



# Garden Club News

## March 2015

PO Box 3253 Teaneck, NJ 07666

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

The next meeting of the Garden Club of Teaneck will be held on March 12<sup>th</sup> at the Richard Rodda Center. The meeting will start at 7:30 pm. Our speaker that night will be Gary Oppenheimer. Gary will teach the Garden Club of Teaneck how to rescue/prevent wasted food.

The next meeting of the Greenhouse Committee of the Garden Club will be on Saturday, March 7<sup>th</sup> at 10:00 am at the Greenhouse.

### Member News

#### Message from Pat Fromm, President

It's good to have a busy month ahead to pry me out of this winter hibernation mood!

#### March 4

First on the calendar for March is the GCT bus trip to Philadelphia Flower Show. I've gone the past 3 years and wouldn't miss it! This year's theme is *Celebrate the Movies*. There are so many exhibits, workshops, lectures, design ideas, horticultural and floral exhibitions, and on and on! The bus leaves at 8 am on March 4 – Bus to Philly Flower show. Don't miss it!

#### March 12

- Spring Fest – NJ State Fairgrounds and
- Membership meeting – announce the nominating committee for new officers. Rodda Center in Teaneck 7:30 pm

#### March 14<sup>th</sup>

- GCT and our Master Gardeners welcome Master Gardeners of Bergen County to tour our Greenhouse.

#### March 20<sup>th</sup>

- Spring is just around the corner *Vernal Equinox*

#### March 21<sup>st</sup>

- 39th Annual Rutgers Home Gardeners School

By end of month, many of you will have your peas planted and working in the now snow covered and frozen garden. Think Spring! As my friend Heather's Dad used to say, "Happiness is a choice" Be Happy! Pat

#### Message from Len Schwartz Director of the Greenhouse

We are in our groups and have been preparing pots, mostly 4", 4.5" and 4 packs, in preparation for the plugs due to be picked up starting around March 9 and continuing weekly through the second week in April. All groups will be contributing to the re-potting of all the types of plugs during their regular weekly work sessions. However, this year we will be dividing the greenhouse into group specific responsibility zones. Each group will be responsible for the continued TLC (tender loving care) of only the plants in its zone alone, right up to and including the sale. Each group should learn and supply the individual horticultural needs of the plants in its zone. Clearly this is something new this year and hopefully we will produce good plants and increase everyone's involvement.

As I stated last month, at the end of the general meeting on March 7, we will hold a lottery to distribute three available plots in

the greenhouse garden. If you are interested in changing your plot location please add your name to the list on the white bulletin board near the windows. First drawing will be for those who currently have a plot, and second drawing is for those who want to start a plot. The contract for the Kitchen/bath remodeling project is about to be signed. Len

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

It is 80 degrees as I peer off my balcony. We are in Cabo, Mexico and I am viewing the Sea of Cortez. Humpback whales can be seen each day breaching, for they have come to calf and feed in the rich sea. Each morning groups of pelicans can be seen drafting on waves seeking out bait fish. It is a desert environment. Bougainvillea and cactus of all kinds abound. Turkey vultures and kites are undulating on the thermal drafts above. We are off to Flora Farms where our daughter was married. It is a ten acre oasis, an organic farm to table retreat. Free range chicken and hogs, tomatoes and all the veggies we will be growing soon abound as you walk through the grounds. We will be leaving all too soon. Joe

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### **Gary Oppenheimer to Speak at the March Meeting by Anna Kurz**

Gary Oppenheimer will teach the Garden Club of Teaneck how to rescue/prevent wasted food

The public is invited to hear Gary Oppenheimer, who, after seeing the amount of food wasted in this country, founded the AmpleHarvest.org Campaign, a nationwide effort enabling America's 40+ million home gardeners to easily find a local food pantry eager for their excess garden bounty. Gary, an avid gardener, is a Master Gardener, Rutgers Environmental Steward, former community garden director, Environmental Commissioner in northern New Jersey and a

long-distance cyclist. He has met the President and First Lady Michelle Obama, has appeared in numerous radio and TV interviews, has spoken at a TED meeting, at Wharton's Social Responsibility conference, at the Food Conference UC Davis, at the Jewish Theological Seminary in New York City, at the Brooklyn Food Conference and at many other venues. He now makes his home in the mountains of northern New Jersey after living many years on a boat moored in the Hudson River off Manhattan's west side.

The meeting is on March 12, 2015, 7:30 PM, at the Richard Rodda Center, Second floor, 250 Capital Court, Teaneck, NJ; (enter from Palisades Ave; handicap parking up the hill, in back.) free; refreshments.

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### **3 Lemons - Patty Libutti**

**From the UrbanHerban's Notebook:**



Three lemony herbs come forth with March, all citrus aroma'd tender perennials. *Lemon balm* and *Lemon grass* haven't been seen since fall; *Lemon verbena* has graced several benches in our greenhouse---and tables in my house.

**Lemon Balm** (*Mellisa officinalis*) has many uses: as a cooling tea, bringing down a fever, in salads and drinks. The sweet aroma is useful in making potpourris; Victorians used lemon balm to signify "*pleasant company of friends.*"

**Lemongrass** (*Cymbopogon spp.*). This herb is used in Thai cooking and thought to have health benefits. It has flavors of lemon and a bit of rose, is used in headache treatment, as

well as in perfume production. The grass can be suspended by string above steaming rice to with lemon; Tom Yum Soup made with the bulbs is a treat.

**Lemon verbena** (*Aloysia citrodora*) is used as flavoring in medicinal teas, pastries, candies, and fragrance in fingerbowls. Use this in a green bean dish à la Pat Fromm.

**Lemon Balm Sauce**

¾ cup sugar. 4 Tbs. water, 1 Tbs. fresh Lemon balm or Lemon verbena leaves, 2 Tbs. butter, Juice of 1 Lemon, Dash of Salt  
In a small pan, boil sugar and water several minutes until syrupy, Add leaves and cook for 5 minutes. Remove leaves. Add butter and salt Continue cooking over low heat until syrup is of desired thickness.

(From *Old Fashioned Herb Recipes*, Bear Wallow Books, p.26)

**Fun & Learning Opportunities Coming Up This Spring - By Pat Fromm**

**March 9<sup>th</sup> 1 pm Montclair Garden Club Tea and Talk**

Come get a jump start on improving your garden, and enjoy lots of images of green, growing things by Ken Carlson. \$5.00  
United Way Building, 60 South Fullerton Avenue, Montclair, NJ

**March 12-15 Springfest Garden Show**

<http://www.springfestgardenshow.org/>  
Sussex County Fairgrounds located at 37 Plains Rd., Augusta, NJ 07822 .

**March 21 39th Annual Rutgers Home Gardeners School**

Info and registration at [www.cpe.rutgers.edu](http://www.cpe.rutgers.edu)  
Register NOW! You will not find *more* information on *more* subjects anywhere else in the state.

**Doug Raska Takes The Prize!**

– By Pat Fromm

Each year at the Philadelphia Flower Show, the **Designer's Studio** invites the nation's

best floral designers to show their stuff live on stage. Given an assortment of plants and materials, it is a head-to-head competitions among design professionals and amateur contestants throughout the week. These live face-offs provide the drama and suspense of a reality TV show and you, the Flower Show visitor, vote to determine the winner. On Saturday, February 28<sup>th</sup>, Garden Club of Teaneck's own Doug Raska, AIFD, CFD, Freelance Designer, took a first prize! Congratulations, Doug!

**School Program & Junior Garden Club – By Olga Newey & Myriam Fieulleateau**

We have finalized the Hawthorne School greenhouse visitation schedule. We invite all members to join us on a day that is convenient to you. We love company. If anyone would like to assist, please let me know. Please start putting the plants that your Work Group has propagated under the benches in trays. I will select the plants for each grade and put them in the middle benches. Make sure all plants look good and are labeled. Thank you all for your efforts. We are improving our lessons and are so excited. Thank you Len and the maintenance group for setting up the room.  
Olga Newey

The Junior Garden Club has started and already has had two sessions. We split the group into two: returnees and first timers. We have a total of ten. We meet the second and fourth Sundays, and all visitors are welcome. Just let us know. Myriam Fieulleateau

**Final Word**

It is with sadness that I report to the Club of the passing of Gil Franco. Gil was friend and fellow Maintenance Group member. I will always remember him as having a kind word for everyone. Marty Steeil