



Winter 2019: Volume 75, No. 4

Memoranda Editor: Glenda Pugh



**VI District Director  
Annemarie Ramirez's  
Message**

Well, here we are in December with snowflakes outside my window and the yards are painted white. My amaryllis is starting to grow, preparing to flower for the Holidays.

Our First Assistant Director, Cheryl Miller, is busy preparing for our Spring VI District Meeting. Please save the date April 22<sup>nd</sup>, 2020 at the HATHAWAY HOUSE in McGraw, NY- details to follow.

We would appreciate having a District Club volunteer to provide table arrangements for the Spring Luncheon. Please contact me by e-mail: [annemarie\\_ramirez@hotmail.com](mailto:annemarie_ramirez@hotmail.com), phone 315-655-5855 or mail to: 4162 Fox Lane, Cazenovia -NY13035, if you are interested in supporting our District Luncheon.

**HAPPY HOLIDAYS TO ALL**

**District Calendar of Events**

**Dec. 7<sup>th</sup> – Cazenovia GC Holiday Sale-Wreaths, Plants, Arrangements and more at Cazenovia Library Community Room – 10am to 2pm**

**Dec. 7<sup>th</sup> – Home GC of Syracuse – Greens Workshop  
Pebble Hill Presbyterian Church  
10am to 1pm**

**Save the Date**

**April 22<sup>nd</sup> - VI District Spring Luncheon  
2020 Hathaway House, McGraw, NY**



**TO COUNTY CHAIRS  
PHOTOS AND NEWS  
DEADLINES FOR COPY**

<b>SPRING ISSUE: 2020</b>	<b>Feb.</b>	<b>28</b>
SUMMER ISSUE: 2020	May	31
FALL ISSUE: 2020	Sept.	7
WINTER ISSUE: 2020	Dec.	1

**Memoranda articles need to be received by the Memoranda Editor, Glenda Pugh, by 6pm on the Date of Deadline.**

If you have any memoranda suggestions, questions or comments send to: [glendapugh@icloud.com](mailto:glendapugh@icloud.com) or phone: 315-815-4149 cell: 315-415-4987. For VI District information, visit our website: [www.fgcnyvi.com](http://www.fgcnyvi.com)

Tony Antes, our Memoranda Publisher, asks that if you have a change of mailing address, please send it to Pauline Ireland at [pauline.ireland@gmail.com](mailto:pauline.ireland@gmail.com), if you have a change of E-mail address, send it to Tony Antes at [aantes@stny.rr.com](mailto:aantes@stny.rr.com) and Pauline

**BROOME COUNTY**

From: Linda Vick, County Chair  
607-648-2189 • email: [birder65@gmail.com](mailto:birder65@gmail.com)

**BINGHAMTON -** As another year draws to a close for the Binghamton Garden Club, it's time to reflect on what the year has held. We learned so much from our speakers; about wildlife in faraway places and in our own backyards. We made some beautiful seasonal creations together and went on field trips where we were able to appreciate herons and eagles in their natural environments. The Civic Beautification group completed our public gardening projects. The Club membership has been able to support our local community with contributions to The Binghamton Zoo, Waterman Conservation Center, VINES, The Nature Conservancy and Finch Hollow Nature Center. Our Butterfly Way Station provided sanctuary for monarchs and our Garden Therapy group spread cheer to our homebound members.

In December, we are getting ready to celebrate the Binghamton Garden Club's 90th anniversary as a Federated Garden Club. Plans are being made to celebrate with a holiday luncheon at Traditions at the Glen, complete with club made centerpieces, displays and presentations on the history of the club. It will be a celebration worthy of a year filled full with learning, helping and companionship!

**CHENANGO BRIDGE GC-** No Report

**ENDWELL GC-** October was a very busy month for the Garden Club of Endwell. At our October 9th business meeting, Casey Kuhlman from Tioga Gardens did a wonderful presentation on house plants. He even encouraged our members to bring in any house plants that they had questions or concerns about and was able to give us great advice! October 22nd we had our Burger King Fundraiser and despite a rainy night we were able to raise approximately \$350. The staff at Burger King are a fantastic group and it was wonderful having dinner with our fellow members!

November 13<sup>th</sup>, Margie from "Ye Ole Country Florist" led us in a workshop on making Christmas trees from boxwood. We had approximately 60 members who made trees that were absolutely beautiful.



At our November meeting we also voted on the slate of officers for 2020, presented to us in October. The officers will be installed at our December Christmas holiday meeting and dinner.

We are looking forward to our Christmas Dinner on December 11th, this is always a great evening with family and friends! It has been a year full of friendships, gardening tips, ideas and always working towards beautifying our community; already looking forward to next year.

Wishing you all a wonderful holiday season!

**HILL 'N' DALE GC -** No report

**CHENANGO COUNTY**  
 From: Joy Coletta, County Chair  
 607-843-9209 \* email: [joyful@frontiernet.net](mailto:joyful@frontiernet.net)

**GREENE GC -** Since last checking in, The Greene Garden Club participated in the 100th anniversary celebration of the Annual Greene Labor Day Picnic. Club members supported the event with a large number of beautiful and creative floral displays themed, "Rolling through the Years." The displays were abundant and were enjoyed by the large number of residents and visitors attending the picnic. The Club's floral displays have graced this Labor Day tradition for the past 64 years.



During the 100th anniversary Opening Ceremony, the club presented a custom-made bench to the Town & Village of Greene. The bench back consists of a patterned metal cutout resembling the Village Clock established in 1888. The Village Clock has been in place for more than 130 years. We adorned the bench with a plaque, which reads, may your "Greene" gardens forever flourish. We were fortunate to have our club founder, Madeline Raymond's grandsons, Steve and Pete to share in revealing the bench. The concept of the Greene Bench Project is to fill our sidewalks with metal artistic benches, patterned after historic Greene structures. In the spring, the bench will be installed in front of the Town and Village offices and we invite our sister garden clubs from the region to stop by and view the bench.

Also in September, we enjoyed a Sip & Paint session painting a Jack in the Pulpit flower, each with our own unique expression and style. We celebrated October with our annual Harvest Dinner enjoying delicious dishes made by our members, and in November, we made plans to support our local Rotary Christmas Basket Project, purchasing 50 bed sized blankets and 50 bags stuffed full of personal hygiene products. We enjoy a strong sense of community in Greene, and are happy to participate in the effort that brings much needed food and gifts to more than 180 community members in need.

We will end 2019 by enjoying a dish-to-pass holiday luncheon and hold elections for open officer positions. The Greene Garden Club sends our sincere best wishes to our sister clubs in the district for a beautiful holiday season, and a happy and prosperous 2020.

**NORWICH GC -** The Norwich Garden Club participated with other Chenango County Clubs to present a standard flower show "The Radiance of Water". Three of our members competed in The New York State Fair in Syracuse.

In September we met to design items to be sold at "Saturdays in the Park" We also sold baked goods, spring bulbs and held a raffle.

Our October meeting was presented by Kathy Purdy on Cold Climate Gardening.

To close the year, our club held our annual meeting and election of officers for 2020 at the Wild Owl in Norwich on November 20<sup>th</sup>.

In December we will be participating with The Town & Country Garden Club in "Home for the Holidays", a home decorating contest.

**OXFORD GARDEN GC-** Oxford Garden Clubs busy year is now coming to a close with only a few more projects to do. In the fall months, we cleaned and put to rest our library gardens and planted pots of daffodil bulbs in Lafayette Park thinking of spring.

We also celebrated our clubs 60th anniversary, open to the public with special invitations to past our presidents. There were lots of memorabilia and exhibits of past projects we have done, refreshments were served and enjoyed

At the beginning of December, we decorate our library for the Christmas Season, followed by a potluck meal and gifts to pass. The grand finale to our year is the Christmas party at our adopted senior living residence complete with Christmas Carols, lots of cookies and gifts for each of the residents, even a visit from Santa.

We wish everyone a Merry Christmas and a great holiday season.

**TOWN & COUNTRY NORWICH GC** – The Town and Country Garden Club stayed busy through the summer tending to the 9-11 Memorial Garden in Guernsey Park and the vegetable-herb garden at the County Museum.

In July we had our annual picnic and a few spouses also attended.

We held our annual meeting in August followed by a Silent Auction fundraiser. Our Club members received many awards at the State Fair Flower Show.

In September Sandy Ballard did a program on "Herbs from Your Garden".

Jane Clement did a program on "Houseplants" for the November meeting.

We will be making holiday arrangements in December guided by the able direction of Marilyn Carley. Each December we decorate a tree for the Open House at The Chenango County Museum. As the theme this year is "Chenango County," our tree will represent the County Fair Flower Show. Finally we are happy to announce that, although we did have two members resign, we added three new members, so our Club is growing!!

### CORTLAND COUNTY

From: Judith Heath, County Chair  
607-749-2036 \* email: jmheath62@gmail.com

**HOMER GC-** No report

**TOWN AND COUNTRY CORTLAND/HOMER GC-**  
No report

### MADISON COUNTY

From: Glenda Pugh, County Chair  
315-815-4149 \* email: alendapuah@icloud.com

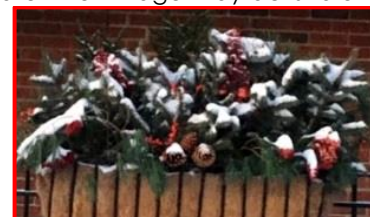
**CAZENOVIA GC -** At our September meeting, we shared some gardening highlights and favorite local nurseries information. We also discussed changes and improvements to our summer village plantings for 2020, including bigger and better hanging baskets.

"The Beautiful Orchid" was the topic of our October meeting. Sue Finger, president of the Central New York Orchid Society, discussed how to grow orchids: light, water, potting medium, temperatures, etc. and showed us MANY different types of orchids. Most of us had no idea there were so many varieties other than the typical orchids available at our local grocery stores! Later in the month we gathered at a member's home to prepare pinecone and ornament picks to use in embellishing the holiday arrangements that will be made by club members and sold at our annual holiday sale.

We started preparing our holiday decorations for the village at our November meeting where we checked lights



and replaced bows on the holiday wreaths. With assistance from Cazenovia College students garland was strung along the store fronts. We gathered on several cold November mornings to cut greens, red twig dogwood, sumac, and berries; to fill and decorate the village hayracks along Albany Street with these gathered treasures of nature.



In early December we participated in two workshops, one focusing on making boxwood and topiary trees, and another making unique holiday arrangements – all for sale at our annual holiday plant sale to be held on December 7<sup>th</sup> in the Cazenovia Library Community Room. We are looking forward to a delicious meal during our club's holiday luncheon, to be held at Cazenovia's Lincklaen House. We will bring unwrapped gifts to be donated to CazCares and browse through garden club yearbooks from years past.

Our club sends their best wishes for **Happy Holidays** and a magnificent **New Year!**

**CHITENANGO GC -** Our annual Holiday Bazaar, held in November, was a great success. Over twenty local crafters filled the Crafter's Boutique room. The featured floral design speaker/demonstrator was the very talented lead designer from St. Agnes Floral Shop in Syracuse, Teresa Plaza. Teresa's designs were then raffled.

Gail Harrington and Lisa Munoff recently led us in a "Make and Take" workshop where we all made evergreen kissing balls. All materials were provided, and each member went home delighted with their creation.

Each year the club decorates the watering trough in a village park with evergreens, Red Osier Dogwood branches and dried Hydrangea blossoms. Those materials are also used to fill two large containers that greet patrons at the main entrance of our community library through the winter.



We will close out our business year at the December meeting when we will elect new officers for a two-year term of office. We will have our annual Christmas party the same night, enjoying a cover-dish dinner meal, exchange of a wrapped ornament and the group recitation of The Night Before Christmas. Five members will provide floral designs for the tables which will be judged and then raffled. Our club recesses for the months of January and February. We wish all of our friends in V1 District a happy and healthy holiday and successful gardening in 2020.

## ONONDAGA COUNTY

From: Nancy Haswell, County Chair  
315-469-2849 \* email: nhaswell@twcnv.rr.com

**HOME GC OF SYRACUSE-** September 10<sup>th</sup> members and guests attended a workshop held at the FAB LAB at Fayetteville Free Library. There were a number of craft items. Wreaths, decorative teacups, painted rocks with winter scenes and hats were made for our November Country Store.

October 8<sup>th</sup> members will meet for a Board meeting and General Meeting at the Fayetteville Senior Center. It was fall cleanup at the Fayetteville Memory Garden, members brought tools and helped to put the garden beds to sleep for the winter.



November 5<sup>th</sup> Theresa Plaza from St. Agnes Floral Shop presented spectacular designs for the Holidays! It was a great gathering of friends from near and far garden clubs, additional hand crafted holiday items were available for purchase at the event.



Saturday December 7<sup>th</sup> Members will help to instruct crafters at our Annual Holiday Greens Workshop at Pebble Hill Presbyterian Church 10am-1pm. This event is open to the public and there will be some premade items to purchase at the event. Members are encouraged to bring unwrapped items to the event that will be donated to Girls Club Inc. of Syracuse for their annual family gift giving event. HAPPY HOLIDAYS & HAPPY NEW YEAR 2020!!!

February 4<sup>th</sup> – members will meet for the first time in 2020 for a Board Meeting and Program Planning event for the 2020-2021 year. At this meeting we will also create favors for Meals on Wheels clients.

Our March Luncheon will have members gather to end our fiscal and calendar year.

**ONONDAGA GC-** No report

**SKANEATELES GC-** We had an interesting and enjoyable September Program entitled "Raising Marvelous Monarchs" given by Radio Show Host & Producer Michael Warren Thomas. He has hosted a weekly gardening show on WYSL 1040 AM/92.1 FM for the past 25 years. He was a knowledgeable speaker with a bit of humor thrown in. Michael brought some butterfly loving plants and even some chrysalis. Michael lives in Rochester, NY and is highly recommended!



October's Program was by one of our own members, Christin Chandler who spoke on "The Art of Gardening: Why Restructure?" Christin shared with us her unconventional approach to garden design.

"Holiday Decoration with Pizzazz" was our Program for November. Jessica Consentino spoke to us on holiday decorating. She put together fall and Christmas floral arrangements. Cosentino's Florist has been in business since 1933.

Our Crèche dedication will be held on December 6<sup>th</sup> in the Village of Skaneateles in front of the library. We will create center pieces at an upcoming workshop for our annual holiday luncheon at Elderberry Pond Restaurant. We wish all the members of the VI District a Happy, Healthy and Safe Holiday Season.

**SPADE & TROWEL GC –** No report

**SYRACUSE STUDY GROUP -** Does not meet regularly. ♦

**WOMEN'S GC OF BALDWINVILLE-** The Baldwinsville GC hosted small farmer Kathie Arnold from Twin Oaks Dairy in Truxton NY. The dairy farm is organic and we learned what is involved in maintaining organic status for farms.



On Nov. 7<sup>th</sup>, Dr. Donald Leopold of SUNY ESF gave us a talk with power point on the importance of native plant species was very inspiring and recommends those interested to view Doug Tallamy's talks about native plants that are on you tube.

**(Hostesses: Cathy L, Lorrie S and Claudia P)**

Our club maintains the Pointe Garden in the village. This year we did a major weeding and mulching of the garden to get it ready for next year then decorated with mums,



some donated by Joe Saraceni and pumpkins donated by Reeves Farms. A number of members made 6 scarecrows that decorated the Pointe Garden

entryway for the fall. We are hoping to make this a yearly tradition.

On November 11 we will hold a short ceremony for Veterans Day at our Blue Star Memorial located on Marble St in the village.

## OSWEGO COUNTY

From: Evelyn Baldwin, County Chair  
315-256-9049 \* email: bbaldwi3@twcnv.rr.com

**OSWEGO GC -** Fall is at its end. asters and mums brought the last colors to our gardens which will soon be covered with snow.

In September the Oswego Garden Club met at Sue Tontarski's home for a garden tour to admire her many fairy gardens. Later everyone tried their artistic talent by painting



'Flower Pot People'. The meeting ended with a cozy bond fire.

At the October meeting a guest speaker presented a very interesting program about her composting business, which was very informative. Later a club member demonstrated how to make seasonal arrangements with herbs and sustainable greens.

At the November meeting the election of officers was held followed by drinks and appetizers. As usual, toys were



collected to be delivered to the Department of Social Services. Those were distributed to the Child Advocacy Center to bring some holiday cheer for the little ones.

I am sad to report that the Oswego Garden Club lost our beloved member, Ruth Sayer, at the age of 102. Ruth was our inspiration, joy and until last year a wonderful hostess. She will be missed, but always stays in our hearts.

**OTSEGO COUNTY**  
 From: Sharon Bosco, County Chair  
 607-263-2267 \* email: sbosco@frontier.net

**BUTTERNUT VALLEY GC** – Our club's October program The Flora of Otsego County, including Invasive Species, was presented by Connie Tedesco, owner of the Fernery, in Hartwick, NY. Her illustrated lecture prompted many questions from club members and guests from the Butternut Valley Alliance, whose partial mission is to protect and conserve the environmental qualities in the Butternut Creek watershed.

Early November brought the same guests to our program Queen Bees given by local beekeeper and queen producer Lynn Barton. The month ended with our Holiday Greening (the trimming and hanging of wreaths for our communities public buildings.) Always a festive event, our labors are followed by a covered-dish lunch, and wishes for a happy holiday season.

The service collection for these months has been World Gardening directed to water for South Sudan.

**ONEONTA GC** - September is the month we begin our year, and we receive our yearbooks. This year we reached out to Oneonta middle and high school asking students to design the cover for this year's yearbook. Choosing one of the five, lovely entries was not easy. Our choice was middle-schooler Hua Cui's delicate pencil drawing which included a well-balanced presentation of a bird and flowers with bare branches as a background. We



hope this is the beginning of a tradition. Also in September, "ABC's of Pruning," presented by Amy Howansky from Backyard Solutions, focused on multi-stemmed shrubs and the basics of safely removing tree branches.

October brought young entrepreneur Anastasia Majestic, the owner of By Earth- a small, local composting company. Her enthusiastic approach to composting advocates the principles of sustainability along with an attitude that no matter how small, everyone's effort counts. It was encouraging to hear from a young person truly concerned for our environment. Another event this October, brought back by popular demand, was another 4,000 daffodils handed out to enthusiastic residents of Oneonta. We are looking forward to spring blooms, making sure to make arrangements for more photos of daffodils in bloom.

November's annual presentation, "Flower Arranging for the Holidays," always spurs enthusiasm for our up-coming Holiday Bazaar. This year several of our creative members will be showing off their talents with demonstrations of flower arranging basics.

**TIOGA COUNTY**  
 From: Fran Berry, County Chair  
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**APALACHIN GC** - We are looking forward to our holiday dinner on December 5th at the Blue Dolphin in Apalachin. Each member brings nonperishable food items for the food pantry. We play some Christmas related games that we all enjoy and also donate small poinsettia plants to some of the homebound in the community.

January we are in recess.

In February we are making 80 valentine favors for the Riverview Nursing Home in Owego, this is an annual project and the residents enjoy receiving these little favors.

March we will have a guest speaker from Waterman Conservation Center speak to us on natural flowers and local flora. Some of these natural flowers should help to attract birds to our yards.

**TOMPKINS COUNTY**  
 From: Victoria Wishart, County Chair  
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**Ithaca GC-** *Stanley Horowitz wrote "Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all." I look forward to a beautiful etching.*

What a spectacular way to kick off the 2019/20 Ithaca Garden Club year. On September 11th, Holly Nash, well known flower designer and owner of Flower Fashions in Ithaca, was asked to come up with flower arrangements for eleven lucky members. Members brought in vases of various shapes and sizes for Holly to work her magic. As you can see from the picture, she met the challenge head on. This well-attended event is one of the club's favorites.



For the past three or four years the Ithaca Garden Club has sponsored high school students to work with faculty lead by Jorge Jader from the Boyce Thompson Institute at

Cornell. On September 18<sup>th</sup> at our annual dish-to-pass luncheon the students presented their research. Our business meeting followed where we discussed upcoming projects, in particular our annual fund-raising event. This year's event, Fashions & Flowers with Flair, was held on Friday, November 15<sup>th</sup> and attended by nearly 150 enthusiastic women. Each table was beautifully decorated with unique flower arrangements made by our very talented and creative members. The fashion show was held at the Ithaca Country Club and presented by Jane Morgan's Little House located in Aurora, NY. Proceeds from this event will support projects in our community that encourage conservation and enhancement of the natural beauty and resources of the area.



In keeping with our fall activities is our annual planting of crab apple trees in conjunction with the Shade Tree Advisory Committee and Professor Nina Bassuk's Woody Plant Class. Each year, the Ithaca Garden Club sponsors the donation of 15 disease-free crab apple trees that are planted along the inlet on Floral Avenue. We also look forward to our very successful Holiday Spirit event, which has been a part of the garden club for many, many years. Each year in early December close to 70 members enthusiastically decorate the main campus of Cayuga Medical Center as well as their Warren Road campus. The Garden Club always receives positive feedback both from the CMC staff and visitors on how much they appreciate our efforts to make the holidays a bit brighter for everyone.

## Arboriculture

By: Anthony Antes  
VI District – Arboriculture Chair

**Amelanchier canadensis**, commonly called shadblow serviceberry, is a deciduous, early-flowering, large shrub or small tree which typically grows 15-30' tall. Also referred to as serviceberry, it is native to the Northeast, from Canada south to Alabama. It produces fruits that are known as pomes. The fruits are eaten by crows, squirrels, and humans. It is a member of the Rosaceae family (Rose) and prefers areas with partial shade and some sun with well-drained soils; however, it can tolerate moisture. It has a moderate growth rate, can reach heights up to 20' in the right conditions. The leaves have a cordate base with serrated edges from the tip. They are alternate and simple, turning yellow to orange in the fall. It produces a long, pointed bud. The *Amelanchier* is good for landscaping as it is deer resistant.



**Wildlife Value:** It is a host plant for the Red-Spotted Purple and the Viceroy butterflies. Butterflies and other insects take nectar at the blooms. The fruits are eaten by songbirds and both small and large mammals.

**Seasons of Interest:** Blooms: Early spring; Fruit/Seed: Summer; Leaves: Fall

**Insects, Diseases, or Other Plant Problems:** Rust, leaf spot, blight and powdery mildew are sometime disease problems for the serviceberry. Insects that may affect this plant include the sawfly, leaf miner, and borers.

## Birds and Butterflies

By: Linda Vick  
VI District - Birds & Butterflies Chair

### Winter Time with Kids

Decorate a snowman with edible items to feed the birds. Using a wire or string, thread cranberries, peanuts in the shell, and plain popped popcorn (no butter or salt) for a necklace; you may have to drill through the peanuts. Buttons, stones, and suet shaped balls can be used for the eyes, mouth and buttons, a carrot can be used for the nose and corn cob for a pipe with branches for arms and lastly a rolled brim hat to hold a variety of seeds.



Enjoy watching the feast and be ready to refill the snacks.

## Conservation/Protected Plants

By: Tina Jacobs  
VI District – Conservation/Protected Plants Chair

NOFA-NY's 38th Annual Organic Farming and Gardening Conference is coming to the Syracuse Oncenter January 17 – 19, 2020. For many years the conference has been held in Saratoga Springs which made it difficult for members of the District VI area to attend. Though it is geared towards those in the organic farming industry there are many interesting topics for garden club members.

The workshop topics include: pest/disease management, weed control, growing organic strawberries & blueberries, edible landscaping, raising chickens, ducks & turkeys, the business of bees/apples, protecting our water resources/pollinators, soil health/compost/earthworm compost, permaculture/regenerative techniques, issues involving ethical food/social justice, and organic dairy. There are also workshops about starting and running a farm.

This year's Farmers of the Year award goes to Merby and Lou Lego who operate Elderberry Pond Farm and Restaurant with their two sons. The keynote speaker is G. Peter Jemison, Historic Site Manager of Ganondagan State Historic Site in Victor, NY. A member of the Heron Clan of the Seneca Nation of Indians, he is an artist and cultural worker.

NOFA-NY is an organization of farmers, gardeners, and consumers working together to create a sustainable regional food system that's ecologically sound and economically viable. Through demonstration and education, they promote land stewardship, organic food production, and local marketing. They bring consumer and farmer together to make high-quality food available to all people.

For more information visit the conference website <https://nofany-interconference.squarespace.com/>.

## Herbs

By: Elizabeth VanDerstine  
VI District – Herbs Chair

### Methods of Herb Preservation

There are a variety of ways to preserve your herbs. One of the simplest is to make a small bundle of your herbs (no thicker at the base than the opening of a beer bottle), tie with a rubber band, and hang on a string in a shady area that does not get direct sunlight but gets plenty of warm air. Another method is to place them on a screen and cover them with an old sheet or piece of muslin. I use my dehydrator because it's faster, cleaner, and the plants retain their color better.

Dried herbs are in many ways the most versatile in home apothecary. Dried herbs can be used as a base for syrups, baths, steams, hot tea and home projects such as dream pillows and sachets. You can also use dried herbs as the base for an herbal tincture, glycerin, infused oil or vinegar.

Tincturing is a way to make the benefits of the herbs last longer. There are two methods. One is distilling which is to place the herb in water and bring it to a boil, then turn the mixture down to a simmer for eight hours. By using this method the heat destroys much of the benefits of the herb and the result only lasts a few weeks in the refrigerator. I prefer using the alcohol method. This method preserves the benefits of the herbs and the result will last up to three years. It is also easy to transport. Homemade far surpasses anything you can buy on the shelf. All you need is a large jar, enough of the herb to fill the jar and pack it full, and a bottle of Everclear (190 proof grain alcohol). Dilute the alcohol by half with distilled water pour over the herbs and place the lid on tightly. Shake the mixture daily for 2-4 weeks. Strain the liquid through a muslin cloth squeezing out all that you can and store in a dark glass bottle. I use an old wine bottle. Be sure to label with type and date. Witch Hazel is probably the tincture you are most familiar with, however most of what you buy in stores is distilled and the beneficial tannins have been destroyed. Health food stores will sell the alcohol based style. A little patience and good intention will produce a wonderful result for you!

Information is from Herb Quarterly, Mother Earth News Premium Issue, and National Geographic's Healing Remedies

## Horticulture

By: Nancy Hook  
VI District – Horticulture Chair

### Who, What and Where

Can you remember the plants you added to the garden in all the years past, not to mention those which perished or were disappointing in habit or color, to save room and money, a record is essential.

Latin names, common names, sun requirements, color, height, care instructions and bloom time, all are important. Here's a simple process to allow retrieval of all that info, if needed. The Missouri Botanical Garden has a wonderful website for more.

Whenever a new plant comes home, the tag is thrown into a pot for future attention. Once that batch of plants is in, all the tags are wiped of dirt, the points snipped off and

alphabetically stacked, ready for the next step, before I forget.

In a 3 ring binder, have a page marked for each letter of the alphabet for perennials, then have a section where you add each year's new annuals, shrubs and vines, then trees. Some letters have so few perennials, they can be grouped. Add pages for hosta, hemerocallis, sedums or any collection behind the all-purpose lettered page.

On the correlating page, list all perennials starting with that letter, in no order. On the far left list the year purchased, the far right, the nursery bought from. In the center, from the tag, the Latin name, with the variety name, the common name and using a code of your making, where it was planted. All the rest is on the tag, so it can be retrieved, if necessary. I named my beds, so "long bed right rear" would be shortened to LBRR. If a plant dies, is yanked or eaten, make a note.

The tags are then placed in oversized envelopes, one per letter, like your pages. A photo saving box will keep the envelopes upright, with the flap removed, for quick filing. Have separate ones for annuals, shrubs and trees. Keep warranties here on the latter 2 for one year.

In the binder pockets, clear bags hold receipts and keep them visible along with a listing of favorite nurseries, too. Here's your winter activity!

## Historic Preservation

By: Audrey Gregory  
VI District Historic Preservation Chair

Let's continue our review of Hardy Historic Flowers. *Centaurea cyanus* Compositae (Bachelor Button, Blue Bottle-Annual.) Often described as the bluest flower in the garden, it flowers all summer without making demands. Given plenty of space, it will flower year after year attracting goldfinches. *Cheiranthus cheiri* Cruciferae (Wallflower-Treat as annual). One of the first harbingers of scented spring, easily grown in moist soil with moderate shade but, sorry, is not winter hardy here: potted plants may be wintered in the garage. One is advised to remove the tip of the tap root when planting - encouraging more side roots - and to never allow the plant to dry out. *Corydalis lutea* Fumariaceae (Yellow Fumitory, Yellow Corydalis, Wee Folks' Stockings-Zones 5-9) is a hardy perennial whose soft, fern-like foliage makes a mound about one foot high. In severe weather it may take a winter break but pretty yellow flowers will appear in late spring. If in a partially shaded area, it will flower almost continuously until autumn. *Dianthus Caryophyllaceae* *D. barbatus* (Sweet William-biennial) is fragrant and very easy to grow with clusters of flowers surrounded by a tiny stiff beard of greenery;

*D. deltooides* (Maiden pink-Zones 4-9) likes well-drained soil and a bit of lime but can also thrive in partial shade. Sweetly scented it makes a brilliant crevice filler, and its small flowers in deep pink, red, or clear white make it popular for miniature designs. *D. Plumarius* (Cottage Pink-Zones 4-8) is reliable, fragrant, and hardy. In leaf all year and flowering from June to August, it prefers well-drained soil and cannot grow in the shade. *Dicentra spectabilis* Fumariaceae (Bleeding-Heart – Zones 3-9)

Old-fashioned Bleeding Hearts form large, bushy clumps of powdery-green foliage with white or rose-pink petals beneath the arching, leafless stems. It thrives in a spot

sheltered from late spring frosts and prefers warm, light, rich soil. As a bonus, the racemes make delightful additions to fresh bouquets, lasting about 2 weeks in a vase....To be continued in the next issue.



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