



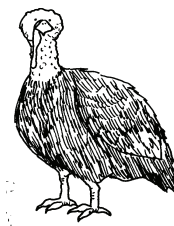
# The Spade & The Hoe

Volume 7 Issue 11

November 2009

## From the Desk of Pamela Frank

Hey, great news, gardening can increase your life up to fourteen years. Want to live longer? Then get our and garden, according to an article I recently read. It is good for you to go our and pull weeds, dig holes and plant. Walking is great for longevity. I have walked miles around my yard contemplating where in the world I am going to put the new plants I bought from Home Depot. No need to go to a gym, centenarians gardened and got vitamin D from sunshine. The longest-lived people ate more vegetables. I hope my garden bounty helps me to live longer. At least I have enjoyed my summertime treats, such as, rhubarb pie, tomato, lettuce and bacon sandwiches, eggplant parmesan and zucchini breaded with panko bread crumbs and browned in olive oil.



## November Program

Pam Duthie will introduce us to Shady Characters on November 10th, Tuesday, at the police station. The meeting starts at 7:00 p.m.

## October Program

West End Florist gave an excellent program on Putting Your Garden to Bed for Winter. Thanks to Dorothy Barz for the refreshments.

## Slate of Officers for 2010-2011—Change

The Nominating Committee has met and offers the following slate of officers for two-year terms beginning January 1st:  
President: Judy Oppegard  
Vice Pres.: Pam Frank  
Programs:  
Treasurer: Shelly Kimel  
Publicity: Nancy Spears  
Circulation: Brigitte Steinforth  
Garden Walk: Holly Jansen  
Hospitality: Barbara Kazanjian  
Historian: Bonnie Kimoto  
Editor: Esther Behnke

Nominations will be taken from the floor at the November meeting and a voice vote will be taken.

**A Combined Board Meeting** will be held in December at which time the outgoing board will turn over all paperwork relating to their positions to their incoming officers and discuss with them the particulars of their jobs.

The date for the combined board meeting will be ascertained in November.

## *Through the Garden Gate*

*In spite of the heavy rains in spring, and none in summer (did we really have a summer?), the autumn colors of our trees and shrubs is just grand this year. It is so beautiful just to drive around the village oohing and ahing over every bit of red, orange, yellow and deep purple. It's great to be alive at this time of year.*

*I've been busy cleaning up the flower beds these last few relatively warm days of fall and bringing in all of the little sculptures to winter over in the garage. It's always surprising to dig up the cannas and dahlias and see how many new rhizomes they've developed over summer.*

*Winter is supposed to be colder with not as much snow as last winter (but who really knows, right?). Build a nice fire in the fireplace, pour yourselves a glass of wine, get a good book and snuggle in. It can't get much better than that. Esther*



## Nightshades

There are more than 2,000 species in the nightshade family, including annuals, perennials, vines, shrubs, and small trees. Where would we be without potatoes, tomatoes, chile peppers, and eggplant? And in our gardens, petunias, datura, brugmansia (Angel's Trumpet) and flowering nicotiana?

In ancient times, surgeons relied on the narcotics of mandrake and deadly nightshade, and today we endure the deadly effects of addictive tobacco. It is the three narcotic plants that, because of their long association with black magic, soothsaying and witchcraft that have given these plants such an evil reputation. Chances are you had tomato juice and hash browns for breakfast, or a chile pepper and tomatillo salsa on your taco lunch, or perhaps a vodka-and-tonic or bloody Mary at happy hour, topped with eggplant Parmesan for dinner.

In its native Peru, 8,000 years ago the potato was a food and was also used to treat many things from arthritis to frostbite to infertility. It was in the 1700s before Europeans accepted it as a tasty and nutritious vegetable. Thomas Jefferson first introduced it to American society when he served a platter of French fries at a presidential dinner at the White House.

### *Nightshades*

by Susan Wittig Albert



*Nature and the garden bring out the best in our characters.*

- Felicity Bryan

## December Holiday Dinner Survey:

Holly will need to know who is coming to the Holiday Dinner on December 17th, Thursday, at 6:30 p.m. at the Diamond Café, 1723 Glenview Rd., across from Country Cobbler. Please call her so she can make our reservation.

*Bloom where you're planted.*

- Mary Engelbreit

## Nightshades, con't:

The tomato was valued as food and medicine by American Indians but was rejected in Europe when it was brought there in the 1500s. The Italians took to the tomato more readily than other peoples and they developed the practice in the 1600s of drying tomatoes to use during the winter. Scientists now tell us that the tomato is not only nutritious, but helps to prevent certain cancers and strengthens the cardiovascular system.

The eggplant was brought to America by the Spaniards as food and medicine (as expectorant, diuretic and treatment for throat and stomach ailments). It got its name because some 18th century European cultivars bore yellow or white fruits the size of goose or hen's eggs. The tomatillo, also known as the husk tomato, is widely used as a condiment in south-of-the-border cookery.



## Notice: Dues are Due

**Dues** for calendar year 2010 are due: \$30 for individuals, \$35 for couples. Send check or give cash to Shelly Kimel at the next meeting.

## Nightshades, con't:

The three deadliest plants of the Solanaceae family are: deadly nightshade (*Atropa belladonna*), mandrake (*Mandragora officinarum*), and henbane (*Hyoscyamus niger*). In ancient times, their high levels of tropane alkaloids made them the weapons of choice when it came to murder. In the Middle Ages, they were used to induce the hallucinations associated with witchcraft and sorcery. Numerous superstitions surround all three plants, and their poisonous properties are legendary. However, deadly nightshade remains the chief source of scopolamine (in some countries, mixed with morphine for use as an anesthetic in childbirth) and atropine, used by ophthalmologists to dilate the pupil of the eye, and in the treatment of heart attacks. It is also stockpiled by the U.S. military and some hospitals as an antidote for biological and chemical poisons.

From a broad cultural point of view, the deadliest of all is tobacco (*Nicotiana tabacum*), which contains the tropane alkaloid nicotine. According to the National Center for Chronic Disease, cigarette smoke is responsible for some 438,000 deaths each year in the United States alone. Once regarded by American Indian users as a sacred plant with magical powers, it is now understood to be a dangerously addictive carcinogenic herb.



There is nothing that is comparable to it, as satisfactory or as thrilling, as gathering vegetables one has grown.

- Alice B. Toklas

### Survey:

Justine Dial would like to know what is your favorite variety of tomato. Send your emails to [ggardeners@earthlink.net](mailto:ggardeners@earthlink.net) for inclusion in the December issue.

### Garden Tip

Gloria says to save the sprayer nozzle from empty bottles of cleaning solutions, rinse them and exchange them for the lid on a full bottle of rubbing alcohol. Armed with this handy and inexpensive disinfectant spray when cutting and trimming, she sprays her pruner between tender plants to disinfect it. Since she started using this handy tool, she hasn't spread disease like mildew, etc., from one plant to another. The alcohol also helps to disinfect an accidental cut finger right in the garden. Honestly, who stops gardening to go in and wash with soap and water every time you get jabbed? That only happens when she is finished gardening, when the sun goes down.

The best things that can come out of any garden are gifts for other people.

- Jamie Jobb

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*The only words that ever satisfied me as describing Nature are the terms used in fairy books, "charm", "spell", "enchantment".*

- G. K. Chesterton

### In November, remember to:

- After a heavy frost, mound soil or mulch around the bases of roses to a depth of 5-10";
- Cut back all perennials as they finish blooming and add the stalks to the compost heap;
- Compost dead annuals in window boxes and replace them with evergreen branches;
- Plant spring-blooming bulbs until the ground is frozen;
- Remove leaves from lawns to prevent suffocation;
- Garden chemicals should be stored in the basement so they do not freeze;
- Shred fallen leaves to use as mulch on beds once the ground is frozen hard;
- Clean and repair garden tools before storing them for the winter;
- Plant amaryllis bulbs and water for a holiday display;
- Apply anti-desiccant sprays to broadleaf evergreens;
- Mow the lawn until it goes dormant;
- Drain hoses and sprinklers and store;
- Clean and put away cushions and outdoor furniture;
- Cut holly branches for indoor holiday decor.

### What's Blooming Table

Thanks to Gloria for showing us her clematis and to Holly for her rose.

[www.glenviewgardeners.org](http://www.glenviewgardeners.org)

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