It is a myth that pine needles make the soil acidic. "Weed Dragon" uses a propane flame to kill weeds. It can be used on patios, driveways, or sidewalks.

In closing, the Garden Lady recommended that ***we plant for diversity and maintain our sense of humor!***

**Thank you C.L. for a delightful and informative presentation! - Article by Cheryl Hafela**



*Ms. Fornari has authored 8 books. Here are just two for your reading pleasure.*



## Spring Plant Sale

This year's Spring Plant Sale was challenged by daunting cold weather and gusty winds. But club members turned out in force to help with the event; and our hardy neighbors kept coming all morning to buy plants and baskets. **Many Thanks** to all the ladies who provided the plants and helped with the sale. You are all tremendous!



Spring  
Plant  
Sale



**Summer Garden Visits**

The “summer” garden visits got off to a windy start! But we are tough New Englanders and heck, what’s a little chill in the air. *Many Thanks* to Cheryl Keown for organizing this program.



*Garden Visit at Sue Barlow’s yard*

**GCFM - Plant Together, Play Together, Grow Together**



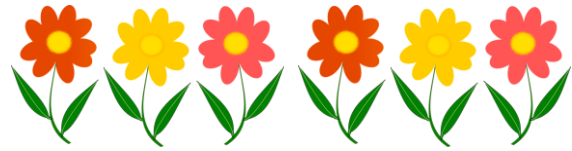
Be sure to check out the GCFM website for the other garden club plant sales, flower shows, classes, conferences, and other information. GCFM is a great resource of information.

**Membership Dues Reminder**

This is a friendly reminder. We have received dues from over two-thirds of our members. If by chance you have not submitted your dues yet, please do so. June 1 is the deadline.



**The Executive Board for 2022-2023**



**Thank you for being willing to serve!**

Position	Individual
President	Pat Nemeth
1 <sup>st</sup> VP	Nancy Selchan
Co- 2 <sup>nd</sup> VP	Jan Rogers & Nancy Buckley
3 <sup>rd</sup> VP	Susan Dmochowski
Treasurer	Cheryl Keown
Secretary <i>Recording</i>	Nora Grant
Secretary <i>Corresponding</i>	Marcia Wilmott
Co-Chairs Aptuxet Trading Post	Jan Casiello & Dorothy Haney
Chair Arbor Day	Darlene Cickosky
Co-Chairs Artistic Design	Alda Barron & Judy Sheehy
Chair Awards	Bobbie Lingard
Chair Briggs Gardens	Margot Jenkins
Chair Civic Beautification	Sally Baer, Past President
Chair Environment	Sue Barlow
Chair Garden Therapy, <i>Sr. Res.</i>	Laura Bergeron
Chair Garden Therapy, <i>Nursing Fac.</i>	Paula O’Neil
Chair Horticulture	Anna Holmes
Co-Chairs Library Urns	Joan O’Brien & Cindy Williams
Chair Jr. Gardeners	Sally Curtin
Co-Chairs Hospitality	Amy Fenton, Laverne Newman & Linda Wagner
Chair Membership	Isabel Melo
Chair Newsletter	Cheryl Hafela
Chair Publicity & Civic Coordination	Betsy Woodley
Chair Scholarship	Chris Crane
Chair Technology	Kathy Sargent-O’Neill
Co-Chairs Wildflower Collection	Alda Barron & Laurie York

## A Moment of Beauty

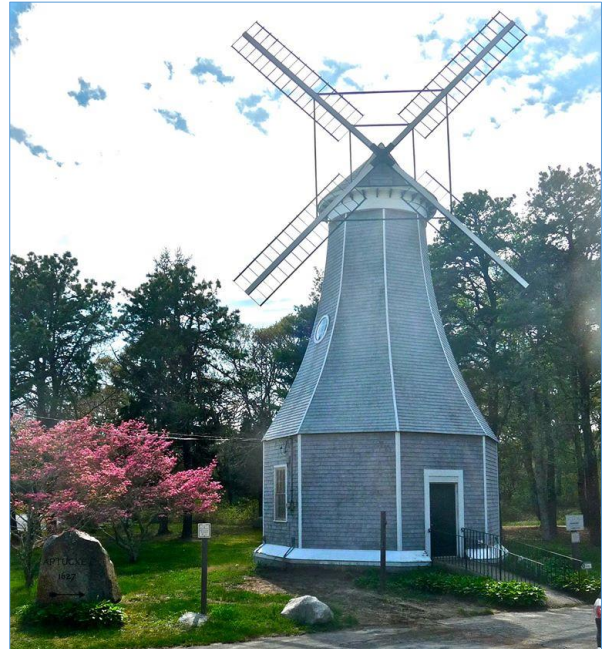


There is a humble little piece of ground next to the backdoor of the Briggs-McDermott house that is fondly known as the Kitchen Garden. Back when this garden was first planted the house was part of a large farm. Major crops, like corn, would have been planted elsewhere. Here the ladies of the house would have planted herbs and medicinal plants.

AGC has been planting and caring for this garden for over 40 years. Many variations of the plants have been planted here. Some make it and some become “salad” for the deer and bunnies.

One of the rare plants that grow here are the white Irises. Here they are in glorious bloom on a lovely day in May. Their tubers were popular as an addition to potpourri. They are grown here near some lavender. Then as now, lavender would be used as a scent to deter moths in drawers and closets.

Preserving the past is one of the special gardening pleasures of the club.



## Gardeners Wanted for the Aptucket Gardens

Volunteers are needed to help maintain the historical herb gardens at the Aptucket Trading Post. Several people have signed up for maintenance weeks for this summer. But there are many weeks that are still open.

Come and be a part of our work to maintain a garden as it might have been planted in the 1620s by the early European settlers. The gardens contain kitchen herbs, medicinal plants, household herbs and plants for making dyes.

The sign-up sheet will be at the Annual Meeting, so please consider volunteering for a week. You can also contact Dorothy Haney to sign up at [dorothy.haney@gmail.com](mailto:dorothy.haney@gmail.com) or at 508 759-9613.



*Calendula is one of the historic plants. It was used in stews, as a yellow dye, and as an antiseptic skin ointment.*

## Garden Therapy 2021-2022

Life comes down to simple pleasures as you age. Family, friendship, and flowers are all on the top of the list of those pleasures! Every month members of the Garden Therapy Committee take the time to bring the pleasure of flowers to the elderly in our community. Paula O'Neil and Penny Schofield have been the Committee Co-Chairs for this program. Recently Penny retired from her position. Laura Bergeron will take her place as co-Chair next year.

### *Message from Paula O'Neil*

*For us, this year has been full of accommodations. And since Covid has kept going on, we have kept making adjustments as needed.*

*With nursing home restrictions, we have followed their guidelines. We delivered arranged vases. But sometimes during the year we were able to visit and assist clients to arrange their flowers.*

*We recently visited Bourne Manor and had arranged for our visit; but no staff were available to bring clients for the activity. So, we were able to talk to a few clients who wanted flowers; and staff agreed to deliver them to their rooms.*

*Then at Cape Cod Senior residences we set up outside to arrange, because we had covid concerns ourselves. The staff were pleased and hopefully we still spread some cheer!*

*I want to personally thank our committee members. To our forever faithful Barbara Daniels, Judy Loomis, Louise Fraher, Mary Reid, Nancy Buckley, and Marcia Willmott, **Thank You!***

*And a special additional thanks to Marcia Willmott and Alda Barron who filled in for me as Chair when I could not be there.*

*Next year we are looking for new members to help with this worthwhile program. You will provide a moment of sunshine with flowers as you help care for our elderly. You will be welcomed on the committee, and it is FUN!*

*Thank You,  
Paula O'Neil*



To volunteer for Garden Therapy, please contact  
Paula O'Neil @ [pollykayak@comcast.net](mailto:pollykayak@comcast.net)

## The Fascinating History of Potatoes (*Solanum tuberosum*)



The potato was domesticated about 10,000 years ago in Peru and Bolivia, where the species is indigenous. The potato was brought back to Europe in the 16th century by the Spanish conquistadors. Spain used the potato as an easily transported food for their military. It helped their troops avoid scurvy.

Consumption of the potato was slow to catch on in the rest of Europe. The idea of eating the root of a plant was unheard of in Europe at that time. Many people thought the plant was poisonous. This sentiment continued until the French botanist Parmentier persuaded King Louis XVI to encourage mass cultivation of this plant. He proposed a trick to gain the public favor of this new food. The King would grow 100 acres of potato, which would be heavily guarded. Such a large military guard would cause the people to think the potatoes were truly a precious food. In addition, Marie Antoinette would pin potato flowers in her hair. The trick worked! And thus, between fashion and military guards, a passion for potatoes was born in Europe.

The love for potatoes was severely tested in the mid 1800's, when an air borne fungus wiped out potatoes in Ireland, during what is known as the Great Irish Famine. Over a million people died from starvation, and another million emigrated out of Ireland.

The United States was one of the last major countries to adopt potatoes into their cuisine. For many years we regarded potatoes as only a crop for animals. This changed in 1872 when the famous horticulturist Luther Burbank discovered a disease resistant potato hybrid, that he named the Russet Burbank Potato. Today the Russet potato is the most widely grown potato in North America.

Potato plants are herbaceous perennials that grow about 24 inches tall. They bear white, pink, red, blue, or purple flowers with yellow stamens. Potatoes are mostly cross-pollinated by insects such as bumblebees. After flowering, potato plants produce small green fruits that resemble green cherry tomatoes. Like all parts of the plant except the tubers, the fruit contain toxic compounds and are unsuitable for consumption.

Plants can be propagated by seed, or by pieces of tuber cut to include one or two eyes. Most commercial production is by tuber plantings.



*The potato flower*

Potatoes are one of the top four major food staples in the world, along with corn, rice, and wheat. The five largest suppliers of potatoes in the world are China, India, Russia, Ukraine, and USA.

## Looking Ahead - AGC June Events

<b>June 8</b> Pocasset Country Club	<b>Annual Dinner, 5:30 pm</b> <b>Members Only Event</b>  <b>Year End Celebration and Installation of New Officers</b>  Hospitality Chair: Amy Fenton and Linda Wagner Hospitality Committee: Bobbie Dwyer, Paula O'Neil, Lorraine Young and Claudina Quinn
<b>June 15</b> Bourne Manor	<b>Garden Therapy 10:00 am</b>
<b>June 22</b> Pat Nemeth's Home	<b>Executive Board Retreat, 1:00 – 4:00 pm</b> <b>Board and Committee Chairs Only Event</b>  <i>"Joining Together to Plan for the Next Year"</i>

## Other Events of Interest

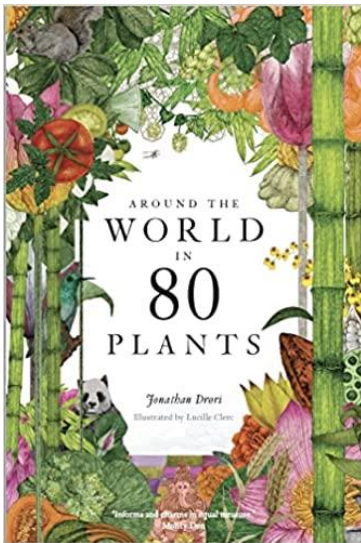
<b>June 2</b> Doubletree Inn, Milford	<b>GCFM 95<sup>th</sup> Annual Meeting – "Together Again", 9:00 am – 4:00 pm</b> \$60 registration
<b>July 20 – 22</b> Heritage Gardens, Sandwich	<b>GCFM, Southeastern District - "Cape Legends" – A NGC Flower Show</b> July 20 1:00 – 5:00 pm, July 21 10:00 am – 5:00 pm & July 22 10:00 am – 7:30 pm \$21 non-member admission fee to Heritage Gardens.







**Book Review Corner**  
***Around the World in 80 Plants***  
**By: Jonathan Drori**



Published 2021



Jonathan Drori

Jonathan Drori started out in engineering and joined the BBC when he got out of college. There he developed television programs and launched their first website. Over the years he has taught at numerous British universities and served on the boards of many scientific and conservation organizations. His first book was ***Around the World in 80 Trees***.

Jonathan grew up as a child going to Kew Gardens with his family almost every other week. His Dad was an engineer, and his Mother was a botanist. Both of his parents loved the natural world, and they ignited that interest in Jonathan. He once said about life, *you need a bit of light and shade ... if I am constantly In an urban setting, I need the levity of wandering around the natural world*. Isn't that true for all of us? Our gardens and parks, our canal, and our beaches, give us back a bit of piece and balance.

With this balance in mind, ***Around the World in 80 Plants*** will take you from Northern Europe, to Africa, Asia, and on to the Americas. Each segment of the globe is presented with fascinating stories about plants. Each plant is beautiful illustrated. Mr. Drori tells each plant's story with a mix of botany and history. To give you a sense of the flavor of the book, here is one short excerpt about Maize.

*Maize is a burly, vigorous annual grass ... at the top of the shoot, the male flowers release pollen to the wind ... female tufts of silky green hair are ready ... at the end of each hair a kernel develops. Modern maize has been bred to hold its kernels tightly on the cob. Inca palaces were decorated with maize motifs in gold and silver. The Aztecs scattered popcorn on the sea to protect fishermen.*

This book is series of interesting stories. You can read it in small segments. I think you will enjoy learning about the 80 plants described. The book is available at our library. I give it 4 stars.

Mr. Drori is also a very talented public speaker. Check out his TED talk on ***The Beautiful Tricks of Flowers*** at [ted.com](https://www.ted.com).

## Message from the Editor

*Dear Fellow Gardeners,*

*I want to thank the club for your support as I served as your Newsletter Editor. Many of you provided the wind beneath my wings with your suggestions for articles, photographs, and well wishes.*

*Little did I know it when I volunteered to be the editor four years ago; that the Newsletter was about to become a major part of my life. It became a driving force behind my learning about gardening in New England. I still remember not knowing what a perennial was when I moved here 5 years ago from California. Today I find my prior ignorance still amazing, but true!*



*In order to write the Newsletter, I began to read books on gardening in New England. I joined many horticulture and conservation websites. I watched YouTube videos and listened to podcasts. All the while I was searching for interesting stories that I thought you might enjoy.*

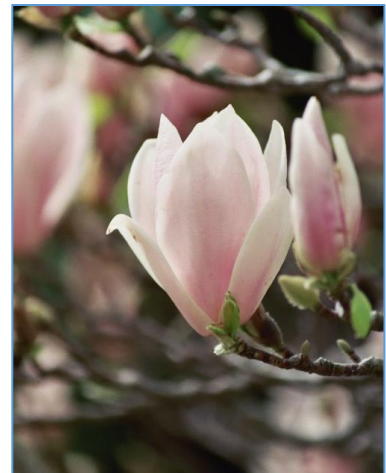
*And of course, like every good editor, I tried to cover all of our club events. I treasure all the good memories of our gatherings. The Newsletter became a way for many of you to show your family what on earth you were doing in this club! Here we celebrated digging in the dirt, floral design, learning about plants, birds, and important environmental issues. Here we made friends!*

*I enjoyed writing the Newsletter and illustrating the articles. The two photos here are mine. The first of the butterfly speaks to all that we are learning about pollinators and the importance of native plants. The second reflects the quiet beauty of the garden.*

*I step down from this duty with fond memories of working with our past Presidents, Laura Bergeron, and Sally Baer. Both ladies were wonderful guides through my tenure.*

*Now, I am very pleased to pass the baton on to Cheryl Hafela, who will be your new Editor.*

*Best Wishes, Pat Nemeth*



**The Aptucxet 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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