



# The Spade & The Hoe

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## August Meeting

The August meeting will be a field trip to Knupper's Nursery on Route 12 in Palatine on Saturday the 11th. We will car-pool from Gloria's house at 9:30 a.m. If you remember, we passed out those discount cards from them a few months ago. You can cash them today. Also, for those interested, we will afterwards continue on to Diane & Wayne's house to tour their garden in Spring Grove. Those who don't want to go can return home.

## Birds

Not only are birds desirable for their song and beauty, but more importantly for their enormous appetite for insects. Birds need three things to come to your garden: food, water and shelter. Feed them during the hard winter, setting up a feeder in August. Then a bird bath or water garden is necessary, in the winter, too. Finally, provide shelter in the form of a birdhouse, shrubs, or trees to protect them. Birds love fruit trees and berries.

When it's about to rain, birds fly about chirping. The moisture in the air makes them jittery.



## The July Prairie Walk

A large number of us met at the Glen Prairie where Kent Fuller waited for us. He first explained the origins of the prairie then exhorted us to read all the signs around the Evelyn Pease Nature Center. Finally he led us to the prairie's path, naming many of the native plants. Later in the Center he told how the building was built "green". As we left, we were all checked for tiny ticks.

## Help Wanted:

After this biblical plague of rabbits this year, it occurred to me to have a future column on plants that rabbits avoid. So, how about it? Do you have plants that your resident rabbits don't eat? E-mail me and let me know which ones. I'll also take those that deer don't like for those of us who are deer-challenged.

Let your prayers for a good crop be short and your hoeing be long.

- Albanian Proverb

## Gardening is a habit of

which I hope never to be cured, one shared with an array of fascinating people who helped me grow and bloom among my flowers.

- Martha Smith

## Through the Garden Gate

In 2001, we had a total of 10 members in the club. Soon after, I became president. Now, six years later, we have a membership of thirty-five. We can be very proud that. During my tenure, we developed our very own website (thanks, Carole), instituted this ever-expanding monthly newsletter, kept very close watch on expenses (thanks, Joan), developed a superb list of monthly programs (thanks, Gloria), developed a presence at the Glenview Street Sale (until that went downhill), substituted that with a stand at the Glenview Farmers' Market (until the park district took it over), made ourselves known by means of excellent publicity (thanks, Nancy) and the popular Garden Walk and Plant Sale (thanks, Holly). But now it's time for me to hang up my shingle. New blood must take over these reins.

Young folks must step up to the plate. Ponder this before the nominations committee comes calling. It really is not difficult to do, is not time-consuming, and is fun. Plus, I'll still do the newsletter. Think on it! Changing of the guard is on January 1st.





### ‘Heirlooms’, anyone?

Have you an ‘heirloom’ growing in your garden? I’m talking about a plant, cutting or seeds from a grandparent or other relative (not friends, as we all have lots of those plants) that evokes loving memories of family or home. I have—peonies that my father gave me from his garden about 50 years ago, and that I brought with me from our first house in Skokie to our Glenview home. Divisions are now gracing the gardens of our daughters in DeKalb and in Spring Grove. The connection continues on... Send your stories via email to me.

*One of the most delightful things about a garden is the anticipation it provides.*

- W. E. Johns)

### Herbed Cheese in a Pot

4 oz. cream cheese  
4 oz. grated cheddar  
2 cloves garlic, crushed  
1 tsp. dried basil  
1 tsp. dried summer savory  
1 tsp. dried thyme  
Combine cheeses, garlic and herbs and mix well. Spoon mixture into a small crock and press down firmly with the back of a spoon. Refrigerate for at least a day to blend flavors. Serve with crackers and a small knife. Makes 1 cup.

*One person’s weed is another person’s wildflower.*  
- Anonymous

### In August, remember to:

- apply mulch to conserve water and keep watering;
- cut back annuals to promote new growth;
- in hot weather, pots need to be water twice a day;
- plant tees, shrubs and evergreens through mid-September;
- divide iris and plant rhizomes just below the soil surface;
- stop mosquitoes from breeding by eliminating stagnant water, change the water in the bird bath every other day;
- sow green beans, lettuce, radishes for autumn crop;
- harvest herbs and dry some for winter use;
- don’t let weeds go to seed in order to reduce the amount next year.

Chicagoland Gardening, July/August 2007

*The more furrows, the more corn.*

- English Proverb

### Feverfew (Chrysanthemum parthenium)

In the Middle Ages, the plant was known as featherfoil because of its leaves. Over the years the name was corrupted to feverfew. Because of its name, some people thought it might be effective against fever, especially malaria, and began to be used for that purpose. When cinchona bark (quinine) was discovered to be a superior remedy, feverfew was forgotten. It wasn’t until the 1970s that the herb was discovered to be an excellent remedy for certain kinds of migraine. Its active ingredient, parthenolide, appears to inhibit inflammation. Researches are finding it of use also in the treatment of rheumatoid arthritis. For a full description of this useful herb, and many other medicinal plants, see Michael Castleman’s *The New Healing Herbs* (Rodale Press, 2001).

### What’s Blooming Table

Everyone likes to see what their friends are growing. Remember to bring something to the next indoor meeting.

### Questions, comments, payment of dues?

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**Guest Columnist—  
Barbara and Phil Kazanjian**  
The Death of the Old Oak  
Tree

One thing we especially loved about our house when we bought it 7 years ago was the huge, old, white oak tree on the west side of the house. An arborist estimated its age to be about 135 -150 years old. During the hot summer days, it provided shade for our house and untamed, overgrown yard. Two years ago it died. We sorely miss the tree. The loss of its dense shade has changed the environment of our yard and presented us with the challenge of changing from a shade garden to one with more sun.

The most serious challenge we faced was preserving two large colonies of white trillium. Trilliums love spring sun and shade the rest of the season. With the loss of the oak, the trilliums were receiving about 4-6 hours of direct afternoon sun. Initially, we were going to dig them up and transplant them to a shady area. Thank heavens we decided to do some research on how to transplant the trilliums. In reading books and articles on trilliums and talking with people at the Botanic Garden and the Chalet, we were told we could try to transplant them but ... NO ONE recommended it. In fact, one horticulturist said trillium was the only plant she NEVER recommended transplanting. Why? Trilliums are native, spring woodland wildflowers. It takes the plant 15 years to produce a flower, so it's not cost-effective for nurseries to grow them from seed. It's strongly recommended not to remove the plants from their

native habitat unless the plants are endangered of being destroyed by development. We learned that trillium rhizomes are deeper than one would suspect for a plant its size and that the rhizomes aren't necessarily directly under the plant, so there is the danger of harming the rhizomes when attempting to move them. And reflective of their sensitive nature, trilliums just don't like to be moved. That still left us with the problem of protection from the hot summer sun. We never found a plant that we liked or met the need. We considered placing a trellis over the colonies but that would not have provided enough shade. Instead we made a 2'x9' box-like structure of lattice which we place over them after they bloom. We fondly call it the 'trillium hutch'. This past spring our trilliums bloomed and were as lovely as ever. The trillium hutch is an 'eyesore' in our garden but also a conversation piece. More importantly, we are pleased that it appears our trilliums have been saved from the same fate as our old oak.

When the root is deep, there is no reason to fear the wind.

- Chinese Proverb

Life begins the day you start a garden.

- Chinese Proverb

**Rosemary Orange Honey Li-  
queur**

4 large navel oranges

1 small lemon

6 sprigs rosemary

2 cups vodka

1 cup brandy

1 1/8 cups honey

Zest the oranges and lemon, but do not scrape the bitter white pith.

Put all ingredients except honey in a glass jar and seal tightly. Let

steep for 3 days in a cool, dark place, shaking the jar once a day.

Strain into a clean bowl and whisk in the honey until it is dissolved and the mixture clears.

Pour into a clean glass bottle, seal tightly, and allow to mature at room temperature before using.

**History Lesson 104**

Scented geraniums (pelargonium graveolens) were discovered in the Cape Province of South Africa and brought to England in the time of Charles I. The essential oil is mostly obtained from the leaves, via steam distillation, and has developed into one of the most widely used essential oils in perfumery and cosmetic production.

Essential oil of geranium is acclaimed by aroma therapists as a good "all rounder". It may be prescribed for emotional disorders, to treat skin conditions, and as an insect repellent. The oil is astringent and refreshing, and its rich sweet aroma makes it a popular choice in massage treatments and footbaths. Its principal effect is on the blood, making it a wonderful relief to tired and aching limbs. Use it in a vaporizer to treat respiratory complaints, or as a gargle to treat a sore throat.

Its properties are as an antiseptic, antidepressant, anti-inflammatory, and diuretic, and is used for balancing, tonifying skin, warming, refreshing, relaxing and harmonizing the spirit.

- The Art of Aromatherapy by  
Pamela Allardice

**Lavender Butter**

Mix 1 tbsp. of lavender flowers (fresh, unsprayed) with 1 cup of softened butter or margarine. Cover tightly for a day before using. Serve on crackers with smoked turkey or cold chicken or use in your favorite butter-cookie recipe.

*He who plants a garden  
plants happiness.*

- Chinese Proverb

