



GARDEN DELIGHTS

Issaquah Garden Club

“April prepared her green traffic light, and the world thinks “go!”

APRIL MEETING

APRIL 11, 2012

10 A.M., Tibbetts Creek Manor

What a treat ahead for us this month! One of our favorites, Jon David Throne, AIFD, will present our program, **“Floral Design: What’s New for Spring.”** If you were at the ELWD General Meeting in February, or if you’ve attended one of his programs previously, or if you’ve taken a class from him, you know how artistic, creative, and generous he is.

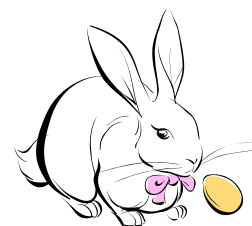
Jon has promised to tell us about color trends and style trends in floral designs, and new style trends in home décor. He’ll talk while he makes several arrangements.

At our meeting, we’ll also hear a vignette by Louise Luce on beneficial insects in the garden.

We’ll enjoy a luncheon provided by hostess Gail Holmstrom and members who have signed up to provide dishes.

Please remember your contributions for the Issaquah Food Bank.

Sylvia Watson reports that we contributed forty-seven pounds of food at the March meeting. She added that the Food Bank stated that they have an abundance of egg cartons on hand.



PRESIDENT'S MESSAGE

Gwen Bell gave a fascinating history of rhododendron hybridizing —without the use of slides! Her answers to our questions were enlightening and informative. Altogether, this was an enriching program.

My thanks go to Joan Harris for her talk about vertical gardening. I'll be looking for ways to incorporate "verticality" in my spring planting.

It's heartening to have daffodils in bloom to see out my kitchen window and to hear peep-peep-peeps of two tiny chicks in a very large cardboard box here next to my computer desk. How quickly they're growing! And how protective their mother is!

Cate Mueller

PLANT THERAPY WORKSHOP

Please remember that on **Thursday, April 5, 9:30 AM**, we'll be meeting at Issaquah Nursing and Rehabilitation Center to create floral arrangements for the residents. Eight of us have signed up to help that day, but we'd be pleased to have more members share this activity.

NOMINATING COMMITTEE

Karen Bukantz will present the report of the Nominating Committee at our April meeting. Continued success of Issaquah Garden Club is dependent upon the willingness of members to serve in active roles.

ELWD AND WSGC HAPPENINGS

ELWD Arbor Day, Monday, April 16, 10 AM. This year's Arbor Day Celebration will take place in McCormick Park, Duvall, followed by the ELWD Board meeting at Box-hill Farm Nursery.

April 20, Friday: ELWD Work Day Ravine Planting Project. We'll meet at the Visitors' Center at 10 AM that morning to work on this native plant installation project near the new suspension bridge at Bellevue Botanical Gardens. There will be a sign-up sheet at the April IGC meeting. As we have done in the past, it is hoped that several members of our club will help on this project.

May 21, Monday: - ELWD General Meeting with Flower Show, "Jukebox Jamboree," presented by the West Lake Sammamish Garden Club. During the judging, Laura Sweeney, owner of Terraflora Farms, will present a program on permaculture, "self-sustaining gardening...to make Mother Nature and you one.

Issaquah Garden Club will provide lunch for this meeting, under the direction of **Rita Hansen**. At our last meeting, several Issaquah Garden Club members signed up to help: **Karen Bukantz, Karen Lee, Joan Harris, June Beckerman, Shadi Wang, Marietta Hunziker, and Jean Pass.** **Gail Holmstrom and Audrey Ellingsen** will provide the coffee and tea as well as the table settings and table cloths.

Reservation sign-up for additional IGC members to attend the ELWD General meeting will be available at the next two meetings.



ANNUAL PLANT SALE

Spring is sprinting forward and it will soon be time for our well-loved annual Plant Sale. The date for this year's sale will be **Saturday, May 12th at Joann and Ken Morgan's home.**

Mark your calendars now! This is our most important fundraiser for the year and your active participation in digging, potting, and selling plants promises fun for all of us. We encourage you to begin now potting your special plants so that they will have time to recover and grow before May 12.

Potting Party: Cate Mueller has volunteered her house for our **plant potting and pricing party on Wednesday, April 25, beginning at 10:00 AM.** Her home is at 24205 SE Tiger Mountain Road, off Issaquah-Hobart Road one-half mile south of the intersection with May Valley Road and one-half mile in on Tiger Mountain Road. We hope several members will join us for this event, which will permit us to pot or repot (if needed), label, sort, and price the plants for the sale. Bring your plants that day (and stay if you can!) so that we have a good idea how many plants we we'll have for the sale.

What Plants? We welcome as broad a variety of plants as possible – perennials, annuals, flowers, bushes, young trees, vegetables and herbs. Your neighbors in the community will wel-

come the chance to share in your garden's bounty, and you will have a chance to divide, thin out, and neaten up your garden for the spring and summer.



Please continue to collect items for our summer Garage Sale. Let Michele Peltonen know if you have boxes of items you wish stored elsewhere.

UPCOMING SALES

Mark your calendar for upcoming plant sales at the Bellevue Botanical Garden:

Puget Sound Dahlia Association Tuber Sale, April 7, 9 a.m. to 5 p.m.

Eastside Fuchsia Society Plant Sale, May 5, 9 a.m. to 3 p.m.

Washington Native Plant Society Sale, May 12, 10 a.m. to 4 p.m.

American Rhododendron Society Cascade Chapter Show and Sale, May 19-20, 10 a.m. to 5 p.m.

(See the organization website for more information.)

April: "You will spend every gardening moment this month proving the truism that what comes up must first go down."

BERRY GOOD FOR YOU!

If you haven't already done so, don't forget to plant berries.

Increased lifespans have led to population aging and brought attention to health care concerns associated with old age. Research published in the American Chemical Society's *Journal of Agricultural and Food Chemistry* (Marshall G. Miller and Barbara Shukitt-Hale) shows strong evidence that eating blueberries, blackberries, strawberries and other berries can benefit the aging brain. Eating berries may help prevent age-related memory loss and other changes such as attention span, reasoning, spatial orientation, and processing speed. In addition to their high levels of antioxidants, they change the way neurons in the brain communicate. These changes in signaling help to prevent damaging inflammation and help improve cognition and motor function.

Smoothies, anyone?

SEATTLE'S EDIBLE FOREST

There's a new trend in urban agriculture called the edible forest garden, modeled on the forest ecosystem. Edible forest gardens are part of the sustainable gardening movement that has taken root throughout the US and are being created all over the US from the Humboldt Edible Forest in Richmond, CA to the Jesse Gates Edible Forest in Jackson, MS, and now Seattle.

Residents of the Beacon Hill neighborhood of Seattle first introduced the idea of the Beacon Food Forest to city officials in 2010. The idea was approved and \$100,000 was allocated for the first phase of the park, which is being built on city owned land and is accessible to the residents of the numerous apartment complexes located nearby.



The goal of the food forest is to provide affordable healthy food for families and community groups in the city of Seattle and will be "mixed use," including smaller community gardens as well as the forest, which will be planted with nut and fruit trees such as walnuts, hazelnuts, apples, pears, and plums in addition to huckleberries, salmonberries, and a variety of herbs. There are also plans for beehives to help with pollination.

Beacon Food Forest is Adjacent to Jefferson Park The area southwest of the Park as it stands now is sloped and covered in grass but offers exceptional sun exposure. The suns exposure and angle of the slope allows us to grow a large variety of plants and stretch our ability to grow foods from other climate zones. This in turn entices gardeners from all parts of the world to come and participate. The target date for the first harvest from the community gardens is 2013. For more information visit:

<http://beaconfoodforest.weebly.com/>



SANDY'S CURRY CASSEROLE

[Sandy Young's casserole served at the March meeting was a big success. Several members present asked for the recipe, so Sandy has graciously sent it for inclusion in our newsletter.]

Spray Pam in 10 x 14" casserole.

Prepare one whole chicken (stewed with celery, onion, carrots, poultry seasoning, salt and pepper), cooled, deboned and cut into bite size pieces.

Layer in casserole:

- 5-6 cups cooked white or Basmati rice (approx. amount)
- 2-3 cups grated cheddar cheese

Mix in fry pan and heat thoroughly, then spread on top of cheese:

- 2 cans cream of chicken soup
- 1 can cream of mushroom soup (Campbell's of course)
- 2 tsp. curry powder or to taste
- salt and pepper to taste
- 2 cups milk (or 1 cup milk & 1 cup chicken stock)
- Chicken pieces

Heat casserole in 350 degree oven until hot, approximately 30-45 minutes.

Serve these condiments on the side. Add as many or as few as desired. More is better!

- Chopped celery
- Sliced green onions
- Shredded coconut
- Crushed pineapple
- Sliced almonds



Feel free to experiment with this recipe. You can use baked chicken breasts cut into pieces to save time. I don't measure when I cook, so these quantities are all approximations, so use YOUR judgment! You may want to make the gravy a bit thinner — just add more milk.

YARD ART

Last month, we began a discussion of garden art to make at home. Some of these may not appeal to you, but some could be quirky fun.

Tie pieces of colored glass, strips of bright cloth, and reflective metal scraps to loose strings so the wind can blow them and clash them together. A mobile with random motion may even scare pesty birds away.

Leave your mark in the garden with a homemade windsock. Use a discarded pole for support, a metal coat hanger to secure material, and your imagination for what to fly. Possible ideas for windsocks are faded and worn long johns (preferably red) or colorful plastic bags. Decorate your flying object with a sewn or drawn carrot, potato, or flower. Children will love working on this. Windsocks may even keep birds and pest animals away from ripening crops.

Add atmosphere to the garden with a rustic bench made from the logs remaining after a backyard tree is removed.

Cut three-inch sections from logs at least ten inches in diameter to use as stepping “stones” in garden beds or as paths. Mulch between the log wafer paths with coarse wood chips for easy walking and a more pleasing effect.

[more next month]

GARDEN DELIGHTS

c/o Cate Mueller, Editor
24205 SE Tiger Mtn Rd
Issaquah, WA 98027-7336

www.IssaquahGardenClub.org

This month: Floral Design

