



The Community Garden Club of Cohasset Massachusetts

May 2009

www.communitygardenclubofcohasset.org

Diane Benson, Newsletter Editor

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Message from the President

The month of May looks to be our busiest and I hope, the merriest yet.

It will begin with our special celebration with the Historical Society in honoring 50 Years of Women on Sunday, May 3. This is a good opportunity for those new to the club to learn about our illustrious history.

Our committee has been working very hard and everyone is excited about the Standard Flower Show at Glastonbury Abbey, May 14 -15. We are delighted that Takako Kohri and her husband, the president of The Garden Club of Nagoya, our Sister City Club, plan to come from Japan to partake in the show.

Claire Tinory and Jeanne Carroll have planned an outstanding Annual Meeting this year at the River Club. The speaker is Nancy Engel who will be entertaining us with her program on roses and their uses. For those of you who remember, Nancy was extremely informative when she presented her lavender program.

After the great success of our Plant Sale last year everyone is looking forward to the event again on the 30th. We can't wait to see what surprises will be on sale this year.

Lee

Condolences to: Jeanne Carroll on the sudden loss of her husband, Paul and to Barbara Christensen on the death of her son, Eric.

Community Garden Club
www.communitygardenclubofcohasset.org

Garden Club Federation of Massachusetts
www.gcfm.org

May

- 5 **Executive Board Meeting** @ Lightkeepers 9:30 am
- 11 **Junior Gardeners** "Flower Show Finishing Touch" @ Deer Hill School 2:30-3:30
- 12 **Horticulture** "Water Gardens" @ Kennedy's, Rte 3A Scituate 9:30-11:30 am
- 13 **Garden Therapy** "Spring Blossoms" @ Golden Living Center 2-3 pm
- 14-15 **Standard Flower Show "Golden Retrospective"** @ Glastonbury Abbey; Thursday 1-4pm; Friday 10-4pm
- 26 **ANNUAL LUNCHEON** @ The River Club, 78 Border Street, Scituate. Meeting @ 11am, Luncheon @ 11:30 am
- 30 **Plant Sale** @ Cohasset Historical Society 9-1pm

June

- 2 **Executive Board Meeting** @ Lightkeepers 10:30a
- 9 Horticulture "Kelleher Rose Garden" a trip to the Famed Rose Garden in Cambridge. Carpooling, drivers needed. Call Claire Tinory or Judy Dickstein

May

- 5 Design Workshop III, Espousal Center 10 am
- 7 South Shore District Lunch 10am @ BrookMeadow CC, Canton. Louise Hannington 781-828-2828
- 9 Norwood Evening GC Plant Sale 9am-1pm. Contact Lucille Rzuclidlo @ 781-326-5384.

13-18 NATIONAL CONVENTION, Houston TX

June

- 3-4 **Annual Meeting @ Regency Hotel, Westford, MA**
- 6 Needham GC Plant Sale, Town Common 10-2pm
- 6 Fairbanks GC of Dedham Plant Sale, Fairbanks House, Dedham 9am to Noon 781-326-6081
- 6 GC of Hingham Plant Sale, Hingham Common 9-12
- 7 Weymouth GC Plant Sale, Winter St. 9am
- 12-13 Comm.GC of Duxbury Buds, Blooms & Books, std Flower show @ Duxbury Library, 6/12 12-5; 6/13 10-5
- 26 -28 Newport Flower Show, Rosecliff Mansion, RI

Please refer to your copy of
The Mayflower

or to the GCFM website
for listings of other activities and events

The Community Garden Club of Cohasset is Celebrating its 50th Anniversary

In conjunction with the Cohasset Historical Society, a special program commemorating the lives of women will be held on Sunday afternoon, May 3rd, from 2 to 4 PM

"50 Years in The Lives of Women" will explore the changes we've seen as well as look at what has remained the same over the past 5 decades. Speakers for this event include Polly Logan; "In the Beginning; How the Community Garden Club of Cohasset Got Its Start": Fran O'toole; "The History of the Club": Barbara Elliott; "The Changing Social Lives of Women": Mary Eisenhaure; "Our Domestic Engineering Role" and Judy Dickstein; "Technology and Its Effects".

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 2009

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|---------------------|-----------------|
| 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 |

GET YOUR TICKETS

Annual Meeting
May 26 — 11:00 a.m.

The River Club
78 Border Street—Scituate

Price per person: \$24

Reservation Deadline:
Monday, May 18, 2009

Program: Nancy Engel of
"The Sunny Window"

Send checks to either:

Jeanne Carroll (545-2243)
48 Gannett Road, Scituate 02066
Claire Tinory (383-1595)
180 Pond Street, Cohasset 02025
Payable to: C.G.C.of C.

In Memoriam

A book has been purchased for the Paul Pratt Memorial Library in memory of Celeste Churchill, our third garden club president.

The book is titled
"Organic Lawn Care"

Horticulture Workshop — May 12

On May 12, we'll be meeting at Feng Shui parking lot to carpool to Kennedy's Country Gardens for a program on "Water Gardening".

From fountains to fish ponds, Chris will help us determine what is right for our garden and how to get there. We'll take a tour of Kennedy's water garden facility and learn how to get a water feature into our gardens. Chris is offering a 10% discount on any purchases that day as well.

Please plan to meet at Feng Shui at 9:00 for a 9:15 departure. The program will start at 9:30.

Please call Judy Dickstein or Marie Sullivan for any additional information.

Flower Show Set-Up

The staging committee will need a few good strong women (or men) to help set up the tables for the flower show on Wednesday, May 13th from 10:00 AM to noon.

This involves lifting and carrying as well as placement.

PLEASE Help.

Sign up at the general meeting or
Call Judy Dickstein at 781-383-7058.

Going Green?: by Barbara Canney

The buzz phrase, "going green" is growing like a weed! I don't know about you, but my head is spinning! What is going green? The University of Maryland Center for Environmental Science says it is "adapting your lifestyle so as to do less damage to the environment". Several web sites refer to "going green" as the 3 Rs; reduce, reuse, recycle.

Reduce what you waste. Bring coffee from home rather than stopping at Starbucks. Reuse what you have, like using plastic shopping bags in small trash cans, and Recycle -- separate plastics, cardboard, paper, glass and cans and take them to our town transfer station.

In garden terms, it translates into "organic", "pesticide free", "environmentally friendly". I bet you're thinking, "Wow, that's a huge task! I don't know where to begin! Help!" Wait a minute! Don't panic! Don't let this overwhelm you. You need to take control and it will feel easier. Take it one step at a time.

Pick something you can do right now, in spring, like starting a compost pile. Or, talk to your landscaper about cutting your grass "high" and less often. Perhaps, ask them about what they'd propose to make your lawn gradually switch to "organic". Or maybe it's just time to make that first trip to our transfer station and see what it is all about.

Think of this way, it's the chance to improve your environment for your family and for the generations that follow. Whatever you decide to do, it has to be something you want to do. But, I bet if you try it, you just might enjoy it!

New Members—April 2009



New members Judy Novak, Laurie Ryan, and Maura Wholley and their sponsors were guests of honor at a New Members Tea held at the home of Mary Eisenhaure.

(From l to rt.) Judy McColgan, Judy Novak, Lee Jenkins, Laurie Ryan, Mary Eisenhaure, Maura Wholley and Nancy Wholley.



Lovage (*Levisticum officinale*) Submitted by Judy Dickstein

Lovage could be celery's twin, except that it has greater medicinal value and as a perennial, it is easier to grow in our northeastern climate. Although it has very little use in today's society, Lovage was a favorite with folk in the Middle Ages. It was employed as a diuretic and for prevention and treatment of intestinal gas. The roots are of primary medicinal value. They are thick and fleshy, and have a pleasant smell and taste. Perhaps these odor and taste properties made it a more readily acceptable treatment than other options far less pleasant. It was also given to babies to relieve colic, and to the over weight to reduce the obesity; perhaps the latter being the diuretic effect in action. The leaves, stems and seeds taste like celery, and can be used in salads, soups and stews as you would celery. The stems can also be candied, and the leaves used as a garnish. The seeds can be whole or ground and added to pickling brine, cheese spreads and salad dressings. Used in low-salt dishes, Lovage perks up the flavor and palatability.



A perennial native to Southern Europe, Lovage has been naturalized to North America. It has hollow, ribbed stems, dark green glossy leaves and can grow to 5 feet in height. It has small yellow flowers in June and July. Lovage can be grown from division or from seed sown in the fall. Left to its own devices, in fertile moist well drained soil, it will continue to develop for about four years, and then stay about the same size for many years. It cheerfully self-seeds, keeping the supply of Lovage abundant. Perhaps not the most spectacular plant in the garden, Lovage can be grown in the back of the border for its ornamental foliage along. But, why not try it as a substitute for harder-to-grow celery and enjoy the fruits of your labors.



News From Nagoya submitted by Takako Kohri

Our March general meeting was a talk by Ms. Geri White on "St. Patrick's Day." She is Irish and has been living in Nagoya for 16 years and told us about this special day in her home country. Her story started with a pious legend crediting St Patrick (circa 385-461) with banishing snakes from Ireland, which could be considered to represent devils, and the whole country was purified and safe from demonic influence. It was the time Ireland became a Christian country. When he was about sixteen, St. Patrick was captured and carried off as a slave to Ireland. He worked as a herdsman remaining a captive for six years. His faith grew in captivity because he prayed daily. After 6 years he heard a voice telling him that he would soon go home, and then that his ship was ready. Fleeing his master, he traveled to a port, where he found a ship and after various adventures, returned home to his family. He had a vision a few years after returning home and heard a heavenly voice "Come back and Work."

St. Patrick's Day is an annual feast day that celebrates Saint Patrick generally on March 17. The day is the national holiday of Ireland. It is celebrated worldwide by Irish people and increasingly by non-Irish, usually in North America and Australia. Celebrations are themed around all things Irish and associated with green color. Both Christians and non-Christians celebrate the secular version of the holiday by wearing green, eating Irish foods and attending the parades.

Pious legend also credits St Patrick with teaching the Irish about the concept of the Trinity by showing people the shamrock, using it to highlight the Christian belief of "three divine persons in the one God." Now, the shamrock is a symbol of Ireland. It is a three leafed white clover. The shamrock was traditionally used for its medical properties and was a popular motif in Victorian times. The four leaf clover is a symbol of good luck, but the three leafed shamrock is mainly an Irish Christian symbol of the Holy Trinity and has a different significance.

The shamrock has been registered as a trademark by the Government of Ireland. It is informally used as an emblem for sport teams, state organizations, and troops abroad from Ireland, or whatever things Irish as various logos. One can never miss that some Irish airline carriers put this green shamrock on the tail fins. According to the Irish constitution, the Celtic harp is the primary symbol for Ireland, appearing on postage stamps, government insignia, armed forces insignia and the coat of arms of the President of Ireland. It is registered with the World Intellectual Property Organization as a symbol of Ireland. The shamrock is quite frequently used as a name and symbol for Irish pubs throughout the world. The flag of the city of Montreal, Quebec, Canada has a shamrock in the lower right quadrant, representing the Irish population, one of the four major ethnic groups that made up the population of the city in the 19th century.

Green, the color most widely associated with Ireland, with Irish people, and with St Patrick's Day may have gained its prominence through the phrase "the wearing of the green" meaning to wear a shamrock on one's clothing. In Irish history, to do so was seen as a sign of Irish nationalism or loyalty to the Roman Catholic faith. Thus the wearing of and display of shamrocks and shamrock-inspired designs have become a ubiquitous feature of the saint's holiday. It is well noted that Irish airlines deliver shamrock to Irish Embassies worldwide every year on this day.

It is amazing to know that there are forty shades of green to be distinguish in Ireland and if you fly over the country a grand view of green quilt patchwork can be seen. Ireland is a small country with population of a little more than 4 million but very wealthy with GDP per capita to be ranked at the fifth in 2007. The former agricultural country diverted into a modern industrial one specialized in electronic and IT industries beside their traditional crystal industry, noted for manufacturing of chandeliers for U.S. White House. This year nine cities in Japan will have St. Patrick's Day Parades. In Nagoya it is to be held on March 21, 2009, sponsored by St. Patrick's Committee of Nagoya and supported by Irish Embassy and City of Nagoya.

JUNIOR GARDENERS — by Dolores Roy and Lorraine Legg

The April meeting of junior gardeners was “Designing for Show,” a preparation for the Standard Flower Show in May. Trisha Massa and Joan Carlo showed examples of the horticulture entries open to junior gardeners and discussed how to select branches and bulbs for exhibit. Trisha and Joan, assisted by our gardener volunteers, then reviewed flower arranging techniques and had the juniors practice making their own arrangements.

We’re hoping for 100% participation from the juniors in the show.



TID BITS OF INFORMATION...

One of my favorite people on the subject of making our lawns people and animal friendly is Paul Tukey. His book is called Organic Lawn Care Manual and he has a great web site with 'how to' 3 and 5 minute videos about topics such as making compost tea and refurbishing a lawn. It is: www.safelawns.org Leila Weinstein

Gardening GREEN EXPO

Huge Plant Sale



Saturday, May 2 10 am - 3 pm
Cushing Center, 673 Main St.
Norwell, MA

For information contact:
www.greenscapes.org or
Debbie Cook, NSRWA 781.659.8168
debbie@nsrwa.org



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Expo benefits the NSRWA and the Greenscapes program

COHASSET HISTORICAL SOCIETY GARDENERS

The Cohasset Historical Society gardeners will be starting the season Saturday, May 2nd, from 9:00 to 11:00 and will be meeting every other Saturday until September. Please bring your own hand tools.

Hope to see you there.

Thanks! Barbara Dillon



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The Community Garden Club of Cohasset Massachusetts

D. N. Benson

172 Forest Avenue

Cohasset, MA 02025

M A Y 2009

To:

Know Your Garden Birds by Sally Avery

Indigo Bunting — Over the course of several years, a male Indigo Bunting was a regular visitor to my sunflower seed feeder in May. The year he didn't return was sad indeed because I could only assume he met his demise during the course of migration.

Site fidelity is prevalent among migratory birds who return to the same spot to breed year after year, an incredible feat when you consider the thousands of miles they fly between their winter and summer homes. Indigo Buntings are sexually dimorphic in their alternate (breeding) plumage: males are bright blue with the darker wings and tail. The female is buff-colored with faint streaking on her breast and showing tinges of blue in her wings and tail. These 5 1/2-inch birds have conical sparrow-like bills. In the fall, the males molt into a basic (non-breeding) plumage that resembles that of the female and, just before the southern migration, males often appear as a patchwork of blue and buff. When they arrive in spring, these birds can often be seen foraging in your garden with warblers and sparrows before they seek out appropriate brushy pastures and woodland edges to build their nests. Each nest is a well-made cup of grass, leaves, bark strips, and paper placed 5 - 15 feet above ground in a bush, small tree, or clump of weeds. Three to six plain bluish eggs are incubated by the female of 13 days and the young leave the nest 8 - 10 days after hatching to fatten up on insects, seeds, and berries. The song of the Indigo Bunting is not remarkable, but once you become familiar with its paired, descending phrases, it is fairly easy to follow the music and locate the singer. Males in close proximity to each other work to match the sung phrases of the dominant male so that they will be tolerated within the territory. An inferior singer gets relegated to an inferior territory, thus assuring that the strongest of the species get adequate resources to survive. You have to be vigilant to find these birds, and it is definitely a thrill to discover an Indigo Bunting visiting your garden.

