



Spring: Volume 77, No. 1

Memoranda Editor: Glenda Pugh



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

This will be my final letter to all members of the VI District Federated Garden Clubs of New York State. It has been a privilege to serve as the District Director.

I would like to take this opportunity to thank some of the individuals that made my term go smoothly in these trying times:

- Anthony Antes & Joy Coletta, my advisors who helped so much
- Cheryl Miller – 1st Assistant Director / Programs
- Tracy Welder – 2nd Assistant Director / State Fair
- Glenda Pugh – 3rd Assistant Director / Memoranda Editor
- Susan Hayden – Recording Secretary
- Pauline Ireland – Corresponding Secretary
- Zalie Linn – Treasurer
- Barbara Zeller – Assistant Treasurer

I also wanted to express my sincere gratitude to all the county chairs, club presidents, officers, and a very special thanks to all our club members.

I am pleased to announce that Cheryl Miller will be taking over the role of VI District Director and ask each one of you to provide the same support to our new board that you provided to our current board. We will be turning over the VI District to an exceptional group of officers for the 2021-2023 term.

Our Spring Meeting will have to be conducted via Zoom due to COVID 19. Details regarding date and time of this meeting will be forthcoming. We hope to be able to meet in person for the summer meeting. Please stay safe and well.

**Calendar of Events**

**Spring Luncheon –Via Zoom – details forthcoming**

- May 15<sup>th</sup> – Home GC Plant Sale
- May 22<sup>nd</sup> - Spade & Trowel GC Plant Sale
- May 22<sup>nd</sup> – Chittenango GC Plant Sale & Tours
- June 5<sup>th</sup> - Cazenovia GC Plant Sale

**TO COUNTY & COMMITTEE CHAIRS:  
NEWS AND PHOTOS DEADLINES**

SUMMER ISSUE: 2021	May	31
FALL ISSUE: 2021	Sept.	7
WINTER ISSUE: 2021	Dec.	1
SPRING ISSUE: 2021	Feb.	28

If you have any memoranda suggestions, questions or comments please 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](http://www.fgcnyvi.com):  
[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 [antes@stny.rr.com](mailto:antes@stny.rr.com) and Pauline

**BROOME COUNTY**

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

**BINGHAMTON GC-** No report

**CHENANGO BRIDGE GC-**

**ENDWELL GC -** Hello everyone and Happy New Year! Hope everyone is doing well. I am very happy that we will soon be approaching spring!

2020 was a struggle and many of our activities were cancelled due to COVID. Our Garden Club of Endwell members, however, were able to keep communication and activities going. A garden club Facebook page was developed and many of our meetings were held via zoom which was new for us. Thank you to FGCNYS for assisting us with scheduling and answering our questions. We even did a workshop via zoom

with Ye Ole Country Florist with fresh flowers and pumpkins and the results were amazing.

We were also very fortunate this past summer that five of our members were able to host a garden tour of their property. Each tour was unique and we all came away with many new ideas. We are looking forward to seeing other gardens this year!

In addition, our members have cared for the community gardens this past year which has been very beneficial for the community. During a pandemic it was a place where you could sit, meditate, and take in the beauty.

Due to Covid, we are still uncertain about many things. We will proceed slowly and safely!

The last few months have been spent on preparing for 2021. We have been working on our 2021 yearbook which will soon be completed. In addition, our second Vice President has done a wonderful job scheduling programs, workshops, and activities for this upcoming year. We also have several tours lined up which is exciting.

Our first meeting of the year is on March 10 and will be scheduled as a zoom meeting. Our program for this month is "Indoor Plants" which will be presented by Home Depot. We also have two fundraisers scheduled for early spring. The first will be a live "house plant auction" presented by Ye Ole Country Florist. In addition we will be starting our spring fundraiser with "Mother's Day hanging baskets" working with Farmer Browns marketplace.

We will continue with social distancing and facemasks as we move forward. There is one thing that we do know and that is we have missed being together as a club this past year. Our Garden Club of Endwell members are truly kind, caring, and remarkable people. It is such an honor to be a part of such a wonderful club.

Take Care. You and your families are in our thoughts!

**HILL 'n' DALE GC** – No report

## CHENANGO COUNTY

From: Joy Coletta, County Chair  
607-843-9209 \*email: joyful@frontiernet.net

**GREENE GC**- During this 2021 winter slumber, it's nice to connect with other VI District groups and read about their activities and plans. In Greene, some of our members have been enjoying warmer temperatures in the South and Southwestern US; others are hunkered down locally, while several of us are going strong with careers, family, and activities related to giving back to our community.

The Greene Garden Club Board has been planning for this year's activities, main fundraiser, Yearbook, and more. We are happy to report that we will have a full board this year, with our President and Vice President extending their terms for a third year. Our Treasurer has begun her second-year term and is doing a fantastic job, and we welcome a new Secretary and our former Historian back into that role.

Our Club's first meeting of the year in March will be held virtually but we are anxious to get back to normal with in-person meetings.

Based on the consensus of our members and considering continued concerns in holding large gatherings, we will replace our annual May Tea fundraiser with a spring flower flat sale. The proceeds of the sale go toward funding the purchase of the flowers for the hanging baskets in the Village of Greene, as well as plantings and maintenance of several gardens found within Greene. Our members are very excited to take part in the sale and are looking forward to a strong result. Should any of our VI District members be interested in purchasing flower flats for their home flower beds, pots, or cemetery plantings, please contact Jodi Najarian at [jodinajarian@yahoo.com](mailto:jodinajarian@yahoo.com). Flats will be ready for pick-up prior to the Memorial Day weekend.

If there are ways in which Greene Garden Club can support your activities, please reach out to us – we would be happy to do so. In closing, we would like to wish all our fellow clubs much success, health, and happiness in all your endeavors this spring.

**NORWICH GC**- No Report

**OXFORD GC**- Oxford Garden Club members are all well and looking forward to spring. We are trying to move forward and have planned a meeting in April. Masks will be worn!

Plans for the year are tentative at best. Outdoor programs will play a big part in our schedule. Chenango County is trying to have a modified fair in August which we hope to participate in. I will post the dates in the next Memoranda.

Gardening is on hold right now but the seed catalogs are enticing with all sorts of treats for once the snow has gone. Birds are busy at the feeders and the deer are eating anything left unguarded.

Wishing everyone a bright and cheery spring, stay safe and happy.

**TOWN & COUNTRY OF NORWICH**- The Town and Country Garden Club has been struggling though COVID as has everyone else. We have been able to meet using Zoom which is better than nothing.

In September we met at Plymouth Reservoir and made gourd birdhouses under the able direction of Karen Blackman. It was such a great workshop we have asked her back to do another craft this year.

We had our annual meeting in October and elected officers for the coming year, keeping the same slate. Since we weren't able to have most of our programs in 2020, we will pretty much recycle them for the coming year.

In November members went to Jane Clement's and picked up a wreath and items to decorate it and then put the wreath together at our own home. During the program time at the Zoom meeting we shared our creations.

For our December meeting, Patti Giltner did a slide show of her visit to Keukenhof Gardens outside Amsterdam. Our Memorial Garden at Guernsey Memorial Library and kitchen garden at the Chenango County Museum were put to bed by enthusiastic members with dreams of 2021. The Club does not meet in January and February, but we are looking forward to getting outside again and having socially-distanced meetings.

## CORTLAND COUNTY

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

**HOMER GC** – No report

**TOWN AND COUNTRY CORTLAND/HOMER** – No report

## MADISON COUNTY

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

**CAZENOVIA GC** - Our guest speaker in January was Dr. Rob Niederhoff, an adjunct professor at SUNY OCC. Via Zoom, Rob shared his hobby of raising monarch butterflies and growing native plants, especially milkweed to support the monarchs. We thoroughly enjoyed the slideshow and Rob's stories. We heard about the monarch's life cycle, migration patterns, the decline in their populations and we even learned how to identify male and female monarchs!

Tony Antes, Master Gardener at Broome County CCE, gave a Zoom presentation "Grasses – Good!" at our February meeting. Tony shared photos of ornamental grasses at the Cutler Botanical Garden in Binghamton. We learned about different types of grasses, useful tools for maintaining them, some newly available cultivars, and the fact that they are deer proof!

## CAZENOVIA GARDEN CLUBS



### SPRING PLANT SALE

We are looking forward to our **SPRING PLANT SALE** on **Saturday, June 5th, from 9am- 2pm at the Farmers Market on the Green.** We will be selling perennial plants only along with Garden "Bits and Pieces" to include quality garden related items such as tools, floral prints, gardening books, pots, garden sculpture, etc. **As the time nears, please check our website: (CazenoviaGardenClub.org) for more details**

**CHITENANGO GC** – Because of COVID restrictions and the fact that we recess anyway for January and February, we really do not have much to report. The gnomes added to our fun for a while. In addition to the five at the entrance to our Village Offices, "Jerome the Roaming Gnome" was created. Hints were sent to members who were then challenged to find Jerome. Once found, it was then that member's job to relocate him and send out a new clue.

Officers and committee chairpersons are now busy planning for our new year and hoping that we can hold our

annual March banquet. Our annual plant sale will be held in May, using a new format that will allow for social distancing.

## ONONDAGA COUNTY

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

**HOME GC OF SYRACUSE-** Home Garden Club Members had made the decision to "Pause" programs through the 2020 year. A letter was sent to those local community program directors announcing our "pause". In return we received letters, thanking our club members for the many years of commitment and service to their organizations. "We are all in this together". Looking forward to a return to service, education and community involvement we are creating an exciting Program for 2021-2022! Our members look ahead to being able to gather out of doors while we can and ZOOM mtgs and presentations every so often. Our commitment to safety and compliance during this time of pandemic is paramount to club gatherings.

Our first tentative meeting will be April 13th at The Plantsman Nursery in Groton, NY for a tour and talk about Native Plants that every garden should have.

May 3rd, we hope to gather again for a workshop at a local Nursery. Discussions will be around planning and creating Container Gardens Year-Round, or possibly creating a Living Wreath using succulents. In 2020 our gardens flourished with all the extra tending- now a chance to share that in our community.

### HOME GC OF SYRACUSE

**Our Annual Perennial Plant Sale will be held at Beard Park 9am-12pm May 15th. This is an opportunity for club members to "share the wealth" with the community.**

**ONONDAGA GC-** Onondaga Garden Club had a very quiet year in 2020 due to the pandemic. We managed to meet in March 2020 at the Manlius Library for a great program on "Invasive Plant Species and Jumping Worms" presented by Elizabeth Vanilderstine. Following the meeting we gathered at UNO's for an enjoyable lunch. Little did we realize it would be the one and only meeting of 2020. We attempted to gather in the following months but finally decided to suspend meetings for the rest of the year in the hopes by 2021 all would be back to normal.

Sadly, we were not able to do our Boxwood Trees for Hospice project but we were able to gather contributions from our members to continue our annual donation to the Food Bank of CNY which continues to fill a great need at this time.

A small number of us did gather at the Lorenzo's State Historical Site in July. We did an allowable self-tour of the gardens as all other aspects of the site were closed down.



After wandering through the garden we were able to enjoy an outdoor patio lunch at the Lincklaen House in Cazenovia.

Looking ahead to our 2021 year, we hope to pick up on our Programs where we left off last year. With that in mind, we are all hoping that our lives and yours will start to return to some normalcy in the near future. Stay safe, stay healthy and start checking out those seed and plant catalogues!!

**SKANEATELES GC -** Thank goodness for ZOOM meetings and Webinars!

We enjoyed a Kerry Ann Mendez Webinar in January entitled "Traffic Stopping Curb Appeal". "Kerry Ann has given lectures, workshops and classes throughout New England, across the United States and even in Canada. Since 2015, she has presented over 400 lectures to more than 40,000 gardeners in 21 states and Canada." Kerry gave us an inspiring power point presentation. Check out her website for all of her speaking topics "pyours.com").

Flowers and congratulations were given to 60 year member Kathleen Vertrano. She is now a Life Member of the club.

Our Civic Committee is always busy working on projects around the Village. Lina Pateras created a lovely planting in the Shirley Feldmann Memorial Urn at Cliff Park.



We had a Winter Seed Sowing workshop in February. It was conducted by members Gail Morse and Pat Baker. There were 14 enthusiastic participants! Can't wait to see how they turn out. February also brought us a Zoom

meeting with speaker Emily Detrick. Ms. Derrick is the Director of Horticulture at Cornell's Botanic Gardens. It was a wonderful slide presentation of the gardens. I am sure some of us will be touring again in the spring and summer months, as it always a great place to visit. Member, Priscilla Pultz had her home featured in the magazine, A Primitive Place. This is the second time she has had her home featured in a magazine! Congratulations Priscilla!

March, the month of SPRING! We will have speaker Michael Warren Thomas speak to us. His Program will be "Pruning as an Art Form (not a chore)". Michael will show us his techniques, styles and tools he uses. He started out pruning privet and arborvitae hedges as a business in high school four decades ago.

We look forward to the coming months and hope we will be able to get out and enjoy the weather (and see covid decline). Stay healthy!

**SPADE & TROWEL GC-** While we are still meeting remotely, commitment to our garden club is as strong as ever. In January, newly elected Club President and Master Gardener Marcia Rahim presented "10 Cool Plants You Probably Don't Grow but Should". We learned about many glorious native species plants to enhance our gardens and landscapes.

February is usually our informal in person pot luck supper and annual meeting but this year we zoomed, welcomed new friends and shared recipes.

Our remote March meeting will feature a screening of the Cherokee Garden Library Talk with Dr. Douglas W Tallamy, author of "Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard". Dr. Tallamy presented this talk to the Cherokee Garden Club in Atlanta, Georgia. In this pre-recorded presentation, Dr. Tallamy gives specific tips for how to practice meaningful conservation in our own backyards. Please contact Tracy Welder for the zoom link.

Hopefully we will be in person outdoors to start a new civic beautification project at Mill Run Park as the weather improves!

**Spade & Trowel  
Annual Plant Sale**  
**Saturday May 22<sup>nd</sup> -8am-noon**  
**Gazebo park at Rt 173 and  
Academy Street, Manlius NY**

Our favorite tradition continues! Club members offer divisions from their gardens for sale. The Village of Manlius Park is the main civic beautification project for Spade and Trowel. You will find us in the triangle across from St. Ann's Church where the gazebo and garden have been lovingly restored!  
 (COVID-19 protocols will be followed.)

**STUDY GROUP OF SYRACUSE -** No report

**WOMEN'S GC OF BALDWINVILLE-** No report

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

**OSWEGO GC -** Have not been meeting

**OTSEGO COUNTY**  
 From: County Chair

**BUTTERNUT VALLEY GC -** No report

**ONOENTA GC-** No report

**TIOGA COUNTY**  
 From: Fran Berry, County Chair  
 607-237-8805 \*email: franb@stny.rr.com

**APALACHIN GC -** The Apalachin Garden Club is enjoying speakers who offer to do Zoom programs. Our March speaker is Tony Antes our former VI District Director. He will do a program on Grasses Good. I know this will be very informative. We are also starting our plant sale with order forms sent to members and being returned by mail in April. This helps fund our activities for the year.

Our April meeting is Victorian Language of Flowers by Nancy Kalieta. During the month of April we also donate small plants to the shut in people in our community.

May is normally our dessert meeting at a local restaurant but we may need to schedule a zoom speaker. The Waterman Conservation Center in Apalachin has some wonderful people who can speak with us on plants or wildlife topics. We also do many plantings in our community during May, such as our street barrels, fire station plantings, the Lions Club Monument, the Muth Park and our biggest at Hickories Park.

Our end of year activity in early June is making a container garden at Kelly Peron's. Kelly has a local nursery and gives us hands on advice to help make beautiful planters.

**TOMPKINS COUNTY**  
 From: Victoria Wishart, County Chair  
 607-257-4653 \* email: vw11@cornell.edu

**ITHACA GC-**

**May the wings of the butterfly kiss the sun  
 And find your shoulder to light on,  
 To bring you luck, happiness and riches  
 Today, tomorrow and beyond.  
 ~Irish blessing**

**The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size.  
 ~Gertrude Smith Wister (1905-1999)**

Will anyone forget what an absolutely extraordinary year 2020 was? I have to say that there was part of me that enjoyed the peace and tranquility. Nevertheless, I am ready to get back to normal or at least the new normal.

The Ithaca Garden Club had a relatively quiet season. Unfortunately, because of COVID and the need for isolation we were forced to cancel our much-loved holiday decorating at the Cayuga Medical facilities. Our January program was postponed due to a conflict with the presidential inauguration.

At our December general meeting, Dr. Nancy Ramage, Professor Emerita of Art, Ithaca College and the Charles A. Dana Professor of the Humanities delighted members via zoom as she presented remarkable works of Leonardo da Vinci, Degas, Botticelli and Monet. Dr. Ramage showed the many ways masters have used flowers, sometimes in most surprising ways. The artwork was breathtaking. The pictures came alive. It was a wonderful presentation.

Spring has sprung if only in pictures for now. Four members of the Ithaca Garden Club magically transformed a dreary February day into a breath of springtime with pictures of gardens from around the world. Before we began our journey, we got a chance to see the beauty of winter in this ice sculpture. We were delighted with pictures of gardens from picturesque Skaneateles, NY to Monet's Garden at Giverny, France. We traveled from France to the desert gardens of Le Jardin Majorelle and on to Huntington Botanical Gardens in California. We saw beautiful plants, stones and garden art photos from Korea, Hawaii, Cuba, Morocco, Spain and the breathtaking Japanese Gardens of Portland, Oregon.

Upcoming officers and committee chairs were presented at the January board meeting. The new officers and committee chairs will begin a two-year term on July 1, 2021. Diane Childs will take the reins of President from Melanie Weymer who has done an outstanding job during a very difficult time.

The Executive Committee has been busy working on plans and programs for our 100th! year celebration in 2022. We are hoping to have in-person meetings at some point with lots of ideas for presenters and programs. One of our most successful money-making programs is our boutique, which is usually held in late fall or early December. IGC members are encouraged to think about making items to sell. Rock painting and "You've Been Bloomed" similar to the popular "You've Been Flocked" were discussed as possible fund raisers.

Our shade tree committee continues to work with the City of Ithaca on various projects throughout the city.

Clearly the pandemic of 2020 has not slowed the Ithaca Garden Club. Our best wishes for a healthy and productive 2021!

## Treasurers Notice

### IMPORTANT NOTE TO:

#### CLUB PRESIDENTS, MEMBERSHIP CHAIRS & TREASURERS

The new VI District year & FGCNYS year starts March 1, 2021. Time to pay your Club's VI District and FGCNYS dues.

PLEASE PREPARE THE ORIGINAL AND 4 COPIES OF YOUR CLUB'S 2020-21 MEMBERSHIP ROSTER (PREPARED AND SENT TO YOUR CLUB BY FGCNYS ) WITH YOUR CLUB'S ADDITIONS, CORRECTIONS AND DELETIONS AS FOLLOWS:

**Copy 1:** Forward roster with your Club's STATE DUES, check **made payable to FGCNYS, INC.** to:

Federated Garden Clubs of NYS Inc.  
292 Washington Avenue Ext, STE 104  
Albany, NY 12203-6385

**NYS Dues are \$8 per member.**

**Copy 2 & Copy 3:** Forward with your Club's DISTRICT DUES, check **made payable to VI District, Inc.** to:

VI District Director: Cheryl Miller  
953 Barry Hollow Rd,  
Marathon, NY 13803-3323

**VI DISTRICT Dues are \$2 per member**

**Copy 3:** Forward copy Membership list for compiling Memoranda mailing list to:

Pauline Ireland  
3845 Rippleton Rd  
Cazenovia, NY 13035-1631.

**Copy 4:** Please retain for your Club's records.

Thank you! Zalie Linn, Treasurer

## **Birds & Butterflies**

By: Linda Vick

VI District – Birds & Butterflies Chair

### “ INTO THE WILD ”

Let's get our children and grandchildren away from TV, computers and video games. Instead, provide outdoor activities, such as birding.

#### How to get started

Purchase: Binoculars, a bird book, a birdfeeder and a variety of birdseed, suet and a water feature.

1. Begin by identifying and keeping a list of birds in your yard.
2. Take a trip to a local or state park.
3. Visit a bird sanctuary such as Sap Sucker Woods in Ithaca
4. Visit a local lake or river to observe waterfowl.

#### How to identify birds

1. Listen for a song.
2. Look for color, size and shape of bird, and bill.
3. Do the birds feed on the ground or at the feeder?
4. What food do they eat?
5. What habitat are they found in?

If you desire, send me a list of the birds you have seen and where you saw them.

Here is a list of birds in my yard in the winter. Blue Jay, Woodpeckers, Titmouse, Nuthatches, Wrens, Crows, Sparrows, Hawks, Turkeys, Starlings. Bluebirds, Juncos, Snow Buntings, Finches, Chickadees, Cardinals, Mourning Doves, and Creepers. Spring brings many, many different birds during migration.

## **Arboriculture**

By: Anthony Antes  
VI District – Arboriculture Chair

**Arbor Day Foundation** – As gardeners, we usually consider our annuals, biennials, and perennials most often. However, if you have a yard, you should also consider trees. An excellent way to learn about trees is to become a member of the Arbor Day Foundation. Members have been moving the needle on reforestation for nearly 50 years. Trees are being planted in yards and forests across the country and around the globe thanks to your help. To date, members planted 3,697,130 trees in their yards, 6,116,822 in our National Forests, and 1,041,366 in Rain Forests. While your membership ultimately benefits our Earth, you also receive some perks. **10 Free Trees** - You will receive 10 free seedlings as our thank you for joining. You can also choose to have these trees planted in a tropical rain forest or one of our nation's forests. **Tree Nursery Discounts** - You'll receive discounts of up to 33% on more than 200 trees and shrubs in our Tree Nursery. **The Tree Book** - This photo-filled book will put information about some of America's favorite trees right at your fingertips, along with planting and care advice. **Subscription to Arbor Day** - Within this bimonthly publication you'll find moving stories of how your support is making a positive impact on the environment and in people's lives. For more information, including how to join, go to [www.arborday.org](http://www.arborday.org)

## **Conservation**

By: Tina Jacobs  
VI District – Conservation Chair

### An IPM Pocket Guide for Weed Identification in Nurseries and Landscapes

This free guide for weed identification is easy to use and understand. It can be downloaded to your cell phone, laptop, tablet, or desktop so you don't have to be connected to the internet to use it. The guide includes identification and biology of different weed species (with family, scientific, and common names, a short description of the weed species, and description of similar weeds), weed classifications, grass, and broadleaf characteristics. Pictures are provided separately for each weed species and for their specific identifying characters, such as leaf shape, flower, fruits, seeds, etc. The weeds identified are commonly found in the north central regions of the United States.

To learn more and download the guide go to <https://www.canr.msu.edu/resources/a-mobile-guide-for-weed-identification-in-nurseries-and-landscapes>

This guide was produced by Michigan State Extension December 2020.

#### **Jumping Worm factsheet update:**

In terms of updated guidance, unfortunately, there is still some uncertainty around prevention and control methods. In terms of prevention, there is a lot of anecdotal evidence that root washing is a very effective way to avoid moving worms around during plant exchanges. There is a group conducting a systematic study of root washing right now, but the results will not be in until later in the year. In the meantime, our consensus view is that this is probably a safe way for garden clubs to conduct exchanges. But I think we would still caution against any plant exchanges from gardens that are known to be infested by jumping worms.

In terms of control, there is still work to be done before a science-based recommendation can be made.

## Herbs

By: Elizabeth VanDerstine  
VI District – Herbs Chair

You may have wondered about the differences between herbs and spices. Herbs are the tender leafy parts of the plants such as parsley, anise, sorrel, and lavender. Unlike spices herbs are most flavorful when used fresh such as thyme and basil.

Spices are a more pungent concentrated and flavorful form of the plant. They are derived from the root, seed, bark, flower or fruit. Examples are Turmeric, and ginger root, peppercorns, mustard seed, nutmeg seed and cassia tree inner layer of bark we know as cinnamon. Our tongue can only taste sweet, salty, sour, and bitter. Spices add more complexities with fragrances, a perfume for food.

Herbs and spices can be used to replace today's villains, sugar and salt. Many spices and herbs have other attributes than simply transforming a drab meal into a celebration of the senses. Twenty percent of our taste comes from our taste buds. Many more receptors are in our nose that brings us flavor and aroma. Spices add texture and color to your dishes. While herbs are usually green, Spices can add the golden yellow of turmeric, the bronze of cumin, the deep crimson of paprika. A practical reason to use spices is that almost all of them have antioxidant, antiviral, antifungal, and antiparasitic properties. They also have another capability, to bring your memories of places and times that their familiar aromas remind you of Moms apple pie, a sauerkraut and pork dinner, and chicken soup.

Only stock your spice rack with those spices you will use in your cooking and how often you will use them. Only purchase herbs you cannot grow yourself. Use fresh herbs as much as possible. Some herbs will do well on a windowsill all year around. The easiest to grow are thyme, marjoram, basil summer savory and lemon balm. You can freeze the herbs from your garden or dry them for winter. I make lots of basil pesto and freeze it to add to various dishes or just put it on Linguine with scallops and Feta cheese.

Consider organizing your spice rack according to the type of cuisine you prefer:

**Cajun-** bay leaf, cayenne, pepper, oregano, paprika, rosemary, thyme

**Caribbean-** allspice, cinnamon, cloves, ginger, paprika, rosemary, thyme

**Chinese-** citrus peel, cloves, fennel seed, garlic, ginger, peppercorns, star anise

**French-** garlic, herbs de Provence, nutmeg, rosemary, thyme

**Indian-** cardamom, cayenne, cinnamon, cloves, coriander, cumin, garlic, ginger, mustard seed, turmeric

**Italian-** basil, hot pepper, oregano, parsley, rosemary, sage, thyme

**Korean-** black pepper, garlic, ginger, green onion, parsley, red pepper flake, sesame seeds

**Mexican-** chili powder, cinnamon, coriander, cumin, garlic, oregano

**Middle Eastern-** bay leaf, cardamom, cinnamon, cloves, coriander, cumin, ginger, oregano

**North African-** cardamom, cinnamon, cumin, harissa, ginger, paprika, rasel hanout, turmeric

**Thai-** basil, cardamom, cumin, garlic, lemon grass, turmeric

**Turkish-** allspice, cinnamon, cumin, hot pepper flakes, mint, oregano, paprika, sesame seeds, suma

**North African-** cardamom, cinnamon, cumin, harissa, ginger, paprika, rasel hanout, turmeric

**Thai-** basil, cardamom, cumin, garlic, lemon grass, turmeric

**Turkish-** allspice, cinnamon, cumin, hot pepper flakes, mint, oregano, paprika, sesame seeds, sumac

## Historic Preservation

By: Audrey Gregory  
VI District Historic Preservation Chair

Presuming that you are still planning your plantings, let's return to Historic Flowers.

**(Rugosa Rose – Zones 2-8)** A shrub rose recommended for its exceptional winter-hardiness, tolerance of poor soil, and resistance to black spot and mildew is also drought-resistant, tolerates wet feet, requires no pruning, and will survive temperatures as low as -35° degrees. Densely prickled with wrinkled leaves that turn a lovely color in autumn, it flowers profusely with a robust clove scent, followed by large red hips. **Sedum telephium**

**(Orpine, Live Forever - Zones 4-9)** Provides color and contrast at a time when most plants have stopped blooming, thrives in low or moderately fertile, sandy or gravelly soils, is rabbit and deer resistant, and its flowers are attractive to bees, hummingbirds, and butterflies, as well as floral designers. **Stachys byzantina (Lamb's Ears – Zones 5-9)** Grown in English cottage gardens, it was often called Jesus Flannel, and in 19th Century America it was known as Woolly Woundwart. Today, most people seem to recognize the common name of Lamb's Ears. Planted in full sun, in ordinary soil, it makes an excellent ground

cover and looks very pretty under old roses. Along with Sweet Alyssum for smell, and Mint for taste, Lamb's Ear for feel is included in the list we are encouraged to grow for child-picking. **Tradescantia virginiana (Spiderwort – Zones 4-9)** so named because the angular leaf arrangement suggests a squatting spider. The flowers open only in the morning, close by mid-day, and by evening disappear, leaving behind only a little dab of watery jelly that gives the plant the folk name Widow's Tears. It is an invaluable ground cover for poor, shaded, wet soils where it makes a tangled mass of leaves.

**Kerry Ann Mendez**  
Presents a Virtual Garden Webinar  
Thursday, April 8, 2021, 2:00 to 4:00  
**Gardening for Beauty and Wellness**

This eye-opening presentation will introduce you to gorgeous, no-fuss plants (perennials, flowering shrubs and annuals) that provide month after month of stunning color, reduce stress, AND benefits pollinators. The presentation also includes organic maintenance tips.

Kerry Ann Mendez is an award-winning garden speaker, designer, and author. Her focus is on time-saving gardening techniques, workhorse plants and sustainable practices. She is the proprietor of Perennially Yours, LLC. In recent years, Kerry Ann has presented over 300 lectures in 19 states. She has been on HGTV and in numerous magazines including *Horticulture*, *Fine Gardening*, *Garden Gate* and *Better Homes & Gardens*.

Kerry Ann has published four popular gardening books, her most recent being, *The Budget-Wise Gardener* (February 2018). In 2016 Kerry Ann introduced National Gardening Webinars that are attended by thousands.

For more about Kerry Ann and her business Perennially Yours, Visit: [www.pyours.com](http://www.pyours.com)

For more information about the event

Contact: [SyracuseGardenClub@gmail.com](mailto:SyracuseGardenClub@gmail.com)

Webinar Fee is \$15.00

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