



GARDEN DELIGHTS

Issaquah Garden Club

“My garden is my most beautiful masterpiece.”
— Claude Monet

November Meeting

November 8, 2017, 10:00 A.M.

Patrick Spence, “Iris, a Flower for All Seasons”

On June 18 of last year, members of our club car-pooled to Lake Stevens to visit Cascadia Iris Gardens, on the recommendation of June Ann Hassebroek. The day was drizzly and cool, but the tour we had of Japanese irises, conducted by Patrick Spence was informative and very pleasant.

Patrick Spence will be our speaker this month. He promises to bring lots of pictures of irises, taken by his wife, Margaret. Here’s what Patrick sent us about the two of them and their nursery:

“Patrick and Margaret Spence are owners of Cascadia Iris Gardens, a 5-acre commercial garden in Lake Stevens, Washington. They specialize in all types of iris, from the dwarf bearded irises that begin the spring bloom season, to the majestic Japanese irises that will take your breath away, and an amazing variety in between!

“Patrick is also currently president of the King County Iris Society, the Society for Siberian Irises and the Society for Japanese Irises. Along with managing the garden and touting the beauty of irises to garden clubs, Patrick hybridizes Japanese and Siberian irises.

“Margaret is currently Editor for the Society for Japanese Irises publication, The Review, and Director for the King County Iris Society. She is Patrick’s technical support and also spends a lot of time trying to keep him on the correct path. Patrick and Margaret are both accredited judges for the American Iris Society. Patrick travels nationally to train current and student judges.”

Our “Show and Tell” this month will be presented by Karen Bukantz, about “Garden Therapy.”

Please don’t forget to bring your plate, cup and utensils from home!

And don’t forget your contributions for the Issaquah Food Bank!

PRESIDENT'S MESSAGE

Aloha,

While visiting in Hawaii celebrating my *Hau 'oli la hanau*, I visited the Allerton Botanical Gardens. The first question I asked the tour guide was, "Will I see a lot of the trees, shrubs and flowers indigenous to Hawaii?" Sadly, the answer was "No." The plants brought to this tropical paradise came from many countries. Commonly, as we do, the people of Hawaii are preserving the plants and birds as on the mainland. (I luckily saw the endangered Moorhen, a large black bird with a red beak, swimming in the streams.)

Once into the tour, we came across the huge banyan trees where "Jurassic Park" was filmed, and, to my delight, there was signage of bees.: bees were busy pollinating—so busy. The tour guide said he has never seen anyone sung by the bees.

I was fascinated by the Noni fruit, which has medicinal advantages. It is organically farmed on Kauai. The Noni fruit is good for about three days, as it spoils quickly. Noni fruit tastes like blue cheese, and can be prepared in a variety of ways. [See the picture in the next column.]

See you at the November meeting for Patrick's presentation on his iris farming. He is someone too good to miss!

A hui hou kakou,

Lenda Sundene, President



Morinda citrifolia—Noni fruit

From Wikipedia": *Morinda citrifolia* is a tree in the coffee family, Rubiaceae. Its native range extends through Southeast Asia and Australasia, and the species is now cultivated throughout the tropics and widely naturalized. "Among some 100 names for the fruit across different regions are the more common English names, **great morinda**, **Indian mulberry**, **noni**, **beach mulberry**, and **cheese fruit**."

NOVEMBER LUNCHEON

Those helping Fay Cawley, our Hostess, are **June Beckerman, Joan Fields, Janel Garnett, Sue Wagner, Janet Wall, and Gloria Woo.**

GARDEN THERAPY IN NOVEMBER

Karen Bukantz, Shadi Wang, and volunteering members of the Issaquah Garden Club will meet at 10 A.M. on November 20, at Issaquah Care and Rehabilitation Center to complete Thanksgiving arrangements to share with the clients.

“PLANT AMERICA”

[This article is taken from the National Garden Clubs' website.]

Inspiring Gardens Across The Americas

The theme for President Nancy Hargroves' administration is **Plant America**, a singularly focused initiative on gardens and gardening. Both a call to service and a description of what NGC clubs do, **Plant America** supports the main reason that people say they join a garden club - to learn about gardening!

Covering any and every aspect of gardening, horticulture, garden design, and community service, it applies to every kind of garden: Blue Star plantings, vegetable gardens, community gardens, container gardening, neighborhood plantings, urban farms, low-water xeriscape gardens, etc.

Projects in local communities are what distinguish us from the work of other gardening organizations. Towns, cities, neighborhoods, and roadsides across the United States are all beneficiaries of National Garden Clubs projects.

In order to provide a vehicle to financially support the activities of our member clubs, a new grant program entitled "**Plant America Community Project Grants**" is being established to provide funding for new or existing projects of NGC member clubs in their respective communities across the United States. This will be a permanent fund with grants being awarded during each two-year administration. The goal for the fund is to become a

self-sustaining endowment fund like the NGC Scholarship fund providing funding levels that make a significant impact in large projects.

In order that the members of National Garden Clubs see the immediate benefits of this grant program for their projects, the first grants will be given during the 2017-2019 administration.

Not only will the community projects funded from it enhance our nation, but, through project publicity, signage and materials bearing the **Plant America** logo, it provides the possibility of making our organization more visible."



“Plant America” Overview

The Plant America initiative, President Nancy Hargroves' signature project, emphasizes the cornerstone elements of gardening: the variety of garden types; the elements required for healthy, sustainable gardens; an awareness of environmental issues; and resources to provide needed funds to put garden plans into action.

Committees have been created that focus their attention and efforts on exploring, educating, and supporting the NGC community on their particular area of expertise. It also establishes an endowment fund to both receive and distribute funds to support NGC member club activities.

[Read more at: <http://www.gardenclub.org/projects/plant-america-overview.aspx>]

FLEA MARKET GARDENING

[Your editor recently received the E-newsletter from this organization/website. It deals with creating garden structure and ornaments from old gadgets and materials, as well as from newer, repurposed items. The motto for this site is, “Real People, Real Gardens, Real Projects.”

I’ve enjoyed browsing the site as well as reading articles in the newsletter. While I have yet to embark on one of the suggested projects, I’ve found ideas from the creative works people have posted on the site. I thought perhaps you might, too.]



Picture by Teresa Kay Warren

“PEDALS & PETALS,... GARDEN BICYCLES

Have you found a garden bike? For those looking...a bicycle can anchor a garden bed, looking as if the rider has stopped for tea and will be back any minute to pedal off! Such an ‘All American Summer’ look. Check out yard sales, ask neighbors for discarded bikes and browse through thrift shops. The nice thing is they don’t need to work for riding, ...they only need to ‘work’ in the garden!

“Paint or leave rusty, stand up with rebar or lean against a tree, but any way you decorate bikes, plant in and around them, filling bike baskets with blooms! You’ll see how nice it can be to have a garden bike!”

Flea Market Gardening, October 24, 2017

Website::www.fleamarketgardening.org/

Sign up for the newsletter on Facebook:

<https://www.facebook.com/fleamarketgardening/photos/a.192447264122760.44861.192440100790143/1684773101556828/?type=3>



Pallet Chair by Billie Hayman

“”Delicious autumn! My Soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns”

—George Eliot

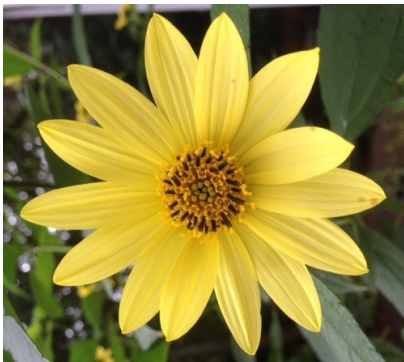
PICTURES AND SUCHLIKE FROM THITHER AND YON



Cate's wisteria in May, 2017.
Yes, Virginia, it really IS pink!



Another Japanese iris from Cascadia Iris
Gardens, "Agripinella," June, 2016



Debbie Lehrberger's perennial
sunflower, October, 2017



Joanne Westveer's arrangement
for our meeting, October, 2017

WORK AT THE ISSAQUAH HISTORICAL MUSEUM

On October 5 and 6, **Georgann Lennon**, Chairman of the native garden in front of the Issaquah Historical Museum, and her helper, cleaned the two beds and her helper cleaned up and weeded the two beds, did some transplanting and editing. They also mulched the beds to make the garden neat and tidy for Salmon Days and tucked in for the winter.



APPLE AND CARROT SOUP

Makes 8 servings

(Ginger and orange peel are the secret ingredients to this pork, apple and carrot soup.)

1 pound pork (lean, cut into chunks)
 4 apples (with skin, cored and quartered)
 4 carrots (large, peeled and cut into chunks)
 1 orange peel (dried, optional)
 4 slices of ginger
 1/2 tsp salt
 20 cups water

Directions:

In a large pot over high heat, combine all ingredients, bring to a boil. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours. Skin fat from the surface and serve. Store leftover soup covered in refrigerator for up to 3 days,

USDA website, “What’s Cooking? USDA Mixing Bowl.” Source: San Francisco Dept. of Public Health, Chinatown Public Health Center, Healthy & Delicious—Simple Ways to Low Fat Chinese Cooking.

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