



GARDEN DELIGHTS

ISSAQUAH GARDEN CLUB

“Every season is different in the garden and one of gardening’s greatest appeals is the changes in the forms, colors and perfumes that mark the passage of the year in a dynamic and continually interesting manner.”

Stefan Buczacki, British horticulturist, botanist, biographer and broadcaster.

October Meeting

October 9, 2019, 10:00 A.M.

Tibbetts Creek Manor

“Adapting Old Gardens for New Times”

We will enjoy a very special meeting, this month—the Pine Lake Garden Club will join us, about doubling the number of attendees. Long ago, Issaquah Garden Club had joint meetings with nearby garden clubs, but this hasn’t happened for a very long time. It will be interesting to meet people with different skills and interests and, perhaps, hear new perspectives on gardening.

Our speaker this month, is clearly very special, too. **Christine Pfeiffer** is a horticulture writer, educator and consultant, with forty years’ experience in landscape management and arboriculture. Sustainable and efficient landscape techniques are her special area of interest and expertise. She is a frequent speaker for local horticulture groups and public programs, including the Northwest Flower and Garden Show, Master Gardener programs and public classes at the UW Botanic Gardens. Ms. Pfeiffer is a part-time instructor at Edmonds Community College Horticulture program. She holds degrees in horticulture from Michigan State and the University of Washington, and is an ISA Certified Arborist®.

In 2017, her book, **Pacific Northwest Gardening Month-by-Month**, written with Mary Robson, was published by Cool Springs Press. Signed copies will be available at our meeting for \$25, including tax, paid for by cash, check or Square.

PRESIDENT'S MESSAGE

Embracing Changes

I just returned from a week in Hawaii where my daughter was married. The temperature was in the high 80's and 90 for the week, which was a record warm September for Maui. It was beautiful, but also a reminder that climate change is happening world wide.

I am looking forward to our October speaker, Christina Pfeiffer, 'Adapting Old Gardens for New Times'. She will share sustainable and efficient landscape techniques and I hope to learn how to garden better in our warmer summers.

Since we're having a joint meeting with Pine Lake Garden Club, we'll have a short business meeting to allow time for sharing and visiting with the Pine Lake Garden Club members.

Debbie DeFilipps

SHOW AND TELL

This month, Joan Harris will tell us about entering horticulture in a flower show.

PLEASE DON'T FORGET

Please help Issaquah Garden Club by remembering to bring your plate, cup and utensils from home, next Wednesday! Stocking these is an expense the club would love to avoid.

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

2019 WSFGC CONVENTION REPORT

As your in-coming Issaquah Garden Club President, I attended the WSFGC 2019 Convention June 4-6, in Olympia Washington. The theme was "Forty Shades of Green," and it was hosted by the Black Hills District.

We had good food, good speakers and a tour of the State Governor's Mansion. I enjoyed the workshops, especially Debbie Spiller's workshop on painting backgrounds.

The new WSFGC President is Dorrie Carr. Her Theme is "Investing in Future Gardeners."

Changes in WSFGC this year: three districts went inactive in 2019: Tahoma, Chuckanut, Evergreen, and Tahoma. (We are lucky, our District has three co-Directors: Lana Finnegold, Marti Bolcer and Elaine Fowler. A big thank you to them!)

Other changes: There will be no WSFGC Holiday Show in November in Olympia, and no WSFGC Annual State Convention in June 2020. Instead there will be an WSFGC Annual meeting with a State Flower Show in early June in Ellensburg, Washington.

2018 Issaquah Garden Club Awards:

State Awards:

Flower Show Awards-Club Petite Standard: 1st place Issaquah Garden Club for "Welcome to Our World"

Social Media/Website: Award of Excellence for Issaquah Garden Club Website

Natural Disasters Club Donation: Award of Merit Issaquah Garden Club

Past Presidents Awards: Terry Critchlow Photography Award - 2nd place-Debbie DeFilipps for Fall Harvest in "Autumn Joy"

National Awards:

Social Media/Website: 1st place-Issaquah Garden Club Website

Scholarships: Purple Ribbon donation of \$50 - Issaquah Garden Club

Debbie DeFilipps



ISSAQUAH GOES APPLES AND FARM FRESH MARKETS

This community event, on **Oct 19, from 9:00 am – 2:00 pm**, celebrates the harvest season, combining activities in the downtown district, including a farm fresh produce pop-up market, walking tours, art experiences, seasonal photo opportunities and more.

Local farmers will be at the Historic Shell Station, 232 Front Street N., with a bounty of farm fresh produce. Shop the market, then leave your bags with our concierge while you enjoy family-friendly activities throughout town.

Here's what's happening:

- Farm fresh pop-up and merchant market
- Make cider on an old-fashioned apple press
- Seasonal photo opportunities – pumpkins, hay bales, corn stalks at various downtown locations
- Live music throughout the day
- Apple inspired food – people's choice award
- Blown Glass Pumpkin Patch created by Issaquah Glass Blowers
- Pick a fresh pumpkin to take home
- Scarecrow – people choice award



[After the September program, your editor asked Lucy Davenport if we could print the poem she read in the next issue of our newsletter. She very kindly sent it to us.]

“BONSAI”

The way they dance, even while standing still
 This is what moves me.
 The way they dance and move.
 The way they sing, even without words,
 Even with their silence. They sing their praises.
 They know who they are—the cells of trees,
 Standing firm, even in smallness—their voices
 Are the voices of trees. They whisper and sing.
 The way they sing our names, and speak to us.
 The way they say: “Come, you are one of us.
 Do as we do—Sing praises, with silence.
 Sing. Be silent. Sing. Praise. Pray. Listen.”

**By Lucy Davenport for
 Bonsai Akira
 Facebook/bonsaiakira**



BBG WORKDAY, 10/18

If you haven't yet signed up, and if you'd like to help in the BBG Native Discovery Garden, you may talk with Janet Wall about this. The volunteers will be meeting **before 10 A.M. on Friday, October 18**, at the Gathering Place at BBG before walking to the garden. Be sure to dress seasonally and bring your gloves and favorite gardening trowel to work. We'll join volunteers from the Native Plant Society, and we'll leave by noon.

MASTER GARDENER WORKSHOPS

If you've been meaning to take in a workshop offered by the Master Gardeners at the Urban Demonstration Garden in Bellevue, there are two workshops schedules for October. Upon arrival at the parking lot at **15500 SE 16th Street**, walk past the demonstration gardens, and up the gravel walk to the class building, before 10:30 A.M. (If you arrive early, you can peek at some special plants along the way.)

On this **Saturday, October 5**, the program offered is "Art in the Garden." On Saturday, October 13, "Garlic Growing, Harvesting, Storing and Enjoying." Both programs are given by Master Gardeners.

After the program, take a look at the plants offered for sale by the Master Gardeners, next to the parking lot. There are always a few.

NORTHWEST ORCHID SOCIETY

There will be an orchid show and sale given by NWOS at Volunteer Park Conservatory, 1400 East Galer Street, in Seattle, on this Saturday and Sunday, **October 5 and 6**, from 10:00 A.M. to 4:00 P.M. each day. The entrance is free on Saturday, but costs \$4 on Sunday.

The Sharon Priebe Educational House at the Conservatory will be filled with orchids for sale, as well as potting materials. There will also be seminars, books, and a potting clinic available.

For more information, go to the website: <http://newsletter.nwos.org/ShowTime>

LECTURE AT BBG

LECTURE: "Spring Starts in October,"

Wednesday, October 16, 7 P.M.

\$5 BBGS members/ \$15 non-members

Professional gardener and writer, Daniel Mount, will share the ins and outs of bulb selection, planting, and maintenance. From the classics like tulips and daffodils to the oddities like fritillarias, brodiaeas, and corydalis, you will learn to have the ephemeral beauty of these gems in your garden.

For more information, and registration, go to:

<https://bellevuebotanical.org/event/spring-starts-in-october/>

(see page 5 for more BBG events)

BBGS Holiday Vintage and Collectibles Sale

Oct 12 at 9:00 am - 3:00 pm, free



The Bellevue Botanical Garden Society is again having an exciting big sale of vintage and collectible items at the Garden, but this time we will feature a huge variety of quality Holiday items. As before, this sale is open to the public and will benefit Society educational programs for children and adults. There is a wide selection of Holiday decorations, entertaining items and hostess gifts including Christopher Radko ornaments, china and silver, serving dishes and platters, stemware, jewelry and so much more. These beautiful items have all been donated by our community and members of the Society, so shop early for the best selection!

Venue

Aaron Education Center at the
Bellevue Botanical Garden
12001 Main St
Bellevue, WA 98005 United States

Phone:

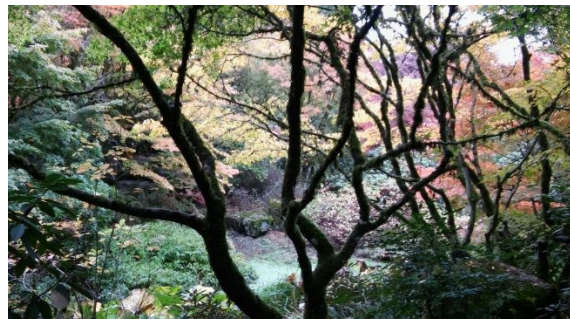
(425) 452-2750

PROGRAM AT BBG

Mindfulness in the Garden

“While we stroll slowly through the autumn garden, we will focus on awakening all of our senses and deepening our connection to nature, allowing ourselves to experience the combined healing power of nature and present awareness. Utilizing elements of Mindfulness meditation and Shinrin-yoku (Japanese Forest Bathing), we will focus on practices which create a sense of inner calm, spaciousness, and stillness. Instructor Deborah Wilk LMFT, is a psychotherapist in private practice and co-founder of **Mindful in the Wild**. Instructor Jessica Hancock ND, is a naturopathic physician who utilizes mindful healing approaches in her private practice.”

This program will be held on **Oct 18 from 10:30 am - 12:00 pm**. The cost is \$25 BBGS members; \$35 non-members. Go to the website: <https://bellevuebotanical.org/event/mindfulness-in-the-garden-autumn/> for more information. Click on “**Register Now**,” to order tickets and to register. Participants will meet at the “Gathering Place,” before 10:30 A.M. that morning.



THREE DELICIOUS SALADS

Bonnie Plants has an article in their E-newsletter about three delicious fall salads—with recipes and luscious pictures.

<https://bonnieplants.com/recipes/3-delicious-fall-salads/?cmp=eid/Bonnie/National/Storing-Harvest/1233161568908800&customerid=2fcb7b63b9e7a49cef7055132dd9829b>

White Bean and Arugula Salad: This quick and easy salad recipe is packed with protein and nutrients. Tossed in a zippy mustard dressing, it comes together in no time with the aid of canned beans. If you're meal planning for the week ahead, the bean mixture can be made in advance and kept refrigerated for a few days.

Harvest Grain Salad: With bursts of flavor from dried cranberries and fresh oranges, a buttery crunch from pecans, and a zing of balsamic vinegar, this fall salad is fresh and filling. Tossing the shaved sprouts and kale with warm grains lightly wilts the leaves, making them tender without losing their bite.

Napa Cabbage and Apple Wedge Salad: We gave the classic American wedge salad a fall twist with crunchy cabbage and juicy apples. Topped with a tangy yet savory Parmesan- and herb-packed dressing, this fall salad recipe is a great way to use seasonal produce and work raw vegetables into your diet.

GARDEN DELIGHTS

c/o Cate Mueller, Editor
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**Pumpkin in Our Garden
Picture by Jim Westveer**

**October meeting:
"Adapting Old Gardens
for New Times"**