



GARDEN DELIGHTS

Issaquah Garden Club

“A piece of the sky and a chunk of the earth is lodged in the heart of every human being.”

Anonymous

February Meeting

February 13, 2013

Our speaker this month will be Laura Sweany, of Terra Flora Farms, telling us about **“Sustainable Gardening.”** Laura is a Puget Sound native, having enjoyed this distinctive maritime bioregion for over forty years. She is a 5th generation Washingtonian; farming and gardening are in her blood. Having avidly studied garden design since the late 1980's gives Laura a firm grounding in traditional ornamental design and maintenance.

When Laura discovered the concept of permaculture in 1999 her entire focus shifted. Gone were the plans for elaborate ornamental beds and water-guzzling lawns; instead Laura realized that gardening could be more than 'making things look pretty.' Now her passion is using sustainable design principles to create property plans that include the whole site, not just the garden, and looking to create landscapes that provide foods, craft materials, medicines and heating/cooling opportunities along with sheer beauty.

Laura has spoken on sustainable gardening and permaculture for dozens of groups all over Puget Sound, including Seattle Public Libraries, West Seattle's Greenlife Festival, Puget Sound Beekeeper's Alliance, and the Seattle Green Festival. She is currently Project Manager for the new Licton Springs P-Patch being constructed at North Seattle Community College.

We'll also enjoy a design vignette shared by Rita Hansen.

Please try to arrive at 9:45 for our meeting, so we'll have ample time to chat and grab a quick cup of coffee or tea.

Don't forget your contribution for the Food Bank! Please see the article elsewhere in our newsletter.

And don't forget to bring your table setting!

PRESIDENT'S MESSAGE

While I am travelling, my thoughts and heart will be with you all. Below you will find samples of some inspirational lines I've jotted down while reading. I really don't know who first said them but they pleased me. I hope you'll benefit from them as well.

May your meetings be an inspiration to all of those attending. All of us need to think freely, laugh heartily and smile often. Let us be decisive even if it means we will sometimes be wrong. May we be forgiving of ourselves and kind to others. May we each give others more than they expect and do it cheerfully. To be truly alive we should grow, give and give in.

Let the world know that you enjoy garden club and that it is worthy of your time and talent. May all of us invest so we will have a good return.

Be positive of our goals....

Be strong in our methods....

Expect support of our legacy.

June Ann Hassebroek

GARDEN THERAPY

The following members have signed up to help June Willard create floral designs for Valentine's Day at the Issaquah Nursing and Rehabilitation Center, February 12 at 9:30 A M: Dianne Tanner, Sandi Young, Joan Harris, Shadi Wang, Sherran Whatley, and Joann Morgan.



Janet Wall sent us this picture of the paper whites she received at the December meeting.



2013 NGC CONVENTION

Registration for the convention for Washington state garden club members is \$10, because of contributions for the convention by the state. We are all urged to try to go to at least one event at the convention since there may not be another in our state in our lifetime. We should register now. Please read Smoke Signals for more information. A link to two registration forms is now posted on the ELWD website: <http://www.gardenclub.org/2013-convention>

JANUARY MEETING

We were sorry that attendance at our January meeting was smaller than usual, due to illness, weather, vacation plans, and suchlike. Those of us who were there had a great time watching Maria Goodman explain about glass art for the garden and then attempting to create our own versions. Some of us fared better than others. Oops! Glass can be fragile.



This is Karen Lee's creation at our meeting, about which she wrote: "The creative glass sculpture activity was quite fun. I had no idea what to do until I saw Maria Goodman's presentation and her wonderful handout of glass garden art photos. That got my creative juices flowing and I figured out something to make with the glass pieces I had brought to the meeting, along with a glass bottle I found on the

entryway "give away" table. I embellished my glass sculpture with a piece of wire that I had bought at a craft store and a few marbles from Maria's freebie pile. I hope to use my glass sculpture as a floral vase inside my home but it actually looks quite pretty sitting empty on the kitchen counter. I'll put it outside near the front door to enhance a large flower pot planting when the weather warms up. I hope to make at least one more glass sculpture for my garden this spring. Thanks for the inspiration and enthusiasm Maria, Dianne and everyone else who helped with this project!"

FOOD BANK

Sylvia Watson reports that members donated 41 pounds to the Food Bank in January, in addition to another 25 pounds June Willard donated from her late brother's pantry, for a total of 66 pounds, altogether for January.

Sylvia found that the supply of food on hand at the Food Bank in January was far less than before Christmas. She also learned that the Food Bank has lots of baby formula on hand. What are always needed are disposable diapers. If anyone sees a good deal and wants to contribute something other than or in addition to food, diapers would be a good choice.

ELWD MEETING

This is a reminder that ELWD will hold the next General Meeting on **February 18** at St. Andrews Church in Eastgate. The cost is \$10 for lunch and two programs.

Registration begins at 9:15 AM, with refreshments available provided by the Hospitality Chair, Gail Holmstrom, assisted by Audrey Ellingsen. The meeting begins at 10 AM

Current WSFCG President, Judith Juno and incoming President, Brynn Tavasci, will present the design program about Armature Designs. Mary Ireland, Chinook District Director, will present the horticulture program, "Pot et Fleur with Orchids." This is a chance for all of us to learn something new.

We'll take reservations at our February 13 meeting and send these in, immediately.

2013 NORTHWEST FLOWER AND GARDEN SHOW

If you've been under a rock, and are in need of a "garden fix," the Flower Show will be held **February 20-24**. The theme is, "There's a little garden in all of us." Tickets are available at Squak Mtn Nursery, The Grange Supply, and of course, on-line.

If you'd like a sneak preview, go to gardenshow.com.

GARDENING IN FEBRUARY

When placing plants around the home, remember as a general rule, plants with thick leaves can take lower light levels than those with thin leaves.

Handle seed packets carefully. Rubbing the outside to determine how many seed are inside can break the protective seed coats, thereby reducing germination.

If bird feeding has been a favorite activity this winter, order trees and shrubs that provide cover and small fruits for your feathered friends. Consider species such as crabapple, hawthorn, dogwood and pyracantha that can help lure hungry birds from cultivated fruits, if planted on the opposite side of the yard.

After a long winter inside—usually with less-than-sufficient sunlight—scented geraniums often get leggy. Early spring, as the days get longer, is the time to cut them back to encourage shorter, fuller growth. The trimmings can be rooted or even be dried and added to a pot of water on the stove as a potpourri.

If you have time this winter, paint the handles of garden tools red or orange. This will preserve the wood and make the tools easier to locate next summer when you lay them down in the garden or on the lawn.



WAYS TO CONNECT KIDS WITH NATIVE PLANTS

In this day and age, in which our children and grand-children spend so much time indoors, much of it in front of electronic media, often the times they enjoy outside are far and few between. To love plants, relish the natural world, and feel connected to all living things, they need meaningful time outside:

- patting mud pies
- collecting cones and seedpods
- building fairy houses with twigs and bark and moss
- smelling resinous sagebrush leaves or sweet mock orange flowers
- feeling the heat of desert soil and the cool of deep forest
- tasting the tang and pop of red huckleberries.

As children mature, they might enjoy:

- crafting fairy baskets from big-leaf maple leaves
- counting how many different types of cones and seeds they can find
- making leaf rubbings or drawings or tracings
- stringing daisy chains or garlands of dandelions
- searching for and selecting the perfect walking stick

Older children and teens might take part on the following:

- building a fort with drift wood or downed branches

- ripping ivy off trees or out of a park with a gang of their friends
- learning about bows made of yew wood or clothing made of cedar bark
- taking photos of goofy shapes in the bark of trees and posting them online
- making a five-berry pie in late summer, with native and non-native blackberries and three kinds of huckleberries.

Here are a few key resources with lots more ideas for how to engage kids in the outdoors:

Starflower Habitat Education Activities and Resources (<http://www.wnps.org/education/resources/index.html>)

The Children and Nature Network (<http://www.childrenandnature.org/>)

“Leave No Child Inside,” by Richard Louv, *Orion* March/April 2007 (<http://www.orionmagazine.org/index.php/articles/article/240/>)

[This information was adapted from an article by Jeanne Ponzelli, Ten Ways to Connect Kids with Native Plants, posted on “The Daily Dirt, e-newsletter of My Garden Guide,

<http://mygardenguide.com>]

HEALTHY FEBRUARY COMFORT FOOD

Stuffed Red Peppers

Adapted from the Provida Life Sciences Six Week Body Makeover

4 red peppers, halved	1 cup tomato sauce
1 lb ground chicken	½ tsp paprika
1 sweet onion, chopped	½ tsp rosemary
4 cups rice, cooked	½ tsp oregano
2 cups mushrooms, sliced	½ tsp basil
2 cloves garlic, minced	½ tsp black pepper, freshly ground

Slice off tops of peppers. Remove core and seeds, then steam pepper halves for 7-8 minutes. Set aside.

In large bowl, combine rice and herbs. Mix thoroughly.

In large, non stick-pan, sauté onion, mushrooms, garlic, tomato sauce and ground chicken over medium heat until fully cooked. Stir into rice mixture .

Place red peppers halves in non-stick baking dish. Fill each half with meat/rice mixture. Additional meat/rice mixture can be placed around the peppers.

Cover with foil and bake at 350 degrees for 40 minutes. ENJOY!

[This was taken from the February 2009 issue of The Seedling. newsletter of the Falls Church Garden Club.]



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This month: Sustainable Gardening with Laura Sweany

