



The Gardeners of America-Fort Wayne Inc.  
November 2011 Vol. VII No. 11

**FROM THE PRESIDENT:**

I want to remind you that our next meeting will be on **Thursday, November 10 at 6:00 PM at the Parkwood Church of God.** This will be our annual banquet. We will bring in dinner from CASA. Nancy Parker will be calling all of our members to let them know what the choices will be and the cost. At our business meeting, we will need to continue to discuss the future of our Flower and Garden Show. We had a good discussion during our September meeting. Hopefully, we can make decisions on the Flower and Garden Show this month.

We had eight members of the Fort Wayne Club in attendance at the Fall Meeting of the Central Great Lakes Gardeners. At the meeting the regional newsletter was turned over to our Marggie Faley as the new editor. She had a chance to be introduced and meet members of the Central Great Lakes Gardeners. Marggie said that she really enjoyed meeting the members from the other clubs in the region. They are excited about having a new editor for the Johnny Appleseed Broadcaster and look forward to working with her.

Cheri was sworn in as the First Vice President of the Central Lakes Gardeners at the Fall Meeting. She has the plans laid out for the Central Great Lakes Summer Conference, which will be held at Michigan State University on July 27 & 28, 2012.

On the local level, Marggie is planning to submit our newsletter into the annual TGOA/MGCA newsletter competition this year. I definitely feel that we have a good chance to receive an award.

I just want to take this opportunity to remind you that our national dues are due in November. Sue will appreciate receiving them as soon as possible.

It seems really early, but we need to be thinking about planning our May field trip, which we do by car pooling.

If you have any suggestions for speakers please let Lynda know. She is in the process of putting together a 2012 event calendar.

We have sent the e mail addresses of our membership to the national office for the delivery of the bi-monthly TGOA/MGCA National Newsletter.

As always, I want to remind you that this is your club and we want to make your experience enjoyable. Please pass along any suggestions that you have. They can never be considered unless you present them to us.

Yours in gardening,

John Kessen



## Scribblin's from the Secretary

Seventeen people were present for the October meeting. We began with a carry-in meal in which the club provided chicken, while members provided many delicious side dishes.

At 7:30 the fall auction began. Members bid on garden related items donated by club members. The proceeds from the auction go to the club's treasury.

John Kessen opened the meeting by welcoming new/returned member Norman Runyon. Several members remembered Norm and welcomed him back into the fold.

Sue Holm displayed 2 cookbooks that are representative of the type of product National is funding to help clubs raise money. Sue reviewed criteria for recipes and asked people to send their favorite recipes to her. The recipes will be compiled for the cookbook and produced at a cost of \$7.00 to the club. The club can decide what they want to charge for the book and the difference goes to the club. The deadline for recipes to be turned in to Sue is January 15th.

Calendars for 2012 are available through Sue for \$3.50.

Club dues for 2012 are due in November. Single members pay \$20.00. Dual membership is \$33.00. Fifteen of the \$20.00 goes to National. One dollar to Regional and \$4.00 stays with the club. In the dual membership fee of \$33.00, \$23.00 goes to National, \$2.00 to Regional and \$8.00 stays with the club.

Next month is our annual banquet. John will take care of ordering an Alfredo and a marinara pasta dish from Casa's as well as salad. Club will provide drinks.

Refreshment list volunteers for October, Mary Rice and Cheryl Fry will bring dessert.

A brief discussion of the budget, revealed there is expected to be a deficit greater than \$1000.00 by the end of the year. The majority of that cost is due to show expenses, either directly (site rental and supplies) or indirectly (storage rental.) John encouraged the membership to give thought to the situation and come to the next meeting with suggestions for resolving or minimizing the expense.

Bob Schmidt announced he had pictures from the Michigan State University Gardens. He offered to burn them into a CD for the price of a dollar for anyone that was interested. He would donate the money to the club. A number of people indicated interest in purchasing a CD.

The meeting was adjourned at approximately 8:20 p.m. Various members assisted with kitchen and room clean up.

Respectfully,  
Kathy Lee,  
[igarden2@aol.com](mailto:igarden2@aol.com)

Refreshments for November. Club banquet meal from Casa's. Indicate to Nancy Parker when she calls if you prefer Alfredo or marinara style pasta. Mary and Cheryl will provide dessert. Club will provide drinks.



## **WILLIE WEEDPULLER**

Willie had a good time this summer experimenting with container gardening. He especially enjoyed having his favorite herbs right outside the kitchen door. Now you can imagine how happy he was to find two articles about *Late-Season Container Gardening* by Sonia Uyterhoeven of the New York Botanical Garden and *8 Tips for Fall and Winter Container Gardening* by Kerry Michaels.

Sonia suggests you can plant in the fall if the soil is still warm enough to establish a good root system. Be sure to place containers in a bright, protected location away from strong winds. Use containers that are 14 inches in diameter or larger and are made out of non-porous material so they do not crack during a cold spell. Larger containers have greater volume and therefore better insulation against cold weather. Poly resin pots are well-suited for winter plantings. Make sure that the pot has good drainage holes. Use a potting soil that has good drainage. Adding compost to the mix helps to create additional heat and adds nutrients. Use a slow release fertilizer that will last until spring. Select plants with a hardiness rating colder than your temperature zone. Try underplanting with spring-flowering bulbs. Plant bulbs in containers at regular depth (3x size of the bulb), but space them closer together than you would in the open ground. Create long-season interest by selecting a mixture of low-growing conifers, broadleaf evergreens, grasses and interesting foliage plants.

Winter care for your containers include watering when soil is dry and especially at the onset of severe cold weather. Moist soil freezes more slowly and creates heat, which protects the roots of your plants. Water in the morning to allow the plants time to absorb the water during the warmth of the day. Do not water if the temperature is

below freezing. Group containers together – this will create added protection from the elements. If temperatures are going to remain extremely low for a long time, either wrap your container with bubble wrap or fill a garbage bag with newspaper (twist newspaper as you would when building a campfire or insulating a package) and wrap around containers. Winter protection should only be done after the plants have acclimated to the cold but before danger of subfreezing temperatures. Late Nov. is usually a good time for this in our area.

Kerry says fall is a wonderful season to try hardy perennials in your container gardens. Experiment with color combinations you don't use in the summer. Purples and oranges, mixed with bright greens and deep reds can look stunning. There are a lot of cool looking and cold loving annuals that look great and will last well past the first frost. Some will even look fabulous and sculptural with a coating of snow. Try combining different heights and forms, or go simple and pot a single dramatic plant in a beautiful container.

There are things you can do to help your plants survive the winter. Continue watering your container gardens in the fall but stop fertilizing containers with perennials about 6-8 weeks before the first frost date is predicted for your area. Light freeze (between 29 –32 degrees F) tender plants are killed, other vegetation is not dramatically effected. Moderate freeze (between 25-28 degrees F) heavy damage to tender and semi-hardy plants. Severe freeze ( below 25 degrees F) only the hardy survive.

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## Kathy's Kibitzin'

Fall is such a lovely time of year. And there is still time to get some yard and gardening work done. Although, I'll admit, I always have more to do than is done.

I have several things to put into bigger pots before winter. Most of those are things I've picked up one way or another this summer. Would be best if I'd take care of potting them up when I get them, but it always seems like I have another priority at the time. Now here I am with winter breathing down my neck.

Ricky Kemery from the extension invited me to take on a project for the Master Gardener plant sales next year. He has been collecting seed from prairie grasses and forbs (wildflowers) up in Lagrange County. He finds them in remnants of prairie that are getting hanging on by just a few plants.

My task is to plant those seeds and see how many we can get germinated and grown out for the plant sales next year. They will be marketed as prairie pocket remnants. "Save your own little piece of history" so to speak. I'm looking forward to it and hope a lot of the seeds germinate. My plan is to plant the seeds into containers or pots this fall, leave them exposed to the elements, (but safe from critters) then in the spring, put them into individual pots.

Another project I'm aiming to get done is to add several loads of compost to my small vegetable beds. The compost is mostly shredded leaves from my neighbor's yard last fall. He mows with a mulching deck and bagger unit. I invited him to dump it at my place. I begin wetting it down and mixing in soil, old compost, manure if I have it, and when I'm on my top form, turn it at least once before it freezes. Often that doesn't get done. Then all winter I add

kitchen scrapes to it and begin turning again in the spring.

If you haven't started a compost pile, fall is a good time to do it. You could begin piling your leaves in the area that you want to garden in next spring. Spread the leaves over the area and just keep layering on your leaves and any non-diseased vegetation that you are pulling. I'll remind you to avoid throwing weedy plants that have seeds on them too. In the spring, you could plant right into the compost pile or dig it into the space that you've measured out.

### *Keep those 3 R's revvin' in 2011!*

Is this the time of year you straighten your garage? It is very tempting to just "trash" all those extra papers and plastics, but it will only take a little longer to recycle them. If your recycle center doesn't take gallon size nursery pots, you can bring them to garden club and I'll drop them off at the extension office. The master gardener program can use them for their plant sales next summer. Or, if you live near by you can drop them off yourself.

All of your newspapers, including the Sunday inserts are recyclable. And, the plastic sleeve they come in are as well. Many of the grocery stores will take those as well as the grocery plastic bags. Target has containers for recycle too. We can all contribute to reducing human impact on the environment, even if just in a small way.

Kathy Lee, [igarden2@aol.com](mailto:igarden2@aol.com)



## YOUTH GARDENING: BEE HOMES

Fall, winter or spring is a good time to prepare some insect friendly projects with children. *Orchard mason bees* are our native pollinators and not aggressive.

Mount a tin can horizontal to the ground and fill it with paper or plastic straws (use different sizes of straws if possible). The same homes can be provided by mounting an open wooden box or crate the same way and filling it with different sizes of PVC pipe pieces. Another option for filling up the spaces is to use old pieces of the garden hose.

Make a *BEE LODGE* out of a clay pot. Lay the pot on its side and cut some hollow lengths of bamboo to fit snugly inside the pot. Hold them in place with tape and modeling clay. Place your bee box in a sunny, dry spot in the garden where it won't be disturbed. Tip it slightly downwards so that rain can't get in and wedge it in place with stones.

Another home base can be made from a wood block that has been drilled with 3/16-inch holes about 3/4 inches apart. Create a *BUZZ INN* by inverting a clay pot and drilling a 5/8-inch hole half way from the bottom in the side for a bee entry. Decorate the pot with paint. When you are ready to place it in your yard, lay dry grass at the bottom and cover the top with a flat rock to keep the inside dry.

Different kinds of bumble bees need different kinds of nests. One type chooses old mouse nests that have narrow entrance tunnels and are already full of nesting material. You can give them the same comfy home right in your garden by filling an old tea pot with natural nesting material and burying it in a sheltered spot. Get an old tea pot with a lid and check to be sure

there is no strainer at the bottom of the spout. Decorate the top of the handle, the lid and the top of the spout if you want. Be sure the pot is clean and dry. Put a layer of pebbles in the bottom to keep the bedding off the base of the pot. Then fill the tea pot loosely with lots of soft, dry, natural materials like dry moss, tufts of animal fur and delicate leaves.. It can be all one kind or a mixture of whatever you are able to find. Leave space in the pot for the air and your bee to move around. When it is ready to be placed in your garden, dig a hole just big enough to hold your bee pot. Bury your pot but leave the spout, the top of the handle and the lid uncovered. Prop a large flat stone or a tile over the bee pot to deflect the rain.

*Solitary bees* make little tunnels in the soil in which to hatch their eggs. Help them out by roughly digging over a patch of ground in a warm and sunny spot. Put a twiggy little fence around it and post a sign, "Keep Out! Bees Nesting".

Be bee friendly and plant lots of bee plants in your garden alongside your fruit and vegetables. You will be off to a great start if you plant at least 5 of the following: mint, lavender, sage, rosemary, chives, marjoram, comfrey, sunflowers or cornflowers.

Make a mud brick and leave it in a sunny spot. Lots of insects will visit it and fly away with little lumps of dry mud to build their nests.

from *KIDS in the Garden* by Elizabeth McCorquodale and *Toad Cottages & Shooting Stars* by Sharon Lovejoy.



## **FOLKLORE: Garlic and Cleanliness**

“Garlic, a remedy for colds as well as many other things, is also believed to prevent them. I have literally tons of garlic in my vegetable garden, in my flower beds, and around my fruit trees. And I like garlic in everything. Of course the odor is a problem, but chewing parsley and brushing your teeth well, both before and after will usually get rid of that”.

“I spend a lot of time exercising outdoors both walking and working, so I seldom have a cold, but, especially in winter, wherever you go you are almost constantly meeting people who have the sniffles”.

“When I was a volunteer worker with the hospital auxiliary, we often had so many flu patients when the flu season arrived that we had to put beds out in the halls. I made it a special point to remember to swallow a few cloves of garlic every morning before I went on duty. I cut them into slivers, but did not chew them. Swallowing them whole like a vitamin pill, I thus avoided “garlic breath”. I don’t know, maybe I was just lucky, but I never did pick up a cold or flu during all the years I worked”.

“Something else that head nurse told us to do: ‘Wash your hands frequently’.

Whenever I return home from visiting church, or the grocery store, wherever I might have touched a door handle; the first thing I still do is wash my hands, before I start preparing a meal or whatever I have planned to do. I have great faith in both garlic and cleanliness”. Louise Riotte.



According to *Natural Medicines Comprehensive Database 2010*:

“Preliminary research suggests that garlic might reduce the frequency and number of colds when taken for prevention”.

<http://www.nlm.nih.gov/medlineplus/druginfo/natural/300.html>

## **Folklore Remedies to Cure a Cold**

\*Put seven beans in your pocket. Each day throw one bean away, and at the end of the seven days your cold will be gone.

\*Sore throat: Wear one of your long stockings around your neck, with the foot under the chin. This is said to be good for head colds, too.

\*Eating horseradish is said to cure a cold, as is rubbing goosegrease on the chest, and eating chicken soup.”

\*Headache remedy: If grandfather had a headache, grandmother prepared a tea of catnip, which was also considered to be a stimulant and tonic. Bruised catnip leaves were also once considered to relieve both toothache pain and hemorrhoids. Catnip was also considered to be an aphrodisiac, but apparently only among cats.

*Sleeping with a Sunflower: A Treasury of Old-Time Gardening Lore.* Louise Riotte. 1987.



## Woolly Bear Caterpillar

The woolly Bear Caterpillar has 13 segments of black and reddish-brown. It has been cited as being able to forecast the coming winter weather.

Here are the history, facts and lore about this legendary caterpillar.

In the fall of 1948, Dr. C. H. Curran, curator of insects at the American Museum of Natural History in New York City, took his wife 40 miles north of the city to Bear Mountain State Park to look at woolly bear caterpillars.

Dr. Curran collected as many caterpillars as he could in a day, determined the average number of reddish-brown segments, and forecast the coming winter weather through a reporter friend at The New York Herald Tribune.

Dr. Curran's experiment, which he continued over the next eight years, attempted to prove scientifically a weather rule of thumb that was as old as the hills around Bear Mountain.

What is the Woolly Bear? The caterpillar Curran studied, the true woolly bear, is the larval form of *Pyrrharctia Isabella*, the Isabella tiger moth. Woolly bears do not actually feel much like wool- they are covered with short, stiff bristles of hair.

Mature woolly bears search for overwintering sites under bark or inside cavities of rocks or logs (that's why you see so many of them crossing roads and sidewalks in the fall).

Typically, the bands at the ends of the caterpillar are black, and the one in the middle is brown or orange, giving the woolly bear its distinctive striped appearance.

According to legend the wider the middle brown section is (i.e., the more brown segments there are), the milder the coming winter will be. Also, a narrow brown band is said to predict a harsh winter.

Between 1948 and 1956, Cr. Curran's average brown-segment counts ranged from 5.3 to 5.6 out of the 13 segments total, meaning the brown band took up more than a third of the woolly bear's body. As those relatively high numbers suggested, the corresponding winters were milder than average.

But Curran was under no scientific illusions for he had a small sample size. Still, his ideas became popular.

Most scientist discount the folklore of woolly bear predictions. Mike Peters, an entomologist at University of Massachusetts, doesn't disagree, but he says there could, in fact, be a link between winter severity and the brown band of the woolly bear caterpillar.

Curren's theory is that if the brown band of the caterpillar is thick the winter weather will be mild; if narrow, winter weather will be severe. Peters with U. of Massachusettes believes the number of brown hairs has to do with the age of the caterpillar. "The (band) does say something about a heavy winter or an early spring. Only it is telling us about the previous year"

From: The Old Farmer's Almanac at

[www.almanac.com](http://www.almanac.com)

See also:

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



WILLIE continued from p. 3

If you wish to keep your containers outside for the winter, and you want your perennial plants to survive, use plants that are hardy two zones colder than your area. Make sure that your containers are made of material that will stand up to freezing and thawing. Ceramics, terra cottas and thin plastics may not survive. Instead try containers made of fiberglass, metal, thick plastic, stone, concrete and hollow logs. If you have a delicate container with perennials, dig the plants out and put them into a garden bed before the soil freezes. Depending on the plant, you can turn it into a houseplant or store it in a garage or shed. Just make sure not to let them completely dry out.



Photos from October meeting.  
Thanks Bernie !



## Spaghetti Squash Casserole

This recipe is very agreeable to adaptation. Leave in, substitute, or take out any of the vegetables. If you are snowbound and don't have the fresh veggies, try canned corn or cannelloni beans, frozen peas, freezer spinach, (squeezed dry), edamame, etc. You might like ground meat, (browned before mixing in), chopped up rotisserie chicken, sausage, etc. Throw in some tofu or mushrooms, if you have them on hand. There are a whole range of cheeses that you can try.

The hard part is cutting the squash. I use a big chefs knife stabbed into the squash. I hit the handle sidewise as far as I can then I use a rubber mallet to finish through one end. When the squash gives up the blade easily, I aim it in the opposite direction and whack it again until the squash is split. Then you can scoop out the seed with a soup or serving size spoon.

**Pre-heat oven to 350° Serves 12 - 18** Using a smaller squash will of course cause you to alter the size of the pan and the amount of vegetables and cheese. If you have an abundance of veggies and they won't all fit into the pan, slip them into the freezer for the next soup making day.

### Ingredients

1 large (4-5 lbs.) spaghetti squash  
1 large yellow or white onion, diced  
2 large carrots, diced  
2 stalks celery, diced  
1 green or red bell pepper, diced  
4 tablespoons extra-virgin olive oil  
black pepper to taste  
2 cans (15 ounces) diced tomatoes, drained  
Red pepper flakes to suit  
1 teaspoon dried basil  
½ teaspoon dried oregano  
Pinch of ground allspice  
3 cloves garlic, minced

¾ pound part-skim mozzarella or sharp cheddar cheese, grated  
1 cup large curd cottage cheese  
½ cup grated Parmesan cheese  
2-4 tbs mixed fresh herbs, chopped  
¾ cup panko or whole wheat bread crumbs.

### Instructions

Cut squash in half lengthwise and place the halves flesh-side down in a baking dish with an inch of water. Cover the dish with foil and bake at 350° F for 45 - 50 minutes, or until flesh is tender.

While squash is cooking, peel and slice the onions, carrots, celery, and bell pepper. Peel the garlic. Heat olive oil in a large skillet.

Add the onion and carrot. Sauté over medium heat for 5 minutes. Add black pepper. Add remaining vegetables with some red pepper flakes and salt to taste.

Sauté, stirring frequently, till vegetables are barely tender, about 10 minutes.

Add diced tomatoes, basil and oregano to taste, and a sprinkle of ground allspice. Squeeze in 2-5 cloves of garlic. Simmer uncovered for 15 minutes.

Meanwhile, grate the mozzarella and Parmesan, or whatever cheese you are using. Add fresh herbs, if desired

Remove squash from oven and allow to cool until you can handle it. (I brush the pulp with additional oil, to give it extra moisture and prevent it drying out while cooling.)

Remove pulp by scrapping out with a fork. Mix squash well with vegetables and put half in the bottom of a large baking dish. Top with half the cheeses, the rest of the squash, and then the rest of the cheeses. Sprinkle with bread crumbs. Continued..

continued from above.

Bake for 30 minutes or until cheese is bubbly and slightly browned. Let cool 15-20 minutes before serving.

I got the original recipe off Dr. Weil's website and have made a few adaptations to suit my preferences. - Kathy Lee

### **2010- 2011 TGOA FW Inc. OFFICERS**

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2<sup>nd</sup> V. P. -Melinda Hammen

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### **2011 PROGRAMMING**

November 10 - Annual Dinner - Our Successes in 2011. Dinner is \$9 per person - Casa Spaghetti and Fettuccini Alfredo, Casa Salad and Dessert.

December 8 - Christmas Meeting/ Cookie Exchange

### **NOVEMBER BIRTHDAYS**

November 5 James Davison

November 10 John Kessen

November 17 Bonnie Gnau

New address for TGOA - FW Newsletter: [Tgoa.fwa12@yahoo.com](mailto:Tgoa.fwa12@yahoo.com). The email will be from "Fwa Gardeners" starting January 2012.

Please let us know if you no longer wish to receive TGOA FW Newsletter by email.

Kingwood Gardens Mansfield Ohio- CGLR  
Fall meeting location



*TGOA Newsletter*

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TGOA -FW NOVEMBER 2011  
NEWSLETTER

