



GARDEN DELIGHTS

Issaquah Garden Club

*"No matter how long the winter,
spring is sure to follow,"*

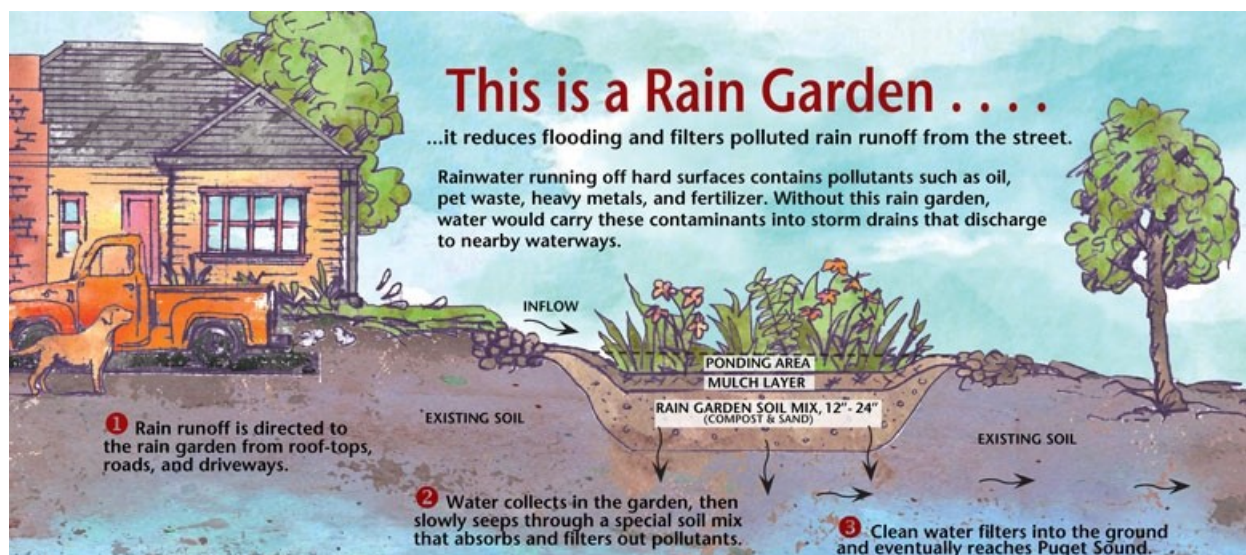
February Meeting
February 8, 2017

"Using Rain Gardens to Protect the Beauties of Nature"

Our speaker this month is Lisa Haglund. She writes about herself: "I am a Green Stormwater Infrastructure educator and planner with a focus on rain gardens in the Pacific Northwest.

"My goal is to stop urban runoff in the Puget Sound region with Green Stormwater Infrastructure (GSI) implementation, and through the use of sustainable, water-wise practices. I facilitate and promote implementation of Urban Ecological Design practices and GSI projects through education, outreach, community engagement, youth engagement, and experiential learning. I work to foster community engagement in creating, recognizing, and maintaining sustainable urban spaces.

"My work includes: volunteer management; rain garden workshop development, coordination and facilitation; rain garden workshop presentation, leadership and support; WSU Extension Master Gardener (WSUMG) Rain Garden Program development and coordination; WSUMG Rain Garden Information Center development; rain garden and GSI tabling events at sustainability festivals; curriculum development, planning, and coordinating for WSUMG Rain Garden Educator training sessions; rain garden design and planting plans; rain garden creation; grant writing."



Please don't forget to bring your utensils, cup, plate and napkin to our meeting, and your donation for the Food Bank! If you'll arrive at 9:45, this will give us all a chance to greet each other and have a beverage or small snack before the official start of our business meeting at 10 A.M.

PRESIDENT'S MESSAGE

To all IGC Beauties of Nature,
I rarely receive Valentine cards
any more, here is mine to you:

Roses are Red,
Violets are Blue
Start that pruning, cut back ferns,
grasses and epimedium AND
Come to February Garden Club
OR WE WILL MISS YOU!

You Beauties *by* Nature are the reason why Garden Club is so very fun, and rewarding. I want to thank you all for your time, friendship, devotion and energy to Garden Club.

Once again, Debbie has scheduled a great program speaker and Show and Tell. We have a super line-up of exciting garden events in the next several months just for you. Surround yourself with the IGC friendships from the natural Beauties of Nature.

Lenda Sundene, President

GARDEN THERAPY

Please note on your calendars that the Valentine's Day centerpieces at the Issaquah Nursing and Rehabilitation Center will be made at 10 AM. On **Friday, February 10**. If you didn't sign up for this at the January meeting, please sign up.

Please bring pruners, scissors, gloves,

and, if possible, some greens, not to include anything with stickers or berries.

This project is well worth your involvement, which is much appreciated.

FEBRUARY LUNCHEON

Those members slated to help **our Hostess, Joan Harris**, by brining dishes, will be **June Beckerman, Janel Garnett, Joy Jackson, Georgann Lennon, Cate Mueller, Jean Pass, and Sandra Roberts**.



IGC NOMINATING COMMITTEE

The Nominating Committee, June Ann Hassebrook, Sally Cadranell, and Janel Garnett, will present the slate of officers at our February meeting. We thank those who have agreed to serve for 2017-2018.



ELWD GENERAL MEETING

This is a reminder that on February 27, our East Lake Washington District will hold the second General Meeting of the 2016-2017 year. This meeting will begin with registration at 9 A.M. at St. Andrew's Lutheran Church, Eastgate.

The price for the meeting and luncheon is \$10, payable at the door. We'll take reservations at our February Issaquah Garden Club meeting. Should you wish to send yours separately, email Joyce Voldal at

javoldal@hotmail.com

The registration deadline is **Thursday, February 23**. Should you register but not attend, you will be billed the \$10. Should you come to the meeting without registering, you will be charged \$15 at the door.

Our current state President, Terri Critchlow, will visit the district meeting and will present a design. There will also be a horticultural program. The Judges' Council will provide the food table design—so this should be pretty special—and three clubs will provide items for the raffle. ELAWAGS will also be selling design items for the District.

ELWD MEETING IN MAY

Your editor been asked to announce that Issaquah Garden Club will provide the luncheon and the table centerpieces for the ELWD General Membership Meeting in May. Those who would like to help should contact Lenda Sundene.

2017 SPRING EVENTS IN OUR DISTRICT, STATE AND REGION

February 22-26 Northwest Flower and Garden Show, Seattle Center

February 27 ELWD Membership Meeting, St. Andrew's Lutheran Church, Bellevue

March 18 Gala XXXIX, Red Lion Hotel, Olympia

April 18-20 Pacific Region Convention, Embassy Suites, Tukwila.

April 29 40th Anniversary Headquarters House Celebration

May 20 & 21 "Dirty Little Pleasures," a Standard Flower Show, presented by Terra Tillers Garden Club at Bellevue Botanical Garden

May 22 ELWD General Membership Meeting, St. Andrew's Lutheran Church, Bellevue

Please see the 2017 Winter issue, of Washington Garden & Design (formerly Smoke Signals) for more information.

Be present. Make love. Make tea.
Avoid small talk. Embrace conversation.
Buy a plant, water it. Make your bed. Make
someone else's bed. Have a smart mouth,
and quick wit. Run. Make art. Create.
Swim in the ocean. Swim in the rain. Take
chances. Ask questions. Make mistakes.
Learn. Know your worth. Love fiercely.
Forgive quickly. Let go of what doesn't
make you happy. Grow.

Issaquah Garden Club Annual Plant Sale

Our Plant Sale will be held on **April 28 and 29**, at Joanne Morgan's home, 16023 252nd Ave SE (south, just off Issaquah-Hobart Road), **10 A.M. to 3 P.M.** We'll use the same vouchers as before. Joy's husband, Ron, will cashier.

We need to compile some wish lists of what we want to sell or buy, like herbs. There will be sign-up sheets at our meetings.

PR needs: postcards (Joanne), posters, signs; an article in Garden and Design: post about plant sale on Facebook (Karen Lee).

Bake Sale segment needs a member or members to be in charge—maybe Alexandra and Thana?

Garage Sale of pre-used items—Dianne Tanner in charge. She'll need a table and umbrella and display tables

Calendar of potting parties, at Cate's home, 24205 SE Tiger Mountain Road, just off Issaquah-Hobart Road: **March 29, April 5, April 12** (after the IGC meeting), **April 19** and **April 26**, from 10 A.M. to around 3 P.M. Join us for a couple of hours or more. Bring a sandwich, if you wish. Beverages and snacks will be available. If you have a greenhouse, we can use some starts for potting.

IGC meeting on April 12—bring pots and plants to the meeting. There will be sign-up sheets for the various divisions and time sequences on Plant sale

days. Sign-up to provide the workers' lunch at the plants sale. We could also collect contributions for that lunch at the April meeting.

Transport/set-up on Thursday, April 27: Final trimming and pricing of plants and transport in the afternoon to Joanne's home. We will need a few more trucks or large vehicles to help transport plants. (Debbie has one; Joy has a van.) It's best to transport "like" plants together. Cate will direct loading plants. The unloading at Joanne's will be by categories: **sun, part-sun, or shade requirements, shrubs and trees, and native plants.** (It will be helpful if we have extra members to carry plants to specified areas.)

At the Plant Sale on Friday and Saturday, we plan to have the IGC badges on hand, for identifications purposes. I'll be bringing the reference books.

If you have wagons for plant transport, we need those. Joy will bring her cart. Saturday, after plant sale, we will need:

- * Trucks to return unsold plants to Cate's driveway.
- * Transport for unsold pre-used sale items
- * Removal of any signs.
- * Removal of boxes and wagons from Joanne's.
- * Cleanup support.

Joy Jackson



RAIN GARDEN BASICS

What is a rain garden?

A rain garden is a beautiful and effective way to clean polluted storm water runoff. A rain garden acts like a miniature native forest by collecting, absorbing, and filtering storm water runoff from roof tops, driveways, patios, and other areas that don't allow water to soak in. They can be built at several scales and one may be just right for your home or neighborhood.

Rain Gardens are simply shallow depressions that:

- Can be shaped and sized to fit your yard.
- Use a special mix of sand and compost that allows water to soak in rapidly and supports healthy plant growth.
- Can be landscaped with a variety of plants to fit the surroundings.

Why do we need rain gardens?

Storm water is nothing but rainfall after it falls on the earth's surface and travels across the landscape to a nearby stream or other water body. In landscapes that have been altered by humans, this storm water picks up everything we humans leave behind – things like oil and gas, heavy metals, fertilizers, and animal waste.

Scientists have confirmed that storm water is harmful to humans, animals,

and fish that come in contact with it. Eventually storm water makes its way to Puget Sound impairing the Sound's water quality, impacting our shellfish and fisheries industry, and limiting recreational opportunities.

WSU research and experiments have shown that storm water collected from highways around Puget Sound is lethal to fish. However, when that same storm water was filtered through a special rain garden soil mix – the fish lived. Rain gardens can be an important tool in limiting the amount of contaminated water reaching our streams and Puget Sound.

[taken from the WSU Extension website, <http://ext100.wsu.edu/raingarden/featured-rain-gardens/>]



Pictures by Erica Gutman

POLLINATORS NEED OUR HELP

The entire nation (and around the world) seems to be waking up to this call and it is critical. The internet is buzzing with help. Our National Garden Club, Inc. web site has good information. You might check out Xerces Society, U.S. Fish & Wildlife Service and above all, check out **The Pollinator Pathway**, in Seattle.

LEARN AND SHARE THE BASICS

1. Provide a range of native flowers
2. Create nest sites
3. Provide year around water (mud puddles are helpful)
4. Avoid using pesticides
5. Think twice before spraying chemicals to kill “weeds”; remember, that plant may be very beneficial to pollinators.

June Ann Hassebroek

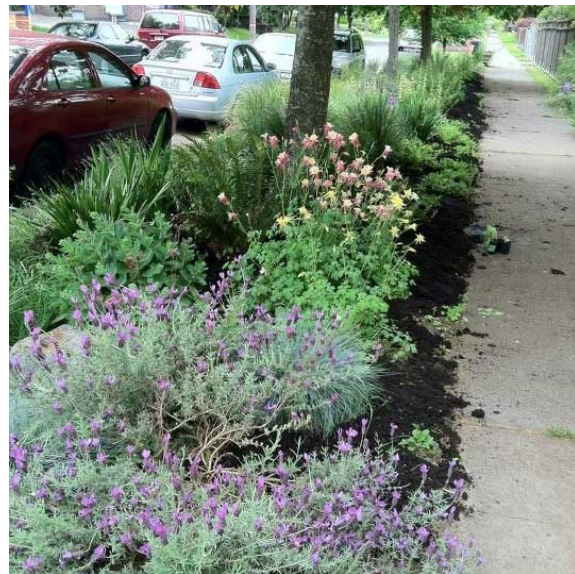
THE POLLINATOR PATHWAY

Founded by Sarah Bergmann in late 2007, the Pollinator Pathway is an interdisciplinary design project created by Bergmann to research and respond to a broader story about nature in our time.

Bergmann developed the original Pollinator Pathway as an iconic design project for the city of Seattle— a mile long corridor that connects Seattle University’s campus to a small woods called Nora’s Woods. Developed by Bergmann as a site of study and a

platform from which to consider broader ideas of ecology, social perceptions of nature, and human systems, the project merges landscape, design thinking, and Bergmann’s research and creative work.

Bergmann worked with thousands of people in the community. Approximately 1500 volunteers and students have participated in the Seattle project, and hundreds more have participated in the project in other ways— through monitoring work, speaking— and the many scientists and planners who have helped to realize this project



[These sections and the picture are taken from the website:

http://www.pollinatorpathway.com/wp-content/uploads/pilot_story_photo.jpg]

SPEAKING OF POLLINATORS...

The Xerces Society for Invertebrate Conservation manages the largest pollinator conservation program in the world. The society works with farmers, gardeners, land managers, agency staff and others to create habitat for bees, butterflies, and beneficial insects.

The Society's Pollinator Conversation Resource Center includes regional information with plant lists, habitat conservation guides and more.

<http://www.xerces.org/pollinator-resource-center/>

Here is one such entry:

[Maritime Northwest Pollinator Plant List](#) (The Xerces Society: fact sheet) Recommended native plants that are highly attractive to pollinators such as native bees, honey bees, butterflies, moths, and hummingbirds, and are well-suited for small-scale plantings in gardens, on business and school campuses, in urban greenspaces, and in farm field borders.

http://www.xerces.org/wp-content/uploads/2014/09/MaritimeNorthwestPlantList_web.pdf

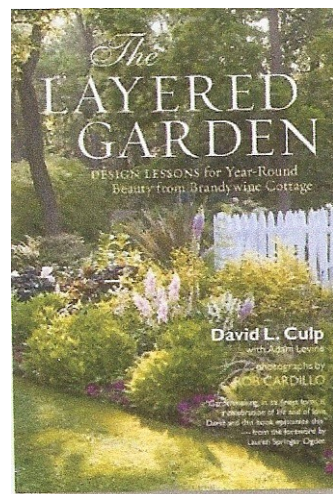
[Native Plant Profiles and Lists](#) (Lady Bird Johnson Wildflower Center: web site resource) The Xerces Society has collaborated with the Lady Bird Johnson Wildflower Center to create plant lists that are attractive to native bees, bumble bees, honey bees, and other beneficial insects, as well as plant lists with value as nesting materials for native bees. These lists can be narrowed down with additional criteria such as state, soil moisture, bloom time, and sunlight requirements

AN EXCERPT FROM

The Layered Garden: Design Lessons for Year-Round Beauty from Brandywine Cottage, by David L. Culp with Adam Levin

"Gardening often brings me to my knees.

By this I mean more than the planting, weeding, and fussing, the bended-knee, manicure-destroying grunt work that all of us do. The beauty and diversity of plants often stop me in my tracks, and I am never satisfied to simply gaze at these wonders from above. I get down on my knees to get a closer look, touching the plants and the soil they grow in, a communion that connect me to the earth and to life on Earth in an immediate, almost electric way. Many of my favorite flowers are tiny, their differences minute seemingly inconsequential to the average observer, but I love examining all the facets of their intricate beauty. I especially love when someone kneels beside me, so I can share my fascination with a kindred spirit."



Rosemary-Roasted Sweet Potatoes

4 pounds sweet potatoes, peeled and cut into wedges or about ½ inch thick
 4 teaspoons minced garlic
 About 2 tablespoons fresh rosemary leaves
 4 tablespoons olive oil [You may wish to use less oil]
 1 teaspoon salt, or to taste
 ½ teaspoon freshly ground black pepper, or to taste
 ½ cup minced fresh parsley (optional)

Preheat the oven to 375 to 400 degrees. In a large bowl, toss together the sweet potatoes, garlic, rosemary and oil. Transfer the potato mixture to a rimmed baking sheet, spreading the potatoes out into a single layer (you may need two baking sheets).

Bake the potatoes until tender, 15 to 20 minutes, depending on the size and oven temperature. Toss with salt and pepper to taste and, if desired, parsley and serve immediately.

Per serving: 320 calories, 4 gm protein, 55 gm carbohydrates, 10 gm fat, 0 mg cholesterol, 1 gm saturated fat, 541 mg sodium, 2 gm dietary fiber [No mention of serving size]

Recipe taken from The Seedling, Falls Church Garden Club, February, 2015, contributed by the Kinsey family.

GARDEN DELIGHTS

c/o Cate Mueller, Editor
 24205 SE Tiger Mtn Rd
 Issaquah, WA 98027-7336

www.IssaquahGardenClub.org

**This month:
Rain Gardens**

