



# GARDEN DELIGHTS

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Issaquah Garden Club

*“How lovely is the silence of growing things.”*

*Anonymous*

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## **January Meeting**

January 9, 2013

Maria Goodman will guide us in making “**Glass Flowers for the Garden**” and show us other examples of garden art. She calls this workshop, “Art 101 for aspiring garden artists, focusing on materials and how to use them.” Maria states that the materials needed include two or three glass or ceramic items —bowls, plates, glasses, small vases, shot glasses, etc.—that can be set inside one another to form a flower. (See the photo example, below.) Optional items to bring: glass gems or beads for embellishment. Maria will supply the special glue.

Maria states that “Combining two of her favorite hobbies, art and gardening, she is always on the lookout for new projects to experiment with and explore.” She has degrees in geology and fine arts, and has been a gardener in the Northwest for twenty-six years.



We’ll also enjoy a design vignette shared by Joanne Morgan.

**Please try to arrive at 9:45 for our January meeting, so we’ll all have a chance to offer New Year’s greetings and a quick cup of coffee or tea.**

**Don’t forget your contribution for the Food Bank!** Sylvia suggests that some of us might donate cleaning supplies, this month.

**And don’t forget to bring your table setting!**

## **PRESIDENT'S MESSAGE**

### **Issaquah Garden Club Members'**

#### **New Year Resolutions to consider:**

- \*Change a little of your landscape with new combinations of forms or colors.
- \*Get in touch with your design potential by allowing your creativity to expand and bloom.
- \*Step up to the ways to reduce toxins and to care for all life by making careful choices.
- \*Reach out and touch our community with your smile, involvement and compassion.
- \*Provoke love and good deeds by giving love and good deeds.
- \*Remember the wonders of childhood.
- \*Savor the gifts of nature.

\*BE JOYFUL.

**June Ann Hassebroek**

## **GARDEN THERAPY**

Since June Willard and Dianne Tanner shared arrangements used for the memorial for June's brother, just a very few members were needed to complete work on Christmas arrangements for the Issaquah Nursing and Rehabilitation Cen-

ter. On Friday, December 21, Dianne Tanner, Cate Mueller, and Joanne Morgan, who provided the bows, joined June to refresh arrangements made earlier and complete a few needed arrangements,

## **SEATTLE TILTH CONTRIBUTION TO ISSAQUAH FOOD BANK**

**Our President thought members might be interested to read this announcement from Falaah Jones of Seattle Tilth:**

*"The Pickering Barn garden in Issaquah is winding up a fabulous 2012. Thank you all so much for supporting Seattle Tilth children and adult programs and helping us grow and harvest 1,704.5 pounds of food for the Issaquah Food and Clothing Bank. Issaquah city employees made up the gap, so we totaled 2,090 pounds. That is over a ton of food. Yay to all of us!"*

**Falaah Jones, Educator**

For more information about Seattle Tilth, visit the website:

**[www.seattletilth.org](http://www.seattletilth.org)**

The mission of Seattle Tilth is to inspire and educate people to safeguard our natural resources while building an equitable and sustainable local food system.

**ISSAQUAH HISTORY MUSEUMS  
PRESENT 'PRESERVING YOUR  
PAST' ON FEBRUARY 2**

On Saturday, February 2<sup>nd</sup> at 10 AM, the Issaquah History Museums will present 'Preserving Your Past' at the Issaquah Train Depot, 150 First Avenue NE. Learn about the basics of preservation and how they apply to your personal heirlooms and photographs.

The workshop will include hands-on demonstrations and the opportunity to brainstorm solutions to your own preservation challenges. Attendees will also receive a copy of "Preserving Family Heirlooms and Photographs." Workshop cost is \$15 for members of the Friends of the Issaquah History Museums and \$20 for nonmembers.

The workshop will run from 10:00 AM to 3:00 PM, including lunch break:  
10 AM - Noon: Basics of Preservation and Storage

Noon - 1 PM: Lunch (on your own)

1 PM - 2 PM: Preserving Your Photographs and Documents

2 PM - 3 PM: Finding Solutions

The workshop will be led by Julie Hunter, the Issaquah History Museums' Collections Manager, and Erica Maniez, the Museums' Director. Together, Julie and Erica have more than fifty years of museum experience.

Contact Erica Maniez, at **425/392-3500** or [info@issaquahhistory.org](mailto:info@issaquahhistory.org).

**GOD'S PROMISE**

Silver frost has kissed  
to sleep the final  
leaves of fall.

The world, at peace  
in Winter's white  
becomes a crystal hall.

Through this bright,  
sparkling world we  
stroll, ever mindful of  
God's hand...

And wait for His soft  
pastels of Spring to be  
reborn across the land.

**June Ann Hassebroek**

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**FOOD BANK**

Sylvia Watson reports that we provided **134 pounds** at the December meeting! Sylvia states that we appear to be well ahead of the average for last year, due in part to last month's wonderful bounty.

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**ELWD HAPPENING**

You might mark on your calendars that the next ELWD General Membership Meeting will be held on February 18, at St. Andrews Church in Eastgate. The Meeting begins at 10 AM and costs \$10. We'll take reservations at our February 13 meeting and send these in, immediately.

## DISASTER PLANNING

The **National Defense Resources Council** (NDRC) has valuable information on disaster planning on their website, “Living With Extreme Weather”: [http://www.nrdc.org/thisgreenlife/default.asp?utm\\_source=thisgreenlife&utm\\_medium=tgllink&utm\\_campaign=email](http://www.nrdc.org/thisgreenlife/default.asp?utm_source=thisgreenlife&utm_medium=tgllink&utm_campaign=email)

While this was written in response to the devastation of hurricane Sandy, it’s useful for all of us, especially those of us without a generator. This website includes a link to the ASPCA information about disaster planning for our pets, which is also informative and useful.

On the NDRC website, you can subscribe to the e-journal, “This Green Life,” informative for people who garden and/or care about the environment.

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## DISASTER CANDLES

Most emergency guides advise against using candles because of the risk of fire, but if you decide to use them anyway, try Jewish “yartzheit” candles. They burn for 24 hours and sit in thick glass jars, which makes them safer than other kinds. Note that no candles are safe enough for unattended use or use when winds are high.



## GARDENING IN JANUARY

Check winter mulch and replace if needed

Press heaved plants back into the soil

Study mail order catalogs

Order seeds, plants and bulbs for spring

Pot and chill bulbs for forcing

Move chilled bulbs indoors for forcing

Sow hardy and half-hardy annual, vegetable, and herb seeds indoors

Sow seeds of tender annuals that require 12 weeks or more indoors

Spray broad-leafed evergreens with anti-desiccant

Remove snow and ice from evergreens

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## 2013 NORTHWEST FLOWER AND GARDEN SHOW

The Flower Show we all wait for will be held this year on **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](http://gardenshow.com).

## Vietnamese Vermicelli Salad with Sweet and Spicy Peanut Sauce

*by Tania Hayek Mercer*

*[This recipe was on the U.S. Botanic Garden website.]*

Serves four including three tablespoons peanut sauce: 280 calories; 12 g fat

### Salad:

1 package vermicelli noodles	1/4 cup mint
2 zucchini squash	1 head of soft lettuce, such as Boston lettuce
2 carrots peeled	1/4 cup crushed peanuts, garnish
1 cup bean sprouts	1/2 cup sunflower sprouts (optional)
1/2 cup cilantro	

Prepare noodles according to package directions and set aside. Using the thin julienne blade on a mandolin slicer, julienne the zucchini and carrots and set aside. Rinse the bean sprouts and roughly chop the cilantro and mint. Set aside.

### Peanut Sauce:

1/2 cup natural peanut butter	1—2 teaspoons chili paste (Sambal Olek found in Asian markets)
1/2 cup water (more or less for thicker or thinner sauce)	1 teaspoon soy sauce
3 tablespoons maple syrup	1 teaspoon toasted peanut oil or toasted sesame oil.
2 tablespoons rice vinegar	

Blend above in blender until smooth. Adjust the thickness by adding water.

### Assembly:

Arrange the Boston lettuce leaves to line the plates. Divide the noodles evenly among four salad plates. Decoratively, top with the zucchini, carrots and bean sprouts. Top with cilantro, mint and crushed peanuts and optional sunflower sprouts. Drizzle with the peanut sauce. Reserve some peanut sauce on the side for those who'd like more drizzling.

### Benefits:

**Carrots:** Provide fiber, potassium, iron, vitamin B6 and a spectacular amount of beta carotene. Dietary beta carotene may reduce the risk of heart disease and certain types of cancer through its potent anticancer activity. One large carrot has almost a full day's supply of beta carotene.

**Peanuts:** In addition to protein, peanuts also provide a protective flavonoid called resveratrol. This flavonoid is responsible for lowering your LDL (bad) cholesterol.

Peanuts are also rich in monounsaturated fats which help lower blood cholesterol.

This recipe was taken from the December, 2009 issue of The Seedling, newsletter of the Falls Church Garden Club.

## ARTIST'S TOUCH

Taking an art class or visiting a museum can be an important part of gardening. Studying plants and their diverse cultural needs is exciting. You will find that arranging them artistically in a landscape that is pleasing is when true satisfaction is realized.

Learning the dynamics of color combination and importance of texture in gardens, in planting pots or in your home is imperative. Understanding the need for focal areas, dominance and rhythm in a design will give you great rewards. The underlying principles and elements of art are universal.

Anyone can learn. Resources are all around in nature, books, art exhibits, art lessons and quality individual or public landscapes. If you want to gain the *Artist's Touch*, an important step is to study design. Attend flower arranging classes. That is where, on a personal scale, the lessons of art and the beauty of plant materials become one.

**June Ann Hassebroek**



### GARDEN DELIGHTS

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**This month: Glass Flowers  
for the Garden**

