



GARDEN DELIGHTS

Issaquah Garden Club

“A garden is evidence of faith. It links us with all the misty figures of the past who also planted and were nourished by the fruits of their planting.”

Gladys Taber, writer, educator, mistress of Stillmeadow Farm, Southbury, Ct.

MARCH MEETING

WEDNESDAY, MARCH 9, 2011

At Lake Washington Technical College
and Arboretum

We will meet to at the **Issaquah Target parking lot, southwest corner near Newport Way, promptly at 9:00 A.M.** to form carpools to drive to Lake Washington Technical College. At 10:00 A.M., we'll meet at the Arboretum and greenhouse facilities where Don Marshall, Professor of Environmental Horticulture and author of Northwest Home Landscaping, will give us a tour of the nearly 53,000 square-foot arboretum. This will be followed by a hands-on lesson in spring propagation techniques and an opportunity to learn essential ideas for your landscape.

The 300-plus plant arboretum, found at the southwest corner of campus, contains the entire Washington State Nursery and Landscape Association plant list of woody ornamentals. LWTC offers the Associates of Applied Sciences or a Certificate of Proficiency in Environmental Horticulture. Students learn plant identification, greenhouse practices, plant propagation, landscaping, soils, pruning and botany. Through time spent in practical hands-on training, students learn to propagate, seed, transplant; design landscape plans; and maintain a variety of plants.

Following our program, we'll have lunch at the student-run cafeteria. Then we'll return home.

If you intend to join us for this outing, please Email Laura Walker at walkerlh@gmail.com or, if necessary, call her at 425 746-2576, by Monday evening, March 7, so that we'll have an accurate count for this trip. Please let Laura know if you're willing to drive.

PRESIDENT'S MESSAGE

First, I wish to thank those of you who contributed a total of \$50 for World Gardening at our February meeting. Secondly, I wish to thank the kind and generous lady who contributed \$50 to our "Growing Great Gardeners" program at our meeting. Your gift was incredibly touching. (On a personal note, I thank Karen Bukantz for the handsome Valentine's arrangement in a handsome red coffee mug.)



Your President receiving the arrangement—picture taken by Rosemary Fahey

What a good time we had at our February meeting! The clear and sunny weather encouraged all twenty-nine of us—and one guest—to share a splendid morning. Our "plant talks" by Janet Wall on native ferns, and by Janel Garnett on two handsome shrubs, Viburnum 'Pink Dawn,' and the yellow-stemmed dogwood, were informative and well-received. (The potted viburnum you saw will now grace a new garden near the Mueller driveway, so you can observe its flowering and growth, on future visits.)

Jessica Liepins hosted a delicious lunch, enhanced by a handsome table and gorgeous floral design—not to mention the individual table arrangements! I wish I could've sampled all the dishes contributed by luncheon crew. I did my best. Thanks, ladies, for another scrumptious fare!



February 9 luncheon crew—Karen Bukantz, Dianne Tanner, Sherran Whatley, Rita Hansen, Jessica Liepins,. Absent from the picture, Rosemary Fahey, who took the picture, Joanne Dinken, Janel Garnett, Karen Lee, and Jean Pass, who were elsewhere.

I hope you enjoyed and learned as much from our speaker, Laura Matter, as I did. Isn't it gratifying to know that we can all learn something new about gardening, and about encouraging wildlife? (I shared with Ms. Matter afterwards, that I'm hoping my gardening practices, especially avoidance of pesticides, will encourage wildlife to our property. We've seen exactly four deer, two rabbits, one squirrel, two herons, one garter snake, and one bobcat in our yard since moving here, June, 2007. That's pretty discouraging.) But, oh, the hummingbirds last summer! I must be doing something right!

I hope many of you will join us for our "road trip" this month. This looks to be a pleasant adventure, and, of course, a change of pace for us. The timing couldn't be better, as we begin seed germination for both our own gardens and for our annual Plant Sale, May 21.

Cate Mueller



PLANT THERAPY WORKSHOP

On February 11th, seven IGC members—**June Willard, Karen Bukantz, Audrey Ellingsen, Joann Morgan, Dianne Tanner, Shadi Wang,** and **Art Wight**—met at the Issaquah Care and Rehabilitation Center to create arrangements for Valentine’s Day. One resident helped, completing an arrangement all her own. Eighteen centerpieces were designed for viewing enjoyment in the dining hall. This community outreach brings great joy to the residents, staff, and visitors.

Our next design workshop, to complete floral arrangements for Easter, will take place on April 21, at 9:30 A.M. Those who have signed up are **Joan Harris, Joann Morgan,** and **Dianne Tanner**. We’ll need additional members, that day.



ELWD GENERAL MEETING

On Monday, February 28, ten members of the Issaquah Garden Club joined those from other clubs to attend the first General Meeting of 2011. The meeting included a small standard flower show, “February Frolic,” to which three members contributed horticulture or design entries, and a presentation on Ikebana designs by professional designer and teacher, Fanny Lau.

At the business meeting, the slate of Board Officers for 2011-2013, was announced by the Chair of the Nominating Committee, Rita Hansen.

The slate included:

Director: Marianne Wilkins;

First Asst Director: Dianne Tanner;

Second Asst Director: Maureen McGuire;

Treasurer: Gale Baullinger;

Recording Secretary: Cate Mueller;

Dues Secretary: Bonnie McEachern;

WSFGC Nominating Committee Representative: Lana Finegold;

WSFGC Nominating Committee Alternate: Mary Deviny.

There being no nominations from the floor, the slate was unanimously elected.

Following the election, new business, and announcements, members were treated by a lunch hosted by West Lake Sammamish Garden Club and a review of the Flower Show.



GROWING GREAT GARDENERS

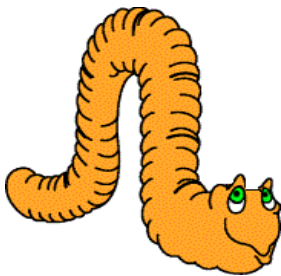
Our “Growing Great Gardeners” program at Issaquah Valley Elementary School will take place on March 8th. This year there are five classrooms with over 100 first grade students. The program has been enthusiastically met by both students and parents.

This second lesson will include discussions of “Super Seeds” and “Wonderful Worms.” During their sixty-minute classroom and outside experience, the students will get their hands dirty in the raised beds and will try to find some worms. Inside, there will be a mystery seed worksheet to complete and examples of seeds to identify. These will include sesame, lentil, pinto bean, corn, sunflower, celery, black bean and split pea seeds.

Bean sprouts and fresh green beans (thank you Costco!) will be brought, or maybe we’ll pop some corn. Half of the class at a time will be outdoors preparing the soil using organic materials from Cedar Grove, Booster Blend. Students will plant a few lettuce seeds—maybe a little too early—with cloches about the size of a plate, in each bed. We will hope for the best. A parent letter will go home outlining what we have done in class. There are now twelve parent volunteers.

Thank you IGC members for sponsoring this program. We truly hope to make some great gardeners for the future.

Dianne Tanner



POACHED SALMON WITH DILL MUSTARD SAUCE

The following recipe appears in the March 2011 issue of The Seedling, the newsletter of the Falls Church Garden Club.

1 pound salmon
1—2 cups white wine
1/2 cup water
1/2 cup plain yogurt
1/4 cup Dijon mustard
1 tablespoon honey
1/4 cup fresh lemon juice
3 tablespoons fresh chopped dill

1. In a small bowl, blend the plain yogurt, Dijon mustard, honey, lemon juice and dill. Cover and chill until serving.
2. In a medium saucepan over medium heat, place the salmon in the white wine and water. Adjust the amount of water as necessary to just cover the salmon. Sprinkle with dill. Cover the pan and cook 10 – 12 minutes, until salmon is easily flaked with a fork. Drain and serve with the yogurt sauce.
3. Use lemon halves cut with zigzag pattern as a garnish. Use some fresh dill as a garnish for the sauce.

A reason to grow dill!



Salmon is a super-food because it’s high in omega-3 fatty acids, a type of fat that seems to decrease the risk of heart disease. This fish is also a prime source of protein and contains vitamins A and B. No matter what type it is—farm-raised, wild, canned, or smoked—salmon provides omega-3 fat. But the amount of fat will vary, as will the sodium content. In addition to the heart-healthy benefits, the omega-3 fats in this fish have also been shown to promote joint health, contribute to the proper functioning of the brain and nervous system, and may possibly help prevent certain types of cancer.

IGC PLANT SALE

In planning the programs and activities for 2010-2011, **May 21, 2011** was set for our annual plant sale. At our February 9 meeting, the following members signed up for the Plant Sale Committee, under the Chair, **Laura Walker: Bernadette E. Anne, Janel Garnett, Rita Hansen, Jackie Maresca, Cate Mueller, and Michele Peltonen.** While these members will plan and organize the sale, it will not be a success without the participation of all our members.

The first tasks for all our members involve each of us individually starting seeds and reviewing plants in our gardens that might be divided for plant sale donations. We might also scout out plants from other sources, such as gardening friends, or sales tables at nurseries, for appropriate donations, “plants that need a new home..”

We’ll need volume and variety—plant divisions and seedlings of established plantings, and young plants grown from seeds. We’ll want to avoid invasive plants, of course.

As you are potting your plants, please remember to add a label that includes plant name, color of bloom, and light and water requirements. You might also indicate how tall the plant grows, whether the plant is an annual or perennial, and whether it is “touchy” or reliable. This will make pricing and placement at our sale so much easier.

We’ll plan potting parties for later in April—don’t forget all those donations from June Ann planted for the winter in Laura and Cate’s gardens!

June Ann’s
campanula



GARDEN NOTES FOR MARCH

The fickle weather of March makes it impossible to set dates and schedules for planting, so...proceed with caution!

Houseplants will react to longer days and brighter light at this time by putting out new growth. The end of this month is a good time to pinch them back to generate new growth and to thicken them.. You can then begin fertilizing again with a dilute solution of soluble house plant food.

Turn your houseplants a quarter turn each week to make sure all sides of the plant receive adequate light, and to keep the shape of the plant balanced.

Mist or spray your houseplants to clean away the winter’s dust, prevent spider mites and add a little humidity. Remain vigilant in watching for insects and pests.

Containers from the kitchen can be recycled for starting seeds. Cottage cheese containers, milk or ice cream cartons, styrofoam or pressed paper egg cartons can all be used. All should have drainage holes.

To improve germination, try aging the water you use to water seed trays to remove chlorine. You should age it about three days.

Birds need plenty of calcium to form sturdy eggshells. However, recent studies have found that birds can’t always find enough calcium in the environment, possible due to acid rain. You can help by putting crushed eggshells near bird feeders, on the ground or on platforms. The birds will take what they need.

Place bird houses outdoors early this month. Birds will begin looking for nesting sites soon, and the houses should attract several mating pairs.

PLACES TO GO AND THINGS TO DO THIS MONTH...

March 7— “Fuchsias in the Northwest”: Hill ‘N Dale Grden Club invites you to attend their meeting on Monday, March 7, at 6 PM, at Aldersgate United Church, 14250 SE Newport Way in Bellevue. Frankie Dennison, a Master Gardener, will provide techniques for growing hardy fuchsias.

March 13—”The Fusion Between Great Plantsmanship and Great Landscape Architecture.” On Sunday, March 13, 1 PM, at the Center for Urban Horticulture, 3501 NE 41st Street, Seattle. Doors open at noon for plant and seed sales, Northwest Perennial Alliance members, \$5; Nonmembers \$10. Richard Hartlage, of AHBL, Inc, in Tacoma, believes gardens should be a fusion between the best plants, strong landscape structure and ease of living. His work has been featured in *Garden Design*, *Pacific Hoerticulture*, *The Seattle Times* and *Horticulture*. Please see the NPA website for more information: <http://www.northwestperennialalliance.org/>

March 20—March Mania Plant Sale: The Northwest Perennial Alliance holds their first big plant sale of the year, featuring spring ephemerals, plants unique to early spring. 10AM to 2 PM at the Hilton Bellevue, 300 112nd Ave, SE, Bellevue. Shop indoors and enjoy Hilton’s breakfast service and free parking.

March 21—ELWD Class: Simplicity is the Key to Success, 10 AM to 2 PM, Redmond Library, Room 1. Instructor Linda McClenahan will help you create a floral design using a minimal amount of plant material, then place it to obtain the “mood” of your arrangement. Register with Gale Baullinger at 425-643-2722. \$15.

Garden Delights

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

www.IssaquahGardenClub.org

