



The Garden Club of Coral Springs

COME GROW WITH US!

JANUARY 2024

Member of Florida Federation of Garden Clubs (www.ffgc.org) and National Garden Club (www.gardenclub.org)

MONTHLY MEETINGS ARE THE 2ND THURSDAY DURING THE MONTHS OF SEPTEMBER THROUGH MAY FROM 11:30AM TO 1:30PM - ALSO SOME SATURDAYS TO ACCOMMODATE OUR WORKING MEMBERS - MEETINGS ARE HELD AT NORTHWEST REGIONAL LIBRARY AND FIELD TRIPS ARE HELD AT VARIOUS LOCATIONS - PLEASE SEE THE SCHEDULE IN THE NEWSLETTER AND ALSO ON OUR WEBSITE.

A MESSAGE FROM OUR PRESIDENT JERI DECKER

Thank You for a Successful Year and Exciting Plans for the New Year!

Dear Fellow Gardeners,

As we near the end of this wonderful and successful year, I want to extend my heartfelt thanks to each and every one of you for your hard work, dedication, and unwavering commitment to our gardening initiatives. Together, we have achieved remarkable milestones, and I am incredibly proud of what we have accomplished.

I would like to express my deepest gratitude to Pilar for her outstanding presentation to the NGC, which has resulted in us securing a \$2000 grant. This generous grant will be instrumental in kickstarting our next major project, in collaboration with the city, to establish a vibrant butterfly garden that will further enhance our community and environment.

As we approach the New Year, I am filled with anticipation for the many exciting gardening activities and projects that lie ahead. I am confident that with our collective passion and expertise, we will continue to make a positive impact and create beautiful spaces for all to enjoy.

I wish you all a joyful and prosperous New Year, and I eagerly look forward to working alongside each of you as we embark on this new chapter filled with growth and opportunity.

Warm regards,

Jeri Decker

VISIT OUR WEBSITE - www.coralspringsgardenclub.org **OUR ADDRESS:** PO Box 773334, Coral Springs, FL 33077
What would you like to see in our newsletter? Please email suggestions to dmolski@bellsouth.net.
Membership in the Garden Club is open to all regardless of gender, age, race, ethnicity or religious affiliation.



THE HEALTH BENEFITS OF GARDENING

By Nancy Varillas

Gardening can be a lot fun but it can also be good for your health in many ways. There are numerous benefits of gardening including positive physical and mental impacts on your well being. One of the ways gardening provides a physical benefit relates to the different types of movement we do as we garden. It serves as a form of low impact exercise which helps to tone various muscles, improve your flexibility, help keep arthritis at bay, improve your overall muscle and ligament strength in your arms, legs, hands and feet while providing a light cardiovascular workout. In addition, it is estimated that one can burn up to 300 calories or more per hour when gardening. One study demonstrated that gardening not only helped prevent high blood pressure; it also reduced the risk of stroke and heart attack by 30% in people ages 60 and over as well prolong life.

Of interest, it has been noted that humans have something in common with plants. We are both capable of photosynthesis which means we both make some necessary nutrients through sunlight. Specifically, we make Vitamin D through exposure to sunlight. It is estimated that 30 minutes in the sun can produce between 8,000 to 50,000 i.u. of vitamin D in your body. Vitamin D is essential for hundreds of body functions including absorption of calcium and phosphorus which strengthen your bones. This helps to ward off osteoporosis. Vitamin D also strengthens your immune system and helps prevent some cancers. It improves brain function, boosts your mood, can aid in weight loss and lowers your risk for various diseases such as diabetes and high blood pressure. Just be sure to wear sunscreen outdoors!

Gardening also improves levels of several brain nerve growth factors which are related to memory. Analysts also found that horticulture therapy, which uses gardening to improve mental health, may be effective for people with dementia. In fact, it has been shown that daily gardening may reduce the risk of dementia by 36%. In addition it helps improve and/or preserve your

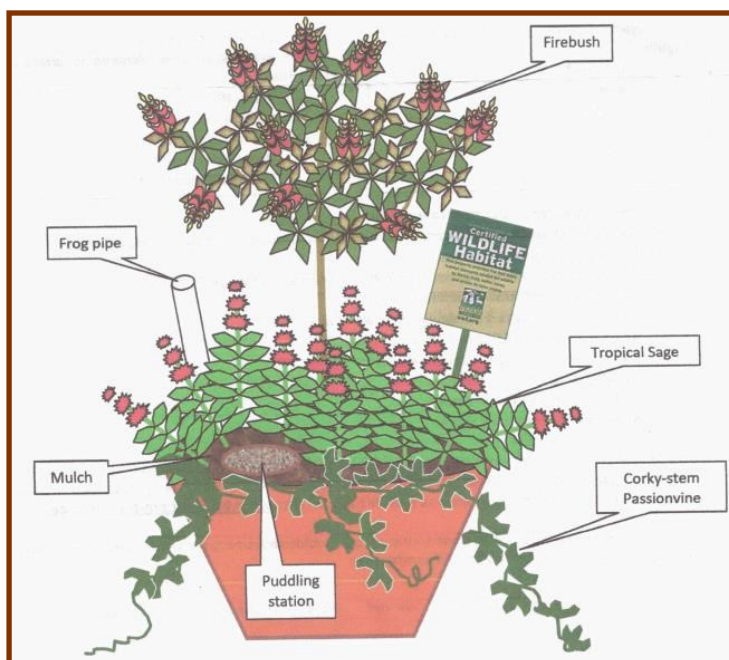
cognitive brain functions. It also improves your mood, self-esteem and improves symptoms of depression. Gardening clears your mind and helps combat negative thoughts. Moreover, there is a healthy bacteria, *Mycobacterium Vaccae*, that lives in the soil. Also known as the “happiness bacteria”. When inhaled, this bacteria can increase your levels of serotonin which is a “feel good” chemical produced in your body as well as lower anxiety.

In addition to reducing depression and anxiety, studies have shown that gardening may reduce the amount of stress hormone produced. Less Cortisol means a reduction your stress level. Gardening allows you to be mindful and live in the moment by giving you an opportunity to focus on a specific goal and task. It has been shown to fight stress better than most hobbies.

Lastly, multiple studies have demonstrated a correlation between people that spent time in their garden on a regular basis and healthy individuals. Compared to sedentary individuals, the reports showed gardening had observable positive health outcomes. So remember, an active gardener is a healthier one!

Sources:





1. Antonelli, M et al, “Phytoncides: The Science Behind Forest Bathing Benefits.” 8 December 2020. Available: <https://forestbathingcentral.com>.
2. British Journal of Sports Medicine, “DIY gardening can cut heart attack/stroke risk by 30 percent, prolong life for seniors.” Science Daily, 28 October 2013.
3. Choan, S. “The Health Benefits of Gardening For seniors”. Available: www.organiclesson.com.
4. Marsh, J. “4 Phytoncides Benefits: How Trees Improve Our Health”. Environment. 24 February 2023.
5. Stanborough and Sullivan. “Seed, Soil and Sun: Discovering the Many Healthful Benefits of Gardening”. 17 June 2020. Available: www.prowellness.childrens.pennstatehealth.org.



Thank you to Caroline Steffen for this picture showing how we can all create a small pollinator garden on our own patios and balconies. We need not have a big yard.

Editors Note: I apologize but you may need to print out these five pages to read them. Nancy V, Edna and Will did this summary of our activities in the application for the award to be recognized as the Garden Club of the Year. It is amazing both in recognizing all we have accomplished, and in how detailed they were documenting them. I felt it imperative they be included as presented.



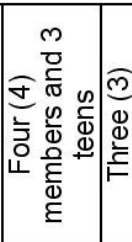
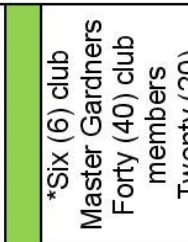
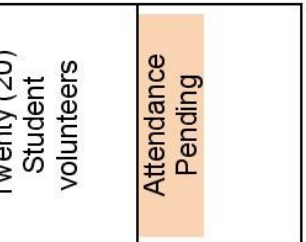
The Garden Club of Coral Springs
2023 Programs/Event List

Category	Date	Event	Description of Event	Attendees
	1/23/23	Club Assembly of Floral Pots for Broward Health Coral Springs Hospital Nursing Units	Club members gathered; wherein 3 hand-crafted the pots and 4 placed the plants into the pots.	Seven (7) members
	2/14/23	Delivery of 14 Floral Pots to community hospital as described on 1/23/23	Club members delivered the floral pots to nursing stations in appreciation of healthcare workers on Valentine's Day.	Three (3) members involved with delivery
	4/11/23	Membership Drive at NWR Library	Club members present information about the club to promote publicity about our club and seek new members from within the community.	Six (6) members – two (2) new members signed up
	4/22/23	EarthFest at Sawgrass Springs Nature Center, Coral Springs, FL	Club partners with the Nature Center/Wildlife Hospital to Promote Earth Day with a Club Tent/Table that offers free public education via our master gardeners, free plants, club promotional brochures along with a membership drive.	Twelve (12) members including 3 master gardeners
	5/11/23	Annual High School and College Scholarship Luncheon, Woodmont Country Club, Tamarac, FL	The club offers three (3) \$ 1,000 scholarships for students who are preparing to major in a field related to the environment or horticulture. Two (2) are presented to high school seniors and one (1) to a currently enrolled college student. College student was awarded later.	Attended by District President - Bonnie Cole, 37 members and 2 scholarship recipients with 1 guest each.
	6/8/23	Luncheon and Presentation to College Scholarship Winner.	Social Luncheon at La Bamba with presentation to our college scholarship award winner.	Twenty-five (25) members
	6/9/23	Orchid Planting at Ralph Diaz Park in Coral Springs	Started by Fairchild Botanical Gardens as part of "The Million Orchid Project" in collaboration with the City of Coral Springs Parks and Recreation. Orchid planting on one of our local parks.	Twenty (20) members including 3 master gardener
	8/5/23	Final Orchid Planting at Sawgrass Springs Nature Center in Coral Springs	Club partners with Fairchild Botanical Gardens and City of Coral Springs Parks and Recreation. Goal of 1,000 orchids planted by club in city parks met.	Eleven (11) members with 2 master gardener

	8/10/23	Luncheon Celebration Honoring Achievement of Club Orchid Planting Goal. Coral Springs, FL	Luncheon to celebrate the Club's achievement of stated goal for planting 1,000 orchids in trees throughout selected city parks.	Six (6) City Officials Thirty-four (34) members
	6/20/23	Pollinator Week Library presentation to public co-sponsored by our garden club and the Coral Springs Women's Club regarding Importance of Pollinators	Club members including MG and Apiarist, who provided various honey samples for public tasting along with live plant and poster board presentations as well as butterfly enclosure with live caterpillars and Monarch butterfly chrysalis. Florida native wildflower seed free give away to the public. Attempted to recruit new members.	Fifteen (15) members some of which are also Women's Club members.
	7/11/23	Library Cork Recycling Presentation, Western theme get together at library.	Story board related to cork recycling program. Collected corks and educated the public.	Six (6) members
	9/10/23	Initiation of "Monarch City" Project with City of Coral Springs	See award application and BOE p.3 for more information of our ongoing project.	See application
	9/13/23	City Employee Wellness Day 2023 at the City Gymnasium	Club members attended the city's wellness day and presented on "The Health Benefits of Gardening". Herbal Tea bag give-away.	Three (3) members with 200+ attendees
	10/7/23	Dedication of Community Garden	Dedication of the club's new rented garden bed at the rotary community garden.	Six (6) members
	10/26/23	Sandy Ridge Sanctuary and Nature Preserve, Coral Springs	Invasive species plant removal and prickly pear cacti planting for the tortoises.	Five (5) members
Club & District Meetings				
	1/14/23	Club/Public Education @ North West Regional Library	"Florida Friendly Landscapes" by Master Gardener Lorna Bravo	Thirty-two (32) members
	2/9/23	Club meeting and education. Also "Trash to Treasure" fundraiser.	"Pruning our Gardens Dos and Don't" by Master Gardener Inger Jones	Twenty-eight (28) members

	3/11/23	Club meeting and education	"Ecology Exploring Environmental Challenges and Opportunities, Human Population and it's Impact on the Environment" by Library Speaker Mallorie Harbour	Twenty-nine (29) members
	9/14/23	Club meeting and education. Also "Trash to Treasure" fundraiser selling donated items to club members	Forest Ranger presentation planned but cancelled at last minute. Club agenda completed plus seed exchange & trash to treasure sale.	Thirty-one (31) members
	9/16/23	Saturday club meeting and education	"Orchids Reporting and Care". Hands on demonstration by JimNI orchids and orchid sale.	Thirty-one (31) members
	11/9/23	Club meeting and education at our Northwest Library	Meeting and "Wildlife in the Park" presentation by Park Naturalist from Broward County.	Twenty-seven (27) members and 3 guests
	4/13/23	Club meeting and "Make and Take"	Club meeting followed by a hands on lesson for making a wreath by Rhoda Mann	Thirty-five(35) members
	4/26/23	District XI Spring Meet	Meeting and luncheon	Seven (7) members
	10/19/23	District XI Fall Meet	Meeting and luncheon to celebrate FFGC's 100 th birthday.	Nine (9) members
	7/19/23	Club Board Meeting	Board members attend to discuss future activities, presentations, fund raising and more.	Five (5) members
	8/12/23	Club Budget Meeting	Reviewed previous fiscal years budgets and created new budget for current fiscal year.	Five (5) members
	10/28/23	Bylaws revision meeting via Zoom	Discuss and propose revision to the club's bylaws.	Six (6) members
Club Field Trips				
	1/12/23	Kampong Gardens Field Trip, Miami, FL	Tour of National Tropical Botanical Gardens dedicated to research and conservation.	Fifteen (15) members
	2/25/23	Sandy Ridge Sanctuary Field Trip Coral Springs, FL	Wildlife preserve and conservation project. Home to gopher tortoises as well as a variety of plant and animal species. Also features a lake and wetlands area. Tour given by ex-mayor of our city, Roy Gold.	Seven (7) members

	3/9/23	Arboretum at Constitution Park Field Trip, Deerfield Beach, FL	Tour of the "Tree Zoo" arboretum volunteer, Mary Hannigan	Twenty (20) members
	10/12/23	Field Trip to "Tree Amigos Growers" Nursery, Davie FL	Presentation and informative guide by Jason, the nursery co-owner, on growing vegetables, edible medicinal plants and organic gardening supplies.	Thirteen (13) members
	10/14/23	Inaugural Club Secret Home Garden Tour	Club members visited three (3) club member's gardens and received a guided tour by owners. Participants gathered ideas and gardening tips.	Nineteen (19) members
	11/4/23	Field trip to Anne Kolb Nature Center, Hollywood, FL	Presentations park staff on Manatees and Sea Turtles followed by a guided walk on boardwalk through mangroves.	Thirteen (13) members
Senior Activities				
	7/18/23	"Fun with Flowers" Make and Take for Seniors at Coral Springs Senior Activity Center.	Club members lead hands on demonstration for seniors to follow and create their own floral designs for keeping.	Seven (7) members and 20 seniors
	8/15/23	"Potted Plants" Make and Take for Seniors at Coral Springs Senior Activity Center	Club members lead hands on demonstration for seniors to follow and create their own potted plant collection for keeping.	Seven (5) members and 24 seniors
	11/7/23	Garden Therapy "Pizza Garden" workshop, Coral Springs Senior Center	Hands on workshop; whereby, seniors will be taught how to plant small tomato, oregano and basil plants into a container to create a pizza garden. Plants raised by garden members.	Fourteen (14) attendees including 5 members
	10/18/23	Coral Springs Senior Health Fair at the City Gymnasium	Club members attended the city's wellness day and presented on "The Health Benefits of Gardening". Herbal Tea bag give-away.	Three (3) members with 175 attendees
Youth Groups				
	1/29/23	Marjorie Stoneman Douglas (MSD) High School Garden 9 am – 10:30 am	1/29/23: Played garden jeopardy and taught the high school's garden club students about native plants as well as weeding.	Six (6) members including a master gardener. MSD Garden Club

		<p>2/26/23: Master gardeners taught the high school's garden club students about common garden bugs as well as assisted with weeding.</p> <p>3/26/23: Provided education and assisted the high school's garden club students with planting herbs and vegetables.</p> <p>4/23/23: Member, David Thompson, received an appreciation award for making beautiful wooden signs for the schools/garden with QR codes linked to plant descriptions.</p> <p>5/28/23: Assisted students with rebuild of a portion of the garden border and walking pathway</p> <p>10/29/23: Helped perform upkeep with weeding and led discussion on identification of weeds.</p> <p>11/19/23: Members donated three (3) hydroponic barrels and four (4) pairs of shears while assisting youth members.</p>	<p>Members with approx. twenty (20) students plus several teachers.</p>
		<p>11/14/23 Education to Forest Glen Middle School Youth Group</p>	<p>Four (4) club members and Fifteen (15) students</p>
		<p>2/9/23 Nature's Bloomer's Youth Group, Sawgrass Nature Center (4 – 5 pm)</p>	<p>Four (4) members and 3 teens</p>
		<p>3/9/23 Nature's Bloomer's Youth Group, Sawgrass Nature Center (4 – 5 pm)</p>	<p>Three (3) members and 2 teens</p>
Major Fundraiser			
	<p>3/18-19/23 Club's Annual "GardenFest". Plant, Floral and various gardening related vendors purchase booth spaces for the weekend fair</p>	<p>Annual scholarship fund raising club project; wherein, we team up with the city's "Coral Springs Festival of the Arts" which gamers visits from approximately 30,000 shoppers throughout the weekend.</p> <p>* All volunteers worked in shifts throughout the two (2) day event.</p>	<p>*Six (6) club Master Gardeners Forty (40) club members Twenty (20) Student volunteers</p>
	<p>December To be completed</p> <p>12/2/23: Holiday Luncheon 12/7/23: Toys for Tots Delivery 12/12/23: Education and Take Away 12/14/23: Club meeting/education</p>	<p>A celebration of our club's achievements as well as children's toy collection and holiday gift exchange. Health Benefits of Gardening and kid/adult gift. Meeting and "Composting and Recycling" presentation by Environmental Program Manager.</p>	<p>Attendance Pending</p>

MEET THE MEMBER

by Jill Kareff

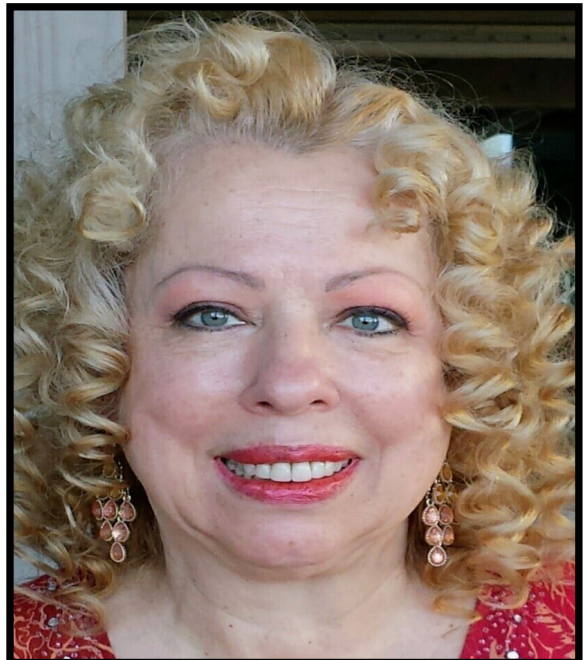
Caroline Steffen

Originally from the small town of Glen Ridge in the garden state of New Jersey, Caroline Steffen moved to Florida to pursue her love of gardening as well as her many other passions. Her love of colors, especially red, white and orange, has influenced her choice of plants. She now is focused on turning her garden into a native plant oasis to attract and support our native birds, bees, and butterflies. They thank you!

After a wonderful and rewarding 35 year career as a Special Education School Consultant, she retired and moved to Florida. Caroline continues to volunteer in the schools. She also volunteers at the Arboretum and Deerfield Island Park. Caroline also likes to take advantage of all the educational and entertainment events in our area.

From an early age, Caroline was interested in nature. She had some wonderful teachers who presented her with many projects involving agriculture, including rock gardens. She encouraged her two children to play sports and both were members of the 4H clubs. Having been a Master Gardener for over 18 years - 10 in New Jersey and 8 in Florida - she is constantly trying new techniques and exploring the ecology of Zone 10 gardening. She prides herself in being a Florida Friendly Landscape Professional. We are proud too to have her in our Club, and I am sure the Boca Raton Gardening Club is also happy to have her in their club.

Caroline is a huge optimist and has focused her energies on the limitless future. She has many passions that ignite her imagination and is very glad to be a member of the Garden Club of Coral Springs. Her New Year's resolution is to get back into photography and playing the harp!



That's our Caroline Steffen!

Please consider helping others, including Mother Earth,
by recycling the following products.
Collection Chair is Mary Anne McKay unless otherwise noted.

COLLECTION ITEMS

Towels for the horses: Bit by Bit/Horses for heroes - also go to Food for the Poor.

Tabs from soda cans, pet food cans, vegetable cans, etc. Money earned is used to K-9 dogs for first responders and the military.

Prescription Bottles with Caps and labels removed or blacked out - They go to the country of Columbia and other countries in need.

American Flags in poor condition - The American Legion accepts them and they are properly disposed of.

Corks - Chaired by Jeri - These are donated to Whole Foods who will recycle them into clothes and other useful items.

Pennies for Penny Pines - Chaired by Sherry Swerdlow - Our pennies go towards reforestation.

Eyeglasses are donated to the Lions Club for people in need.

The Garden Club of Coral Springs Schedule of Events 2023-2024

(Events and Speakers subject to change.)

<u>DATE</u>	<u>EVENT</u>
January 11 (Thursday)	Field Trip to Shark Valley for Tram Tour 10 AM to 2 PM
January 13 (Saturday)	Meeting - Master Gardener speaks to Flowering Plants for Shaded Areas and Patios plus seed and pot exchange
January 16 (Tuesday)	"The Good Bad and Ugly Bugs" at Forrest Glen Middle School 3:45 PM
January 19 (Friday)	Arbor Day Plant a Cypress Tree at 11 AM at Sawgrass Nature Center
February 8 (Thursday)	Meeting - Rick from Botanica Organica speaks to Edible and Medicinal Plants - also Trash to Treasures
February 10 (Saturday)	Field Trip to Wakodahatchee Wetlands guided tour by Kristen Hoss of YEA
February 14 (Wednesday)	CS Fireman/Police Appreciation
March 14 (Thursday)	Meeting - "Fun with Flowers" presented by FFGC Chairman Emily Haggerty Palmieri
March 16-17 (Sat& Sun)	10 AM - 5PM GardenFest
April 11 (Thursday)	Meeting - Presentation on Sea Turtles and Seed Exchange by Nova SE University - also seed exchange.
April 27 (Saturday)	9 AM - 12PM Earth Day at Sawgrass Nature Center
May 9 (Thursday)	11AM - 3PM Scholarship Luncheon
June 15 (Saturday)	Lunch
July 11 (Thursday)	Lunch
August 17 (Saturday)	Lunch

Also in the planning stages:

- a joint project with the City to make our City a Monarch City.
- a program with first and second grade students on "Parts of Plants We Eat" and they will make terrariums to take home.
- Garden Therapy presentations at Coral Springs Wellness Center.



The Garden Club of Coral Springs

COME GROW WITH US!

Golden Bee Award

Nominated by members.

Awarded to a member who goes above and beyond.



This month's winners are WILL AND EDNA HOLTON!

They have volunteered several times since they joined our club. They came to several orchid plantings helping to prep the orchids.

They regularly attend our meetings and bring refreshments. And most of all... helped Nancy V with collating the information for the Garden Club of Year Award application.

They have volunteered for many hours at GardenFest and have recruited new members.

Oh, I can't forget the huge bag of corks! They definitely will be recycled into wonderful pieces of clothing etc.

Will and Edna are truly golden and dedicated gardeners.

Thank you, Will and Edna, for your dedication!

New year resolution:
Laugh a little louder, smile a
little bigger, love a little deeper,
and walk through life a little
slower.



Bittle 2013

JANUARY

WHAT TO PLANT

Annuals/Bedding plants: Plants that can be added to the garden during the coolest months include begonia, browallia, lobelia, dianthus, dusty miller, and nicotiana. **See Annuals:** https://edis.ifas.ufl.edu/topic_annual_landscape_plants

Bulbs: Winter is a great time to plant bulbs that will bloom in the spring. Some examples include Clivia lily, crinum, and agapanthus. **See Bulbs for Florida:** https://edis.ifas.ufl.edu/topic_bulbous_flowers

Herbs: Many herbs will thrive now that temperatures are cooler, including tarragon, thyme, dill, fennel, and any of the mints. **See Herbs:** https://edis.ifas.ufl.edu/topic_herbs

Vegetables: Many vegetables can be planted this time of year. This is the last month to plant Irish potatoes, beets, broccoli, brussels sprouts, cabbage, cauliflower, collards, kale, mustard, and turnips. **See Vegetable Gardening in Florida:** https://edis.ifas.ufl.edu/topic_vegetable_gardening

WHAT TO DO

Landscape: It is a good time to plant woody shrubs. Remember Right Plant/Right Place and match the mature size with the location. Water frequently to get new plantings off to a good start. **See The Florida-Friendly Landscaping™ Guide to Plant Selection and Landscape Design:** https://ffl.ifas.ufl.edu/pdf/FYN_Plant_Selection_Guide_2015.pdf and **Shrubs:** https://edis.ifas.ufl.edu/topic_shrubs

Trees: Prepare for hurricane season now by checking trees for damaged or weak branches and pruning if needed. Hire an ISA-certified arborist. See International Society of Arboriculture: <http://isa-arbor.com/> and **Pruning Landscape Trees and Shrubs:** https://edis.ifas.ufl.edu/topic_tree_pruning

Irrigation: Water plants if temperatures remain higher than normal and rainfall is scarce. **See Landscape Irrigation:** https://edis.ifas.ufl.edu/topic_landscape_irrigation

Shrubs and trees: Prune non-spring flowering shrubs and trees this month to improve form. **See Pruning Landscape Trees and Shrubs:** https://edis.ifas.ufl.edu/topic_tree_pruning

Arbor Day: Celebrate Florida Arbor Day (the **third Friday of January**) by planting a tree in your yard or community. **See Arbor Day in Florida:** https://edis.ifas.ufl.edu/topic_arbor_day

Pests: Apply horticultural oil to citrus, shrubs, and deciduous fruit trees while plants are dormant to control scale. Apply copper spray to mangoes after bloom. **See Landscape Pest Management:** https://edis.ifas.ufl.edu/topic_landscape_pests

Happy New Year!



MARY ANNE MCKAY 01/13 (it needs more candles !!!)

PLANT OF THE MONTH

Beach Sunflower (*Helianthus debilis*)



Beach sunflower is a butterfly-attracting Florida native that's perfect for hot, dry sites, including coastal areas. Many gardeners like to use it as a colorful and drought-resistant groundcover.

Fun fact: the flower heads always follow the sun throughout the day.

Beach sunflower (*Helianthus debilis*) is a spreading perennial plant that also reseeds, creating a larger clump over time. It blooms almost year-round with two-inch, daisy- or sunflower-like flowers that have yellow petals and brown centers. Because of their year-round flowering, these plants can be especially good for brightening up the landscape during the warm and cool temperature extremes during the year. It should be noted that in areas with freezing temperatures beach sunflower is an annual, but it will generally reseed itself.

Another feature of beach sunflower is its ability to attract wildlife; several species of butterflies appreciate the flowers and the fruits attract birds. Additionally, the flowers can be cut off and displayed very nicely indoors.

Care should be taken to select local subspecies, also called ecotypes. For example, varieties found on the west coast should not be planted on the east coast and vice versa. This is because the non-local ecotype can hybridize with the local subspecies.

Bolting: What, Why, and How to Prevent it

MAY 3, 2023

What is bolting?

Bolting describes an edible, frost-tolerant plant like lettuce, cilantro, or other greens quickly going to seed, before we would like. Signs that your plant might be bolting are when it gets taller than its maturity height and flower heads appear. In many cases, these changes make the vegetable flavor bitter, stems or roots woody, and, in general, unpalatable.

Why do plants bolt?

A rise in temperature, a cold period, changes in day length, or other plant stresses are factors that most often cause plants to bolt. When stress goes on long enough, plants switch their energy to survival of the species and therefore form flowers for reproduction, thus bolting.

How can bolting be prevented?

Plant in the right season. Many cool-season or frost-tolerant crops like broccoli, lettuce, or radishes mature better before temperatures get into the 80s, so you'd have to plan accordingly. For example, if your springtime usually heats up quickly, start earlier, or plant in late summer, fall, or even winter, depending on your climate, when you have reliably cool weather. Certain crops, like winter radishes, will only form a nice root if they are planted in late summer or fall because the days get shorter.

Avoid stress. Keep plants watered consistently. Transplant or transfer seedlings to a larger pot before the roots get crowded ("root bound") and remember to [harden off plants](#) before transplanting. Use **row cover or plant in the shade** of other plants to keep greens and lettuce cool as the season warms. Mulching a spring crop early can help keep the soil and roots cooler, prolonging the harvest.

Cover young broccoli or cauliflower plants and near-mature bulbing onions during a cold snap to protect them from bolting. In the case of young broccoli and cauliflower, if young plants are stressed into flowering, the small plants will only produce small heads (which are actually un-opened flowers).

Sow quick-maturing plants like lettuce, cilantro, or radish regularly. Succession sowing can keep some plants always coming into maturity instead of relying on one sowing to last a long time without bolting in the garden.

Choose varieties that are "**bolt resistant**, long standing", or are described as "holding well" or having a long harvest period. These varieties resist the environmental stresses that press them toward flowering.

You may wonder why we ask you sign in at meetings and when you are volunteering at or participating in events. Every May at our Luncheon, we award Queen Bee pins to recognize the participation of our members. Following are the qualifications. There is plenty of time to fulfill the requirements and be recognized by your peers!

Do be a Do Bee

Don't be a Don't Bee

Become A Queen Bee

Become an active member and
Help our club be the buzz!
Around town.

How to earn pins?

Worker Bee Pins:at meetings

Complete 2 out 4 for one pin

- Attend 6 out of 16 meetings or events.
- Bring a refreshment to meeting.
- Bring a new member or guest.
- Active on a committee

Queen Bee Pin:

Must receive Worker Bee criteria and complete.
4 from below

- Attend an additional meeting or event.
- Volunteer at Gardenfest for at least 2 hours
- Volunteer at Earthfest Booth at least 1 hour
- Help with school youth group
- Help with Community Projects

THE GARDEN CLUB OF CORAL SPRINGS
YARD OF THE MONTH
BEAUTIFICATION PROJECT



Please help us acknowledge the beautiful yards and gardens in our community of Coral Springs and surrounding areas. We are fortunate to be able to garden year-round due to our semi-tropical climate.

If you, or someone you know, would like to be nominated for our

Yard of the Month Award

contact

gardenclubs2020@yahoo.com

with name and address of property to be nominated

HAPPY GARDENING!!

Congratulations goes to Hank and Mindi Rudan from Parkland for winning our Yard of the Month Award. Their home is a tropical paradise.



PIC•CO

Our Yard of the Month Award goes to Winston and Marvalyn Marsh in Coral Springs. Winston has a unique way of making mulch for his garden by shredding coconut husks. He has invited us back to visit when the garden is in full bloom in the spring.



YARD OF THE MONTH GUIDELINES

Nominations are made by members. PLEASE review the following rules and keep this in mind as you drive around our area.

Yard of the Month guidelines were determined by Ken, Mary Anne, Carol J, Nancy D, Casey and Jeri.

Nominations for Yard of the Month are for the front and back yards.

Areas covered are Coral Springs, Parkland, Tamarac, Coconut Creek, and Margate.

Anyone can nominate a yard to the club, even yourself. This nomination is sent to gardenclubs2020@yahoo.com.

No patios or condos are considered.

Pictures of said nominations are sent for approval and a google earth search is completed by Jeri.

Jeri will send photos of the nominations to the committee, but everyone wins unless the yard is not suitable.

After the nominations are approved, Ken or Jeri will call and set up an appointment around the 15th of every month.

Emails are then sent to the committee for presentation of the sign with a date, time and addresses of the winners. The garden is then visited by the committee and/or other club members and the sign is presented along with a laminated certificate.

Mary Anne makes up the certificate and there are 4 signs.

Nancy photographs the yard during the visit and then a collage is made and put on Facebook. Photos from Facebook are then sent to Mary Anne and Dotty to be added to the newsletter. Yard of the Month winners will also be uploaded to the club's web site.

Thirty days after placing the sign in the yards, they are picked up and taken to the next winners by various committee members.

Any exceptions to the above guidelines are to be determined by the committee.



The Garden Club of Coral Springs

ORCHID LEVEL

ROSE LEVEL

Jeri & Ken Decker

AZALEA LEVEL

BEGONIA LEVEL

Les Corbin

Mary Wells

Carol Johnson

Mary Anne McKay

Dotty Molski

Dotty Molski

Debbie Strong

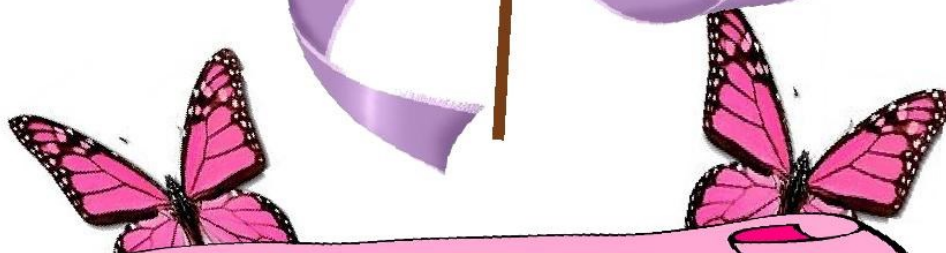
Luanne Betz

DAISY LEVEL

Debbie Strong

Luanne Betz

Dave Thompson



THANK YOU FOR YOUR GENEROSITY

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

PATRON DONOR INCENTIVES

		<u>GCCS*</u>	<u>FFGC*</u>	<u>PATCH</u>	<u>BADGE</u>	<u>MSHIPS ,EVENTS</u>
ORCHID	\$1000	X	X	2		3 (M/E) for 2 people
ROSE	\$ 500	X	X	1		2 (M/E) for 1 person-
AZALEA	\$ 250	X	X	1	1	1 (M/E) for 1 person
BEGONIA	\$ 100				1	1 (E) for 1 person
DAISY	\$ 50			1	1	

*GCCS: THE GARDEN CLUB OF CORAL SPRINGS

*FFGC: FLORIDA FEDERATION OF GARDEN CLUBS

<u>*MEMBERSHIPS</u>	American Orchid Society	\$ 81 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

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

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

Patrons names will be acknowledged on Website, Facebook and Newsletter

WEB SITES FOR MORE INFORMATION:

UNIVERSITY OF FLORIDA:

<http://plants.ifas.ufl.edu/>
Native aquatic and wetland plants in Florida

<http://florida.plantatlas.usf.edu/>

Florida-Friendly Landscaping™ Pattern Book:
http://fyn.ifas.ufl.edu/pdf/FFL_Book_Zone_10_081610.pdf

Florida Yards & Neighborhoods Plant Selection Guide:
http://fyn.ifas.ufl.edu/pdf/FYN_Plant_Selection_Guide_v090110.pdf

NATIVES FOR YOUR NEIGHBORHOOD—SOUTH FLORIDA

<http://regionalconservation.org/beta/nfyn>
Find out how to turn simple gardening into habitat restoration by using plants native to your specific area

<http://www.plantfinder.com>

<http://www.floridanativenurseries.org>

<http://www.fnqla.org/>

www.floridata.com

<http://flawildflowers.org>

SOUTH FLORIDA WATER MANAGEMENT:
www.sfwmd.gov

PUBLISHERS:

<http://upf.com>
(the scholarly publishing arm of the State University System of Florida)

<http://www.pineapplepress.com/>

NATIVE PLANT & OTHER BOOKS:

NATIVE FLORIDA PLANTS, Revised Edition
Robert G. Haehle & Joan Brookwell
(Amazon.com, Borders, Barnes & Noble carry this)

A GARDENER'S GUIDE TO FLORIDA'S NATIVE PLANTS
Rufino Osorio, University Press of Florida

FLORIDA'S BEST NATIVE LANDSCAPE PLANTS
Gil Nelson, University Press of Florida

THE GUIDE TO FLORIDA WILDFLOWERS
Walter Kingsley Taylor/ the book is color coded—very useful
(Amazon and possible Barnes & Noble)

FLORIDA WILDFLOWERS: A Comprehensive Guide
This is the 2013 update from Walter Kingsley Taylor and includes the newest scientific information about Florida's wildflowers. (Amazon and possible Barnes & Noble)

EVERGLADES WILDFLOWERS
Color coded. A great field guide
Roger L. Hammer, The Globe Pequot Press

FLORIDA KEYS WILDFLOWERS
Color coded—companion to **Everglades Wildflowers**
Roger L. Hammer, The Globe Pequot Press

ATTRACTING HUMMINBIRDS & BUTTERFLIES IN TROPICAL FLORIDA
Roger L. Hammer, University Press of Florida

NATIVE PLANT LANDSCAPING FOR FLORIDA WILDLIFE
Very well written and informative,
Craig N. Huegel, University Press of Florida

NATIVE FLORIDA PLANTS FOR SHADY LANDSCAPES
Craig N. Huegel, University Press of Florida

BRINGING NATURE HOME
How Native Plants Sustain Wildlife In Our Gardens
Douglas Tallamy: Timber Press

FLORIDA GARDENER'S GUIDE (REVISED EDITION)
Tom MacCubbin & Georgia Tasker
Cool Springs Press/ <http://coolspringspress.com>

NATIVE BROMELIADS OF FLORIDA
Harry E. Luther & David H. Benzing, Pineapple Press, Inc.

WILD ORCHIDS OF FLORIDA
Paul Martin Brown/A more compact update & field guide of the work of Carlyle A. Luer, University Press of Florida

FLORIDA'S FABULOUS BUTTERFLIES
Includes special chapter on moths &
FLORIDA'S FABULOUS INSECTS
2 separate oversize publications in the FLORIDA FABULOUS series. WORLD PUBLICATIONS/ www.allfloridabooks.com

FLORIDA BUTTERFLY GARDENING
Marc C. Minno & Maria Minno
University Press of Florida

ATTRACTING BENEFICIAL BUGS TO YOUR GARDEN
Jessica Walliser: Timber Press

ATTRACTING NATIVE POLLINATORS
Protecting North America's Bees & Butterflies
The Xerces Society: Storey Publishing

ATTRACTING BIRDS TO SOUTH FLORIDA GARDENS
James A. Kushlan & Kirsten Hines
www.kirstenNatureTravel/publications

THE BOOKS OF PAMELA CRAWFORD:
<http://pamela-crawford.com/pamela-crawfords-books/>

A Garden Diary:
A Guide to Gardening in South Florida ©
by Robert G. Haehle and M.E. DePalma
De Palma Enterprises

THE HERB SOCIETY OF AMERICA NEW ENCYCLOPEDIA OF HERBS & THEIR USES
The Definitive Guide to the Identification, Cultivation and uses of Herbs
Deni Bown: Dorling Kindersley Publishing Staff