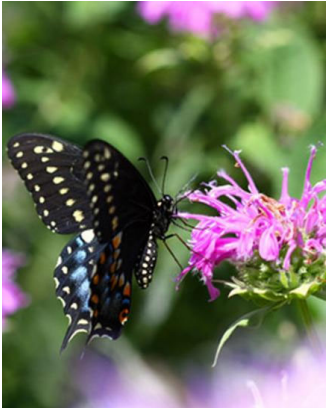


West Newbury Garden Club



Next Meeting – March 2nd - 6:45 pm - Annex Building

Gardening in a Climate Change - by Alison Reyes



Our March meeting will feature Michele Fronk Schuckel who will share her knowledge and expertise about gardening in a warming world. Michelle is the founder and principal designer of Natural Selections Gardens where she works with clients to advocate and protect our ecosystem and incorporate native plants into their gardens.

Sustainable gardening and landscaping techniques can slow warming by reducing carbon emissions and home gardeners can be an important part of the solution. Michele will discuss rain gardens, veranal pools, accelerating the carbon cycle, and shifting planting zones, all efforts to halt climate change. Visit this website to learn more about Michelle and her services - Michele@NaturalSelectionsGardens.com. Join us for an informative evening!

February Meeting - by Christine Gerzon



Our February meeting featured Plant Health, Soil Health, and Optimizing Nutrients in Your Vegetable Garden ~ A presentation by Alison Reyes with over 50 members and guests in attendance! As a WNGC member, Alison shared her wisdom and enthusiasm for healthy living and healthy gardens. As a Registered Dietitian Nutritionist who specializes in Integrative and Functional Nutrition Care, Alison is passionate about growing and promoting the consumption of plant-based foods to achieve and maintain overall health. Her talk covered everything we need to know about the benefits of growing our own vegetables: planning a vegetable garden, soil health, natural pest control, composting, and how to properly plant and nurture seeds and seedlings. We even got to plant our own seeds to take home and care for until springtime.

The benefits of growing our own vegetables are numerous. We can grow unique and usual produce, reduce the carbon footprint, soak up Vitamin D from the sun, support local food insecurity, and reduce our exposure to toxic chemicals. Of course, you need healthy soil with adequate air flow, so your plants have enough room to grow. Vegetable plants need on average 6-8 hours of sunlight a day as well as good water drainage and mulch to control weeds which takes away nutrients from the soil intended for the plants. If you are unsure of the health of your soil, you can have it tested at a state agriculture extension center. The nearest one to us is at the University of New Hampshire in Brentwood, New Hampshire. [Soil Testing Services | Extension \(unh.edu\)](https://www.unh.edu/soil-testing-services). Adding soil from your own compost or a composted cow manure can effectively balance your garden soil.

Composting is an efficient and eco-friendly way to recycle your kitchen and yard waste into nutrient rich soil. You can either build your own or buy a compost bin (preferred if you have wildlife who visit your yard). Find a shady spot in your yard to combine 2 parts “brown waste” (leaves, grass clippings) to 1 part “green waste” (vegetable scraps, eggshells). Make sure to keep the pile moist and turn it once a week to control heat and allow for adequate air flow. This process of

decomposing which takes 3 to 4 months will give you a free, high quality soil amendment which in turn, will reduce your need for fertilizers, pesticides, and watering, and extend your growing season.

Finding high quality seeds is another important aspect of growing vegetables. Look for organic seeds or seedlings in your local nursery or buy seeds online. Alison recommends these two companies: Johnnyseeds.com and Fedcoseeds.com. Some vegetables can be sown directly in the ground (arugula, lettuce, spinach, beets) after the last frost while others are best started inside in small pots. (tomatoes, onions, broccoli). If you are growing seedlings inside, grow lights are fine in the beginning but after sprouting they need about 4 hours of sunlight each day.

Vegetable plants, like all living things, require tender loving care. In addition to simply planting, watering, and harvesting, you will need to keep an eye out for pests like flea beetles, aphids, spider mites, squash borers, and jumping worms. Checking the leaves each week is a good way to gauge the health of the plants. Before you reach for the pesticides, try a natural pest control such as handpicking, solarizing, or row covers. Some pests do not like cold water so a blast with the hose is all that's needed to get rid of them. You could also try a natural product called diatomaceous earth which is a powder made from sedimentary rock, clay, and minerals.

The benefits of growing our own vegetables are more than worth the effort. We have not only the pleasure of eating high quality organic food which keeps *us* healthy but the satisfaction that comes with participating in one of the oldest traditions on earth, feeding ourselves. As Michael Pollan, the well-known author of many books about our relationship to food says, "Eat food, not too much, mostly plants". Thank you, Alison, for such an inspiring and informative evening.



Debra Caminiti



Community Guests

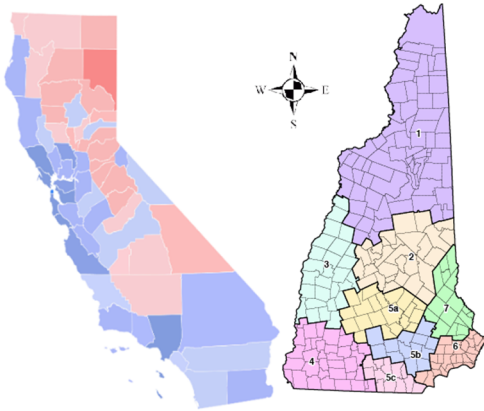
We Can Even Garden Indoors - by Claudia Woods Estin



This Camellia was gifted to me over ten years ago from a friend who had a Camellia greenhouse on her property in Hamilton, MA. I have always loved this plant as it complements my old chintz fabric designed with Camellia pattern.

The plant is sensitive and prefers a cool environment which is difficult when we turn on the heat for the winter. It also seems to like humidity, so I spray it frequently. This is the first time that it has bloomed so profusely. Oh, what a beauty!

Reminder: WNGC & Penny Pines Project Fundraiser Campaign - by Dianne Teed



On Thursday, March 2nd in conjunction with the monthly topic: "Gardening in a Changing Climate" the WNGC will be collecting members' contributions to the Penny Pines Project. Each \$68 contribution is added to U.S. national forest funds to plant "approximately 200 pine saplings or other indigenous seedlings". We welcome all contributions. No contribution is too small or too large!

At our February 2023 meeting Diane Teed discussed some of the project benefits including soil protection, enrichment of wildlife habitats, sequestration of carbon and the fact that trees and soil are the most effective nature-based solution to climate change.

A show of hands by members indicated an interest in contributing to both NH and CA national forests. Please bring your coins, cash, or checks (payable to the West Newbury Garden Club) on March 2nd. Please indicate on your check which state you prefer to support. General cash and coin contributions will be allocated at the discretion of the WNGC Board. If you are unable to attend on March 2nd, we will also be accepting donations at our April meeting. Please contact Diane Teed with comments or questions.

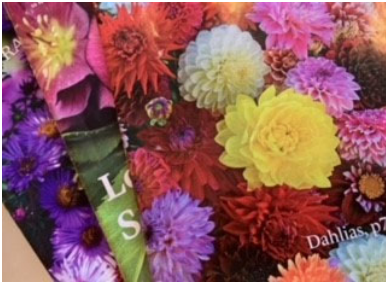
We would love to see 100% participation from our members!

Planting Spring & Summer Bulbs - by Alison Reyes



Knowing when to plant bulbs is essential to produce flower gardens that burst with color throughout the seasons. Most bulbs will either flower in the spring or summer and understanding when to plant them, can make all the difference. Summer bulbs such as lilies, dahlias, begonias, alliums and gladioli should be planted in the spring when the ground is warm. In Zone 6B the best time to plant spring bulbs is in May. Spring bulbs such as tulips, daffodils, crocus, and hyacinths should be planted in the fall. In zone 6B, late October or early November is a perfect time for planting fall bulbs. Snowdrops for example will break ground in the winter and they are best planted in the fall but can also be planted in the spring. Additionally, some bulbs will produce flowers across more than one season such as the dahlias and gladioli. To learn more about planting bulbs, visit this website: <https://www.gardendesign.com/bulbs/how-to.html>

Notes from a Novice Gardener - by Andrea Caswell



There's a season within a season if you're a gardener in New England. I call it Garden Catalog Season. In these dark days of winter (fortunately gaining a few minutes of light each day), I enjoy looking through bright catalogs that advertise plants and flowers for shipping in the spring. These cheerful catalogs seem to promise that spring will come. That means summer is around the corner! But I'm getting ahead of myself.

Instead of trying to remember what I looked at (was it fireweed or ironweed?) in which catalog, it might be easier to just click around on nursery websites and use their search features. "Deer-resistant plants," for example, which would narrow the results considerably, though hungry deer seem willing to eat anything. The trouble with these websites, I find, is the proliferation of pop-up ads and other "suggestions based on your search history." The ads multiply, nearly to the level of stalking, until you make a purchase. Remember that one time you clicked on chrysanthemums because you thought they were pretty? Now you're inundated with chrysanthemum ads! Printed garden catalogs don't leave a digital trail of your interests.

I also appreciate that the catalogs are colorful. Flowers in every hue! Shrubs in every size! Seeds for anything you might want to grow! From dill weed to melons to plum trees. In the preplanned garden offerings in one catalog, I read a description for a "Tough-as-Nails Deer-Resistant Garden for Sun." Even though I'm not going to purchase it, the description can serve as a cheat-sheet for my own planning. They've put salvia and blazing star and coreopsis in it, along with some Shasta daisies. As possible, I try to select native plants that are optimal for winged species in this area, as well as purchases from vendors who share information about their pesticide usage. Most often, I find I'm drawn to the hummingbird and butterfly gardens, because I want to attract and support those beauties in our yard. The catalogs help me imagine what's possible, while brightening these winter days and nights.

Happy Garden Catalog Season, everyone!

WNGC Scholarships and Garden Club Federation of MA - by Karen Clagett



The West Newbury Garden Club is again offering scholarships to students who will study or who are currently studying environmental studies or related fields at the college level. Two scholarships, each \$3,000, will be awarded, and to be eligible, students need to reside in the Pentucket School District (West Newbury, Groveland, Merrimac). Applicants may attend or have attended either private or public high schools and must matriculate in college in the fall of 2023. The West Newbury Garden Club has a strong commitment to stewarding our environment, and students should be certain to highlight any work they have done, either through extra-curricular activities or through paid employment, to gain more knowledge about and/or to help the environment. **For more information on eligibility,**

and the application, students should view the scholarship page on the West Newbury Garden Club website, wngc.org. The deadline for applications is April 10.

The Garden Club Federation of Massachusetts is offering 11 scholarships (through only one application). **Information, including eligibility and application details, is available at the Federation's website gcfm.org. The deadline for application is March 1.**

Plant Sale Reminders



Chaired by Carrie Hometh, the plant sale committee is seeking volunteers for the afternoon of Friday, May 19 & Saturday, May 20th from 8-12. Sign-up sheets will be available during our March 2nd meeting. If you are new to the Garden Club, come by the table and hear all about what is needed. Long time members...you know the drill, sign up for your committee!

The club will host a Pot Drive for the plant sale the weekend of April 1 & April 2. A Drop-Off location will be set up along the east wall of at the "Old" Town Hall. Stay tuned for more details! No hanging pots or pots less than 6" across.

We also ask that you save your newspapers for the Digging Committee. Crumbled sheets use less soil making the pots lighter to lift and carry. Members are also asked to bring newspapers to our April 6th meeting.

Lastly, please start collecting and saving those sturdy oversized tray-like "box-tops" for plant sale shoppers. We need hundreds, so start collecting when you shop at stores like BJ's and Costco.

WNGC Newsletter
Alison Reyes

Photography
Anne Selig

Contributing Columnist
Andrea Caswell, WNGC Member

WNGC President/Website
Lori Boudrow

Facebook
Chris Gerzon

West Newbury Garden Club
P.O Box 11 West Newbury, MA 01985
Email: mrcwebmaster@comcast.net

WNGC Privacy Statement

We respect the privacy of our members. Membership information in the Yearbook and/or in the Newsletter is for WNGC use only. Member Contact information is not to be released or used except within and for WNGC communication, and never for commercial purposes.

WNGC is a member of the Garden Club Federation of Massachusetts. Read their quarterly newsletter Mayflower for articles, announcements, events and workshops.

Stay Connected to WNGC

Note: WNGC Board meetings are held the 2nd Monday of each month at Board members' homes. Please contact Lori Boudrow if you wish to attend.