



# Aputucxet Garden Club of Bourne

## Peace in the Garden

Newsletter

February 2023



Away in a meadow all covered with snow the little old groundhog looks for his shadow

The clouds in the sky determine our fate If winter will leave us all early or late.

~ Don Halley

### January 9 Day Meeting Report

#### Horticulture: Tips for Garden Savings for Senior Gardeners, by Anna Holmes

Anna started by talking about gardening smarter. Gardening includes bending, lifting, kneeling, squatting, weeding, pruning, bugs, sun and heat. Wow, what do we get out of this? The satisfaction of digging hands into warm soil, beautiful blooms, color, fragrance, wildlife, fresh produce, and health benefits. Yes, scientific studies prove gardening stimulates all senses!

Here are some gardening tips.

1. Hire someone, if needed (friend recommendation or chase down a landscaper).
2. Raise garden beds to avoid bending/kneeling.
  - Use gutters, pallets positioned in vertical or flat position. On pallets make sure they are stamped "HT" which is chemical free .
  - Make you own table height bench.
3. Think smaller by reducing lawn space and increasing ground covers.
4. Think about safety by.
  - Carry a cell phone.
  - Garden before 10AM and after 4PM.
  - Wear appropriate clothing and do not forget the sunscreen.
  - Warm up legs, arms and back before gardening.
  - If you have arthritis soak hands in warm water then put on garden gloves.
5. Go Native with low maintenance plants requiring low upkeep (National Wildlife Federation is a good resource).
6. Plant in light weight containers using light weigh soil.
7. Fit gardening tools to needs.

(Meeting Report Continue from page 1)

- Look for ergonomic tools.
- Use a wagon or 2-wheeler rather than a wheelbarrow as it is less pushing and lifting.
- When kneeling, kneel on one knee for better balance. When squatting make sure heels are on the ground.
- Use a large rubber ball for sitting and rolling. This is good for your core strength, saves knees and back. Or sit on a milk crate placed on it's side. Also a great place to hold tools so you do not misplace.
- Use a garden rocker with adjustable heights.

Resources:

[www.nwf.org](http://www.nwf.org)

[www.nwf.org/nwgarden](http://www.nwf.org/nwgarden)

<https://www.instructable.com/DIY-Vertical-Pallet-Garden>

<https://www.instructables.com/Grow-Potatoes-In-A-5>

Arthritis Foundation

## Cook Up a Floral Design!, by Judy Sheehy



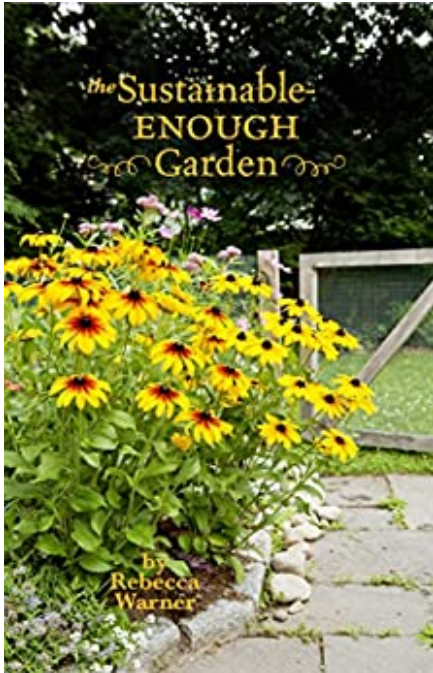
This year the Principles of Design have been presented at meetings. Principles of Design have been included in design discussion for a long time and are also printed inside our yearbook cover.

To recap - Like a recipe in a cookbook, Elements of Design (line, form, space, color, texture, light, pattern, size) are the ingredients. The Principles of Design (balance, contrast, rhythm, dominance, scale and proportion) are the directions telling one how to prepare and mix the ingredients to achieve an artful result.

Reminder: We all received an eblast flyer about "Eureka" the Garden Club Federation of Massachusetts, Inc Southeast District Flower Show at Heritage Museums & Gardens. Dates are July 19, 20 and 21, 2023.

Check out the Horticultural section to see what you might grow.

## Easy First Steps to an Earth Friendly Garden, by Rebecca Warner



Rebecca, the speaker at the meeting states that her book “*The Sustainable Enough Garden*” says that a sustainable garden imitates the natural process. It helps cycle natural elements while minimizing waste and the need to purchase materials. The four easy steps to get started are:

1. Composting
2. Mulch
3. Preparing Beds
4. Potting without peat

Rebecca discussed how most are familiar with the lasagna method of compost. This method adds greens between the layers. It has to be turned, watered and temperature monitored regularly. This takes more time and is not necessary. Rebecca recommends the “cold compost” method.

She used two 4'x4' chicken wire barrier areas. Throw in all garden material including leaves. After 2 years you have full compost. This method does not kill weeds as it does not get hot enough.

The best mulch is shredded leaves or wood chips. To shred leaves use a lawn mower or leaf shredder. You can get wood chips free by contacting tree trimming companies. The local town dump has free mulch.

When preparing your garden, if you till the garden beds it disturbs the rhizosphere which holds the insects and organisms that is good for the garden. It will also release carbon dioxide and introduces oxygen into the soil. It will also bring the weeds to the top of the soil. No till is the easiest way to prepare garden beds. You can also plant a cover crop that will die down and create great mulch.

Peat takes a long time to develop which is why it is best not to use. Potting soil is dense, retains moisture and water. In addition potting soil allows moisture in. It is easy to make your own using 1 part coir and 1 part compost. The best coir is Cocogrow which is a compressed brick that needs to be wet before using. The compost needs to be sifted to give a finer texture.




## Garden Therapy

On January 18th members of the AGC gathered at CC Senior Residences (Royal) to help make grapevine wreaths with dried Hydrangea flowers. [Thank you](#) to all who participated in this special event!



# Looking Ahead - AGC Month Events

<p><b>February 15 @ 5:30 Joint Evening Meeting Bourne United Methodist Church</b></p> 	<p><b>Program: State of the Waters on Cape Cod, by Andrew Gottlieb</b> Andrew Gottlieb is the Director of the Association to Preserve Cape Cod (APCC). For over fifty years, APCC has been working to preserve the environment on Cape Cod. Me Gottlieb has worked in the field of environmental protection for over 30 years. He will provide an update on the latest water quality condition of ponds, bays and drinking water. He will also discuss other environmental challenges facing Cape in 2023. This is a program you won't want to miss.</p>
<p><b>December 15 @ 10:30</b></p>	<p><b>Garden Therapy</b> Bourne Manor</p>
<p><b>Date Correction Annual Spring Plant Sale May 13</b></p>	<p>Spring Plant Sale listed in the year book for May 6th is not correct. it is May 13th, 2023, the day before Mother's Day. Plant drop off the week before. More information to follow.</p>



**Aptucxet Garden Club's  
Next Styrofoam Collection Day  
February 15, 5:30 PM**

At AGC's next meeting, we will be collecting CLEAN only, non-biodegradable styrofoam which includes: egg cartons, packing peanuts, styrofoam coolers, packing styrofoam and food trays and cups. There should be NO labels, stickers, paper or tape attached to the styrofoam and no dirty foam. If the material does not snap when bent, then we do not accept it. Not accepted: black styrofoam eurothene, styrofoam wrapping, or pluck styrofoam. Bring your styrofoam in bags marked with your name. Thank you for doing your part!

Betsy Woodley and Kathy Sargent-O'Neill

**Greens Items Collection Bins**

Ways and Means will be providing a collection bin at meetings for any members who want to return the following Boxwood Tree items:

- Boxwood lights
- Boxwood shell pics
- Boxwood bow pics
- Boxwood ornaments

Please place all these items in a paper bag and place in the collection bin provided.

Any shell decor from green wreaths will also be accepted in a separate bag.

Please note:

Do Not return cones or bows from wreaths.

Do Not return any mugs. We will collect those items in September.

Please Do Not drop any items at Jan's house. Jan will be traveling and a bin for these items will be provided at the upcoming meetings.

We really appreciate your returns and thank you in advance.

Thank you!

Ways and Means

Nancy and Jan

## Other Events of Interest

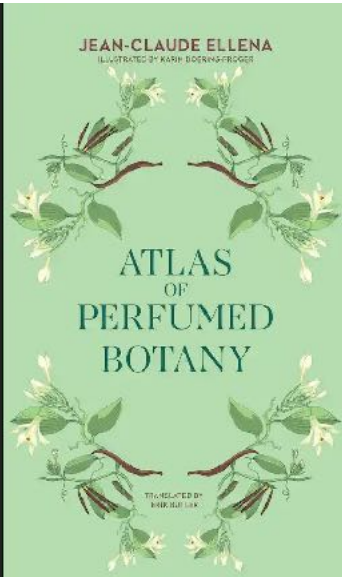
<p>Grow Native Massachusetts Evenings with Experts February 1, 2023 7:00-8:30 Webinar Free</p>	<p>Scary headlines about the decline of the natural world that serves as our life support have spurred people across the country to take action by planting natives to help reverse this trend. No plant will achieve this faster than one of our 91 species of oaks. Oaks support more species of animals, sequester more carbon, protect our watersheds, and nourish soil communities better than any other plant genus in North America. Doug Tallamy will illustrate these capabilities by sharing his observations of the many fascinating things that are happening on the oaks in his yard each month of the year. His hope is to impart knowledge about oaks that will generate interest in them, and, with any luck, compassion for these magnificent trees.</p> <p>Go to Grow Native Massachusetts website to register</p>
<p>Xerces Society Pollinator and Beneficial Insect Habitat: Small Urban Farms and Community Spaces February 9, 2023 10AM-11AM Wbinar Free</p>	<p>Urban landscapes are diverse and can provide unique habitat opportunities for pollinators and other beneficial invertebrates. However, habitat loss in urban areas is a driving factor of insect decline. Small urban farms and community gardens are great locations to add in native habitat pockets, strips, hedgerows, gardens, and more. Join Mace Vaughan, Pollinator Conservation Program Co-Director, and Stefanie Steele, Pollinator Conservation Specialist, as they dive deeper into the issue of pollinator habitat loss in urban landscapes and how we can tackle this while also addressing other conservation and climate change challenges.</p> <p>Go to Xerces Society website to register.</p>
<p>Hyannis Country Gardens Growing Plants from Seed February 12, 2023 4PM-5:30PM Webinar Free</p>	<p>Starting plants from seed is one of the most life-affirming things we can do, and in this virtual seminar C.L. Fornari gives you the information you need to be successful. Learn which seeds should be started in February and how to raise seedlings inside. Hear how to avoid lefty seedlings and fungal diseases. Discover which seeds should be starting outdoors, and how to test old seed viability. Ask your seed-starting questions with the chat feature.</p> <p>Go to Hyannis Country Garden website to register.</p>
<p>Xerces Society How Pollinators are Affected by the Plants I You Buy —and the Treatments You Choose for Emerald Ash Borer February 14, 2023 10:25AM-11:25AM Webinar Free</p>	<p>The Xerces Society and University of Nevada researchers recently sampled milkweeds from 33 retail nurseries across 15 states, finding an average of 12 pesticides per plant. Milkweed is the primary food for the caterpillars of monarch butterflies, which have dramatically declined and are the focus of intensive restoration efforts. Join Sharon Selvaggio and Aaron Anderson with the Xerces Society to learn why the milkweed study findings raise concerns, what you can do to increase your probability of buying pollinator-safe plants.</p> <p>Go to Xerces Society website to register</p>





## Book Review Corner

By: Cheryl Hafela



In ancient Rome the month of February was considered the month of “romance”. Perfume is a part of romance. It is created from flowers, woods and bark, leaves, fruits, seeds, gums and resins giving them a special place in this tradition. Perfume scents carry a multitude of associations and impressions. We recognize a botanical family to which a flower or leaf belongs by its scent. We say “it smells like roses”.

In the *Atlas of Perfumed Botany* virtuoso perfumer Jean-Claude Ellena leads readers on a poetic, geographic, and botanical journey of perfume discovery. He offers a varied and fascinating cartography of fragrances, tracing historical connections and cultural exchanges. The entries on plants ranging from bergamot to lavender are accompanied by beautiful detailed and vivid full-color botanical illustrations.

Jean-Claude Ellena is a French perfumer and writer, the “nose” of the luxury brand Hermes for fourteen years. He has been the Creative Director of Fragrance at the perfume house Le Couvent since 2019. He has written *Perfume: The Alchemy of Scent* and *The Diary of a Nose: A Year in the Life of a Perfumer*.





Sign at Punkhorn Point

## Contaminated Cape Cod Waters

By Pat Nemeth

Comments and an excerpt from the NY Times article, *A Toxic Stew on Cape Cod: Human Waste and Warming Water* by Christopher Flavelle, photographs by Sophie Park, 1/1/23

Man's inhumanity to Mother Nature has a long history. Over our thousands of years on this planet, we have been known many times to decimate the ground we live on. Six years ago, I moved to the Cape. Like many, I love the string of villages and the lace of land and water. One of the first introductions I had to the contamination of the Cape's waters was a Bourne TV interview of Skip Barlow.

Skip spoke about the deterioration of Buttermilk Bay that he has seen in his life. He described how all the eelgrass beds died in the mid 70's. Without the grass, the main nursery for scallops was gone. Millions of scallops died and other shellfish as well. The grass died because of excessive nutrients being washed into the bay and the canal. Skip spoke about sewage treatment plant overflows during heavy rains, out board motors exhausting into the water, and other sources of excess nutrient drainage. Then came the algae blooms.

Fast forward to the start of this year. The NY Times ran a feature *A Toxic Stew on Cape Cod: Human Waste and Warming Water*. Here is a brief extract from that article.

Climate change is contributing to electric-green algae blooms. Massachusetts wants a cleanup of the antiquated septic systems feeding the mess, but it could cost billions. The algae explosion is fueled by warming waters, combined with rising levels of nitrogen that come from the antiquated septic systems that most of the Cape still uses. A population boom over the past half-century has meant more human waste flushed into toilets, which finds its way into waterways.

More waste also means more phosphorus entering the Cape's freshwater ponds, where it feeds cyanobacteria, commonly known as blue-green algae, which can cause vomiting, diarrhea and liver damage, among other health effects. It can also kill pets.

The result: Expanding aquatic dead zones and shrinking shellfish harvests. The collapse of vegetation like eelgrass, a buffer against worsening storms. In the ponds, water too dangerous to touch. In response, Massachusetts has proposed requiring Cape communities to fix the problem within 20 years, through a mix of upgrading the septic tanks used by homes that aren't connected to city sewer systems, and by building new networks of public sewer lines.



Brian Baumgartel, Director Alternative Septic System  
Test Center  
November 2022 speaker at AGC



Andrew Gottlieb, executive director of the Association to  
Preserve Cape Cod. *We can do better than continuing to  
dump human waste in a hole in the backyard.*  
February 2023 speaker at AGC

Local officials say the plan would run into the billions of dollars and push housing costs beyond the means of many residents. Nitrogen-capturing septic systems like the one Mr. Baumgartel is testing could be a solution for the Cape, a way to help repair the waters where development is not dense enough for sewer lines. The downside: They cost about \$30,000, more than twice the cost of a basic septic system. The alternative is a sewer system and treatment plant. The catch is that a sewage system is even more expensive.

We know that progress will involve all of us, working to do the best we can. As members of the AGC we have a duty to be informed and to be a voice for Mother Nature. Please come to the February meeting and take the next step in our journey.

I want to personally thank Sue Barlow for her contributions to our programs. She brought us Brian Baumgartel in November; and now this month we will hear from Andrew Gottlieb. Thank you Sue for putting us at the forefront on this topic of such timely importance.

Sally Baer reminded us during her Presidency that we are Stewards of the Earth. Truer words have not been spoken. AGC has a long history of working to improve our community. Our problems are complex, costly and will involve many steps to resolve. But most importantly, we must begin with knowledge.



## Tips for Starting Seeds Indoors

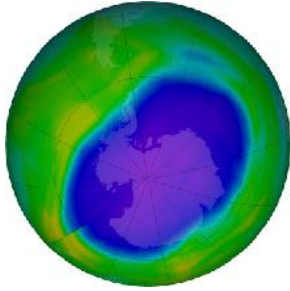
February is a great month to start to think about your growing strategy for the coming year. One of the best ways to get a head start on food and flowers is to start seeds indoors. These are the twelve best tips for small spaces and starting seeds indoors .

Why start seeds indoors? It is much cheaper to buy seed packets than plants from a commercial nursery. There is greater plant variety when using seeds as you can buy heirloom varieties, sample unique colors and types of plants. The length of the growing season limits what you can grow outdoors, starting seeds at home gives heat-loving plants like tomatoes and peppers a head start. Starting seeds indoors gives plants optimal growing conditions. You get bigger and earlier yields!

Here are 12 Tips for starting seeds indoors.

1. Find a warm undisturbed location-need a bright warm spot, minimum 6-8 hours of direct light.
2. Choose your seed varieties carefully-not all seeds make sense starting indoors, read seed packets for information. Show restraint as too many plants becomes overwhelming.
3. Set up a seed starting calendar-first check predicted last frost date, determine germination time of seeds then work backwards to set up calendar. Consider staggering by two weeks for crops.
4. Choose your growing substrate and containers carefully-the soil you use for seeds is important, do not skimp on quality. Choose a sterile seed starting mix that is light and fluffy.
5. Prep seeds before planting-read packet to determine if seeds need to be soaked in warm water over night.
6. Plant to the appropriate depth-read packet carefully and resist the urge to eyeball depth, use a ruler. It is best to wet the soil down before placing seeds into potting mix.
7. Label carefully.
8. Cover and heat for better germination-use a plastic dome cover to trap moisture and heat so seeds sprout faster. Or you can use heated germination mats.
9. Water gently and often-inspect seed trays every other day.
10. Fertilize and separate into larger containers (if needed).
11. Harden off to prep for life outdoors-leave plants outdoors in protected spaces for increasing amounts of time to acclimate to wind, rain and sunlight. Start with an hour at a time.
12. Transport into the garden-choose an overcast day after the risk of frost is gone to plant. Water thoroughly.

**Can a small group of people make a difference on a huge environmental problem? You Bet!**



*Nasa image illustrates in blue, the hole over Antarctica 10/22.*

Forty years ago, I helped develop the first regulations to ban the use of chlorofluorocarbons in refrigerants. In those early days, scientists at UC Irvine led the discovery of the hole in the ozone layer; and they led the push for the South Coast Air Quality Management District to ban the sale of those refrigerants in Southern California.

Looking back the development of the rule and its adoption was relatively easy. This is not to say that there wasn't debate, and industry arguments. But the science was not only compelling, but it was also frightening.

The work in Southern California, was followed by work at EPA for the nation, and in 1987 the Montreal Protocol made the ban of a number of CFCs one of the most effective international agreements in our time.

And now, we have great news! Scientists announced on January 10, 2023, that the hole is healing and may close by 2066.



**Message from the President**

*Dear Fellow Gardeners,*

*Oh my goodness, where is our winter? My hostas are so confused! They are budding up way too soon. I can only hope they don't get crushed by a winter that is yet waiting to descend upon us. We shall see what Mother Nature has planned for us.*

*I send my regrets for not being able to join the club for the January meeting. I had a flu that turned into pneumonia. But I am better now. I look forward to seeing you all at the February meeting.*

*I was surprised and totally delighted to receive these beautiful flowers from the club. Anna Holmes prepared a totally unique and one-of-a-kind arrangement. Isn't it gorgeous!*



*Many thanks!*

*- 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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