



# 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

Dear Club Members,

In the spring of 1845 Henry David Thoreau built a rustic cabin on Walden Pond, in our neighboring Concord, and moved to it that same July. He lived a simple life for two years, supported by no one. He lived in self-imposed isolation — spending his mornings cultivating a modest bean-field, and the afternoons and evenings in contemplation, reading and walking about the countryside. He emerged from this isolation emphasizing the importance of self-reliance, the value of simplicity and the illusion of progress. A favorite quote of mine is

'Direct our eye right inward, and you'll find  
A thousand regions in your mind  
Yet undiscovered. Travel them, and be  
Expert in home-cosmography'

Since English is my second language, I had to look up the meaning of "cosmography" to fully understand this verse: 'Cosmography: a science that describes and maps the main features of the heavens and the earth.' I see! He means introspect and understand different aspects of yourself!

Fast forward 175 years to 2020 — the year of the COVID pandemic. All over the world people are getting sick from this disease and health experts are urging people to isolate from others, stay at home, restrict gatherings to a handful of people, wear protective face masks and practice good hygiene. Restaurants, cinemas, theatres, shops, churches, and schools are closed and there is little in the way of entertainment. We are now isolated in our homes and have the luxury of time! So, we put our energies into working around the house, and for us garden lovers, into working in our gardens. We dig, we plant, we feed, we watch our seedlings grow tenderly, we marvel at the array of color and texture we produce, we stake and prune. We enjoy all the critters, birds and bugs that pop in our spaces. Our garden becomes our Walden Pond. Our lives become simpler. Progress is measured by the number of zoom meetings we attend and our ability to maintain our 'normal' life and our 'social' life. We become introspective. Is this the life Thoreau envisioned for society?

Thanksgiving is around the corner. Our gatherings may be smaller, our turkeys smaller still. But thankfulness still fills our minds. Despite it being a pandemic year, I am unable to list all that I am thankful for because there is too much to count. But one thing I am especially thankful for is my belonging to the Lexington Field and Garden Club. It is the friends I have made, the neighbors with whom I've become acquainted, the knowledge I have amassed, the refuge and solace that my garden provides, the work that fills my otherwise empty days and the beauty all over Lexington that fellow members create. My introspection leads me to Albert Camus' wisdom:

"In the depth of winter, I've found within me, an invincible summer'.

For that I am thankful. What are you thankful for?

**Bridget Galdes**

Co-President



## A Sneak Peek at LFGC's Holiday Boutique

Since the "Home for Holidays" tour was cancelled, we decided to offer a Holiday Boutique. Here are some of the many items available which you can purchase for gift giving.

Our sale begins December 1 on a "First-come First serve" basis.



Prices range from \$4 to \$25.

LFGC members will receive detailed information via email including a list of items for sale, pricing, and contact information.



You can also check the LFGC web site.

<https://lexgardenclub.org>

All proceeds benefit the garden club.



## Exciting Announcement!

The LFGC Executive Board has voted to be a part of a new initiative being launched in Lexington. Read the article below, written by local resident Charlie Wyman, to learn more and find out how you can get involved!

### New Initiative on Sustainable Landscaping Launched

Our nature is at risk. A UN report concludes that one million species of plants and animals are now threatened with extinction. Scientists have documented precipitous declines in the populations of birds (30% in North America) and insects (45% worldwide) since the 1970's. As nature loses numbers and entire species, ecosystems become less robust, less resilient, and the "ecosystem services" they provide — clean air, clean water, protection from flooding and weather extremes — begin to degrade. What can one person do?

Plenty! And it can start at home. Four organizations, including the Lexington Field and Garden Club, have joined forces to launch a new initiative to promote sustainable landscaping in Lexington. Called "Lexington Living Landscapes," our goal is to encourage both private and public landowners to adopt practices that protect our health and environment. The initiative will focus on what Lexington residents can do in three areas:

How we can make our tended landscapes more wildlife-friendly by planting native plants, controlling invasive species, and tending our gardens in ways that benefit wildlife. This will prevent our natural areas from becoming isolated refuges, but rather hubs in an interconnected web of nature.

How we can reduce or eliminate the use of chemical fertilizers, herbicides, pesticides and other toxins that threaten both our health and the natural world.

How we can strengthen our tree canopy by reducing the loss of existing trees and planting new ones. Trees filter our air and water, keep us cooler in summer, and host a wide variety of wildlife.

The other three organizations involved in this partnership are the town's Sustainable Lexington Committee, the Lexington Global Warming Action Coalition, and Citizens for Lexington Conservation.

We are just getting underway, and invite your interest and help. Over the coming months we will be working to educate landowners about the value of wildlife-friendly practices and to provide them with the tools they need to help. Programs, events, demonstration projects, and simple how-to instructions are all contemplated.

Learn more about us at our new website, [www.lexingtonlivinglandscapes.org](http://www.lexingtonlivinglandscapes.org). The site is bare-bones right now, but we have lots of ideas for how to make it more useful. Email us at [lexlivingland@gmail.com](mailto:lexlivingland@gmail.com) and ask us to put you on our mailing list to receive news about upcoming programs and events, and let us know if you want to help. We need volunteers in lots of areas, from organizing programs to researching and writing to facilitating neighborhood projects. Do you have some pictures of native plants, or pollinators or other wildlife in your garden that we could use on the website? Do you have a skill, like website design, that could be put to use? Please let us know — we need you!



## Important Reminder to All Members...

Please keep in mind that our Yearbook is only to be used for LFGC purposes. No one should be using the information contained within for promoting businesses, outside events or anything else. Thank you!



## Musings of the Worthen Road Garden

### Sue Bush

The Worthen Road Garden, aka, the garden south of Christel's, the basketball island, or just Worthen Road south #3, was originally maintained by the DPW. Before the LFGC took over this island it was planted with junipers, one rosa rugosa (in the middle) and day lilies. According to Anne Cuervo, chair of Civic Gardening at the time, the maintenance of the 26 traffic islands by the garden club members was rather haphazard at first. Then the committee decided it might be more fun to work in teams. It took Betsy Whitman a week to find a steward for each island. And then the fun began!



The first team on the Worthen Rd. garden had a bit of a shaky start. Christel McCarthy had requested to have all of the junipers removed from her garden but the DPW didn't stop there — they removed all of the junipers from #3 (Worthen Rd.) as well! After those were removed, the team started adding many bulbs and colorful perennials that would add color during the growing season. Why, at one point we even had a peony on the island. And guess what? It did well! Along the way many leftovers from the plants sales were added.

Today the island is maintained by a group of faithful members. It is planted with many different types of day lilies, rudbeckia, echinacea, Shasta daisy and lots of Sheffield mums for autumn color. Oh yes, the original rosa rugosa still thrives.

Maintaining a traffic island does not come without challenges. This island, in particular, has many. The lack of water being the number one issue! Transporting water across Worthen Rd. is not ideal. Then it's a struggle dealing with the salt after the winter, the constant pollutants from cars, and foot traffic from the nearby 4th of July carnival. Oh, I must mention our vole infestation? At least we think that's what they were. They enjoyed the tasty roots of four Knock Out roses and sedum. After applying fox urine, coyote urine, moth balls, chewing gum, etc., to no apparent good, we left it for the winter. They must not have liked winter on the island because they were gone by the spring.

Road Garden was my first introduction to civic gardening. As a new garden club member I was there to learn. As we all know, a garden is a work in progress and traffic islands fit that phrase. I've enjoyed working with and getting to know a great group of women, plus the many compliments and thank-you's from the passing motorists which outweigh the all challenges!



## Designing Your Winter Garden

### E. Ashley Rooney

I have a garden, several of them, as a matter of fact. At this time of year, their bright colors and scents are no longer visible, but they are not without beauty.

The bark of the white birch in the far garden glistens in the sun and looks even whiter against the lowering gray clouds. The Norway maple forms a bold black pattern against the sky. My antique concrete pig adds shape and contrast to the barren landscape. At the far end of the garden, a bench invites visitors to sit and watch the falling snow — that is if we get any this year. Next to it, we planted a red-twigged dogwood this past summer.

Many of us living in New England believe that gardens are to be enjoyed only in the summer. By the time October arrives, everything is clipped, cut and crushed.

But gardens can be as interesting in the winter as in the summer. Unlike the summer garden, which derives its beauty from color and texture, the winter garden is a dramatic scene of shape and form. Of course, if you wrap your bushes in burlap, you destroy the image!

Now, if my garden can be beautiful in winter, so can yours. And this is the time to act — because it is when the seed catalogs come in and the land's barebones are evident.



### Planting the Winter Garden

A winter garden should be planned to take full advantage of your views from the house. Once you have decided where your winter views are, you can create your plan to accentuate the beauty of your property.

Dense dark green evergreens such as junipers, firs, cedars, spruce and pines not only serve as a backdrop for other garden elements but also are strong focal points in the garden. They are a safe haven for birds, and low-hanging branches shelter small animals. Their berries and cones feed animals, and small birds eat their seeds.

Consider planting a dwarf or midsize green conifer in the center of your garden. Think of it laden with fluffy white snow. Your flowers can surround this when the weather is right. And remember evergreens aren't just green these days; they are yellow or blue.

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. The asymmetric branch structure of "weeping" trees such as Young's weeping birch is an intriguing addition to the yard.

Trees with finely exfoliating bark such as Japanese Stewartias reveal pretty patches and patterns of color where the bark has peeled off. The flowering dogwood is a graceful spreading tree with horizontal branches that give it winter interest. The tiny hanging crabapples on the sculptural sargent crab (*Malus sargentii*) emphasize its horizontal branching habit. And even those invasive burning bushes have amazing bark!

When chosen properly, shrubs can enliven the bleak landscape to make a sharp silhouette. For form, there's Harry Lauder's Walking Stick, whose branches and twigs curl and twist every which way. Hinoki cypress is an open-branched, pyramidal form with gracefully arching branchlets. The small cones and attractive red peeling bark add winter interest.

Some bushes even give you color. The witch hazel's clusters of rich yellow flowers begin to expand in the autumn before the leaves fall and continue throughout the winter. Red-twigged dogwood is a fast-growing, open, loose shrub with attractive red-green stems that grow redder as winter approaches. *Kerria japonica* has attractive yellow-green, fine textured twigs. And that invasive burning bush has that glorious red color for the fall and the interesting ridged bark.

Rhododendron P.J.M.'s leaves turn a mahogany brown in cooler weather and hold their color through the winter. Junipers are among one of the toughest plants for the landscape. Their intense silver-blue foliage take 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.

Ornamental grasses shelter a variety of animals and have feathery dried flowers that hang on through the winter. The *Pennisetum* flowers, for example, are bottlebrush-shaped, and *Festuca* flowers are loose and spiky.

Many trees and shrubs have berries they hold onto during fall and winter, and those can provide food for birds wintering over in your area. We have many birds nesting in our hollies because of the berries.



### **Adding Garden Ornaments**

Architectural ornaments can be placed at strategic spots or as a central dominant element. They draw our eye, command attention, and emphasize the beauty of the garden. Some ornaments provide destinations; others call us to explore further. They can provide balance and texture, fill empty spots, and add color or even sound (think of the burbling water fountain).

You have many choices. Whether it is an ornamental masterpiece or something you picked up at a garage sale, the right ornament in the right spot can make a startling difference to your garden.

One of the best aspects of a garden sculpture is that it can beautify the winter garden. Like the poet Thomas Moore says, it can be the "last rose of summer left blooming alone." Architectural elements can add height and interest to an otherwise flat winter landscape. They can cast shadows on the snow and add drama to your garden.

This barren time of year is a great time to design your landscape so that your winter landscape commands as much interest as your summer one.

When you are designing a garden for summer and winter enjoyment, make sure that the sculpture will be prominent during the winter months. A garden ornament can appear quite different under a glaze of ice or against a bleak, brown landscape. It can be even more beautiful without the competition from the garden. Moreover, it ensures you that spring will come.



## Lexington Field & Garden Club and Cary Library Gardening Series



**Thursday 11/19, 7PM Enjoy our Feathered Friends — Making Your Yard Bird Friendly.** Watching birds at your feeder during the winter months is a great way to stay connected with nature. Guy Doran and Ashley Rooney will discuss how to care for the birds during the winter months.

### **Thursday 12/2, 7PM Decorating for the Holiday Using Your Garden Materials.**

Fresh evergreen holiday decorations can turn just about any nook or cranny into an inviting retreat. **Elaine Doran** and **Ashley Rooney** will demonstrate how to use materials from your garden in your holiday centerpieces.

Reservations are required to receive the program link:

<https://www.caryllibrary.org/calendar/program-calendar>.



## Upcoming 2021 Lexington Field & Garden Club and Cary Library Programs

January Spring is around the Corner — Discover New Plants with **Guy Doran**

February Don't Trash the Treasures in your Garden with Food Link

March Sow What? Learn about growing from seed with Lexington Community Farm



Special thanks to the following for sending pictures of their home grown dahlias for the Dahlia Display shown during our October Main Meeting.

The display is posted at the [LexGardenClub.org](http://LexGardenClub.org) website for your perusal.

**Cass, Susan**

**Erickson, Janet**

**Fasciano, Meade**

**Galdes, Bridget**

**Martin, Dorothy**

**Rooney, Ashley**

**Russell, Susanne**



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*We hope Joan Howard will save her lovely dahlia tubers for next year's Plant Sale! Contact **Meade Fasciano** for more information.*

## Concern about Oasis

After Wednesday's big club program on bioinvasives, **Kassie Kattwinkle** shared an article from Kerry Ann Mendez on the dangers of Oasis. As Kassie says, "We've all suspected that Oasis or Foam is too good to be true, but this article shares some alarming information about the content of Oasis and reminds us that we should think twice about how we dispose of it. Here's the link to the article:

<https://medium.com/@riverwolfxo/the-unknown-danger-of-toxic-floral-foam-oasis-280a9e9fe667#:~:text=It%20is%20a%20green%20fine,%2C%20skin%2C%20and%20re>"

The article points out that Oasis is made with OASIS® Floral Foam Maxlife, which is a green fine-celled thermoset phenolic plastic foam that contains many hazardous substances, including formaldehyde smoke, oxides of carbon, phenol, cresols, xylenols, and sulfur dioxide. It may be irritating to eyes, skin, and respiratory tract. Prolonged exposure may cause cancer.

Kassie then went on to say that she couldn't imagine our Christmas workshop without Oasis and going back to frogs or pinholders from the old days, but she herself became allergic to Oasis. "After working with it so much at the MFA, my hands and arms begin to itch like crazy after I touch the stuff and it takes hours for that irritation to subside."



## Seeking 2021-2022 LFGC Officer Candidates

The Nominating Committee is seeking interested members for the positions of 2021–22 Co-President, Vice President, Recording Secretary and Corresponding Secretary. The duties of these positions include the following:

**Co-President:** is responsible for ensuring the on-going business of the Club; presides at all meetings of the Club and Executive Board; appoints chairs of standing committees as needed; is a member of the Financial Advisory Council and Program Committee and ex-officio member of other committees except the Nominating Committee; presents an annual report at the Annual Meeting; serves a term of two years.

**Vice-President:** is expected to become President; assumes all duties of the President in the absence of the President; is Chair of the Program Committee which plans and arranges monthly meetings and coordinates other activities of the Club year; is a member of the Financial Advisory Council; attends Club and Executive Board meetings; serves a term of two years.

**Recording Secretary:** records and keeps the typed minutes of all meetings; keeps updated copies of the bylaws, Policies and Procedures, Job Descriptions, and Club inventory; attends Club and Executive Board meetings; serves a term of two years.

**Corresponding Secretary:** handles the correspondence of the Club; notifies members, in writing, of the date of the Annual Meeting; attends meetings of the Club and Executive Board; serves a term of two years.

The Nominating Committee members may be contacted if you have any suggestions for the Committee to follow up on. Nominating Committee members are **Gail Harris, Judy Minardi, Betsy Hansen, Jane Fanburg, Ethel Ollin, Terry Hale, Bridget Galdes, Ruthanne Igoe, and Jan Avallone**. For anyone who has an interest in becoming a candidate for either position, please contact **Jan Avallone**, Chairperson. Please note that Nominating Committee discussions must be treated as confidential and will not be shared.





## New Members

Dan Lluch

Kimberly and Ryan Nudi

Susanne Russell



## Need a laugh?

I changed my iPod's name to Titanic.  
It's syncing now.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles,  
U.C.L.A.

Police were summoned to a daycare center where a  
three-year-old was resisting a rest.

A bicycle can't stand alone;  
it's just two tired.

When she saw her first strands of gray hair  
she thought she'd dye.

I stayed up all night to see where the sun went,  
and then it dawned on me.

I'm reading a book about anti-gravity.  
I just can't put it down.

## And of course, because it's that time of year...

What did the turkey say to the turkey hunter?

Quack! Quack!



## What are you reading? Members share books they're enjoying ...

### Regina Sutton

*Recipe for Life, The Autobiography*  
by Mary Berry

Mary Berry has been teaching England how to cook for sixty years. You may remember her as one of the judges with Paul Hollywood on *The Great British Baking Show*. Her autobiography is a touching, evocative and fascinating memoir. She was diagnosed with polio at the age of thirteen and her recovery saw her return to her one true passion — cooking. And the novel also includes one of her favorite recipes at the close of each chapter. What a treat! A book you will enjoy!

### Marlene Stone

I strongly recommend a book that was published early in 2020: Erik Larson's *The Splendid and the Vile*. This historical nonfiction book recounts the first year that Winston Churchill was prime minister from May 1940 to May 1941. It reads like a novel, with a focus on both the personal and professional lives of family, staff and political figures who surrounded Winston Churchill at his London office and country estate. The audiobook has great impersonations of Churchill's actual words spoken to the British people. Erik Larson did a lot of research to create this book — which was based on many historical archives, documents and diaries. The title of the book refers to his personal secretary, John Colville's words, as he watched bombs fall over London: "Never was there such a contrast of natural splendor and human vileness." Churchill was able with his speeches to inspire his fellow citizens while England was incessantly bombed by the Luftwaffe or German air force. Interspersed throughout the novel are numerous stories of his staff and his family and their romantic endeavors and personal responses to living in England while Hitler tried to break their spirit and get them to surrender. Winston Churchill was a colorful and powerful leader who kept the British on track before the US finally entered the war. A fascinating read.

### Georgia Glick

*The Kommandant's Girl*, by Pam Jenoff, 2007, 395 pages; in paperback

Historical Romance

Nineteen-year-old Emma Bau has been married just three weeks when German troops invade her native Poland. Within days her husband Jacob must disappear underground to fight for the Jewish Resistance. Emma assumes the identify of Anna Lipowsky, a gentile, and is hired to be the personal assistant of a high German official based in Krakow. The Resistance persuades her to use this role to access critical information about the occupation. Emma must risk her safety and the scantity of her marriage vows to help Jacob's cause. A riveting story about surviving in desperate conditions of WW II.



If you'd like to share a book review with the membership, please email your description to **Ruthanne Igoe** by November 15th.

# Painted Doors along the bike path

Isham Peugh





## Garden Word Search



105

### A FINE BOUQUET

105



*Baby's-breath is a garden plant of the pink family, grown for its tiny white flowers. It is a favorite of florists who arrange its sprigs among larger flowers in bouquets and corsages to create a delicate, misty effect. It's also included in this list of bouquet flowers!*

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| <input type="checkbox"/> AMARYLLIS     | <input type="checkbox"/> COSMOS     | <input type="checkbox"/> FOXGLOVE    |
| <input type="checkbox"/> ANEMONE       | <input type="checkbox"/> DAFFODIL   | <input type="checkbox"/> FREESIA     |
| <input type="checkbox"/> ASTER         | <input type="checkbox"/> DAHLIA     | <input type="checkbox"/> GARDENIA    |
| <input type="checkbox"/> BABY'S-BREATH | <input type="checkbox"/> DAISY      | <input type="checkbox"/> GERBERA     |
| <input type="checkbox"/> CARNATION     | <input type="checkbox"/> DELPHINIUM | <input type="checkbox"/> GLADIOLUS   |
| C E C R P A I T T E S N I O P          | <input type="checkbox"/> HEATHER    | <input type="checkbox"/> HYACINTH    |
| S C T F M U I N O M I L D A F          | <input type="checkbox"/> IRIS       | <input type="checkbox"/> LIATRIS     |
| S I U S L U E S U W R I N B C          | <input type="checkbox"/> LILAC      | <input type="checkbox"/> LILY        |
| V T L H U N M I E D I D W X A          | <input type="checkbox"/> LIMONIUM   | <input type="checkbox"/> ORCHID      |
| R A I L O N N T I E X O L H P          | <input type="checkbox"/> PHLOX      | <input type="checkbox"/> POINSETTIA  |
| E T P M Y I F H G G R F Y T G          | <input type="checkbox"/> ROSE       | <input type="checkbox"/> SNAP-DRAGON |
| T S E I H R C L T D G F W A L          | <input type="checkbox"/> STATICE    | <input type="checkbox"/> SUN-FLOWER  |
| S N A P D R A G O N B A R E V          | <input type="checkbox"/> TULIP      | <input type="checkbox"/> VIBURNUM    |
| A L L A O D R M E W I D L R H          | <input type="checkbox"/> YARROW     |                                      |
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