



# GARDEN DELIGHTS

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## ISSAQUAH GARDEN CLUB

*"What good is the warmth of summer without the chill of winter?"*

*John Steinbeck*

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### January Meeting

January 10, 2018, 10:00 A.M.

**Carole Moglebust of Squak Mountain Nursery,  
"Creating Botanical Expressions  
with Dwarf and Miniature Plants."**

Carole Moglebust has been a key member of Squak Mountain Nursery for over twenty years. She is an avid gardener, is knowledgeable and experienced.

Her program will feature landscape garden plants for small places and/or containers. She will appreciate interaction with IGC members and will welcome questions. Ms. Moglebust will bring some dwarf and miniature plants with her. Keep in mind, however, that there may not be many available in January.



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**This month, Dianne Tanner will tell us about the Growing Great Gardeners Program at Issaquah Valley Elementary School.**

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

**And please don't forget your contributions for the Issaquah Food Bank!**

## PRESIDENT'S MESSAGE

Dear IGC members,

Happy New Year!

This last year went too fast for me ,and here is the beginning of 2018!

My New Year's Resolution is to **PLANT SEEDS!** I have taken out my box of seed packets every Spring and tell myself I will get ALL the seeds planted this year, and I will reap the benefits of those seeds. This year is the big challenge for me to follow this resolution.

Upon researching whether the expired seeds have expired so says the expiration date, I now know that some such as tomato seeds will go beyond the expiration date and corn seed will not. Even some people report that they have planted Grandma's 20 year old seeds and succeeded. In as much, I resolve to plant my "old" seeds when weather permits and reap the sow. Of course, my waiting for the appropriate weather for planting is a challenge in itself. You think?

Do you have seeds from 2010 that didn't get planted? Challenge that expiration date, and let's find out what really transpires. Hopefully, the seeds will grow, produce and we could even share the bounty at the IGC plant sale.

**Grow It. Make It. Share It.**

2018 Botanical Expressions from your President,

**Lenda Sundene, President**

## JANUARY LUNCHEON

**We're back to our usual luncheon procedure this month. Jean Pass** is the hostess . The following members will provide dishes and help Jean with set up beforehand and clean up afterwards: **Debbie DeFilipps, Joan Harris, Joanne Morgan, Dianne Tanner, and Shadi Wang.**

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## WSFGC NEWS

If you've received the latest issue of Washington Garden & Design, you've probably already read the extensive article and viewed the pictures from the Holiday Show, including those of Debbie DeFilipps' prize-winning designs.

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You may also have read the announcement of **GALA XL, "Meet By the Sea,"** which takes place on March 14 at the Red Lion in Olympia. The designer will be Jan Griffin, from Florida.

Tickets are still available from Sally Priebe at **rpriebe2@comcast.net** or **by phone at 206 244-4937**. The price is \$40 per person, with the proceeds to benefit Headquarters House.

## HELLEBORE TEA

The Hellebore Tea is scheduled for **March 11, 2018, at 2 P.M.** at Lake Wilderness Lodge. According to the last message about the tea, there were still a few tables left. So far, we have five IGC members who wish to attend. If you would like to join us at a table, **please let Cate Mueller know at the meeting January 10.** The tickets are \$18 each and there are 10 tickets for each table.

Please refer to the article in the December issue of this newsletter, for the additional responsibilities attendees would have.

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### **My New Year's Resolution: See the Poetry**

*"An aged apple tree lives on the edge of our property. Several years ago, when we were having some tree work done, we considered cutting it down. "It is rather poetic", said the tree guy, so we spared it. Last month I was walking some people around the property and someone commented on the old tree. "That's our poetic tree", I answered, and we walked on. It was only a few days after, while working on another project in the yard, that I stopped and actually looked at the tree, actually SAW it. I love poetry. But I am struck with the realization that reading poetry and seeing poetry are two entirely different things. The poetry in this tree is in the curves of its stooped trunk; in the pattern of sapsucker holes ringing it, a reminder of*

*years of the rhythmic music and percussive energy of certain birds; the twisted and contorted branches, each one a story unto itself; the dead twigs at the bottom of the tree shaded by the new green leaves at the crown, such a metaphor for life and death. I resolve to attend to the poetry in the garden, in addition to the poetry in books."*

[This essay was written by Lise Bixler, the writer/editor of The Gardeners' Club Newsletter, now titled "Into the Garden." It appeared in the January 2013 issue of The Gardeners' Club Newsletter.]

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## **TO DO IN JANUARY**

Repurpose your cut Christmas tree for mulch.

Prune out any damaged, diseased or dead wood from your trees and shrubs.

**Clean up and sharpen your tools** to prepare for the spring gardening season.

**Apply All Seasons Horticulture Oil Spray** while your plants are dormant to treat for damaging insects.

**Remove snow loads** from trees and shrubs to prevent damage.

Check the trees and shrubs that are underneath the eaves of your home, they may need **supplemental watering during the winter months.**

Stay on top of **slug and snail control** with pet friendly and environmentally friendly "Sluggo."

**Mulch** around your plants provides a layer of insulation during the cold winter months.

Plan your vegetable garden and purchase your seeds and supplies to start them indoors.

**Dream of your spring garden.**

## Take a Mindful Walk in the Peaceful Winter Garden

*By Deborah Wilk, LMFT*

[This is an excerpt from the article by June Ann Hassebroek's daughter, a psychotherapist, that appeared in the last issue of Bellevue Botanical Garden's magazine, The BUZZ.]

My colleague Jessica Volpentesta and I found we shared a passion for combining the healing powers of nature with the therapeutic effects of Mindfulness and recently formed Mindful in the Wild, teaching a class at the Bellevue Botanical Garden in September called **Mindfulness in the Garden: Creating Calm Within**. Let me share a few practices from that class that all of you can try yourselves as you wander through the Garden this Winter.

### Mindful Walking— Shinrin Yoku Exercises

#### **Open Your Awareness**

As you enter the Garden, focus your attention first on your breathing, something you always have with you to anchor yourself in the present moment. Take three slow, deep breaths, inhaling the fresh air and releasing any tension you are carrying with you. As you begin your walk, open your awareness to the Natural world, recognizing the reciprocal relationship we have with all living things.

#### **Mindful Walking**

Usually we walk briskly, sometimes lost in thought, hardly aware of the earth beneath our feet or the beauty around us. Instead, let yourself slow down and focus on how each step feels as it touches the ground. Imagine yourself gliding, smoothly and quietly, softening your presence in the natural

world, honoring life around you, trying not to disturb it as you walk. As you move from the gravel of the main trails to the earth of the side trails or the Ravine Experience, notice how different it feels to walk on the softer bare ground—silent and connected.

#### **Focus on Your Senses**

As you walk, thoughts will naturally enter your mind. Just note them and let them float into the background as you refocus on your breath or on your various senses. Sounds are everywhere. Listen to the wind in the trees, the chirp of winter wrens, or the crunch of your feet on the gravel of the main trails. Notice the silence between sounds and soak in the serenity and peace of this place of quiet. Also let your eyes expand your vision outward to the sky, watch the clouds move, or the branches bend and swirl. Notice the various shades of brown, green and gray that make up this season. Let yourself be pulled toward anything that grabs your attention, looking at it as if for the first time. Examine the veins in a leaf, or the gentle fronds of a fern. Touch with sensitive fingers, feeling the texture, smooth or rough. Rub a leaf, plant or branch between your fingers to release its aroma. Breathe it in, curious—perhaps, even entranced. Lose yourself in the magical world that is alive around you, soaking in the serenity and peace of this place of quiet winter beauty.

#### **In Beauty May You Walk!**

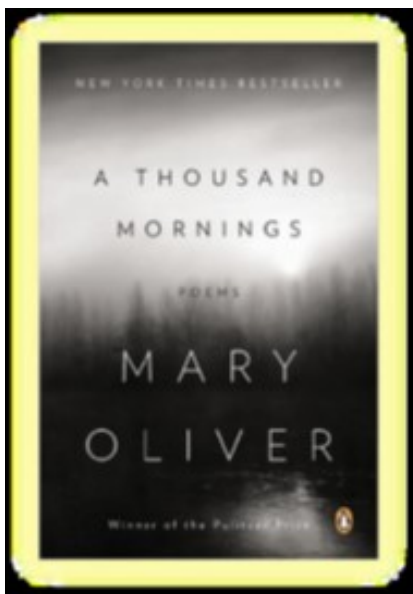




## THE GARDENER

Have I lived enough?  
 Have I loved enough?  
 Have I considered Right Action  
 enough, have I come to any con-  
 clusion?  
 Have I experienced happiness with  
 sufficient gratitude?  
 Have I endured loneliness with  
 grace?  
 I say this, or perhaps I'm just think-  
 ing it.  
 Actually, I probably think too much.  
 Then I step out into the garden,  
 where the gardener, who is said to  
 be a simple man,  
 is tending his children, the roses.

[This poem, written by Mary Oliver, appears in her 2012 collection, A Thousand Mornings. Ms. Oliver is an American poet, has won the National Book Award and the Pulitzer Prize. The New York Times described her as “far and away, (America's) best-selling poet.”]



In

## "In the Garden"

Snoqualmie Valley Clinic  
 WSU Master Gardeners present:



**Home Composting & Healthy Soil =  
 Healthy Plants**

**Presented by: Lawrence McCrone and  
 Darien Payne**

**Saturday, January 13, 2018**

**10:30 am – 12 noon at the  
 North Bend Library, 115 E 4th St.,  
 North Bend, WA 98045**

**1:30 – 3:00 pm at the  
 Sammamish Library, 825 228th  
 Ave SE, Sammamish WA 98075**

### Home Composting:

Lawrence McCrone is an Issaquah Master Gardener with 4 decades of vegetable and fruit growing experience. His talk will cover: What makes good compost, compost bins, worm bins?

**Healthy Soil:** Darien Payne, Fall City Master Gardener, has been an organic vegetable and fruit gardener for over 30 years. Her talk will cover: What is soil? How do plants get what they need and what can we do to build and maintain healthy soil?



Master Gardener  
 Program  
 WASHINGTON STATE UNIVERSITY  
 EXTENSION

**MGF**  
 www.mgfkco.org





# Happy New Year

“IN SEED TIME LEARN, IN HARVEST TEACH,  
IN WINTER ENJOY.” —William Blake

**GARDEN DELIGHTS**  
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Issaquah, WA 98027-7336



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