



# Lexington Field & Garden Club

144 Years of Making Lexington More Beautiful

Member of the Garden Club Federation of Massachusetts

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## Co-President's Letter

Hello Everyone...

The gardens have been put to bed, there's definitely a nip in the air, days are shorter, leaves are blowing, and my holiday recipes are out! I love this time of year.

Our next meeting, November 10th at 7:00 PM, will be held on Zoom! It's a wonderful program titled Herbal Medicines and Magic, Sorting Fact from Fancy with Judith Sumner. Your Zoom invite will be sent via email.



I had the opportunity to visit Europe this past summer. We spent a lot of time in the German Black Forest, the Swiss Alps, and France's Alsace-Lorraine region. My mind keeps drifting back to the beautiful displays of flowers that we saw everywhere. The Europeans have a gift for planting flowers in every conceivable scrap of ground, container, window box, wall....I could go on and on. I especially fell in love with the window boxes which had gorgeous blooms tumbling down the sides of the buildings. Even some of the window boxes themselves were works of art. Every town guidepost, fountain, corner...all were surround-

ed and filled with flowers. Bridges were festooned with containers that had masses of floral color and texture hanging over the sides. Nothing was wilted, faded, or looked in need of watering....and it was sunny and in the 80s every day! And another surprising thing...I never saw anyone working on these lovely displays! No one was out deadheading, weeding, watering, and I was up and about from early morning to late evening! I finally decided that there must be magical flower fairies taking care of all this beauty. It truly was gorgeous and a constant feast for the eyes.

So, of course, I'm wondering how I can incorporate some of these components in my own piece of paradise next spring! Maybe some window boxes with flowers trailing over the porch railings? Perhaps more containers placed around the yard? A circle of color around the mailbox? We'll see. The only problem is that I'm pretty sure there are no magical flower fairies here in New England to lend a hand.

Happy Thanksgiving everyone...

Fondly,

**Ruthanne Igoe**

Co-President



## **IMPORTANT ANNOUNCEMENT!**

**Our next meeting, on Wednesday, November 10, will be held on Zoom!**

**Herbal Medicine and Magic, Sorting Fact from Fancy**

**with Judith Sumner**

Social time at 6:30 PM

Meeting and program begin at 7:00 PM

A Zoom invite email will be sent to members that week.



## **Winter Greens Party Announcement**

Due to COVID, the Winter Greens Party will not be held this December. However, there will be a special presentation, via Zoom, on Wednesday, December 8, at 10:00 AM. More information to come!



## **Lexington Field and Garden Club Meeting**

**October 13, 2021 • Via Zoom**

Co-President **Ruthanne Igoe** called the meeting to order at 10:00 AM.

Announcements

- The November LFGC meeting at 7:00 PM will be via Zoom.
- There will not be an in-person Greens Party. Plans are being made for a virtual holiday presentation on December 8.
- The 2022 Plant Sale chairman is Sirinya Matchacheep.
- Volunteers are needed to coordinate the Arbor Day Observance on April 29 and the LFGC Annual Luncheon on May 16. A list of responsibilities will be provided.

**Marilyn Ryngiewicz** introduced the speaker, Jacqueline Clark, owner of Design Gardens. Her presentation of planning, preparing, and caring for perennial gardens was very informative. Questions followed.

The meeting was adjourned at 11:25.

74 people attended.

Respectfully submitted,

**Jane Halverson**

Recording Secretary

## Why Civic Gardening?

### Regina Sutton

I had been aware of the Lexington Field and Garden Club for years and had given some thought to joining. Little did I know what the garden club held in store for me. Here's my story.

About 7 years ago, I was taking my usual walk and came upon a house on Hancock Street and a lovely woman, **Meg Himmel**, was planting bulbs in her garden. I stopped to talk. Because of Meg and her enthusiasm for gardening, I decided to join the garden club. Meg eventually became my mentor. Through her, I was introduced to many garden club members and their roles.



Meg talked to me about civic gardening and its impact in our community. I decided that helping this way would give me an opportunity to give back to the community. It became known to me that **Kris Burton**, who oversaw the garden of colonial flowers at Munroe Tavern, was looking for people to join her group. So, I contacted Kris and our group would meet every Tuesday from April to October. I learned a lot: how to properly plant bulbs and flowers, the botanical and common names of the garden's flowers. Kris also taught me how to prune the right way.

Eventually, at a civic garden meeting, there was a request from **Susan Mason**. She needed another person to help at her island. So, I decided to work with her. Our island can be found at the Hancock Street rotary across from what was the old Lexington Gardens site. It is somewhat maintenance free but needs care during the summer months (weeds, weeds, and more weeds). We enjoy working together and take pride in keeping another island looking "cared for." Even though we are the only ones who care for this island, we always have the support of the civic gardening group who give us assistance during the spring/fall cleanup.

I truly feel that civic gardening allows one to embrace the outdoors and enjoy the companionship of other gardeners. And it's wonderful to hear from others, whether walking by or driving, who stop and compliment the work we do. What is more gratifying than that!



### Some Health News...

I've started telling everyone about the benefits of eating dried grapes...

It's all about raisin awareness!



## Meet Sirinya Matchacheep, Our New Plant Sale Chair

Hello Fellow LFGC Gardeners,

I joined LFGC this past spring through an invitation by **Miranda Cohen**. And like many of you, I hope to learn, to educate, and to meet with people who share the same interest as mine. I look forward to getting to know many of you and immersing myself in chairing the plant sale next spring.

I have two children and work full-time as a chemistry lecturer and director of the instructional lab programs at Harvard University. Gardening became my passion about 10 years ago when we purchased our first home in Arlington, MA. I was raised abroad in the tropics of Thailand, and I have always had a fond memory of running around in my parents' garden climbing the trees, picking fruit (mangoes, papayas, and jackfruits), and smelling flowers. Initially, gardening in the northeast of the US felt like a totally different animal, but I was up for the challenge. I have learned mostly through reading, experimenting, and making mistakes. My garden is a piece of art that coevolves with my knowledge and skills. We moved to Lexington 5 years ago, and we absolutely love it here and strive to make a strong contribution to our community.



*Marlene Stone, Sirinya Matchacheep,  
Bridget Galdes, Ashley Rooney*



## Help Needed!



We are looking for members to chair two events this spring, COVID-willing! Friday, April 29, is the Arbor Day ceremony. LFGC gathers with the town and the DPW to honor members who have passed away as well as celebrate the beauty and importance of planting and caring for trees. Wednesday, May 11, is our Annual Luncheon. There is information available for running both these events, including procedures, resources, timelines, people to contact — everything you need to know! And helpers can be found! Please consider taking on one of these important events, perhaps with a friend or two! If interested or if you have any questions, please contact **Ruthanne Igoe**.

## News from the Sub-Groups

Six of us from the **Monday Evening group** recently took a class in garden-friendly cooking at a home cooking school in Lexington. Katie Walter from Two Aprons Cookery prepared (with our help!) a lovely autumn meal from appetizer to dessert: we enjoyed delicious chicken, butternut squash soup, a scrumptious rum and pear hot drink, and an absolutely tantalizing apple cake. We shared some cooking tips and tricks, discussed the importance of real herbs, and learned about time-saving cooking utensils. It was a wonderful October evening!



Katie has been offering small group cooking classes for all ages and all levels of experience for over eight years. She also co-authored a cookbook titled "Some Like it Hot" and worked on recipes at America's Test Kitchen in Boston.

Check out her website at: [www.twoapronscookery.com](http://www.twoapronscookery.com)

**Morning Study** gathered in **Christina Gamota's** beautiful garden to share a discussion about herbs. Tables of reading materials, herb books, and a collection of reports members of MSG wrote about various herbs were available for all to peruse. A few members read aloud their reports. Baskets of herbs and a few items to purchase were also on display. It was a lovely time in an enchanted setting.





## November in the Garden

### E. Ashley Rooney

November is national leaf month. Ideally, our faithful companion should be a rake, but these days I hope someone else will do it. There are other chores, too.

**Keep Raking.** You want to rake up the matted buildup of leaves on the lawn so they don't smother your grass under the snow. Give your lawn a good raking, and use your mower to mulch the remaining leaves into the ground. They make the perfect early season fertilizer. They are wonderful additions to the compost pile because they are a great source of "brown," high-carbon material. Alternate layers of shredded leaves with the regular green materials you'd add to your compost pile, such as vegetable and fruit scraps. Aerate or turn the pile when you think of it, and by next spring you'll have finished compost. Otherwise, bag the leaves and let the town pick them up for the Hartwell Composting Facility. Note: Any diseased or infested plant matter should be separated from the rest and disposed of as trash.

**Keep Weeding.** The aphorism says that every weed you pull in the fall is 10 you won't have in the spring. They aren't as rambunctious now, but they are still there just waiting to spread their seeds or roots!

**Keep Watering.** We've had a lot of rain, but it is important to keep watering new trees or plants until the ground is frozen. As long as they are not waterlogged, they benefit from the moisture.

**Cut Back or Leave.** Many pollinators benefit from plant cover over the winter, the birds love the seeds, and the plants provide structure to your garden. The simplest approach is to pull up all annuals that have died and delete those plants that become decaying green mush over the winter and that do not benefit the pollinators – such as hostas. Other plants can be cleaned up in the spring.

**Protect Roses from Winter.** Mound up the crowns with a 6 to 12 inch layer of soil or mulch before the ground freezes. After all is frozen, add a layer of leaf mulch to further insulate.

**Preserve Those Tubers.** Cannas, dahlias, tender bulb-like items like caladiums need to be dug carefully for indoor storage. Once frost blackens the foliage, cut back the tops to 6 inches and dig carefully, then brush or wash off soil and let dry for 24 hours or so (Note; see Gardening series program "Dividing Plants to Preserve the Harvest." at [https://www.youtube.com/playlist?list=PLc\\_eiw2LRQ5C-9x06wXbZfH-SwnZVWEGV](https://www.youtube.com/playlist?list=PLc_eiw2LRQ5C-9x06wXbZfH-SwnZVWEGV)). You will find that there are many more than just one tuber now. Stash in a dry spot like an unheated basement or crawl space around 40-50 degrees, in boxes or pots filled with bark chips or peat moss.



**Clean Up the Vegetable Garden.** Unless you have a protected winter garden (note: see **Holly Samuels'** program on Harvesting Fresh Food during the Winter at the same site as above), most of your vegetables will be gone. Clean up the garden and add a layer of compost, if you'd like.

**Inspect Your Houseplants.** You probably already brought in any outdoor-dwelling plants that spend winter indoors. Be sure to wash them thoroughly with warm soapy water. Inspect them to see if any bugs traveled indoors with them or if they need water.

**Test Your Soil.** To assess the nutrient needs and nutritional balance of your soil, opt for a soil test. It helps you to determine how much fertilizer and lime to use next spring.

**Save Your Seeds.** Retain the seeds of all the vegetables and flowers you want to keep in your garden for the next growing season. Let them dry and keep them in an airtight container (stored in a dark, cool place) until you are ready to plant them.



The Daughters of the American Revolution awarded the LFGC with this Certificate of Appreciation for assistance provided to their island at Bedford St. and Reed St.



## Thanksgiving Tomfoolery

What's a running turkey called?

Fast food.

Why was the Thanksgiving soup so expensive?

It had 24 carrots.

Why do turkeys lay eggs?

Because if they threw them they would break.

My family begged me to stop telling Thanksgiving jokes...

But I just couldn't quit "cold turkey."

