

THE NATIONAL GARDENER

A large, close-up photograph of a white flower with a prominent, textured yellow stamen. The petals are large and slightly ruffled. The background is dark and out of focus.

Summer 2022
gardenclub.org



The National Gardener

Summer 2022, Volume 92, Number 3
PLANT AMERICA - Play Outdoors



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Coming in TNG

Fall 2022 - October 1

- ❖ Engaging Youth
- ❖ Blue and Gold Star Memorial Markers
- ❖ Celebrating the Holidays Across the Americas

Submissions Welcome and Encouraged!

Cover Photos: A Day in June in Gardens Across the Country (Clockwise) East = Magnolia • Trish Bender, West = Protea • Shane Looper, North = Tulip Tree • Gerianne Holzman and South = Orchid • Barbara Hadsell This Page • Valeriia Sivkova, Page 4 Columbine • Klickblick

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National Garden Clubs, Inc. is a 501(c)(3) organization that aims to promote the love of gardening, floral design, and civic and environmental responsibility and we help coordinate the interests and activities of state and local garden clubs in the U.S. and abroad.

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The National Gardener (ISSN:0027 9331) is published quarterly by National Garden Clubs, Inc. 4401 Magnolia Avenue, St. Louis, MO 63110-3492.

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PLANT AMERICA - Play Outdoors



Dine Outdoors • Ekaterina Senyutina

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Deadline/Publication Dates:

- Fall Issue Sept. 1/Oct. 1
- Winter Issue Dec. 1/Jan. 1
- Spring Issue Mar. 1/Apr. 1
- Summer Issue Jun. 1/Jul. 1

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MARY'S MUSINGS

A late summer garden has a tranquility found no other time of the year. William Longgood

The National Garden Clubs, Inc. 91st convention in Orlando was a wonderful success! The programs, workshops, speakers and vendors were marvelous. But the greatest thing of all, was being together. It was terrific to see all the smiling faces throughout the week. Everyone renewed old friendships and made new ones.

Plant America Play Outdoors, the NGC Petite Design Specialty Flower Show, featured 26 classes of 99 exhibits that filled the room with colorful, creative petite designs. Each of the convention speakers provided fresh perspectives ranging from creating inclusive playgrounds for developmentally disabled individuals, to why we should engage in native plant gardening and to the benefits of having insects in our environments.

During hands-on workshops, participants created palm spathes using yarn and glitter plus made an armature. Another workshop speaker presented on community-based after-school programs helping students create sustainable school gardens. Additionally, members learned about an assortment of interrelated STEM-centered garden activities that help young students, parents and school staff “make the shift” towards sustainable living. Many were fascinated with the science behind the world of scents in a presentation by a “perfume nose” expert. Tips were shared during an informative workshop on navigating social media.

Gardening is a primary recreational activity of Americans and contributes to our well-being. Tending plants or harvesting home-grown vegetables may inspire others to enjoy the outdoors and the delights of gardening. Gardens that incorporate

recyclable materials, such as compost, enhance and support sustainable gardening practices.

Summer is the season to enjoy the fruits, vegetables and flowers of spring planting. Your garden may be the inspiration for culinary inspiration or simply to enjoy blossoming plants. Put on your garden gloves, do not forget your sunscreen, PLANT AMERICA and Play Outdoors. Enjoy the moments you spend under the summer sun.



Summertime • Svetlana_nsk

Happy Gardener



A GARDEN GIFT MULTIPLIED Charlotte Swanson

Mid-summer is the best time to dig one's *Iris* to share with others. It is not, however, the ideal weather for digging. Usually, by July, sweat lines the brow whenever the gardener is even lightly puttering in the garden. Often, the ground is hard from the baking heat. But happy *Iris*es multiply and call on the gardener to lessen the crowding.

The diligent and generous gardener responds and mounds up a pile of rhizomes to give away. Sometimes a most wonderful chain reaction can occur. The receiver of the *Iris* gift falls in love with the beauty and resilience of the flower and starts an *Iris* farm of their own. Such a remarkable floral adventure as this happened to a lady in my area. She was new to town and her yard was empty. A kind neighbor stopped by to welcome her and present her with some 'Wabash' *Iris* rhizomes. They multiplied, as did my friend's love for them. The years that ensued brought acreage into my friend's life. She proceeded to add, catalog, dig, sell and weed acres of *Iris*es. Hundreds of *Iris* of every hue formed a rainbow of eye candy in early June at her farm. Once I discovered her *Iris* farm, I returned every year to admire and wander among the rainbow that she cultivated. Before I knew it—my garden began taking on the characteristics of a floral rainbow too!

There are so many choices available in the *Iris* world and walking among them is a joy. They have fun names, like 'Ice-skating Party', a pure white, frilly-edged beauty that lives up to its name. Some names suggest a southern belle dressed up in her finery. They may have surprising aromas of crushed grapes or lemon. There is even one in my collection that has a shocking smell like cat urine but its unique color combination makes it a must-have.

Henry Mitchell, an avid *Iris* lover, authored a gardening column in *The Washington Post* for many years. He took a two-week vacation when his *Iris* bloomed so that he could walk among them every day. He managed a plot of 500 *Iris* in his suburban D.C. home! Though my count is far less, I do understand the pleasure of being among such a form of beauty.

Not everyone that receives a garden gift will start a farm or write a column expressing such devotion, but knowing that *Iris* joy and interest may very well multiply keeps me digging and dividing and sharing - just in case someone else gets inspired.

Charlotte Swanson is a NGC Gardening Consultant and a long time writer for *The National Gardener*.

Iris 'Wabash', Inset: *Iris* 'Skating Party' • Charlotte Swanson

Gardening for the Birds...The Hummingbirds

Plant these Gorgeous Flowers to Make Your Yard a Hummingbird Hangout
John Shewey

Throughout most of the United States and Canada, hummingbirds are migratory, withdrawing from northern latitudes between midsummer and early autumn to spend their winters in Mexico. Their annual spring return is widely celebrated, and these tiny dynamos are so universally fascinating that they frequently make gardeners out of birdwatchers and birdwatchers out of gardening enthusiasts.

Hummingbirds feed on tiny insects and other invertebrates, but sugar is the fuel that powers their warp-speed antics. They get most of that sugar in the form of flower nectar, along with sugar water from hummingbird feeders that are ubiquitous throughout the Americas. Feeding sugar water to hummingbirds requires exacting fastidiousness because dirty feeders and aged sugar water can sicken and kill the tiny birds. Flowers, especially native species, are a better option for most people.

Only in the far West, deep Southwest and Gulf Coast do some hummingbirds remain year-round. For most of us, that means laying out the welcome mat with springtime blooms that provide nectar for hummingbirds returning from their winter vacation. Gardeners then move on to choose a variety of nectar-rich flowers that provide nectar during summer and fall.

Several native shrubs and trees bloom in early spring, making them great choices for attracting hummingbirds. Out west, Oregon grape (*Mahonia aquifolium*) and red-flowering currant (*Ribes sanguineum*) produce gorgeous yellow and bright-pink blossoms, respectively. Both species bloom as early as March, providing critical nectar sources perfectly timed with the arrival of migratory hummingbirds, as well as the Anna's hummingbird, which resides year-round in the far West. In the East, native red buckeye (*Aesculus pavia*) has a similar bloom period, and hummingbirds love the bright-red tubular flowers. Eastern redbud (*Cercis canadensis*), which explodes in brilliant pink flowers in early spring, is another sure-fire winner.

(Continued on page 7)



Female Anna's Hummingbird
& Monarda • John Shewey



Male Anna's Hummingbird •
John Shewey

Each of these four species is easy to grow, especially from seedlings. Because they are shrubs and trees; they need a few years to come into their own. However, even young specimens produce enough spring blooms to attract hummingbirds. Red-flowering currant is largely restricted to USDA zones 6 through 8; the other three are hardy to zones 5 or even 4 and do well in warm climates to zone 9.

Supplement these species with early-blooming perennial flowers, such as columbine, which comes in a wide array of cultivars in addition to native species. Two similar natives are ideal for hummingbird gardens: western columbine (*Aquilegia formosa*) and eastern or Canada red columbine (*A. canadensis*). Both species sport bright red petals with yellow tips, red sepals and long red spurs where the nectar is found. Seeds are available from native plant retailers. They need cold stratification, which can be as simple as scattering the seeds in autumn or midwinter and covering them with just a bare minimum of soil. Avoid columbine cultivars with long spurs because hummingbirds may ignore them. Despite their long

bills and tongues, our North American hummers simply do not have the reach to get at nectar deep in those long spurs. Columbines can prolifically self-sow. To avoid plants in unwanted places, collect the seedheads in late summer or fall. You can snip the ends off the seed heads, then easily dump the tiny seeds into a bag and sow them in another garden plot.

Come high summer, gardening for hummingbirds gets downright competitive. Neighbors inadvertently pit against one another in the quest to draw the bejeweled little winged mighty mites to the yard when so many different nectar-rich flowers are blooming. You can tilt the odds in your favor with three easy-to-grow native perennials that are magnets for hummingbirds: bee balm (*Monarda*), *Salvia* and the aptly named Hummingbird mint (*Agastache*). These species and



Female Anna's Hummingbird
& Monarda • John Shewey



Male Ruby Throated
Hummingbird • John Shewey

virtually all their cultivars are sun lovers. Once established, they require little water, need no deadheading and can be cut back in late winter or early spring.

Bee balm, particularly *Monarda didyma* and *M. fistulosa*, grow 2 to 4 feet tall and each stalk carries a crown of gorgeous blooms - red in *M. didyma*, and purple to pink in *M. fistulosa*. They are easy to grow from starts, and once established, just thin them a bit for good air circulation. They make terrific sweeps and bloom from mid-summer into autumn in zones 3 through 9; their tolerance for cold climates makes them invaluable to hummingbirds in northern latitudes.

Salvia comes in a myriad of species and countless cultivars, including many that bloom in shades of red. They are great for pots, but the woody varieties are also excellent in-ground plants in warmer regions where they survive the winter. Of

(Continued on page 8)



them all, my favorite is *Salvia* ‘Hot Lips’, whose gorgeous red/white blooms come by the thousands on big, well-established plants and peak at high summer. ‘Hot Lips’ needs lots of sun and little water, it thrives in zones 8 through 10 and the hummingbirds fight over the stunning flowers.

Likewise, *Agastache* is a colorful addition to any hummingbird garden. It fares equally well in pots and plots. *Agastache* is hardy in zones 4 through 10, with some species (*A. rupestris* and *A. cana*) being fond of hot weather and others well adapted to colder climes. The orange, red and pink varieties are excellent choices with wonderful cultivars, ‘Kudos,’ ‘Tango,’ and ‘Apache Sunset,’ are surefire winners for attracting hummers.

Agastache, *Monarda*, and many *Salvias* continue blooming through late summer and into autumn. You can complement them with two additional late-season-blooming natives: Cardinal flower (*Lobelia cardinalis*) and spotted jewelweed (*Impatiens capensis*). Both produce gorgeous flowers—bright red in the Cardinal flower and a showy shade of orange in the

jewelweed. (Spotted jewelweed can become invasive, so do not plant this lovely flower outside its native range of the eastern half of the United States and much of Canada.) It is an

annual, but it self-sows so aggressively that once established, you will not need to replant, just give it a moist, shady area and regular water. Cardinal flower likes partial sun and moist soil and does well in pots. Hummingbirds adore it, but beware that *Lobelia* is toxic if eaten by pets and humans.

Outfitting your garden with a mixture of these flowers, and perhaps a feeder or two, lays out the welcome mat for hummingbirds. Come winter, keep the feeders going for Anna’s hummers and get a feeder heater to prevent freezing. The diminutive dynamos will repay you with nonstop entertainment and intrigue.

John Shewey is a freelance journalist, professional editor, and author of [The Hummingbird Handbook](#) (Timber Press, 2021).

Above images: Clockwise from upper left: Agastache, Monarda, Columbine, Cercis, Impatiens, Columbine, center: Rufous Hummingbird • John Shewey (Cercis • Public Domain)



Manage Pests with Pollinators in Mind

Melinda Myers

A garden filled with flowers, birds, bees and butterflies is a remarkable sight. Winged beauties add color, sound and motion to our gardens. Plus, they help keep our gardens productive by pollinating plants and managing plant damaging pests.

But what about those unwanted visitors to the garden? The aphids, mites, Japanese beetles and cabbage worms that feed upon our plants. It is possible to have a beautiful garden while supporting the all-important pollinators.

Start with growing healthy plants that are better able to tolerate and recover from insect damage. Avoid over-fertilization, especially with high nitrogen and fast release products that stimulate lush growth that is more susceptible to insect damage. Consider using low nitrogen slow-release fertilizers that will not stimulate verdant growth or damage plants when the weather is hot and dry.

Work with nature to help manage garden pests. However, you may need to tolerate a bit of damage until the songbirds and beneficial insects like lady beetles and green lacewings move in to manage the problem.

Invite songbirds to the landscape with a clean source of fresh water and plants that provide food and shelter. Include seed-bearing plants like coneflowers, *Rudbeckias* and *Cosmos* as well as berry plants like Juneberry, dogwood and elderberry. Add evergreens and trees for shelter and nesting if space allows. The songbirds will repay you by eating many of the insects that feed upon your plants. Include hummingbird's favorite flowers like columbine, *Salvia*, *Penstemon*, and *Phlox*. Then watch as these fast flyers feed upon aphids, mites and mosquitoes between their sips of nectar.

Encourage beneficial insects to live and dine in your gardens. Dill, cilantro, fennel and other members of the carrot family attract small parasitic wasps. Include blanket flower, coneflower, *Coreopsis*, *Cosmos*, goldenrod and other members of the aster family to help bring in lady beetles, lacewings and spiders. Grow hyssop to attract pirate bugs that eat thrips, spider mites and leaf hoppers. Brussels sprouts, cabbage and other members of the mustard family attract parasites and predators of insect pests.

You may already have some of these insects hard at work in your landscape. Watch for white rice-like spindles protruding from tomato hornworms, cutworms and various other insects in the garden. This is a sign that the *Trichogramma* wasp is helping you control these garden pests.

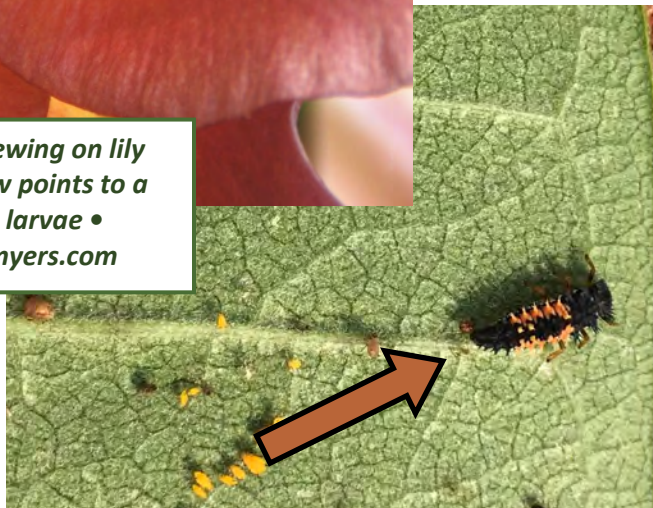
These and other parasitoid wasps lay their eggs on or inside their hosts. When the egg hatches the wasp larvae feed on the internal workings of the host insect or egg. Once mature, the larvae form a

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Trichogramma wasp cocoons on a
Hornworm • melindamyers.com



**Above: Lacewing on lily
Right: Arrow points to a
ladybug larvae •
melindamyers.com**



pupal case like those you may have seen on hornworms. Once the transformation is complete the adult wasp exits, looks for a mate and begins the cycle all over again.

Diversify your plantings so insect pests expend more energy traveling from one to another of their favorite plants. Variation also helps confuse insects that use visual clues to find their preferred plants. Combining plants of different colors, heights and shapes make it harder for the insects to find their favorites. Including plants that look like those they prefer attracts them, but, when they begin to feed they realize it is not the plant they prefer. Misdirection results in the insects wasting energy and can help divert them away from your desirable plants.

Many companion planting recommendations are not based on research. Fortunately, more is being done to help provide valid companion planting strategies to reduce the risk of insect damage. The University of Minnesota found a few [research-based companion plantings](#) that you may want to use.

Monitor your plants for early signs of insect infestations. It is much easier to control a few aphids with a strong blast of water than a few hundred a week later. Researchers found that if you manage the first few Japanese beetles that land in your garden, fewer beetles will follow. Eliminating these early visitors minimizes the plant damage that invites more Japanese beetles to enter your garden.

Before doing anything to manage pests, make sure control is needed. Some problems are cosmetic and control is for our benefit not the health and longevity of

our plants. Other times the damage is already done and the pest is no longer a threat. Treating at this time may make you feel better but does not resolve the problem or help your plants.

Look for more eco-friendly options when deciding to provide additional control. Knocking pests into a can of soapy water or vacuuming them off the plants is one option. Enlist the help of the youngsters in your life. Teach them how to identify the insect pests then have them pluck them off the plants, drop them on the ground and stomp on them. It is a great pest control method that burns off some of the kids' excess energy.

Use floating row covers to prevent cabbage worm moths from laying their eggs on members of the cabbage family. These fabrics allow air, light and water through and prevent flying insects from laying their eggs or feeding on the plants below. Cover beans and basil to prevent Japanese beetle and bean beetle damage. Beans do not need pollinators' help to form their fruit so the covers can remain on all season long. Research finds that covering squash plants, from planting until flowering begins, reduced the risk of squash bug and squash vine borer damage. Reduce the risk of bacterial wilt on cucumbers by covering these plants - from planting until 10 days after flowering begins. Remove the row covers when squash and cucumber plants flower so the pollinators can do their job.

Even if you opt for natural or organic pesticides, it is important to read and follow label directions. These products are made to kill something and that can include the pollinators you are trying to attract and support. As you continue to find ways to work with nature you will notice your garden has fewer problems. That means less work for you and better habitats for birds, pollinators and other beneficial insects.

Melinda Myers is a TV/Radio Host and is a long time gardener in Wisconsin. She was inducted in the Garden Communicators International Hall of Fame and received the American Horticultural Society B.Y. Morrison Communication Award. Go to [Melinda's website](#) tips on beneficial insects and pollinators.



PLANT AMERICA Play Outdoors

NGC 91st Convention: It Happened in Orlando!

Gina Jogan

What did you do in Orlando? Did you play hopscotch? Did you try out the hula hoops? Did you participate in the Scavenger Hunt? Did you root for your Region, State or Club on Awards night? Were you impressed with the venue and the staff? Did you learn anything new and useful? Did you enjoy meeting with old friends, in person, after two years of COVID? Did you meet new folks and make new friends? Did you make it to all those meetings? Did you enjoy your new backpack, seeds and credit card holder? We hope you did all of these and more as we celebrated the 91st annual NGC Convention.

Flower Show: If you did not get to see the Design Specialty Flower Show of all Petite Designs, Botanical Arts and Educational Exhibits; you missed a real treat. David Robson, Carol Bullard, Debby Cooper and the committee, staged a show relating to the theme of “PLANT AMERICA, Play Outdoors” by including the eight NGC Regions as the section titles and the ways or places to play outdoors in those Regions as the class titles.

Speakers: **Gabrielle Burns** of CoraHealth related, with facts, how very important it is for children to put down their hand-held devices and play outside. **Bruce Crawford**, a previous AOE winner, and his colorful presentation gave us options for year-round interest in our gardens, using wit and humor to take us on the journey with him. **Dr. Jaret Daniels**, University of Florida, told us about the plight of the butterflies and other pollinator insects. **Kebbie Hollingsworth** and her sidekick, **Bob Tucker**, brought us some outdoor fun with their over-the-top, show-stopping, large designs—all of which pertained to playing outdoors! We even had a tree with a swing, a slide, a large butterfly, a fairy house, the beach and more! If you were not there, you missed a real treat.

Two **Award of Excellence (AOE) Winners** gave presentations and received their plaques. (See the AOE article in this issue of *TNG* for more information.)

The National Gardener/Summer 2022

Breakout Sessions: **Diana Kyle** and her associates from SeedFolkids, an after-school gardening group, showed the development of their cottage industry with the children producing honey - which was for sale! **Sally Coyle**, a landscape architect who specializes in Children’s Gardens, was a big hit. **Claudia Bates** gave a demo on contrived floral forms. Who knew you could do so much with corn husks and an old curling iron? **David Robson** talked about horticulture, scientific names and what is new. **Bruno Leysene** had the most interesting and best smelling presentation about perfumes, aromatic plants and the perfume industry. **Emilie Palmieri** demonstrated “Fun with Flowers” with her quick and easy arrangements and eight lucky folks won the designs at the end of her presentation. **Valerie Seinfeld** made social media and all “technical stuff” look easy!

Workshops: A decorative palm spathe (think LOTS of glitter and yarns) was one creative offering with **Claudia Bates** teaching her techniques. Building an Armature, with **Carol Friedman**, was the other hands-on option, using twine and sticks! The many attendees enjoyed the useful and beautiful end products.

Vendors: From Plants to Pearls, we had it all for your “retail therapy.” Eleven vendors offered a variety of goods: tea, plant movers, clothing, sculptures, design books, pottery containers and more. In addition, in the Vendor room was the very popular NGC Photo Booth, 2023 Convention information, Smokey Bear and Woodsy Owl (in person) and the following committees: Membership, Youth, NGC Member Services, Virtual Resources and Environmental Concerns.

Food and Drink: The Rosen Plaza hotel offered us a wide variety of local cuisine featuring Florida products plus specialty drinks...did you enjoy those “Lizard Lips?”

(Continued on page 12)

Décor: Huge thanks to Claudia Bates and her committee for their one-of-a-kind banquet centerpieces, Penny Decker, Parke Finold and Janice Hamlin for designs honoring President Mary Warshauer, NGC Membership and the Florida Federation of Garden Clubs President, Marge Hendon. Thanks to Cathy Waitinas who oversaw the “recycling” of the luncheon table plants and to Pat Wolanski for the beautiful Giving Tree and for working with our donors and sponsors.

New Procedures: We tried something new this year: online registration and going paperless and we almost did it!

We look forward to welcoming all NGC members to West Virginia in 2023, stay tuned for more details.

Gina Jogan, of Florida, is the NGC 2022 Convention Chair. Thanks to Gina and her team for a job well-done!



Convention Fun • Trish Bender



The National Gardener/Summer 2022



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Thank you! 2022 NGC Convention Giving Tree Donors

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COMAAI



COMAAI at the 2022 NGC Convention Pampa Riso Patrón

The 2022 National Garden Club Convention arrived in Orlando, Florida! Eight members of COMAAI (Committee of International Affiliates Activities) met at the Rosen Plaza Hotel on Monday, May 16. We had the pleasure of a working visit by our NGC President Mary Warshauer. Much to our delight, Mary told us that we are a "pride for the National."

This experience was a wonderful opportunity for the gardening friends of Mexico, Central and South America to see each other again, and for me to get to know them. From south of the Rio Grande, NGC welcomed the founders of our International Affiliates organization COMAAI, Cheryl Obediente from Panama and our current director Gloria Remedi from Uruguay. From Costa Rica, our Legal Parliamentarian and Delegate of Region II, Esther Rodríguez; from Peru came our Historian, Nancy Caipo; Jenifer Herz, Administrator of the Region III Facebook Committee, Ena Alva García, President of Flor Perú Federation of Garden Clubs and Yoly Morales, President of her club in La Antigua Guatemala.

We were just a few attendees from Latin America, however, we kept very busy with all the activities organized by an outstanding NGC Convention Committee. I must clarify that all these ladies, except for who is penning this article, are Judges and that was precisely the first activity they carried out – the judging of the exhibition *Plant America, Play Outdoors – An NGC Petite Design Specialty Flower Show*.

The Flower Show had 99 exhibits; three classes had five participants instead of four. The total number of exhibitors was 58 from 18 states and one international, Cheryl Obediente. There were 24 judges, seven were from COMAAI or IA – International Affiliates, as NGC refers to us, eight clerks and 12 committee members bringing the total to 90 devoted and hardworking people involved!

It is worthy to mention that Cheryl Obediente, the only international exhibitor, obtained the first prize blue ribbon with her beautiful exhibit in Division 1, Class 3 "Picasso Statue" an abstract design in black and white.

It was a fascinating experience for me to interpret in both languages, when required, the wise comments and knowledge of each judge. The seven Latin American guest judges were included in the judging panels, each of them with two North American judges. To be present but not "seen" was a challenge. Just translating each judge's insightful comments and their generous sharing of knowledge was MY reward. Conveying to our COMAAI judges how much their NGC Colleagues admire them was a real honor.



L-R: Ena Alva García, Pampa Riso Patrón, Esther Rodríguez, Nancy Caipo, Jenifer Herz, Cheryl Obediente • Pampa Riso Patrón

The second day included meetings of the many committees followed by the awards banquet. The honors were handed out by President Mary Warshauer to Argentina, Guatemala, Mexico, Peru and Uruguay. It was so rewarding to step up to the podium amidst applause and congratulations from the entire audience. The third and fourth days contained hands-on design workshops, landscaping talks and conferences on civic projects worthy of recognition.

The Convention ended with heartfelt goodbyes to friends of many years and new ones, like me, who come to join the fun each year. The annual meeting is an opportunity to share experiences with our gardening friends and to let everyone know of our projects, which were many and so very well received. We left with the mission to continue with the drive to attract young and active members to our clubs and invite them to participate in the conventions that follow. We look forward to seeing you May 1 – 5, 2023 in Sulfur Springs, VA.

[COMAAI](#) – *Comité de Actividades de Afiliados Internacionales* was founded in 2001. It currently has approximately 6000 members in 285 garden clubs in 16 countries from Mexico, Central America and South America.

Pampa Riso Patrón is a member of Hurlingham Group of the Garden Club Argentino. She is the founder (1996) and director of Pan American Cultural Exchange and lives from summer to summer, between her childhood home in Hurlingham and Singer Island, FL. View [Pampa's First NGC Convention & COMAAI Friends](#).

COMAAI



COMAAI en la Convención NGC 2022 Pampa Risso Patrón

La Convención 2022 del *National Garden Club* finalmente llegó a Orlando, Florida!! Fuimos 8 socias de COMAAI que nos encontramos en el Hotel Rosen Plaza el lunes 16 de mayo. Nuestra reunión de encuentro fue a las 13:30 hs. con la agradable visita y participación de la presidente NGC Mary Warshauer, la cual nos expresó que somos un "orgullo para el *National*".

Esta ha sido una maravillosa oportunidad de volver a verse las amigas gardenianas de las Américas y yo de conocerlas. Del sur del Río Grande vinieron las fundadoras de nuestro querido COMAAI, Cheryl Obediente de Panamá y nuestra directora actual Gloria Remedi de Uruguay. De Costa Rica vino Esther Rodríguez, Parlamentaria Legal y Delegada de la Región II; de Perú vinieron Nancy Caipo, Historiadora de COMAAI; Jenifer Herz, Administradora del Comité Facebook Región III, Ena Alva García, Presidente de Flor Perú Federación de Clubes de Jardines y de La Antigua Guatemala, Yoly Morales quien preside su Club y quien escribe Pampa Risso Patrón de Argentina.

Según me dicen viajamos pocas este año a la convención, aun así hemos estado muy ocupadas con todas las actividades organizadas por el excelente comité del NGC. Debo aclarar que todas, menos la que escribe, son Jueces y justamente esa fue la primer actividad conjunta con NGC que realizaron – el juzgamiento de la exposición *Sembremos América, Juguemos Afuera - Exposición de Flores Especializada de Diseño Petite*.

La exposición contó con 99 muestras, de las cuales 3 clases tuvieron 5 participaciones en vez de 4. Se presentaron socias de 18 estados y una internacional, Cheryl Obediente. El total de exponentes fue de 58, con la colaboración de 24 jueces de los cuales 7 fueron de COMAAI o IA – *International Affiliates*, como nos llama el NGC, con 8 ayudantes. El comité de organización estuvo formado por 12 miembros llevando el total de esta puesta en marcha a 90 personas socias de ambas organizaciones.

Es de destacar que Cheryl Obediente, la única expositora internacional, obtuvo la cinta azul de primer premio con su **The National Gardener/Summer 2022**

preciosa obra en la División 1, Clase 3 "Picasso Statue" un diseño abstracto en blanco y negro.

Confieso que para mi fue una experiencia fascinante el ser convocada para interpretar simultáneamente, donde hiciera falta, a las juezas de la exposición. Las 7 juezas latinoamericanas invitadas formaron parte de los paneles de juzgamiento, cada una de ellas junto a 2 juezas norteamericanas. Al ser un "ente" neutro, estar pero no estar, fue un desafío. Dedicarme a interpretar en ambos idiomas los atinados comentarios y conocimientos de cada juez, tanto del hemisferio norte como del sur, fue un placer además de transmitir a nuestras socias juezas lo admiradas que son por sus colegas del NGC. Un verdadero orgullo!!



Gloria Remedi Directora de COMAAI junto a Mary Warshauer Presidente de NGC • Pampa Risso Patrón

El segundo día fue un día de reuniones de los diversos comités seguido por la cena y la entrega de premios. Fueron recibidas distinciones por Argentina, Guatemala, México, Perú y Uruguay, siendo llamadas las presentes a recoger los premios entregados en mano por la Presidente Mary Warshauer con aplausos y felicitaciones. El tercer y cuarto día se realizaron los talleres

prácticos de diseño, charlas de paisajismo y conferencias sobre proyectos cívicos meritorios de reconocimiento.

La Convención terminó el 19 con las despedidas de amistades de muchos años y las nuevas, como yo, que entran cada año que se repite este evento. Esta reunión anual es una oportunidad de compartir experiencias con nuestras amigas jardineras, dar a conocer nuestros proyectos, que han sido muchos y muy bien vistos. Una consigna puntual es que debemos continuar con el empuje de atraer gente joven y activa para nuestros clubes e invitarlas a participar en las próximas convenciones. Nos veremos en 2023, en Sulphur Springs, VA.

COMAAI – Comité de Actividades de Afiliados Internacionales – se fundó en 2001. Actualmente cuenta con aproximadamente 6000 socias, 285 clubes en 16 países de México, Centroamérica y Sudamérica.

Pampa Risso Patrón es socia del Grupo Hurlingham del Garden Club Argentino. Fundó y dirige Pan American Cultural Exchange desde 1996 y vive de verano entre la casa de su niñez en Hurlingham y Singer Island, Florida. **Ver la [Primera Convención NGC de Pampa y amigas COMAAI](#)**.

Play with Flowers

Learn Basic Floral Design

Lynn Fronk

All of us enjoy bringing flowers into our homes. Not all of us, however, know what to do with them after cutting. Traditional floral design includes several “rules” to follow. Once you know the basics, you can expand your horizons and break the rules or move into more creative design. A few things to remember about creating a traditional floral design usually include the following.

1. Use one, three or five of each type of plant material.
2. Cut your line material to be 1.5 times the height plus the circumference of the container.
3. Place the plant material over the rim/edge of the container to pull the container into the design.
4. Face the flowers and leaves in different directions to give depth to the design.
5. Finish the design in the back, even if it is not viewed from all sides.
6. Use gradation with blooms and other materials, with the smaller blooms toward the top.
7. Arrange plant material in a naturalistic manner.
8. Add filler material as needed.

Now that you know the basics, it is time to bring the beauty of your garden indoors. Following are tips for using flowers fresh from your garden.

1. Decide what flowers you are going to use. Most of us do not bring in a huge quantity of flowers from our yard, so look around and see how many you want to cut. This design uses three stems of daylilies.
2. Choose a container. Find one that coordinates well with the color of flowers, or one that is neutral in color. I always use a pin holder (aka floral frog or kenzan) as mechanics to hold the plant material in place. Make sure both the pin holder and container are clean with no dried pieces of plant material. That helps to keep your flowers fresh.
3. Pick the blooms and line material in the early morning or late evening hours. Using sharp scissors or pruners, cut the plant material and place in cool water. Consider using a



Design Images • Lynn Fronk

(Continued on page 17)

floral fresh product to help condition the flowers. Allow the plant material to sit in the cool water, with no foliage below the water line, for several hours or overnight to allow the flowers to soak up as much water as possible.

4. Create your design as follows.



Assemble your supplies. Consider working in your kitchen due to a water supply and easy clean up. Place your pin holder in the container and add water deep enough to cover the pin holder.



Place the line material at the correct height, then follow it by placing several shorter pieces in front of the first piece and a bit to the side.



Look at the placement of the foliage and determine if it is full enough. If you are pleased, move on to place the blooms.



Place the first bloom about three quarters up the length of the tallest piece of line material.



Set the second bloom shorter, in front of the first and over to the side. Take care not to cover the first bloom.



Add the shortest, lower yet, with a bit of the bloom breaking the line of the container rim.

Finish by adding Hosta leaves as filler to the right side as seen in the image on the previous page. If you want more information on how to become a better floral designer, consider the [NGC Flower Show Schools](#) program. Everyone may attend even if not interested in becoming a Judge. Visit the [NGC Video Café](#) to watch floral design videos and learn more tips and tricks.

Lynn Fronk, of Georgia, is a NGC Master Flower Show Judge and Flower Show Schools Instructor for Design and Flower Show Procedure.



RHYTHM IN WATERFALL DESIGN

Pilar Medellin de Miñarro

One of the essential Principles in any aesthetic expression is Rhythm. The movement suggested and brought to life in the viewer's mind is engaging. When evoking a waterfall, we always imagine a falling, descending movement, thunderous and turbulent, constant and lively or light and calm.

There are as many variations in this type of design as there are in nature itself. That is why it has evolved so readily in the hands of designers, where we can see countless variants in their creations.

Most importantly, one must consider the characteristics that define this design, and always remember to:

- ▽ Emphasize a rhythmic downward movement.
- ▽ Lines can be curved, straight, zigzag, interrupted or a combination thereof.
- ▽ Use a container or other device. A minimum of components extends upwards.
- ▽ The design is creative or traditional.
- ▽ One or more lines contribute to the downward movement and are made of plant material and/or man-made components.
- ▽ The downward movement is achieved by inverting the plant material, with gradation, in different concentrations.
- ▽ It implies flowing downwards by repetition, gradation, sequence of similar and harmonious parts that lead the eye through the design, with different lines of tension.

This design was proposed by NGC in 2017. Since then, it has already toured the entire continent, enriching its context, its form and its technique, sometimes generating controversy about whether it conforms to the Waterfall Design description. At times, as designers and judges we focus on what is described and it is difficult for us to observe the creative contributions that make a design evolve and grow. We must allow our capacity for observation to discover innovations within the description itself.

Pilar Medellin de Miñarro, is a TNG international feature writer and NGC Instructor. She lives in Mexico. **Click to view more images of the Pilar's [Waterfall Designs](#).**

Uno de los Principios esenciales en cualquier expresión estética, es el Ritmo. El movimiento sugerido y que cobra vida en la mente del espectador, es atrayente. Al evocar una cascada, imaginamos siempre un movimiento de caída, de descenso, estruendoso y sonoro, constante y vivaz o ligero y suave.

Las variaciones que pueden surgir en este tipo de diseño, son tantas como en la naturaleza y es por eso que ha evolucionado en las manos de los diseñadores en los que vemos variantes innumerables en su ejecución.

Lo importante es tener en cuenta las características que definen este diseño, y recordar que:

- ▽ Enfatiza un movimiento rítmico descendente.
- ▽ Las líneas pueden ser curvas, rectas, en zigzag, interrumpidas o una combinación.
- ▽ Usar recipiente u otro dispositivo. Un mínimo de componentes se extiende hacia arriba.
- ▽ El diseño, es creativo o tradicional.
- ▽ Una o más líneas contribuyen al movimiento descendente y son de material vegetal y/o componentes hechos por el hombre.
- ▽ El movimiento descendente se logra invirtiendo el material vegetal, con gradación, en concentraciones diferentes.
- ▽ Implica fluir hacia abajo por repetición, gradación, secuencia de partes similares y armoniosas que llevan la mirada por el diseño, con diferentes líneas de tensión.

Este diseño ha sido una propuesta por NGC desde 2017. Desde entonces a la fecha, ya recorrió todo el continente, enriqueciendo su contexto, su forma y su técnica, generando a veces controversia sobre si conformaban o no el Diseño Cascada descrito. En momentos, como diseñadoras y Jueces nos centramos en lo descrito y nos es difícil observar las aportaciones creativas que hacen evolucionar y crecer un diseño y no abrimos nuestra capacidad de observación a innovaciones dentro de la propia descripción.

Pilar Medellin de Miñarro, es escritora internacional de artículos especiales para TNG e Instructora NGC. Ella vive en México. **Favor de hacer clic para ver más imágenes de [Diseño Cascada](#).**

Flower Show School

News to Use

Jan Warshauer

Reminders

The 2022 list of changes, corrections and clarifications of the *Handbook for Flower Shows* are on the NGC website [Flower Show School Resources](#) page. Changes went into effect on July 1, 2022. The revised digital version of the *Handbook for Flower Shows* is available to download for free.

Flower Show Procedure now may be taught virtually or in person, as agreed upon by the state FSS Chair and the contracted NGC Instructor. Contact the FSS Accrediting Chair for your state for more details. The new virtual platform broadens the ability to reach more garden club members who wish to learn about Flower Shows.

Q&A with Jan:

Who may subdivide horticulture?

Only the flower show's Horticulture Classifications Chair or the General Chair may subdivide a class.

How may a horticulture subclass be justified?

There must be three or more exhibits, botanically identical - variety, cultivar, series or trademark name OR there must be three or more exhibits similar in form, color, size or description. The exception is petite horticulture specimens that are never in competition with standard-size specimens and are subdivided into their own class or subclass.

How many judges must sign the entry card for a blue ribbon winner or a 90+ entry?

Only one signature is necessary and it cannot be a student judge's.

How many judges must sign a Top Exhibitor Award ribbon?

The *Handbook for Flower Shows* does not specify a certain number of signatures for Top Exhibitor Awards. It is recommended that the name of Top Exhibitor Award be written on the entry card and at least one signature written on the back of a Top Exhibitor ribbon.

The number of registered Flower Show Schools and Symposiums is on the rise. We owe our gratitude to the hardworking State Flower Show School and Symposium personnel for their effort in making these events possible. Please thank them personally, kindness goes a long way. Enjoy all that the garden has to offer this summer. Rekindle friendships and develop new ones.

[Jan Warshauer](#), of New Jersey, is the NGC Flower Show School Committee Chair. [Click for Jan's article as a pdf.](#)



From [NGC Pinterest](#) : 50 Years of *Floralies*, A Standard Flower Show in Lima, Peru, affiliated with National Garden Clubs, Inc. "It Doesn't Matter, I Like It" Sculptural Design; *Lilium* and *Philodendron* foliage.

Charles' Thyme Gardening School

We completed our second NGC, Inc. sponsored Gardening School, via Zoom, in April. Feedback from the school has been very positive and rewarding. Participants appreciate taking the course at their leisure and an affordable cost. We currently have Gardening Schools (GS), in-person and online, scheduled for the rest of this year.

Why take Gardening Courses? They help one to become an accomplished horticulturist. Courses cover all aspects of growing from understanding soil structure to pruning techniques and plant identification. Member clubs, groups of clubs or state garden clubs may sponsor a Gardening School. They may be open to garden club members and nonmembers.

Whether one takes a course for credit to become a GS Consultant or just takes it for knowledge or leisure, more and more gardeners are learning the importance of beneficial insects and wildlife to our ecosystem.

When you play outside, in your gardens, look around at all the beautiful flowers blooming at this time of the year. Search for the pollinators: bees, beautiful butterflies, local birds and even hummingbirds coming back every year. Wow! This is the most cost-effective therapy you will ever get. What if you can share this experience with your family, friends and especially grandchildren? This is your opportunity to share and teach what you learn in Gardening School Courses.

It is up to us, as a learning-teaching organization, to educate every person we can, at every level of experience. We do this by planting a seed of information at every opportunity with everyone we meet.

Charles McLendon, of North Carolina, is the NGC Gardening School Chair.



Gardening with Ornamental Grasses The New Wave Comes Ashore Bruce Crawford

Over the past 50 years, ornamental grasses have slowly been gaining favor among gardeners. I was first smitten with this group of plants during the early 1980's when I began to study landscape design. I was intrigued by their texture and ease with which the gentlest of breezes resulted in motion. When I came across designs by Wolfgang Oehme and James Van Sweden featuring these grasses, I was hooked! In fact, they termed their design style as the "New Wave" of Garden Design. Many gardeners resisted the "New Wave" viewing ornamental grasses more as weeds. Many, I fear, have yet to recognize their design potential.

Perhaps it is best to first understand what defines an ornamental grass. In its most simplistic form, it can be a true grass of the family Poaceae, a sedge of the family Cyperaceae or a rush in the family Juncaceae. It has an attractive architectural form, flower or foliage from spring to frost and often creates winter interest. Most ornamental grasses also feature a very deep and extensive root system, which is a strong contrast to many turf grasses. For example, roots of switchgrass (*Panicum virgatum*) can reach depths of 11 feet! This allows many species to endure extended periods of drought while remaining ornamental. This also highlights why so many ornamental grasses are difficult to transplant or divide!

Beyond being tough, ornamental grasses provide several useful design solutions for the garden. They are very effective when used in unifying sweeps or masses and interplanted with various perennials to create a meadow-like appearance. Lower growing and clump forming grasses, such as Prairie Dropseed (*Sporobolus heterolepis*) are ideal for creating a fine textured background for displaying coarser and colorful perennials. At Olbrich Botanical Gardens in Wisconsin (see image on next page), the pink cone flower (*Echinacea pallida*) and yellow tickseed (*Coreopsis* sp.) provide points of seasonal color against the *Sporobolus*.

This design method is effective for taller grasses as well and the gardener simply needs to incorporate perennials from tall grass prairies. *Calamagrostis x acutiflora* 'Karl Foerster' (feather reed grass) produces pink plumes in June reaching upwards of 5' tall over plants measuring only 2-3' wide. When used in large masses, the plants not only resemble graceful dancers as they sway to the beat of a summer's breeze, but they look even more magical when intermingled with masses of tall perennials, including the pink-flowered Joe Pye weed (*Eutrochium purpureum*) or the yellow blooms of giant black-eyed Susan (*Rudbeckia maxima*) as seen on the next page. Gardeners might also intermingle the purple flowered New York ironweed (*Vernonia noveboracensis*) or the bold foliageed Prairie dock (*Silphium terebinthinaceum*) with its tall wands of yellow blooms.

Ornamental grasses can also have a spreading habit that serves the garden well as a groundcover. Pennsylvania sedge (*Carex pensylvanica*) is a marvelous native sedge for light shade with its magical ground covering qualities. From a 2" plug planted 12" apart, the plant grows to maturity in 3 years as seen in the image.

(Continued on page 22)

Down the Garden Path Landscape Design School News

A "Sea" of *Carex pensylvanica*
• Bruce Crawford

If inclined, the gardener may mow this once a month or the foliage can grow to its full 16" or so in length. The foliage creates intriguing patterns when allowed to grow in mass without mowing. The plant only reaches 8" or so in height and the extra 8" of foliage trails outward and blends with neighboring foliage, producing an effect like currents of water. Awesome!

There are also many ornamental grasses that stretch to heights beyond 5'. These plants provide screening, create musical qualities from the rustling of foliage in the breeze and enhance visual depth. To dig a bit deeper on "depth," most gardeners still think of using plants in a stacked fashion with the shortest plants in the front and tall to the back. This easily becomes a boring design scheme! Adding a few taller plants in the foreground generates a more exciting scheme. It partially blocks the view,



"*Echinacea pallida* and *Coreopsis* provide points of seasonal color against the *Sporobolus*" • Bruce Crawford

creating depth and mystery in the process. It also breaks up the static monotony of short to tall. A classic species for creating depth is *Molinia caerulea* and its various cultivars such as the pictured 'Skyracer'. The wispy stems of the inflorescences stretch to 7-8' tall, moderately blocking the view of what lies beyond the stems.



Molinia caerulea 'Skyracer.'
• Bruce Crawford

Rain Gardens and areas prone to flooding are important environmental elements for gardens. These areas collect stormwater and allow it to slowly perk into the soil. This recharges water tables and removes pollutants in the process. Once again, ornamental grasses provide an important tool since some tolerate a week or better of water inundation followed by several weeks of drought. Tussock sedge (*Carex stricta*) is native to North America and is a true stalwart for wet sites. I first discovered the plant in a wet area

of my parent's home around 1965. When I sold the house in 2018, it still had a fantastic form and had never been divided! In boggy or besieged areas, it tolerates sun or shade. In dry areas, it prefers light shade. Talk about a tough plant!

Plants go through waves of popularity, yet I feel ornamental grasses are still in their formative years of popularity. There is still much to learn on how to properly incorporate them into designs with perennials and woody shrubs. I once had the honor of meeting Wolfgang Boehme and chatting with the person that had so changed my perspective on garden design. His impact on me and, I am certain, on many others will hopefully extend far beyond our lifetimes. Perhaps it is no longer a 'New Wave' of garden design, but as the 'Wave' comes ashore, it will remain an ever-expanding tool in the garden designer's toolbox for years to come!



Calamagrostis x acutiflora 'Karl Foerster'
with *Rudbeckia maxima* • Bruce Crawford

Bruce Crawford, of New Jersey, is the Manager of Horticulture, Morris County Parks Commission, Morris Township, NJ. He received an NGC Award of Excellence in 2021. [Click: Ornamental Grasses PDF](#)

NGC NEWS



SCHOOLS POLICY UPDATE

New Tri-Schools changes in effect, as of the 2022 NGC Convention, (for Environmental, Gardening and Landscape Design Schools) include the following.

1. Form 6 goes to all the same people that receive Form 7 *Refresher Accreditation Application*.
2. Form 6 will be retitled *Student Record/Consultant Application*.
3. The Regional Accrediting Chairs retain these forms, in addition to the State Chairs, so they can track the students. This is especially important for Zoom Courses.
4. Participants send forms electronically and must be to the course/school's registrar before class. Students and consultants do not receive credit if they do not submit their forms.
5. NGC no longer sends out student/consultant "good standing/refresh by" cards. Instead, the students/attendees receive a copy of their updated form 6 or 7 and a letter of good standing from the Accrediting Chair or their State Chair.
6. ALL paperwork is conducted electronically.

Refer to the website or contact NGC Schools Policy Chair, [Pat Rupiper](#), with any questions.



FORMS, FORMS, FORMS

Look for ALL forms on the NGC website in the [Forms Library](#). Download and confirm that you are using the most up-to-date form by **checking the date** on the form. All forms were updated in 2020 and many even more recently.



2022 BLUE (GOLD) STAR MARKERS PRICE INCREASE

Pricing Effective May 1st, 2022 good thru May 1st, 2023

Memorial/Highway Markers <i>Delivered with a 7' post</i>	\$1,830
Byway Plaques	\$610
Replacement Posts	\$375
Refurbish no post <i>Round Trip freight included</i>	\$900
Cap Repair/Refurbish no post <i>Round trip freight included</i>	\$1,000
Extra Shipping (western states) <i>Memorial/Highway markers only</i>	\$50 per

Sewah Studios, 190 Millcreek Road, Marietta, OH 45750
(740) 373-2087 phone, (888) 557-3924 tollfree
Email: info@sewahstudios.com sewahstudios.com
For more information, contact NGC Blue/Gold Star Chair [Candace Wells](#).

Let's COOK!

Catherine Lois Feiler Giguere's Waldorf Salad

Pat Greathead

From Pat: When I was a teenager, my mother would make this when friends were coming to luncheon. In her honor and memory, I share it with you.

Serves 3-4 or 4-6 if small servings

Ingredients: those underlined were those she preferred.

4 medium or 3 large ripe pears or apples

1/2 cup pecans or walnuts – chopped

1/4 cup celery – diced fine

1/2 cup mayonnaise

Shake of salt

Shake of marjoram

2 shakes of nutmeg

1/2 cup raisins, dates or figs – the last two chopped

Dice apples or pears and place in water with 1 tablespoon lemon juice or vinegar per quart. When ready to prepare salad, drain apples, then add nuts, raisins, celery, mayonnaise and spices, then stir. Refrigerate. Just before serving arrange the salad on lettuce leaves.

Pat Greathead, of Wisconsin, loves to cook and grow vegetables. She shares her delicious recipes at many garden club events.

[Click here for a printable recipe.](#)



Pears • Andy Delecluyse



Edible Flowers

Peggy Riccio

Many of the plants in our garden have edible flowers. If you translate “edible” to mean not poisonous or not detrimental to one’s health, then you can begin to imagine many uses for edible flowers. Once you know they are safe for the table, you can use them in three ways: eat as the main dish, add flavor to the dish or add interest to the dish by the flower shape or color.

First identify which plants in your garden have edible flowers, maybe not necessarily tasty but also not detrimental. It is best to research this by the plant’s Latin or botanical name instead of the common name. For example, a garden pea flower (*Pisum*) is edible, but a sweet pea flower (*Lathyrus*) is not—they are not the same type of plants.

Remember, just because one part of the plant is edible does not mean all parts are edible. An eggplant flower is quite beautiful, but it is not edible like the eggplant fruit. If you want to know if a flower is edible, do a web search with the words “edible flowers” and “edu.” This leads you to reputable university-based resources.

After you determine which plants in your garden produce edible flowers, write them down and tape the list to the inside of your kitchen cupboard. Then, when you are in the middle of preparing a dish, a drink or baking a cake and you want to add pizzazz, you can open your cupboard for floral inspiration. Make your list by season. Right now, it is summer in my Virginia garden and with advanced research, I know there are many summer-blooming plants to add flavor, interest and color. Following are some of my favorites.

Stuff squash blossoms and daylilies with chicken salad or cheese and fry to eat as a main dish or a side dish. Add daylily buds to a stir-fried dish of vegetables. Fry elderberry flower heads like a fritter. Use roses for color and interest or to make rose jam, rose water, rose syrups, etc. With so many uses, lavender recipes fill entire books.

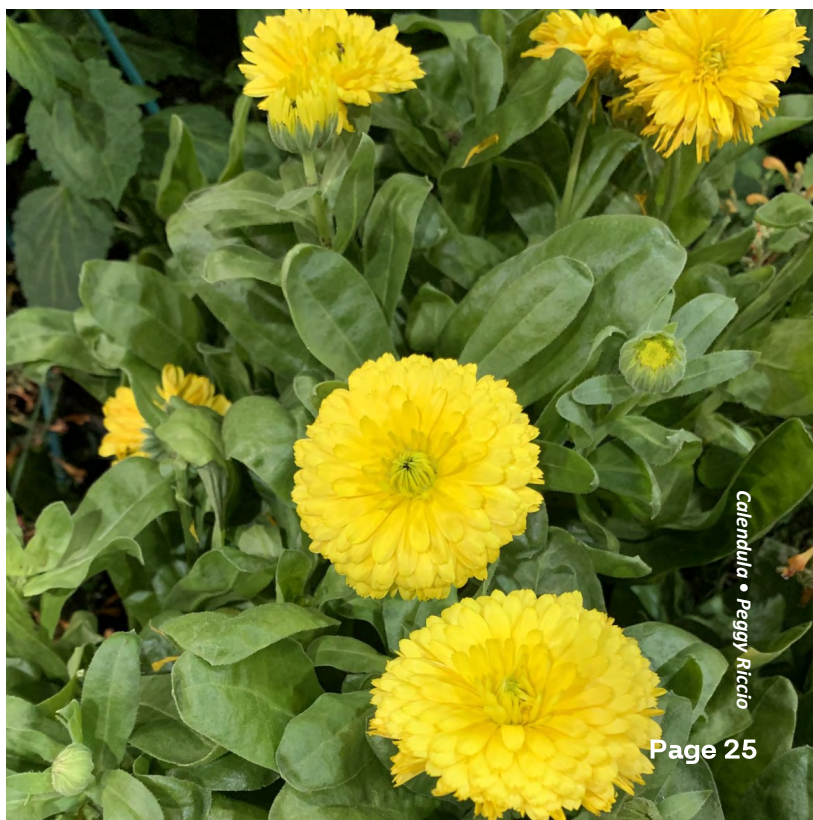
For *flavor*, use lavender, nasturtium, *Calendula*, *Monarda*, roses, signet marigolds, *Dianthus*, anise hyssop and chive florets. For both *flavor and interest*, add the bolted flowers of broccoli, mustard and kale to a vegetable dish or a green salad. Do the same with arugula with slightly larger, more beautiful flowers.

For *adding interest with flower shapes*, use borage with blue flowers and pointy ends—place on top of cupcakes or freeze in ice cube trays. Although small, some nasturtium flowers have a receptacle shape to fill with egg salad or chicken salad. Separate rose and *Dianthus* blooms and add flattened petals to the side of frosted cakes. Garnish cakes with small rose buds. Cut squash flowers longitudinally and place them on flatbreads, like focaccias, for interest.

For *adding interest with flower colors*, use the bright yellow/orange petals of calendula on a green vegetable or add bits to a rice dish or butter for more color. Separated borage petals add a beautiful blue color. Pineapple sage and *Monarda* both have vibrant red colors. Pull the individual florets and add to a fruit salad, soft cheese or butter spread or any type of mayonnaise-based salad. Rose petals and scented geranium flowers add color.

Consider using the flowers like you would use the leaves from culinary herbs. Instead of adding dill foliage to butter, add torn bits of calendula, nasturtium, and monarda for both flavor and beauty. These are just the summer bloomers. Think about the possibilities with plants that produce edible flowers in the fall, spring and winter!

NGC Blog Administrator Peggy Riccio is a horticulturist and garden communicator in Virginia with a website, [peg plant](#), that serves as an online resource for gardening in the Washington DC area. Visit Peggy’s website for a [list of edible plants](#) for the Mid-Atlantic area.



Calendula • Peggy Riccio

Yerba Mate: Caá

Ana Calegari

Mate is the infusion of *Ilex paraguariensis* leaves, a widespread cultural and very social custom in Argentina, southern Brazil, Paraguay, Uruguay, southern Chile and southern Bolivia. Each town in all of these countries has its particular way of enjoying this delightful custom.

Drinking mate involves the body and the mind. It has encouraged social gatherings from the very beginning of our history.

Yerba Mate is known as Caá in its original native language of Guaraní. It is an excellent food source with extraordinary medicinal properties.

The Guaraní culture and its love for nature led to the discovery of this tree, deep in the jungle, from the Brazilian Atlantic coast to the Paraguary River, the Paraná River and the upper Uruguay River.

The name Caá synthesizes what this bountiful plant is about: plant, tree and jungle. The extraordinary wisdom of these indigenous people involving the vegetation that surrounded them was not only utilitarian but also sacred.

They generously left us with the knowledge of how to harvest the leaves and handle them to best extract their valuable properties and, needless to say, how to prepare the magical infusion.

Despite their tribal political organization, they were a people with great internal cohesion with a language that is spoken widely to this day in Paraguay. It also endures in the neighboring countries as seen in the names of rivers, in the local geography and in many words that we have incorporated into the Spanish language.

Legend has it that Tupá, one of the Guaraní gods who represented the power of water, thunder and lightning, gave these people the wisdom of Caá to thank them for their hospitality during one of his trips to earth. He also generously taught them how to use it and enjoy it. The way of drinking mate with a straw, shared by several people, passing from hand to hand, while sitting around a fire, explains how the Guaraní culture lived their lives with nature according to a strong principle of sharing.

There is much in common between this aspect in the lives of the Guaraní and the way the *Ilex paraguariensis* grows in the jungle. In the wild, these congeneric plants are found in groups that are called 'islands' or 'mines'. They prevent other plants, that do not belong, from growing in their path. This concentrates the vital force they need to maintain and develop the same plant community.

(Continued on page 27)





L-R: Keeping the Mate Warm, *Ilex paraguariensis* leaves, flowers and fruit, Yerbe Mate • Ana Calegari

When the Spaniards arrived in this part of America, miscegenation occurred rapidly, not only genetically but also culturally, making mate quickly acceptable.

At the end of the 16th century, customs changed and polygamy was accepted. The Christian religion quickly called for its prohibition as well as the use of mate. However, the sense of friendship and socializing, that came with the custom of sharing this drink, could not be prevented. The yerba mate soon acquired great commercial value that expanded its territory to the Peruvian Viceroyalty, where it became known as ‘Green Gold’.

In 1536 Saint Ignatius of Loyola founded the Company of Jesus to protect the indigenous people from the exploitation of the settlers. These priests were enlightened Renaissance men with knowledge in arts and science. They established what was called The Jesuit Missions, to free the Guarani from persecution by the settlers.

The natives taught them about mate, how to search for the plants in the jungle, how to harvest and prepare the leaves and most importantly, its medicinal properties. These crops became an important source of income. They also managed to control and eliminate widespread alcoholism in the area, with the use of this infusion.

So as not to deplete this natural resource, the Jesuits put their patience and valuable knowledge into experimenting with how to germinate the seeds. They later created nurseries to cultivate the seedlings on a large scale. They also

improved the way of cultivating these plants, thus achieving better quality in flavor and properties.

In 1768, the Company of Jesus was expelled from Spain and its colonies, and the Jesuit Missions disappeared. The cultivation of Yerba Mate suffered from the ups and downs of change in religious and political movements, leaving these crops abandoned and forgotten.

In the early years of the 19th century, a French doctor, Amado Bompland, became fascinated with this plant and named it *Ilex humboldtiana*. He was imprisoned in Paraguay because he was considered to be dangerous to the interests of that country. When he was released, after 9 years in captivity, he dedicated his efforts to teaching Argentines and Brazilians how to, again, grow this plant. It was in 1819 that French botanist Augustin de Saint Hilaire classified it and showed it to the scientific world as *Ilex paraguariensis*.

In the 20th century, Paraguayan yerba lost its dominant place. Now yerba was being cultivated in Brazil and later in Argentina, which today is the country with the highest production and export in the world. Uruguay does not cultivate Yerba Mate, but it is the largest consumer of this infusion per capita. Yerba is considered the national drink and is consumed by 8 out of 10 inhabitants.

Ana Calegari, is a TNG international feature writer. [Click to view Ana’s Additional information on *Yerba Mate* and Its *Magical Properties*.](#)

La Yerba Mate: Caá

Ana Calegari

El mate, infusión de *Ilex paraguariensis*, es un hábito cultural y social muy extendido en Argentina, sur del Brasil, Paraguay, Uruguay, sur de Chile y sur de Bolivia y cada pueblo lo hace con pequeñas diferencias que hacen a su idiosincrasia.

El tomar mate involucra el cuerpo y la mente promoviendo el relacionamiento social que nos acompaña desde los inicios de nuestra historia.

La Yerba Mate, en guaraní: Caá, es un excelente alimento, con extraordinarias propiedades medicinales.

La cultura guaraní y su amor por la naturaleza hizo que descubrieran a este árbol en lo profundo de la selva, que se desarrolla desde las costas atlánticas brasileras hasta el río Paraguay, el río Paraná y el alto Uruguay y cuyo nombre Caá sintetiza lo que es: planta, árbol y selva. La profunda sabiduría de este pueblo sobre las plantas que los rodeaban era no solo utilitaria sino sagrada.

Ellos nos enseñaron la forma de cosechar sus hojas, del tratamiento a realizarle para extraer sus propiedades, y de como preparar y beber la infusión.

A pesar de su organización política tribal fue un pueblo con una gran cohesión interna, un lenguaje que se habla hasta nuestros días en el Paraguay y perdura en los demás países en la toponimia de nuestros ríos, en la geografía y en muchos vocablos que utilizamos junto al idioma español.

Cuenta la leyenda que Tupá uno de sus dioses representante del poder del agua, el trueno y el relámpago, les regaló la sabiduría sobre el Caá, para agradecer su hospitalidad en uno de sus viajes a la tierra, a la vez que les enseñó a utilizarla.

La forma de beber el mate con una bombilla, compartido por varias personas, pasando de mano en mano, alrededor del fuego, revela como los guaraníes ordenaban su vida según el principio de la reciprocidad.

Hay una gran similitud en esta forma de vida de reciprocidad y lazos de parentesco con la forma en que crece el *Ilex paraguariensis* en la selva, donde las plantas congéneres se encuentran en grupos llamados 'islas' o 'minas' impidiendo que crezcan otras a su alrededor, concentrando la fuerza vital para que se desarrollen solo las pertenecientes a la misma comunidad vegetal.

Cuando los españoles llegaron a esta parte de América, rápidamente ocurrió el mestizaje no solo genético sino también cultural, siendo el mate igualmente aceptado.

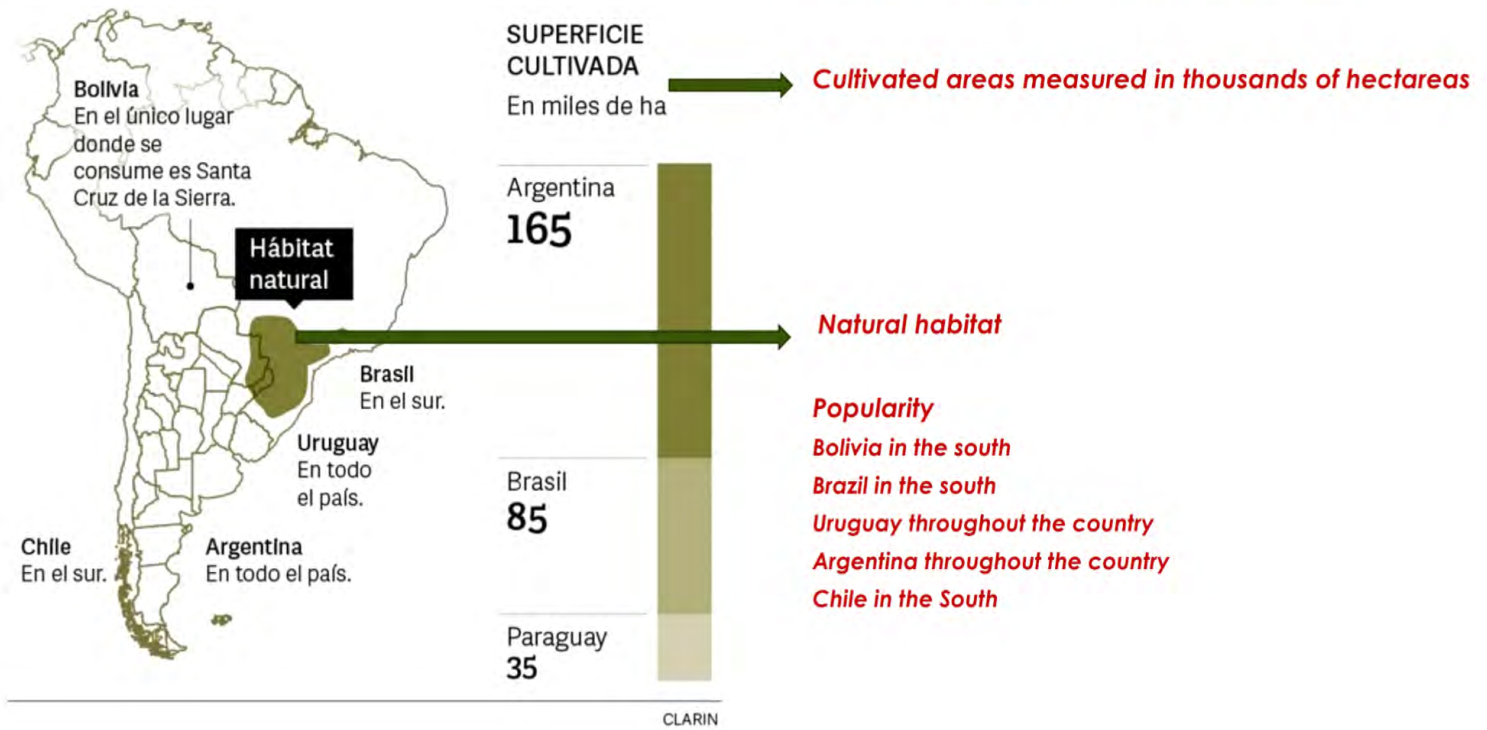
(Continued on page 29)

Áreas de producción y consumo

La yerba mate se produce sólo en su hábitat natural.

Areas of Production and Use

Yerba Mate is only grown in its natural habitat



Mate Production/Consumption • Ana Calegari

A fines del Siglo XVI algunas costumbres como la poligamia fueron también aceptadas por lo que la religión cristiana la prohibió al igual que al mate. Aun así, el sentido de amistad y socialización que trasmite la costumbre de compartir esta bebida no pudo ser impedida. La Yerba Mate pronto adquirió gran valor comercial en el mercado que se extendió hasta el Virreinato del Perú, conociéndose como el 'Oro Verde'.

En 1557 comenzó la explotación de los indígenas por los colonos y estos se defendieron ferozmente huyendo hacia la selva.

La Compañía de Jesús fundada por San Ignacio de Loyola en 1536 estaba formada por hombres ilustrados en arte y ciencia, con una impronta renacentista, quienes establecieron Las Misiones Jesuíticas, para liberar a los guaraníes de la persecución por los colonos.

Allí aprendieron sobre el mate, la búsqueda de la planta en la selva, la preparación de sus hojas y sus propiedades medicinales. Se convirtió en una importante fuente de ingresos y lograron combatir con el uso de la infusión, al alcoholismo tan arraigado en estos pueblos.

Para no agotar este recurso natural, los jesuitas con paciencia y experimentación, lograron germinar semillas y hacer viveros para cultivar a gran escala. También mejoraron la forma de cultivo, logrando así más calidad en el sabor y en las propiedades medicinales.

En 1768, La Compañía de Jesús fue expulsada de España y de sus colonias, haciendo desaparecer Las Misiones Jesuíticas.

El cultivo de la Yerba Mate sufrió los vaivenes de los movimientos independentistas y de los cambios políticos quedando los cultivos abandonados al caos.

En los primeros años del Siglo XIX Amado Bompland, un médico francés, se fascinó con esta planta y la denominó *Ilex humboldtiana*. Sufrió la prisión en Paraguay ya que consideraron que era un peligro para los intereses de ese país y al lograr su liberación tras 9 años de cautiverio, dedicó sus esfuerzos a enseñar a argentinos y brasileros a volver a cultivar racionalmente la planta. En 1819 el botánico francés Auguste de Saint Hilaire la clasificó y la mostró al mundo científico como *Ilex paraguariensis*.

En el Siglo XX la yerba paraguaya perdió su lugar preponderante, y surgió el cultivo de la yerba en Brasil y más adelante el cultivo en Argentina, siendo hoy éste, el país con mayor producción y exportación en el mundo.

Uruguay no cultiva la Yerba Mate, pero es el mayor consumidor de esta infusión per cápita, siendo considerada la bebida nacional ya que la consumen 8 de cada 10 habitantes.

Ana Calegari, es escritora internacional de artículos especiales para TNG. [Haga clic para ver las Información adicional sobre la Yerba Mate y sus Propiedades Mágicas de Ana.](#)

Convención Virtual 2022

Auspiciada por el National Garden Clubs, Inc.



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ZOOM ID: 837 4173 7015

Passcode: CONVENCION

6:00 to 7:00 pm EST

We look forward to seeing you!!

Start a new HABITAT®



HOMEGROWN NATIONAL PARK®

Become a Citizen Conservationist

Ann Brown

With one million wildlife species threatened with extinction, leading conservationists, such as Doug Tallamy (author of *Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard*), ask us not to see ourselves and our yards as something separate from nature. He is calling us to see how one person's mindfulness can positively impact the environment. In today's world, where our pollinators and birds are rapidly disappearing due to the loss of habitat and the widespread use of chemicals and pesticides, we must change the way we view our yards. Most of us do not look at our landscapes and think of the "food web" or "ecosystem." Tallamy points out, "In the past, we have asked one thing of our gardens: that they be pretty. Now they must support life, sequester carbon, feed pollinators and manage water." Tallamy is pushing this new view because our national park system, conservation conservancies and pristine areas only make up 5% of the land and are not able to sustain our wildlife, especially birds and insects.

How can we transform our yards into mini-homegrown parks? One of the most serious problems to overcome is America's love affair with plants from Asia and Europe, planted in 80% of yards. These plants are unable to support food webs and the ecosystems that depend on the little things that run the world - insects such as native bees, moths, and butterflies. As E.O. Wilson pointed out over 30 years ago, "If all mankind were to disappear, the world would regenerate back to the rich state of equilibrium that existed ten thousand years ago. If insects were to vanish, the environment would collapse into chaos." Our native insects cannot eat the leaves of plants or sustain life and life cycles on the pollen and nectar of plants not native to the Americas. The "Insect Apocalypse" has created an ecological crisis.

Wildlife is disappearing because they have no food or places to complete their life cycle. This has severely affected the bird population with a loss of 3 billion birds in the last 20 years.

Another serious problem is lawns which make up 90% of urban and suburban yards. The desire for a weed-free green lawn, treated with chemicals, pesticides, fungicides and herbicides creates desert-like areas. They do not support wildlife and destroy living organisms such as fungi in the soil food web. Lawns soak up valuable but limited water resources and create pollutants that run off into our streams, ponds and rivers.

Lawns dominate our landscapes and spread over 40 million acres in the US. This is roughly the size of New England. Our national park system is failing to sustain our wildlife. As citizen conservationists, we need to rethink our yards. We need to convert them from ecological dead zones into conservation corridors. Just half of these lawns, transformed into conservation corridors, equals the combined size of all the national parks, in our country, including Denali in Alaska!

How do we create conservation corridors? Every year, gradually reduce the size of your lawn and the use of chemicals. Start small and concentrate on adding keystone plants to your new beds. Find keystone plants for your region by searching for "Keystone Plants by Ecoregions" on the [National Wildlife Federation website](#). These plants attract insects critical to the food web—see image on next page. Native plants have a unique relationship with wildlife, formed over millions of years, to provide sources of food, cover and places to raise their young.

(Continued on page 32)



Bee • Pollinating Life

There are two types of keystone plants: host plants providing food to the caterpillars of butterflies and moths and the plants that feed specialist and generalist native bees. These bees include bumble, sweat, mason, leaf-cutter, blueberry, etc. Ninety-six percent of birds rely on insects attracted to keystone native plants.

Native oaks are the most nutritional keystone tree and act as a host for over 500 species of butterflies and moths. The mighty oak supports the life cycle of birds and many other wildlife species such as squirrels and deer. Other invaluable trees in this group are black cherry, willow, birch, hickory, poplar, crabapple and pine.

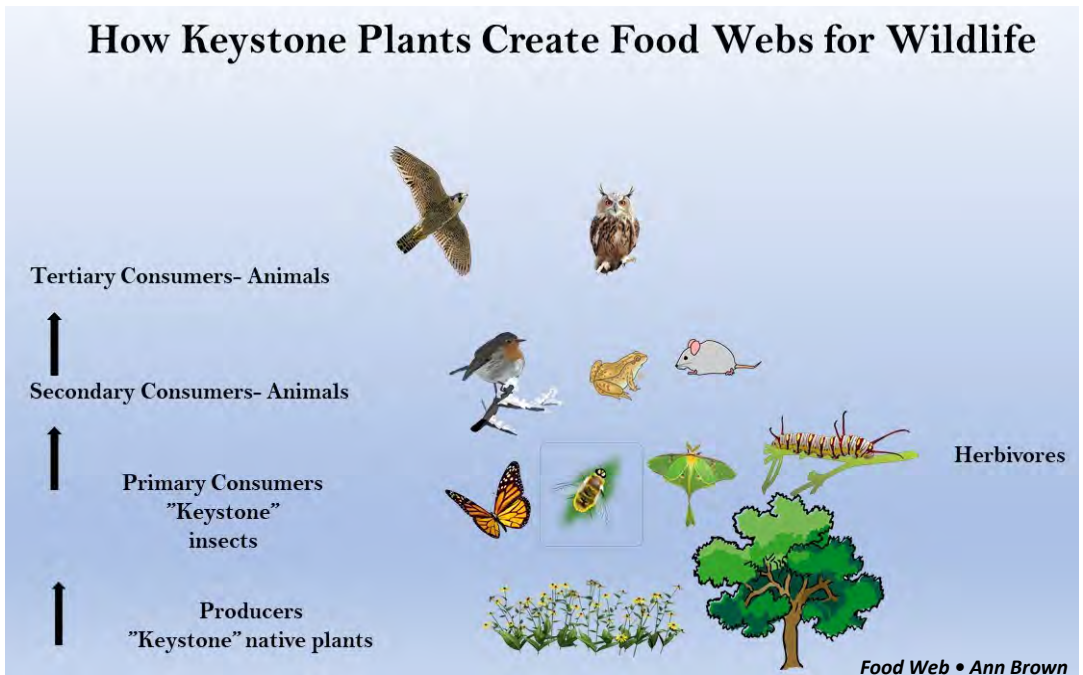
Keystone herbaceous perennials such as goldenrod, rose, sunflower, *Aster*, *Rudbeckia*, *Coreopsis*, *Veronia* and *Echinacea* are easy to establish and attract hundreds of insects especially bees and pollinating flies.

Host plants attract butterflies and include spicebush, hop tree, pawpaw, milkweed, *Aster* and *Rudbeckia*. The Union for Conservation of Nature recorded a 35% drop in the population of these insects due to a lack of their host plants. The caterpillars of butterflies and moths are the most important food for baby birds. It takes over 11,000 soft-bodied insects to raise a clutch of chickadees.

It is inspiring to think that each of us can be the change by reducing our lawns and adding keystone plants to our gardens.

Garden club members may consider joining the Homegrown National Park movement as it dovetails with the Bee City USA mission to create habitats for pollinators. Buy pesticide-free plants from local native plant nurseries and look for keystone plants listed in this article and on the [National Wildlife Federation website](#). If in doubt, ask the nursery to identify their pesticide-free plants.

For more information contact [Ann Brown](#). She is the Bee City USA Co-chair for Lookout Mountain, TN & GA, a member of Lookout Mountain Beautiful Garden Club and Bees and Butterflies Chair for Tennessee Federation of Garden Clubs.





Restoring a Mangrove

Blanca Niño Norton

Mangrove • Blanca Niño Norton

A few months ago we were presented with the opportunity to "restore a mangrove." As an architect who preserves monuments, I found the idea of intervening with something alive very interesting.

A mangrove is: "a biotic area or biome formed by trees that are very tolerant to salts existing in the intertidal zone near the mouth of freshwater sources in tropical and subtropical latitudes. Thus, areas with mangroves include estuaries and coastal zones. They have great biological diversity with high productivity and many species are found in them, birds and fish, crustaceans, mollusks and others." (*Wikipedia*)

This case, I bring forward to you, is that of a mangrove located on the Pacific coast of Guatemala, in Escuintla, called Quitasombrero. It is a colony of family homes that began in the 1950's to enjoy the Pacific and its black sands in front of the immense blue ocean. Today, some 70 years later, it is an island of houses where the development of the nearest town is separated by a single gate, wire fence and the only barrier to urban growth is the mangrove itself.

It is called Laguna de Quitasombrero and it is still full of mangroves and fauna. Despite the constant damage caused by the invasion of people looking for land to build popular housing, we have managed to bring together several agencies to seek out ways to conserve and restore the mangrove.

The first step was to have the institutional support of INAB (National Institute of Forests) and CONAP (National Council of Protected Areas), to carry out the first evaluation of the area and the identification of the existing types of mangroves: red mangrove (*Rhizophora mangrove*), black mangrove (*Avicennia germinans*) and white mangrove (*Laguncularia racemosa*). A specialist was summoned to visit the location. David, our expert, marked and identified each tree. He spent many

hours on the job and kindly gave us a basic inventory with which to work.

The next step was an evaluation of the state of conservation of the mangroves. Samples of the water and the surrounding environment were taken to chemically evaluate the current state of contamination. It is an inevitable consequence of the lack of applied environmental policies in the area. The result was that, despite the contamination, the mangrove was allowed to enter the restoration program with the support of international cooperation. Mangrove trees had to be planted and a conservation and maintenance plan had to be made.

Last November, thanks to the support of INAB, we managed to get a group of collaborators from the Guatemalan army to sow 3,500 mangrove seeds in the Quitasombrero mangrove. We offered a small workshop aimed at the owners and neighbors of the area, since without the community's support there would be no positive results. This is a difficult task considering it includes changing the mentality and adding educational programs for environmental conservation.

The great importance of mangroves is that they protect the coasts against wave and wind erosion. This is one of the many expressions of nature constantly affected by human behavior and climate change. Mangroves are the habitat that generate life for many species and migratory birds that are increasingly exposed to the loss of their usual shelters. We still have much work to do with this plan to ensure this unique natural environment is protected.

Blanca Niño Norton is an architect and is our *The National Gardener* International Affiliates Conservation Writer. She lives in Guatemala. **Click to view more images of [Niños Mangrove Project](#).**



Restaurando un Manglar Blanca Niño Norton

Workshop • Blanca Niño Norton

Hace unos meses se nos presentó la oportunidad de "restaurar un manglar". Como arquitecta conservadora de monumentos, me pareció algo novedoso pensar en intervenir algo vivo.

Un manglar es: "un área biótica o bioma formada por árboles muy tolerantes a las sales existentes en la zona intermareal cercana a la desembocadura de cursos de agua dulce en latitudes tropicales y subtropicales. Así, entre las áreas con manglares se incluyen estuarios y zonas costeras. Tienen una gran diversidad biológica con alta productividad y en ellas se encuentran muchas especies, tanto de aves como de peces, crustáceos, moluscos y otras." (Wikipedia).

El caso que les presento es el de un manglar ubicado en la costa del Pacífico de Guatemala, en Escuintla, llamado Quitasombrero. Es una colonia de viviendas familiares que se inicia en los años '50 para disfrutar del Mar Pacífico y sus arenas negras frente al inmenso océano azul. Hoy, unos 70 años después, es una isla de casas donde el desarrollo del pueblo más cercano está separado por un único portón, una malla de alambre y la única barrera ante el crecimiento urbano es el manglar en sí.

Se llama Laguna de Quitasombrero y está aún llena de manglares y fauna. A pesar del constante daño que hacen las invasiones de gente que busca tierra para construir vivienda popular, hemos logrado unir a varias agencias para buscar la conservación y restauración del manglar.

El primer paso fue contar con el apoyo institucional de INAB (Instituto Nacional de Bosques) y CONAP (Consejo Nacional de Áreas Protegidas), para que se hiciera la primera evaluación del área y la identificación de los tipos de mangle existentes: mangle rojo (*Rhizophora mangle*), mangle negro (*Avicennia germinans*), y mangle blanco (*Laguncularia racemosa*). Se llevó a cabo la visita de un especialista que

amablemente hizo el inventario básico y marcó e identificó cada árbol. David, nuestro experto, puso muchas horas en este trabajo.

Posteriormente se hizo una evaluación del estado de conservación del manglar. Se tomaron muestras del agua y el medio para poder evaluar químicamente el estado de contaminación actual, que es consecuencia de la falta de implementación de políticas ambientales en el área. El resultado fue que, a pesar de la contaminación, el manglar podía entrar en el programa de restauración con el apoyo de la cooperación internacional. Había que sembrar árboles de mangle y hacer un plan de conservación y mantenimiento.

En noviembre pasado, gracias al apoyo de INAB logramos que un grupo de colaboradores del ejército de Guatemala sembraran 3,500 semillas de mangle en el manglar de Quitasombrero. Ofrecimos un pequeño taller orientado a los propietarios y vecinos del área, ya que sin el apoyo de la comunidad local no habrá resultados positivos. Tarea difícil que incluye cambiar la mentalidad y agregar programas educativos de conservación del entorno ambiental.

La gran importancia de los manglares es que protegen las costas contra la erosión del oleaje y el viento, unas de las muchas expresiones de la naturaleza afectada constantemente por el comportamiento del hombre y el cambio climático. Los manglares son el hábitat generador de vida de muchas especies y aves migratorias cada vez más expuestas a la pérdida de sus habituales refugios. Falta aún continuar con el plan y esperamos lograr proteger este ambiente natural único en su tipo.

Blanca Niño Norton es arquitecta y es nuestra escritora de conservación de The National Gardener International Affiliates. Ella vive en Guatemala. **Haga clic para ver más imágenes de Niños [Proyecto Manglares](#).**

Congratulations

Award of Excellence Recipients

National Garden Clubs, Inc. announces the 2022 winners of its highest honor, the Award of Excellence. Each year, this Award recognizes exceptional individuals, organizations or institutions that advance NGC's goals and purposes.

Donna Donnelly



Allan Storjohann
Nominator: Oklahoma
Garden Clubs, Inc.

Allan Storjohann, nominated by the Oklahoma Garden Clubs, is an experienced horticulturist, educator, and communicator with an extensive background in the private nursery, landscaping, and grounds maintenance industry, as well as the management of public parks and botanical gardens. He is a recent former president of Oklahoma Greenhouse Growers and Oklahoma Historical Society.

offers a horticulture scholarship in his name each year.

For over 20 years, Storjohann was the manager of the Myriad Botanical Gardens, a division of the Oklahoma City Parks and Recreation Department. During his tenure, the Myriad Gardens completed a \$30 million-dollar renovation. The garden upgrade included a restaurant, ice skating rink, amphitheater, children's play area and a dog park. He also supervised the operations and maintenance of Will Rogers Park Gardens and Arboretum.

Most especially, Storjohann is the voice and host of the *Gardening Show* on Cox Radio Tulsa, KRMG, and has been on the air every Saturday morning since 1984. As a seasoned radio personality, Storjohann uses his experiences, educational background, and his extensive garden knowledge to answer gardening questions and promote hobby and business horticulture in Oklahoma. He posts many blogs on the station's website about the latest in winter pruning, favorite vegetables, plant success and the best trees to plant.

Now retired, Storjohann continues his Saturday radio broadcast, writes for horticulture publications, assists statewide horticulture programs and volunteers locally. He has never said "no" to Oklahoma garden clubs and speaks at many state and region events. His informative and highly entertaining topics include *New Trends for the Garden*, *The Artful Gardener* and *Making a New View Using Art in the Landscape*. Congratulations Allan Storjohann!

(AOE Continued on page 36)

Congratulations



Robert Morris
Nominator: Nevada
Garden Clubs, Inc.

Emeritus Professor Robert Morris has 50 years of experience in arid, desert and tropical irrigated horticulture. He has worked all over the world developing sustainable agriculture techniques in Africa, the Middle East, Eurasia and Southeast. He has spent several months and up to a year on location working with farmers on soil testing, farm design, crop and post-harvest production, and marketing.

Morris writes a weekly column for the Las Vegas Review-Journal responding to questions and photos on a wide variety of horticulture-related issues suited to the desert climate. His blog *Extreme*

Horticulture in the Desert gets thirty to forty thousand views.

Considered a local expert on a wide variety of horticulture, Morris has worked for many years with the Master Gardener programs in Southern Nevada and Arizona, teaching landscape design, irrigation methods, best planting practices, proper care of fruit trees and integrated pest management. Morris helped the Master Gardeners start a wine production program and manage their research orchard. Always willing to share his knowledge, he often provides programs for local garden clubs as well.

Several years ago, a land owner approached Morris to create and develop an urban temperate fruit orchard on 8 acres of land once used for grazing horses near downtown Las Vegas. He designed the layout of the orchard and the specified irrigation system. The project now boasts 400 hundred fruit tree varieties, and recently, date palms, grapes, beehives, and vegetables. Gardeners donate all the produce to a local food bank. Morris continues as the technical adviser on this project and gives seminars on planting and the proper technique for pruning fruit trees, which is critical in the desert climate.

Morris considers himself retired but is as busy as ever doing what he loves to do—making a difference in the world by helping people learn how to grow food and be gentle with the earth. Congratulations Robert Morris!

(AOE Continued on page 37)



Congratulations



Lynn Werner, Executive Director, heads the water, land and recreation conservation Housatonic Valley Association (HVA). This non-profit organization's mission is to protect the natural character, environmental health and economies of the Housatonic River Valley watershed for present and future generations. The Housatonic Valley Association, founded in 1941, resides in Cornwall Bridge, Connecticut.

Lynn Werner
Nominator: Federated
Garden Club of
Connecticut, Inc.

The Housatonic River Valley boasts world-class fishing, biking, hiking, paddling, history and sightseeing. The source of the watershed starts in the Berkshire

Mountains and stretches 149 miles across Connecticut. It culminates in the tidal marshes of Long Island Sound. The Valley includes mountain waterfalls, rolling hills, covered bridges and a section of the Appalachian Trail. HVA is one of the oldest watershed conservation organizations in the nation!

Werner oversees the day-to-day management of the association including collaborating with individuals, groups and agencies to maintain a healthy river system. Many, across the region, recognize HVA as an effective, efficient and science-based organization.

Some of HVA's accomplishments include:

- ★ Restored the Furnace Brook Fishway in the town of Cornwall that allowed trout to swim upstream to spawn for the first time in twenty years.
- ★ Demanded General Electric and the Environmental Protection Agency clean up the PCBs in the watershed system.
- ★ Created the RiverSmart campaign to study the impact of polluted runoff and how to reduce it.
- ★ Successfully fought to reroute a natural gas pipeline away from the watershed.
- ★ Stopped a superhighway route through the scenic ridgeline and saved 6,000 acres of the river valley from developers.
- ★ Launched the "Follow the Forest" program to emphasize the need for a wildlife corridor.
- ★ Conduct educational programs for kindergarten to high school students on biology, ecology and chemistry of the watershed.
- ★ Offers free paddling workshops for families.
- ★ Plans hikes for naturalists, scientists and historians.

Werner takes pride in saying that due to the HVA conservation efforts, the residents of Connecticut enjoy 100,000 recreational acres for **PLAYING OUTDOORS**. Congratulations Lynn Werner & HVA!

Donna Donnelly, of South Carolina, is the NGC 3rd Vice President and the Awards of Excellence Chair. Submit a nomination for [AOE 2023](#).





Garden Club BioBlitz
• Karen Bowen



BioBlitz with Grandkids
• Karen Bowen

BioBlitzes are Here!

Karen Bowen

If you have never heard of a BioBlitz, you are not alone. You **will** be hearing more about them as they take place across America and around the world. A BioBlitz is an outdoor activity that focuses on finding and identifying as many species of wildlife and plants, as possible, in a specific area during a specific time.

Susan Rudy, a U.S. National Park naturalist, coined the term BioBlitz. She coordinated the first BioBlitz in 1996. The public helped biologists and naturalists inventory plants and wildlife at Kenilworth Aquatic Gardens in Washington, D.C. The event was successful with over 1,000 different species identified.

From Sydney, Australia to Boston, Massachusetts, schools, volunteer groups and various local organizations participate in BioBlitz events. There are different types of BioBlitzes with each structured to fit the needs of the group sponsoring the event. Some have participants record data in a notebook, others have participants collect actual specimens, while others use photographs to record wildlife and plants.

A BioBlitz can focus on surveying one plant or animal or it can survey every plant and animal seen during the event. From mountainsides and meadows to parks and school grounds, hundreds of BioBlitzes have taken place in a variety of locales worldwide. Some even take place underwater to record fish and coral seen in a particular area of the ocean.

Participants often use a free app, [iNaturalist](https://www.inaturalist.org), during a BioBlitz because it is user-friendly. The iNaturalist app is a joint project of the [California Academy of Sciences](https://www.calacademy.org) and the [National Geographic Society](https://www.nationalgeographic.org). During a BioBlitz, attendees download the app to a smartphone so they can photograph whatever plants or wildlife they are finding. Like a scavenger hunt, both young and old have fun searching for specific plants and/or animals to photograph.

The iNaturalist app identifies the common and scientific name of the item photographed, as well as the date and location. This information can be sent to the iNaturalist global database used by scientists doing research. More information about the app is at [inaturalist.org](https://www.inaturalist.org).

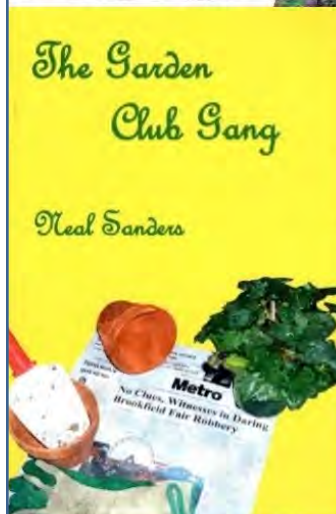
Children can use an alternative app called [SEEK](https://www.seekapp.com) to photograph and identify wildlife and plants during a BioBlitz. This app does not require the child to register and they decide whether or not to submit their data to iNaturalist. SEEK is safe and private for children to explore nature through images.

A goal of a BioBlitz is to connect people to nature so they feel a personal responsibility to protect and nurture our environment. Participants gain a better understanding of the biodiversity of local plants and wildlife. Another goal is to provide scientific data for researchers to use when tracking wildlife and plant populations and for other research studies.

Garden clubs are always looking for new ways to engage the public in their activities. Holding a BioBlitz is an excellent opportunity to engage the community in a fun and interesting project. To encourage the public to attend the event, members might provide participants with free packets of wildflowers or transplants of flowering plants. The sponsoring garden club can hand out club information sheets and membership applications. Perhaps, the enjoyment of participating in a BioBlitz inspires members of the community to join the sponsoring garden club to continue learning more about nature and gardening.

BioBlitzes are here to stay and can be a useful tool for garden clubs to connect with their communities.

Karen Bowen is the Western District Director for the Arizona Federation of Garden Clubs. She writes the Yuma Desert Gardener column for the Yuma Sun newspaper and the Imperial Valley Press newspaper. She is a master gardener and long-time member of Moody Garden Club.



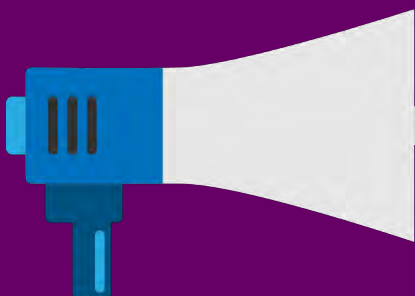
You'll love his books. You'll also love his talk.

Neal Sanders' 15 mysteries draw rave reviews from readers. They call them 'Fun', 'Thoughtful', 'Addictive', 'Intelligent', 'Horticultural', and 'full of twists.' They also say his books, 'Kept me up way past my bedtime.'

They all feature strong, independent women – some of whom solve crimes, and others who commit them. Many of his books use garden club settings and 'women of a certain age' but don't mistake these for 'cozies': his plots involve everything from romance scams to 'protect your assets' schemes.

You can **order his books** in print and Kindle formats on Amazon. Or, you can **go to www.TheHardingtonPress.com** to explore his titles and read first chapters, or purchase directly from the author at **www.the-hardington-press.square.site**.

Neal is also one of the most entertaining speakers you'll ever hear. 'Gardening Is Murder' is equal parts humor, psychology, and gardening wisdom; a husband's point of view of what goes on in the garden. You can hear him at the **NGC Deep South Convention** in March 2023. He has been a featured speaker at NGC events from Maine to Kentucky. To book him, write **Neal02052@Gmail.com**.



Shout Out to New Four and Five Star Members Kitty Larkin

Four Star and Five Star membership is an individual accomplishment that is obtained by members as they successfully complete all four of the NGC Schools to receive the Four Star Certificate. They must graduate to Master status, in each school, to receive the Five Star Certificate. To obtain their Certificate, members complete the appropriate application form featured on the [Four/Five Star page](#). A pin is available for purchase, in the [NGC Store](#), for each accomplishment.

Recognized at the 2022 NGC Convention and receiving certificates were Five Star: Carol Yee, Gloria Remedi (also received additional certificates for Argentina and Uruguay recipients) and Yolanda de Leon received all the Guatemala Certificates. Honored were Five Stars Jane Hersey and Inger Jones who received their certificates at their State Meetings. Four Star certificates went to Anna O'Kelly and Frances Thrash.

Those in attendance, who received certificates in 2020 and 2021, included Four Stars Suzy Andrego, Barbara Campbell, Nancy Caipo (also received additional Peru Certificates for 2022), Andrea Finn, Nancy Fulk, Charles O. McLendon, Linda McLendon, Catherine Phelps and Janice Miller. Five Star recognition went to Jane Bersch, Gerianne Holzman and Heather White.

Kitty Larkin, of Wisconsin, is the NGC Four/Five Star Chair and a former NGC President.

Shout Out Image • Tomislav Kaučić



Vision of Beauty

Florence Leysse

Buy the 2023 *Vision of Beauty (VOB)* Calendar in our [NGC Store](#). Sales are an important part of your support and the continued success of this beautiful publication.

The *Vision of Beauty* Calendar Committee is accepting entries for the 2024 edition. Send in your entry using the updated [entry form](#).

Please carefully read the current entry requirements. Unfortunately, the Committee sometimes declines wonderful flower designs because they do not meet all of the guidelines. Requirements and the entry form are, also, in the back of the 2023 calendar. Read tips on photographing your design or garden in this 2020 NGC Blog [How to Take a High-Resolution Photo to Submit to Vision of Beauty](#)

The deadline to submit your entries is August 15, 2022. Send your digital entry to VOB Chair [Florence Leysse](#). See the entry form for information on mailing your paperwork.

Thank you for your participation. Your beautiful entries create a lovely work of art enjoyed throughout the Americas.

Florence Leysse, of New Jersey, is the *VOB* Calendar Chair.

What is Protocol?

Elva Davidson

“Protocol” is being gracious, polite and hospitable, which is essential in the plans and procedure of any meeting, while honoring our officers and dignitaries. Extending invitations, introductions and correct seating of those at the head table are all forms of protocol etiquette. Use guest hospitality while recognizing that in meetings of organizations, certain officers have rank. Consider this rank in seating and introductions. In most cases, the higher the rank, the easier it will be to observe all the amenities. **Please** and **thank you** are words we need to utilize always. Download the new Protocol Guidelines from the [NGC Member Resources](#) page.

[Elva Davidson](#), of Delaware, is the NGC Protocol Chair.

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Wisconsin School Children's Forest— Penny Pines Begins?

Judy Newman

In the fall of 1934, the Wisconsin Garden Club Federation (WGCF) promoted teaching conservation in public

schools. The Federation actively campaigned the state legislature to pass a bill requiring every school to teach conservation. Legislators passed the bill in the spring of 1935 and teachers started teaching conservation in 1936. Many schools had 100 percent participation. Wisconsin Governor Philip La Follette set aside the week of Arbor Day (1938 and 1939) as Conservation Weeks.

To give the students a hands-on experience, Mrs. Frank K. Quimby, WGCF Chair of Youth Garden Clubs, conceived the idea of establishing a forest where the children could study and replant. Mrs. Quimby gained the approval of John Callahan, State Superintendent of Instruction. The U.S. Forest Service identified and set aside a 1,240-acre tract of burned, cutover and eroded land badly in need of reforestation for the Wisconsin School Children to reforest. The site is in northeast Wisconsin and part of the Nicolet National Forest.

The school children realized they could not travel to northern Wisconsin to plant the trees themselves so they sent their pennies to the Forest Service to pay for the tiny pine seedlings and the planting. For each penny the children contributed, the Forest Service (with the help of the Civilian Conservation Corps) planted four pine seedlings. From 1936 to 1940 students sent 79,686 pennies to replant 374 acres of land. Workers planted about 1000 seedlings on each acre for a total of 316,088 trees. On July 27, 1940, the Forest Service completed and dedicated the forest project. At the ceremony, everyone planted a tree in "Quimby Grove" as a tribute to Mrs. Quimby. This forest was to be treated as a crop with selective logging done at the proper time and remain a forest with good conservation practices.

In 2005, I inquired about the Children's Forest. Quoted from a letter received, "Today the Children's Forest falls within the southern portion of the Blackjack Springs Wilderness. Designated a Wilderness by Congress in 1978, this area is valued for its dense forest and crystal-clear springs. White pines mix with the red pines making this a beautiful area." Today, the Children's Forest contains assorted pine with sugar maple dominating one of the hardwood stands



Tree Planting Image • Paulina Rojas Gonzalez

Mrs. Quimby sent her plan to Washington D.C. and many states. In California, during and after World War II, the National Federation of Women's Clubs encouraged school children to donate pennies for the replanting of trees destroyed by wildfires or cut down to support the war effort. Excerpt from the California Garden Clubs' History book, "The tree planting program was so successful that it was given the name 'Pennies for Pines' and a national coordinator was selected to manage what continues to be a very popular conservation effort." (The exact start of the Penny Pines program is under debate with research continuing.)

Donations are in \$68 increments. With the early cost of seedlings being a penny, \$68 was enough to purchase seedlings for a "plantation" of 6,800 new trees planted over ten acres. Penny Pines has been a National Garden Clubs project for many years. Information and links to the donation form are available on the [NGC Penny Pines](#) page. Consider passing a donation jar at your meetings and events.

The total number of donations from in the last year was 1,490 plantations for a total of \$101,320. Texas had the most club driven donations with 169 plantations = \$11,492 and the state with the largest organization donations was Connecticut with 439 plantations = \$29,852. Thank you!

Contact [Judy Newman](#), WGCF Historian of Wisconsin, for more Penny Pines history. Contact NGC Penny Pines Chair [Heather White](#), of Texas, for more information on the program.



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Garden Club of Parker, TX Created Raised Beds for Community Food Production • Garden Club of Parker, TX

Apply for PLANT AMERICA Grants

David Robson

NGC member clubs OR near-clubs (group or council of clubs in an urban geographic area) can now apply for PLANT AMERICA Community Project Grants. Current applications are for projects in the 2023 calendar year. Great endeavors are those that benefit the community in one way or another. It could be creating an entrance to a town or park. It might be building raised beds so children can learn about and raise vegetables. Perhaps refresh an old landscape along a highway rest stop or maybe create a memorial garden. Think about taking a vacant city lot and making it into a small pocket garden. Be creative!

The PLANT AMERICA Community Projects Grant Committee also looks at the club's involvement, as well as the community participation. Getting landscaping donations, or even volunteer help, is a crucial part of the application and the budget.

Clubs may apply for up to \$1000 for a project that benefits the community. See the [PLANT AMERICA Community Projects Grants](#) page for the application. Download the fillable PDF to your desktop, use your PDF program to complete and save the finished document back to your device. Email it to the address on the application. The committee only accepts the fillable PDF.

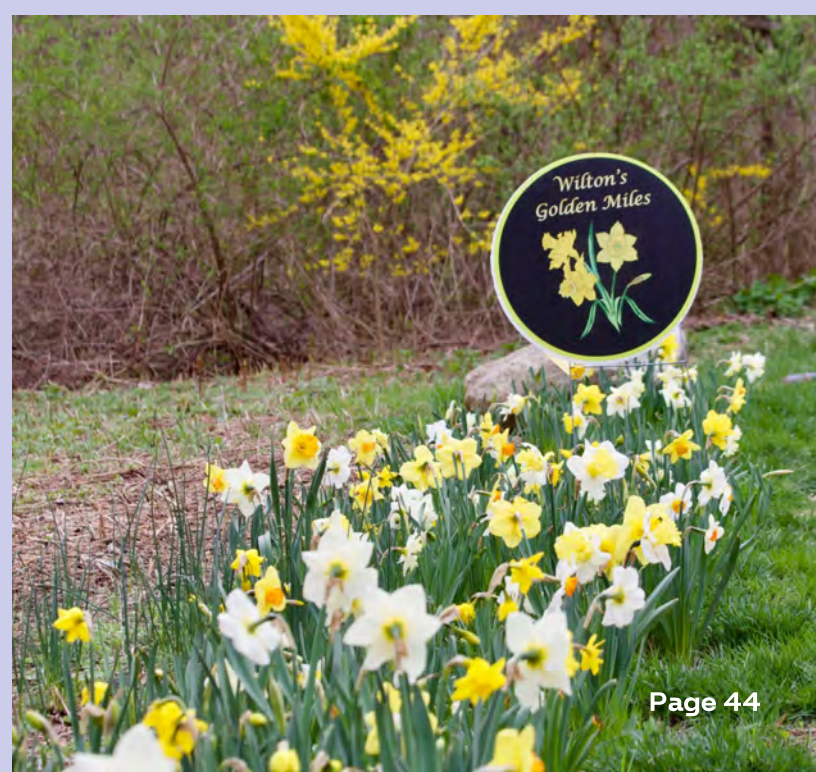
For hints on completing an application, view the [PLANT AMERICA Community Projects Grants](#) video created shown during PLANT AMERICA Month - April 2022. The video takes you step by step through the application process. Be sure to fill in all the spaces, concentrating on the specifics of what you intend to do. You are limited to just the two pages of the application form! (The application cover page does NOT count so do not worry if you send it or not.)

To get an idea of the type of funded projects, check out [Three Successful PLANT AMERICA Projects](#). If you have questions, contact the [PLANT AMERICA Community Projects Grant Committee](#) The application deadline is October 15, 2022.

David Robson, of Illinois, is the PLANT AMERICA Community Projects Grant Committee Chair and an NGC FSS Instructor.



Above: Valley GC of Idaho worked on a roadside stretch that had become weedy. They added new plants to the worked soil, mulched and created a little gazebo/bench as a rest spot to view the plantings. Below: Wilton GC of Connecticut planted more than 6,500 daffodils in the community of Wilton with the goal of planting 15,000 daffodils in the next five years. (Photos courtesy of the clubs.)



Communications in a New Era

Phyllis White & Jane Waugh



Flying Letters • Gerd Altmann

The National Gardener (TNG), originally called *The Bulletin*, was first published in July 1930 to communicate with members and provide a pictorial history. While *TNG* has been around for decades, digital methods of National Garden Clubs' communications are new. This issue of *TNG* has articles about many sources of NGC communication. Telling stories and sharing information on these platforms is what the Media Committee members do best.

The [Blog](#) appears weekly on the NGC website. Members and others may [subscribe to the Blog](#) as well as [TNG](#). Social Media covers [Facebook](#) posts (images are an essential component), [Instagram](#) (more images), [Pinterest](#) (even more images), and [YouTube](#) for videos. Find links to these entities at the bottom of each NGC website page. *Keeping in Touch*, a newsletter specifically for state presidents and region directors, is found in the website's board section. [Newscape](#) is a quarterly publication written by the Tri-Schools and Councils. Find it on the website under Member Resources.

What's new on the NGC Website? You might think it is the [Video Café](#), but the [NGC Events Calendar](#) is even newer. The calendar includes a complete list of all schools, webinars, member/board meetings, important deadlines, tours and more. It is a complete list of all NGC Events.

If you are looking for a specific category or item, no problem. You don't have to scroll through the entire list. There are filters—just like when shopping online for clothes where one can preselect size, color, or brand. With just a few clicks, you can choose to see only Environmental Schools or even only Course 2 of Environmental Schools or only a school in your state or select virtual schools if not wanting to travel.

The calendar is good for members' use and helps headquarters staff. When approved, NGC staff adds events at any time, way ahead of the date. They can later add more details. Unlike the former course listings, where past schools disappeared to add new ones, the calendar is perpetual. You can look back to see the dates of a school you attended.

Another advantage of the calendar is that brochures and links can be included. If a state accepts online payment for its schools, a calendar link goes directly to the state's website for attendee registration and payment. Coordinators may include photos. Events are viewable as a list or as a calendar month. We hope you find the new Events Calendar attractive and valuable. Check it out today.

Phyllis White, of Montana, is the NGC Historian and Media Coordinator. Jane Waugh, of Connecticut, is the Website Chair.

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Deep South Honors Gay Austin Mary Hazen

On behalf of the Deep South Garden Clubs (DSGC), which includes Alabama, Florida, Georgia, Louisiana, Mississippi and Tennessee, and the Mississippi Legislature, it was an honor to present a Blue Star Memorial Marker to the State of Mississippi. Dedicated to Gay Austin, 46th NGC President and native Mississippian, the marker is on the Capitol grounds. Gay’s term fell at a time when our world was in chaos due to the COVID-19 virus. She kept garden clubs focused on their goals with frequent communications and encouragement.

We acknowledge the dedication and hard work of those who made this day possible after a two-year pandemic delay. Special thanks to Lena Bateman, DSGC Director 2019-2021 and Mary Hazen, DSGC Blue/Gold Star Chairman 2019-2021. Thanks to Brenda Davis, curator of the Capitol, for her assistance in planning the dedication and to Mississippi First Lady Elee Reeves for choosing the location of the marker. The Mississippi Legislature granted the DSGC permission to erect the Blue Star Marker on the Capitol grounds. It sits on a corner facing the Supreme Court building, opposite the corner with the Freedom Trail Marker, combining history and culture.

Before the unveiling of the Blue Star Marker, First Lady Elee Reeves hosted a reception at the [Mississippi Governor’s Mansion](#). Built in 1842, this Greek Revival-style building is located just blocks from the Mississippi State Capitol. The mansion is the second oldest continuously occupied gubernatorial residence in the United States. Beautiful gardens cradle the mansion adding to the beauty of the changing seasons making it a treasure for the State of Mississippi and a must-see spot in Jackson. The home is a National Historic Landmark.

Mary Hazen, of Louisiana, was the DSGC 2019—2021 Blue Star Chair. [See more images and the story of the Blue Star Dedication.](#)



Gay Austin & Elee Reeves • Mary Hazen



Mary Hazen, DSGC Blue Star Chairman & Major General Durr Boyes, Adjutant General of Mississippi • Mary Hazen



COMAI Idalia Aguilar

Our International Affiliate members stayed very busy during the last year. From social media to virtual flower shows to schools and a convention, they did it all. Check out all of their great endeavors on this [Committee of International Affiliates Activities \(COMAI\) presentation](#). Visit the [COMAI website](#) for information on upcoming schools and events.

Idalia Aguilar, of Texas, is the NGC International Affiliates Liaison.



NGC AWARDS RELATED TO GARDENING WITH NATURE

Victoria Bergesen

There are no specific Gardening with Nature awards because so many of our existing awards can include the elements of the *Gardening with Nature* program. For program details, see [The National Gardener Summer 2021](#). ALL award information is on the [Awards](#) page of the website.

Community Enhancement projects benefit greatly from careful consideration of the environmental benefits they can bring. Awards that could include aspects of *Gardening with Nature* include CE1 Community Gardens, CE2 Permanent Community Improvements, CE4 Roadside Plantings, CE5

Beautification Project, CE6 Community Project with Native Plants/Wildflowers, CE7 BlueStar/Gold Star Marker Landscaping, CE8 Landscaping of Public or Religious Grounds and CE9 Landscaping of Historic Areas.

Environment and Conservation projects that most specifically tie into *Gardening with Nature* are EC5 Native Plants & Wildflowers and EC6 Organic Practices. Gardening projects can all fall within *Gardening with Nature*: G1 Container Gardening, G2 Edible Gardening, G3 Therapy Gardens and G4 Public Wildlife Gardens.

Our Youth activities must emphasize the importance of *Gardening with Nature*. Many children and teenagers are very much aware of the climate crisis and teaching them how to preserve their ecosystems are physically and emotionally beneficial. Youth Work Awards that are relevant include YW2 Horticulture Activity for Youth Garden Club, YW3 Outdoor Planting with Youth Garden Club, YW4 Environmental Activity with Youth Garden Club, YW5 Junior Garden Club Wildlife Gardening Education Project, YW8 Horticulture Education for Youth and YW9 Environmental Education for Youth.

Your garden club cannot send an award application directly to NGC. Your State Awards Chairman and Committee determine which applications, usually state first-place winners, are best suited for submission to NGC. Nevertheless, look at your state garden club awards to see which of them might be eligible for NGC award consideration. The titles may not be the same, but your state awards chair may guide you. Knowing that you might be able to receive a national award is certainly an incentive to write those applications. Good luck with your projects and your awards applications!

Victoria Bergesen, of South Carolina, is the Gardening with Nature Co-Chair and Environmental and Conservation Concerns Coordinator.





Pacific Region Celebrates Plant America Month

Lana Finegold

In April, at the 78th Annual Convention of the Pacific Region Garden Clubs, members planted and dedicated a tree in honor of PLANT AMERICA month. They planted a fig tree (*Ficus carica*) in the Garden of the Pioneer Woman at Lorenzi Park in Las Vegas, Nevada. Kristie Livreri presided at the ceremony. Kristie is a former President of Nevada Garden Clubs Inc. and a past Director of Pacific Region Garden Clubs.

Ficus carica (common fig)
planted by
Pacific Region Garden Clubs
&
Nevada Garden Clubs
to honor
"Plant America Month"
-April 2022

The tree is near a building where women stayed while awaiting divorce papers in Las Vegas. Nevada had a rule that took a while to finalize documents and people needed a place to reside. The tree replaces a huge fig tree that used to be on the property. Tree planting is one small thing each of us can do to mitigate climate change. This tree will eventually provide respite shade in this hot desert climate.

Lana Finegold, of Washington, is the Pacific Region Director.

Above: *Ficus carica*, Inset: Dedication Plaque • Vicki Yuen



Looking Back NGC

NGC History from *Fulfilling the Dream, 1929–2004*

During the term of NGC's second President, Cornelia Kellogg, National Garden Clubs (using current terminology) expanded from the original 13 states to 25 and the membership swelled at a similar pace. Committees increased from the initial seven (Billboards and Roadsides, Conservation, Finance, Lectures and Lantern Slides, Legislation, Organization and Membership and Advisory) to include Visiting American Gardens and Visiting Foreign Gardens. Kellogg felt that real garden enjoyment was important and wanted to set up opportunities for members to visit gardens. (It sounds like she encouraged people to "Play Outdoors.") Kellogg noted the importance of committees saying, "The history of the Council is, to a great extent, the history of the National Committees, for it is through them that it largely functions." (To this day, NGC carries on much of its work through its amazing committees.)

In 1933, Marian Scruggs advocated for a network of garden clubs across the country. This evolved into the initial seven (now eight) regions with a Regional Vice President (now

Director) in charge of each. Early leaders felt this provided occasions for clubs with similar gardening climates to meet and share interests. (At this time, Hawaii and Alaska had not become states so their dissimilar growing conditions did not come under consideration.)

During Kellogg's tenure, members chose the Columbine (*Aquilegia*) as the official NGC flower because it grows from coast to coast. The rose, also very popular in the 1930's, came in a close second. NGC hosted a contest, in 1931, for creating the official seal. Choosing from fourteen sketches, the seal, with its central Columbine flower, continues to this day with a slight alteration. The organization kept moving forward with NGC publishing its first issue of *The Bulletin* in July 1930. With 16 pages, the quarterly magazine included important news for clubs and general gardening information. Today, *The Bulletin's* successor, *The National Gardener*, follows this legacy with a much-expanded digital publication.



Mark Your Calendar

Desktop • Bella H
Roses • Doris Jungo

President Mary's Travels

- ❖ August 25: Utah Associated GC, Park City, UT
- ❖ September 19: NGC FBM, St. Louis, MO

Mark Your Calendar

- ❖ September 19—24, Fall Board Meeting, St. Louis, MO
 - ❖ October 15, PLANT AMERICA Applications Due
- See the [NGC Events Calendar](#) for a full listing and more information.



Coming Soon

- ❖ July—January: [Environmental Schools](#)*
- ❖ July—February: [Flower Show Schools](#)*
- ❖ July—November: [Gardening School](#)*
- ❖ September—October: [Landscape Design School](#)*
- ❖ None Scheduled: Multiple Refreshers
- ❖ July—November: [Symposia](#)*
- ❖ [International Events](#)*

*Clicking on the above links takes you directly to the most up-to-date course listings and details on the website. [Subscribe to TNG](#) to assure email notification of NGC events.

**Throughout TNG click on ads to go directly to advertisers webpages and blue, underlined links for more info or to contact a chair.

NGC Blog—Peggy Riccio

Did you know that the National Garden Clubs has a blog? Did you know that you can subscribe to receive a notification, every week, of a new blog article? This is a great, free service of NGC. Simply enter your e-mail [here](#) and NGC sends you an e-mail notification when we post a new blog article. You can, also, write articles for the blog. Just write any gardening-related article in Word and send it to the blog administrator. Do not worry about formatting and photos. If you do not have a photo, we will obtain one. For more information, check out the [Blog page](#).

Peggy Riccio, of Virginia, is the NGC Blog Administer, contact [Peggy](#) with more questions.

Coming This Fall—Gerianne Holzman

How do you celebrate the fall and winter holidays? Share your stories and photos with the NGC family in the fall issue of *The National Gardener*. How does your club engage youth or honor those who served? Inspire others by sharing your ideas and projects. We love hearing what you are doing at your local club, district, state or region level. Submit an article and photos by clicking [here](#). Have an idea for a future issue of TNG? Send your thoughts and comments to the [TNG Editor](#). Remember, you can subscribe to [receive TNG](#) directly in your inbox.



Let Go • Zbynek Pospisil

Sitting on the Porch

Gerianne Holzman, Editor

As I sit on the porch, I think of these words, “If you are trained to listen for mistakes, you miss opportunities.” Although I do not know the author of this quotation, it is an interesting perspective on life. Sometimes, we get so caught up in ourselves to assure things are “done right” that we miss something new. How often have we corrected a new club member or worse yet a brand-new officer? How intimidating this must be for those people. Do you think they will speak up again in the future? Will they volunteer to be a future leader? If the error is egregious, wait for a private time to provide knowledge from your experience. Being a mentor and not a critic goes a long way toward fostering others.

At the recent NGC convention, a person said, “You know, we are a roomful of over-achievers.” Wow, what a powerful observation that certainly hit home with me. As garden club leaders, we have a difficult time saying no and think we can multi-task and do everything. Once again, this is not the best example for our new and upcoming garden club members. They might think that if they step up, others will expect them to do everything. Perhaps, the more experienced members should step back and let someone else take charge. Think of the extra time you might have to play outdoors instead of sitting in front of a computer or stressing about the next garden club event. Sometimes, it is okay to just attend and be present in the moment of a course, flower show or meeting. This allows you to absorb so much more of what is going on around you. Enjoy your summer!

Criticism, like rain, should be gentle enough to nourish without destroying the roots.

Frank A. Clark

We appreciate all of the amazing stories, articles and images in this, our Potpourri of Garden Ideas issue of *The National Gardener*. Send comments and suggestions for future issues to [Gerianne Holzman](#), editor. We encourage all NGC members to submit articles.



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