

Farm & Garden

WOMAN'S NATIONAL FARM & GARDEN ASSOCIATION, INC.



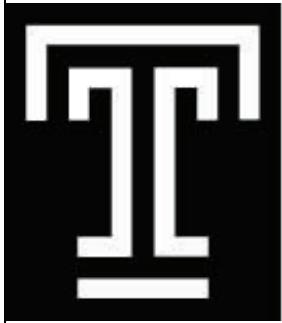
SPRING 2010

Temple University Ambler is **CELEBRATING**

- * Its 50th year as the Temple University Ambler Campus
- * Its 100th year of the establishment of the Pennsylvania School of Horticulture for Women
- * Its 96th year of the establishment of the Woman's National Farm and Garden Association

**Join us as we salute
the visionary women of the
Past, Present and Future!**

Thank you Faith Tiberio, President of Woman's National Farm & Garden, for your dedicated and loyal support to Temple Ambler.



Ambler
TEMPLE UNIVERSITY®

Farm & Garden

THE MAGAZINE OF THE WOMAN'S NATIONAL FARM & GARDEN ASSOCIATION, INC.
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JOIN US/GET INVOLVED

For information about how to join a branch of Woman's National Farm & Garden Association or form your own branch, please contact Susan Yeager, 505 E. Willow Grove Ave., Wyndmoor, PA 19038, call 215-247-4739 or e-mail yeagerrsue@yahoo.com.

Members: Send your accomplishments, tips, and updates for the next issue of *Farm & Garden*. Submissions must be received by August 1, 2010. Electronic format is preferred. Send to Editor at kathleen.beveridge@comcast.net.

On the Cover: A honey bee, *Apis Mellifera*, appreciates purple loosestrife regardless of its invasive characteristics. Photos on front and back cover by Denise Foley, Ambler Keystone Branch, Pennsylvania Division.

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FAITH IN FARM & GARDEN: A WORD FROM THE PRESIDENT



Congratulations to all of you!

Officials report an on going improvement in the bee world because of world wide action to stop the decline of these critical food production partners. Further, there is a new way of helping Queen Bees. I know that our WNF&GA members will continue, I'm certain, to work with local beekeepers and tend their own hives.

We turn now to emphasizing the importance of teaching gardening to school children and establishing local gardens where both young people and adults can practice the art of growing edible crops free of chemicals, free of "middleman's" costs, and contributing to the exercise and health of those who plant and maintain the gardens and harvest the crops.

Our branches continue to grow and to serve. At our June meeting, which Mary Bertolini is hard at work plan-

ning, all of us will benefit from ideas exchanged.

Margaret Latham reports that we still have \$18,500 needed to finish our Ambler pledge, and we still welcome more stories for our book.

Until June,

Faith



Purple loosestrife may be an invasive species problematic for native plants but our friends, the bees, at least find something to appreciate.



Children enjoying work in the garden. Teaching gardening to children is an important strategy to support their health and future food production.

IN FOCUS: Environmental Concerns & Education

Conservation Begins Here: The Student Conservation Association Benefits Parks and People

Park rangers and GIS technicians. Zoolologists and geologists. Urban foresters and waste water treatment managers. Legions of young conservationists across our country share not only a common purpose but a common threshold: the Student Conservation Association (SCA).

SCA is a national force of high school, college and graduate students who give their time and effort to protect, preserve and restore America's natural and cultural treasures. Each year, with WNF&GA support (and financial help from individuals, foundations and organizations across America), thousands of SCA members render more than two million hours of service in national parks, with agricultural coalitions, and to benefit local communities in all 50 states.



Sarah Park of the Student Conservation Association works as an Island Ambassador in Boston Harbor.

In an age when so many young people are afflicted with "nature-deficit disorder" – a term coined to describe our growing disconnect from the outdoors – SCA builds enduring ties with nature, promotes lifelong stewardship, and prepares its members for green careers and conservation leadership.

The organization was founded more than a half century ago by a woman who at the time was no older than many of today's SCA interns. Elizabeth Cushman Titus Putnam hailed from a family long steeped in the traditions of service and gardening. In her senior thesis at Vassar, Liz proposed a "student conservation corps" to pick up where the Civilian Conservation Corps had left off when World War II broke out. She pursued this idea after graduation, contending that underfunded parks needed the extra help and students would gain from the hands-on experience. Two years later, the first SCA volunteers arrived at Grand Teton and Olympic National Parks.

Today, SCA is the nation's largest conservation service organization for youth. Liz Putnam remains an active advocate and source of inspiration. "I believe that young people are our planet's best hope for the future," Liz states. "I am simply in awe of their passion and service. As one SCA alumna said to me recently, 'having nature call your name is the highest honor in the world.'"

Not Just National Parks

Although SCA members do most of their work on federal lands, in recent years SCA has dramatically expanded its local partnerships. Graze New York is an upstate, multi-agency agricultural project that supports pasture-based, small-

scale farming. Intern Michael Gurecki, who one day hopes to run a grazing farm of his own, accepted an SCA position in hopes of promoting more sustainable practices. "Well-maintained grasslands don't erode or have to be plowed every year," he states, "and fencing animals out of watercourses and wetlands protects the banks from erosion."

Gurecki, also known as Farmin' Mike, has written numerous articles written for local newspapers on livestock grazing, pesticides mitigation and more, and also maintains a blog. "I love watching cows graze!" he writes before launching into a dissertation on cow preferences in grass density. Elsewhere, Mike ruminates over what he calls the synergistic integration of livestock and timber production. "Livestock can fertilize the stand of trees as well as keep the under-story clear...in open fields. Shaded areas require a longer rest period. I find this all to be very interesting."

Elsewhere, 16-year old Sarah Park says her summer with SCA as an Island Ambassador in Boston Harbor helped her discover her calling. Boston is one of nearly two dozen U.S. cities, including Chicago, Houston and Washington, D.C., in which SCA engages urban students in conservation projects in their own backyards.

"I have learned, researched and experienced all the little things one person can do to make one big difference," she says. "Awareness and knowledge are contagious, and I intend to start a chain reaction."

The Woman's National Farm & Garden Association has been supporting volunteers in that chain of emerging conservation leaders since 1990. SCA recently celebrated 50 years and passed another milestone; Sarah Logan Beasley from Tallahassee FL serving in Great Smoky Mountains National Park was identified as SCA's 50,000th volunteer. The SCA chain is getting longer and stronger.

IN FOCUS: International Cooperation & The Frysinger Exchange

Update: Birthe Clausen Larsen, Frysinger Exchangee 1982

Dear Old and New Friends in
WNF&GA,

In the fairytales, there is always a happy ending, but in real life you don't know if it is so. When I read a book or see documentary stories on TV, I often wonder what happened after the TV program or the book ended. I have seen Extreme Makeover, The Biggest Loser, and other reality shows. As a retired teacher, I often wonder how some of my students are doing.

One day I showed my granddaughter Catharina (10 years old) my jewelry box and the first thing she asked about was the charm bracelet WNF&GA gave me when I visited you in 1982. Suddenly all the memories came back to me and I thought maybe you also wondered what happened to the Frysinger Exchangees you have met over the years?

I looked for you on the internet and I found you. I contacted Karen Engelhart and we have been e-mail friends for a month now. I do like the saying Kay put at the end of her e-mail: "What we do today will have an accumulated effect on all our tomorrows!"

In 1982, I was chosen to be a Frysinger Exchangee with Rita Kirschler from Pennsylvania. First, Rita visited Denmark and then she took me back with her to a fantastic six-week adventure in the USA. Each state I visited gave me a charm for my bracelet.

In 1982, I was a wife, a mother of two teenage children, and a teacher. Three years later my husband died of a brain tumor and I was alone

with the children seeing that they got a good education. Elisabeth, my oldest daughter, became an engineer and Birgitte, the youngest one, became an archaeologist. Both are married now and they made me a grandmother.

Some years later, I met my present husband and I got an entirely new life. We were both mature and had grown up children. I told my new husband about America and the way of life there and how much I have learned about social life and organizing events from the women I met over there. We got married in 1989 and, for our honeymoon, went to the USA where my husband had never been. We had a wonderful time and we have been back several times since.

In April 2008, there was a Danish television program about Florida, showing places to buy at reasonable prices, so we bought a house there. We have spent three winters there and we have loved it. The weather in Denmark in the wintertime is like the Midwest with you, so we feel like snowbirds, and we enjoy it. So just to let you know, all you showed me has been of great advantage. Each and every one of you has taught me something useable in my life.

When my husband turned 70 last April, he invited us all – four children with wives and husbands and eight grandchildren from a year and a half old to seventeen years old – to Kissimmee, Florida. We had a great time and I told them all about being a young exchange student and a mature Frysinger Exchangee. Thanks to WNF&GA for giving me such a bag of good memories so I have



Birthe Clausen Larsen of Denmark participated in a Frysinger Exchange with Rita Kirschler in 1982.

enough to share with friends and family.

Just for your information DDHS, the women's organization which was in charge of the exchange, doesn't exist anymore because most Danish women are now working full time and don't take pride in house, garden and family.

Love to all of you,

Birthe Clausen Larsen
Frysinger Exchangee in 1982

The Grace E. Frysinger International Fellowship is a tribute to the vision of Grace E. Frysinger, *Member of Honor*, of both Woman's National Farm and Garden Association, Inc. (WNF&GA) and The Associated Country Women of the World (ACWW). Miss Frysinger's proposal for an international exchange has left a legacy of friendship around the world.

IN FOCUS: Promotion and Growth

Thinking—and Reaching—Outside the Box

By Mary Schwark, Troy Garden Club, Michigan Division

Traditions are good. Sometimes, however, they need tweaking. If everyone agrees that a tradition should continue, but if most also agree that there's room and a need for improvement, that may be the time to think outside of the box.

In late 2008 and early 2009, Michigan's Troy Garden Club, founded in 1971, embarked on the planning of its 35th annual garden walk. For many years, the July event had been the club's principal fund-raiser. Proceeds were historically granted to those organizations, and sometimes individuals, whose horticultural pursuits were deemed worthy of financial support. The garden walk tradition would continue. But members had been disappointed by several years of declining attendance and revenue. They had worked every bit as diligently each year but had reaped fewer benefits. Daunted by the widespread economic downturn, many worried that the 2009 event would experience an even greater decline. Nothing could have been further from the truth!

Attendance in 2009 improved as much as it possibly could. Up nearly 50%, the event was sold out. Revenue also increased significantly. How did it happen? Outreach.

The garden walk planners made two new commitments. The first was to have artists painting in all of the gardens on garden walk day. Contact was made with a group of "plein air" (open air) artists. They enthusiastically agreed to participate.

The second commitment was to organize an art competition. The garden club reached out to the Troy School District and received their coopera-

tion. The process, conducted entirely by the garden club, lasted several months. Students, kindergarten through twelfth grade, submitted their garden-related art in February. Members of the Troy Garden Club judged the art in three stages in March. More than twenty winners were announced in April. They included several honorable mentions, three firsts, three seconds and three thirds (one each at the elementary, middle, and high school levels), and one grand prize winner.

In May, Troy Garden Club members prepared the winning art works for exhibit. All winners were given certificates at a ceremony in June. First, second, and third place winners also received art supplies as prizes. The grand prize winner was given a \$100 check. A two week student exhibit showcasing all of the winners' art works began on garden walk day at the Troy Historical Museum.

The new commitments created more work for the Troy Garden Club. But the outreach also created so much more interest and the garden walk

was given a name: "Artful Gardens."

How did the outreach achieve increased attendance and revenue?

* Community awakening about the garden walk: art competition guidelines distributed in the schools, newspaper articles and photos about the art competition, school newsletter articles about the winners, and a public award ceremony.

* An expanded garden walk audience: artists, art lovers, students, parents, extended families, teachers, and friends of them all.

Through outreach, the Troy Garden Club increased visibility, awareness, audience, and income. Equally gratifying was that the grand prize winner's art work – an exceptional colored pencil drawing of flowers and a trowel – was used as the image of Artful Gardens (see below). Ginny Bao, a high school senior, was the grand prize winner. Her wonderful work, featured on posters and postcards, provided added beauty, credibility, panache, interest, and excitement to a traditional event with a long history.



Artwork by Ginny Bao, a high school senior, promoted "Artful Gardens."

Plants That Help.... Fresh Fruits and Vegetables – Picked Daily

**By Sylvia Wilson, Cambridge Branch,
New York Division**

My husband Charlie and I both grew up on farms. Loving the rural life, we chose to live and raise our children in a rural area as we managed our careers at a distance. Knowing the benefits of vegetables, we always planted a garden, freezing the fresh vegetables, canning the fresh picked fruits, and finding a cool place in our cellar for the root vegetables.

After retirement, I worked part time for our local County Extension in the nutrition field. A few years ago the local County Extension started a Farmers Market to assist those on a nutrition program and asked us to participate. With some consideration we decided to give this a year's trial. Being newcomers to the market, we quickly became hooked.

One day a week we fill our truck with fresh vegetables and fruits and travel

thirty miles to promote our locally grown veggies and assist young families with children and senior citizens who want the benefit of home grown produce and some assistance with how to prepare and preserve it for the year's usage. This experience has been rewarding to us as well as them.

The most beneficial vegetable I would have to say is Kale or Swiss Chard – a definite for our garden and a favorite at our farm stand. It is easy to freeze and wonderful in soups or sautéed with garlic or vinegar.

Onions and garlic are always present in our garden as well as peas, beans, carrots, beets (the beet greens are super beneficial), summer and winter squash, cucumbers, tomatoes (grape and cherry tomatoes freeze well and are great in soups), and potatoes in red, blue and white.

As for fruits – berries are most beneficial. We grow raspberries, pick wild

blackberries, and have our own apple trees. We have two trees on the farm that are the old fashion apple. They have no worms, are so sweet and freeze so well that apple pies made of these all winter using very little sugar are incredibly succulent.

There is no substitute for the value of eating these fresh fruits and vegetables. All of the above mentioned varieties will either keep well in a cool area, or will freeze or can well.

I also enjoy planting them, watching them grow, waiting for that raspberry to turn red and beating my husband to pick it, picking the first green bean and hearing it snap as I bite into it, tasting the first ripe tomato and relishing the nutrients.

Farmers Markets are becoming very popular in most states, and a local grower in your area should provide a fresh product. There is no substitute for good nutrition.



Sylvia and Charlie Wilson on their farm. They produce fruits and vegetables for a local farmer's market/nutrition program.

Plants That Help Dill: Herb of the Year 2010

By Sheila Chlebda, Ambler Keystone Branch, Pennsylvania Division

Dill (*Anethum graveolens*) is a hardy annual used for medicinal as well as culinary purposes dating back as early as 400 B.C. The name Dill comes from "Old English" Dile and originated from the Anglo-Saxon word Dylle meaning to soothe or lull.

According to folklore Dill was thought to bring good luck and good fortune, used as a love potion and to protect against a witch's hex. The presence of dill in the home was an indication of prosperity.

Plant parts include: The taproot; stem; foliage which is feathery like greenery very aromatic (a delicate blend of anise, parsley and celery); the flower head which is shaped like a dinner plate called an umbrel bears yellow flowers; and finally the fruits (the seeds) the young green fruits (can be eaten and used in cooking) which will eventually turn to the brown seeds that can be collected to use in cooking or saved for replanting.

Medicinally, dill is used to alleviate hiccups and gas associated with upset stomach. It is also used for colic in babies. Many herbalists will recommend dill tea for colic; as with any herbal remedy always check with your pediatrician before using; same goes for adults always check with your Doctor before using herbal remedies.

Culinary uses are many and all parts of the plant are useful. The flower heads and seeds are used in making vinegars and oils; the seeds are used in pickling as well as flavoring roasts, stews and vegetables. The feathery leaves enhance the flavor of dips, herb butters, eggs, soups, salads, fish and chicken dishes. The dill seed can be grinded and used as a salt substitute (this may be of interest to someone on a salt restricted diet to enhance the flavor of their food). The green fruits (seeds) are flavorful, having a citrus/caraway like flavor.

Dill is easy to grow from seed. It grows

best in a sunny area with rich well-drained soil. Dill is sensitive to water stress so keep the plants well watered but no wet feet (standing water). You must keep the area where you are growing dill, well-weeded because dill cannot compete with weeds.

Dill does best if the seeds are directly sown into the soil; simply rake the soil sow your seeds and tamp lightly. Dill plants do not transplant well and stunting (shorter plants) can occur with transplanting. The seed can be sown in spring when the soil starts to warm and the danger of heavy frost is past. For a continuous crop of dill plant seed every 10 days this will assure you of dill into the fall season.

The average height of a dill plant is between 24-48 inches depending on the variety of seed grown. If you plant dill closely together they will support one another in the garden. There are many varieties of herb seed some of them include: 'Dukat', 'Bouquet' (which is a dwarf variety), 'Hercules' and 'Mammoth.'

I like to plant dill in the vegetable garden as well as in my herb bed. Take care not to plant dill too close to fennel, angelica or caraway as these plants will cross pollinate. Dill also makes a wonderful plant in the flower bed adding texture and interest.

Dill is an important food for the swallowtail butterfly and many other beneficial insects. Growing dill in your garden will attract these wonderful creatures to your garden for your enjoyment, make sure you plant enough! You can harvest the seed by cutting the flower heads when the fruits are brown, placing them upside down in a paper bag leaving them in a warm dry area until the seeds separate easily. You can store the seeds



in an airtight container. Seed will retain their germinating capacity for 3-10 years.

Here's a fun fact for you: Did you know that Americans associate dill with pickles and on average an American will eat 9 pounds of pickles per year? I myself do love pickles.

Well, who knew dill could be so versatile and interesting. Lastly, I would like to share some recipes with you that I have used in the past. Enjoy!

Dill Tea (to relieve stomach upsets)*
For adults, place 2 tsp of dill seed into 1 cup of boiling water; steep for 10 minutes; strain; you can drink 1-2 cups per day. For children with colic, take 1 tsp of dill seed into 2 cups of boiling water; steep for 10 minutes and strain. Use equal parts tea with water to make a weak tea. Offer small amounts before and/or after feeding. You can use $\frac{1}{4}$ cup per day. Remember to always consult your doctor / pediatrician before using any herbal remedy

Dill Weed Dip (from Well-Sweep Herb Farm cookbook)

1 cup of sour cream; 1 cup of mayonnaise; 1 tsp of dill weed (young feathery foliage); $\frac{1}{2}$ tsp. of celery salt; 1 tbsp. onion flakes; 1 tbsp. of parsley flakes
Mix all ingredients together. Chill for at least 1 hour. Serve with potato chips and/or crackers.

Plants That Help For the Birds

By Juliana Cerra, Advanced Master Gardener, Country Garden Club of Northville

In early spring, the dried remnants of annual alyssum straggled over the patio terrace. "Leave it for the birds," advised my friend, Joanne, "they'll clean it up for their nests." I left the wispy debris with a new appreciation of its usefulness. We sometimes forget in our zeal to have perfectly tended gardens what "perfect" means to other welcome visitors. My friend's observation showed that she considers the birds' perspective of her garden, and she's willing to tolerate a degree of "imperfection" for their benefit.

Thinking of your garden as a habitat, and not just an attractive assemblage of plants, requires working with nature, not attempting to control it. Let your imagination take flight and see the land from a bird's eye view. What do you need and what does this garden have to offer? Is it a place to pass by, pause, or nest?

The first attraction for returning songbirds is simply food and water. Keeping feeders filled and clean water sources draws hungry, thirsty migratory birds. Sunflower, safflower, white millet, and cracked corn will attract a wide variety of birds. Some species will only pause for a meal before continuing their journey to breeding grounds farther north. But many birds will be persuaded to stay if their second requirement of shelter is met.

In cold weather, birds retreat to dense thickets and conifers, protected from both the weather and predators. A group of deciduous shrubs and trees for daytime perching and evergreens for evening roosting is an ideal combination. Fruiting shrubs and trees like maple-leaf Viburnum and crab apple

provide an additional feast. But not all fruiting plants are desirable for wildlife. Late winter is a good time to identify and eliminate some non-native woody plants hazardous to birds. European buckthorn, with black berries still clinging to the branches, seeds prolifically and shades out understory plants. It also acts as an emetic, weakening birds already under stress from migration.

Finally, from the birds' perspective, is the garden a good place to raise a family? Trees and shrubs provide natural nest locations, and many species will use man-made nesting boxes. But there's more to the scenario than putting up bird houses. The greatest consideration for parents of fledglings is a plentiful, high protein food source – insects and caterpillars. This need requires an attitude adjustment on the part of gardeners, because it means avoiding pesticides and accepting natural controls. When striving to

work with nature, the "perfect" garden means a habitat as free as possible of poisonous chemicals. While no one wants to lose a treasured plant, we need to recognize that insect damage is often just a minor aesthetic issue, and not a death-knell. Insecticides not only break the food chain between predators and prey, but kill desirable insects like pollinators and butterfly caterpillars.

As gardeners, we value the natural world, but don't always see our role beyond caring for beloved plants. It is not an easy task to balance human ideals of perfection with the vital needs of other species. But learning to garden for the birds appeals to our natural instincts as caregivers, and opens us to an awareness of our role as stewards of the earth.



"Learning to garden for the birds appeals to our natural instincts as caregivers, and opens us to an awareness of our role as stewards of the earth."

National Meeting Overview: June 2-6, 2010

The National Annual Meeting of Woman's National Farm & Garden will take place at the Grand Island Holiday Inn and Resort on Grand Island, NY. We will meet from Wednesday, June 2 until Sunday, June 6, 2010. The organizers, Julie Siefker (Ohio Division President) and Mary A Bertolini (National President elect) have worked to make this meeting both fun and affordable.

Our hotel is the Grand Dame of the Niagara River. This facility has hosted many conferences in the past and now it is our turn to enjoy all the amenities it has to offer. Our newly decorated guest rooms are equipped with everything you would expect at a quality facility. The rooms are affordable; the rate includes a sumptuous full buffet breakfast for everyone. The yacht, Grand Lady, docks at the hotel grounds and gives this property a luxurious feel. Please join us for a swim in the indoor pool, some cardio workouts in the fully equipped exercise room, or a beverage of choice in the lounge while the grand piano plays your favorite tunes. Our spacious meeting room includes plenty of space for marketing, with a secure ante room to hold our supplies, if needed. There is a small gift shop that includes both snacks and articles you may have forgotten at home for purchase. For additional information visit www.myholidayinn.com

Wednesday, June 2, will be arrival day. Everyone attending can register at the hotel, gather meeting materials and meet other attendees in the lounge or at the gazebo next to the river. At 6:00 PM, our Bianco Coach from Michigan will depart for the Seneca Niagara Casino. Those attending will receive \$10.00 in free slot play. We can try our luck at one of the most beautiful casino buildings in the greater New York area. Dinner is on your own, either at the hotel or at the casino. The bus will depart the casino for the hotel at 9:30 PM with everyone and their winnings!

Thursday, June 3, is our tour day. We will begin at the hotel, departing for the

Buffalo and Erie County Botanical Gardens. www.buffalogardens.com We will tour the beautiful buildings and grounds of this stellar facility. Julie Siefker has scheduled a delicious Italian Buffet in the lunch room.

After our meal, we will enjoy a 3 hour tour of the greater Buffalo area on an open air bus! For those who are less trusting of the weather, our coach from Michigan will have a step-on guide to narrate our trip. The tour includes highlights of the region and the Frank Lloyd Wright houses. The Martin Darwin home is Wright's ideal of his Prairie Style homes. We will return to the hotel for meetings as called and a chance to relax. After Orientation at 5:00 PM, we will dine with Amanda Edmonds, our speaker for the evening. Edmonds is the founder of the Ypsilanti Farmer's Market and *Growing Hope*, a community garden initiative.

Friday, June 4 is the first session of business. We will hear reports and address issues Farm & Garden is facing in the near future. Floral Arts Focus Chairman, Barbara Hochstettler and Designer, Nora Tebben, will again present a floral design demonstration. Bring your camera; you will be glad you did!

After a lunch at the hotel, we will tour the Niagara River on the yacht, Grand

Lady. Captain Rick will narrate our tour of the region, focusing on the flora and fauna. He pays particular attention to nesting birds along the river, and will include a brief history lesson too. That evening, we will travel to Niagara Falls State Park for dinner at The Top of the Falls restaurant. This facility, located on the edge of Niagara Falls, gives a 360 degree view of the area. Din-

ner includes a fireworks display over the falls at 10:00 p.m.

Saturday, June 5, we will continue our National Meeting. Our speaker will focus on the Slow Foods movement in the Buffalo area. If you aren't acquainted with this new look at food, we will enlighten you! Eating fresh, local foods year round is possible. The Slow Food movement will show us how it can be done. Later that day, we will travel by bus to Merritt Estate Winery in Forestville, NY www.merrittestatewinery.com Our visit includes a tasting of their award winning wines and a trip to the gift shop. An outdoor pavilion awaits our arrival, so be sure to dress for the weather. A nap will be in order on our way back to the hotel. We will enjoy a cocktail hour and silent auction bidding before our dinner at 7:00PM. The program for the evening will be final National Awards and the installation of our new officers.

Plan on joining us for fun and excitement in New York! Catch up with friends from other branches. Find out how Farm & Garden affects YOU, and learn what works through new ideas and new friends. Become an active part of the organization by attending with us. Bring a friend, husband, sibling, anyone!



View from the entrance to the Buffalo and Erie County Botanical Gardens.

Over the Falls in a Bus?

Our past two trips with Bianco Tours have been so successful that we decided to try it again!

Our deluxe motor coach will start the journey in the northern suburbs of the Metro Detroit area. One stop will be made in western Wayne County before our final pick up point near Toledo for the Ohio Division members. This trip will be shorter, less than 7 hours, including rest stops and lunch. Bus Captains, Linda Coughlin, JoAnn Harreld and Sue Vette have volunteered to lead the troops on their way.

The cost per person is \$150.00, round trip, including all tips. Snacks and lunch are on your own, as in the years past.

Plan to jump aboard the bus to the Greater Buffalo/Niagara Falls, NY area. Games, treats, movies, jokes, and LOTS of laughs await those who choose to let some else drive. Anyone, member or guest, is welcome to Ride in Style.

Deposit can be sent any time, **total payment is due by April 25**. Seats sell out early, so don't delay! No refunds, please.

Depart Metro Detroit: June 2, 2010 Return Metro Detroit: June 6.



Shuffle Off to Buffalo!



Name

Branch

Division

Address

City

St Zip

Phone

Cell Phone

Email

Member _____ Guest _____

Make \$75.00 deposit check Payable to: National Meeting Fund, Bus Deposit on the Memo line
Balance of \$75.00 **due by April 25, 2010**. Send Check and a copy of this form to:

Julie Siefker, 9355 Rd. 11, Ottawa, OH 45875
Telephone: 419-538-6739
E-mail: Jverhoff@bright.net

Questions: Contact Julie Siefker or
Mary Bertolini 248-620-9281 e-mail: mgbertolini@aol.com

National Meeting Registration Form

Grand Island Holiday Inn, 100 Whitehaven Road, Grand Island, NY 14072 Phone 1-716-773-1111

June 3-6, 2010

Non Refundable Registration Fee

Name _____ Member _____ Guest _____

Address _____ City _____ State _____ Zip Code _____

Phone _____ E Mail _____

Division _____ Branch _____ Office Held _____

Arriving by: Plane _____ Bus _____ Car _____ Expected time of arrival _____ Airport Shuttle? _____

Rooming with _____ Need a Room Mate? _____
(We can arrange for a room mate if necessary)

Wednesday, June 2

Bus to Seneca Niagara Casino \$10.00 free slot play will will not attend
6:00 PM to 9:00 PM roundtrip bus from Hotel

Thursday, June 3

Buffalo Botanical Garden tour, catered Italian Buffet lunch, afternoon tour of Greater Buffalo, dinner at the hotel with Speaker Amanda Edmonds, founder of *Growing Hope*

Dinner: Choose ONE

Chicken Cordon Bleu Filet of Sole (crabmeat stuffing, Newburg Sauce)
 Vegetarian/Vegan

\$Included

Friday, June 4

First Session of National Meeting, lunch at the hotel, afternoon tour of the Niagara River on the Grand Lady, dinner at Top of the Falls Restaurant, fireworks over the falls

Dinner: Choose ONE

Niagara Fish & Chips Slow Roasted Filet of Sirloin Vegetarian/Vegan

\$Included

Saturday, June 5

Second Session of National Meeting, lunch at the hotel, visit to Merritt Estate Winery, Cocktail Hour, Silent Auction and Dinner/Installation of Officers

Dinner: Choose ONE

Roasted Prime Rib Broiled Salmon/Dill Cream Sauce
 Vegetarian/Vegan

\$Included

Total Registration Fee: **\$235.00**

Angel Fund: **\$**

Late Fee (After May 1): **\$ 15.00**

Total Enclosed: **\$**

Make checks payable to: WNF&GA National Meeting Fund

Send completed Registration form and check to: Julie Siefker, 9355 Rd 11, Ottawa, OH 45875

Bus fees may be combined in one check, bus form (page 12) is necessary to reserve your seat.

Questions: call Julie Siefker 1-419-538-6739 jverhoff@bright.net or Mary Bertolini 1-248-620-9281 mgbertolini@aol.com

No refunds. Prices for registration are all-inclusive.

Late fees apply after May 1, 2010. No Exceptions.

Call hotel directly to make room reservations 1-716-773-1111. Group Code: w80.

Accommodations: Grand Island Holiday Inn and Resort

The Grand Island Holiday Inn and Resort, a lovely Grand Dame of the Niagara River, will be our destination for the 96th Annual National Meeting of Woman's National Farm & Garden Association.

Located on the border between New York and Ontario, the island is a small vacation community. It is adjacent to Tonawanda, New York and just east of Niagara Falls. The facility has been recently renovated and promises to be a lovely setting in June.

We have 30 guest rooms set aside for our members. Reservations will be accepted until **May 2, 2010**. Our room rate of \$119.00 per night for room with 2 double beds will be honored up to that date, taxes extra.

Various types of rooms are available at an increased price per night.

Rates include a full buffet breakfast in the main dining room each morning.

Reservations:

A link from our website www.wnfga.org to the hotel reservation site is provided for the convenience of our members. Those who wish to make a phone reservation may do so by calling directly to the hotel.

**Grand Island New York
Holiday Inn and Resort
100 Whitehaven Road
Grand Island, NY 14072
1-716-773-1111**

Group Code: w80

www.wnfga.org

Directions to the Grand Island Holiday Inn and Resort:

Driving:

Via New York State Thruway, I-190 N, EXIT N 19, 4 miles east on Whitehaven Road

Via Canada, take I-190 S to Grand Island, Exit at Whitehaven Road, turn left, proceed 4 miles.

Air Transportation:

Buffalo-Niagara International (BUF)

Distance: 20.0 mi/32.19 km northwest to hotel

Taxi Charge (one way): \$50.00 USD

Time by Taxi: 25 minutes

Niagara Falls International (IAG)

Distance: 12.0 mi/19.31 km south to hotel

Taxi Charge (one way): \$30.00 USD

Time by Taxi: 15 minutes



Plants that Help: Mint (*Mentha* Species)

By K. S. Sury Sastry, Adv. Master Gardner, Horticultural Chairman

Mentha viridis L. belongs to the family lamiaceae. Commonly referred to as Mint, this aromatic, vulnerable seasoning herb, is an erect branching herbaceous perennial with creeping rhizomes/stolons, used in flavoring salads and sauces. Only slight shade and plenty of water is required to support growth of 12 to 25 inches in height. A shape of a spear, the mint plant leaves have a distinct light blue sessile, as well as green serrated smooth leaves. The leaves are 2-4 inches long, 3/4 to 1 inch in width.

The history of mint dates back to 1790, when it was first introduced in the USA. The US is the main producer of mint oil. In the states, mint is well spread for commercial use in Oregon, Michigan and Indiana. It was commercially introduced to Indiana, Michigan and Oregon in 1975. In fact, the oldest mint farm in the US that produces a third of the countries peppermint oil production is located in St. John, Michigan. Land-owner Jim Crosby started this 140 acre farm back in 1912. Due to recent economic challenges, the community tried to help the Crosby family to sell all their mint oil they had in stock to all the new and old customers to preserve this farm.

Culinary Use:

Mint is a popular spice used across the world. Mint, commonly referred to as 'Pudina' in India, is associated with the dish "chutney", a green dipping sauce commonly found with Indian cuisine. Mint makes the most delicious chutney or sauce when ground fine in combination with raw mango or pomegranate, lemon juice and coconut. Outside of India, mint is used in quite a few dishes such as omelets, candy and fruit salads to increase the palatability of the food. It is used in mojitos, a traditional cocktail in Cuba. The cultivar *menthe spicata* (*nana*) of Morocco because of its pungent mild aroma it is used in touareg

tea. Leaves are used in several beverages, juices, sherbets, soups stews, sauces lamb, veal, beef and various vegetable dishes. Peppermint oil itself is used as candy, gum, ice cream, syrups, and gelatins baked goods and alcoholic beverages.

Kitchen garden mint can be easily propagated by root division during the rainy season, and the household requirements though constant, are very little at a time. Therefore, a very tiny corner of about 2-3 ft² is sufficient for it. The roots are placed at a distance of 4-6 inches can cover the whole area in about 3-4 weeks. Although the rainy season is the best time to propagate roots, they also establish themselves well enough in mild winters. In summer, there is no difficulty in propagation if watering is done regularly. Although perennials are good to replant after 2-3 years in a new spot. Check roots incursive in tendency by sinking boards or bricks one foot deep around bed. Further, Mint are repellants to white cabbage flies, rats and mice, butterflies, ants and aphids.

Almost everywhere in the world mint is used. Greeks, Indians leaves are made to float in the bath tubs to give some nice smell. It provides warmth to the human body. Leaves are used as tea. Because of the chemical contents and nutrients it is heavily used as vegetables.



In culinary uses it is a popular Indian herb. Leaves are used for flavoring and medicinal purposes.

Chemical Analysis:

The chemical analysis 100 gram leaves. moisture 83g, protein 4.8g, fat 0.6g, carbohydrates 8.0g, minerals 1.6g, fiber 2.0g, Vit A 2700 IU, Vit C 0.05mg, Ca200mg, P 62mg, Fe 15.6mg and Calories 57.

Medicinal Uses:

Mint helps prevents germs in heliosis, and increases digestive capacity. A plain paste of leaves applied around the forehead prevents splitting headache. Prevents throwing up and dizziness as well as in the prevention of hiccups. Mint fresh juice, teaspoon of lime juice and honey 3 times a day helps in digestive disorders like indigestion, flatulence, thread worms, morning sickness, and diarrhea. Mint also helps voice hoarseness and skin disorders. When fresh mint juice is applied on the face every night, it cures pimples and acne. Further mint paste helps in insect bites, eczema, scabies, and contact dermatitis.

Mint Coconut Chutney

Ingredients: 1/4 large coconut in small pieces the edible kernel; 5-20 green chilies to your taste; 1/2 bunch of washed, clean mint leaves as available in stores with no big stalks and roots; 1/2 teaspoon of tamarind paste.

Blend ingredients together. Add 1 teaspoon of salt or to taste. Grind it well to a paste with minimum water. Transfer to a serving bowl. In a small pan, place 2 teaspoons of vegetable oil. Heat it and add 1/2 tablespoon of mustard seeds. In a few seconds it starts popping. Pour it into the paste and mix it up well. Serve with bread of all kinds and rice. Finger sandwiches can be made and served in picnics and graduation parties. Smear cream cheese lightly on a slice of bread. On another slice spread a thin layer of mint chutney paste. Put the slices together and cut into two or four triangular pieces.

Plants That Hurt....Invasive plants: What's the big problem?

By Cynthia Balkwell, Springfield Garden Club

What makes a plant an invasive plant? Approximately two thirds of the plants that inhabit the mid-west are Native or Indigenous Species. These are plants that inhabited the continent prior to the arrival of European Settlers. Although they might seem quite common to us, up to one third of the plant species we are familiar with are actually Non Native Species. They are plants that have been introduced either intentionally or unintentionally as a result of human activity. Many of these species were brought to the USA as ornamentals, herbs or food sources as people emigrated from other parts of the world. Once established they have been sold and transplanted from one state to another within the USA.

Not all of these non-native plants are problematic or invasive. However, some of these plants with the absence of their own natural predators and parasites have escaped cultivation and become invasive. What gives these plants such a huge competitive advantage? It starts with the absence of disease and insects that would otherwise help control the population aided by the fact that they can thrive in a wide variety of habitats and soils. Species that become invasive often germinate or leaf out earlier than other species in their new habitat shadowing the seeds and/or impeding the spring growth of other plants. Seeds or fruit from invasive herbaceous species are plentiful, with some individual plants such as Garlic Mustard, Purple Loosestrife and Dames Rocket producing thousands of seeds. Autumn Olive and Buckthorn

can produce pounds of berries. These seeds can remain viable for many years and are easily and readily dispersed into new habitats by wind, water and wildlife. Some invasive plants are able to secrete chemicals into the soil changing the balance of the soil making it difficult, if not impossible, for other species to survive. As a result dense monocultures are created allowing them to reproduce rapidly in great numbers, changing bio-diversity and altering whole ecosystems. This can cause staggering ecological, economical and aesthetic consequences over widespread areas.

For many, many years, centuries to be more exact, most people didn't think or recognize that the introduction of non-native species into new environments could be a problem. Even today, some people will express, "Well, if it can grow there, it must belong there". But, there are flaws in that thinking. Today we better understand the circles of life, the necessity of diversity and the co dependency that exists between some plants and insects for their survival. Plants and various other living species such as butterflies, amphibians, birds, small reptiles and mammals were designed to live in various forms of interrelated cultures and sub cultures for their well being. And the well being and survival of higher species on the food chain may be dependent on them, as well.

Known invasive species are displacing both native and non-native non-invasive plant species at an alarming rate. The fields and the under story of wood lots are being taken over by Garlic Mustard and Dames Rocket. Oriental Bittersweet and Kudzu

vines are destroying both saplings and mature trees threatening our forests and future generations of wood lots. Eurasian Water Milfoil is dominating lakes and ponds disrupting the aquatic food chain. Purple Loosestrife and *Phragmites australis* both form dense impassable barriers for wildlife to reach ponds and lakes. Reduced native plant populations are threatening migratory butterflies and ground feeding birds.

To make matters worse, largely due to our new global marketplace, the pace at which additional new species are being introduced into new environmental settings has increased dramatically. This increased frequency and the great distance that species are being transferred cannot be ignored. The problem of invasive species and the potential economic impact has become so large that in 1999 the president issued Executive Order 13112 to establish a National Invasive Species Management Plan to deal with it. They define an invasive species as, "a species that is non-native to the ecosystem under consideration and whose introduction causes or is likely to cause economic or environmental harm or harm to human health." Nationwide it is estimated that invasive plants, along with other species such as non-native insects, are negatively impacting or even destroying 3 million acres per year. The price of these losses and trying to control or eradicate invasive species is roughly \$35 billion dollars annually.

Unfortunately, even with the government involvement, the problems of invasive species will not be going away anytime soon. It is effecting rural, suburban and urban areas.

Plants That Hurt....

Public awareness and educational outreach is increasing, but not as fast as the problems are growing. Even today all but a very few plants known to be problematic invasive species in parts of the country can still be purchased at your local nursery or through a mail order catalog. Some may actually be listed as invasive, but most will be marketed as "ornamental", quick, fast growing, and problem solving landscape fixes or "good for naturalizing". The lack of restrictions on the sale of plants is largely due to the fact that the USA has a variety of growing climates. A plant that is highly invasive and problematic in one region may pose little or no threat in another. Unknowingly, the home gardener makes their purchase thinking that the plant, ornamental grass, bush or tree is "safe" to add to their garden or landscape. Even worse, when the plant, bush or tree begins to spread prolifically or encroach into unwanted areas the home gardener graciously shares them with their fellow gardeners unintentionally further perpetuating the problem.

The bottom line is this: As individual gardeners neither you or I can fix the larger problem by ourselves, but each of us can make a conscious decision whether or not we want to be part of a collective solution to minimize or eliminate invasive plant populations. We can take the time to think before we plant, learn more about what is in our gardens before we share it, remove problem invasive plants from our yards before they spread to someone else's. We can share of knowledge about invasive plants and encourage the use of native planting in our communities to support the birds and butterflies we all enjoy seeing in our gardens.

Managing Invasive Plants Be Part of the Solution

- * Resist the seduction of beauty and quick landscape fixes. Know what you plant – most invasive plants are NOT illegal. Many of them can still be purchased via catalog or at the local Nursery
- * Ask questions and / or do your research. When in doubt – DON'T plant. It is much better to avoid a problem than it is to try and get rid of it later.
- * Consider natives and non-invasive alternatives. Many are equally beautiful and will enhance your gardening experience. Choosing native plants will help support your own local ecosystem and wildlife.
- * Take Responsibility. Become familiar with problem plants in your geographical area.
- * Learn how to recognize them and the best way to remove them. Don't think that one plant won't make a difference.
- * Remove any invasive plants from your own property. Don't leave potential problem plants behind. A small problem today will only get bigger tomorrow.
- * Last but not least, help educate your friends and neighbors and ...Don't share Bad plants with Good Friends!

Techniques to Remove Invasive Plants:

- * Often invasive plants are the first to show up green in the spring. The earlier you remove them the better. If they are already established remove the plants before they go to seed or bear fruit.
- * Use the right tools and methods for removal. What works well for removing one plant may actually be beneficial to another.
- * If you must use chemicals to remove invasive plants follow all directions and use them responsibly.
- * Don't put invasive plants in your home compost pile. In some plants the seeds will continue to mature. You don't want to spread them all around your garden next year.

Online Resources:

There are many online resources and books available to you that will help you identify and learn about what you have or are considering planting. Some very good resources are the Midwest Invasive Plant Network -- MIPN.org, The Nature Conservancy's Global Invasive Species Initiative <http://tncweeds.ucdavis.edu/esadocs.html> and the US Environmental Protection Agency, Great Lakes National Program Office Ecological Protection and Restoration Team – <http://epa.gov/greatlakes/ecopage>.

Plants That Hurt... A Look at Japanese Knotweed

By Rebecca Bakker, Ambler Key-stone Branch

When the New World was colonized, it was natural for people to bring their most familiar and trusted plants with them. The success or failure of non-native plants transplanted to a new country depends on many factors, one of the most important being climate. As long as high and low temperatures, soil, and water requirements mimic their home territory, and in the absence of new lethal diseases and insects, the plant will thrive.

What early importers did not realize was that plants don't live as solitary subjects wherever they grow. It has taken millions of years for plants and animals to co-evolve so that all of nature works in tandem, each plant growing leaves and fruits that not only ensure the future of that plant but that also feed and sustain the wildlife and insects around it. In turn, the insects and wildlife that feed on the plants also control the spread and keep it in check.

Some introduced plants are well behaved but others run rampant. Some set increased amounts of seed that can remain viable in the soil for many years; others' seed is not palatable to local insects and wildlife. Some plants reproduce in a variety of ways, greatly increasing their odds of proliferating. Many can thrive in a wide variety of soils and habitats and may not be subject to local diseases. Some plants secrete allelopathic chemicals into the soil, retarding the growth of native plants. The result can be large stands of monocultures that can be nearly impossible to remove and can change whole ecosystems.

Japanese knotweed or fleeceflower (*Polygonum cuspidatum*) is one such invasive plant. It is a member of the buckwheat family and a relative of rhubarb that was introduced to the United States as an ornamental and for erosion control in the late 1800's from Asia (www.invasivespeciesinfo.gov/plants/

knotweed) where it is used as a food source and an herbal remedy.

Note the alternate, simple, egg-shaped leaves and zigzag appearance of the hollow jointed stems. Young stems look like red asparagus. Knotweed blooms in late summer with white fleecy flowers attractive to few and, as it turned out, also poor at controlling erosion. It forms thick stands with a woody base that becomes more and more difficult to eradicate over time. The thick underground rhizomes can even penetrate pavement.

Fortunately, knotweed doesn't invade forests as it finds disturbed sites with friable soil easier. It is often found around dumps as all it takes is one fragment of one root, carelessly submerged within a pile of fill dumped in a sunny or shady spot for it to take off. It is happy on banks near streams and rivers and even lawns and gardens.

Eradicating or controlling knotweed, also called killer bamboo (it is not a bamboo at all), takes a multi-pronged approach. Dug up, cut down, sprayed and covered, all of these approaches will work if vigilance attends. Roots can be removed and bagged but rest assured any tiny root left behind will emerge as a new plant. Knotweed sprouts vigorously following cutting, mowing, digging and some herbicide treatments, especially early in the growing season until at least August. According to the Nature Conservancy, such treatments also stimulate the produc-



Japanese Knotweed

tion of shoots from latent buds dispersed on the root crown or rhizomes.

The best way to kill the underground rhizomes is to cut it to the ground and lay a large, heavy tarp over the area. In a garden, a thick cover of mulch over the tarp will improve the esthetic, to which potted plants could also be added. Watch the edges where the light seeking stems will be sure to emerge. This needs to be left in place for at least a year. An herbicide such as glyphosate (Roundup) might be used to facilitate the difficult process. Application is best in late summer when the roots are storing nutrients for winter. Spray into the cut stems where it can be drawn down into the root zone. Using a multi-pronged approach will improve your chances of success.

Note: The Nature Conservancy has produced some outreach materials that are available to other projects at little or no cost. These include an informational brochure, an outreach poster and "I found knotweed" postcards. The Conservancy can also provide more detailed control and project structure advice.

Japanese Knotweed Sherbet *

(*The Wild Vegetarian Cookbook* by Steve Brill)

3 cups Japanese knotweed stalks, peeled if desired, coarsely sliced; 1-1/3 cups orange juice (freshly squeezed is best); 1-1/2 cups apple juice or other fruit juice; 1/2 cup lemon juice; 1/4 cup canola oil; 1/4 cup vegetable glycerin, honey, barley malt, or rice syrup; 1 tbs. freshly grated (or 1 tsp. dried) orange rind; 2 tsp. vanilla extract; 1 tsp. lemon extract; 1 tsp. liquid stevia (optional); and 1/4 tsp. salt.

1. Simmer the shoots in the orange juice, apple juice, and lemon juice 10 minutes or until soft. 2. Puree in a blender with the remaining ingredients. 3. Chill. 4. Pour into an ice cream machine and run it until done.

*Knotweed has a lemony flavor.

FARM & GARDEN NEWS

New York Division Update

By Audrey Ehrler, Division President

All three Branches of the New York Division have planned their 2010 year. Community service, educational programs, civic beautification and environmental concerns continue as our main focuses.

The Cambridge Branch has chosen two special women to lead them for the next two years. Co-Presidents, Nancy Murphy and Jean Wager are carrying them into their 51st year.

The Sandy Hill Branch is celebrating it's 25th year. Founded in 1985, this Branch was founded to meet the needs of career women in the area. Most of their meetings are held in the evening. Branch President, Judith Bronk, has led this group for 25 years. Sandy Hill is planning a special event in autumn to celebrate their founding. They will host our annual Founder's Day.

In April, I will step down as the New York Division President at our Spring Division Meeting. The Cambridge Branch will host that meeting. Janine Thomas, of Hartford, New York, will be installed as our new President.

Janine taught for many years at the Hartford, NY Central School. She joined "Farm n Garden" as a member of the Sandy Hill Branch. Upon her retirement, Janine joined the Tri-County Branch and became an active member serving on several committees. For the past two years, Janine has been our Branch President. Members of the Branch have benefitted greatly from Janine's leadership. She will continue to plan interesting programs for the Tri-County Branch.

Janine is an exceptional artist. A visit to her studio is a special treat. She willingly shares her artistic talent throughout the region and has taught many to enjoy and explore the world of art.

Please look for and welcome Janine at the National Meeting in Buffalo, NY this June. If you would like to contact Janine, her address is: Mrs. Janine Thomas; PO

Box 29; Hartford, New York 12838-0029; Phone: 518-632-5181; E-Mail: batja9thomas@gmail.com

Ohio Division Extends Invitation

By Julia Siefker, Division President

Greetings!

After several years on hiatus, the Ohio Division Newsletter returned last fall and was warmly received by the branches. Improving communications within the Ohio Division is an issue the Executive committee is addressing, and the return of the Newsletter has been a good start!

The Ohio Division ended 2009 with a huge success on our 6th Annual Holiday Gathering and Greens Sales. Record high profits were realized due to the hard and creative work of former Division President Nancy Naugle and Nature's Housekeepers Branch President Amy Ballinger who led the committee. All the Branches within the Division did their part in creating a wonderful evening with "Frosty Fun" as the theme. Snowman centerpieces graced the tables and a variety of presenters led informal sessions that ranged from holiday tablescapes, floral designs & centerpieces, festive appetizers, jewelry making, and much more. The Silent Auction was well supported with donations from community businesses and did well as many members bid on a large selection of Christmas items.

This spring, Nature's Housekeepers Branch will be the Hostesses for our April 15th, 2009 spring annual meeting to be held at the Findlay Country Club. The theme "Down By The Old Mill Stream" will celebrate the 100th Anniversary of the song penned by Tell Taylor. This song pays homage to the Blanchard River that runs through Findlay and was the inspiration for this famous melody. The Findlay Country Club is nestled next to the Old Mill Stream itself and will provide the perfect setting for the Division business meeting and a memorable luncheon

and awards program. Annual Meeting Chairperson for Nature's Housekeepers, Sandy Hansen and her committee have been hard at work since last fall planning all the details. The Ohio Division would like to extend an invitation to all members of WNF&GA to attend. For more information or to order tickets, please contact Sandy Hansen at shansen@bright.net or 419-425-4224.

In May, the Division will launch a new program called "Take A Girl To Garden" day (T.A.G.G.) It will be held Friday, May 7th from 4pm-8pm at the Litzenberg Memorial Woods, which is part of the Hancock County Park System. The Woods is located on St. Rt. 224, several miles west of Findlay, Ohio. Branch members are encouraged to invite their daughters, granddaughters, sisters, nieces, and any fun, female friend to discover the joys of gardening. T.A.G.G. will also promote membership recruitment and retention. Hands-on learning sessions will include: Starting a Garden, Seed Starting, Composting, Herbs, Wildflower Walks, Container Gardening, Raised Bed Gardening, Floral Arts, and much more. This event is open to all members of WNF&GA. For more info contact Julia Siefker at jverhoff@bright.net or 419-538-6739.

Ohio Division Branch Celebrates 10 Year Anniversary

Nature's Seedlings and Nature's Housekeepers spent a festive and delightful evening at The Wine Merchant on Tuesday, January 19th celebrating the Seedlings 10th Anniversary as a Branch of the Ohio Division of the WNF&GA. Event coordinator, Tracy Koehler welcomed over 30 members and guests and Past National President Barbara Hochstetler gave a warm, entertaining account of how Seedlings started as an "offshoot" of Nature's Housekeepers. The rest of the evening was spent visiting and enjoying several nice wines and delicious food pairings. Congratulations to all members of Nature's Seedlings on this wonderful occasion!

FARM & GARDEN NEWS

Celebrate The First Annual Daffodil Day on Belle Isle With the Michigan Division and Bloomfield Hills Branch Tuesday April 27, 2010

Lynden Miller, public garden crusader, believes public parks change human behavior. Not only do restored parks change human behavior but they improve the quality of life, and improve business opportunities by over 225%, substantiated by the Battery Park, NYC project. All who live in the greater metropolitan Detroit area would benefit by the restoration of Belle Isle and the beautification of Detroit. Returning Detroit to its former glory would spill over into all our communities, but it is a daunting project. We know how many have previously tried. The Bloomfield Hills Branch and the Belle Isle Women's Committee are doing something tangible about it today - **we are planting daffodils!**

Now, we can all help support this wonderful project by visiting Belle Isle on our first Annual Daffodil Day, reserved for the Woman's National Farm & Garden membership. Each registration will include a donation to the Daffodil project and in 2011 you will see our efforts in bloom!

We have a wonderful day planned:

*10:00 AM: Meet at Sunset Point with Keith Flournoy and hear about the success of the Belle Isle Women's Committee and the Bloomfield Hills Branch;

*Visit the daffodils in front of the Casino;

*Visit the Conservatory with docents for a special tour;

*11:45-Noon: Meet at the Detroit Yacht Club for Lunch in the Fountain Room.

*Lunch will be a Grilled Chicken Caesar Salad; coffee, tea, iced tea, or soft drink; with Chocolate Mousse for dessert. Vegetarian meal can be special ordered.

*During dessert Rebecca Witt will talk about the "Greening of Detroit."

The Detroit Yacht Club is worth seeing. It was established in 1868 and the first clubhouse built in 1891. It was destroyed by fire in 1904 and replaced with the grand building we see today, designed by architect George Mason who also built the Detroit Masonic Temple and the Gem Theater. Our lunch will be served in the Fountain Room on the second floor, overlooking the marina and Detroit River. Even in winter with snow and ice, it is a wonderful view.

If you have questions please call or email: Claudia Scioly, 734-995-8441 or cscioly@hotmail.com. Registrations are limited, please send check for \$25.00 and registration form to Claudia Scioly, by April 20, 2010.

DAFFODILS

I WANDER'D lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.
Continuous as the stars that shine
And twinkle on the Milky Way,
They stretch'd in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.
The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed -- and gazed -- but little thought
What wealth the show to me had
brought:
For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

By William Wordsworth



MEETING ANNOUNCEMENT

Who: All Chairmen

What: Written report, ready for distribution

Where: Send to Corresponding Secretary Aileen LaBret; 674 S. Sheldon Road; Plymouth, MI 48170; alabret@aol.com.

When: By April 30, 2010

Why: To streamline the business portion of the WNF&GA Annual Meeting

Chairmen, please send your written reports to Corresponding Secretary Aileen LaBret by April 30, 2010. Aileen will make copies for distribution at the meeting. Thank you for your cooperation.



FARM & GARDEN NEWS

Saginaw Branch Supports 4-H

By Vicki Engel

There aren't too many places you can go where you can be having a bad day and pretty much have a guarantee you will walk away with a smile! Go to a 4 - H meeting!

The Michigan Division of the WNF&GA has a strong history of altruistic giving. Our Branches give to the 4 -H Foundation. The Saginaw Branch has an especially involved member-Henrietta Hensler. She has been involved with the 4 - H for 47 years! She brought the 4-H into the city here in Saginaw. Her first school was Morley school. Three tread sewing machines were purchased for one dollar a piece and they were off to a start. Sewing, cooking, and knitting were among the first projects.

4-H is for the children and the future. The 4-H motto is "To make the best better." 4-H teaches young people leadership, citizenship, and life skills. The 4-H pledge is "My Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service, and my Health to better living, for my club, my community, my country, and my world. The 4-H serves children ages 8 thru 18 with a younger group "in some areas" of 5-8 year olds called the "Clover Buds."

I was lucky enough to overhear Henrietta Hensler talking to someone about the "Clover Bud" group she works with at the Zilwaukee elementary school here. I knew she was very involved in 4-H. I had been a 4-H member in Saginaw Township in the late 50's. I have very positive memories about those years. I learned how to sew and knit. But, I think what I loved most about the 4-H was the people I met through it and the feeling of being a part of this group where I was learning things! I, for one, wanted to see what goes on in 4-H clubs these days! It would be fun to tag along and write about it for our newsletter.

What a great time I had! There were seven women who come once a month

and do a project with Mrs. Kari Stephens first grade class. Henrietta, Susan Traubenkraut who had a grandmother and mother who were leaders; Ashly Koch, a young student at Saginaw Valley training for Elementary Education and a member of 4-H club for 15 years; Jo An Kuhne retired nurse and leader for 43 years; Cindy Maratta another long time member, Pat Tucker a R.N. and Camp Nurse for the 4-H camp.

The project this time was making beaded friendship bracelets. You could see the excitement in the class intently trying to put the bracelets together. Each student was given two oranges, one for them and one for a friend. An explanation was given to the students how fruits affect our health. A book was read about the slaves smuggled through Michigan by the "Underground Railroad" across the Detroit river into Canada. The kids learned that the Detroit river was known as "The Freedom River." The 4-H is still a very special club for children.

Hopefully, we will have more leaders to form more clubs in this area. I was astonished to see that we had only one club at the Zilwaukee school in the whole immediate area of Saginaw! Now more than ever kids need "To make the best better." They need positive reinforcement of good skills and values in the world we live in today! I hope everyone gives serious thought to joining and becoming a leader. You could make a big difference to a child. You could be making a good citizen for our communities' future!

The current Division Project is raising funds to establish a 4-H Endowment Fund to insure that our funding of this worthwhile organization continues in the future. To donate to the Michigan Division Foundation or the Michigan Division 4-H Endowment Fund, contact: Michigan Division Foundation Treasurer.

Michigan Branches Are

Blooming With News

By Carroll Thomson, Michigan Division President

Last month I attended the Troy Branch's celebration of Founder's Day and Luncheon. Sue Vette organized a series of presentations and welcomed everyone at the start of the meeting. I spoke on the history of the Michigan Divisions' Biddle Gavel; Claudia Scioly spoke on the partnership between 4-H and the Michigan Division, dating back to 1928; Loraine Campbell introduced the history of WNF&GA and the growth of the Michigan Division under Clara Ford; Paula O'Brien related the history and process of Awards at the state and national levels; and Ann Britton addressed the ACWW and Pennies for Friendship. Troy invited Juliet and Warren Branches to the meeting which was well attended and the presentations were enthusiastically received.

Our very own Amanda Edmonds, Executive Director, Growing Hope, will be the speaker on Thursday night at the Annual Meeting in Buffalo. Amanda received two scholarships from the Ann Arbor Branch and Growing Hope was the recipient of the Garden Walk Grant twice. Her program is amazing, she helps people improve their lives through gardening and access to healthy food. I hope everyone gets to hear her.

We all survived the Holidays with dinners, luncheons, cocktail parties, greens markets, sewing programs and craft projects. Now most of the branches are planning their Garden Walks and special spring activities. If we can survive the winter snows and slush, we will plan on a glorious spring.

Branches are bursting with spring activities:

Michigan Division board is hosting the first Annual Daffodil Day at Belle Isle, with a docent-led tour of the Conservatory and lunch at the Detroit Yacht Club, April 27.

FARM & GARDEN NEWS

Hazel J. Herring Civic Improvement Grant Application

Application must be received by Marla Diamond by April 15, 2010

Application being made by (branch name): _____

Division (if applicable): _____ Number of Members: _____

Project title: _____

Project cost: _____ (Estimated, if necessary)

Person submitting application: _____ Telephone: _____

Address: _____

FAX/e-mail: _____

Application must include the following:

1. A completed application form
2. A written description, no more than three pages in length, describing the Project, the Goal, the Sweat Equity (who will be involved in the project), the Total Cost for completion.
3. A copy of this application should be sent to the Branch and Division President for their records.
4. Four digital photos in a .jpg format to be e-mailed or sent with the application on a CD-Rom to be used in PowerPoint presentations.

Mail completed application and photos to:

**Marla Diamond
22878 East River Road
Grosse Ile., MI 48183 Phone: 734-676-6993
E-mail: MARLAJDIAMOND@comcast.net**

One more thing:

Please send a copy of your report to Hazel to show you appreciation for her contribution of this grant. She enjoys knowing the money is well spent. Mail to: Hazel J. Herring; P.O. Box 50009; Austin, TX 78763

The Springfield Branch is hosting "Duds and Daffodils" an annual Style Show and Benefit for the 4-H Endowment, May 5.

The Rochester Branch is celebrating its 75th Anniversary this year and will host a special luncheon in May with members.

The Waterford Branch gained 20 new members this past year and they are involved and increasing the mission of WNF&GA with activities and committee work.

Clarkston Garden Club awarded three mini-grants to help teach students about horticulture, conservation, earth science and environmental education.

Garden Walks are numerous: Ann Arbor, June 12; Country Garden Club of Northville, July 7; Franklin Branch, June 9; Grosse Pointe, June 26-27; Milford Garden Club, June 19; Rochester Branch, June 17; Clarkston and Troy,

July 14; Trailwood Garden Club, June 19; and Warren, July 18. Wow, what fun!

Gerry Kohs, life member of the Northville Branch and President in 1964-66, died last year at the age of 97. In memory of Gerry and her husband George, their sons planted a 26 year-old Tri Color Beech Tree at Northville's history village, Mill Race; and donated to the Northville Garden Club a beautiful arbor which was placed in Garden Club Park downtown Northville. A champagne dedication event for members is planned for June 14, 2010.

Think spring!

**The Big Burn
By Jorie Nailor, Ambler Keystone Branch**

For the fourth year, our branch read a book to discuss at the January general

meeting with a pot luck dinner. This year we added the watching of the film by Ken Burns *The National Parks America's Best Idea* as shown on PBS in September and October, 2009. The book was *The Big Burn Teddy Roosevelt and the Fire That Saved America* by Timothy Egan. Both book and film are well worth your effort to further the discussion. The National Park System and the National Forest Service are a benefit to us today. This did not happen without a good story behind it. Now the questions are how to handle what we have to the best benefit to us as well as future generations.

Books read previously include Sara Stein *Noah's Garden, Robbing the Bees* by Holly Bishop, *Wolves and Honey* by Susan Brind Morrow, and *Animal, Vegetable, Miracle*, by Barbara Kingsolver.

FARM & GARDEN NEWS

Heirloom Farm & Garden

Heirlooms are precious things that we pass down through time from person to person. Though we often use the term to refer to species of plants, it can also refer to precious stories and knowledge that we want to save and share across generations. Our Farm & Garden memory book will contain such precious information.

Stories submitted for the Farm & Garden Memory Book will be compiled and shared with all WNF&GA members in attendance at the national meeting in June 2010. **Additional stories will be accepted up to and through June 2010.**

Please share your family stories of gardening, canning, home remedies, and other home arts that affected your life and your love of "all things Farm & Garden." Wherever possible, include family recipes and photographs connected to your story.

Please send your stories to Kathy Beveridge by June 30, 2010 at 1195 Dager Road, Warminster, PA 18974 or kathleen.beveridge@comcast.net.

The following is a sample story:

Playthings From Nature

By Audrey Ehrler

We were poor, but no one ever told us we were poor! We had all we needed,

due to the ingenuity and cooperative spirit of our immigrant relatives and our friends.

My Grandparents came to America in search of a better life. The town we lived in in N.J. had a large Italian immigrant population. Each person in our community was valued for their unique talents and everyone pitched in to become Americans.

Now the reader may be thinking, "What does this have to do with Farm Issues or Farm Life?" Oh, but it truly does! Even though we lived twelve miles west of the George Washington Bridge and in a region known for producing textiles, I always felt like I grew up on a farm.

In those days, everyone had a huge garden, grapevine and an orchard. We produced our own food. All of our clothing was home-sewn and hand knitted. We even had some luxuries. We made our own wine, candies, and brandies. Jams and jellies and wonderful preserves lined the cupboard shelves. Bouquets of flowers from the garden adorned our homes. Hand made lace curtains and doilies draped the windows and the furnishings. Our leisure activities were spun out of our imaginations. We did have some bought toys, but toys were not as plentiful as they are now.

So, we used our imaginations and what we had on hand to create our toys.

Tall sturdy reeds became our pea shooters. Of course, the peas came right out of the garden. When the grapes were plentiful, we had grape shooting fights. A bit messy, but lots of fun. Thank God for Clorox Bleach!!!! We painted rocks and braided twine. Tree limbs became baseball bats and sling shots. Balls were fashioned from newspaper, cloth strips, twine and tape. A Sports Gym was not a part of our vocabulary. The barn out back had a loft. We would climb the creaky wooden ladder and jump down onto an old mattress for hours and hours. What good exercise while having fun!

Weeds and rocks became our merchandise for playing store. Nature and our imaginations cooperated to provide hours upon hours of worthwhile fun. No need for a toy shop in those days!



SUPPORT THE AMBLER GREENHOUSE PROJECT (WNF&GA TAX ID #52-6073829)

Name of Donor (Individual or Branch)

Address

City

State

Zip Code

Amount of Donation (Made payable to WNF&GA w/memo "Ambler Greenhouse Project")

If this is an individual donation of \$100 or more, include inscription for brick:

Line 1 - _____ (up to 14 characters per line including spaces)
Line 2 - _____ (up to 14 characters per line including spaces)
Line 3 - _____ (up to 14 characters per line including spaces)

Contributions are tax deductible.

Mail to: Margaret Latham, Box 325, Rawson, OH 45881

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CONGRATULATIONS

To

**The Ambler Arboretum
Pennsylvania Horticultural Society and
WNF&GA Ambler Keystone Branch
for their
“Farm Faithfully-Garden Gratefully”
Symposium and Tea TRIUMPH!**

Jenny Rose Carey and Susan Yeager, along with Linda Lowe and the dedicated support of ALL Ambler Keystone Branch members, hosted a sold out affair with four nationally known speakers; a luncheon and a fabulous English tea.

At the tea, Kathy Beveridge made sure that participants knew of the proposed new branch. From this wonderful introduction, local community women learned about WNF&GA and many signed up to join.

CONGRATULATIONS Jenny Rose Carey and all Ambler Keystone Branch Members.
From an anonymous admirer.