



The Garden Club of Coral Springs

COME GROW WITH US!

AUGUST 2025

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 10:30AM TO 12:30PM - ALSO SOME SATURDAYS TO ACCOMMODATE OUR WORKING MEMBERS - MEETINGS ARE HELD AT NORTHWEST REGIONAL LIBRARY (3151 N UNIVERSITY DR, CORAL SPRINGS) AND FIELD TRIPS ARE HELD AT VARIOUS LOCATIONS - PLEASE SEE THE SCHEDULE IN THE NEWSLETTER AND ALSO ON OUR WEBSITE. OUR GENERAL MEETINGS AND FIELD TRIPS ARE OPEN TO FUTURE MEMBERS AND GUESTS.

President's Message—Summer Fun

Hello Garden Girls and Gents,

I hope you're enjoying a wonderful summer and maybe even had a chance to do some traveling! Despite the heat, the Garden Club has stayed active and connected with two delightful library sessions: "*Coloring Your World with Orchids*" and "*Coloring Your World with Plants*." We also shared some great conversations and laughs over summer lunches at Outback and Little Havana. There is still one more opportunity to join us—our final summer lunch will be on **August 16th at Benihana's**. If you would like to attend, please email Debbie Strong at deb.bob@outlook.com.

We have also welcomed some new members! Meanwhile, Pat, Rochelle, Gail, Jeri and the two Kens have joined Les in weeding and watering at Whispering Woods Park. Thank you to Dave for installing a new sign recognizing the club! Debbie Weatherly and Lynn Rochelle have also been busy tending to Veterans Park, and Debbie generously shared some cuttings at our last library gathering—despite dodging raindrops!

With the help of Olivia Leary, we have soft - launched our **Seed Exchange Library** at the NW Regional Library. Members can request up to six varieties of seeds per order through Olivia - just visit her website <https://www.thelittleseedlibrary.org/> for details. We also have drawers available for seed donations. If you contribute seeds, please include labeling and instructions. Unsealed donations will be repackaged by our volunteers. This *Seed Exchange Library* is free and proudly sponsored by the Garden Club of Coral Springs.

Mark your calendar for our first meeting of the season on September 11th, featuring CJ McCartney who will speak about "Nature Inspired Landscaping and Wildflower Meadows & Butterflies". For the latest updates on meetings, events and club happenings visit us anytime at www.coralspringsgardenclub.org.

Wishing you sunny days, rain and happy gardening,

Luanne Betz
President

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.

DOES GARDENING IMPROVE MENTAL WELL-BEING?

BY Kerry Sachs

June 3, 2025

This is one of my hobbies and I enjoy it. Over the last five years I have successfully grown many varieties of tomatoes, radishes, carrots, spinach, arugula, lettuces, bananas, strawberries and mangoes. All organic.

For me gardening is a workout, meditation and opportunity to socialize with my neighbors all rolled into one. While I'm admittedly biased, research backs up some of the observations that gardening can have real benefits for your mind and body.

Gardening gets you moving. Shoveling mulch, pulling weeds and lugging around a watering can all qualify as moderate intensity physical activities. Gardeners tend to report higher levels of physical activity overall compared with non - gardeners.

In one recent study conducted in Colorado, people who joined a community garden logged nearly six extra minutes a day of moderate - to - vigorous physical activity compared with people who were on the waiting list for a plot. That may not sound like a lot, but it added up to about 42 extra minutes per week. It is a way to meet the goal of the federally recommended goal of 150 minutes per week and be more active without having to get on a treadmill.

There is also some evidence that gardeners, possibly because of this increased activity, have better cardio - metabolic health. One study of older adults found that, compared with those who don't exercise, people who gardened as one of their main physical activities had lower rates of heart attack, stroke, diabetes, high cholesterol and high blood pressure.

Some of the more vigorous gardening activities, like digging, raking and hauling bags of potting soil, can also serve as a strength workout, challenging muscles in the arms, legs and core.

Some studies report that working in a garden lowers people's scores on anxiety and depression measures. Other research has found increased confidence and self esteem among gardeners. In one study, spending 30 minutes gardening lowered the level of the stress hormone cortisol.

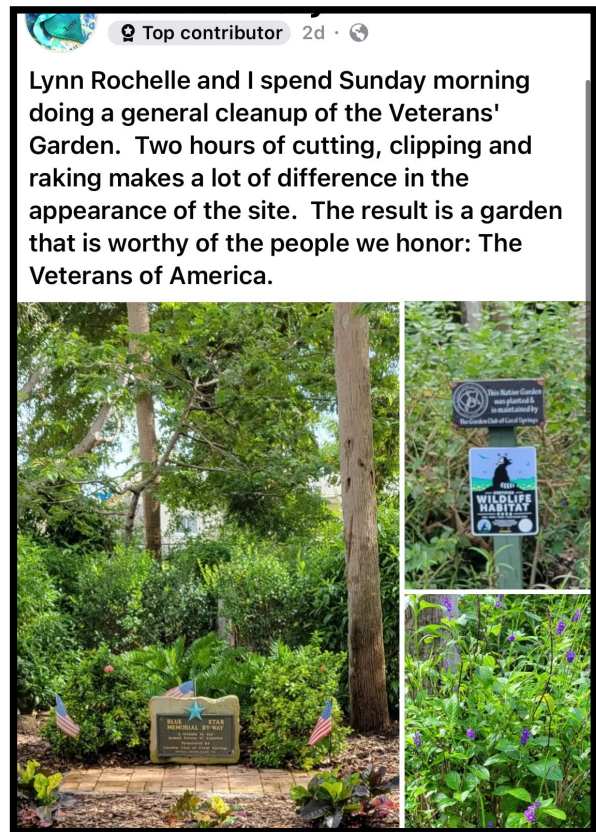
Experts think there are a few possible way gardening improves mental health. Physical activity itself is a well established way to boost mood. Many people also report feeling a sense of meaning and purpose when they garden, which is an important contributor to mental well being. Other people talked about the relationships they developed and said they felt more bonded to their community through gardening. If you garden at home, putting a garden bed in the front yard instead of the back could similarly spur conversation and bring together neighbors.

It is possible that the act of getting your hands dirty could have a positive effect on your mood. There is some research to suggest that bacteria in soil can alter the microbiome in a way that reduces stress and inflammation.

Just being outdoors in a natural environment can provide stress relief and help people recover from mental fatigue. Being in nature activates the mind and senses in a way that takes your attention off other things.

Natural environments are fascinating. All the features of natural environments inherently engage us and kind of distract us from our stressors. You do not need to spend all day outdoors to reap benefits. Five minutes is enough to improve your self-esteem and your mood.

FROM MEMBERS AND PROJECTS



Pulling invasive weeds at Whispering Woods Park.
Thank you Gail, the two Kens, Les, Jeri and not pictured Rochelle and Pat.





National Garden Clubs Inc.

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PLANT NATIVE!



The loss of insects can't be ignored anymore. Birds are struggling to find food. Fireflies are fading. Butterflies have vanished from many gardens. The change begins right at home. Plant Native, remove invasives.

If I do anything good with my life, let it be convincing people that balloon releases is still littering and kills wildlife. 🎈

DEERFIELD ISLAND PARK

Our member Caroline Steffen has volunteered at this park for over 10 years! The Broward County Parks Department has transformed Deerfield Island into a wonderful natural habitat. It is now open to visit any Friday, Saturday or Sunday. They have a free ferry shuttle which runs hourly from 10:00 am to 2:00 pm from Sullivan Island. Broward County will also be building an Educational Center near the island. Note from editor: Should we consider a Club visit to the Park?

Alyssa Lee Phillips, recipient of the “Future Steward of the Environment Award and Vince Cebert Scholarship”. Pictured with Nancy Varillas, Scholarship Chair.



Julia Rose Levine, recipient of the “Future Steward of the Land Award” and Bonnie Brossard Scholarship” Pictured with Luanne Betz, Scholarship Chair



We still have patches available for purchase that you can sew or iron onto a **pink** blouse, tee, hoodie, hat or garment of your choice.

Depending on your level of giving, you may be entitled to one for free. However, they are only \$5 each so it may be fun to get more than one for style flexibility! Please contact Mary Anne at mimi0113@gmail.com to purchase/pick up.

Golden Bee Award

Nominated by members.

Awarded to a member who goes above and beyond.



This month's winner is: **Dolores Culver**

Dolores has been a dedicated member of our club since June 2022, and from the very beginning, she has brought energy, generosity, and a positive spirit to everything she does. Always willing to jump in and lend a hand, Dolores has become a vital part of our club.

She consistently contributes inspiring ideas and has served on several important committees, including Scholarship, Holiday Party, District Meeting, and End-of-Year Planning. Her behind-the-scenes work is invaluable, and her presence is always uplifting.

At Gardenfest, Dolores arrived bright and early - 6:30 AM! - to set up hospitality and make coffee for our vendors, ensuring everyone felt welcomed and cared for.

In a wonderful act of generosity, Dolores personally funded a lunch to honor one of our scholarship recipients—just one example of the kindness and support she offers without hesitation.

And of course, we're also grateful that she brings Paul to our meetings—his cheerful presence is always a bonus!

Dolores is truly a delight to be around. Her warm smile, steady involvement, and generous heart make her a cherished and valued member of our club. Thank you, Dolores, for all that you do.





DO BE A DO BEE
DON'T BE A DON'T BEE
BECOME A QUEEN BEE

Become an active member and help our
CLUB



the BUZZ around town

How to earn pins?



WORKER BEE PINS:



Complete 2 of the 4 or 1 **1**

Attend 5 out of 8 meetings or events

Bring new member our guest

Share a gardening tip at meeting, in newsletter or : Facebook

QUEEN BEE PIN



Must receive 1 WORKER BEE PIN and complete 3 from

Attend an additional meeting or event

Volunteer at Gardenfest for at least 2 hours

Volunteer at Earthfest Booth at least 1 hour

Help Youth Groups assembly of kits or presentation

Work on a committee

Work on a committee

A Heartfelt Thank You to Our Garden Club Members

Dear Garden Club Members,

I want to extend my deepest gratitude to each of you for being a valued member of our Garden Club. Your dedication, passion, and love for gardening and nature truly make our community thrive. Together, we cultivate not only beautiful gardens but also a spirit of friendship, learning, and environmental stewardship.

As members of our Garden Club, you are also automatically part of the National Garden Club, the Deep South Garden Club, the Florida Federation of Garden Clubs, and District XI. This membership opens the door to a wide array of opportunities beyond our local meetings. You are welcome to attend events, workshops, and garden tours across our district and throughout Florida. These experiences are wonderful ways to connect with fellow gardeners, gain new insights, and discover inspiring ideas to enhance our own gardens.

For upcoming Florida events, I encourage you to visit <https://ffgc.org>, and for national-level activities and resources, explore <https://gardenclub.org>. Coral Springs <https://coralspringsgardenclub.org>, our district clubs—Lauderdale by the Sea, Lighthouse Point, Fort Lauderdale, Pompano Beach, and Hollywood—often host their own exciting events. Be sure to check their websites or Facebook pages for the latest updates and opportunities to get involved.

Thank you once again for your commitment and enthusiasm. Your participation enriches our club and helps us foster a vibrant community dedicated to the love of gardening and nature.

If you have any questions, please don't hesitate to call me. 954-913-1616.

Jeri Decker
Membership Chair

IMPORTANT

If you wear your name tag to meetings and events, you'll have the chance to enter a drawing to win a beautiful handmade fused glass pendant. It's a simple way to show your participation and engagement, and who knows—you might be the lucky winner of this unique and stunning piece of jewelry. Don't forget to wear your name tag for your chance to win!

Order a Garden Club Tee Shirt. \$15.00.



Polo shirts white for men , pink for ladies. \$25.00

One tee shirt is given to new members who work the garden fest. Anyone who previously received a shirt will need to purchase if they want an additional tee shirt.

Contact Ken 954-913-1617

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!!

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

Congratulations go to Elyse Claprood and Doris Goldberg of Coral Springs for winning the Yard of the Month Award for the month of May. Many of the colorful plants in this inviting courtyard garden were donated by one of our garden club members, Deb Weatherly.



The Garden Club of Coral Springs Schedule of Events 2025-2026

Meetings are held at Northwest Regional Library in Coral Springs

(Events and Speakers are subject to change.)

<u>DATE</u>	<u>EVENT</u>
August 16 (Saturday)	Summer Lunch at Benihana
September 11 (Thursday)	10:30 AM to 12:30 PM - Meeting with a presentation by CJ McCartney - Nature Inspired Landscaping and Wildflower Meadows & Butterflies
September 20 (Saturday)	10:30 AM to 12:30 PM - Meeting with a presentation by Marsha Eisenberg - Tomato Growing Culture for South Florida
October 9 (Thursday)	Field Trip to Marine Environmental Education Center
October 14 (Tuesday)	District Meeting Lunch
November 1 (Saturday)	10:30 AM to 12:30 PM - Meeting with a presentation by Taryn Palo of Wicked Plants - Trash to Treasure
November 13 Thursday	1 to 3 PM - Field Trip to SWA Recycling Plant
December 13 (Saturday)	Holiday Party at Galluppi's
January 8 (Thursday)	10:30 AM to 12:30 PM - Meeting with a presentation by Paul Kragh from Project Perch
February 7 (Saturday)	Field Trip to Paradise Palms Botanical & Sculpture
February 12 (Thursday)	10:30 AM to 12:30 PM - Make n Take with Jill Kareff and Gail Gauthier (Flowers in Books) - Trash to Treasure
March 12 (Thursday)	10:30 AM to 12:30 PM - Meeting with a presentation by Doug Young - Plants for Birds
April 9 (Thursday)	10 AM Field trip to Jesse Durko
April 18 (Saturday)	10:30 AM to 12:30 PM - Meeting with a presentation by Ashley Cocherham - Stream to Sea
May 9 (Saturday)	Field Trip to Wahoo Bay & Tour Old Pompano
May 14 (Thursday)	Scholarship Luncheon - place to be determined

We plant and maintain a vegetable garden at Sawgrass Nature Center & Wildlife Hospital to help feed the animals.

We planted and maintain a native garden at Whispering Woods Park.

We planted and maintain a Florida friendly garden at Veteran's Park in Coral Springs.

We will be hosting a series at Northwest Regional Library "Color Your World with Plants".

We have a plot in the Community Garden of Coral Springs to grow vegetables and flowers.

August

What to Plant

Annuals/Perennials/Wildflowers: The hottest days of summer limit planting to heat-tolerant **vinca**, **coleus**, **pentas**, **salvia**, and **celosia**. Remove spent blooms, cut back, and fertilize flowering plants to extend the bloom season.



VINCA



COLEUS



PENTAS



SALVIA



CELOSIA

Herbs: Herbs that are best started from plants (not seeds) include **ginger**, **Mexican tarragon**, **turmeric**, and **rosemary**.



GINGER



MEXICAN TARRAGON



TURMERIC



ROSEMARY

Vegetables: Start seeds of eggplant, okra, peppers, pumpkin, squashes, and tomatoes for the fall garden.

What to Do

Palms: Check older fronds for yellowing, which may indicate a magnesium or potassium deficiency.

Vegetables: Solarize the vegetable garden for 4–6 weeks in preparation for fall planting if not done in July.

Ornamental plants: Rapid growth and leaching rains may result in nutrient deficiencies in some plants. Fertilize to correct if ordinances permit

HAPPY BIRTHDAY

CANDIS BUONICONTI

AUGUST 7

DEBBIE STRONG

AUGUST 10

DOLORES CULVER

AUGUST 15

NANCY KLAHR

AUGUST 22

BETH WERTER

AUGUST 22

PLANT OF THE MONTH

COLEUS




Known for its colorful foliage, **Coleus** is a wonderful, low-maintenance plant that adds color to outdoor containers. Take cuttings in the fall to keep this tender annual growing through winter.

With hundreds of varieties displaying many different vibrant shades of numerous colors (e.g., nearly black, bronze, burgundy, cream-color, green, orange, pink, red, yellow, and white) in dramatic ways (e.g., borders, dots, splashes, splotches, streaks, and veins) on large to small leaves with wild shapes and styles (e.g., crinkled, elongated, fingerlike, lobed, ruffled, scalloped, twisted, and webbed), **coleuses** always liven up drab spaces.

Although **coleuses** have square stems like other members of the mint family (Lamiaceae), they display none of their cousins' invasive qualities. Native to Africa, India, Sri Lanka, and Southeast Asia, **coleuses** take three plant forms—upright, rounded, and trailing—and range in height from 6 to 36 inches.

Also known as flame nettle, painted nettle, and painted leaf, **coleus** is a winter-hardy herbaceous perennial in **Zones 10 and 11** that is treated as an annual elsewhere. While traditionally shade-tolerant, some modern varieties will thrive in the sun, too. Be sure to check with your garden nursery on the variety.

Coleus was first discovered in 1853 in the mountains of Java, which is Indonesia's most populous island today.



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 vest 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
Total Wine.**

**Plant a Tree - We are looking for a volunteer to
head this project. Our pennies go towards
reforestation.**

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 HUMMINGBIRDS & 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