



# Lexington Field & Garden Club

## 144 Years of Making Lexington More Beautiful

Member of the Garden Club Federation of Massachusetts

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Hello Garden Club Friends,

October brought cooler temperatures. Fall has truly arrived. Our virtual October full club meeting featured Diana Beresford-Kroeger with her bioplan for Lexington. If you missed it you can [watch it here](#). You will find Diana's plant recommendations on page 6. Due to the Zoom meeting in cooperation with the Cary Library, there was no LFGC October meeting. A fun time was had at **Phyllis Kominz's** garden (right) with the Morning Study Group. Check out the membership corner on page 6 to keep up to date on all things membership. And read on for so much more!



**Kathy Leva, President**



### Dates to Remember

- |                 |  |
|-----------------|--|
| November 1      | Executive Board Meeting, 7 PM at Linda Walsh's house   |
| November 1 - 12 | Civic gardening fall cleanups – see details page 4   |
| November 6      | Creating Landscapes for Bird Diversity, 7 - 8:30 PM – see below  |
| November 8      | Full Club Meeting: Autumn & Winter Gardens with Jana Milbocker<br>6:30 PM Social/7 PM Meeting – see details page 2 |
| November 16     | Greens Party prep workshop, Ann Webster's house 10 AM to 1 PM  |
| November 20     | Deadline for submissions to the December newsletter  |
| December 11     | Holiday Greens Party, 11 AM - 7 PM – see details page 5  |



### Creating Landscapes for Bird Diversity with Claudia Thompson

Landscape Ecologist & Founder, *Grow Native Massachusetts*

Monday, November 6, 7 – 8:30 PM Virtual

*Presented by Lexington Living Landscapes and Cary Memorial Library.*

Our landscapes have a tremendous impact on bird diversity, and with so many native bird populations in steep decline, understanding their needs is more important than ever.

Using photographs and her urban garden as a case study, Claudia will explore the essential principles for creating avian-friendly landscapes for a wide variety of landbird species — from songbirds, to owls, woodpeckers, and more. Native plants provide the foundation, with healthy flora-fauna relationships that are essential for food and habitat. Also important is the structure of the landscape itself, so that it offers varied canopy layers, protective cover, and water. Finally, she will consider the pros and cons of our human interactions with birds, using bird feeders and nest boxes, and through the design of our built environment. Every landscape matters and each of us can make a difference!

Claudia Thompson founded *Grow Native Massachusetts* in 2010. She served as the organization's President and Executive Director through its first decade, simultaneously becoming recognized nationally as a leader in the native plant movement. Her work as a landscape ecologist is also profoundly informed by her personal experience over three decades, transforming her relatively small urban garden into a rich habitat where she has documented more than 80 species of birds. Her lifelong career in the environmental sector has included other notable roles, serving as Director of Education for the Appalachian Mountain Club, Director of Drumlin Farm for Mass Audubon and on the board of the New England Wild Flower Society. She strongly advocates for the importance of land stewardship on all lands — by all people — and believes that conservation begins at home.

For more information and to register, [click here](#).



## Wednesday, November 8, Follen Church — 6:30 PM Social/ 7 PM Meeting. Autumn & Winter Gardens with Jana Milbocker

Jana Milbocker is a garden designer, speaker, and author. She inspires and delights gardeners with her expertise. She owns the landscape design firm Enchanted Gardens, is a past president of the Holliston Garden Club, and active in the Garden Club Federation of Mass.

Jana will teach us to add beauty to our gardens in the sweet golden days of autumn with flowers, shrubs, trees and vines that shine during the late season. Discover plants with colorful blooms, rich foliage and dramatic scent. This talk will entice you to design a vibrant fall and winter garden.



## Executive Summary – Lexington Field & Garden Club Board Meeting

Wednesday, October 4

Attendance: Ann Webster, Greta Ljung, Jane Halverson, Ashley Rooney, Ruthanne Igoe, Kitty Galaitis, Linda Walsh, Kathy Leva

Absent: Vicki Blake, Debra Heaton, Anne Lee, Miranda Cohen, Nancy Trautman, Marilyn Ryniewicz, Leslie Masson, Leslie Sargis

Guest – Meg Himmel

I. Old Business:

- 1) The minutes from September and the Budget report were approved.
- 2) There were discussions of Club memberships (i.e., Tower Hill), a recent book

donation and hospitality at meetings.

## II. New Business:

The Greens Party is being planned for Monday, December 11 at the Church of Our Redeemer.

There were updates on the Bylaws Revision committee, led by Ann Webster, and the Lexington 250 Anniversary of the Battle events, led by Ashley Rooney. Meg Himmel attended to give more information about the town's plans and our part in them.

## III. Board Committee Reports/Officer Reports

1) There was discussion about Zoom vs. in-person meetings. The Membership Committee reported on the recent New Members coffee.

2) Civic gardening - Greta Ljung reported that they are ramping up island cleanups.

## IV. The meeting ended with Sub-Group reports



## Saving Seeds Before Winter Comes

### E. Ashley Rooney

My mother-in-law saved her marigold seeds from year to year. The original seeds came when her long-deceased husband took some seeds from the marigolds blooming in front of Cary Library.

Until recently, we had an annual stately stand of *Nicotiana sylvestris*, which we began when I surreptitiously gathered some seeds from a garden in front of a Martha's Vineyard hotel. One night late last August, my husband went to another public garden to collect their coral impatiens seed pods.

The early colonists brought along their favorite seeds, along with their other belongings, when they came to America. Their seeds were valued family possessions handed on from generation to generation. Gardeners and farmers still maintain many of these heirloom varieties. At the Garden of Colonial Flowers at Munroe Tavern, LFGC members work with simple, unimproved, open-pollinated flower species grown by Boston gardeners in the mid-to-late 1700s. Here, our club members are teaching themselves how to successfully grow and propagate the lovely old flowers in the Munroe garden.

An important part of farm self-sufficiency is saving your own seed so you do not have to buy it from a supplier each year. Also, the more you plant and replant a variety, the more adapted it becomes to the specific local conditions.

### Gathering Seeds

Seeds are ripe when the pods and stems are brownish and the flower pods begin to open. This is the time to collect the pods. Place the pods on a fine screen or glass in a safe place and let them continue to dry naturally for another week or two. Remove the seeds from the pods and let them dry for a few more days, stirring occasionally.

The seeds need to be maintained in an environment that keeps them dormant -- such as a dark corner in a colder part of the house. Store them in clearly labeled airtight containers (not plastic) in a cool, dark place. The colder the better. Refrigerators are even better than basements!



*The large datura flowers are followed by circular, warty fruits (top left) that dry and pop open to expel seeds. Yes, they are toxic.*



You can place some desiccant in the container to keep them dry. I have also heard of people using powdered milk.

### Selecting Seeds

The easiest seeds to save are open-pollinating, nonhybrid annuals. Plants that are not self-pollinating can cross-pollinate; therefore, it is best to grow only one variety of plants from which to save seed.

Seeds from hybrids produce a mix of offspring, which may have different characteristics than their predecessor. Check out organizations like the **Seed Savers**, where you can trade seeds with other gardeners.

### Saving the Garden

Many plants happily reseed on their own. Most gardeners who have compost heaps have had volunteer tomato or squash plants suddenly appearing. Gardeners who have planted cosmos have had it reappear the next year through our asphalt driveways.

You can manually scatter the seeds of a desired plant in a selected area. Once they have bloomed, I take my foxglove seeds and position the drying stem where I want the foxglove to appear next season. Great plants that reseed themselves include nigella, sunflowers, cosmos, sweet alyssum, dill, cornflowers, parsley, yarrow, violets and pansies.

Once you're all done, come inside and peruse those seed catalogs for 2024!



## Sign Up for Civic Gardening Fall Days - Fun Times!

Fall clean up at many civic gardening locations will start on October 23, and continue from November 1 to November 12. **Sign up here** to join in the fun for an hour or two.

Working in Civic Gardening is a wonderful way to meet fellow gardeners, learn more about how these spaces are cared for, get a bit of outdoor fun, and keep these gardens looking great for all to enjoy. Please bring gardening gloves, a rake, and possibly diggers for planting bulbs. Refreshments and joyful camaraderie provided. Don't miss it!



### Garden Club Field Trip

Interested in a garden club day trip next year to a special garden in New England? The club is looking for one or more people to plan and coordinate such a trip. There are great sites within 2-3 hours driving time. If you would be interested in taking this on, please contact **Kitty Galaitsis**.

### Friends of Cary Library Book Sale

**November 3 – 5.**

*Member Hours: Join at the Door*

Fri., Nov 3: 1 – 5 PM Sat., Nov 4: 9 – 10 AM

*General Public Hours*

Sat., Nov 4: 10 AM – 5 PM

Sun., Nov 5: 1 – 5 PM

Gently used books: Adult, Teen, Children: Great Prices!

**LOCATION:**

Cary Library, 1874 Mass Ave, Lexington Center



*Asclepias and many native perennial seeds must be exposed to winter's cold, followed by gradually rising temperatures in the spring. This process is known as cold stratification.*



## **Holiday Greens Party: Monday, December 11, Church of Our Redeemer Great Hall (lower level) 11 AM - 7PM**

- What is it?** An open workshop and festive gathering of fellow garden club members (members only, please), where we'll have assorted greens and other materials to make holiday arrangements to take home.  
A perfect place to get new skills and ideas, share greens from your yard, and recycle holiday decorations and containers
- Where and when?** **Church of Our Redeemer** Great Hall (lower level)  
**NOTE NEW PLACE AND NEW DAY** 6 Meriam St, enter on the left side of the building  
**MONDAY, December 11**  
Drop in between 11 AM and 7 PM
- What to bring?** **Your pruners and wire cutters**, ideally labeled with your name  
**Decorations and containers** you want to use or donate/recycle  
Some **food or drink goodie** to share on our refreshments table  
**Greens from your yard** (no hemlock, please)  
**And for the greens**, please plan ahead! If the weather forecast, or your schedule, is not good for pruning right before our party, please cut your greens earlier and keep them fresh in buckets of water or dark trash bags in your garage or a corner of your yard. We have run short on greens when not enough members planned ahead.
- How to help?** As in the past, our fun also will depend on many LFGC elves willing to help with:  
**Prep of decorations at Ann Webster's house on November 16, 10 AM -1 PM.**  
Workspace set-up on Monday morning, December 11, 8 -10:30 AM  
Clean-up Monday evening, December 11, 7 - 9 PM  
If you are able to help in any of these ways, please sign up with co-chairs **Jane Halverson** or **Ann Webster**. They will be at the November 8 main club meeting.  
Also, we would be delighted to receive advance donations of decorations or containers. You can bring them to the November 8 meeting or drop them off at your convenience on Ann's front porch.
- A SPECIAL NOTE TO PAST ATTENDEES:** After a 3-year hiatus and location change, we are starting fresh with more limited supplies and no on-site storage. We won't have quite as extensive a selection of materials as you've seen in the past. If there's something specific you know you will want to use, you may want to bring some along.

## Membership Corner

We welcomed new members **Jia Liu** (and her son!), **Amanda Atkins**, **Norma Floyd**, **Beth Llewellyn**, and **Lauren Foohey** at a coffee at **Nancy Trautman's** home on September 30. **Linda Walsh** and **Marlene Stone** were there to greet, share information about the LFGC, and answer questions.

**Lynne Yanson** has moved. Her phone number and email are as listed in your yearbook.

**Eleanor (Ellie) Fritz** passed away this summer at the age of 102. Her daughter, Martie, wrote that Ellie was a talented gardener and flower arranger and loved her long membership in the Garden Club.

## Garden Visits

Did you know that your LFGC membership gives you entry to two great local gardens? **Marlene Stone** coordinates this member benefit, please email her if you are planning a trip. If she is not available, reach out to **Nancy Trautman**.

### Native Plant Trust (Garden in the Woods), Framingham

Four LFGC members may visit per day, please contact **Marlene** when you are planning your trip. Discounts on plants and classes. **Please call Native Plant Trust to verify their hours before your visit (508-877-7630)**. <https://www.nativeplanttrust.org/support/more-for-members/>

### New England Botanic Garden (NEBG), Tower Hill

Four LFGC members may visit per day, please contact **Marlene** when you are planning your trip. Savings on gifts, classes, trips, special events. and workshops. **Please call NEBG before your visit to verify their hours (508-869-6111)**. <https://nebg.org/organizational-memberships/>



## Diana Beresford-Kroeger's Plant List for Lexington from her lecture

Celandine poppy - *Styloplovum diphyllum*

Bloodroot - *Sanguinaria canadensis*

Virginia Bluebell - *Mertensia virginica*

Black Cohosh - *Actaea racemosa* (formerly known as Bugbane *Cimicifuga racemosa*)

Virgin's Bower vine - *Clematis virginiana*

Crested dwarf Iris - *Iris cristata*

Calico Aster - *Aster lateriflorus*

Culver's Root - *Veronicastrum virginicum*

Giant Hyssop - *Agastache nepetoides*

American groundnut - *Apios americana*

**Except for American groundnut, the above plants can be purchased from [Prairiemoon.com](https://prairiemoon.com) in Minnesota.**





## Subgroup Reports

**The Monday Evening** group met on October 23 to make pesto at the home of **Grace Trivers**.

**The Morning Study Group** held its October 10 meeting amidst the fall splendor of **Phyllis Kominz's** beautiful garden. *See the photo on page one.*



**Wednesday Workshop** met October 18 for a fun pumpkin workshop led by **Kathy Leva**.

**The Thursday Evening Group** met on October 12 for a wild edibles adventure in Willard Woods, led by Russ Cohen. Russ showed mushrooms he had harvested earlier in the day and offered cooking tips.



***If you are interested in joining a subgroup please contact the following chairs***

Monday Evening Group 7 PM on the fourth Monday of the month - Anne Lee

Morning Study Group 9:30 AM on the second Tuesday of the month - Ruthanne Igoe

Garden Party 7 PM on the third Tuesday of the month - Leslie Masson & Leslie Sargis

Wednesday Workshop 9:30 AM on the third Wednesday of the month - Ann Webster

Thursday Evening Group 7:30 PM on the second Thursday of the month - Linda Walsh

***That's all for now, Happy Thanksgiving!***