



The Community Garden Club of Cohasset, Massachusetts

April 2007

Sally Avery, Corresponding Secretary
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Message from the President

April brings us to the Presidents Day Brunch, which will be held at the general meeting on April 24th. I have been invited to some wonderful teas over the course of this year and I look forward to having the presidents of these clubs come to Cohasset. Our program should be excellent: Priscilla Styer will demonstrate the making of a variety of bouquets while speaking on their history. I do want to remind everyone that the meeting place has been changed on that date from the Congregational Church to St. Stephen's Church which is now handicapped accessible. Inasmuch as the yearbook does not reflect this change, please inform other members who may not have heard.

This month also is the time to sign up for our own standard flower show, which will be held on Wednesday, May 9, at the Paul Pratt Memorial Library. Please call Fran O'Toole as soon as possible to enter the design divisions. When I think about the last shows this club put on, I still remember vividly how everyone contributed both expertise and energy to great results. The last show in the library was greeted with much enthusiasm by the visiting library patrons, many of whom were simply returning books and were pleasantly surprised to find all the magnificent floral designs.

Tickets to the annual meeting in May will be on sale soon. Please sign up early with Jeanne Carroll or Claire Tirony so that arrangements can be finalized. Also at the end of May we'll be attending the National Garden Clubs Convention in Boston, for which we should be signing up now. We need to volunteer our services to help make the event a success. Please e-mail to volunteer: [HYPERLINK "mailto:meredithchase@comcast.net"](mailto:HYPERLINKmailto:meredithchase@comcast.net). And it's almost time for the bulbs to come up...

Mary

Club Calendar

www.communitygardenclubofcohasset.org

- April 3: Executive Board Meeting** 9:30 A.M.
Lightkeepers Cottage
Hostesses: Hospitality Committee
- April 3: New Members Luncheon** 11:30 A.M.
Food provided by Board Members
- April 10: Horticulture Workshop** 1:00 P.M.
Organic Gardening, Holly Hill Farm
230 Jerusalem Rd.
- April 11: Garden Therapy** 2:00-3:00 P.M.
"April Flowers"
Cohasset Knoll Nursing Home
- April 12: Junior Gardeners** 2:45-3:45 P.M.
Kathy Gray, Maureen Adams, Leaders
- April 17: Design Workshop** 9:30-11:30 A.M.
Painting Flowers with Nancy Wholley
Lightkeepers Cottage
- April 17: Flower Show Exhibitors Mtg.** 2:00 P.M.
Mary Eisenhaure's, 478 Jerusalem Rd.
- April 27: Arbor Day**

- April 24: General Meeting and Brunch** 9:00A.M.
St. Stephen's Church, Walton Rodgers Hall,
2nd Floor, Handicapped Accessible
Guests: South Shore District G.C. Presidents

"Bouquets Just for You"

Floral designer, Priscilla Styer will provide a brief history of how bouquets came about and will demonstrate the basic "how to" of bouquets from the traditional to new fun ideas.

Federation Calendar

www.gcfm.org

- April 17: Design Workshop III** 10A.M. - Noon
Espousal Center, Waltham
- April 17: Designing Principles** 10A.M. - Noon
Espousal Center, Waltham
- April 20: Awards Workshop**
Espousal Center, Waltham
- April 21-24: Art in Bloom**, MFA, Boston
- April 22: Earth Day**

Hospitality Please bring food for the brunch at the April 24th General Meeting by **9 A.M.** Members of the Executive Board will be providing the food.

Horticulture Workshop

April 10th 1:00 P.M.
Holly Hill Farm, 230 Jerusalem Rd.

Join members of the staff of Holly Hill Farm on this April afternoon to learn some of the techniques used in creating an organic garden. Methods of planting, products to use that are environmentally safe, and procedures for caring for ornamental or vegetable gardens will be covered in this informative workshop. Call Mary Rose Mitterando or Kay Langham for more details.

Design Workshop

April 17th 9:30 to 11:30
Lightkeepers Cottage
Painting Flowers

Think spring by joining us for a floral painting session. Discover your hidden talents. We will work in water-color, but bring another medium if you prefer. A few colorful flowers and simple vases will be need also. Paper, paints, brushes, etc. will be provided Should be fun!!! Any questions ? Call Nancy Wholley

Landscape Design Notice

Spring is here! Time to clean the gardens. The Lightkeepers Gardeners will be starting a cleanup on Wednesday, April 18th at 9:00 A.M. We will be meeting every other Wednesday until October. Our garden club uses the Lightkeepers Residence for horticultural and design workshops as well as board meetings, so this is our chance to return the favor. We garden until 11:00 and then go for lunch. There will be a sign-up sheet at this coming meeting. Hope you will join us. -- Barbara Dillon

Ways and Means

A big thank-you to all who helped make the Afternoon With Isabella event a success. Mrs. Gardner's recollections and tea by Arthur Roebuck made for a delightful afternoon.

Plant Sale

The annual Plant Sale will be held Saturday, May 19, on the grounds of the Cohasset Historical Society at 106 South Main Street. Start seeds now if you can. Consider planting herbs, annuals and even perennials. Please start thinking about what you will contribute from your garden – which plants need to be thinned, which need to be divided. We hope to have a wonderful variety and lots of plants at this sale. - Dolores Roy

Annual Meeting

May 22, 2007 11:00 A.M.
Barker Tavern

Jeanne Carroll and Claire Tinory have been busily planning the annual meeting. The cost of \$29 includes tips and gratuity as well as a flower arranger as guest speaker. The menu follows with a choice of entree.

Tossed Salad with Basil Vinaigrette

Chicken Palmier, fried boneless breast of chicken, breaded with pecans and seasoned bread crumbs, served with honey mustard cream sauce, or

Baked Stuffed Scrod, filet of scrod stuffed with seafood stuffing and topped with Newburg sauce

Vegetable Medley

Rice Pilaf

Ice Cream with Strawberries or Hot Fudge

Coffee and Tea

Call Jeanne or Claire for tickets or see them at the April meeting.

Welcome New Members

Please welcome our new members and add their names to your yearbook:

Kim Andrew
100 Cross St.
Norwell MA 02061

Diane Herth
164 Pond St.
Cohasset, MA 02025

Jill Covell's address has changed to 83 Elm St., Cohasset

HGTV Gardening Show Co-Host to speak in Mansfield

The Garden Club of Mansfield, in collaboration with other area garden clubs, will be hosting Paul Tukey's presentation, "Safe Lawns: How & Why to Grow a Healthier Lawn" to be held on Tuesday, April 10 at the Mansfield Holiday Inn at 7:00 p.m. The admission cost is \$5. Tickets will be on sale at the door, however, pre-registration is recommended as seating is limited. email: gardenclubofmansfield@comcast.net to register. Paul is editor of "People, Places, & Plants" magazine and the book, The Organic Lawn Care Manual.

Achillea millefolium



Based on the presence of fossilized pollen in Neanderthal burial caves, it is thought that Yarrow has been around for about 60,000 years. In some societies, it was called the 'heal-all' herb and used for most anything. Not surprisingly, scientists have identified over 100 active ingredients in the plant. Properties attributed to Yarrow include astringent, antibacterial, antispasmodic, and anti-inflammatory. It has long been used as a wound-healing herb; said to be used by Achilles to pack the wounds of his soldiers at Troy. In the 1950's, scientists isolated an alkaloid found in Yarrow and discovered that it enhanced coagulation. Taken internally, it has been used to treat colds and flu, stimulate the appetite, and prevent muscle spasm, hypertension, and stop internal bleeding.

Externally, a solution made from the flowering tops is said to cleanse and tone the skin, shrink hemorrhoids when placed in a sitz bath, and relieve irritated eyes, and earache. Yarrow was an important herb in Native American culture, where it was used for all manner of ailments, including drinking Yarrow tea as a tonic to prevent or cure any illness. Although it was used as a salad ingredient in the 17th Century, it is a bitter herb and not really considered appropriate for use in the kitchen. Yarrow is hardy to zone 2 and likes moderately rich soil and full sun. Its blue/green fern-like foliage can grow to be 3 feet high and the stalks are topped with flat cluster of flowers in shades of white, yellow and pink from June through September. The flower heads dry well for use in crafts and decorations. A yellow dye can be made from the flower heads and use of the whole plant will yield an olive color. Yarrow spreads by self-seeding and by underground runners and has the potential to become invasive. If you plan to invite Yarrow into the garden, you will want to practice prudent pulling of the suckers and young plants to keep it in check. - Judy Dickstein

All-Green for the Beechwood Ballpark and Playground

In January 2007, the Water Commission and the Cohasset Recreation Department announced the formal reconstruction of the Beechwood baseball field.. Using Open Space funds and sources donated by the Water Department the ball field will be dramatically rebuilt for future generations of little leaguers. Glenn Pratt Chairman of the Water Commission stated that it is the intent of backers to use "green organic" methods to rebuild this field without chemical fertilizers making it a showcase of "green landscaping" for the town.

As part of this plan, Sandy Durant of the Community Garden Club of Cohasset and a member of the Water Resources Protection Committee contacted Chip Osborne, a noted green landscape specialist in Marblehead. Chip made a presentation of his all-green strategy for the Beechwood ball field project. Key points include extensive aeration, overseeding with selected hardy local grasses, and extensive top dressing with compost and compost slurry (custom developed from local sources). Chip used this strategy to successfully convert over 18 acres of lawns and playing fields in Marblehead to a green organic regime. At Beechwood, due to the time limitations, building an all natural turf field would not be possible, therefore commercial sod will be used for all the grassed areas to provide a base for the playing surfaces. Chip noted that while this will be initially cost intensive, the result would be extremely satisfactory given the need to make the field available for use in Spring of 08.

More meetings are planned over the next few weeks as field base preparation continues once the construction moves ahead this spring. The first sod is expected to be in place during May. And the first ball game could begin in Spring of 2008. - Excerpts from an article prepared by Jim Kinch

News from Nagoya

Our March general meeting started with a speech titled "Crypto-Christians in This Region" by Mr. Joh Hosokawa, a retired high school teacher who is still an active historical researcher. According to Hosokawa, Francis Xavier, one of the seven original Jesuits, landed in the southern part of Japan in 1549 and spent two years establishing a church. Within a generation, the number of Christians had swelled to 300,000. In 1619 Christianity was banned and shoguns expelled the Jesuits. All Christians were required to renounce their faith and register as Buddhists, and were harassed if they disobeyed. The ban was not lifted until 1858. During this period, faithful converts moved underground into a crypto-Christian cult called *Kakure Kirishitan* or "hidden Christians." Crypto-Christian crosses and graves, cleverly styled during these two centuries to resemble Buddhist imagery, can still be seen.

After lunch we moved to the site of *Chayagasaka* Municipal Park in Chikusa Ward, where we had a pair of 8-foot red and white dogwoods planted as our contribution to the city. At the inauguration Mr. Masaru Shamoto, Director of Chikusa Public Works Office of Nagoya City, presented our garden club a mayor's letter of appreciation. He emphasized that they are very pleased to see our trees planted there because the ward flower is also the dogwood....what a coincidence!!!

- Excerpts from the report of Takako Kohri, Recording Secretary

Know Your Garden Birds American Goldfinch



What is gold and black in the summer and olive and brown in the winter? That's right - the American Goldfinch! This jaunty little 4 to 5 inch bird is a permanent resident in our area, but needs to adopt a camouflage in the leafless winter months for protection against predators. Its molt into olive drab begins in October and the bird can have a somewhat mottled appearance for weeks until its plumage grows in fully. Then, in April as the days grow longer and buds begin to swell, another molt results in the golden plumage of the breeding bird. Black wing feathers with white wing bars, a black forked tail offsetting a white rump patch, a black forehead on the male, and a conical orange bill complete the summer dress of this elegant bird. Goldfinch song fills the air throughout the summer months as this species is among the latest to build its nest and rear young. The nest, a thick-walled cup of plant fibers solid enough to hold water in heavy rainstorms, is placed above ground in a shrub or tree where 4-6 bluish white eggs are laid. The birds hatch in about two weeks and the nestlings remain for 11-17 days. The adult bird removes the shells and partially predigests seeds which it stores in its crop and then feeds its youngsters by regurgitating them particle by particle. In the east, the fledging of young goldfinches is timed to coincide with the ripening of seeds in August and September. A garden planted with Rudbeckia,

Echinacea, and Cosmos, for example, will provide a banquet for developing birds. Catkins hanging from birch trees provide another favorite menu item for finches. Once the seeds in the natural environment have become scarce, goldfinches appear regularly at nyjjer or thistle seed feeders where 6-10 birds at a time can be seen dining. Its song is a lively high-pitched series of chips, twitters, and trills, while its call note is a whiny sound that gives it the species name *tristis*. Its flight call is *perchickaree*, *perchickaree* or *potato chip*, *potato chip* as noted by the hungry listener.

- Sally Avery