



The Spade & The Hoe

Volume 6 Issue 1

January 2008

January Meeting

The program for the January 10th meeting will be presented by Dave Toepen on Environmental Lighting and Its Effect on Us. We will meet at the PARK CENTER, in room 102.

From the Desk of Pamela Frank

I would like to wish all of our members a happy and healthy new year 2008. This is my first column as club president and I would like to tell you my garden story. I am fairly new to Glenview—we moved here in July 2003 from Morton Grove. One of my criteria while house hunting was to have a large, mostly sunny yard that had potential to be a 'gardener's yard'.

In July it was too late to plant a vegetable garden but I started on my perennial border and rose garden. My first project was to bring as many of my beloved plants from the old property as possible. My daughter's boyfriend had a pickup truck which we used to transport everything. Because the house was not sold, I was able to dig up several of my favorite peonies and 15 roses. The previous owners of our new home were not gardeners so I had an opportunity to create a new garden of my own design. It took several trips but we managed to replant everything as soon as possible. So that was the start of my garden. In early 2004 I was introduced to the Glenview Gar-

deners on a field trip to the Grove. It was at that time when I met so many nice people that I decided to join the club. I am looking forward to more wonderful experiences in the 2008 gardening season with the Glenview Gardeners.

The Annual Dinner at

Periyali Greek Taverna was again so good and warmed by the presence of so many of you. That is, after all, what the spirit of the holiday is all about.

Proposed By-Laws Change

Article 7—Meetings, Section 1. Of the Club. Reads "Regular meetings of the Club shall be held on the second Thursday of each month, except for any month in which there is a field trip or other activity." The proposed change has two options:

- 1) change the meeting day to the second Tuesday of the month, or,
- 2) change the meeting day to the fourth Thursday of the month.

This has come about because we are unable to secure the second Thursdays' reservations of a room at the police station. These are the two days that were offered to us. Please think carefully about this topic. The vote will be taken at the regular January meeting.

When I walk out of my house into my garden I walk out of my habitual self, my every-day thoughts, my customariness of joy or sorrow by which I recognize and assure myself of my own identity. These I leave behind me for a time, as the bather leaves his garments on the beach. - Alexander Smith

Through the Garden Gate

This is the start of a brand-new year. We welcome a new president and look forward to some really great programs. The first of the garden catalogs already arrived in my mailbox and I can expect lots more. As we pack away the decorations of another Christmas, we turn our eyes towards the garden. Visions of plans start dancing in our heads and I begin marking pages of those catalogs for further consideration. But as much as we begin making a list of must-haves, we mustn't ignore the beauty of the winter season upon us. This heavy ground cover of snow will be great for our gardens, not to mention the water table! Be sure to put on your boots and heavy jacket and take a walk in this winter wonderland. This snow is a photographer's dream, so do take loads of photographs.

Let me take this opportunity to thank everyone for their support through these past years. Your gift is very much appreciated.—Esther

*If you once loved a garden
That love will stay with you.
- Louise Driscoll*



More Blogs

Some local garden blogs we've found are:
www.sweethomeandgardenchicago.blogspot.com
www.mychicagogarden.com
www.mrbrownthumb.blogspot.com

The scents of plants are like unseen ghosts. They sneak upon you as you round a turn in the garden, before you can see the plants from which they came.

- Barbara Damrosch

Watering Hints

The gardener of a palazzo in Rome, responsible for the staggering display of plants in the great earthenware jars on the terraces, only watered them twice a week in summer. Each jar had two or three holes at the bottom of the front surface. These would be plugged with bungs and the jar watered until two inches of water stood on the surface of the soil for fifteen minutes. Then the bungs would be taken out. Any tendency for the soil to leach out was combated by frequent top dressing with mulches, and the removal of some of the soil every autumn and digging in quantities of manure and compost. Huge azaleas and oleanders flourished under this treatment as well as geraniums, plumbago, fuchsias, etc.

In ancient France, yarrow was known to staunch bleeding. Hence it was called 'the carpenter's herb'. One was advised to bind it on the handles of tools for work outside.

- Gardener's Lore
by Maureen & Bridget Boland



Gardens are not made by singing "Oh, how beautiful", and sitting in the shade.

- Rudyard Kipling

Daisies

Like many other herbs, daisies have been used in various forms of divination, like the 'he loves me' chant you learned as a child, where the last petal is supposed to give you the correct answer. In another divination, close your eyes and pick a handful of grass and daisy stems. When you count them, you'll know how many years you have to wait for Mr. or Ms. Right to come along. If you want to get a glimpse of the person your waiting for, put a piece of daisy root under your pillow and he or she will appear in a dream. And be sure to step on the first daisy you see in the spring. If you don't, it is said that the daisies will grow over your grave before the year is out! In another tradition, daisies growing on a grave were said to be a symbol of rebirth. Medicinally, the daisy was used to ease coughs; in lotion form, it was used to treat wounds and bruises.

- Susan Wittig Albert,
"An Unthymely Death"

What is a weed? A plant whose virtues have not yet been discovered.

- Ralph Waldo Emerson

Magical Mistletoe

As the Viking legend goes, Balder, the god of summer sun was slain from a dart made from the wood of the mistletoe plant. He was revived at the request of the other gods and goddesses, and mistletoe was given to the goddess of love to look after. It was ruled that everyone who passed under it should receive a kiss, and hence it was regarded as an emblem of love, and not of hate.

Carnations

One 16th century name for the carnation was the inelegant 'sops-in-wine', which reflects its use as a spicy flavoring for drinks. It was also used in soups, sauces, syrups and vinegar, and the flowers were candied and preserved. To make your own carnation vinegar, use freshly picked, unsprayed flowers. Place 1 cup of loosely packed flowers in a quart jar and cover with 2 cups of white wine vinegar. Add a cinnamon stick and a teaspoon of whole cloves. Cover and store in a dark place. Check the flavor after a week, and continue steeping until the desired strength is obtained. Strain into a pretty bottle. Use on a luncheon salad of crisp greens.

Susan Wittig Albert,
"An Unthymely Death"

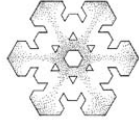
Dues

It's that time of year, when the snow falls, temperatures drop, and dues are due. Please bring your checks to the January meeting or mail them to Shelly at 2141 Mickey Lane. The dues for 2008 will remain the same as last year: single \$30, couples \$35.

Trees are the best monuments that a man can erect to his own memory. They speak his praises without flattery, and they are blessings to children yet unborn.

- Lord Orrery
(1707-1762)





Guest Columnist —

We are in need of some volunteers for Guest Columnist for the next few months. Kindly let the Editor know if you'd like to 'do' a month.

Rosemary

Rosemary has long been regarded as a preserver of youth — just smelling the plant was thought “to keep thee youngly”. In Classical times, it became known as the herb of fidelity, love and abiding friendship, and was bound into wedding wreaths and planted on graves. Bunches were burned during times of plague in a bid to ward off infection. The French hung rosemary in hospitals as a healing incense and, as recently as WW II, the leaves were burned in field army hospitals for their antiseptic and purifying effect. Essential oil of rosemary is distilled from the flowering tops and leaves. Centuries ago, meat was wrapped in crushed rosemary leaves to stop spoilage. The oil has since been used to ease the effects of ageing. Scalp massage with the oil prevents premature baldness, a gargle of a few drops in water treats bad breath. With its powerful aroma, its oil is an effective inhalant and decongestant, and a massage rub for muscles. This is the most stimulating of oils, enhancing memory, concentration, and clear thinking. It's also a digestive and good for the circulation.

“...boyule the leves in white wine and wasshe thy face therewith...thou shall have a fayre face...wash thyself and thou shalt waxe shiny.” - The Leech Book of Bald

The Art of Aromatherapy
By Pamela Allardice

In January, remember to:

- if you haven't done so, clean and sharpen shovels, spades, hoes, forks, etc. Oil their wooden handles;
- for houseplants, only use tepid water and take care not to over water; over watering is the main cause of death of houseplants;
- don't fertilize them during their rest cycle, and only at half strength during growing periods;
- give your plants a rest period in late winter by reducing water for two months or until it re-sprouts;
- aphids, white flies, and spider mites appear when the air is dry; increase humidity by misting their leaves once a week (except for African violets) or by setting the plants on stones in a tray filled with water.

“For the sickly, take this wort rosemary, pound it with oil, smear the sickly one, wonderfully thou has healest him.”

- Saxon Herbal

Sage

Used as a culinary and medicinal plant since Classical times, the Greek physician Dioscorides used it to ease headaches and nervous tension, and for internal complaints. Sage oil is still extracted the same way it was centuries ago—the leaves are spread out to dry before they are distilled. Sage oil is, therefore, more expensive than most other essential oils. The oil is used as an astringent, spring tonic, blood cleanser, to promote the appetite, cool a fever, ease headaches, heal skin conditions or wounds, in distilled water as a gargle, an effective deodorant and antiperspirant and as a massaging oil to ease pain.

Here at my feet what wonders pass,
What endless, active life is here!
What blowing daisies, fragrant grass!
- Matthew Arnold

What's Blooming Table

Remember to bring something to the January meeting.

www.glenviewgardeners.org

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