



# Garden Club News

## January 2014

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 February 12<sup>th</sup> at the Richard Rodda Center. The meeting will start at 7:30pm. Our remaining Program Schedule for 2015 is:

- January 8**     **Free Pruning Workshop @ Greenhouse presented by Jerry Lemoine**
- February 12**   **Ray Edel -Preparing your Garden for Spring and managing pests**
- March 12**     **Appoint Nominating Committee for officers**  
**Tentative Dr. Steven Fischer (Bergen Community College)**
- April 9**       **Gary Oppenheimer of Ample Harvest**  
**Nominating committee will announce slate for new officers and nominations from the floor**
- May 14<sup>th</sup>**      **Container Gardening (maybe Bruce Crawford)**  
**Elections**
- May/June**     **Tentative –Native plant Walk with Nancy Solwick**

The next meeting of the Greenhouse Committee of the Garden Club will be on Saturday, January 6<sup>th</sup> at 10:00 am at the Greenhouse.

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## Member News

### Message from Pat Fromm, President

I'd like to say something inspiring and motivating to wish you all happiness, prosperity and good health in the new year. Best way I found to do this is to quote Neil Gaiman:

*"I hope that in this year to come, you make mistakes*

*Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.*

*So that's my wish for you and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make*

*mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.*

*Whatever it is you're scared of doing, Do it.*

*Make your mistakes, next year and forever."*  
*Neil Gaiman*

I hope to see you all at the Free Pruning workshop on the 10<sup>th</sup> at the greenhouse at 1pm. Pat Fromm

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### The Plant Patrol -By Pat Fromm

January is be good to your plants month! We're seeing lots of mealy bug and white flies in the greenhouse. Protect YOUR plants from these predators! You can help the beneficial insects do their job if you take care of your plants like you would yourself or child. The best way to do this is to

prevent your plants from being stressed. Plants, like humans, are more prone to disease and health issues when they are stressed. Too dry, or too wet, causes stress. The day time temps in the greenhouse can be in the 80s and many plants need water more often than once a week. An improper environment also causes stress, such as not having enough air circulation for your plants. Do you like being surrounded by too many people all the time – no breathing space? Too hot also causes stress. If you are too warm in the greenhouse, most of the plants are too! Remember, most of members do not grow tropical plants. When you are in the greenhouse and it is too hot, open the meeting room door for some air circulation. Finally, nutrient deficiency – just like people if they don't have balanced nutrition they will weaken and get sick. Thanks for doing your part. Pat Fromm

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

I have always looked at various techniques in organic gardening. One that has always held my interest is Biodynamics, first developed in the 1920's by the Austrian philosopher, educator and social activist, Rudolf Steiner. It is a comprehensive, philosophical approach to farming stressing the interaction of the cosmos, the earth, and all its diverse life forms and harmonizing their relationships. It is most comprehensive in that it is holistic and stresses the cycles of the planet and all forms of life in an agricultural environment. It has underlying spiritual aspects in that through its pursuit one heals the earth and the self. The techniques that were developed utilize natural elements all being parts of the whole and recognize the influences each plays in the continuous cycle of life. Through its practice one is enlightened to these permutations and the underlying science. Most of these studies are the basis of

modern day organic farming. What I find intriguing is that through its implementation we become an integral part of the process a custodian if you will.

This contrasts with the contemporary industrial farming practices which deplete and contaminate the soil, destroy its ecosystem and modify the behavior of plants through the introduction of GMOs. It destroys what has taken billions of years to evolve, it disrupts man's naturally evolved connection to the earth and its natural sustainability often referred to as the Monsanto-izing of agriculture.

There are many studies within Biodynamics that can be noted but one area that I thought would be of interest is the sowing of seed timed with cosmic solar/lunar and earth day/night rhythms. Its crux is that the Earth breathes, rests and while during those cycles it is more opportune to sow different crops that germinate better during the various cycles. The moon cycles, the alignment of the planets have been always been studied and chronicled by the ancients and incorporated into many of our religious practices. I will practice this concept in earnest in the Spring.

What I have learned of Biodynamics has reinforced my view of Mother Earth, the soil food web and the web of life. There are many more aspects of Biodynamics that can be discussed in greater detail so if you are inclined there are many sites that you may access for more information on these practices and philosophy.

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect." Chief Seattle 1854

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## Seed Catalogs in January - Patty Libutti

### From the UrbanHerban's Notebook:

*To sleep perchance to dream*---this is not the best way to realize your garden dreams for 2015, no matter what Shakespeare said. It is time to look at catalogs and think of the first seeds to hit the ground in March. And why do we look at seed catalogs? To look at the gorgeous pictures, to believe our garden will look that good in July, to plan the best garden ever, especially after last summer are the usual answers. For this column, I looked at many a garden catalog to draw up my *Short List of Catalogs I Cannot Do Without*, with the necessity that herbs were included.

**The Catalog with Beautiful Photos: Territorial Seed Company.** The very best photo book costs a whopping \$7.95, the company claims it is a new venture that goes beyond a catalog to a garden book. Their free catalog is chock full of pictures of rare and hard to find vegetables. A close second is the perennial favorite, **Burpee Seeds**. This one makes me itch to plant all those new hybrids so I have a rich tomato sauce with fewer tomatoes.

**Most Information in a Catalog:** Seed companies want to have their seeds germinate, and so they provide information on the best conditions for planting the seeds. **Johnny's Seeds** had the most complete array of information on planting factors, just follow the instructions for successful germination. It was rated overall the top company in a Mother Earth article on the best sustainable seed company.

Second here is the encyclopedic **Well Sweep Farm Catalog**, with herbs grouped by Latin name. This serves as a handbook for herb lovers, with its complete varieties of

Rosemary listed. And third here is **Salt Spring Seeds**, for its large collection of articles on seed saving and preservation for each vegetable.

**Best Greens and Herbs from Asia: Kitazawa Seed Company** has a wide array of herbs from Asian countries, such as Vietnamese ones, like Cilantro Ngo gai and Kinh Gioi,

**Best Seed Packaging.** Most companies use paper seed packets, some are decorated elaborately. **Renee's Seed Company** uses original watercolors on the packets. **Seeds of Change** has the most functional seed packet, with a thick plastic packet with a zip-lock closing to keep the seeds from tumbling out or deteriorating. I have them from last season.

**Attention to Cooking:** No surprise, it is **Cook's**, the other Warminster, PA seed company, has a collection of recipes in *From the Cook's Garden* that features the herbs grown from seeds in the catalog. I bought it at a community garden conference; it has veggie-centered good recipes.

*If you want to look at the companies and related articles, go to my blog ([urbanherban.blogspot.com](http://urbanherban.blogspot.com)).*

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## Final Word

Free 5 feet tall, philodendron needs a loving home with some space. It is beautiful, tropical looking, and housed in a gorgeous planter. It needs filtered light and minimal attention. If you are interested, please contact me at 201-836-9445. Nancy Lichtenstein

Finally, attached please find flyers for the Philadelphia Flower Show, our Pruning Workshop, the Membership List and a picture from our Holiday Party and greenhouse. Marty Steeil





# Pruning Workshop by Jerry Limone

Saturday, January 10<sup>th</sup>, 2015

1-3 PM at the Greenhouse

**A GCT-member-only event!**

In case of cancellation, notice will be posted on the website\* and by Email. You may also phone Pat Fromm to inquire:  
201 880 6110 or 304 951 1678

Members should bring: (if you have)

- sharp, by-pass hand pruners
- lopper
- pruning saw
- Wear gloves, and dress for out of doors.



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First part of the program will be a discussion inside  
then will proceed outdoors for actually pruning.

Jerry will discuss

- when to prune
- purpose and importance of pruning
- kind of cuts
- various tools
- tool care, etc.
- followed by Q & A.

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Light refreshments and door prize give away! Don't miss it.

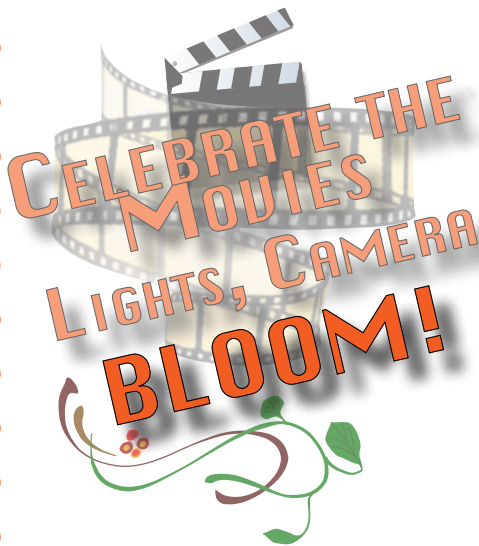




Garden Club of Teaneck

Wednesday, March 4, 2015

The Garden Club of Teaneck bus  
(members and non-members) is going to the



# 2015 Philadelphia Flower Show

*(Tickets make a great gift!)*

\$62.00/person

for round-trip bus, show entry ticket, gratuity

Questions?

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

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

- Bus leaves **promptly** 8AM from the Southern Little League Parking Lot, Glenwood Ave., Teaneck;  
bus leaves the Show at 4 PM, arrives back in Teaneck ± 6PM;
- **NB:** Sorry: reservations without payment are not accepted and no refunds after midnight February 16<sup>th</sup>
- 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.
- *Bring food and drink if you do not want to queue to buy them at the show.*

*This year's theme,  
Old Hollywood,  
reminisces about  
the old silver  
screen.*