



GARDEN DELIGHTS

Issaquah Garden Club

"Celebrating our club's 85th Year..."

"The only hunger of our souls is for dreams and flowers."

Paul Jean Toulet, French poet and novelist, 1867-1920

February Meeting

February 12, 2014

FABULOUS IN FEBRUARY AND BEYOND

We are thrilled that Karen Chapman is returning to share with us another program. Those of you present for her March, 2013 program will remember her expertise in creating plantings in two pots, while simultaneously explaining what she was doing and giving us her hints for successful container designs.



She has written about this program, "Never mind *flowers* for Valentine's day – let's talk about a love affair with FOLIAGE! That bouquet of roses will be a faded memory by March yet by creating a beautiful container with a strong framework of foliage we can continue to enjoy the display year round." Join Karen as she demonstrates the planting of two container gardens. Copies of her book, FINE FOLIAGE which she co-authored with Christina Salwitz, will be available for purchase/signing after her talk at the discounted price of \$17 including tax. FINE FOLIAGE is graced by the work with gifted photographer Ashley DeLatour, and is an **Amazon Best Gardening Book of 2013**.

Our Vignette will be presented by Dianne Tanner

Don't forget to bring your donations for the Issaquah Food Bank.

Sylvia Watson reports that our members donated thirty-seven pounds of food at the January meeting. Please keep in mind that, with our winter weather and the fact that many have lost unemployment benefits, the need for donated food, especially canned-protein items, is greater than ever.

PRESIDENT'S MESSAGE

This month, June Ann, who is in Florida, has sent a short message asking that anyone who has read the 10th anniversary edition of "**The Food Revolution: How Your Diet Can Help Save Your Life and Our World**," by John Robbins, please contact her. She's planning to review the book for our newsletter at a later time, and would like to spark a discussion of the book. This might include a synopsis of how things have changed since the book was written.

June Ann also wishes to remind us that our theme, "Nature into Art" can include the art of compassion:

"If we make our goal to live a life of compassion and love, then the world will indeed become a garden where all kinds of flowers can blossom and grow."

Anonymous

June Ann Hassebroek

VICE PRESIDENT'S MESSAGE

I just can't thank all the garden club members enough for your participation and encouragement with the Issaquah Garden Club activities. Without you we couldn't be.

I was WOWed by June Ann's educational Ikebana workshop: Just as easy as 1, 2, 3. This was my first experience with this oriental flower arrangement technique. Thank you to Jon Throne's Countryside Floral for providing the freshest red carnations. Many kudos to June Ann for bringing her garden greenery all the way from her home in Florida. My arrangement was still fresh and

beautiful for Christmas Eve dinner. It also provided a great dinner topic. I am delighted every month to feel the joy and generosity the programs offer.

In January, we welcomed Debbie Spiller, who holds the awards for both the National Designer of the year and the State Designer of the year. She presented the abundant possibilities in the winter garden, implementing dried materials into many exquisite floral designs. I am amazed at the creativity to use scotch broom in a floral design.

I look forward to our speaker, Karen Chapman, who will be designing two containers to be auctioned this month.

Art Chmura will speak on dahlias at our March meeting just in time for us to get tips for planting.

We have so many opportunities for volunteering. Thank you for your participation in the Issaquah Garden Club. You are what makes the club be what it is.

Your garden bud, Lenda

UPCOMING IGC EVENTS TO ADD TO YOUR YEARBOOKS

April 19: Earth Day Celebration at the Farmers Market, Pickering Barn

May 24: Annual Plant/Bake Sale

GARDEN THERAPY

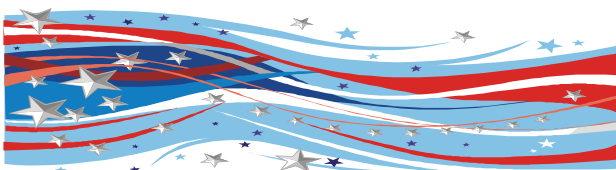
The following members have signed up to help June Willard and Joann Morgan create floral designs for Valentine's Day at the Issaquah Nursing and Rehabilitation Center, **February 13 at 9:30 A M:** Lenda Sundene, Dianne Tanner, Peggy Abernathy, Joan Harris, Loretta Rodni, Marietta Hunziker, and

ELWD GENERAL MEETING

This is a reminder that on **February 24**, our East Lake Washington District will hold the second General Meeting of the 2013-2014 year. This meeting will begin with registration at 9 A.M. at St. Andrew's Lutheran Church, Eastgate. If you are entering designs or horticulture in the flower show, "America the Beautiful." you should bring these starting at 8:30 A.M. (The show schedule is on the ELWD website; a page of entry cards can also be downloaded there.)

While judging of show entries takes place in one room, there will be a short business meeting and two programs, a horticulture program on orchids and a design program on making sculpture from found objects for floral designs. After a review of the judging, there will be a luncheon, which **Issaquah Garden Club** is providing! The meeting will also include a raffle and a White Elephant sale of jewelry and design objects.

The price for the meeting and luncheon is \$10, payable at the door. We'll take reservations at our February Issaquah Garden Club meeting. Should you wish to send yours separately, email Linda Thompson at: Lindaleethom@yahoo.com.



DISTRICT AND STATE EVENTS

Gala XXXVI "Spring Magic," held on **March 10, 2014**, at the Holiday Inn, 3105 Pine Street, in Everett. Gina Jogan, an NGC Flower Show School and Symposium instructor, will be the guest designer. This is the annual fundraiser for Headquarters House and includes lunch, design program, auction, and vendors. See the ELWD or state website for more information: <http://elwd.org/>

Flower Show School Series Class IV, held on **April 1, 2, 3**, in **Tacoma**. Register by March 20 to avoid late fee. See the state website for more information: <http://wagardenclubs.com/home>

Gardening Study School, Course I, held on **April 22, 23 and 24**, offered by ELWD. This will be held at Bright Water Treatment Center Woodinville, WA. Registration forms at www.elwd.org. A few forms will be available at our meeting next week. (See the article on the next page.)

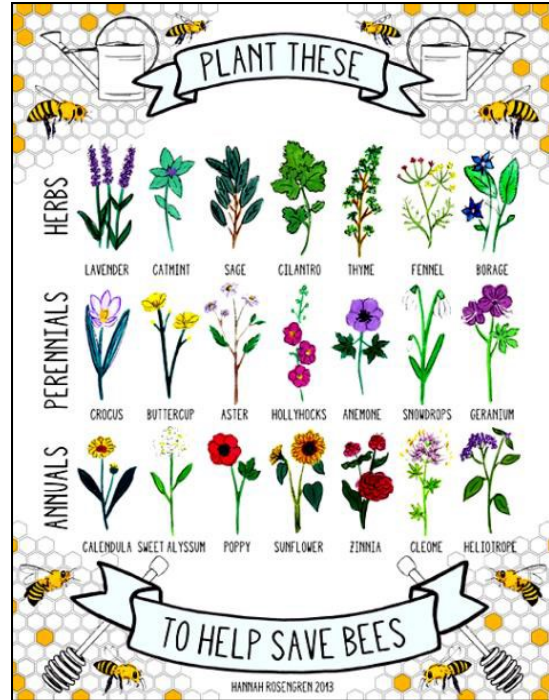
"All Nature seems at work. Slugs leave their lair
The bees are stirring, birds are on the wing,
And Winter slumbering in the open air,
Wears on his smiling face a dream of spring."

GARDENING STUDY SCHOOL, 2014

Join other interested gardeners for an interesting two and a half days at this year's Gardening Study School. Course One will be held at the Brightwater Treatment Plant in Woodinville on April 22-24. Course One includes Basic Botany, Soils, Houseplant Basics, and Plant Propagation, taught by four instructors from Lake Washington Institute of Technology, Molbak's, and Master Gardeners. Want to tour a water treatment plant? Now is your opportunity. In addition to the course material, Brightwater will provide our attendees with a one and a half hour optional tour of the facility, limited to 25 members each day, either Tuesday or Wednesday.

Learn details at our district web site: www.elwd.org, or contact the Co-Chairs, Marianne Wilkins, 425-391-4284, or Bonnie McEachern, 425-941-0732.

(Study Schools are sponsored by the National Garden Clubs, Inc.)



You can buy your own copy of this poster by illustrator Hannah Rosengren, at: www.etsy.com/shop/NiftyGnomes
8x10 for \$14.00 or 16x20 for \$34.00

GROWING SEEDS FOR THE BEES AND THE SALE

June Ann wrote your editor earlier to say that there was a good bumblebee Habitat Garden of seeds offered by John Scheepers Kitchen Garden Seeds, and that the catalog had been sent to me. Sure enough, the back cover reflects that and three other Habitat Flower Gardens, each for \$12.75. The packet for the bumblebee garden includes the following, some of which were familiar to me and some not: Aster, Borage, Clarkia, Collinsia heterophylla, Coreopsis, Cosmos, Echinacea, Eschscholzia, Gaillardia, Gilia (2), Helianthus, Linaria, Lupine, (2), Melissa, Monarda, Nepeta, Phacelia, Rudbeckia, and Tithonia.

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GROW SEEDS... continued

June Ann had in mind that some of our members might wish to grow seeds for their own gardens, to help bees, and to give started plants to our Garden Club for the Plant/Bake Sale on May 24.

(Some of us already grow a few of the perennials in this collection in our gardens, and can divide these plants for the sale.)

PICTURES FROM OUR JANUARY MEETING

These were taken by Lenda Sundene.



Joanne Morgan, presenting her vignette, January 8.



Debbie Spiller explaining one container during her program, January 8



Joanne Dinken, with her daughters, celebrating her birthday at our meeting.



I COULDN'T HAVE SAID IT BETTER MYSELF...

February is a time of transition, for curling up with our catalogues, planning our gardens for the year, and ordering new seeds, with the excitement of know that spring is just around the corner. It is also the time for pruning trees and bushes that don't bloom in the spring, and checking on our beds... And don't forget to start planting indoors some of the earliest cool season vegetables and flowers. Also use this time to think what plants you can offer this year for our Plant Sale, drawing on your yard's abundance – and perhaps printing out some descriptions to help those coming to buy. [reprinted from the Falls Church Garden Club, Seedling, February 2013.]

2014 PLANT AND BAKE SALE

We've had a piece of bad news...because of a conflict with Joann Morgan's schedule, a necessary commitment has made it impossible for us to hold the annual plant and bake sale on Saturday, May 17. For this reason, after weighing possible alternatives, the sale has been moved to **Saturday, May 24**. This is, unfortunately, the first day of the three-day Memorial Day weekend. We realize that some of our members may take this first long weekend of the summer for small vacations—especially if they have cabins on a lake!

Hopefully, our members will support us in this one money-raising activity, and will choose to help us prepare for the sale on Friday and work at the sale in some capacity on Saturday.

May will be a busy month for us, with the meeting and flower show on May 14, the ELWD General Membership Meeting on the 19th and our plant/bake sale on the 24th.

PROGRAMS AT THE ISSAQUAH LIBRARY

You might not be aware of all the interesting and informative programs on a variety of subjects offered by our Issaquah Library. Within the next month or so, there are three programs at the library on health and nutrition that seem attractive:

Food, Mood and You, Tuesday, February 11, 7 PM: Discover how foods can affect your mood and see the connections between what you eat and how you feel. Learn how this applies to the challenges faced during treatment and recovery of cancer and illness in general. Register by calling 206-386-2502.

Simple Fruit: Healthful Winter Desserts, Tuesday, March 4, 7 PM: Winter in Washington is a great time to explore a variety of ways of cooking fruits. Cooking fruit deepens flavor and changes texture, making it a delicious and often healthful way of eating fruits. Pastry Chef Laurie Pfalzer of Pastry Craft will help you discover the simple basics to poaching, sautéing, and braising a variety of fruits.

Cooking Your Local Produce, Sunday, March 9, 2 PM: Produce is forgiving and the food from the local farms makes us all better cooks. Presented by Greta Hardin, author of Cooking Your Local Produce, a cookbook for all the people who ever looked at a handful of vegetables and asked, "What do I do with this?" and for all the parents who were just as excited as their children to learn how potatoes grow.

LET'S MOVE!

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation so that kids born today will grow up healthier and able to pursue their dreams.

<http://www.letsmove.gov/>

Let's Move! Museums & Gardens is a Leadership Initiative of the Institute of Museum and Library Services. Through exhibits, programs, and healthy food service, museums and gardens in all fifty states are taking action to provide fun opportunities for fitness and learning. Visits to museums and gardens are high-impact learning opportunities with the power to make a difference in children's lives and futures. Visit the newsletter site to learn more about the program and read success stories from various institutions, gardens and cities:

[http://www.idevmail.net/message.aspx?
d=73&m=1908&e=&r=&f=HTML](http://www.idevmail.net/message.aspx?d=73&m=1908&e=&r=&f=HTML)



At the Edison & Ford Winter Estates in Fort Myers, Florida, an energetic group of preschoolers and their parents have been raising their own vegetables on the Florida estates of Thomas Edison and Henry Ford, but in a garden just their size: the Emerging Inventors' Garden

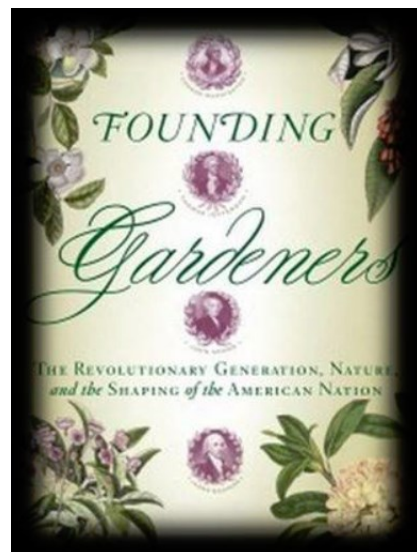
BOOK REVIEW FOR PRESIDENTS' DAY

Founding Gardeners: The Revolutionary Generation, Nature, and the Shaping of the American Nation

For the Founding Fathers, gardening, agriculture, and botany were elemental passions: a conjoined interest as deeply ingrained in their characters as the battle for liberty and a belief in the greatness of their new nation.

Founding Gardeners is an exploration of that obsession, telling the story of the revolutionary generation from the unique perspective of their lives as gardeners, plant hobbyists, and farmers. Acclaimed historian Andrea Wulf describes how George Washington wrote letters to his estate manager even as British warships gathered off Staten Island; how a tour of English gardens renewed Thomas Jefferson's and John Adams's faith in their fledgling nation; and why James Madison is the forgotten father of environmentalism. Through these and other stories, Wulf reveals a fresh, nuanced portrait of the men who created our nation.

[http://www.amazon.com/Founding-Gardeners-
Revolutionary-Generation-American/dp/0307390683](http://www.amazon.com/Founding-Gardeners-Revolutionary-Generation-American/dp/0307390683)



BEETS FOR VALENTINE'S DAY

Not everyone is passionately in love with beets, but if you are, good for you. Phytonutrients give red beets their gorgeous crimson color, also providing detoxification and anti inflammatory benefits. Making the beet into hearts for salad only takes minutes. Slice beets (no need to peel) about 1/8th of an inch thick. Use a cookie cutter to cut out heart shape from each slice (about three slices per serving). Preheat oven to 400 degrees. Cover roasting pan or a cast iron skillet with olive oil and turn each beet heart in the oil to coat. Season generously with salt and pepper. Roast, turning halfway, for 20-30 minutes or until soft and slightly shrunken.



Photo: annastockwell.com

[Taken from the February, 2013 issue of The Gardeners' Club Newsletter, Santa Cruz County California]

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www.IssaquahGardenClub.org



Witch Hazel 'Diane'

February: Program by
Karen Chapman