



GARDEN DELIGHTS

Issaquah Garden Club

*“No winter lasts forever;
no spring skips its turn”*

Hal Borland, American Author and journalist

March Meeting

March 11, 2015, 10:00 A.M.

“Miniature Garden Magic”

Janit Calvo, author of “Gardening in Miniature,” and founder of the on-line store, “Two Green Thumbs,” will demonstrate for us how to create and grow a miniature garden with living plants and garden features. Her demonstration will include an overview of what miniature garden trees and plants work best for the Northwest, the right pots to choose, how to use the different accessory scale and what miniature garden patio materials (“stone or “brick”) age gracefully over time with success.

Ms. Calvo resides with her husband in a full-size house and garden in Seattle. Inspired by her first miniature garden's long life and easy maintenance, Janit started Two Green Thumbs Miniature Garden Center in 2001. She has won many garden and miniature show awards, and her gardens have appeared in the *Seattle Times*, *Dig Magazine*, and *Dollhouse Miniature Magazine*.



Don't forget your cup, plate and utensils!

And don't forget to bring your donation for the Issaquah Food Bank!

PRESIDENT'S MESSAGE

Greetings!

These sunny days are killing me! Everything thinks it is spring, except the calendar. I have been weeding –pulling up the all-invasive groundcover and I've discovered a lot of very small bay plants that I'm planning to pot for the plant sale. The bay laurel tree I bought when it was 4 inches tall is now taller than my two-story house. It produces lots of flowers, followed by lots of bay berries, ultimately resulting in small plantlets that grow everywhere.

I wonder—do I put compost on the ground now, before I go nuts buying plants? Usually, after the Flower and Garden Show, it is too cold to follow the enthusiasm pumped up by the show. This year however, QFC has primroses 10 for \$10. Tempting, tempting. Not that I have any place to put them. I'm dying to go up to Home Depot and buy plants—but it's barely March!

It's time to get out those little sacks of seeds saved from last year's garden, to see if they can be coaxed into growing. I've never been very successful from the seed angle—I always buy packets of seeds in the spring, but never get around to planting them.

I went to Leavenworth for 3 days and worked some on the cookbook recipes that folks have sent in. I need to arrange a meeting of the cookbook committee soon. Anyone know who might have recipes from the last time this project was attempted?

Most of my tasks can't be done outside. Computers and sound recording stuff are indoor activities. I KNOW! I'll take all the silver and silverware outside and polish it in the sun! My once- every- two- years-task. Surely that's worth the risk of a sunburn!

See you soon!

Joy

PS: A few of our members attended Ms. Calvo's seminar at the Northwest Flower and Garden Show and were impressed.

Good Gardening and Good Grub: 85 years with the Issaquah Garden Club

If you haven't yet submitted your recipes or garden tips to Joy, please do so as soon as possible. The goal is to have our book ready for sale at the Plant and Bake Sale on May 9. The easiest way to submit entries would be to email them to Joy at:

jacklev602@aol.com



MARCH LUNCHEON

Our hostess for the March meeting will be Jessica Liepins. Those who will bring dishes are Sally Cadranell, Sue Chapman, Joanne Dinken, Joan Fields, Joy Jackson, Wendy Lukas, Loretta Rodni, and Shadi Wang.

ELWD GENERAL MEETING

Twelve IGC members attended the ELWD General Membership February 23. Karen Bukantz, Rita Hansen, and Lenda Sundene exhibited their arts and crafts in the show at the meeting. Audrey Ellingsen, with help from some IGC members, pitch-hit for Gail Holmstrom as Hospitality Hostess.



PLANT THERAPY AT ISSAQUAH NURSING AND REHABILITATION

On February 12, five members met to complete Valentine's arrangements.

Members will meet at 9:00 AM on Thursday, April 2, 2015, to complete Easter arrangements. Please bring your clippers, scissors and a few greens—no berries or thorns, please.

A sign-up sheet will be available at the March meeting.

BY THE WAY...

The Grange Supply has seed starting supplies 10% off, March 15-31!

(you may have purchased all of your's already, but you might stock up for next year. Just sayin'...)

GARDENING AT ISSAQUAH HISTORY MUSEUM

Our next work day in the native garden at IHM will be **Thursday, March 19, at 10 A.M.** Please sign up to come help, bring your hand tools and put in a short time in the garden.



STARTING SEEDS

I've found a good website for information about starting seeds indoors: <http://organicgardening.about.com/od/startinganorganicgarden/a/Starting-Seeds-Indoors.htm>

The article was written by Colleen Vanderlinden, organic gardening expert, on "About.com."

Here are a couple more, easy to follow:

<http://www.organicgardening.com/learn-and-grow/14-tips-starting-your-own-seeds?page=0.1>

<http://www.finegardening.com/all-about-starting-seeds>

There are also videos about seed starting: <http://www.bing.com/videos/search?q=starting+seeds&qpv=starting+seeds&FORM=VDRE>

I stopped counting at fifty...

STATE CONVENTIONS

You are reminded that this year's WSFGC convention will be held on **June 2-5, 2015**, at the Red Lion Hotel in Port Angeles.

For more information, please see the WSFGC website:

www.wagardenclub.com

2016 STATE CONVENTION

The East Lake Washington District will sponsor the 2016 convention to be held at the Embassy Suites at Eastgate, June 7 through 10. The theme for the convention will be "Imagine That." The committee is looking for chairmen and helpers for a variety of jobs: centerpieces for the banquets, dinners and lunches.

WILDFLOWER WORKSHOP 2015

This year's workshop will be a trip to the Columbia River Gorge, **April 15, 2015**. The trip will leave from the Vancouver Days Inn at 8:00 AM to proceed to the tour at Catherine Creek near Hood River, and then go to lunch at the Hood River Inn and leave for a trip to the Tom McCall Preserve on the Oregon side of the Columbia River. At 2:15, the bus will depart for Vancouver on Interstate 84 in Oregon, arriving at 4:00 PM.

Registration for this trip is due by April 8. The \$34,00 payment includes lunch, a guide, and bus transportation from Vancouver Days Inn and return.

Brochures will be available at our meeting March 11. Information will also be

found shortly on the ELWD website:
<http://elwd.org>

GARDENING STUDY SCHOOL

You are also reminded that Course 3 will be offered April 7-9, 2015 at 21 Acres Education Center at 13701 NE 171st Street, Woodinville WA 98072

Cass Turnbull, the "diva of pruning," will teach good pruning techniques. The class will also include a 2-hour tour of a Botanical Garden. See the registration form for a list of all topics to be covered:

<http://elwd.org/education.aspx>

GROWING GREAT GARDENERS

Our IVE First-Graders will work in their gardens for the first time March 3, 5, and 6. We'll provide one bag of organic material for the students to dig into the soil; They'll plant a few seeds under a cloche as we discuss what a seed needs to grow: sun, air, soil and water. As the first group in each class goes outside, those inside will learn about "Super Seeds" as they examine sprouted seeds and work on a "Mystery Seed" worksheet. I am sprouting lima and navy beans so each student can have two beans to study while we talk about the structure and growing cycle of a seed. They LOVE taking the bean apart, looking for the embryo, and getting excited comparing who had the better sprout.

There will be two work parties this month. On Friday, **March 13 from 1:30 to 2:30**, we'll remove the lumber from the perimeter of the north beds. On Saturday, **March 21, 10 AM to 12 noon**, a few people will be needed to install the new lumber.

IGC BUDGET, 2014-2015

The following budget was passed at the February 11, 2015 meeting:\

Expenses

Rent (9 months @120.00)	\$1000.00
Programs	1000.00
State Convention	250.00
Yearbook	175.00
Newsletter	75.00
Admin. Gen'l Support	100.00
WSFGC <u>Smoke Signals</u> (43 members)*	344.00
WSFGC Dues (43 members)*	145.00
ELWD Dues (43 Members)*	215.00
Kitchen Supplies	175.00
Plant Sale Expenses	200.00
Cookbook Expenses	175.00
Raffle/Auction	75.00
Marketing Expense	150.00
Garden Therapy	250.00
Youth	600.00
Native Plant Project	100.00
Historical Museum Project	30.00
Total:	\$5059.00

*dependent on the number of members

Donations:

Arbor Day—ELWD	\$25.00
Arboretum Foundation, Seattle	25.00
Bellevue Botanical Garden	100.00
Issaquah Salmon Days Award	50.00
WSFGC Scholarship Fund	50.00
WSFGC Teachers Scholarship	50.00
WSFGC Headquarters House	50.00
Give Kids a Hand (ELWD)	100.00
World Gardening	50.00
Misc. Donations	100.00
Seattle Tilth	50.00
Total:	\$650.00

Total Budget **\$5709.00**

{I copied this from a Park Seed Company blog so long ago that I've lost track of where I found it. }

HOW TO PREVENT DAMPING-OFF

It is heart-breaking to eagerly start your summer seedlings indoors, only to watch them, despite your tender care, fall over one by one at the base and die. This is known as damping off, and is caused by various fungal diseases.

Make sure all of your pots or trays are clean—wash them in hot water and soap or soak in a bleach solution. When you start your seeds indoors, use a sterile seed starting mix, not garden soil. Ken Druse, in his book *Making More Plants*, suggests adding some very fine (“starter”) chicken grit or perlite (about 20% of the mix) for better drainage. Then, after planting his seeds, he covers them with a thin layer of chicken grit.

When your seedling have begun to leaf out, it is time to transplant them to larger pots, using potting soil. In my experience, this is when damping off is most likely to happen. There are some things you can do to minimize it. Here are some things I tried last year that seemed to work:

1. Add worm castings to your potting soil. This effectively suppresses disease and pathogens.
2. Water and/or mist seedlings with an antifungal solution of one tablespoon of 3% hydrogen peroxide per quart of water. Some people say adding an ounce or two of strong chamomile tea per quart of water will help, but I haven't tried this.
3. Surround seedlings with a thin layer of perlite, vermiculite, sand, coir or peat moss to keep the soil surface dry and keep fungal growth to a minimum.
4. Spritz the seedlings with an organic fungicide such as Safer or Garden Safe. This has to be done as a preventative—it won't work if the disease has started.

Don't plant your seeds too thickly, keep them well ventilated and don't overwater. Good luck! Hope to see lots of healthy seedlings at our May plant sale.

<http://parkseedjournal.com/tag/>

**Healthy Comfort Food for March
Chicken Kebabs with Lemon Tahini Sauce**

Derived from Prevention Guide, Outsmart Diabetes
Serves 4

2 tsp olive oil
2 tsp minced garlic
Juice of 1 lemon
1 lb boneless, skinless chicken breasts, cut into 24 pieces
1 red bell pepper, cut into 8 pieces
2 small zucchini (about $\frac{3}{4}$ lb total) cut cross-wise into 12 pieces
 $\frac{1}{2}$ red onion quartered
 $\frac{1}{4}$ c. Tahini

Prepare grill for medium high heat.
If using bamboo skewers, soak these in water 20 minutes.

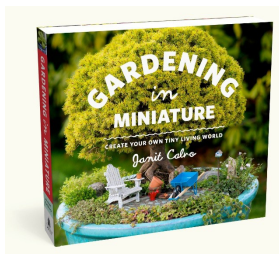
Combine oil, 1 tsp of garlic, and half of lemon juice in a small bowl. Drizzle half of the lemon mixture over the chicken and the other half over the pepper, zucchini, and onion. Toss to coat, and then thread equal amounts of chicken and vegetables onto skewers.

Stir together Tahini, $\frac{1}{2}$ c. water, and remaining 1 tsp garlic and lemon juice in small bowl. Grill kebabs, turning to ensure even browning until the chicken is cooked through and vegetables are tender, 8– 10 minutes. Drizzle kebabs evenly with lemon-tahini sauce.

Nutrition per serving: 274 calories, 30 grams protein, 11 g carbs, 3 g fiber, 12 grams fat, 2 grams saturated fat, 90 mg sodium

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**March Meeting:
Miniature Garden
Magic**