



Next Meeting - April 4th - 6:30 pm - Annex Building

The Many Health Benefits of Plants



Our April meeting will feature WNGC member Alison Reyes who will explore the many benefits of growing and consuming plants. Alison is a Registered Dietitian Nutritionist (RDN) with undergraduate and graduate degrees in human nutrition and health education and over 35 years of experience working with patients and students. She has a specialty credential in Integrative and Functional Nutrition Care (IFNCP) and is passionate about promoting the consumption of plant-based foods to prevent and reverse chronic diseases. Her presentation will explore the health benefits of house plants and how growing and consuming plants can contribute to healthier outcomes and a more sustainable environment.

Friendly reminder to all members to sign up for a plant sale committee! Sign-up sheets will be on a table near the entrance during our April meeting.

March Meeting - By Alison Reyes



Our March meeting featured Angela Treadwell-Palmer, an avid horticulturist and advocate for breeders. Angela received her BS degree in Plant Science from the University of Delaware with concentrations in Ornamental Horticulture and Landscape Design. After graduating from college, her first job was at The Conard-Pyle Company working in research and development where she named and introduced the Knockout Rose.

In 2004, while working for Homestead Gardens as a perennial buyer/grower, she founded Plants Nouveau, LLC, a company that specializes in marketing new plants to the nursery industry. Since 2004, Plants Nouveau has grown to more than 45 breeders and 380 new plant introductions. Angela described how new plants are bred, selected, named, and marketed to new customers and how her company licenses growers and conducts trials across the globe to ensure the introduction of new plants is novel.

Daffodils, Daffodils, Everywhere! - By Lori Boudrow



Member Barbara Haack had a vision and with the help of Dianne Faulkner, beautiful daffodils will be blooming all around town this spring! Barbara donated from her garden a large boxful of daffodil bulbs and the club augmented this inventory with some purchased bulbs. Helena Dion, Lori Boudrow, and Dianne Faulkner packaged up bulbs, Bulb-Tone, planting instructions and location and the kits were distributed to member volunteers during our November meeting. Dianne, Gail Dinaro, and Anne Jarzowski chose intersections along Main St./Bachelor, Chase & Farm Lane. Additional locations chosen were the 1910 Building, Ferry Lane Park, Training Field, the entrance to Mill Pond, and the Water Department building close to the Newburyport line. We are optimistic that Barbara's vision of daffodils throughout the town will come to fruition this spring and for many years to come!

Garden Committee Spotlight: Garden Street Traffic Island - By Alexis Katkevich



The Garden Street Traffic Island garden, located in West Newbury at the intersection of Garden Street and Main Street, makes for a cheerful view when driving through town. The committee is chaired by Helena Dion with fellow club members Ann Craig, Joanne Gay, Gini Mazman, and Sarah Robinson. Ann provides insight into the garden and shares that Helena has done a wonderful job organizing the committee and involving all members in decisions such as plant choices, watering schedules, and weeding dates.

Ann says the garden was once overgrown with daylilies, sedum, and some especially determined spiderwort. These plants have been somewhat thinned out, new soil added, and other perennial species incorporated. In addition to pollinator-friendly feverfew, native bee balm, and New England aster are thriving (and require little additional watering). While new perennials are being introduced intentionally, at the Main Street end of the garden, “tradition continues” with daffodils, tulips, and beautiful annuals that shift in color and texture with the seasons.

While many town residents admire the garden when waiting at the stop sign, a garden placed on a road comes with unique challenges. When turning left onto Main Street from Garden Street, many vehicles run over the northern edge of the garden. Carefully placed rocks are not enough to prevent some geraniums and pansies from being crushed. Ann shares that other challenges include winter accumulation of highway sand from the roads and a more recent problem of a mystery animal that enjoys munching the tulips.

Ann, who was “delighted” to join the committee considering she drives by numerous times per day, says that volunteering for the garden is a joy because of the “many heads and hands” of fellow committee members who work together. If anyone has information regarding the cracked, old granite stone trough at the corner of Garden Street, similar to the split one at the Hills House Garden, please share that information with committee members!

Jumping Worms - By Carrie Hometh



After consideration and research on the jumping worm’s situation, the WN Plant Sale will continue with members donating plants from home and we will continue the Digging Committee. While it is too early to transplant, we ask that you do something in preparation for the Sale. Go into your gardens and see if there is any evidence of the granular like dirt that is left by the worms. If there is, we’ll be sending out details on how to manage the repotting of these plants. You will not see the worms at this time of year. They have left behind worm eggs that are extremely difficult to see. To learn more, visit: <https://extension.unh.edu/resource/plant-sales-and-jumping-worms>

Notes from a Novice Gardener - By Andrea Caswell



We made it! We are through winter and into early spring. Besides the recent time change and equinox, the outdoor world is showing tell-tale signs of winter's passage. Birdsong is becoming more frequent and audible now. At dusk, the peepers begin their nightly serenade. The sun feels just a tiny bit warmer, in those moments when you can escape the wind chill. Near our mailbox, I have noticed tight nubs of sedum, green and visible at the base of plants I had trimmed back heavily in the fall. Green shoots are beginning to reappear in various patches.

Some of you may remember that I shared a conundrum in late fall: I had bought about three hundred bulbs, in a fit of enthusiasm, and wondered what I was supposed to do next. Most of them were for very small flowers, such as crocus and eranthis. Slightly larger were the Galanthus bulbs, which reminded me of pearl onions. The Narcissi were the heftiest in the group, though still a miniature variety. My concern was how I would know when the soil had reached the right temperature for planting them all. And the instructions included conflicting math: plant this one being 6 to 8 inches deep and 6 inches apart, while others were supposed to be 4 to 6 inches deep and 4 inches apart. I wasn't exactly out there with a measuring tape, as I struggled to match my planting speed with the enthusiasm, I had had for ordering the bulbs online.

The good news for novice gardeners is that bulbs are very forgiving. The snowbells (*Galanthus elwesii*) were the first to appear, followed by the winter buttercups (*Eranthis Cilicia*). The daffodils won't be far behind. Towards the end of my fall planting frenzy, when I had gotten tired of digging holes in the ground and still had bulbs remaining, I placed a few in loose soil in a shallow planter, which I forgot about in the garage all winter. Lo and behold! They also survived and recently bloomed, as shown in this photo. Happy Spring!

Native Plants - By Christine Gerzon

Native plants are vital to the health of our gardens and the little creatures who depend on us for their food. Look for these and many more natives at our annual plant sale in May.



Liatris Northern Blazing Star

Height 30-36 inches

Spreads-1-4 feet

Full sun

Liatris is an easy, long-lived perennial with wands of fuzzy, violet-pink flowers. This North America native is also known as blazing star and its nectar attracts a wide variety of butterflies. The late summer blooms are good companion for lilies, rudbeckia, dahlias and asters. A long-lasting cut flower, too.



Rose (Swamp) Milkweed

Height 3-5 feet

Spreads 2-3 feet

Full Sun

Swamp milkweed attracts a profusion of butterflies, especially the monarch butterfly. It will thrive in average garden soil if it does not dry out completely, especially in the spring. It is an excellent addition to a native plant garden.



Scarlet Beebalm

Height 2-2/12 feet

Spreads

Full Sun

Scarlet beebalm is aromatic herb a member of the mint family. It is also known by the common names. bergamot, Oswego tea, and crimson beebalm. The name beebalm refers to the use of a resin derived from the plant that may be used for healing and soothing of bee stings. Bee balm does best in evenly moist soil rich in organic matter. It can tolerate lighter soil, but richer soil will encourage taller, stronger specimens.



Shrubby St. John's Wart

Height 4 feet

Spreads 4 feet

Full to partial Sun

Shrubby St. John's Wort is a medium sized shrub. The naturally mounded form, covered in a dense foliage of small slender leaves, is easily pruned into a nice, rounded shape in early spring. A profusion of cheerful yellow flowers covers this shrub throughout the summer, attracting many kinds of pollinators. Drought tolerant, and both rabbit and deer resistant.

Honoring Lynn Boyd - By Christine Gerzon



To honor longtime garden club and board member, Lynn Boyd, the club recently made a donation in Lynn's name to the Maudslay Arts Center. Lynn loved music and dance and often attended the summer concerts and performances at the center. Additionally, as a frequent visitor at the G.A.R. Memorial Library and as a nod to Lynn's love of birding, the book *The Sibley Guide to Bird Life and Behavior* was donated to the library in her memory.

Notes from the Board

MAY meeting, two payments to be collected

Annual dues of \$30 **AND** a payment of \$25 for our June Painting Program. The board has generously agreed to pay \$5 per member to help offset the cost of the program. Please plan to pay by check.

The Garden Club Federation of MA extends an invitation to each member for their 97th Annual Meeting on Thursday, June 13 at the Doubletree Hotel, Andover, MA. A rare occurrence to be so close to home! The event runs from 8:30-2:30 and registration is required. If interested, contact Lori Boudrow who will share the registration link.

Share any tips for programming ideas/recommendations for 2024/25

Some of our most enjoyable and proficient speakers have come from members' suggestions. Please contact Maureen Harris with any suggestions.



Plant Sale Request:

The club is looking to "borrow" snow fencing (lightweight plastic) for use during the sale keeping our Holding Area a bit more secure. If you would be willing to loan snow fencing, we'd be grateful! Please contact Carrie Hometh or Lori Boudrow.

Contact us!

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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 the month at Board members' homes.

Please contact Lori Boudrow if you wish to attend.