

# Garden CLIPPINGS

December 2019

Avon-on-the Lake Garden Club

*Plant America...Grow Our Legacy*

1930-2019

## 2019-2020 OFFICERS

### Avon-on-the Lake Garden Club

President	<b>Jennifer Fenderbosch</b>
Vice President	Elaine George
Treasurer	Jane Kozey
Rec. Secy	Susan Donovan
Cor. Secy	Georganne Wolnowski

### Appointed Officers

Advisor	Diane Deasy
Auditor	Barb Nahm /Georganne Wolnowski
Holden Forests & Gardens	Marianne Stern
Historian	Nadge Herceg
GCO & NGC	Jennie Jones
Parliamentarian	Diane Deasy
Membership	Kathryn Eyring/Jennie Jones
Publicity	
Ways & Means	Anita Webb

### Appointed Temporary Officer

Community Council	Jennifer Fenderbosch
-------------------	----------------------

### Standing Committee Chairpersons

Awards	Pam Hoffmann
Benevolence	Georganne Wolnowski
Garden Walks/Adventures	Judy Kaminski/Elaine George
Horticulture	Anne Lyon
Hostess	Collen Wilbur/Char Pulit
Inspirational Messenger	Karen Huddle
Mentor	Kathryn Eyring
Newsletter	Nadge Herceg
Telephone Board	Sally Klepper
Telephone Calling List	Jennifer Fenderbosch
Garden Therapy	Bonnie Armstrong
Website	Sue Jagoda
Mentors	Kathryn Eyring, Jennie Jones, Elaine George, Jennifer Fenderbosch

### Civic Interest Gardens

Gazebo	Pam Hoffmann/Georganne Wolnowski
Herb Garden	Colleen Wilber
Wildflower	Anita Webb/Jennie Jones
Library Butterfly	Lillian McPherson/Bev Stives
Fence Garden	Jane Kozey/ Diana Wyrock
Beach Park Point	Barbara Nahm/Marianne Stern
Walker Rd. Butterfly	Sally Klepper
Old Firehouse	Jennifer Fenderbosch

## President's Message

*Jennifer Fenderbosch*

### *Plant America...Grow our Legacy*



Gratitude, Anticipation, and Wonder are three words that fill my heart each December. **Gratitude** for living here and now. Gratitude for loving our Garden Club family. Gratitude for being given the opportunity to teach generations of people about our beautification projects. Our civic gardens and flower shows promote interest in home gardening, floral design and encourages participation in civic planting and conservation. **Anticipation** is for the unknown that lies ahead while learning new design techniques, stretching outside of our comfort zone, and being open to opportunities to share kindness and joy. **Wonder** is that awe-inspiring moment when the sun shines upon trees coated in crystalline ice, the newly fallen snow crunches underfoot and the natural world seems from another place and time. It is reflecting about a time 2019 years ago when a young expectant mother rode a donkey while in labor to Bethlehem and delivered a baby boy in a stable who became the Savior of the world. That is wonder.

Not everyone feels joy around the holidays. Some replace the empty feeling by looking for new things to do and new experiences to explore. Reach out to those who are alone, include them in festivities. After all, we are family....the Avon-on-the-Lake Garden Club family.



## Watering House Plants

*Submitted by Jennifer Fenderbosch*

There are no hard and fast rules to watering, because every situation is different, due to temperature variations, humidity and soil types etc. It is better to keep an indoor plant on a slightly dry side than over watered. More houseplants die

from over watering than any other cause! Never allow your house plant to stand in a saucer of water for more than an hour or two!

In general, it is a sound practice for most house plants to let the soil dry out somewhat between watering. To determine if a plant needs water, test the soil by poking your finger about half an inch down into it; you will be able to feel how wet or dry it is. These are very useful in getting to know the water needs of your plants. Of course, there are exceptions to the above general rule. Plants such as the Boston Fern, Caladium and Zebra plant won't tolerate dry soil. They should be watered often enough to keep the soil surface from becoming dry. Dieffenbachia and Schefflera plants need less water than the normal plant. They should be watered until the soil has been dry to the touch for one or two days. Cactus and Succulents prefer a dry environment and thus the soil should be allowed to dry out well between watering. Tap water is treated with chemicals for your safety, however most house plants don't like chlorine or fluoride, so allow the water to sit in an open container for at least 24 hours prior to using it for watering. This is enough time for the chlorine and fluoride to dissipate and evaporate from the water. It will also give the water time to come up to room temperature.

<https://www.ag.ndsu.edu/hort/info/inform/indoor/water.htm>

## Clean Water Victory

*Submitted by Pam Hoffmann*

**H2Ohio** will provide \$172 million over the next two years for projects that will address **harmful algal blooms**, including \$46 million in the first year for nature-based solutions, such as the creation and restoration of wetlands and floodplains.

While the establishment of H2Ohio creates huge opportunities for addressing harmful algal blooms, Tracy Freeman, Nature Conservancy, says we need adoption of sustainable agriculture practices. This includes improving soil health and nutrient management on farms, restoring floodplains and wetlands and implementing water management tactics like two-stage ditches and retention ponds.



On September 26, 2017, the Operational Land Imager (OLI) on the Landsat 8 satellite captured these natural-color images of a large phytoplankton bloom in western Lake Erie. © NASA Earth Observatory image by Joshua Stevens, using Landsat data from the U.S. Geological Survey. <https://www.nature.org/en-us/about-us/where-we-work/united-states/ohio/stories-in-ohio/h2ohio-water-fund/>

## GLOW

### Cleveland Botanical Gardens

Creative Garden Club crafters decorated the club's GLOW tree at the Cleveland Botanical Garden. Kudos to all the crafters for their creative efforts!

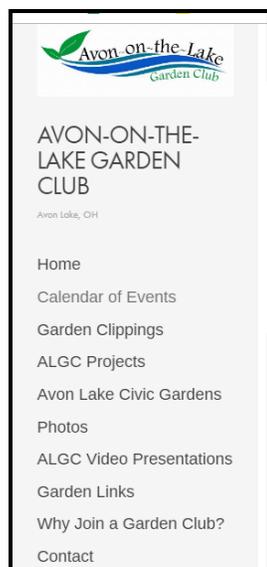


## National Garden Club of Ohio

*Submitted by Nadge Herceg*

Kathy Wagner was pleased to announce our donation total for the 2018-2019 campaign was \$3380.00. Thank you to all garden clubs who donated to this worthy cause. Your continued support is much appreciated. The new campaign for 2019-2020 began July 1, 2019 and will continue until June 30, 2020.

The Nature Conservancy envisions Ohio thriving with healthy streams, wetlands and forests that will help revitalize the globally significant Great Lakes and Ohio River. With partners like The Garden Club of Ohio, we will conserve the most vital freshwater and forest habitats in Ohio and support the conservation of related habitats beyond our borders.



Check out the Avon on the Lake Garden Club's website at:

[avonlakegarden.club](http://avonlakegarden.club)

## Christmas Apple Salad

*Fenderbosch family favorite*

Baby Spinach Leaves  
 Cubed apples with skins left on in lemon juice  
 Cubed cheese  
 Dried Cranberries  
 Walnuts, Toasted  
 Lemon/Olive Oil Vinaigrette  
 Toss the baby spinach leaves  
 Dress the rest of salad over spinach leaves



## How Can a Great Cup of Coffee Support Birds, Farmers, and Local Communities?

*Submitted by Jennifer Fenderbosch*

Have you ever wondered where beautiful songsters such as orioles, tanagers, and warblers go when they head south for the winter? Watch the video to join scientists Amanda Rodewald from the Cornell Lab of Ornithology and Nick Bayly of Selva for a morning of studying birds on a Colombian shade-grown coffee farm.

Coffee is one of the most important crops in the Andes of Colombia—and when grown under a canopy of trees, it supports abundant birds attracted to the insects, nectar, and fruit that trees provide. Unlike on sun-grown coffee farms where trees have been cut down, the trees of shade-grown farms help prevent erosion and landslides, improve water quality, contribute nutrients to the soil—and support birds so they can survive the winter and make their long return north each year. Your support helps scientists document the benefits of farming practices for birds and for people—paving the way for more communities to help create a more sustainable world.

## Let's clear the air! Get a houseplant for health

*Submitted by Marianne Stern - Cleveland Plain Dealer*

Like pets, indoor plants have long been known to reduce stress. The findings aren't anecdotal, either.

A 2016 study by Korean and Japanese researchers reported in the Journal of Physiological Anthropology set out to find whether interaction with indoor plants can alleviate the "great deal of stress to modern people" caused by "information technology." The male young adult subjects were divided into two groups, one tasked with repotting an indoor plant and the other with completing an assignment on a computer. When the tasks were completed, the groups switched roles, and the researchers found "significant" differences in blood pressure and heart rate that showed

"interaction with indoor plants may reduce psychological and physiological stress by suppressing autonomic nervous system activity." And the 1989 NASA Clean Air Study revealed that plants are the most efficient (and cost-effective) method of reducing indoor air pollution, removing such toxins as benzene and formaldehyde from the air.

If you think those can't possibly be in your home, think again. If you've got carpeting, vinyl flooring, upholstered furniture, plastic grocery bags, cigarette smoke or even a roll of paper towels, you might be inhaling toxins on a regular basis. Ironically, scented air fresheners can exude harmful chemicals into our breathing space.

Opening a window and running a fan is the most effective way of replacing contaminated air with fresh air, but because airborne chemicals are mostly colorless, odorless gasses, we can't rely on our senses to alert us to take action. In addition, our climate isn't conducive to keeping the windows open 24/7 year round.

The good news is that for low levels of toxins, such as those likely found in the average home, ordinary houseplants can help.

We already know the symbiotic relationship we humans have with plants: They provide us with the oxygen we need, and we exhale the carbon dioxide they require. Their absorption of our discarded carbon-dioxide filters - or cleans - the air for us. But plants can absorb many other gasses, including volatile organic compounds (VOCs) and other indoor air pollutants.

In 2016, Vadoud Niri, a chemist at SUNY Oswego, released findings from his research that proved common houseplants are effective in removing harmful compounds from the air. After a visit to a nail salon with his wife during which he became alarmed at the ambient odor from VOCs from nail polish remover, Niri set out to build upon the landmark NASA study. He found that in just 12 hours, a single bromeliad removed 80% of six compounds from the air; dracaena was extremely efficient at removing acetone, an ingredient in nail polish remover;

and spider plants drastically reduced the amount of VOCs in the air immediately upon exposure.

Flowering plants, such as chrysanthemums and gerbera daisies, are most effective at removing benzene from the air. The chemical is found in many household detergents, inks, dyes, synthetic fibers, tobacco smoke, and plastic and rubber products. Long-term exposure to benzene can result in a decrease in red blood cells and can damage the immune system, plus the U.S. Department of Health and Human Services has associated benzene exposure with an increased risk of cancer.

Conventional golden pothos has been shown to reduce the amount of environmental chloroform, a suspected carcinogen found in small amounts in chlorinated water and released into the air when we shower or boil that water. Philodendrons, spider plants and golden pothos are most effective at removing formaldehyde from the air. The chemical has been found to exude from carpeting, cleaners, foam insulation, furniture, paper products, plywood, and particle board. **GO CLEAN WITH THESE PLANTS**

According to an Indoor Landscape Plants for Indoor Air Pollution Abatement report released by NASA and the Associated Landscape Contractors of America in 1989, these plants are among the most effective in removing toxins from the air. Keep in mind that the benefit is limited: One plant will not purify all the air in your home, so consider placing one (or more) in each room.

**Bamboo palm** (*Chamaedorea sefeifrizii*), **Chinese evergreen** (*Aglaonemamodestum*), **English ivy** (*Hedera helix*), **Golden pothos** (*Epipremnum*) **Gerbera daisy** (*Gerbera jamesonii*), **Janet Craig** (*Dracaena fragrans* "JanetCraig"), **Marginata** (*Dracaena marginata*), **Mother-in-law's tongue** (*Sansevieria trifasciata laurentii*), **Philodendron spp.**, **Pot mum** (*Chrysanthemum morifolium*) **Peace lily** (*Spathiphyllum* "Mauna Loa"), **Snake plant** (*Sansevieria*), **Spider plant** (*Chlorophytum*), **Weeping fig** (*Ficus*)

## Amaryllis

*Submitted by Jennifer Fenderbosch*

In Greek mythology, "Amaryllis" was a very attractive shepherdess. The word means "splendid beauty".

After the flowers fade, cut off the flower stalk with a sharp knife. Make the cut 1 to 2 inches above the bulb. Don't damage the foliage. To bloom next season, the plant must replenish its depleted food reserves. The strap-like leaves manufacture food for the plant. Place the plant in a sunny window and water when the soil surface is nearly dry. Fertilize every 2 to 4 weeks with a water-soluble houseplant fertilizer.

Move the plant outdoors in late May or early June. Harden or acclimate the plant to the outdoors by initially placing it in a shady, protected area. After 2 or 3 days, gradually expose the amaryllis to longer periods of direct sun. Once hardened, select a site in partial to full sun. Dig a hole and set the pot into the ground. Outdoors, continue to water the plant during dry weather. Also, continue to fertilize the amaryllis once or twice a month through July. Bring the plant indoors in mid-September. Plants left indoors should be kept in a sunny window. To bloom, amaryllis bulbs must be exposed to temperatures of 50 to 55 degree F for a minimum of 8 to 10 weeks. This can be accomplished by inducing the plant to go dormant and then storing the dormant bulb at a temperature of 50 to 55 degree F. To induce dormancy, place the plant in cool, semi-dark location in late September and withhold water. Cut off the foliage when the leaves turn brown. Then place the dormant bulb in a 50 to 55 degree F location for at least 8 to 10 weeks.

After the cool requirement has been met, start the growth cycle again by watering the bulb and placing it in a well-lighted, 70 to 75 degree F location. Keep the potting soil moist, but not wet, until growth appears. The other option is to place the plant in a well-lighted, 50 to 55 degree F location in fall. Maintain the amaryllis as a green plant from fall to early to mid-winter. After the cool requirement has been met, move the plant to a warmer (70 to 75 degree F) location.

## Philadelphia Flower Show

*Riviera Holiday*

**February 29 – March 8, 2020**

*Submitted by Nadge Herceg*

The PHS Philadelphia Flower Show is the nation's largest and longest-running horticultural event and features stunning displays by the world's premier floral and landscape designers. Started in 1829 by the Pennsylvania Horticultural Society, the show introduces diverse and sustainable plant varieties and garden and design concepts. In addition to the major garden displays, the Flower Show hosts world-renowned competitions in horticulture and artistic floral arranging, gardening presentations and demonstrations, special events, and the citywide Bloom Philly pre-Show celebration. The Philadelphia Flower Show has been honored as the best event in the world by the International Festivals & Events Association, competing with events such as the Kentucky Derby Festival, Tournament of Roses Parade, Indianapolis 500 Festival, and other international celebrations.

Overview

Exhibits and Highlights

Bloomin' Brunch

Butterflies Live!

Tours

Make & Take

Flowers After Hours

Fine Wine & Good Spirits

Preview Party Gala

Potting Parties

Fido Friday

Flower Show Shop

Details and ticket information at:

<https://theflowershow.com/>