

April, 2013

Inside this issue:

Dracut Turns Out to Celebrate the Earth	2
In Memory of Ann Northrup	3
Something Bugging You?	3
To Cure Spring Fever...Flower Show	4
Veronica: The Hidden Gem	4
Field Trip to New England Wildflower	4
A Gardening Moment with Mary Jo: Glad Tidings	5
It's Time for a Blooming Vacation	5
Oops! Correction to Member Listing	5
TerraCycle: A New Way to Recycle	6
April Meeting Highlights	6
Herb Garden Pays Off	7
Northern District Annual Meeting	8
Upcoming Fundraisers: We need help!	8

Upcoming Events:

- May 11th, Field Trip to NE Wildflower Society's Garden in the Woods
- May 18th, Yard Sale/Memorial Day Planting
- May 20th Executive Board Meeting
- June 1st, Plant Sale



Congratulations, Lisa Bourgeois: Northern District Director

We extend our best wishes to Lisa Bourgeois who was recently appointed Northern District Director, Garden Club Federation of Massachusetts. Lisa's two year term, 2013-2015, will begin in June. Her responsibilities will include the following:

1. Form a committee - comprised of an Assistant Director, Fiscal Agent, Scholarships & Awards Chairperson, Registrar, and this committee may also have a Meetings Chairperson, Flower Chairperson as well as Advisors (who are past Directors from the Northern District).
2. Attend monthly GCFM Board meetings and give a brief report of the activities that have occurred during the month within the Northern District Clubs.
3. Write a brief highlight of Northern District club activi-

ties, so it may be published in each Mayflower magazine, (District Doings).

4. Visit each Northern District Club once during a two year program.
5. Hold a coffee for the District Presidents in early Fall.
6. Hold an annual meeting for the District in the Spring.

7. Have the club Presidents send a list of their officers to the Federation office for inclusion in the green book (this is similar to a detailed phone book for the State for the 2 year term noted above).

The State of Massachusetts has approximately 1,200 garden club members and National



Garden Club has over 12,000 members. YES, you are ALL part of this. The largest nonprofit organization in the country. Please realize the magnitude we have as garden club members, and think of the things we can accomplish.

If you have any questions, please don't hesitate contacting Lisa directly.

—Donna Vallois

Welcome Back, Members!

After a long, snowy, dreary winter, DGC members gathered for our first meeting of 2013 on March 13th in the historic front room of the Dracut Public Library. President Donna Vallois introduced this year's theme: Getting to Know You and Your Environment. In that spirit, we partici-

pated in a welcoming/ getting to know you activity designed by Kristen McCauley, giving us an opportunity to learn something new about each other. This was followed by a St. Patrick's Day flower arranging activity.





Dracut Turns Out to Celebrate the Earth



Heidi Kost-Gross, President, Massachusetts Federation of Garden Clubs addresses the crowd.

Matt Zettek, Recycling Coordinator, shares updates about upcoming automated trash collection and importance of recycling.



L-R: Leigh Cameron, Cathy Richardson, Heidi Kost-Gross, Lisa Bourgeois, Matt Zettek, Colleen Gary, Dave Dumaresq, Donna Vallois, Mary Ellen McCarthy.



State Representative Colleen Gary presents Arbor Day proclamation to Celebrate the Earth Chairperson Leigh Cameron.



Farmer Dave Dumaresq shares his story.



Daisy Troup 68095 helped out at the planting table.



Dracut DPW provides



Top left: Jeannette Modeski, Laurel Chisholm, and Juanita Pare, at the membership and raffle table.



Top right: Nichol DeVito hands out saplings and information about trees.



Bottom left: Mary Ellen McCarthy and Diane Dean oversee the bird feeder craft.



Bottom right: Community Clean-up sign up table.

Thank you to all our participants, speakers, and sponsors!!

Great job, Leigh!!

I'd like the memory of me to be a happy one. I'd like to leave an afterglow of smiles when day is done. I'd like to leave an echo...whispering softly down the ways of happy times and laughing times and bright sunny days.....



In loving memory of Ann E. Northrup, (65), died, March 15, 2013 of endometrial cancer.

Ann was a valued member of the Club since 2006. Her contributions as Publicity and Ways & Means chairperson as well as our founding editor of the Sunflower Times will always be fondly remembered.

She was also responsible for the creation of our Website and Blog page.

A contribution from the Club was made to Massachusetts General Hospital per the family's request.



Something Bugging You?

Try these natural remedies...

Ants:



- Sprinkle one of the following on ant trails, windows, baseboards and nests: Cinnamon, cloves, cayenne, black pepper, or baby/talcum powder.

- Vinegar can be used to destroy trails. Without trails that are clear to them, the ants get confused and stay outside.

- Add borax to sugar (using 40% borax and 60% sugar). Ants take

the borax back to the nest and die.

Mice:



- Place cotton dipped in peppermint oil near problem areas.

Mosquitoes:



- Mix 2 teaspoons of apple cider vinegar in a glass of water. Place glass on your picnic table.

- Spray Listerine on yourself and the picnic area.

Flies:



- Small sachets of crushed mint placed around the home will discourage flies.

- Potted sweet basil plant will also keep flies away.

—Thank you to Diane Dean who found these suggestions in a travel magazine as she was researching vacation ideas.

Food for Thought...

Always try to grow in your garden some plant out of the ordinary, something your neighbors never attempted. For you can receive no greater flattery then to have a Gardener of equal intelligence stand before your plant and ask "What is that?"

—Richardson Wright





Veronica...the Forgotten Gem!

How nice it is to look outside on a fall day and still see a perennial in color. I'm talking about the beautiful underused perennial, Veronica. The colorful spikes outperformed all other plants by blooming from late June well into late fall. Once established, it is easy to care for and drought tolerant. No deadheading needed to rebloom! There are new varieties such as the neon pink of First Love or the dark pink of Baby Doll to go along with the other white and blue colors of veronicas. Try combining this with other perennials like coreopsis or daylilies. The stiff spikes of Veronica contrast nicely with the wild airy look of other plants.

Why is Veronica "forgotten"? It's



because when you shop in April & May, Veronica is dormant, and is just passed by. This is a shame because every garden should use it for its striking color, long bloom time and easy care. It can be planted in full sun to part shade, tolerates a wide range of soil conditions, and is deer and rabbit resistant.

—Donna Vallois

Coming Up.....Field Trip to THE NEW ENGLAND WILD FLOWER SOCIETY

May 11th is our trip to the New England Wild Flower Society. If this is your first visit, you will feel that you have discovered a special place. You will be surprised and delighted by the different plants you will notice. Every visit offers something new as the Garden changes with the day, week, and season.

This is a rain or shine trip. Garden lovers aren't deterred by a little rain as long as you dress appropriately.

Your trip is compliments of your Club, however, if you've signed up and do not attend or find someone to go in your place, you will be responsible to reimburse the Club \$31.

Plan on meeting at Town Hall's lower parking lot. We leave promptly at 9:00 a.m. and we'll be back in Dracut by 2 p.m. You should plan on bringing a brown bag lunch as there are picnic tables for this purpose, There are no restaurants at the Garden. www.newenglandwild.org

A Gardening Moment With Mary Jo: Glad Tidings

If you have grown glads in the past you've probably noticed that they all bloom about the same time, last for a week or so and that's it. If you'd like to have glads blooming most of the summer, the trick is to plant them over the course of a

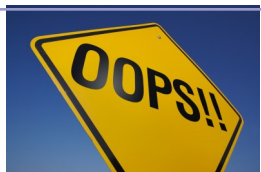
month or so. With successive plantings, you would plant 8-12 bulbs one week, then another group a week later and another group a week or so after that. Plant the bulbs (or more correctly the corms) in full sun in well drained soil. If you

plant early in the season they will take 8-10 weeks to flower, but if you plant in warmer weather (June), glads will bloom in 6-8 weeks. They come in so many beautiful colors, I hope everyone will give them a try this year.

Mary Jo



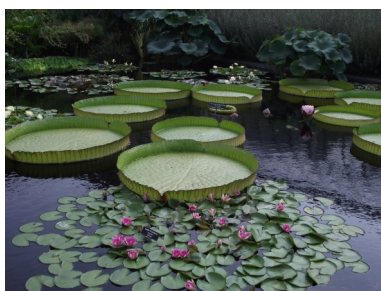
It's Time for a Blooming Vacation!



Year Book Omission -- My apologies to Diane Dean for omitting her name in the Yearbook. Kindly write in this information on page 16 of your Yearbook:

Diane Dean
94 Valley Road
Dracut, MA 01826
978-957-2992
Ddean16verizon.net

Thanks, Donna Vallois



The lily ponds at Longwood Gardens are spectacular.



A scene from Prince Edward Island

Summer is nearly here and that means VACATION! Why not consider traveling to a location where you can combine your sense of adventure with your love of gardens?

Prince Edward Island has a landscape of rolling farmland meeting the sea. Potatoes fields are in abundance, but there are opportunities to visit floral gardens as well. Green Gables (of Anne of Green Gables fame) has both vegetable and flower gardens, and even a haunted wood. The scenery across the island is beautiful and you are never far from the sea.

Martha's Vineyard, well known for beaches and bluffs, is also home to Polly Hill Arboretum. There are more than 2,000 species and cultivars including evergreen azaleas and mountain laurels.

www.pollyhillarboretum.org

Block Island, off the coast of Rhode Island does not boast public gardens. Instead its draw for

nature lovers is that more than 40 per cent of the island is protected by the Nature Conservancy and is home to 672 species of woody and herbaceous plants. It is also a birder's paradise, with in excess of 150 species migrating there annually.

Monhegan Island, off the coast of Maine provides visitors with 17 miles of hiking trails, an artist colony with studios surrounded by gardens, inspiring views of the ocean, and an enchanted fairy forest dotted with fairy houses.

Mount Desert Island has one of my favorite garden spots, Thuja Gardens.. These are reached by hiking a curving woodland path shored up by stonework and containing charming stone steps and rest spots along the way. Once you reach the summit, you enter the perennial gardens by way of massive wooden gates carved with every sort of plant and woodland creature. Once inside, the colors, textures, and sounds will enchant you, if the journey already hasn't!

Longwood Gardens in Ken-

nett Square, Pennsylvania is a garden not to be missed!

From flower gardens to fountains to vegetable gardens to tree houses to lily ponds to a conservatory filled with exotic plants, a children's garden, and water features, you will need at least a full day to take it all in. While you are in the area, visit Pennsylvania Dutch country and some of the historical sites.

Tower Hill Botanical Gardens is closest to home, located in Boylston, MA. There are several garden areas: vegetable gardens, the secret garden, formal perennial gardens, woodland walks, and the indoor Orangerie and Limonaia to name a few. Explore the gardens, then have a relaxing lunch on the terrace overlooking Mount Wachusett and the reservoir.

These are just a few vacation ideas that will appeal to the nature lover/gardener. More information on any of these locations can be found on line...or just ask me...I've visited them all! Happy traveling! —Kathy Gauthier (with input from Isabel Flynn)



TerraCycling: A New Way to Recycle

Have you ever wondered if you could recycle your empty chip bags or toothpaste tubes? How about cereal box liners or diaper packaging? It can be challenging to think outside the box when it comes to what we throw away or recycle. We hear about certain items that we can recycle in our weekly curbside pickup, but what about those items that we're told we "can't" recycle? The TerraCycle company is changing the way we think about trash and recycling. Their mission is to eliminate the idea of waste.

They take previously non-recyclable or hard-to-recycle items and convert them into a wide variety of materials and new products, like park benches, tote bags, and garden supplies.

Through TerraCycles' collection programs or brigades, they've diverted more than 2.5 billion pieces of waste from landfills and have donated more than \$6 million dollars to schools and charities. Over 40 brigades have been launched in the U.S. collecting items ranging from juice pouches to ball point pens. The items can be collected at home,

school, or the workplace, then shipped to TerraCycle using a pre-paid shipping label.

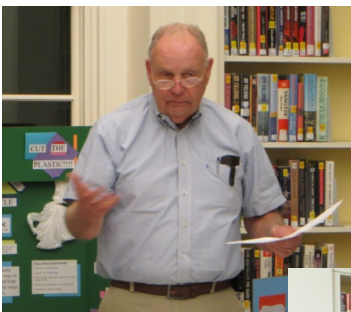
At the April meeting, Dracut Garden Club members agreed upon 3 brigades that we will start collecting for:

- * Cereal Bags/liners (the clear plastic bags inside the cereal box)
 - * Dental Care Items (i.e. toothbrushes & packaging, toothpaste tubes & caps, floss containers, + deodorant & soap packaging)
 - * Personal Care Items (skin care, hair care, & cosmetic packaging)
- A more comprehensive

list will be emailed and put on our blog, or go to terracycle.com. The packaging does not need to be cleaned out first. You can set aside boxes or bags for the designated brigades and bring the items to our meetings. I will send the shipments to TerraCycle for as long as it's manageable, and our club will receive points that can be translated into dollars. We may raise some money for our club through this program, but more importantly, we'll be keeping these items out of the incinerator; furthering our stewardship of the environment.

by Leigh Cameron

April Meeting Highlights



Left: Mike Buxton, Public Works Director, gives a presentation: After the Storm, Understanding Storm Water.

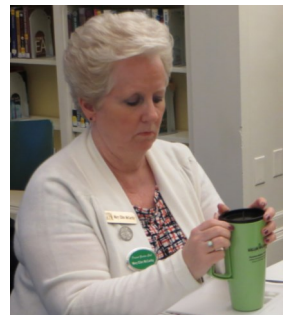


Donna Vallois shows off her belated Christmas gift, from our members.

Right: Lisa Bourgeois, Mike Buxton, Donna Vallois. Lisa spoke about her upcoming role as Northern District Director (see front page).



**Don't forget to
bring your
DGC cup
to our meetings**



CREATING AN HERB GARDEN PAY\$ OFF

(Reprinted from AARP Magazine—contributed by Georgia Cirillo)

A Kitchen garden can pay off with savings on fresh produce. But with a \$100 budget and no room or time for serious agriculture, your best cash crop, says the Food Network's *Restaurant: Impossible* star chef Robert Irvine, is fresh herbs. Here's his recipe for a home herb garden: two 24-by-10-inch ready-made window boxes (\$8 to \$20 each), two bags of

soil (\$20), four packets of seeds (basil and rosemary for one box, mint and chives for the other, (\$1.50 per packet), extra soil prep like stones for drainage or fertilizer (\$19), and four wall-mount brackets (\$12). Optional: starter plants (\$2 to \$4 each) or a grow tent (\$22) to help you cultivate plants from seeds. Irvine calculates that store-bought fresh

herbs run \$16 to \$20 per pound. Those tiny 1-ounce packets of herbs can cost \$6 each, or \$90 per pound. If you reap 3 ounces every two months for six months, that's an ROI of more than \$100. Says Irvine: "Fresh herbs give you a better product, get you back in the kitchen and offer financial return. It's a no-brainer."



Above: Basil



Right: Rosemary



Above: Chive

Left: Mint

NOW, THE NEXT STEP IS USING THEM...(Recipes are from allrecipes.com)



Bruschetta with Shallots

Ingredients: 12 roma (plum) tomatoes, chopped
1 T minced garlic 2T minced shallots
1 C. chopped **fresh basil** leaves
1 tsp fresh lemon juice 1/3 C. olive oil

3 cloves garlic, slivered 1/4 C. olive oil Salt/Pepper to taste
1– 1 lb. loaf Italian bread, cut into 1/2 inch slices

Directions: In large bowl toss together tomatoes, minced garlic, shallots, basil, lemon juice, salt, pepper, 1/3 C. olive oil. Place slivered garlic and 1/4 C olive oil in small saucepan over medium heat, cooking for 2-3 minutes. Discard garlic. Toast bread slices, brush with olive oil heated with garlic. Top with tomato mixture.



Picnic Potato Salad with No Mayo

Ingredients: 2 lbs. small new potatoes, quartered
2 T balsamic vinegar 1/4 C olive oil
1 T Dijon mustard 2 T chopped **fresh basil**
1/2 tsp. salt 1/4 tsp. ground black pepper

1/2 C. chopped onion 3/4 C crumbled blue cheese
2 T chopped **fresh chives**

Directions: Place potatoes into a large pot and cover with lightly salted water. Bring to boil. Reduce heat to medium-low and simmer until tender, 10-15 minutes, drain. Whisk vinegar, oil, mustard, basil, salt, pepper together. Add the potatoes and onions. Toss gently to coat. Cool about 30 mins. Fold in blue cheese and chives.



Avocado Rosemary Lime Bars

Ingredients: 2 C. all-purpose flour 1/2 C sugar
2 T minced **fresh rosemary** 2 limes, zested/juiced
1/2 C butter 1 1/2 C sugar 4 eggs

1 avocado, peeled, pitted, and mashed

Directions: Preheat oven to 350, grease 9 x 13 pan. Mix flour, 1/2 C sugar, Rosemary, and lime zest together. Cut butter into flour mixture with pastry cutter. Set aside 1 C of flour mixture for later

use. Press remaining flour mixture in an even layer in bottom of pan. Bake about 10 minutes until crust is set. Mix 1/2 C of reserved flour mixture with 1 1/2 C sugar, lime juice, eggs, and avocado until mostly smooth. Spread over the baked crust. Top with the remaining 1/2 C flour mixture. Bake until set, about 25 mins. more. Cool completely before cutting into 48 bars. Cover with plastic and refrigerate.



Mint Ice Cubes

Ingredients: 36 **fresh mint** leaves 2 C boiling water
Directions: Place 2-3 mint leaves into each cell of a heatproof ice cube tray. Fill the cells with boiling wa-

ter, then let stand for 10 minutes. Remove the leaves if desired. Freeze the ice cube tray until solid. Add to summer beverages such as lemonade, tea, etc.



Dracut Garden Club Email:
dracutgardenclub@gmail.com

Upcoming Fundraisers...

We need your help!!

Yard Sale

May 18th, 9:00 AM to 3:00 PM

Donna Vallois's House

Start sorting and saving your donations!!

Plant Sale

June 1st, 9:00 AM to 12:00 PM

Historical Society on Lakeview Avenue

Plant donations must be potted.

Donations of purchased plants and garden décor
are welcomed.

Northern District Annual Meeting

On April 15, Donna Vallois, Kathy Gauthier, Maryann Johnston, Mary Jo Baur, and Mary Ellen McCarthy attended the annual meeting of the Northern District of the Garden Club Federation of Massachusetts.

The theme was fashion in floral design, and each of the tables was set with a floral centerpiece made in a pocketbook. Once we had settled in, we could purchase tickets and enter the many raffles donated by the attending clubs and some of the vendors, help ourselves to coffee and pastries, view the floral arrangements created by volunteers and shop

at the vendors that were set up in a section of the hall.

The meeting was called to order, the board members were introduced, outgoing officers spoke, awards were made (including a scholarship for our own Leigh Cameron, Congratulations!) and then Marisa McCoy gave an interesting presentation about the changes in fashion over the last century and how that has impacted floral arrangement. Volunteers who created fashion floral arrangements were invited to

give a brief introduction of their piece. Kudos to both Kristin McCauley and Mary Jo Baur from DGC for their lovely (and highly praised) arrangements. A delicious luncheon was served, followed by raffles galore...the donated raffle items, the centerpieces, and some of the fashion floral arrangements.

Attending the meeting was not only inspiring and educational, but also a lot of fun. If you have the opportunity to attend next year's meeting, give it a try. You'll be glad you did!

—Kathy Gauthier

