

The Garden Path

West Trenton Garden Club Newsletter

Website: www.westtrentongc.org



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February, 2014

President's Message

Dear Members:

Happy New Year to you and your family! Wishing you a wonderful year filled with happiness and joy! I know we have a great year planned for you with all kinds of interesting programs and projects to come. Why not make a resolution to learn something new every day? It is a challenge but it is fun to try.

What a festive and fun night we had at our **Holiday Party** at Paulie's Anna Rose in December. Thanks to **Pat Bowker** and her committee members: **Joan Naro, Linda Reasoner and Janis Stia**. All the details of the night including the adorable poinsettia favors were much appreciated.

That same day, we decorated **the Music Room** in the Governor's mansion, **Drumthwacket** with the vision: "Hello Rudolph!" Our "Choices Make Changes" theme with the environmentally conscientious accessories which was very well accepted even by the First Lady, Mary Pat Christy whom we met the following day at a beautiful reception tea hosted for all of us. The decorating committee consisting of **Linda Reasoner, Joan Naro, Helga Fontus, June Miller, Devah Brinker and Ingrid Fair** was awesome! We had a very strict set of guidelines within which we had to work while also being flexible and creative – Did we do it? Yes! What an incredible team who really took it to the next level.

The "**Wreaths Across America**" Garden Club program brought to us by **Nancy Brown** and **Pat Bowker** was a great success. Thanks to all for supporting this noble effort. Also, the **Poinsettia Sale** brought to us by **Terry Palise** and the **Topiary Design Workshop** brought to us by **Anne Chmielewski** were very much enjoyed by all. These projects require a lot of planning and work by the leaders and their efforts are really appreciated not to mention the benefits to the club when fund raising is involved!

Also, a few more reminders about the events coming up with the February 3rd program: "**Spring Wildflowers of Bowman's Hill Wildflower Preserve**" presented by **Amy Hoffmann Mawby**. In addition, coming on February 13th through the 16th is the **New Jersey Flower & Garden Show**. Hope you have a chance to go.

I would like to take a moment to extend a sincere "**Thank you**" to **Sharon Johnson**, our Treasurer. **Sharon**, your efforts are really appreciated! Members, please remember that if you are requesting a reimbursement or payment, a receipt is required and checks will be given out the following meeting. For accounting purposes, this is necessary. If you have cash, please put it in an envelope with a note about which project the money is to be applied. This will make Sharon's tough job a little easier.

To follow up on my theme of "Choices make Changes" (TM pending), this is the time to plan your garden for the spring. These cold and snowy days have such promise for the warm days ahead! Please think about ways you can make your spaces more sustainable by making wise choices: try some organic seeds to plant, perhaps plan a cutting garden or

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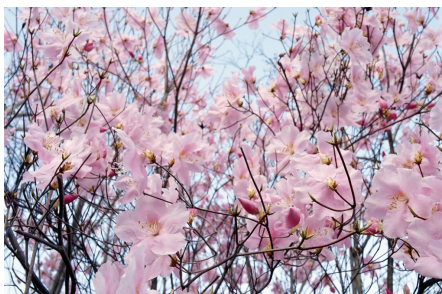
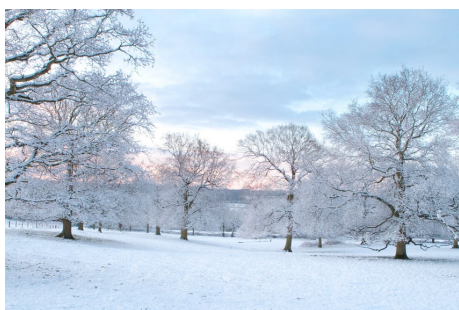
purchase some dark fruits such as raspberries to plant. Remember to choose varieties that do not require spraying with pesticides, are indigenous, and are drought resistant.

For our anti-aging tip this month, I ask you to consider adding dark fruits such as blueberries and pomegranates to your diet since they are loaded with healthy antioxidant constituents which are helpful in fighting infections this time of year. Another item I have added to my diet is **Turmeric Curcumin**, a spice known for its anti-inflammatory and immunological benefits, possible antibiotic characteristics. Check with your doctor on this if you feel there could be any contraindications with your current medications. I use 500mg each day (organic/biodynamic if possible). One last thing, have you tried adding meditation to your daily routine? I can tell you sincerely that taking the time to relax was the **ONLY** way I survived the hectic and busy holiday season!

Looking forward to seeing all of you in February for our program and wishing you a very happy Valentines Day! Try designing a flower arrangement in an upcycled vase for someone you **love**.

Happy Gardening,

Dianne Dickinson, President



Dates to Remember

- ◆ **February 3 - WTGC Regular Monthly Meeting - 7:00 PM**
Our Lady of Good Counsel); Program: **"SPRING WILDFLOWERS OF BOWMAN'S HILL WILDFLOWER PRESERVE"** - Presentation by Amy Hoffmann Mawby, Educational Coordinator at Bowman's Hill Wildflower Preserve. (See Page 60 for a detailed description of this program.)
- ◆ **February 14 - Valentine's Day!!**
- ◆ **February 13-16 - NJ Flower & Garden Show - GCNJ Standard Flower Show - NJ Convention Center, Edison, NJ - www.NJFlowerShow.com**

February - Member Responsibilities

- ◆ **February Hospitality Committee - Eileen & Jim Keenan (Chairs), Cecilia Hobson, Karla Robinson, Angela Topley and Beverly Topley.**
- ◆ **Spring's around the corner - start thinking about your flower orders!! As part of membership, ALL MEMBERS are expected to participate!!**
- ◆ **Info for *Garden Path* - Submit all information for the *Garden Path* to **Terry Palise** no later than the **15th** of the month.**

Celebrating Birthdays This Month



Fredricka Billups — February 2

Mary Lou McCabe — February 14

Camille Rainiero — February 23



**FEBRUARY 3, 2014 – “SPRING WILDFLOWERS OF
BOWMAN’S HILL WILDFLOWER PRESERVE”**

This program is sure to banish winter doldrums. Get ready to go on a journey through the history, scenic trails, and lush native flora of Bowman's Hill Wildflower Preserve in New Hope, PA. This presentation will highlight the beauty of spring and native plants that can be used to grace our gardens, as well as support our native pollinators and wildlife. Spring will be here soon so come ready to be inspired!

Our presenter, Amy Hoffmann Mawby, is the Education Coordinator at Bowman's Hill Wildflower Preserve. She holds a bachelor's degree in Plant Science from Cornell University and a master's degree from the University of Delaware's Longwood Graduate Program in Public Horticulture. Amy has a passion for photography and uses her photos to help bring public presentations to life.



MINI TRIPS

Saturday, March 1, 2014

The **PHS Philadelphia Flower Show** opens on **Saturday, March 1 and will close on Sunday, March 9**. The Preview Party will be held on the evening of Friday, February 28. The Show features large-scale gardens, elaborate landscapes, and over-the-top floral creations. Visitors to the PHS Philadelphia Flower Show are treated to fabulous design, live entertainment, culinary demonstrations, gardening how-to workshops, and lectures by experts.

For more information go to: <http://theflowershow.com/>

Wednesday, March 19, 2014 at 10:00 AM

Mar 19, 2014 10:00 AM - Mar 19, 2014 11:30 AM

Flower Arranging Demonstration

Foliage Magic with Michael Bruce

Floral artist and event planner Michael Bruce will host a session on the magic of foliage in arrangements—as the focal point or as an integral part of the design. Whether you are creating an arrangement with few flowers or many, Michael will show you how to use foliage to its best advantage. You'll also enjoy Michael's shop, located in a movie theater lobby built in 1920.

To Register: <https://www.pennhort.net/florallarranging>

Date & Time

Wednesday, 19 March, 2014 10:00 AM - 11:30 AM

Location:

Michael Bruce Florist
823 Haddon Ave.
Collingswood, NJ 08108

Contact:

215-988-1698

Fees:

\$25 PHS Members, \$30 non-members

Grow Your Own Vegetable And Flower Seedlings

James Nichnadowicz, Union County 4-H Agent

Materials

- Vegetable or flower seeds
- Sterile potting soil
- 6-ounce plastic drinking cups
- Clear plastic foam wrap
- A window with southern exposure **OR**
a fluorescent fixture with cool white bulbs
- Waterproof marking pen
- Rubber bands

Seeds

Seeds are available from local garden centers. You can also purchase them via mail directly from seed companies. Before buying however, take a close look at your garden site. Select only those plants that will thrive there. For help in selecting plants to grow, contact the **Rutgers Cooperative Extension** office in your county.

Potting Mix

Use a well-drained artificial soil mix consisting of peat moss, vermiculite, and perlite. This mix is also available at local garden centers.

Containers

To avoid overwatering your seedlings, start them in small containers. A 6-ounce **plastic**, not waxed paper, drinking cup works well. Be certain, however, that it has drainage holes in the bottom. If not, make **several** small holes in the bottom of each cup with a sharp instrument.

Sowing Seeds

1. **Label containers**--date and plant name--with a water proof pen.
2. Fill a 6-ounce container with soil mix.
3. Using **warm** water, soak the pots until water runs through drainage holes.
4. Place **four** (4) seeds on the soil surface of each pot.

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Fact sheet

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5. Cover seeds with **1/4-inch** of artificial soil mix.
6. **Tamp** the soil lightly. This brings the seed in close contact with the soil.
7. Set the bottom of the pot in **warm** water. The water should **not** be above the rim of the pot. Water will move into the soil mix through the drainage holes. When the surface of the soil appears wet, pots should be removed.
8. Cover pots with clear plastic and secure with rubber bands. (Remove the plastic as soon as seeds sprout).

2. Move plants under **fluorescent** lights or to a window that receives full sun most of the day. **NOTE:** fluorescent lights should be 4 to 8 inches above the plants and be left on 14 to 18 hours per day. (The cost of power for lights is minimal). Also the temperature in this area should be above 65oF. at all times.

3. Water plants thoroughly with a solution of water and **houseplant fertilizer** whenever the soil surface feels dry to the touch.
When each plant has four leaves, pull out of the soil all but the healthiest plant.

4. Your seedlings are large enough to transplant outdoors when their roots have filled the pot in which they are growing. This happens 6 to 8 weeks after you have planted the seeds. Check instructions on the seed package for more details.

Planting Outdoors

5. Before planting your seedlings outdoors they need to become acclimated. They've led a pampered life in your home. You've protected them from the drying wind, scorching sun, and cold night air. Allow a week for seedlings to become adjusted to the outdoors. Each day, place them outside in a sunny spot for a few hours. Gradually increase the length of time outside. By the end of the week leave them outdoors overnight. After 1 week of this procedure, the seedlings will have adjusted to the outside world. They are now ready for outdoor planting.

- Illustrations by Lynne Ziobro
Master Gardener, Union County

6. Place pots in a **warm** location (70 to 75oF.) -- the top of a hot water heater is a good location.
10. Keep the soil damp at all times. If necessary, water again from the bottom. (See step #7).

Care After Germination

7. Remove plastic coverings as soon as seeds sprout. Be patient! You can find out how long it takes for the seeds to sprout by reading instructions on the seed package.
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