



Takoma Horticultural Club

A Hardy Perennial Since 1916

www.takomahort.org

August 2011



Cleveland Avenue Rain Garden

SAVE THE DATES!!



Wednesday, September 21.

Don't miss the September 21st meeting when we will be fortunate to have that engaging speaker Dr. Michael Raupp, University of Maryland Professor of Entomology and Extension Specialist. Mike will speak to us about **Garden Pests** - how to recognize them and what to do about them.

On Sunday, October 2 THC will be at the Takoma Park Street Festival for the annual bulb sale, the club's only fundraiser. Open to everyone, but THC members in good standing receive a 10% discount on purchases of daffodils, tulips and other bulbs, and can get advice from fellow members on having beautiful spring displays.

On Sunday, October 16, THC members share from their gardens at the annual Fall Plant Exchange.

Details coming soon at www.takomahort.org

August Club Event

Membership Has Its Rewards: Potluck Picnic at Sara's!

Mark your calendars for Sunday, August 14, 4 to 7:00 pm! It's our Famous Annual Summer Potluck, with some special surprises in store!

This year it will be held in Sara Hisel-McCoy's wonderful, multi-level garden in Takoma Park. Since this event is for members only, make sure you have paid your 2011 dues now, so we don't have to handle business at this relaxing social event.

Detailed Potluck information will be posted on the THC listserv and on our THC website this week, including how to RSVP. (But beware; unsuspecting members have been recruited to become THC Leaders at past Potluck Picnics!)

Our THC membership list is being updated. Those who have not paid their 2011 dues are being removed. But if you are an extremely "late bloomer" and want to join or pay up, go to www.takomahort.org to find out how.

(continued at PICNIC, page 4)

“A Weed is but an Unloved Flower . . .”

by Madeline Caliendo

The above quote is from Ella Wheeler Wilcox, an American author and poet.

Nice sentiment, but I am sure I am not the only gardener rolling her eyes as Ella waxes poetic about the very things that have been the bane of my existence in my garden this summer—WEEDS...DREADED WEEDS!

OK, I am calm now.

You see, this has been quite a busy summer. I've been away on business almost every other week (I am not complaining-- I am gainfully employed during these tough economic times and my travels bring me to very interesting places) but truth-be-told my poor garden has suffered for it. So much so, an old friend who popped in a few weekends ago commented "I see you're not feeling compelled to be a slave to your garden this year." OUCH!



It is sad, but true. Rather than get upset about it, I've decided to change my thinking and reframe how I look at the weeds in my garden. Instead of waxing sentimental about weeds like Ella Wheeler Wilcox, though, I've decided to look at weeds from a more practical perspective—as a potential food source!

Yes, you read that right! I haven't lost my head—I am just planning to refine my taste buds. After all, the weeds in our gardens can be quite nutritious. Greens (many of our weeds are greens) are nutritional powerhouses. For instance, did you know that greens:

- * contain more beta carotene than a carrot?
- * contain more vitamin C than oranges?
- * contain more vitamin E than whole grain wheat?
- * contain more vitamin B2 than dairy milk?
- * contain a complete amino acid protein?
- * are a good source of alkaline minerals like calcium, magnesium and iron?

It's true. I learned this in a wild edibles talk by "Linna the Locavore," a local speaker passionate on the topic of foraging.

Now, like me, I expect some of you will never look the same at the dandelions (*Taraxacum officinale*), chickweed (*Stellaria media*), plantain (*Plantago spp.*), lambs quarter (*Chenopodium album*), purslane (*Portulaca oleracea*), Kudzu (*Pueraria lobata*), garlic mustard (*Alliaria officinalis*) and burdock (*Articum lappa*) in your garden.

Rather than looking at weeds as a dreaded invader, reframe your thinking and consider them a possible element in dinner! To help get you started, might I tantalize your taste buds with this dandelion sauté recipe from Epicurious?

2 lbs dandelion greens, tough stems removed and leaves cut crosswise into 4" pieces

1/4 cup extra-virgin olive oil

2 large garlic cloves, smashed

1/2 teaspoon dried hot red pepper flakes

1/2 teaspoon salt

(Continues at *EAT YOUR WEEDS*, page 4)

One Year, Many Gallons Later.... Local Rain Garden Tour



Hancock Avenue Rain Garden 2010



Hancock Avenue Rain Garden 2011

On July 20 Kit Gage and Wendy Bell led a repeat visit to a quartet of attractive and effective stormwater management projects in and near Takoma Park. At the Community Center's green roof, where the tour began, different colored sedums are filling in slowly. New conservation landscaping has been installed in two places behind the Center and library. At the end of Hancock Avenue, next to Opal Daniels Park, change was dramatic (see above). The serviceberries (*amelanchier*) are taller and fuller. A bed of Black-eyed Susan, a stand of cardinal flowers, monarda, clethra and Joe Pye weed supply color, and overflow is managed by a rocky spillway. This arrangement handles the heavy flow from the hilltop at Sherman Avenue. (See *RAINGARDENS*, p.4)

The President's Plot by Sherrell Goggin

ISO Stories About Your Gardening Project!

Dear THC Members,

You may have noticed that we launched a new web feature in April, which spotlights your gardens travails (our first story focused on the beautiful brick circle that Patricia Peter created). I'm not sure what everyone has been doing during the 5% of the day you're not watering, but if you've been toiling in the yard on some endeavor, we'd love to hear about it. It could be a rainwater garden or other water-retention/mitigation project, retaining wall or other hardscaping feature, or any other landscaping venture that you'd like to share with the members.

I, for one, installed a French drain this past June (no doubt the cause of our current drought...let me get out there and wash my car instead), but I didn't think pictures of a trench would prove particularly inspiring to anyone other than a mole. I am in the throes of converting my Hell strip, but given the hellish weather, have abandoned current plans till the weather cools.

You can find more details about the member feature on our website (<http://www.takomahort.org/>). Just click on the "Member Profile" link in the left panel, which will take you to the story on Patricia's brick circle, and at the bottom of the page you'll see the link to more info. A few words and a few pictures are all you need supply- editors are standing by now to help you draft/edit your story!

(EAT YOUR WEEDS, from page 2)

Cook greens in a 6- to 8-quart pot of boiling salted water until ribs are tender, 4 to 5 minutes, and then drain. Rinse under cold water to stop cooking and drain again, gently pressing out excess water.

Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook garlic, stirring, until pale golden, about 30 seconds. Increase heat to moderately high, and then add greens, red pepper flakes and salt, and sauté, stirring, until liquid that greens give off is evaporated, about 4 minutes. *ENJOY!*

Dandelions are good for constipation, eczema, psoriasis, arthritis, edema (swollen ankles), osteoarthritis, gout, gallstones, high blood pressure, and digestion problems. Also, you can make the flowers into wine or jelly and the roots can be used as a coffee substitute. If you pick your dandelions early, the young leaves are great in salads too. Now when I get home from my travels and look at my garden overrun with weeds. I no longer get angry or frustrated. Instead, I lick my lips and think of all the possibilities for dinner! Instead of shouting "WEEDS—DREADED WEEDS" I now sing "WEEDS GLORIOUS WEEDS!" Go ahead, get out there and enjoy the weeds in your garden!

(PICNIC, continued from page 1)

There are two other good reasons to be a club member besides the Potluck: Fall Plant Exchange on October 16 and the member discount we give at our THC bulb sale at the Takoma Street Festival on October 2. Paying your dues now is very thoughtful. Collecting dues at the Potluck and at the Street Fair makes a lot of extra work for us. If you are not sure if you paid your dues, please ask: cagalati@rcn.com.

Speaking of membership, please welcome **Carin Brown** and **Kathleen Perry**, our newest members. We hope to see them soon at one of our terrific THC events or meetings.

___*Carole Galati*

Officers, Committee Chairs and Contacts

President: *Sherrell Goggin*

Vice President: *Carole Galati*

Listserv: *Anne Hardman*

Membership & Program Coordinator:
Carole Galati

Newsletter: *Diane Svenonius*

Public Relations: *Kathy Jentz*

Secretary: *Becky Lavash*

Treasurer: *Taffy Turner*

Webmasters: *Karen Helfert
& Sherrell Goggin*

(RAINGARDENS, from page 3)

The City-supported rain garden at Cleveland Avenue is a beautiful spot (see photo on page 1) with ferns, horsetail, hosta, cypress and many other trees and shrubs that tolerate 'wet feet' or 'dry feet' as rain courses (or doesn't!) down the street and is captured in a street-wide drain and piped into the garden.

The tour ended with a view of Kit Gage's bounteous gardens, including a large rain garden and a smaller conservation planting to keep water from collecting on a cement path. Natives and other plants were abundant there, as were refreshments to end the tour.

For additional information about the locations on the tour, see the July 2010 and August 2010 issues of THC News at www.takomahort.org.

The **Takoma Horticultural Club News** is always looking for ideas, articles and photos on gardening topics. It is issued each month on the listserv and at the web site, www.takomahort.org. Contact the editor, Diane Svenonius, at dbsvenonius@msn.com

Photos this issue: Dandelion leaves, by the Editor.

Gardening Events in the Community



Cactus Garden at Getty Center, Los Angeles

Brookside Gardens

Cactus Show

Friday, August 5, 9:00am-5:00pm

Saturday, August 6, 9:00am-4:00pm

Visitors Center

Sponsored by the [National Capital Cactus and Succulent Society](#)

Brookside Xperience Guide

The Xperience Guide to programs and events for Fall and Winter 2011-12 is available on the web site, www.montgomeryparks.org/activities/documents/xperience_fall2011.pdf or type Xperience Fall 2011 into the search box on the home page.

Wings of Fancy

Conservatory, 10:00 am to 4:00 pm. daily

It's the time of year for butterflies and caterpillars galore! The [Wings of Fancy Live Butterfly & Caterpillar Exhibit](#) is open every day through September 18. Stop by to see a huge variety of butterflies from all around the world. Adults, \$6, Children 3-12, \$4.

Common Good City Farm

V St. NW between 2nd and 4th, D.C

Preserving Summer Bounty - Naturally Fermented Pickles, Sauerkraut and Kimchi.

Saturday, August 13 10:30am-12:30pm.

Learn to make delicious, healthy, naturally fermented foods in just a few days with simple tools and supplies. You won't believe how easy it is. No cooking required - a great way to preserve food during the heat of summer. \$30.

www.commongoodcityfarm.org/growinggardens

Washington Gardener Magazine

Fourth Annual Tomato Tasting

Fresh Farm Market, Silver Spring

Saturday, August 20, 10:00 am – 12:00 noon

Kathy Jentz, Editor of *Washington Gardener Magazine*, invites her fellow gardeners to the magazine's 4th Annual Tomato Tasting on Saturday, August 20 from 10:00am-12:00noon. Sample the multitude of tomatoes at market and vote on your favorites. Stop by for tomato recipes, growing tips, and much more... The event is Free and open to the public. It takes place at the Fresh Farm Market in downtown Silver Spring, MD. Wear a bib!

Folger Theater

Elizabethan Garden Tour

Saturday, August 20 at 10 a.m. and 11 a.m.

Explore our garden, inspired by herbal references in Shakespeare's plays and incorporating plants popular in his time, including lavender, creeping thyme, and English ivy. Folger docents offer insights into plantings, Elizabethan customs, and more. Free.

Green Springs Garden Park

Alexandria, Virginia

Workshop: Saving your Treasures

Saturday, August 13, 9:30 a.m.

Tired of spending money on tender perennials that die when a frost hits the garden? Learn simple, successful propagation techniques from Green Spring horticulturalist, Nancy Olney and take home some of our treasures! \$24. Registration:

<http://www.fairfaxcounty.gov/parks/gsgp/ed-adult.htm>

Display at Flora Grubb Nursery, San Francisco

