



# GARDEN DELIGHTS

## ISSAQUAH GARDEN CLUB

*"Hope is a necessary ingredient in gardening, for nature is often capricious, and our best efforts may be unsuccessful or need repeating."*

*Ruth Shaw Ernst, in The Naturalist's Garden*

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### February Meeting

February 13, 2018, 10:00 A.M.

**Kirsten Lints of Gardens ALIVE Design,**

**"Landscape Design = Fundamentals + Fun."**

Kirsten Lints, C.P.H., is a professional landscape designer who has been working in Northwest gardens for over twenty years. She believes that landscaping doesn't need to be complicated, risky or expensive - solid plant recommendations and often small improvements can get your landscape from now to WOW!

She'll guide us through the design process. Does your landscape offer enjoyment? Does your home's entry welcome and impress with knock-out curb appeal? The presentation will focus on the basic steps of landscape design followed by dreamy design ideas and design disasters. **Bring your own dilemmas, photos and sketch paper to work on a small area of your landscape.** This workshop is designed to empower participants with knowledge about the importance of a landscape design that can lead to an improved outdoor space. Whether your garden needs color, edibles or insight, Kirsten will guide you through the design steps to get the garden you want.

(Read more about Ms. Lints on page 4. You'll be interested!)

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**This month, Jean Pass will tell us how to be a flower show clerk.**

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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!**

(See the article on page two, regarding our Food Bank donations)

## PRESIDENT'S MESSAGE

Dear IGC members,

Mom warned me at a very young age “If you don’t eat your carrots, you will not grow.” No way was she going to scare me into eating carrots. In spite of her warnings, I grew to 5’ 1” tall. I love to eat carrots now. However, I have discovered I am shorter at 5 feet. This most probably has nothing to do with carrots but most likely a settling of the natural aging process.

What about those plants that we seek out to be our tiny little gems for designing fairy gardens? The small, petite, short in stature, mini growth wonders are finding a specific location in the nurseries. The process has developed by hybridization, mutation or the new specific cultivation methods.

Because of the increased interest in dwarf, miniature and small plants we are capable of planting in troughs, terrariums, small planters and dish gardens for unlimited beautiful designs.

While at the nursery, look for these Latin words on plant markers:

*humilis* – dwarf;  
*micrantha* – with very small flowers;  
*microphylla* – with very small leaves;  
*minima* – the smallest;  
*minor* – small;  
*nana* – dwarf;  
*pumila* – small, dwarf.

My grandkids call me “Nana,” and are delighted when they have passed me up in height.

**Lenda Sundene, President**

## FEBRUARY LUNCHEON

**Joan Harris** will be the Hostess for this month. These members will provide dishes and help Joan with set up beforehand and clean up afterwards: **Barbara Bruemmer, Lois Helberts, Joy Jackson, Georgann Lennon, Jean Pass, and Sandra Roberts**

## FOOD BANK

Each month, our members have contributed a significant amount of food for the Food Bank at our meetings. Somehow, your editor has misplaced the donation slip for September. In October, members contributed 36 pounds; in November 44 pounds, in December 89 pounds and a large amount of personal hygiene products, and in January 19 pounds of food.

Our President has remarked that she is “thrilled at how generous and thoughtful our IGC members are.”

## ISSAQUAH NURSING AND REHABILITATION

### VALENTINE PLANT THERAPY

On February 13, the day before our meeting, IGC members will meet at the Issaquah Nursing and Rehabilitation Center to prepare arrangements to celebrate Valentine’s Day. Volunteers are asked to bring gloves, pruners and/or scissors and washed greens—no stickers, please. Please let Karen Bukantz know if you can come help make arrangements at 10 A.M..

## **OUR DISTRICT GENERAL MEMBERSHIP MEETING, FEBRUARY 26**

Our second **General Membership Meeting** of 2017-2018 will be held on **Monday, February 26**, at St. Andrew's Lutheran Church near Cross Roads, in Bellevue. The meeting will include a flower show, a brief business meeting, two programs, lunch and a raffle. The Design Program will feature photographer Alex Farrell, owner of AMF Photography. The Horticulture Program will feature Jeff Daley, head gardener and arborist at Seattle Pacific University, talking about the **Use of Ornamental Grasses**.

The official copy of the Flower Show Schedule for "February Fantasy," has been sent to you with this newsletter. Please read it to see if you wish to submit entries. Advance entry is required for Design, but not for Horticulture – please check the rules, some of which have changed.

We'll also have lunch and a raffle. As usual, at this meeting. Because the General Meeting will be packed with programs and the Flower show, the format for the day will be somewhat different. You may register and submit entries from 8:45 a.m. to 9:30 a.m.. Morning refreshments will be available. The first program will take place at 10 a.m., during which flower show judging will be conducted in the room behind the meeting room. Following the program, there will be a ten-minute

break; then the brief business meeting will be held.

During the meeting, the winning entries will be announced. Lunch follows at 11:30, and members may view the flower show until about 12:30. This will be followed by the second program, 12:40 to 1:40. After the program will be clean-up and breakdown of the show. We must vacate the two halls by 2:00 P.M.

Lunch and the table designs will be provided by Pine Lake Garden Club. West Sammamish, Willowmoor, and Issaquah Garden Clubs will donate the raffle items. ELAWAGS will create the centerpiece table design. Registrar for the GMM is Jean Hurt, email address [bajhjean@comcast.net](mailto:bajhjean@comcast.net).

**Issaquah Garden Club will have a sign-up sheet available at our February 14 meeting, or you may Email Jean with your name and your club's name by Thursday, February 22.**



Issaquah raffle item, donated by June Willard

## KIRSTEN LINTS

Kirsten Lints' love of landscapes has a rich and geographically diverse past. From memories of planting carrot seeds as a 4-year-old in western Washington, to growing up on a wheat farm in eastern Washington to helping others learn about compost tea in the South Pacific; these experiences have given her the incredible working knowledge to start her own landscape design business and combine facts and flowers together like a puzzle.

After obtaining Biology and Botany degrees and a Master's in Education from the UW, followed by serving as a Peace Corps volunteer with her husband for two years in the Kingdom of Tonga as a biology teacher and garden educator, her work combines an innate love of outdoors, nature and people and has been a perfect fit for her family and own interests.

Kirsten is a Certified Professional Horticulturist, an active Master Gardener. She volunteers with many other associations including serving as President for the Seattle Chapter of the Washington State Nursery and Landscape Association, as an advisor for a local high school Horticulture Department, and as a representative to the Washington Community Forestry Council. Her design work has earned a Gold Medal as co-designer in 2011 and seven awards, including Founders Cup and People's Choice in 2014 at the Northwest Flower and Garden Show.

Living in rural Duvall has given her space to try (and sometimes fail) with

her own landscape. [She is] hopeful to help you create meaningful and purposeful garden spaces...




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## GARDENING TO DO'S IN FEBRUARY

### From Kirsten Lints', Gardens ALIVE Design website

\*Use the last few weeks of dormancy to dream about your gardening desires in the coming year; less maintenance, water wise, more edibles, adding color, and starting seeds could be on the beginning of your list.

\*Give your Valentine a fruit tree, an indoor hydrangea later planted outside, or a variety of seeds. Beginning seeds is cost effective, easy, and extremely rewarding.

\*Research adding a rain barrel to the landscape.

\*Add edibles to the landscape; blueberries, raspberries, asparagus and rhubarb are beautiful additions and can be purchased inexpensively and planted at this time.



## HISTORY MUSEUM

Press release:

### Valentine's Play Date and Trolley Coming to Issaquah Depot

Celebrate St. Valentine's Day with the Issaquah History Museums! On Saturday, February 10, kids of all ages can admire Valentines from the Museums' collection, talk about how we show others that we care about them, and hear stories about gifts and affection from Issaquah's past. Kids will have the opportunity to make their own valentines, or to decorate a sweet treat!

The Issaquah Valley Trolley will also be running from 11 AM until 3 PM, so you can snuggle up with your sweetie for a ride on the rails.

The trolley travels up and down the one-mile of track between the Historic Issaquah Depot and Gilman Blvd. Passengers get a sense of what it might have been like to arrive and depart Issaquah's depot when passenger rail service was a primary mode of transportation a hundred years ago. The Issaquah Valley Trolley is a program of the Issaquah History Museums.

Trolley riders board at the Issaquah Depot Museum, 78 First Ave. NE, Issaquah. Activities are free with museum admission (\$5 per person; free for IHM member and children under 3.)

#### On the Web:

<http://www.issaquahhistory.org/event/valentine-play-date-trolley-time/>

#### Questions?

[erica.maniez@issaquahhistory.org](mailto:erica.maniez@issaquahhistory.org)

## FREE WORKSHOPS AT BELLEVUE DEMONSTRATION GARDEN

Free gardening workshops and clinics hosted by King County Master Gardeners are held in south Bellevue year-round. **No registration required.** These workshops are held in south Bellevue at the Bellevue Demonstration Garden, 15500 SE 16th Street, Bellevue, WA.

King County Master Gardeners, in cooperation with Bellevue Parks and Community Services, manages the Lake Hills Greenbelt Urban Demonstration Garden also known as Bellevue Demonstration Garden. Established in 1984, this urban demonstration garden has grown from a single P-Patch surrounded by blackberries on a steep, rock-filled slope to the flourishing garden it is today. The Urban Demonstration Garden is a complete hands-on, how-to garden to help you learn.

**Free workshops open to the public between 10:30 a.m. and noon, MOST Saturdays, January-October** (except holidays, Seafair weekend, and during plant sales). Each workshop features a different topic such as planning a vegetable garden, lawn care, pruning techniques, and other gardening topics and information. See the schedule at:

<http://www.mgfk.org/wp-content/uploads/2018/01/2018-BDG-Workshop-Series.pdf>

**Free Drop-In Clinics are held April – October on Wednesdays and Saturdays from 9 a.m. – 1 p.m.** These clinics are hosted by Master gardeners at the Bellevue/Lake Hills Greenbelt Urban Demonstration Garden. Drop-in during these times to consult with Master Gardeners about all aspects of plant care, disease, propagation, identification, and more.





## **CASCADE WATER ALLIANCE 2018 GARDENER CLASSES**

Cascade is offering free gardening classes throughout its member areas from February to March 2018 to help you have beautiful, healthy landscapes while using water efficiently. Please see the list of classes below and click their links to register through Brown Paper Tickets.

Download a detailed class catalog at:  
<http://cascadewater.org/wp-content/uploads/2017/03/2018-Cascade-Gardener-Class-Catalog-PDF-1.pdf>

Download a one-page list of classes and their registration links at:  
<http://cascadewater.org/wp-content/uploads/2017/03/One-pager-for-web-PDF.pdf>

These classes are taught by our team of expert gardening professionals, including Paula Anderson, Marianne Binetti, Jessi Bloom, Peggy Campbell, Greg Rabourn, Ladd Smith, and Carey Thornton. (You may read about these presenters at: <http://cascadewater.org/wp-content/uploads/2017/03/2018-Speaker-Bios.pdf>)

(Some of these classes are offered at Squak Mountain Nursery, Issaquah City Hall, Blakely Hall, Bellevue Nursery and the Master Gardeners' Demonstration Garden,)



## **BELLEVUE BOTANICAL GARDEN SOCIETY**

### *February Education Event*

#### **FREE LECTURE:**

**"Botanical Gardens and Environmental Education: An Exchange between the Pacific Northwest and Eastern Russia," Tony Allison and colleagues;**

**Friday, February 23, 7:00 pm**

A remarkable initiative began in 2009, with the simple idea that the Russian Far East and the Pacific Northwest have much in common, and that botanic gardens in the two regions had much to teach each other. From that simple idea, a thriving foreign exchange program has developed between environmental educators in Seattle, Vladivostok, Sakhalin, and Irkutsk. Join us for this fascinating lecture, led by project initiator and Seattle native, Tony Allison, who will be joined by two of his colleagues from the Russian Far East.

**FREE, but please register on the Bellevue Botanical Garden website.**



## NO-TILL GARDENS

Louise Luce, our IGC member and Master Gardener, forwarded an interesting article that that was published by Oregon State University Extension. The article is longer than I'd like to print in the newsletter. If you'd like information about easy garden bed preparation using lots of compost, have a look at this:

<http://extension.oregonstate.edu/gardening/mulch-key-no-till-gardens>

If you'd like to print the article, there is a print-friendly version listed, or you can go straight to:

<http://extension.oregonstate.edu/gardening/node/2198/print>

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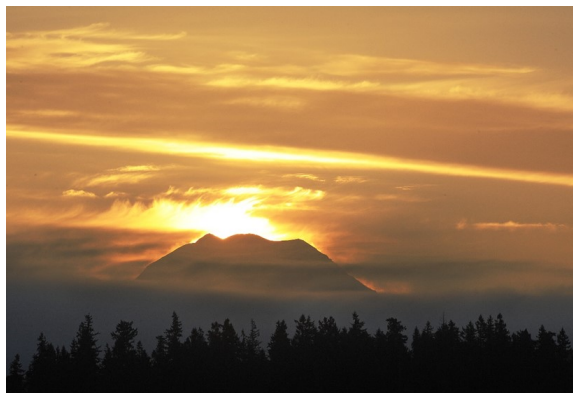
## GARDEN GATE PUBLICATION

Your editor is a fan of Garden Gate magazine, a bi-monthly publication with NO advertising.. I've just received an Email about a new publication by Garden Gate, in magazine format, called "Containers Made Easy, (Volume Three)," showing how to plant the perfect pot. This publication discusses how to plan your pot, giving examples of thirty recommended plants, discusses fertilizers, how to group plants in the pot, and how to stage your pots on a porch or patio, or in the garden bed.

If you go to this website: <https://store.gardengatemagazine.com/books/G1011.php> you can see a slide show that is very enticing and find how to order this publication.

## WSFGC CONVENTION

Plan to join us at **The Tacoma Dome Hotel** on **June 4, 5, and 6** for the **Washington State Federation of Garden Clubs Convention**; and if lucky, get a glimpse of a "Tahoma Sunrise," our theme for this year's convention.




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## February Gardening Tips from the Bellevue Botanical Garden staff

- Enjoy winter-flowering shrubs, especially those with wonderful fragrance like *Sarcococca hookeriana* var. *humilis*, *Lonicera x purpusii*, and *Daphne bholua* (pictured below).



- Hard prune shrubby *Cornus sericea* cultivars to encourage colorful twiggy growth
- Cut back grasses
- Sharpen and lubricate tools
- Plan your vegetable garden
- Prune roses after President's Day

Visit Bellevue Botanical Garden to see a variety of witch hazels in bloom like *Hamelis x intermedia* 'Diane', gracing our parking lot!

## VALENTINE SOUP (from: [www.Epicurious.com](http://www.Epicurious.com))



Makes two pre-dinner servings.

**INGREDIENTS;** 1/2 pound red beets (about 3 medium); 1 1/2 teaspoons butter; 1 1/2 teaspoons olive oil; 1 leek (white and pale green parts only), chopped; 1 small onion, thinly sliced; 1 celery stalk, chopped; 1/8 teaspoon

ground ginger; 1/8 teaspoon ground allspice; 1/8 teaspoon ground white pepper; 2 cups water; 1 small bay leaf; 1 fresh thyme sprig; 1 fresh parsley sprig; 1/4 cup whipping cream; 2 tablespoons crème fraîche

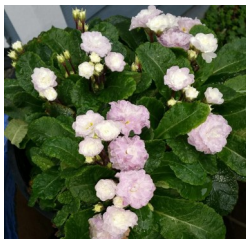
**PREPARATION** Preheat oven to 350° F. Wrap beets in foil and roast until tender when pierced with fork, about 1 hour. Cool. Peel beets. Cut 1/4 of 1 beet into 1/4-inch cubes; reserve for garnish. Cut remaining beets into 1/2-inch pieces.

Melt butter with oil in heavy medium saucepan over medium-high heat. Add leek, onion, and celery and cook until beginning to brown, stirring frequently, about 13

minutes. Stir in ginger, allspice, white pepper, and 1/2-inch beet pieces. Cook until vegetables begin to stick to bottom of pot, stirring frequently, about 7 minutes. Add 2 cups water, bay leaf, thyme sprig, and parsley sprig. Bring to a boil. Reduce heat to low, cover, and simmer until vegetables are very tender, about 25 minutes. Remove bay leaf, thyme sprig, and parsley sprig. Cool soup slightly. Working in batches, puree soup in blender with cream. Season to taste with salt and pepper. (Can be made 1 day ahead. Cool slightly, cover, and refrigerate.) Gently rewarm soup (do not boil). Divide between 2 bowls. Garnish each with 1 tablespoon crème fraîche. Sprinkle with reserved beet cubes.

## GARDEN DELIGHTS

c/o Cate Mueller, Editor  
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**Karen Lee's  
double primrose**

**February Meeting:  
Kirsten Lintz, on  
"Landscape Design =  
Fundamentals + Fun"**