

GARDEN DELIGHTS

ISSAQUAH GARDEN CLUB



"A gardener, asked for the secret of his success, replied 'Trowel and error.' "

Anonymous



December Meeting

December 11, 2019, 10:00 A.M.

Tibbetts Creek Manor

"Sharing A Joyful Holiday Party with Friends"

For December, we'll change our format. We'll indulge ourselves in merriment, giving, and friendship. We'll wear, if we wish, festive clothes, bring **an unwrapped present for a child**, with a price limit of \$20, and either share a favorite Christmas or Hanukah tradition, or suggest an appropriate gift for a gardener, (perhaps your favorite gardening tool or gardening book or magazine subscription.)

We'll each also bring an item for the lunch, remembering to limit the amount since all of us will bring something. [Your editor has offered the following distribution of dishes that members will bring (recycled from 2015)]: A to D salad; E to G morning coffee snack; H to M dessert; and P to Z main dish.

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

And please don't forget your contributions for the **Issaquah Food Bank**, this month. Help make the holiday season a special time for needy families.



PRESIDENT'S MESSAGE

Embrace Nature Outdoors

It's the Holidays, and we'll have a potluck for our December meeting. We'll share holiday crafts, decorating and gift ideas. We will also raffle the four Bellevue Botanical Garden "Garden d'Lights" tickets we received with our club BBG membership.

This year Bellevue Botanical Gardens is celebrating 25 years of 'Garden d'Lights.' It runs November 30 - December 31, 4:30 - 9:00 pm nightly. The display features over half a million sparkling lights formed into the whimsical shapes of plants, flowers, birds, animals, and cascading waterfalls set amid the natural beauty of the Bellevue Botanical Garden.

We took our grandson to the 'Garden d'Lights' when he was four years old, and thought he would not want to walk very long. But he loved all the lights and didn't want to leave even though all the grownups were getting cold. It was a beautiful and fun night at the garden.

Happy Holidays!

Debbie DeFilipps



Tickets can be purchased online and also at the event. It is recommended that you buy your ticket online, as ticket lines can be long. Tickets are \$5 per person; children 10 and under are free and do not need a ticket. Tickets can be used on any night.

Visit the Garden d'Lights website for event information

JOANN MORGAN

Celebration of Life

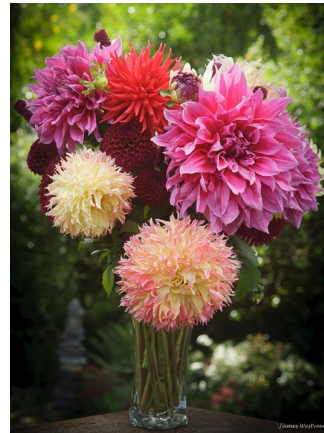
Saturday, December 14, 1:00 to 4:00

Issaquah Christian Church

10328 Issaquah-Hobart Road S.E.

Issaquah, WA 98027

(206) 714-5313



IN MEMORIAM

JOANN DELORES MORGAN

Here is an excerpt from Joann's obituary:

"Joann was talented in so many areas. She loved gardening! She filled their four acres with beautiful trees, colorful perennials and annuals. In 2000 she joined the Issaquah Garden Club and was a member for 19 years. She hosted the yearly plant sale in the springtime at her home to help raise money for the club. Joann also looked forward to and loved that the club made beautiful holiday flower arrangements for the Issaquah Care and Rehab Center every year which the residents always looked forward to!"

HOW TO MAKE YOUR YARD BIRD-FRIENDLY

Grow a beautiful garden that provides a safe haven for birds in the face of climate change.

Birds are nature's messengers, and they're telling us we need to act. They are already experiencing the impacts of climate change, with fewer and fewer habitable places to live throughout the year.

One of the best ways to help birds thrive is to make sure your yard is bird-friendly. By following the steps below, you can create a patch of habitat that attracts colorful birds, sweet melodies, and vibrant colors. If you don't have a yard, you can still help birds by creating a native plant container garden on your patio or balcony.

The secret to success lies in choosing locally native plants, which brim with nutritious insects, berries, nectar, and seeds to give birds vital food and refuge.

1. **Choose** native plants that are adapted to your particular growing conditions, such as the amount of sunlight or shade, the type of soil, and the amount of precipitation the site receives. Ask your local garden shop about plants that are native to your area. Or seek out native plant societies near you.

Focus on native plants that support the highest variety and quantity of bird food.

- * Native trees such as oaks, willows, birches, and maples, and native herbaceous plants such as goldenrod and asters host numerous caterpillar species that are a vital source of protein for birds, especially during the breeding season.
- * Red tubular flowers such as columbine, jewelweed, and bee balm serve up nectar for hummingbirds.
- * Native sunflowers, asters, and cone-

flowers produce seeds for songbirds.

- * Berries ripen at different times, so include seasonal variety: dogwood and spicebush for songbirds flying south; cedar and holly trees to sustain birds through cold winter days and nights.
- * Check out a few suggestions for native plants—but remember to find out what's local in your area.

2. **Plan** for a variety of shapes, sizes, and kinds of plants to give vertical structure to your garden and add cover for our feathered friends.

- * Cluster the same plant species together.
- * Design for color palettes and seasonal blooms.
- * Add habitat features like hollowed boulders that catch rainwater for birds to drink and bathe in.

3. **Prepare** your garden well to save headaches later. If your site currently has turf grass or invasive plants, you will need to remove these, and you may want to enrich your soil by adding organic compost. An easy method is to lay down newspaper at least six sheets deep, with plenty of overlap; wet it down; cover it with 4 to 6 inches of mulch; and let it sit until you are ready to plant. Use deep edging—putting some sort of barrier (steel or plastic edging) that goes into the ground to separate the native plant area from the lawn area—to keep out lawn grass.

4. **Plant** in spring or fall and on cooler days. Follow planting instructions carefully and get tips on mulching around plants from the plant nursery or gardening center. Water only as needed when young plants are adapting to their new habitat.

5. **Steward** your native plant garden with tender loving care.

[BIRD-FRIENDLY continued on page 4]

BIRD-FRIENDLY continued

- * Pull up noxious and invasive weeds.
- * Enhance your garden area with brush piles that hide birds and shelter other wildlife too.
- * Leave dead trees and branches that provide food and homes for insects.

Remember, what's good for birds is also good for people. Here are some possible impacts of your native plant garden:

532: Varieties of butterflies and moths supported by native oak trees, as compared to only 5 butterfly and moth species supported by non-native ginkgo trees.

96: Percentage of land birds that rely on insects to feed chicks.

1,200: Number of crops that depend on pollinators to grow.

40 million: Acres of lawn in the U.S. currently.

80 million: Pounds of pesticides applied to lawns in the U.S. annually. Native plants, on the other hand, support a balance of predator and prey and thrive without pesticides.

800 million: Gallons of gas used annually by lawn mowers. This produces significant amounts of carbon dioxide and other greenhouse gases driving climate change.

National Audubon Society newsletter,
September 11, 2015



DECEMBER IN THE GARDEN

[Taken from The Maritime Northwest Garden Guide, produced by Seattle Tilth, 2008]

About this time every year the garden looks like it could use a little cleanup. Fall leaves have lost their color and are molding on the ground. Their blooms long since gone, flower stalks and stems rattle in the wind. The garden has, well—basically gone to seed.

Now most any gardening tome will tell you that garden hygiene and cleanliness are paramount in the control of pests and diseases. Up to a point this true. Summer growing tropical fruits and vegetable are susceptible to a whole host of fungal diseases that are easily transmitted and spread if their refuse is left randomly about the garden. So off goes the debris of tomatoes, peppers, cucumbers, squash, eggplant, potatoes and bush beans to a hot compost pile, not to be used on any summer crops next year.

Be ruthless with any other crops that show signs of disease, such as basal rot in garlic, club-root in brassicas or botrytis stem rot on any number of crops. These plants should be banished to the trash bin.

... Tidy gardeners will frequently go to extremes when cleaning up and cutting back the garden. Tidy gardeners clip spent flowers and seed pods off the plants or cut down stalks of perennials past their prime. Setting seed is vital to plants' hardening off process for winter; if a gardener deadheads perennials too early, the plant does not go properly dormant. Besides, redheaded finches chickadees and bush tits will nibble on seeds of fennel, globe thistle, bachelor buttons and others. On a cold winter morning with frost coating all the strange stalks and stems about the garden, be reminded that brown is a color too.

Carl Elliott

TREAT FOR THE BIRDS

Pour a seed mixture into cookie cutters for a garden fixture that'll have everyone charmed.

It's easy to feed your feathered friends and add adorable decor to your garden in one with [this] DIY bird feeder project. The benefits of bird feeding include not only the joy of birdwatching up close, but also insect control, flower pollination and even weed control. Birds eat so many seeds, even the ones that you want to keep out of your garden beds, like weeds. Plus, you'll help the birds thrive ... as development continually takes away their natural food sources.

[Here's] how to use cookie cutters to create charming feeders that will bring all the birds to the yard. It's fun, easy and fast. You'll learn how to get the seeds to stick together in the molds, too.

What you'll need:

3/4 cup **birdseed** (we got the "seed for small birds" at Walmart)
 1/4 cup water
 1 **small envelope of Knox gelatin**
twine or string
cookie cutters, molds or mason jar lids
wax paper

To make:

- * Mix together the envelope of gelatin with 1/4 cup of water and bring to a simmer while stirring. Continue stirring until the gelatin is dissolved.
- * Remove from heat and let cool for a minute.

- Stir in the 3/4 cup birdseed, adding a little more if there is liquid still in the bottom of the pan.
- Lay your cookie cutters out on wax paper and fill half way with the birdseed mixture.
- Cut your twine, knot the end and push the knot down into your birdseed.
- Continue filling with birdseed, covering the end of your twine and knot.
- Push the birdseed evenly into the cookie cutter until it's full.
- Allow your bird feeders to dry overnight, turning them over every now and then.
- Remove them from the cookie cutters and hang them in your trees.
- Then wait by the window to watch for your first guest.

[reprinted, with editing, from diyeverywhere.com/2016/09/28 and <https://eighteen25.com/bird-feeders/>]



Peanut Soup

(adapted from a recipe found in the
Washington Post, 8 Feb. 2004)
Published in The Seedling, Falls Church
Garden Club, December 2018

Ingredients

1 tablespoon peanut or vegetable oil
2 cups coarsely chopped yellow onion
½ teaspoon cayenne pepper
1 teaspoon peeled, grated fresh ginger
root
1 cup peeled, coarsely chopped carrots
(about 4)
2 cups peeled, coarsely chopped sweet
potato
4 cups vegetable stock or water
2 cups tomato-veggie juice (such as V-
8)
1 cup smooth peanut butter
1 tablespoon sugar (optional)
1 cup thinly sliced scallions (white and
green parts)

Directions

In a large pot, heat **oil** on medium heat
and add **onion** and sauté until soft and
transparent, 5-7 minutes.

Reduce heat to low, add **cayenne pepper**
and **ginger** and stir to combine.

Add the **carrots** and sauté a few minutes
more, until the carrots start to soften.

Add the **sweet potato** and **stock** (or wa-
ter).

Bring soup to a boil, then reduce heat to
medium-low and simmer covered for 15
to 20 minutes, until the vegetables are
tender.

Turn off heat, and then puree the **vegeta-
bles** and the **cooking juices**.

Turn heat back on to low, and stir in the
peanut butter until smooth, and heat until
warmed through.

Taste the soup. The carrots and the
sweet potatoes will determine the sweet-
ness of the soup.

Add up to 1 tablespoon of **sugar** as need-

GARDEN DELIGHTS

c/o Cate Mueller, Editor
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Issaquah, WA 98027-7336



December Program:
Holiday Party