



# Garden Club News

## February 2014

PO Box 3253 Teaneck, NJ 07666

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

The following is some of upcoming outings, events and meetings planned by the Garden Club of Teaneck during 2014:

When	Where	Time	Topic	Given By	Type
February 13 <sup>th</sup>	Rodda Center	7:30–9pm	Native Plants	Nancy Slowik	Club Meeting
March 4 <sup>th</sup>	Philadelphia Flower Show	All Day	Flower Show ( <b>See Note Below</b> )	Garden Club	Club Outing
March 13 <sup>th</sup>	Rodda Center	7:30–9pm	Climate Reality	Rosemary Carey	Club Meeting
April 10 <sup>th</sup>	Rodda Center	7:30–9pm	Shade Gardens using Native Wildflowers and Ferns	Hubert Ling	Club Meeting
May 3 <sup>th</sup> – 11 <sup>th</sup>	Greenhouse	9am–3pm	Club Plant Sale	Garden Club	Plant Sale
May 8 <sup>th</sup>	Rodda Center	7:30–9pm	Ample Harvest	Gary Oppenheimer	Club Meeting

The Greenhouse Committee of the Garden Club will meet on the first Saturday of each month at the Greenhouse, at 10:00 am.

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### Philadelphia Flower Show

We will be going to the Philadelphia Flower Show on Tuesday, March 4, 2014. The cost per person is \$62.00 (See Flyer on page 5 for Details).

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### Member News

#### Message from Pat Fromm, President

It's that time of the year when our mailboxes are filled with those full color seed catalogs and our hearts begin to pound with thoughts of spring. Why, you can almost smell those big ripe tomatoes! If you have catalogs to share/toss, please bring them into the Greenhouse and leave in box on de sk "to share". We have several new members who may be interested in perusing them until they can get their own names on mailing lists! At the end of every month, I look at my schedule for the upcoming month and fill in my calendar. I mistakenly expected February to be a quiet and relaxing month with plenty of time to curl up with a good

book or seed/plant catalogs and garden plans to work on s pring orders and layout. WRONG! I was shocked to see all of the special events this month.

- 1<sup>st</sup> Chinese New Year Friends Day and Greenhouse Meeting;
- 2<sup>nd</sup> Groundhog Day and Super Bowl Sunday;
- 12<sup>th</sup> Abe Lincoln's Birthday
- 13<sup>th</sup> Garden Club of Teaneck Meeting;
- 13<sup>th</sup> – 16<sup>th</sup> New Jersey Flower and Garden Show ;
- 14<sup>th</sup> Valentine's Day;
- 21<sup>st</sup> President's Day;
- 22<sup>nd</sup> George Washington's Birthday;
- PLUS... Winter Olympics 7<sup>th</sup>-23<sup>rd</sup>,

- American Heart Association Month and the month I schedule all my annual medical checkups.

So in this very busy month, enjoy Super Bowl Sunday, send someone nice a greeting for Valentine's Day, honor our Presidents, enjoy the Olympics (USA, USA!), don't miss a day at the NJ Flower and Garden Show, and I'll see you all at the Garden Club Meeting on the 13<sup>th</sup>.

PS. Spring IS just around the corner, so at least give some thoughts to your garden plans. Pat

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### **Message from Len Schwartz, Greenhouse Director**

We are in the middle of one of the coldest winters in recent memory but even as the temperatures dip to zero our heating system is holding night time minimums at 55 degrees and day time temperatures are in the mid-sixties on overcast days. We have a cool greenhouse, but our plants are doing well. We have added five heating mats to the seeding/cuttings trays which should be raising the temperature of plants placed on them by 10 to 20 degrees. Please use these heated trays for propagating seeds and new cuttings only and remove them to one of the seven lights only trays once they have begun to grow. Please completely remove your plants from the propagation trays when they are established so that others can make use of them also. Please label all plants with your name and start date. We welcome to full membership Denise George, Anne Ediger and Nancy Lichtenstein as well as Merle Clarke to the start of probation. At this point there are no free benches available. Please make sure that you are using your bench effectively. We may need to start sharing. The greenhouse committee will hold elections for its officers in May. The positions are: Director, Assistant Director, Horticultural Director, Treasurer,

Assistant Treasurer and Recording Sec. Please consider running for a position. Finally, Joe Papa has put in a lot of work preparing for this year's plant sale. Starting very soon it will be our responsibility to make these plans work. Len

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### **Message from Joe Papa Greenhouse Horticultural Director**

Trust all of you are well and coping with the cold weather. We received our first set of plugs in the last week of January; it was sure nice to touch some soil in anticipation of the return of spring. This year we will be featuring the following: Vinca (Periwinkle), Coleus, Marigold, Petunia, Begonia, Verbena, Geranium, Impatiens and introducing Gaillardia, Echinacea, Zinnia, Pentas, Dichondra, Angelonia, Torenia and Bacopa. We will have many Herbs, Peppers and a broad selection of Tomatoes both hybrid and Heirloom. We will be receiving approximately 15,000 during the 17<sup>th</sup> and 24<sup>th</sup> of the month of March. Last year we established journals for all the plants we were growing with plant team members recording watering, fertilization, pinching schedules and pest management. We will continue this record keeping as a vital tool for all to use in future plant propagations. Journals are imperative for large scale productions. I have been journaling for my own vegetable garden for many years. I rate my results, the weather patterns of that year and what did well under those conditions, the pests and their cycles, when I applied certain organic fertilizers, etc. It is a vital tool and it is always nice to reflect back on previous years. Stay warm!! Joe

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### **Final Word**

From our good friend Pat Lubutti comes "Soups and Salads." Please enjoy! Marty Steeil



### *Recipes Recommended by Members of the Garden Club of Teaneck*

#### **Cheddar Beer Soup**

2 medium leeks (white and pale green parts only), cut into 1/4-inch dice (2 cups)  
 2 medium carrots, cut into 1/4-inch dice (1 cup)  
 2 celery ribs, cut into 1/4-inch dice (1 cup)  
 2 teaspoons finely chopped garlic  
 1 Turkish or 1/2 California bay leaf  
 1/2 stick (1/4 cup) unsalted butter  
 1/3 cup all-purpose flour  
 2 cups whole milk  
 1 3/4 cups reduced-sodium chicken broth (14 fl oz)  
 1 (12-oz) bottle ale such as Bass  
 1 tablespoon Worcestershire sauce  
 1 teaspoon dry mustard  
 1 teaspoon salt  
 1/4 teaspoon black pepper  
 1 lb. extra-sharp Cheddar (preferably English; rind removed if necessary), grated (4 cups)  
 4 bacon slices (3 1/2 oz. total), cooked and crumbled  
 Wash leeks in a bowl of cold water, agitating water, then lift out leeks and drain in a colander.  
 Cook leeks, carrots, celery, garlic, and bay leaf in butter in a 4-quart heavy saucepan over moderate heat, stirring occasionally, until vegetables begin to soften, about 5 minutes. Reduce heat to moderately low and sprinkle flour over vegetables, then cook, stirring occasionally, 3 minutes. Add milk, broth, and beer in a stream, whisking, then simmer, whisking occasionally, 5 minutes. Stir in Worcestershire sauce, mustard, salt, and

pepper.

Add cheese by handfuls, stirring constantly, and cook until cheese is melted, 3 to 4 minutes (do not boil). Discard bay leaf.

Serve sprinkled with bacon. *Gourmet March 2005*: Can be found on *Epicurious.com*:

<http://www.epicurious.com/recipes/food/views/Cheddar-Beer-Soup-231641?mbid=ipapp>

---Thanks to Janet & Charles Austin

#### **Zucchini Soup**

Sauté small onion, chopped in 2 tbsp. butter and 1 tbsp. olive oil

Add 1-2 cloves of garlic –chopped

Add 2 lbs of chopped, peeled zucchini, small amount of water

Cover and simmer till tender.

Add three cans of chicken broth. Cool.

Put in blender serve hot or cold

*Given to me over 22 years ago by a member (who?) of the Garden Club/Greenhouse.*

—Thanks to Carol Dolch

#### **Bamiya-style Green Beans**

(Beans stewed in a tangy tomato sauce, from Wall Street Journal)

1/2 cup of olive oil

1 pound of green beans

1 Spanish onion, halved lengthwise and then thinly sliced

3 cloves garlic, thinly sliced

1/2 tsp salt

2 tsp ground turmeric

2 tsp ground coriander

2 tsp ground cumin  
 2 tsp ground dried lime, or 1 tsp grated lime  
 zest  
 1 cup canned, crushed tomatoes  
 1/3 cup lemon juice  
 2 tbsp. chopped cilantro

Heat oil in a medium sauté pan set over medium heat.

Add onions, garlic and salt, sauté until soft, about ten minutes.

Add spices and lime, sauté until fragrant, about one minute. Add beans and tomatoes, stir to coat, simmer 30 minutes or until beans are tender. Remove from heat, cool. When cool, stir in the cilantro. Serve at room temperature.

--- Tested by hungry gardeners at the Tomato Fest, August 10, 2013. From Terry Richardson, Teaneck Community

### **Avocado Orange Salad**

2 ripe avocados,  
 2 oranges  
 Any greens you like.

#### **For the dressing:**

2 Tbsp. olive oil  
 2 Tbsp. fresh lemon juice  
 1 1/2 tsp. basil (or fresh if you have it)  
 Mix 2 Tbsp. of white vinegar, 3 Tbsp. of water,  
 a dash of hot sauce and salt.

Cut avocados and oranges (seeds, pith and skin removed) and put in liquid.

Pour over a bed of greens.

*Good for 4 people, but I can eat the whole thing myself.  
 It is unexpectedly delicious. ---Olga Newey*

### **Quinoa Salad**

1 cup uncooked quinoa  
 15 oz. can garbanzo beans, rinsed and drained  
 3 Roma tomatoes  
 1 orange bell pepper  
 1 1/2 cups corn (I used frozen, thawed)  
 4 green onions  
 To cook the Quinoa – rinse 2 minutes. Toast in

small amount of olive oil. Add 2 cups of chicken bouillon and boil for 15 minutes.

In a small bowl whisk together olive oil, lemon juice, and basil. Set aside.

Slice green onions, dice Roma tomatoes and bell pepper.

When quinoa is done cooking, let cool. Then place all salad ingredients in a large bowl. Pour dressing over top and mix well to combine.

Let stand for 15 minutes. Can eat immediately or chill before serving.

---Thanks to Al Frater, Teaneck Community Garden.  
 Tested by hungry gardeners at the Garden Club's Tomato Fest, August 10, 2013.

Compiled by Par Libutti     December 2013 Header  
 pictures by Pat Fromm

Save the date: Tuesday, March 4, 2014

The Garden Club of Teaneck

bus (*members and non-members*)

is going to the

2014

This  
year's theme,  
**ARTiculture**,  
fuses art and  
horticulture.

# Philadelphia Flower Show

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*(Tickets make a great calorie-free gift!)*

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\$62.00/person for round-trip bus, show entry ticket, gratuity

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Questions?

Please contact Aura Altieri, 201 923-7028 and/or  
visit [www.GardenClubofTeaneck.org](http://www.GardenClubofTeaneck.org)

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or email queries to [Bus.PhillyShow@yahoo.com](mailto:Bus.PhillyShow@yahoo.com)

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Bus leaves **promptly** 8AM from the Southern Little League Parking Lot,  
Glenwood Ave., Teaneck; bus leaves the Show at 4 PM, arrives  $\pm$  6PM;

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**NB:** Sorry: reservations without payment are not accepted and  
no refunds after midnight February 17<sup>th</sup>

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Send checks (payable to Garden Club of Teaneck) to  
*Flower Show, 417 Maitland Avenue, Teaneck, NJ 07666*;  
please include your name, address, tel. number(s) and email address.

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*Bring food and drink if you do not want to queue to buy them at the show.*

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