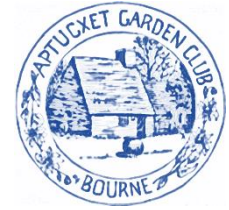


Aptucxet Garden Club of Bourne



Stewards of the Earth

Monthly Newsletter

May 2022



I only went out for a walk, and finally concluded to stay out till sundown, for going out, was really going in.

- John Muir

April Meeting Report

Our April meeting was a fun gathering. Sally Baer opened the meeting and welcomed a number of guests. For the Horticulture Report, Sally recommended Doug Tallamy's new book ***The Nature of Oaks***. See page 8 for a review of the book.

Kathy Sargent-O'Neill presented the slate of officers for the next two years. See page 2 for the details. Elections will be in May by email.

Judy Sheehy reported that the Arbor Day Committee would be preparing a special exhibit at the library on Trees. See page 4 for more information.



Cathy Walthers

Susan Dmochowski introduced our guest speaker, Cathy Walthers from Martha's Vineyard. Cathy is a cookbook author, chef, and teacher. She gave a delightful presentation that included beautiful photographs of many of her dishes, and samplings of a refreshing drink and an amazing salad. See page 2 for the recipes!

Cathy is a very accomplished and talented cook who clearly loves fresh farm to table vegetables, herbs, and edible flowers. She shared with us her surprise and delight that many of the medicinal herbs had the best flowers. She said she loves to end her day sitting in her herb garden. These quiet moments restore her and connect her in an almost spiritual way to the plants she loves to cook with.

To learn more about her classes and her recipes, go to catherinewalthers.com

Many thanks to the Hospitality Committee for a delightful lunch. Our compliments go to Amy Fenton, Nancy Buckley, Chris Crane, Jean Davock, Melissa Fox, Gloria Gammons, and Nancy Guimond.

Recipes From Cathy Walthers

Cooling High Water



Cucumber & Lime Water with Muddler Tool

Crush two slices of cucumber (seeds removed) with ¼ of a lime (skin removed) with a muddler in the bottom of a tall glass. Add ice and water. Stir in fresh mint and cilantro.

For a cocktail, you can use soda water instead of water, and add 1-ounce simple syrup and 1 ½ ounce of vodka.

Quinoa Watercress Fruit Salad



On a large plate, layer cooked quinoa with a cup of cut up watercress (roughly equal amounts). Mix in a separate container ½ cup of lemon juice with ½ cup orange juice, add parsley and chives (to taste), shake well and then pour over the salad. Toss salad, then layer on top raspberries, blueberries, feta cheese and edible blossoms.

This salad was light and delicious! Many club members said they were delighted with a dressing that did not include olive oil.



Vote in May for New Officers

At the April meeting, the Nominating Committee presented the following slate of officers for 2022-2024:

- President: Pat Nemeth
- 1st Vice President, Chair Day Programs: Nancy Selchan
- 2nd Vice President, Co-Chairs Ways & Means: Jan Rogers & Nancy Buckley
- 3rd Vice-President, Chair Evening Programs: Susan Dmochowski
- Treasurer: Cheryl Keown
- Recording Secretary: Nora Grant
- Corresponding Secretary: Marcia Willmott

Ballots will be sent to members by email in May. **Please vote!**

Membership Interest Survey



Our club is here for you. We join together to learn, share friendship, and do good for our community. We want to hear from you.

Recently you will have received in the mail the bill for your membership dues, and a **Membership Interest Survey**.

Please take the time to tell us how you want to contribute to the community, and what kinds of programs and activities you are interested in. Thank you!

**Spring Plant Sale – May 7, 9:30 am – 12:30 pm
Pocasset Community Building**

Calling all members. Please participate in the Spring Plant Sale. This is our big fund raiser!

Many thanks to all who have prepared plants for the sale! Plants are to be dropped off on the afternoon of May 5 at the back of the Pocasset Community Building.

Volunteers are still needed to set up the sale (May 6) and run the sale (May 7). If you can help with the work, and you didn't already sign up at the April 11th meeting, please contact Jan Rogers at jan.rogers430@gmail.com



Please come and shop! There will be May baskets and many wonderful perennials, trees, shrubs and some vegetables and herbs.



**Spring Cleaning Tips On
Ways to Recycle Household Items**

Dorothy's Swap Shop is open at the Bourne landfill. Hopefully someone else would like your treasures and they will get reused.

Take clothing or bedding to the white bins behind the Bourne schools. The PTA earns money from these donations.

Bobbie Dwyer, Chair Recycling

**Aptucket Trading Post Historic Gardens
Spring Clean Up**



The 17th century gardens at the Aptucket Trading Post will have its spring clean-up on Saturday, May 14 at 2pm. If anyone is interested in helping, please contact Dorothy Haney at 508-759-9613. On May 14, club members will clean out the gardens and discuss suggestions for improvement. Your participation and input are welcome. Please bring rakes, clippers etc.

*Dorothy Haney & Jan Casiello
Co-Chairs Aptucket Gardens*

Briggs McDermott Flower Garden



The spring clean-up of the flower garden at the Briggs-McDermott House will be on Tuesday, May 3 at 10:00 am. If you can help, please contact Margot Jenkins, at

jaymarjen@comcast.net

Annuals will be planted after Memorial Day. Let Margot know if you can help and she will send you the schedule for this fun part of the work.

In Wisconsin: Stowing Mowers and Pleasing Bees, by Anne Readel

Excerpt from article published in the New York Times, 3/29/22. Excerpts shown in blue.



Photos by Anne Readel. *Anne Readel is a photographer, writer, biologist, and lawyer.*

This recent article in the New York Times has the magic to stir your soul. The idea is simple. It doesn't require you to replant your yard. All you do is put the lawn mower away for a month. But it's the magic month of May, when the bees come out of hibernation and are hungry for spring food. Ms. Readel's story begins in May, as she drives through the city of Appleton, Wisconsin.

*Appleton is a small college city about 200 miles north of Chicago. Here Dr. Israel Del Toro and Dr. Relena Ribbons of Lawrence University, knew that **No Mow May** was popular in Britain. They proposed the idea to the Appleton Common Council; and, in 2020, Appleton became the first city in the United States to adopt **No Mow May**.*

Bees are facing catastrophic declines. In North America, nearly one in four native bee species is imperiled, according to the Center for Biological Diversity, partly because of habitat loss, pesticide use, climate change and urbanization. Lawns typically provide poor habitat for bees. But if allowed to flower, lawn weeds — perhaps better characterized as plants other than grass — can provide rare spring food for bees emerging from hibernation.

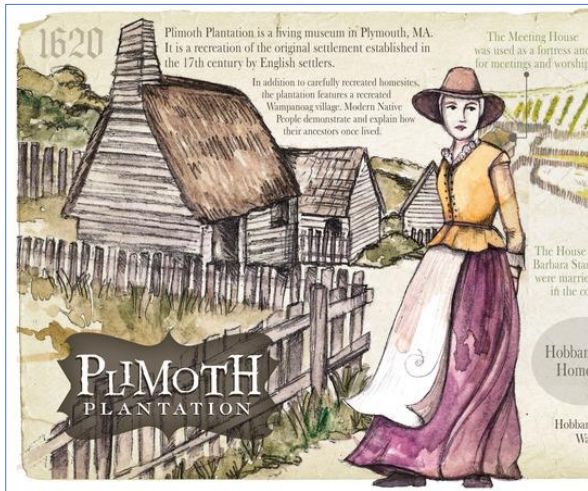
*Dr. Del Toro and Dr. Ribbons studied the impacts of No Mow May on Appleton's bees. They found that No Mow May lawns had five times the number of bees and three times the bee species than did mown parks. The idea took hold and within a year, dozens of communities in Wisconsin, Iowa, Minnesota, Illinois, and Montana had adopted **No Mow May**.*

"What you did for one month, that's cool, that helps," Dr. Del Toro said. "But what are you going to do the rest of the summer, or the rest of the year, to make sure that our pollinators are protected?" "We have to start thinking about what our role is in this urban ecosystem." Other bee-friendly practices include planting native flowers, creating bee nesting habitats and reducing herbicide and pesticide use.

No Mow May was launched in England by Plantlife. Plantlife is dedicated to restoring wildflowers, plants, and fungi. They are part of a coalition of organizations working on a Terra Carta Plan for 2030. They point out that 30% of Earth's carbon is stored in grasslands. Restoring flower rich grasslands is an important strategy to balance our carbon footprint. You can learn more on their website [Plantlife.org.uk](https://www.plantlife.org.uk)

And to no one's surprise, there are even "No Mow May" tee shirts and sweatshirts available on the internet!

**Plimoth Plantation
Spring Heirloom Plant Sale
May 21,22,28 & 29 from 8:00 am – 1:00 pm**



Drawing by Lisa Graves

In celebration of Plimoth Patuxet’s 75th Anniversary, heirloom herbs, vegetables and flowers will be available for purchase in the main parking lot. The Museum’s horticulture staff will be on hand to answer questions and provide gardening tips.

This is a special, not to be missed, spring plant sale. Come, explore, and purchase plants grown in the 17th Century English Village. During the winter months, the Museum's staff and volunteers have been propagating a variety of plants to introduce the gardening public to the incredible variety of heirloom plans that will thrive in this region.

The list of plants that will be available contains over seventy types of heirloom plants, with over fifty types of perennials. You’ll find five types of sunflowers, numerous herbs, classic flowers like hollyhocks and poppies, and many more delightful choices. Many of these are excellent plants for attracting butterflies, bees, hummingbirds and other wildlife to your yard.

For a complete listing of plants go to <https://plimoth.org/events/spring-heirloom-plant-sale>

Arbor Day Exhibit at the Library

Recently the Arbor Day Committee went to work to prepare a special exhibit at the library. The title of the exhibit is ***Plant Trees for a Healthier Earth!*** It was inspired by Doug Tallamy’s book ***The Nature of the Oak.***

The goal of the exhibit is to inspire children to understand the following facts.



- * Trees renew our air supply by absorbing carbon dioxide and producing oxygen. Trees are the largest living organisms on earth.
- * The roots of trees hold the soil together to prevent erosion. They slow and filter rainwater to purify it.
- * Native trees support the most insects, caterpillars, and animals.
- * Baby birds are raised on caterpillars, not seeds.

Many thanks to the Arbor Day Committee!



A Call To Service

Would you like to get more involved in the Club? Is there something you would like to see us do? Since 1938, the club has worked to improve the Town of Bourne with many civic programs. Only your hands and hearts make this happen.

Please contact Pat Nemeth if you have an idea and wish to volunteer, at 508-838-5249 or pat.nemeth@hotmail.com

Daffodils at the Aptucxet Trading Post

Last year dozens of club member gathered at the Aptucxet Trading Post to plant (literately) thousands of daffodil bulbs. Our hard work paid off. Just look at these lovely photos from Alda Barron!



Heritage Gardens Rhododendron Festival May 20 – 30



Dexter Rhododendron Garden



Charles Dexter



“Rhododendron” comes from the Greek words for “rose tree”

Heritage Gardens is famous for its magnificent rhododendrons. These plants have a long history on the property. In 1921, Charles Owen Dexter was 59, a successful textile manufacturer in New Bedford, and he had just been told he didn't have long to live. So, what did he do? He bought a 76-acre farm in Sandwich and began the pursuit of rhododendrons that would thrive in New England. Using the Chinese species *Rhododendron fortunei*, he produced hybrids characterized by dense foliage, large stature and flowers of superior size and color, many of which were also fragrant. Perhaps his work healed him, for he lived another 22 years. And his work transformed the property!

A visit to the Dexter Rhododendron Gardens during the **Rhododendron Festival** is a delightful way to spend an afternoon. If you want to learn more about these plants, check out the **Rhododendron Care Workshop** on June 3. The workshop will cover best practices for pruning, planting, watering, fertilizing, mulching, pest control, and dead heading. Registration is required. The non-member fee is \$75.

Looking Ahead - AGC May Events

<p>May 6 & 7 Pocasset Community Building Backyard</p>	<p>May 6 – Set-Up May 7 - Spring Plant Sale Sale is from 9:30 am – 12:30 pm</p>
<p>May 11 Bourne United Methodist Church</p> 	<p>Evening Meeting Board Meeting 5:00 pm Social: 5:30 pm, Meeting: 6:45 pm</p> <p>Artistic Design Horticulture</p> <p>Program: Growing Flowers and Food Organically, by C.L. Fornari Ms. Fornari is known as the <i>Garden Lady</i>. She is a well-known Cape Cod gardener, author, radio show host, garden consultant and plant expert at Hyannis Country Gardens. She will share her knowledge about the benefits of organic gardening for the environment and the gardener! We are fortunate to have her for our May program!</p> <p>Tea Chair: Isabel Melo Committee: Gloria Gammons, Penny Schofield, and Cindy Williams</p>
<p>May 18 Cape Cod Nursing Home</p>	<p>Garden Therapy 10:00 am</p>

NOTE: Save June 8th at 5:00 PM for our Annual Dinner at the Pocasset Country Club. Invitations will be sent out by email. Reservations are required by June 1.

Other Events of Interest

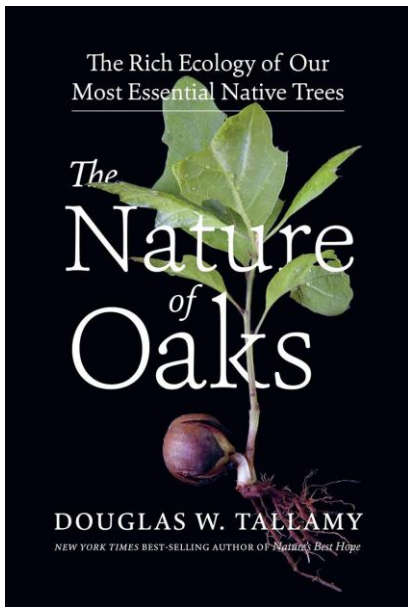
<p>May 21 Cape Cod Fairgrounds, Falmouth</p>	<p><i>Master Gardener Association of Cape Cod</i> Annual Plant Sale In the Market Place Building, access via West Gate at Currier Road Doors open 9:00 am</p> 
<p>July 20 – 22 Heritage Gardens, Sandwich</p>	<p><i>Garden Club Federation of Massachusetts, Southeastern District</i> “Cape Legends” – A NGC Flower Show</p> <ul style="list-style-type: none"> - July 20 1:00 – 5:00 pm - July 21 10:00 am – 5:00 pm - July 22 10:00 am – 7:30 pm



Book Review Corner

The Nature of Oaks

By: Doug Tallamy



Doug Tallamy

Entomologist & University of Delaware Professor

Photo: *pressofatlanticcity*

Last May, this column featured a review of Doug Tallamy's second book, ***Nature's Best Hope***. Doug reminded us in that book to begin with our own backyards to be *Good Stewards of the Earth*.

Doug's third book, ***The Nature of Oaks*** takes us into his love affair with the genus *Quercus*. The mighty oak tree is one of the most important species in the plant kingdom. It supports an amazing broad ecosystem; and when you finish this book, you'll wonder how we could survive without them.

The book takes you into the life of the oak tree on a month-by-month journey. You'll be fascinated by the birds and insects that are part of this life cycle. Acorns will take on a new meaning. And you will learn that more caterpillars depend on the oak tree than on any other plant species.

Over ten species of oaks can be found in Massachusetts. Doug's book includes advice on how to care for your oaks. Here is a brief excerpt from an interview with Doug about the book.









Plants capture energy from the sun and turn it into food, and then how well they pass that energy on to animals depends on how many animals are there. Oaks pass on (the energy) better than any other plant genus in North America. They're great at sequestering carbon. They're great at pumping that carbon into the soil. They're great at managing our watershed because they have such big canopies and big root systems. A yard without oaks is a yard meeting only a fraction of its life-support potential.

Doug's fascination with oaks, began with his fascination of caterpillars. Twelve years ago, he began researching what native and non-native plants were host plants to caterpillars. Oaks won! Then he became intrigued with the ancient mutual link between blue jays and oaks. To learn more about this 60-million-year-old link, you just have to read the book. This is a 5 Star reading experience that I know you will enjoy! - *Pat Nemeth*

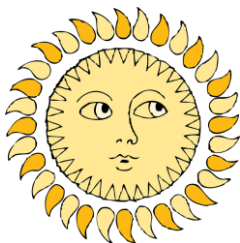
The Quercus (Oak) Quiz

Here on the Cape, we live surrounded by oaks. We love their shade in the summer; and we know all about their acorns and leaves on the ground in the fall. But really, how much do you know?

True oaks belong to the genus Quercus. These plants originated in the Northern Hemisphere. There are over 600 species. Here is a little fun quiz inspired by Doug Tallamy's book. Enjoy!

<p>1. What are the two main categories of oak trees?</p>	<p>a. White Oak b. Black Oak c. Red Oak d. Bur Oak</p>
<p>b. Draw a line to show which leaf goes with each type of oak?</p>	<p>a. White Oak b. Black Oak c. Red Oak d. Bur Oak</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>e.</p> </div> <div style="text-align: center;">  <p>f.</p> </div> <div style="text-align: center;">  <p>g.</p> </div> <div style="text-align: center;">  <p>h.</p> </div> </div>
<p>b. Draw a line to show which acorn goes with each type of oak?</p>	<p>a. White Oak b. Black Oak c. Red Oak d. Bur Oak</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>e.</p> </div> <div style="text-align: center;">  <p>f.</p> </div> <div style="text-align: center;">  <p>g.</p> </div> <div style="text-align: center;">  <p>h.</p> </div> </div>
<p>b. What are the most common types of oak trees found on the Cape?</p>	

Answers: Question 1: a & c, Question 2: a with f, b with g, c with h, d with e, Question 3: a with g, b with h, c with f, d with e, Question 4: Black Oak and White Oak



Summer Garden Visits

Members who signed up to take part in this summer's garden visits will have received an email from Cheryl Keown. These visits are one of the delightful ways we can stay connected in the summer. Members can host a visit if they wish to have advice on a garden issue. Members can also sign up to visit gardens. If you wish to participate, and have not signed up yet, please contact Cheryl at cherylkeown@jaybee.com

Interesting Plant Facts: Sunflower *Helianthus annuus*



The sunflower is a plant we all know and love. Native to the Americas, the earliest evidence of domesticated sunflowers is in Mexico and dates back to 2600 BC. In addition to its beauty, the sunflower is grown for its edible seeds and oil. Here are a few little-known facts about the plant.

Sunflowers can be used to extract toxins from soil and water. They were used to remove caesium-137 and strontium-90 from the soil and water after the Chernobyl disaster.

Among the Zuni people, the root is chewed by the medicine man before sucking venom from a snakebite and applying a poultice to the wound.

Van Gogh did many sunflower paintings. His first sunflower paintings were done in Paris with flowers lying on a table. The second set of paintings were made in Arles to decorate a room for Gauguin. He once said, *“what is blue without orange.”*



This painting was destroyed in WWII.

The sunflower is the national flower of Ukraine. Ukraine is the world's leading producer of sunflower seeds.



Message from the President

Dear Fellow Gardeners,

As I leave you as President, I look forward to working with the new President, moving into the role of Village Beautification Chair, and creating Pollinator Pathways throughout the Town of Bourne.

I am very grateful to have served as your President. It has been an honor. I look forward to getting to know our new members. Welcome one and all, it's great to have you.

Now on to my garden. So much is going on, I wonder what to attack first. I am holding back from really cleaning and mowing. I want to rename the concept of “No Mow May” to “No Mow Mid-April to Mid-May”, since I am not sure I can hold off much longer. And it looks like I will be weeding maple saplings out of my garden for the next ten years! I have been inundated with them! I have been dreaming up all sorts of ways to get rid of them ... from weed whacking to setting Gigi to dig them up.

*Once again, **Many Thanks** to all the members who have assisted during these pandemic years. Now I look forward to again sitting in the gallery.*

Your fellow Gardener, Sally Baer

The Aptuxet 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.

Newsletter Editor: Pat Nemeth pat.nemeth@hotmail.com
Visit the Aptuxet Garden Club Website www.aptuxetgardenclub.com