



# The Garden Club of Coral Springs

COME GROW WITH US!

FEB 2021

Member of Florida Federation of Garden Clubs ([www.ffgc.org](http://www.ffgc.org)) and National Garden Club ([www.gardenclub.org](http://www.gardenclub.org))

MONTHLY MEETINGS ARE THE 2ND THURSDAY DURING THE MONTHS OF OCTOBER THROUGH MAY FROM 10 AM TO NOON - OCTOBER, FEBRUARY AND MARCH MEETING LOCATIONS ARE ON ZOOM UNTIL FURTHER NOTICE. OTHER MONTHS MEET AT VARIOUS LOCATIONS.

## A Message from your President: Jeri Decker

Happy Valentines' Day!

I hope everyone has gotten their vaccines or is scheduled to receive them. By my birthday, I'll have my second shot. Yippee! My husband isn't even eligible.

- Marcy is still working with the City of Coral Springs and Sawgrass Nature Center and Wildlife Hospital to have our Garden Fest on March 20-21, 2021 at Sawgrass Nature Center. Please mark your calendars and, hopefully, you can volunteer at our booth. Luanne has graciously made up a budget for this event.
- On February 12<sup>th</sup>, we will be delivering the potted air plants to Harbor Chase. Thank you to everyone who helped make this happen. We will email pictures when everything is completed.
- Congratulations to Mary Anne McKay! She is our Honeybee Award winner of the month.
- Thank you, Mary Anne, for donating a water feature to Veterans' Garden. She is placing it in honor of Teri Jablow.
- We continue hosting the Zoom Environmental School course 3; this month we're expecting 45 participants! Some of the money that we are raising from this project will go towards the Million Orchid Project.
- We will be participating in the Million Orchid Project sponsored by Fairchild Tropical Garden and Fort Lauderdale Garden Club. Dates will be forth coming. Luanne Betz chairman will be sending out the information. Dotty has graciously made up a budget for this project and has applied for a grant from FFGC. We have received many accolades for this project, and thanks a million to Luanne who has been my right hand throughout.
- Our next Zoom meeting will be February 11<sup>th</sup> at 10 a.m. Samantha Jarvis will be presenting a program on Manatees.

Thank you everyone for attending our Zoom Meetings! Someday we will meet again in person.

Jeri

## GARDEN CLUB MEETING SCHEDULE

**MAR 11, 21** - Mounts Botanical Gardens speaks of succulents

**APR 9, 21** - Butterfly Garden Tour of Amy's Garden

**VISIT OUR WEBSITE** - [www.coral Springsgardenclub.org](http://www.coral Springsgardenclub.org)

What would you like to see in our newsletter? Please email suggestions to [dmolski@bellsouth.net](mailto:dmolski@bellsouth.net).  
Membership in the Garden Club is open to all regardless of gender, age, race, ethnicity or religious affiliation.

# Using Leaves and Weeds

by Lynn Rochelle

I have taken several classes on edible weeds, leaves and flowers. By no means am I an expert, but want to share my experiences and a few fun facts. The plant smorgasbord possibilities are endless. Be sure and do your own research. Every one of the plants listed below are ones I have eaten, made into tinctures, and/or used as condiments. Use only plants that you know have not been sprayed.

The ever present hibiscus is not just another pretty face. Its flowers have multiple uses, such as teas, relishes, and jams. The teas are high in vitamin C. The leaves are also edible and useful in stews or salads.



The multiple use Moringa is an amazing pharmacy. Leaves are an excellent source of many vitamins and minerals. One cup of fresh, chopped leaves contains: 2 grams of protein; vitamin B 6; vitamin C; iron; B 2; vitamin A; and magnesium. The leaves and flowers are zesty. I've eaten them raw and in soups. The bark is also edible, but I haven't eaten it yet.



The begonia pictured here is in my yard. I have eaten the flowers and leaves. The flowers add color and zing to salads. Lemony, they also contain vitamin C.



So you think the much maligned Spanish Needle/Bidens Alba is a nuisance? The bees love them. The flowers offer a variety of valued anti-properties: antibacterial, antifungal, antimicrobial, to name a few. I've eaten the flowers right off the plant only in places where I know there has been no spraying. I've used the leaves in stews and soups, but not too many.



The surprising Pellitory tastes like cucumbers. This one is growing in my yard as a volunteer. Known for treating arthritis and improving digestion, the leaves are a little fuzzy and might tickle the tongue.



Lippia Alba makes an excellent lemony tea. I have this in my yard as well, and if anyone wants a cutting, I am glad to share. It is a vigorous grower. In the verbena family, its properties contribute to soothing the digestive tract. The tea is also known to help one relax.



Poor Man's Pepper is prolific. Use sparingly, for it is powerfully peppery. I overused it in a pot of beans and was not happy. The leaves contain protein, vitamins A and C.

Banana leaves. I marinated salmon for a few hours in gin, water, and olive oil, along with a mixture of moringa leaves and flowers, miniature red thyme, wild basil, and culantro. The gin cooks off. I wrapped the salmon in 2 banana leaves and baked it at 350 for 20 minutes. Depending on the thickness, bake a bit longer for a thicker piece. It was tender, juicy, and delicious. No residual taste remained from the banana leaves.



## **THE START (and continuation) OF A WONDERFUL EVENT** **(Please help with the 14th year of this event!)**

Our first Gardenfest Coral Springs was held at Riverside Park on March 29th and 30th, 2008. It later moved to the Walk and this year will be at Sawgrass Nature Center & Wildlife Hospital. Previously, we had done many lovely events, such as: a Garden Tour with trolleys taking the attendees to different homes and then to lunch; Meet the Ladies Cocktail Party honoring the First Lady of Coral Springs Ellen Ernest Jones; and a Venetian Carnevale.

We decided that we wanted to do something that more residents could enjoy. What could be better than showing what we love? So we showcased flowers, herbs, fruit, flowering trees and so much more from Nature?

Gardenfest has been a great success. We have helped many students with college tuitions, provided an enjoyable and educational event for our residents and helped to support our many loyal vendors. As a footnote, the following have been with us throughout our 14 years! Broward Orchid Supply, Paul Morrow Bamboo, Biscotti Girl, Clarence Simmons Wood Baskets, Honey Smack Attack, Air Plants, Happy Dog Bakery, Higher Heights Natural Body Care, Greenhouse Orchids, Bob Sureephong Fruit and Flowering Trees, Roland Mathieu Plants and George Sortino and Kortney Roses and Flowering Trees. Please be sure to stop by these very loyal vendors!



## **INTERESTING Q & A from the Dec 2020 issue of SMITHSONIAN**

Question - How long does it take for a flower to replenish its nectar supply?

Answer - It all depends on the creature the flower evolved to attract, says Gary Krupnick, the head of the plant conservation unit at the Museum of Natural History. Nectar is a sugar-based substance that lures pollinators so their bodies transfer bits of fertilizing pollen from flower to flower. Plants adjust their nectar production to match the needs of their pollinators. Small blue borage flowers, which attract bees and butterflies, can replenish their nectar in two minutes. Agave plants, which attract needle-nosed bats, produce nectar only at night. A recent study found that evening primrose is even able to detect the specific sound frequencies of its bee pollinators. When it does, it produces fresh nectar in three minutes to attract them.

Be sure to follow our Facebook page where we all post photos of our events and garden! The Garden Club of Coral Springs.



## February in the Garden



### What to Plant

**Annuals/Bedding plants:** Good performers in South Florida's mild winter include impatiens, verbena, dianthus, strawflower, and lobelia. **See *Annuals*:** [http://edis.ifas.ufl.edu/topic\\_annual\\_landscape\\_plants](http://edis.ifas.ufl.edu/topic_annual_landscape_plants)

**Bulbs:** Many bulbs can be planted now. Divide large, crowded clumps. Provide adequate water for establishment. Some examples include Amazon lily, crinum, and agapanthus. **See *Bulbs for Florida*:** [http://edis.ifas.ufl.edu/topic\\_bulbous\\_flowers](http://edis.ifas.ufl.edu/topic_bulbous_flowers)

**Groundcovers:** Consider replacing areas of grass with drought-tolerant, low-maintenance groundcovers. **See *The Florida-Friendly Landscaping™ Guide to Plant Selection and Landscape Design*:** [https://fll.ifas.ufl.edu/pdf/FYN\\_Plant\\_Selection\\_Guide\\_2015.pdf](https://fll.ifas.ufl.edu/pdf/FYN_Plant_Selection_Guide_2015.pdf) and ***Ground Covers*:** [http://edis.ifas.ufl.edu/topic\\_ground\\_covers](http://edis.ifas.ufl.edu/topic_ground_covers)

**Vegetables:** Winter vegetable gardening is in full swing. Last month to plant cantaloupes, cucumbers, eggplant, lettuce, peppers, spinach, and tomatoes for a late spring harvest. Protect crops in the unlikely event of a frost or freeze. **See *Vegetable Gardening in Florida*:** [http://edis.ifas.ufl.edu/topic\\_vegetable\\_gardening](http://edis.ifas.ufl.edu/topic_vegetable_gardening)

### What to Do

**Lawns:** Fertilize lawn grasses to improve color or coverage. Choose a fertilizer (not a "weed and feed") with no or very little phosphorus unless a soil test indicates the need for it. A fertilizer with controlled-release nitrogen provides longer-lasting results. **See *Lawn Fertilizer*:** [http://edis.ifas.ufl.edu/topic\\_lawn\\_fertilization](http://edis.ifas.ufl.edu/topic_lawn_fertilization)

**Roses:** Prune roses this month to remove damaged canes and improve the overall form. After pruning, fertilize and apply a fresh layer of mulch. Blooming will begin 8–9 weeks after pruning. **See *Roses*:** [http://edis.ifas.ufl.edu/topic\\_rose](http://edis.ifas.ufl.edu/topic_rose)

**Shrubs and palms:** Fertilize shrubs and palms by spreading fertilizer evenly over the soil surface and watering it in. Follow with a fresh layer of mulch to conserve moisture and reduce weeds. Delay pruning any cold-damaged branches until new growth starts. **See *Palm Nutrition and Fertilization*:** [http://edis.ifas.ufl.edu/topic\\_palm\\_nutrition](http://edis.ifas.ufl.edu/topic_palm_nutrition) and ***Landscape Fertilization*:** [http://edis.ifas.ufl.edu/topic\\_landscape\\_fertilization](http://edis.ifas.ufl.edu/topic_landscape_fertilization)

**Lawns:** Apply a preemergence weed killer (not a "weed and feed") to lawns late this month to prevent germination of warm-season weed seeds. Apply when temperatures rise to 65°F for 4–5 days. Timing is important for good control. **See *Lawn Weeds*:** [http://edis.ifas.ufl.edu/topic\\_lawn\\_weeds](http://edis.ifas.ufl.edu/topic_lawn_weeds)

**Avocados and mangos:** Disease-susceptible varieties of avocado and mango may require applications of copper fungicide. **See *Avocado*:** [http://edis.ifas.ufl.edu/topic\\_avocado](http://edis.ifas.ufl.edu/topic_avocado) and ***Mango*:** [http://edis.ifas.ufl.edu/topic\\_mango](http://edis.ifas.ufl.edu/topic_mango)

**Citrus:** Fertilize now if not done in January. Frequency and amount of fertilization depend on the age of the tree. **See *Home Citrus Culture*:** [http://edis.ifas.ufl.edu/topic\\_citrus\\_home\\_citrus\\_culture](http://edis.ifas.ufl.edu/topic_citrus_home_citrus_culture)

# THOUGHT YOU SHOULD KNOW



## FEBRUARY BIRTHDAYS

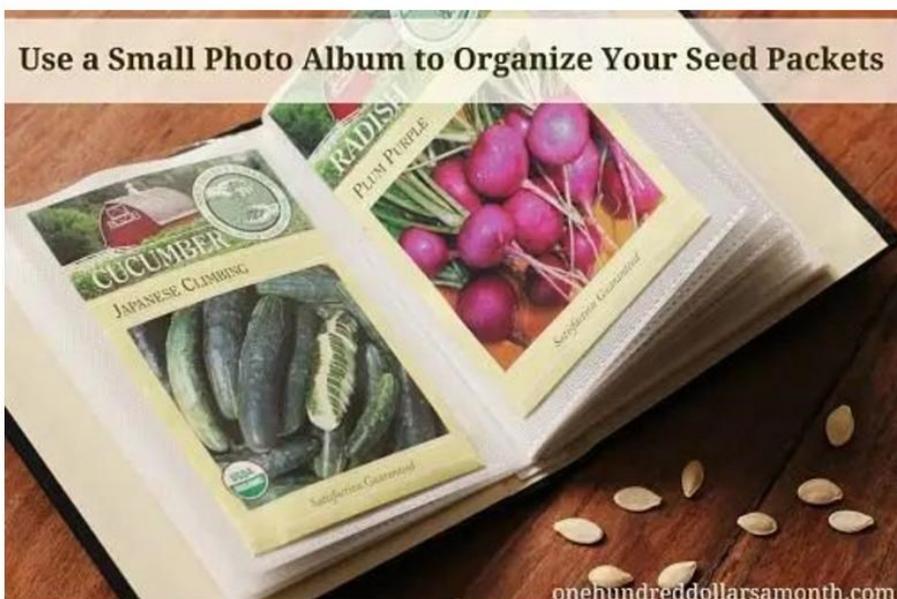
Ginny Lee	2/09
Jeri Decker	2/15
Susan Baer	2/16

## PLANT OF THE MONTH



**Anthuriums** are long blooming and very easy to care for. They have thick green leaves and **heart** shaped blooms that can be red, white, pink or blackish, depending on the variety. Anthuriums are also called 'flamingo flower' and 'painted tongue'. High light and lightly moist soil are required to keep them alive and thriving. Hardy to **zones 10** or higher, **anthurium** is very sensitive to the cold and needs steady temperatures between 60 and 90 degrees F. to thrive. When temperatures dip below 60 F. outdoor anthurium plants can be damaged. Read more at Gardening Know How: Anthurium Outdoor Care – How To Grow Anthuriums In The Garden <https://www.gardeningknowhow.com/houseplants/anthurium/growing-anthuriums-in-garden.htm>

## PRODUCT OF THE MONTH



While it might not seem like a **Dollar Store photo album** would be a garden item, it's just the right size to store all your various seed packets & plant labels. It makes it so handy to flip through to see the seeds you already have on hand and whether it's time to restock!

**Price :** **\$1.00**

# Happy Valentine's Day



## A 'SWEET' VALENTINE VASE

A clear glass vase, some conversation candy hearts, rose buds and some pretty ribbon is all it takes to make this "sweet" Valentine décor.

## SEA GLASS HEART

A simple wooden heart from the Dollar Store, mixed pieces of sea glass & a hot glue gun are all that is required to make this pretty heart.



# PATRON DONORS

## ORCHID LEVEL

Jeri Decker

Marcy & Sal DiMare

Deb Weatherly



## ROSE LEVEL

Luanne Betz

## AZALEA LEVEL

June Bookal

Mary Anne McKay

## BEGONIA LEVEL

Dot Molski

Lynn Rochelle

Donna Benckenstein

Susan Baer

Suzanne Anzalotta

Albert Dion

Catherine Dixon

## DAISY LEVEL

Barbara Dorinski

Marsha Holzer

Margot Berros

Jenny Hays

Carole Hirshman

Yelitza Glaser

Patricia Dixon



THANK YOU FOR YOUR GENEROSITY

Orchid:	\$1000
Rose:	\$ 500
Azalea:	\$ 250
Begonia:	\$ 100
Daisy:	\$ 50

# PATRON DONOR INCENTIVES

		CSGC*	FFGC*	PATCH	BADGE	MEMBERSHIPS ,EVENTS
<b>ORCHID</b>	\$1000	X	X	2		3 for 2 people**
<b>ROSE</b>	\$ 500	X	X	1		2 for 1 person**
<b>AZALEA</b>	\$ 250	X	X	1	1	1 for 1 person
<b>BEGONIA</b>	\$ 100				1	1 for 1 person
<b>DAISY</b>	\$ 50			1	1	

\*CSGC: CORAL SPRINGS GARDEN CLUB

\*FFGC: FLORIDA FEDERATION OF GARDEN CLUBS

<b>*MEMBERSHIPS</b>	American Orchid Society	\$ 79 each
	Bonnet House	\$ 65 each 2/\$100
	Butterfly World	\$ 70 each
	Fairchild Tropical Gardens	\$ 95 each 2/\$120
	Flamingo Gardens	\$ 65 each 2/\$115
	Mounts Botanical Garden	\$ 50 each 2/\$ 75
	National Wildlife Federation	\$ 75 Garden Tools
	Sawgrass Nature Center	\$ 30 each 4/\$ 50

<b>*EVENT</b>	<b>MAY LUNCHEON</b>
	<b>HOLIDAY PARTY</b>

\*\*Top two levels, 50% of money will go to Scholarship Fund

Patrons names will be acknowledged on Website, Facebook and Newsletter