



The Community Garden Club of Cohasset Massachusetts

Fall 2009

www.communitygardenclubofcohasset.org

Diane Benson, Newsletter Editor

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Message from the President

We're starting our new year on September 1 with our Board Meeting. The day after Labor Day we jump right into our busy year of educational and entertaining programs.

Last year, we've shared timely information with members between Newsletter and meeting times through email blasts. We receive most of our Federation information through email and then forward the pertinent announcements quickly to members electronically. If you have received a paper copy of this newsletter and wish to change delivery of club notices from snail mail to email contact Diane at dnbenson@comcast.net.

Our Green Initiatives started last year have been paying off. We've saved a considerable amount in our Newsletter budget using electronic communications which enabled us to redirect resources to garden and conservation objectives.

This summer we received our first check from the Recycling Bin for cartridges, cell phones, ipods, etc. that Barbara Canney placed at the RTC.

As always the board has put together an exciting venue for the coming year. Judy Dickstein has arranged an informative program - *Dyeing for Color* about making dyes from plants. Maria Accomando and Maureen Adams will be bringing the *Fragrance of Fall* as the Garden therapy project to Golden Living Center. Lee Drew has Fran O'Toole presenting an Ikebana Design Workshop. The Jr. Gardeners under the direction of Dolores Roy will meet again the third Monday of September with *Checking Out the Courtyard*. Our September General Meeting is open to the public, please bring your friends to enjoy an entertaining program demonstrating the basics of *Thai Fruit and Vegetable Carving*.

Now is the time to start planning for our Annual Bulb Sale and thinking about your entries for Books in Bloom. This year we will be doing a Fall/Halloween theme at the Paul Pratt from October 28 - 30.

I'm looking forward to a creative and energetic year. **Lee**

Lee Jenkins
2009 Club President



Mission Statement

The object shall be to promote interest in gardens, their design and horticultural perfection; to promote interest in conservation of our natural resources; and to conduct formal programs for the advancement of these and related items.

Executive Board 2010

President	Leonora Jenkins
1st Vice President	Willoughby Hood
2nd Vice President	Mary Hickey
Recording Secretary	Dolores Roy
Corresponding Secy	Jane Corriveau
Treasurer	Maureen Adams
Directors:	Mary Eisenhaure
	Marcia Diekmann
	Fran O'Toole
	Annette Sechen

In Memoriam

Jean Hendrie Simonds, 86, died Sunday, July 19, 2009 at Harbor House Nursing Home in Hingham. A Memorial Service was held Tuesday, August 4, 2009. The Club has donated "The Complete Compost" in Jean's name to the Paul Pratt Library.

Nancy Gilmore, 74, long time Garden Club member and Board Nancy died suddenly and unexpectedly on Tuesday, August 11, 2009. The Club has donated "The Complete Guide to Water Gardens, Ponds and Fountains" in Nancy's name to the Paul Pratt Library.

Community Garden Club www.communitygardenclubofcohasset.org	Garden Club Federation of Massachusetts www.gcfm.org
<p>Sept 1 — Executive Board Meeting @ Marcia Diekman's 9:30 am</p> <p>8 — Horticulture Workshop "Dyeing For Color" 9:30 am Lightkeepers</p> <p>15 — Design Workshop with Fran O'Toole "Ikebana Design" @ Lightkeepers Cottage 9:30-11:30a</p> <p>21 — Junior Gardeners @ Deer Hill School "fall cleanup & planting bulbs 2:30—3:30 pm</p> <p>22 — Monthly Meeting @ Bates Hall 2nd Congregational Church; 9 am Coffee; Program 9:30am "Thai Fruit and Vegetable Crving"</p> <p>Oct 6 Executive Board Meeting @ 9:30 @ Lightkeepers Cottage</p> <p>13 — Horticulture Workshop "Orgami for Gardeners" with Iku Isihara @ Lightkeepers 9:30</p>	<p>Sept 25 – GCFMA South Shore District Coffee, Norwell Science Center</p> <p>Oct 14 - GCFMA Designing Principles I Espousal Center, Waltham 10 am</p> <p>15 – 17 – GCFMA – Landscape Design Study Program Course III, Series 13 @ Regis College, Weston</p> <p>20 – GCFMA Design Workshop I – Espousal Center, Waltham 10am</p> <p>27 - GCFMA Fall Conference, Andover Country Club – 9 am</p> <p>Nov 7-8 – GCFMA Environmental Study School, Course II, Series III Nantasket Beach Hotel & Conference Center, Hull</p>





FLOWER DESIGN WORKSHOP with Fran O'Toole

September 15, 9:30 - 11:30 Lightkeepers Cottage

An Ikebana design will be taught by Fran using five stems of flowers and a few greens. Your choice of flowers could be roses, gladiolus, mums or other flowers from your garden. Bring an extra stem in case one gets broken. When using glads the stems are cut into two or three sections so you would need only three stems. Your container should be low, fairly open, and suitable for a dining table. A pinholder, about three and one half inches, is used for this design. A good source to buy one is www.countryhousefloral.com Phone number is 508 255-6664. They are in Eastham and ship quickly. If you would like to borrow one from me let me know. Also bring clippers and a bag for taking away your discarded material.

Lee Drew 383-0361

HORTICULTURE WORKSHOP: September 8

On Tuesday, September 8th, guest speaker, Julia Peterson of Emporium Naturals will tell us how she makes dyes from plant material. She will also talk about how she used these dyes to color different fabrics and how the fibers differ in their reaction to the dyes. The program will be held at the Lightkeepers Cottage from 9:30 – 11:30. Join us for this fascinating program. Further information – Judy Dickstein, 781-383-7058 or Marie Sullivan, 781-545-0655

Horticulture – Looking Ahead

In January, our horticulture program involves making pictures from pressed flowers. In order to insure we have a good selection of material to work with, we are asking that you all press some plant material to bring and to share. Look for blossoms that can be flattened out, leaves, grassed, ferns, and anything else interesting. Plants can be pressed in a commercial press or between sheets of absorbent paper placed under a weight such as a pile of books. I like to use an old phone book, placing the plant material between the pages, adding a few additional books on top and letting it sit for about 2 weeks. Then I remove the pressed flowers and store them between layers of paper towel in a container such as an old shoe box. The phone book can be used over and over. If you have questions, please call Judy Dickstein, 781-383-7058.



June 2009 at the Kelleher Rose Garden

Reminder: 2009-2010 dues are being collected. Regular membership -- \$40. Associate or Professional membership is \$50. Checks made out to CGCC should be sent to Maureen Adams, Treasurer, 162 Bulrush Farm Road, Scituate, MA 02066.





Bloodroot (*Sanguinaria Canadensis*) Submitted by Judy Dickstein



Bloodroot is a plant native to North America and can be found in the hardwood forest here in the Northeast. As its name suggests this plant has a blood red root and produces a reddish-orange sap. Native Americans used this sap to dye fabric and as war paint to make them look fierce and frighten their enemies. Native Americans also used the plant juice as a treatment for sore throat and cancer. A tincture made from the root treated rheumatism. The plant contains a number of alkaloids, among them, sanguinaria, a powerful expectorant with antiseptic and anesthetic properties. In very small doses, Bloodroot has been added to mouthwashes and toothpaste to promote bacterial destruction. It was found that both the pulverized rhizome and the sap from Bloodroot could actually destroy tissue with action similar to a chemical burn. It was this characteristic that led it to be used as a treatment for skin lesions and fungal growths. There has been research into the use of bloodroot as a treatment for skin cancers, but there is no report of to date of its efficacy. It has been added to other pharmaceutical products to use for treatment of heart conditions, migraine, warts and ringworm. Bloodroot, in larger doses can be very irritating, particularly to mucus membrane, as well as produce headache, nausea and vomiting. This is not an edible plant and has no place in the kitchen.

Bloodroot can be grown from seed or root division, is hardy to zone 3 and is happiest in cool, moist, slight acid soil. It will grow in full sun, but prefers a partially shady location. Since it only grows about 6-7 inches tall, it might be best grown in a rock garden, where the heart-shaped, deeply lobed leaves and white flower petals can show off nicely. It does look best in an informal native setting, and is out of place in a formal garden. This plant is endangered, and if you see it in the woods, leave it alone. Invite it home with you from a commercial grower

Junior Gardeners

The September program will have junior gardeners and Garden Club volunteers doing fall clean up and planting spring bulbs in the Deer Hill courtyard garden. ‘Books in Bloom’ will be the theme of the October program.

We say a very big THANK YOU to those Garden Club members who have agreed to lead a junior program this year. They will lead but will need assistance in preparing and running meetings. Please consider volunteering to help them in some way. Contact Dolores Roy (383-0838) if you can provide assistance for one or two programs during the year. Meetings are held once a month (the third Monday September - December; the second Monday January - May), 2:30 – 3:30 in the Deer Hill School cafeteria.

Dolores Roy and Lorraine Legg

BE ON THE LOOKOUT — Sally Avery is missing a card table, which someone picked up by mistake after the flower show. It is a dark brown wood, with a black fabric cover set in the wooden trim. Please contact Sally if you know the table’s whereabouts.



Battling A Destructive Vine That Grows A ‘Mile-A-Minute’

FALMOUTH, Mass. — David Connors owns a farm where he keeps a couple horses, raises vegetables, and has a small vineyard and orchard. But lately something else has been growing there that he didn't plant and doesn't want. "It's all over," Connors says as he kicks at a tangle of long, green vines snaking through the grass. "I mean, I have it in my lawn. Like, this is dead stuff that I cut. See that there? And it's loaded with thorns." The vines have perfectly triangular leaves and sharp little spikes, like needles. For weeks, Connors has been pulling these vines out of his fields and garden, and he has hundreds of inflamed scratches on his arms to prove it. "Why I'm not letting this run unchecked is it's destroying everything around it," Connors says. This nasty stuff is a weed called [mile-a-minute](#), because of how quickly it spreads: up to six inches a day. The vine crawls over other types of vegetation, cutting off their sunlight and often killing them. Mile-a-minute is one of many invasive species in Massachusetts. But it first showed up here only three years ago. And since it's so new to the state, wildlife officials hope to eliminate it before it spreads any more. Because once invasive plants take root, they're usually tough to get rid of. So far, mile-a-minute has been found in only two towns in Massachusetts: Falmouth and Milton, in the Blue Hills. On Connors's farm, huge mounds of vines that he's yanked from the ground are piled up like dried seaweed.



Mile-a-minute vine has distinctly triangular leaves. (University of Connecticut) "Everywhere you see, bare ground was loaded," Connor says. "Just absolutely covered. This is what we pulled up — huge clumps of it, like that. This is just a tiny bit compared to what was here." Connors isn't the only person who wants to get rid of mile-a-minute. "This plant is hell," says Ted Elliman, who works for the [New England Wild Flower Society](#) and tracks invasive plants in the region. "This plant is very difficult to eradicate, it spreads very rapidly, it's got barbs that rip your skin and rip your clothing, and it smothers other vegetation." Invasives such as mile-a-minute are non-native species that can harm native populations. Elliman says mile-a-minute began appearing in the mid-Atlantic states several decades ago. It was probably spread by bird droppings and it now stretches from New York to Virginia. "There's a chance we can catch it," Elliman says, "but we have to get on it right now. It's going to be a battle." Mile-a-minute kills native plants and drives away animals that need those native species for food and shelter.

So Massachusetts conservation agencies are organizing efforts to get rid of the weed. Elliman says that usually means pulling out the weeds by hand or applying herbicides. "I would really encourage homeowners to look for this," Elliman says. "If they're planting rhododendron bushes or whatever, if you see this plant, pull it out of the ground right away." That's because mile-a-minute can easily jump from private yards to the natural landscape. But if it's removed before it produces its glossy blue berries, that prevents it from re-seeding later. Jim Rassman works for the state conservation department in Falmouth, one of the two towns where mile-a-minute is spreading. He thinks the infestation is new enough here that Massachusetts can eliminate the weed for good. "If you're at front of the invasion, you try to quarantine it and push it back," Rassman says. "And mile-a-minute is a good example of that. So statewide we think we can push it all the way out." Mile-a-minute could also have an economic impact. Conservationists worry it could spread to Christmas tree farms and commercial nurseries and harm those businesses. If Massachusetts does defeat the mile-a-minute vine, it would be a rare success story in the ongoing fight against invasive species. And it would be a victory for the other plants and animals whose habitats are threatened by the fast-growing weed.



VOLUNTEER AND CONTINUING EDUCATION OPPORTUNITIES

For those who love ROSES, there is a volunteer opportunity every Tuesday evening from 5:30 - 7:30P to deadhead and weed at the **Kelleher Rose Garden in the Back Bay**. Learn while you work - rose care instruction and tools are provided. To sign up call 617-522-2700 or go to their website at www.emeraldnecklace.org/volunteer

GCFMA is offering several courses of interest:

please go to - <http://gardencentral.org/gcfm/schools/>
for full information and downloadable forms for the courses

1. **DESIGNING PRINCIPLES** - A series of Lecture/Demonstrations on Flower Arranging - 3 sessions for \$25 held from 10 - 12 at the Espousal Center in Waltham on the following WEDNESDAYS - Oct 14, Jan 27, April 28. - Deadline to register is Oct. 1 . Send check made out to GCFM, Inc. w/ Course Title, Name, Address, Town, Sate, Zip, Phone, email & Garden Club to: Robin Murphy - PO Box 3263 - Wareham, MA 02571
2. **DESIGN WORKSHOP** - A series of hands on workshops fro beginning & intermediate flower arrangers - 3 sesssions for \$105 held from 10 - 12 at the Esposal Center in Waltham on the following TUESDAYS - Oct. 20, April 13, May 11. Space is limited and is on a first come first serve basis. Send check made out to GCFM, Inc. w/ Course Title, Name, Address, Town, Sate, Zip, Phone, email & Garden Club to:
Maureen Marshall, Registrar - 79 Morton St - Holliston, MA 01746 508-429-4936
3. **MA Environmental Studies School, Course II, Series III - Land & Related Issues** - This course is to be held the weekend of Nov 7 & 8 at the Nantasket Beach Hotel in Hull. Course Fee is \$110 Registration and Checks are due by October 23.
Contact Judy Dorner - 36 Edgewater Rd - Hull - 781-367-0626 for info



News from Nagoya submitted by Takako Kohri

Our May general meeting was a field trip to “Ocha no Sato” Tea Museum located at Makinohara tea plantation, Shizuoka Prefecture, where we learned everything about Green Tea and had personal experience of even picking tea leaves in the tea plantation.

Shizuoka Prefecture accounts for 45% of Japan’s overall tea production, and the prefecture is at the leading edge of research on the benefits that can be obtained from green tea. Green tea plantations date back to 1241, when a monk named Shoichi Kokushi returned from China to his native province of Shizuoka with green tea seeds, which were then planted in this area. Tea growing became economically important in Shizuoka after the end of the Tokugawa Shogunate, when a former retainer of the shogun began to cultivate green tea in Makinohara for its trade potential. Shizuoka’s climate, the quality of its water, as well as its proximity to major ports all enhanced this area’s position as a major green tea producer.



From Nagoya we chartered a bus for two hours ride into the world of green tea. After passing Lake Hamana Rest Area on Tomei Express Way, we could see continuous rolling hills of green carpeted tea plantations along the way. Arriving

finally at Ochanosato Tea Museum at Makinohara, we all opened our eyes wide looking for Mt. Fuji which should have been dignified on the far horizon ahead. Although it was a fine day, quite unfortunately faint spring mist would not allow us to be lucky to face with the mountain.

First, we went out to the tea plantation and were instructed how to pick up tea leaves. To enjoy the best taste of tea, we were told to pick up new leaves only carefully selecting from the top of each stem. During the following half an hour we concentrated to pick up green tea leaves one by one. We could not find many new leaves because the mass picking up was done ten days before at the time of the so called Hachijuuhachiya (= eighty eight nights after the vernal equinox) which is the best time for tea leave harvest as well as the end of June for the second opportunity. These leaves we picked were toasted in a caldron and gifted to us as our own souvenir upon leaving there.

At the tea service corner of the museum we were greeted with the tea of the world. In the museum there is a beautiful wandering-through style of Japanese garden with small lakes and ponds. For crossing streams, there are “Yatsubashi (eight plank bridge) as well. Overlooking the garden, there is a traditional tea ceremony house restored by combining the home stead of Fushimi magistrate and Iwashimizu Hachimangu (one of the most distinguished three Shinto shrines.) The former was designed by Enshu Kobori, one of the most prominent architects who built many famous castles (including Edo

Castle, the present emperor’s residence), temples and gardens, and a maestro of tea ceremony. We were lucky to be served an authenticated tea in the tea room and later wandered through the garden enjoying a bright spring day.

In the museum there is a large collection of various kinds of tea leaves obtained from thirty countries and several interesting materials to indicate how historically Japanese life has been closely brought up together through the tea ceremony. Several paneled displays to explain how to manufacture tea, or to grind tea leaves to make powdered tea for tea ceremony by using heavy stone querns. As their special service to all those who challenged to grind the leaves, hand milled powdered tea was presented. Another corner provides reproduction of the tea culture of China, Turkey and Nepal (Tibetan) with a massive 800 year old tea tree planted right in the center of the exhibition room.

According to the materials displayed at the museum over the last few decades green tea has been subjected to many scientific and medical studies to determine the extent of its long-purported health benefits with some evidence suggesting regular green tea drinkers may have lower chance of heart disease and developing certain types of cancer. Green tea has also been claimed useful for weight loss management.





THE MASSACHUSETTS LANDSCAPE DESIGN STUDY PROGRAM
COURSE IV, SERIES 13
October 15, 16, 17, 2009
Regis College
Weston, Massachusetts

This four-course series is accredited by National Garden Clubs, Inc. and is sponsored by the Garden Club Federation of Massachusetts. The program provides continuing education in landscape design. A course is offered in Massachusetts annually. The courses and examinations are open to all. The written examinations are based on both the required reading and the lecturers' presentations. After passing two courses, a student is eligible for **Provisional Consultant** status and may join a **Landscape Design Council**.

The following topics are covered in Course IV. Indicated in parentheses are the corresponding chapters in Stewards of the Land: A Survey of Landscape Architecture and Design in America, the course textbook which may be purchased from Terese D'Urso or from National Garden Clubs, Inc.

- Herbaceous Materials in the Landscape (14)**
- Redesign of Areas (20)**
- Contemporary Landscape Design (21)**
- Development of Landscape Architecture: World War II to the Present (26)**
- Evaluating Landscape Designs of Residential, Public, and Business Property (31)**
- Community Participation: Organization and Individual Responsibility (33)**
- Design for the Future (36)**

Other reading assignments are taken from *The National Gardener*, the official publication of National Garden Clubs, Inc. To subscribe, please call (800) 550-6007. Make check payable to NGC, Inc. and send to 4401 Magnolia Avenue, St. Louis, MO 63110-3492. For more information contact: Terese D'Urso, 85 Hull Street, Cohasset, MA 02025-1012. Telephone: (781) 383-1143; email: tdurso98@aol.com

Registration for Landscape Design Study Program Course IV, Series 13
October 15 & 16, 8:00 AM - 4:30 PM; October 17 8:00 AM - 12:00 PM

Name _____ Telephone _____

Address _____

Zip Code (4-digit) _____

Garden Club _____ Non-member _____ Refresher _____

Email _____ NGC Life # _____

Garden Club Members - \$110.00

Non-members - \$120.00

Please bring your lunch on **Thursday**. Lunch will be available in the Dining Hall on Friday. (not included in fee)
Please make your check payable to The Garden Club Federation of Massachusetts, Inc. and send it with this form AND the address label from *The National Gardener* (or your NGC, Inc. Life Number) by Oct. 8, 2009 to:
Mary B. Nokes, 35 Woodpark Circle, Lexington, MA 02421-7207 Tel.: (781) 863-1203; email: sekon_mary@yahoo.com

N.B. Attendance at all of the lectures is required to take the exam or to receive refresher credit.



The Community Garden Club of Cohasset Massachusetts

D. N. Benson

172 Forest Avenue

Cohasset, MA 02025

FALL 2009

To:

Know Your Garden Birds by Sally Avery

House Wren

Some years ago, I purchased a rough-hewn bird house decorated with dried flowers to hang by the front door. Little did I dream that one of our small summer visitors would find it appealing as a residence, but for the past three years a male House Wren has stuffed it full of twigs and grass and lured his mate through song to the location. It may be one of several rudimentary nests that he constructed, but for at least two years, they have taken up active residence in this box, meaning the female chose and finished off this nest to lay her eggs. Though the male sings constantly from various perches around my garden, and the two birds come and go frequently, I have never seen prolonged feeding behavior or heard the tiny cheeps to indicate that any of the eggs have hatched. Still it is a pleasure to be in proximity to these perky 5 inch birds. Their plumage is gray-brown on the back and dull whitish on the chest, with fine black barring in the wings and tail, and a faint white eyebrow. The male's song is a bubbly, full-throated cascade of notes. A scolding chatter continues any time we are in proximity working around the garden. Wrens are often depicted with their tails cocked, but this posture is not always seen. The clutch of eggs is incubated for about two weeks and the young leave the nest 12-18 days after hatching. Two broods are often raised per year. These birds are most often seen searching for spiders and insects in low trees, shrubs, and brush in open forests, wooded canyons, and especially around human habitations. Their cheery presence is certainly missed during winter months when this species needs to find its sustenance in warmer climates.

