



Lexington Field & Garden Club

144 Years of Making Lexington More Beautiful

Member of the Garden Club Federation of Massachusetts

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email: LFGC024@gmail.com



Hello Fellow Gardeners,

It is a beautiful winter day with snow-capped trees and shrubs decorating our backyard. Winter can be a lovely time to walk outside and enjoy the fairytale beauty. I appreciate all the garden club offers to our members, and I hope you will reach out with fresh ideas and energy to help us be a vibrant and meaningful group of constantly-evolving gardeners. Please email [lfgc024@gmail](mailto:lfgc024@gmail.com) with any suggestions and ways to improve.

Please enjoy two fantastic LFGC zoom presentations this February. We will learn about The Clotilde Irvine Sensory Garden with Scott Stanley on **February 8th**. Then on **February 15th** the **Wednesday Workshop** subgroup will present Orchids 101 – Their Care and Nurturing with Mike Badia, the Director of the Massachusetts Orchid Society.

I am encouraging all of you to consider submitting to “Grants for Gardeners.” The deadline is **February 15th** so please get started on this process. The details are on the [website](#), and if you have any questions, please contact **Ruthanne Igoe**.

I am very excited about the many ways we are fostering our mission of beauty, education and service. This year we will again partner with the Lexington elementary schools during the week of Arbor Day (April 28th). To learn more about this program please see the announcements in this newsletter. Since we are not meeting in person this month, be sure to read the entire newsletter to find new exciting opportunities to participate in the club.

With great appreciation,

Marlene Stone

Co-President



February Events

Wednesday, February 1st, Executive Board Meeting 9:00 am



Wednesday, February 8th Zoom Event

The Clotilde Irvine Sensory Garden with Scott Stanley and discussion of the Lexington Furnstahl Memorial Sensory Garden maintained by LFGC members **Rita Pandey** and **Barbara Tarrh**, located at the Community Center.

Mr. Stanley will give us a brief history and background of the Arboretum, the design intent for the garden, and how this differs from other sensory gardens. The Clotilde Irvine Sensory Garden is at the Minnesota Landscape Arboretum. It is a model display of accessible containers and planting designs suitable for various gardening styles

and abilities. The garden is designed to enhance all the senses. The color tile didactics beg to be touched. When activated, they explain human sensory responses. The three water features and the wind in the tall grass provide appealing sounds. Hanging baskets can be raised and lowered. This garden is one of the most extensive sensory gardens in the US. Don't miss this fantastic presentation! **Wednesday, February 8th – via Zoom. Social at 9:30 AM, Meeting at 10:00. Zoom link sent separately.**

Wednesday, February 15 Zoom Event

ORCHIDS 101 - Their Care and Nurturing with Mike Badia

Who doesn't love the spectacular colors and shapes of orchids, but how do you get them to rebloom? And what do you do about those long, sinuous roots hanging out of your pot? Mike Badia, Director of the Massachusetts Orchid Society, will deal with these issues plus give us tips on orchid culture basics, including watering and fertilizing, lighting, repotting, repelling pests, and looking for the best sources for orchid plants. Mike is the proud grower



of over 400 orchids and started his interest in the plants over 40 years ago. This Wednesday Workshop event is open to all LFGC members and will be held on **Wednesday, February 15th via Zoom. Social at 9:30 AM, Meeting at 10:00. Zoom link sent separately.**



Mark Your Calendars

Monday, March 6th - Gardening for Wildlife in an Era of Climate Change with Trevor Smith - Presented by LFGC, LLL and Cary Library

The evidence is clear: Climate change is here! What does this mean for our native flora and fauna? And what can one homeowner do to mitigate a global crisis? Trevor Smith will take you past the bleak headlines and talk about what WE can do. How our plant choices and simply changing how we maintain our properties can make a huge difference in our local ecology. His presentation will leave you inspired and empowered to take action. Trevor Smith is Design and Education Manager at Weston Nurseries. He is an award-winning regenerative landscape designer specializing in green infrastructure, native plant design, and the implementation of ecological design principles. Presented by Lexington Field and Garden Club, Lexington Living Landscapes, and Cary Memorial Library. Please register to receive a Zoom link at [Gardening for Wildlife in an Era of Climate Change with Trevor Smith](#).



Wednesday, March 8th - Designing and Teaching Children About Gardening with Erika Huber

Erika Huber is the Youth and Family Program Coordinator for Coastal Maine Botanical Gardens. Ms. Huber's presentation will feature plants and activities in a children's garden that will attract and engage children of all ages. Learn how to create an unforgettable children's garden. Wednesday, March 8th, **Social at 9:30 AM, Meeting at 10:00** at Follen Church, 755 Mass Ave., Lexington.

April 17th Patriot's Day Parade

Exciting News! LFGC is participating in the **Patriot's Day Parade** this year on **April 17th**. We will walk with an LFGC banner, perhaps in gardening flower hats, and plan to have lots of fun. The parade route is a two-mile walk, so you can begin your get-in-shape training now. Please let us know at lfgc024@gmail.com if you want to join us.

Arbor Day, April 28th

Arbor Day celebration on April 28th at 11 AM, location to be determined by DPW.



May 20th Annual Plant Sale, DPW lawn

Note the shortened time frame for the plant sale this year, 7:30 - 10:30 AM. Ninety percent of the plants are sold in the first two hours. Shorter hours will provide plenty of time for shoppers and reduce member volunteer hours. It's a win/win. There are many ways to participate in this annual event. You can donate to the retail table, donate plants from your garden, or donate your valuable time to potting. Potting will begin two weeks before the sale. We invite you to come enjoy each other's good company. Details to follow in upcoming newsletters.



Announcement

Are you a Lexington elementary school parent, or would you enjoy doing a short presentation at the elementary schools? LFGC is looking for volunteers to give a short twenty-minute presentation to Lexington first graders. LFGC will provide training (and scripts) in advance with presentations happening during the week of April 28th. Thank you **Mary Beth Whiteside** for passing the baton and conducting the training. If you are interested in doing a presentation, please contact lfgc024@gmail.com.

Grants for Gardeners

The deadline for the next round of “**Grants for Gardeners**” will be **February 15, 2023**.



Have you thought about a project that intrigues you and supports our education, service, and friendship mission? Now is the time to get started on your application!

This exciting new program, now in its second year, funds innovative ideas developed by LFGC members. Some of the projects funded last year include supporting the Lexington High School Bee Club, cost-sharing gardening lectures with another local group, beautifying the Depot area and the Munroe Center for the Arts, and removing invasives at the Hancock-Clarke House.

Read more about the program and the process on our [website](#). Click through the site to download the application. We look forward to hearing from you!



RENEWING YOUR MEMBERSHIP

IT'S TIME TO RENEW YOUR MEMBERSHIP with this super convenient [link](#).

Membership Co-Chairs **Jackie Potdevin** and **Marilyn Ryngiewicz** urge all members to update their membership with the enclosed digital link. Renewing online is the safest, cheapest, and most efficient way for the club to process payments. No more checks getting lost in the mail. Please help us by processing your renewal online—thank you!



Furnstahl Memorial Sensory Garden

by Sensory Garden Co-chairs Rita Pandey and Barbara Tarrh

Tucked away behind Lexington's Community Center, along the walking path that now encircles the building, there are four elevated wooden planting beds filled with various annuals and perennials guaranteed to delight the eyes and encourage touching, smelling, and even tasting. These form the backbone of the Furnstahl Sensory Garden, dedicated to the memory of longtime community members John and Dolores Furnstahl. The couple were dedicated volunteers in both the Fix-It shop and the Wellness program at the Community Center. Donations in their name were used to create the space, meant to be accessible to folks of all abilities, with help from LFGC members **Donna Moltrup** and **Shirley Stoltz** in 2020. In November of 2021, an impressive plaque



was installed at the path's beginning near the back entrance of the building to commemorate the Furnstahls who inspired the garden. Many behind-the-scenes folks at the Community Center have contributed to the effort, including Christine Dean and the Friends of the Council on Aging.



LFGC members **Rita Pandey** and **Barbara Tarrh** have added signage and other elements to enhance the plants. The plants are grouped by their sensory appeal. They aim to allow each bed to evolve and offer engagement over the entire growing season.

- The Touch grouping includes plants like Lamb's Ear – of course! – Hens and Chicks, and sweet fennel. A pile of smooth stones provides an alternative way to have a sense of touching or holding.



- The Smell bed contains a riot of scents! Over the spring, summer and fall, there are floral smells (including an experimental Jasmine vine) and herbal ones such as curry and lemon thyme.
- In the Sight bed, spring starts with annuals like marigolds and dahlias, but as the rest of the plants mature, there are the cool pin cushions of scabiosa, bright spikes of Meadow sage, and then the starry blooms of Black-eyed Susan and Coreopsis. This year Valerian was added, with persistent blooms in a warm pink to add to the rainbow of color.
- Lastly, the Taste bed is dominated by cherry tomatoes and colorful Swiss chard. New leafy vegetables and other edibles will be added this summer.

These raised beds are enhanced by several border plantings along the brick walls of the Community Center, where you'll find Russian Sage, a hardy rose bush, many daylilies, and a sprinkle of other perennials. Tucked in the most central of these borders is a bamboo wind chime, which is an obvious nod to the sense of Sound. With the planned addition of seating, visitors can linger and enjoy access to a remarkable range of sensory experiences in a small and accessible garden. Please stop by and check it out!



Designing Your Winter Landscape

E. Ashley Rooney

Winter does not need to be a drab palette of white, brown, and gray in your garden. You can have a beautiful landscape by drawing on the texture of evergreens, bark, and even colorful berries; by **making strategic plant choices**; and by **creating bright focal points** that stand out against the stark backdrop of the quiet winter season.

At this time of year, the bright colors and scents of summer are no longer visible, but my garden is not without beauty. The bark of the white birch in the neighbor's yard glistens in the sun and looks whiter against the lowering gray January clouds. Their towering locust forms a bold black pattern against the sky. My antique concrete pig adds shape and contrast to the barren landscape.

The key to creating a winter garden design is to focus on placing some eye-catching shrubs or trees to catch your eye in the winter. **Evergreens are major players** in brightening the winter landscape because they don't lose their foliage. From the shiny leaves of hollies to the richness of the Hinoki cypress, evergreen plants can add valuable texture and even color to the landscape. The juniper's intense silver-blue foliage takes on a light purple tint with the onset of cold weather, while evergreens with year-round yellow foliage, such as golden threadleaf sawara cypress, can be striking focal points in the winter garden. Moreover, **evergreen shrubs and trees** can screen unsightly views, such as your neighbor's garage. They also provide valuable shelter from the elements for the birds.

When no longer covered with leaves, the twisting branches of deciduous trees are much more visible. Their architectural splendor is magnificent when laden with snow. Although **birch trees** lose their leaves in winter, their unique bark makes them popular for landscaping in cold weather. There are many plants with colored bark and textured stems that can make a statement set against the winter landscape. The paperbark maple's copper-colored bark is luminous against a gray winter day. The Japanese Stewartia reveal pretty patches and patterns of color where the bark has peeled off. Red twig dogwood's bright limbs delight all winter long, while Harry Lauder's Walking Stick has great twisting branches.

Then there are all those trees with berries, such as the holly or the American cranberry bush viburnum. The latter has flowers in the late spring and bright red berries in the fall that birds love. The fireworks of the winterberry can run from late summer through early spring (if you don't use it to decorate during the holidays), making it a must-have for the winter garden. The tiny pink flowers of Beautyberry become clusters of bright violet in autumn. Crabapple varieties have a colorful display of fruit in the late fall, along with flowers in the spring.

Tall perennial grasses can create depth and visual interest in your winter landscape. Miscanthus, for instance, remains standing throughout the winter, lending its presence to the garden. Ornamental grasses, with their fluffy foliage, lend a



A bench in this garden invites visitors to sit and watch the falling snow.



Grasses offer an exciting contrast to the winter landscape.

touch of charm to any winter scene. Many keep their seed heads most of the season, adding texture and movement. Native grasses such as little bluestem provide shelter and seeds for winter birds.

Winter is also an excellent time to show off garden sculptures. A sculpture can be beautiful, whatever the time of year, but in winter, it can be incredibly stunning against a quieter backdrop. Its static nature is a striking contrast with the naturally evolving landscape.

Outdoor lighting can add depth and interest to a winter garden, especially as the evenings draw in. Install uplights beneath trees to show off their skeletal winter forms or in front of a sculpture.

There are many options for winter flowers. Hellebores are classic and look lovely in the border, with shades of cream, blush, pink, and green. Heathers, violas, and reblooming irises are good choices. Witch hazel has excellent color, and is another good option for great color.



I barely notice this gargoyle in the summer, but in the winter, he's elegant.



Garden Club Federation News

Gardening School Course 1 will be held on April 13th, 14th and 15th, 2023, in the morning via Zoom. The school is open to anyone wishing to take the course, but credit is only given to a garden club member. You do not need to take the courses in any specific order, and each course is self-contained. If taking the course for credit, an exam is given each day at the end of the school. You can also attend any single day of the school that interests you but will not get credit. A registration form and course list can be found at [National Garden Clubs Gardening Study](#).





Interesting Articles, Podcasts, and Websites

Invasive Species 101

Invasive plants are non-native species that spread aggressively, altering various types of ecosystems. They often form monocultures that are inhospitable to native plants. Learn about invasive plants and what to plant instead at [Lincoln Conservation Invasive Species](#).

What is Regenerative Agriculture?

Regenerative Agriculture uses practices like no till, diverse cover crops, and animal integration to draw down carbon from the air and return it to the soil where it belongs - all without using chemicals or GMOs. This both mitigates climate change and creates more productive healthier soil. Read the article at [To Which We Belong](#).

Importance of Scale in Garden Design

The scale of garden spaces and the objects within them impacts human comfort and how it feels to be there. We all interact with the world around us based on our physical dimensions, sensory capabilities, and limits. Scale can dictate whether we feel a sense of balance or just feel something's not quite right. Read the article at [The Tree Hugger](#).

Super Nutritious Vegetables You Can Grow

As nutrition research makes clearer each year, good foods are the best way to supply nutrients to our bodies. So naturally, a vegetable's nutrient content becomes an important measure of its value. Home gardeners are best positioned to take advantage of these nutritional advantages. None of these new varieties are more difficult to grow than older ones, and most are readily available. Read the article at [The National Gardening Association](#).

Everything You Wanted to Know about Fresh Water Research

Since 1967, Stroud Water Research Center has been leading the effort to produce innovative solutions for preserving and restoring fresh water. We believe in an independent voice — and in adventure, inspiration, perseverance, and integrity. From Pennsylvania to Costa Rica, road salt to wildlife, rewind our top UpStream Newsletter stories of 2022. Read more at the [Stroud Center](#)



Gardens Classes and Events Around New England

January

January 30, 2023, **Town of Lexington meeting to discuss Parker Meadow story walk installation** 6:30 PM

February

Wednesday, February 1, **Grow Native Massachusetts presents Doug Tallamy** 7 PM

Thursday, February 2, **Invincible Garden Ladies NEBG** 6:30-7:30 PM

Saturday, February 4, **Winter Tree Tour - Gore Place** 11 AM

Tuesday, February 7- March 7, **Camellia Days Lyman Estate**

Wednesday, February 8, **Invasive Species Webinar UMass Extension** 9-11:45 AM

Saturday, February 10, **Chocolate and Vanilla NEBG** 10 AM

Saturday, February 25, **Tales from the Field: Stories of Botany - Native Plant Trust** 6-7PM

March

Friday, March 3, **The Well-Gardened Mind at deCordova Sculpture Park** 6-7 PM

Saturday, March 4, **Grow Native Massachusetts Presents We are the ARK** 1-2:30 PM



"If we could see the miracle of a single flower clearly, our whole life would change." – Buddha
Photographs by Rebecca Titemore.

That's all for now, looking forward to seeing you soon!