



# GARDEN DELIGHTS

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## Issaquah Garden Club

*"Autumn is a second spring when every leaf is a flower"*

*Albert Camus*

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### November Meeting

**November 12, 2014, 10:00 A.M.**

Our speaker for November is one of our favorite presenters from past meetings, Jon Robert Throne, AIFD, CFD, from Countryside Floral and Garden. He will bring us the delights of his shop, complete with a touch of Thanksgiving, because we might all need a refresher, and some Christmas magic—scents, décor and design secrets.

Jon was inducted into the American Institute of Floral Designers in 2001. His 24-year career started with a spider plant when he was 5 and a tomato plant when he was 6. From there the passion of growing plants led into his passion for the unique and unusual use of floral-related products.

Jon worked as Design Manager at a multi-shop operation in Michigan before moving to the Northwest. He purchased Countryside Floral and Garden in December 2012 and has worked there as Creative Director and Wedding and Event Specialist for the last 10 years. Although his specialties are in floral for weddings and events, and Christmas home décor, his hobbies include orchid-growing, and gardening, especially his water gardens and shade gardens.

Jon promises to bring special holiday giftware—and some ornaments, bling, bobbles that seem to be the most popular. And possible some plants—so you'll want to bring some money with you. There will be a separate table of Jon's offerings for sale. And at least one of the designs he makes during his program, will be auctioned, as well.

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**Don't forget your cup, plate and utensils!**

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

## PRESIDENT'S MESSAGE

Gee, here we are in November! We're starting to click into high gear as we approach the most magical time of the year. All those twinkling lights just sends my spirit soaring.

The WSFGC Holiday Show is Nov. 5 and 6--I can't wait to see what our talented people have pulled out of their hats. I'm sure it glitters silver and gold. I plan to construct an arrangement, to see if I can, even though it's too late for the Flower Show.

Jon Throne's program at our meeting is another glittering to look forward to.



I've only seen a handful of recipes for the cookbook. I'll get the committee together for that, just as soon as we all find the time. As the luncheon crew thinks about their choices for the Wednesday meeting, please write the

recipe down for the cookbook. The best thing to do is to put them in an email--please send them to me at: [jackley602@aol.com](mailto:jackley602@aol.com). That way they are already digitized.

See you soon!!

Joy

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## NOVEMBER'S LUNCHEON

**Joanne Morgan** will be our Hostess this month. Those providing dishes are **Sally Cadranell, Sue Chapman, Georgia Cone, Joanne Dinken, Rita Hansen, Jessica Liepens, Joanne Westveer, and Sherran Whatley.**

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## Issaquah History Museum IGC Project

On October 29, the final but minimal fall clean-up of the native garden at Issaquah History Museum was completed. There were just a few weeds to be removed and a few Orange Grape seedlings to be moved to an empty spot.

You are reminded that we have agreed to meet at the museum on the fourth Tuesday of each month to care for the garden. We won't meet in December or January, but please mark your 2015 calendars and sign up at the February 14<sup>th</sup> meeting to help later that month.



## **FLOWER ARRANGING CLASS**

In response to requests, June Ann Hassebroek will offer a second flower arranging class in the Meeting Room of Issaquah Library on **November 19, from 1:30 to 2:30 pm.** A sign-up form will be available at our November meeting.

**Please refer to page three of your October newsletter for further information.**

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## **GROWING GREAT GARDENERS**

On October 10, the following volunteers from our garden club helped Dianne Tanner and school volunteers at Issaquah Valley Elementary School: Karen Bukantz, Chong Chancellor, Rita Hansen, Cate Mueller, Joanne Westveer, and Sherran Whatley and her husband, Ernie.



The garden beds were cleaned and cover crop was seeded by garden club volunteers that day. We gathered to pull all the pumpkin vines from the beds, turn the soil and spread a cover crop of crimson clover to enrich our beds for spring planting. The two

"insectomy" (good bugs, bad bug) beds were weeded, trimmed and one questionable plant removed. Rita Hansen has taken it home to grow in a pot for future identification. Chives were left in each of the teaching beds and all looks clean and wonderful. The gravel path on both the north and south sides were cleared of all weeds. Thank you to those who came and made quick work of this project which was completed in one hour and ten minutes!

Our classroom sessions for the second graders took place the first week of October. The six classes included the harvesting of their pumpkins and a classroom skit, "The Life of a Pumpkin," the reading of Pumpkin Jack and eating pumpkin seeds and pumpkin puree. The extra pumpkins were placed in the school office, cafe and library.

The new first grade classes will start in January and February with classroom stories (Jack's Garden), looking at our gardening tools, sharing the food pyramid and work sheets to complete. In March we will go out to their garden, turn soil, add compost and talk about what it takes for a plant to grow. In the classroom we will continue with "Super Seeds," "Stellar Stems," and "Wonderful Worms" through May. . . and then end with our harvesting, donations to the food bank and our Salad Bowl Celebration in June. There are many more details that make this program a great experience for these students. I will coordinate the volunteers from IGC in January for the monthly classes in 2015.

Thank you all for the support and opportunity that we are giving these children, Growing Great Gardeners.

**Dianne Tanner IGC Youth Chair**

## PLANT THERAPY AT ISSAQUAH NURSING AND REHABILITATION CENTER

The first date our club will be making floral designs at Issaquah Nursing and Rehab will be **Tuesday, November 25, 2014, at 9:00 A.M.**

There will be a sign-up sheet available at our November meeting.



Fall in the BBG Yao Garden—note the Katsura tree, front right

## NEW CLUB PROJECT

You are reminded that we have begun collecting gardening tips and recipes for the Club cookbook, called “Good Gardening and Good Grub: 85 Years in the Issaquah Garden Club.” Joy has asked that you send these to her at: [jackley602@aol.com](mailto:jackley602@aol.com)



## GARDEN D'LIGHTS 2014

**Tickets for Garden d'Lights are on sale NOW!**

Garden d'Lights runs from November 29, 2014 through January 3, 2015 every evening from 4:30 - 9:30 pm, including holidays (last entry at 9 pm).

Be assured of getting into the event by purchasing your ticket online at

<http://www.gardendlights.org/>.

Tickets are date specific and space is limited. Tickets are \$5.00 per person (children 10 and under are free and do not need a ticket or a reservation).

## FALL COLOR

When I moved here seven years ago, I knew I wanted lots and lots of Japanese maple trees. This conviction was based on the performance of the one Japanese maple in my backyard in northern Virginia. So first I bought one, then another, then a grove of three to place in my Japanese shade garden quickly followed, and then two to go on either side of the end of our pond, and then a few more... I think the current count is sixteen. And I hanker for a few more...

I'm especially pleased with the three different Japanese maples near our waterfall, the last of which, purchased with a gift certificate from our garden club, is named, ironically, "Waterfall." This autumn, its leaves have been especially beautiful; right now, the ground around it is covered by a ring of tiny, bright golden leaves.

A couple of years ago, I began "branching out" to find other colorful trees: a *Stewartia*, whose leaves have been a pale orange, and a *katsura*, now full of apricot leaves—currently, the little tree looks like a fireworks explosion. On an expedition to a nursery near Puyallup, Dianne and Audrey and I each bought a beautyberry (*Callicarpa dichotoma*). This fall, all three shrubs are full of metallic-looking purple berries. Their branches are quite beautiful in arrangements with some branches of my purple elderberry (*Sambucus nigra*) and purple nine-bark (*Physocarpus opulifolius*) branches.

I suppose I love all these, as well as my small burning bush (*Euonymus alatus*) because they display all my favorite colors: reds, oranges, yellows and purples. How could one not enjoy all these brilliant colors of Fall?

Cate Mueller

## SWEET POTATO AND APPLE GRATIN

Sweet but not overly so, this sweet potato and apple side dish is a delicious accompaniment to a holiday meal. Let the casserole stand for 10 minutes after baking so the juices can thicken.

### INGREDIENTS

3 cups thinly sliced peeled Granny Smith apple (about 1 1/4 pounds)  
 1 teaspoon lemon juice  
 4 small sweet potatoes, peeled and thinly sliced (about 2 pounds)  
 1/4 cup maple syrup  
 1 tablespoon butter, melted  
 1/2 teaspoon salt  
 1/4 teaspoon black pepper  
 Cooking spray  
 2 (1-ounce) slices white bread  
 2 teaspoons olive oil  
 1/4 teaspoon ground nutmeg

### PREPARATION

1. Preheat oven to 400°.
2. Combine apples and lemon juice in a large bowl. Add the sweet potatoes and the next 4 ingredients (sweet potatoes through pepper). Place the sweet potato mixture in a 13 x 9-inch baking dish coated with cooking spray. Bake at 400° for 40 minutes, stirring after 25 minutes.
3. Place bread in a food processor; pulse 10 times or until coarse crumbs form to measure 1 cup. Combine breadcrumbs, oil, and nutmeg; sprinkle over the sweet potato mixture. Bake for an additional 15 minutes or until golden. Let stand for 10 minutes before serving.

*Reprinted from "Cooking Light" magazine, November 2001 as printed in the November 2013 issue of The Seedling, monthly publication of the Falls Church Garden Club*

## A Little Cranberry History

The American Cranberry (*Vaccinium macrocarpon*) is one of only three berries native to North America; the other two being the Concord grape and the blueberry. Every school child in America has been told the Thanksgiving story of the Pilgrims and the Native Americans in Plymouth, Massachusetts, which just happens to be in the heart of cranberry country. This story always involves Native Americans, Pilgrims, turkey, corn and, of course, cranberry sauce. While historians continue to debate the accuracy of the traditional Thanksgiving story, one thing is for certain and that is that cranberries were on the menu!

It's true that the Native Americans did introduce the white man to this indigenous berry and it was admired in the Native American culture for its myriad of uses. Every time you see a granola or energy bar, you can be thankful that the Native Americans came up with this idea. Yes, it's true. They made cakes called Pemmican by using fat (usually bear fat), cranberries, nuts and grains. They took these dried, pressed cakes with them on hunting and fishing trips as a good source of nutrition and energy that was easy to carry.

The Native Americans, in addition to using cranberries as food also used it for medicinal reasons; many of which modern science and its "evidence-based medicine" approach have now proven to be true. It was valued as a remedy for blood poisoning and poultices of crushed cranberries were used on wounds that were infected. It was also used in conditions where fever was present. A tea would be made from the cranberries and/or their leaves and drunk by the febrile patient. The cranberry not only offered medicinal benefits but it was used as a dye and to barter with the early settlers.

See the site, [http://www.fairlandfarm.net/html/cb\\_history.html](http://www.fairlandfarm.net/html/cb_history.html) for more interesting information.

### GARDEN DELIGHTS

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[www.IssaquahGardenClub.org](http://www.IssaquahGardenClub.org)



**November Meeting:  
Jon Robert Throne, AIFD,  
with holiday bling**