

# The Boynton Bloomers

Boynton Beach Garden Club

January 2021

C. DiVeto, Editor

## **PRESIDENTS' REPORT: Toni Cvetko and Lori Wolff**

Hello and Happy New Year to all Boynton Beach Garden Club members! Hopefully, everyone had a happy and healthy Holiday. Thank goodness we have closed the door on 2020. We're looking forward to a better 2021, which will still require socially distancing, mask wearing and hand sanitizing, but the vaccine is going to help us get through it.



In June 2020, we started corresponding with Mayor Grant with hopes that the Women's Club Building or somewhere else could be secured for our meetings. Finally, last month we were contacted by the Mayor's office and informed that they located a room to fit our needs. The conference room is in City Hall and is large; actually, it's three conference rooms, has lots of space for more members to attend in person and still be socially distanced. For members attending the meetings in person, there is a large movie screen to view the ZOOM participants. All the equipment in the building is state of the art. City Hall's address is: 100 E Ocean Ave, Boynton Beach. We are meeting in Conference Rooms 115 A, B, C. Parking is accessible along Ocean Avenue, but it is limited. If all spaces are occupied, you can park in the Schoolhouse Children's Museum parking lot. You may want to carpool if you feel comfortable doing that. The entrance to the conference room is from Seacrest, which means you do not enter through City Hall's main entrance.

An informative program is scheduled for our January 26<sup>th</sup> meeting. Please read all about it in the 1<sup>st</sup> VP/ PROGRAMS article. Besides our regular raffle (6 tickets/\$5), Christine Johnson will be selling \$2 raffle tickets for the Florida Federation of Garden Club's Opportunity Drawing at the January and February meetings. Fabulous prizes are being offered. Proceeds will support the FFGC special projects.

The Penny Pines container will have a home on one of the tables. Remember to bring your spare change. For further information on Penny Pines, read the article by Mary Scheitler.

Please bring your beverage to the meeting since our hospitality committee cannot provide any refreshments at this time.

We look forward to seeing you in person or on ZOOM.

## **PROGRAMS: Nancy Lemcke and Carol Stender**

**Program / Meeting Tuesday, January 26, 1:00  
Boynton Beach City Hall and Zoom**

We are honored and excited to announce that the program will feature Teresa Watkins, author, landscape designer, horticulturist, environmental consultant and radio personality. Read more about her on the next page.

There will be a raffle, tickets \$1.00 each or 6/\$5.00, and we'll be collecting for Penny Pines.

Meet at BB City Hall, 100 E Ocean Ave, Conference Rooms 115 A, B, C, ENTER FROM SEACREST. Limited parking is accessible along Ocean Avenue; you may also park in the Schoolhouse Children's Museum lot.

**The CULINARY GARDNER: PARSLEY! See Pat Inturrisi's article and recipe on page 7.**

General Meeting, January 26, 2021  
Carol Stender, Programming Co-Chair

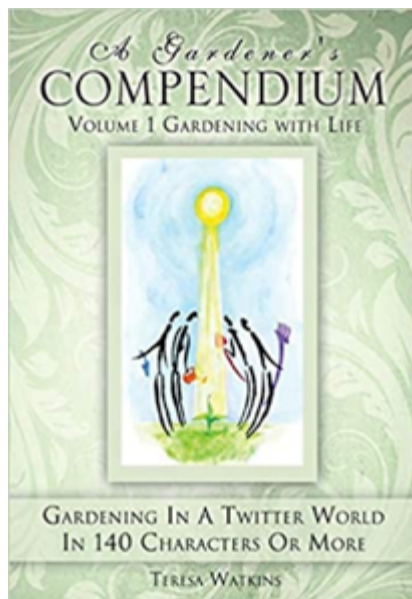


### Teresa Watkins

Florida gardening expert Teresa Watkins will give a ZOOM presentation on Florida Friendly Gardening at our next general meeting.

Author, landscape designer, horticulturist, environmental consultant and radio personality, Teresa Watkins wears many hats. An early leader in Florida-friendly landscaping, she designed the landscape for the first certified Florida "green home" in 2001. Over the past 20 years, more than 37,000 homeowners have attended Teresa's landscaping talks and programs. Ms. Watkins's humor grabs her audience's attention as she offers easily understood principles of landscape design, including site assessment, plant selection, and efficient irrigation. She instills an appreciation for the environment and Florida wildlife — with her "gardening with soul" philosophy — while encouraging everyone that they can have a beautiful yet sustainable, low-maintenance yard by implementing Florida-friendly practices.

Teresa Watkins cohosts the syndicated weekly radio show "Better Lawns and Gardens" with Tom MacCubbin. Their program is aired on 24 Florida stations and I-Heart radio. Teresa Watkins has also authored a number of gardening books, including Volumes 1 and 2 of *A Gardener's Compendium*. They are available in Kindle, hardcover and paperback editions. Check them out on Amazon or your favorite bookstore. Additionally, she is the creator of *In Your Backyard*, a newsletter and podcast. You can sign up for these on her website [www.she-consulting.com](http://www.she-consulting.com). Check out her website to learn more about this remarkable woman.



**MEMBER MEMOS:**

**Members please note: Sunshine Committee Chairperson Florence Adamsky sends cards, and member notices appear in the newsletter ONLY if we know about them. If you know about something that should be shared with fellow members, PLEASE LET US KNOW.**



**HAPPY JANUARY BIRTHDAYS COMING SOON: Marianne Madyda 1/8, Linda Christianson 1/8, Madelyne Lenny 1/21**

**HAPPY FEBRUARY BIRTHDAYS COMING SOON: Linda Schrader 2/2, Cyndie Sable 2/16, Keegan Gabriel 2/20, Carole Morgan 2/22**



**SADLY MANY OF OUR MEMBERS AND THEIR LOVED ONES ARE NOT WELL. SOME OF THEM HAVE SHARED DETAILS, BUT OTHERS NOT. TO ALL OF THEM, WE SINCERELY WISH YOU A SPEEDY RECOVERY.**

**TO MY BBGC FRIENDS ... I have been overwhelmed by the affection, support and generosity shown to me in my recovery from knee replacement. I am happy to report that I am getting better every day! Not only are you the best gardeners in the world, you are the dearest. Thank you, thank you. Cyndy**



**MOVING AWAY: Liza Martin reports that she is moving to Jacksonville. She has contributed her knowledge and time to our club, and we wish her the best. WE WILL MISS YOU LIZA!**

**NOTE: Devota Swenson does have an email and it is: [boyntonbeachbum@flash.net](mailto:boyntonbeachbum@flash.net).**

**OFFICER / COMMITTEE CHAIR / MEMBER ANNOUNCEMENTS:**

**NOTE: The Board of Directors shall consist of the elected officers of the Club, the immediate past president, and the chairmen of the standing committees. The Board of Directors shall have general control of the affairs of the Club. These members should attend board meetings.**

**TREASURER: Bonnie Paton**

**The balance on 1/19/2021 was \$3,752.10. Of this amount, \$366.14 is available to spend on items not budgeted**

**CO-2<sup>ND</sup> VICE PRESIDENTS / MEMBERSHIP CHAIRS:** **Rosemarie Peterson** and **Linda Christianson**

**MEMBERS:** If you have not received a handbook and wish one, please email Rosemarie. Include your current address. Her address is [Ropete39@juno.com](mailto:Ropete39@juno.com)

**CIVIC AND COMMUNITY PROJECTS:**

**COMMUNITY GARDEN:** **Joan Grace**

The Community Garden is on North Seacrest in the Boynton Hills neighborhood. Please call Joan (561-715-9098) to volunteer.

**YOUTH GARDEN:** **Nancy Lemcke**

The Youth Garden at Poinciana Elementary School suffered from the pandemic school closing and change in administration. We are now working on plans to help another Boynton school, Freedom Shores Elementry, to develop its native plant garden.

**BUTTERFLY GARDEN:** **Christine Johnson**

The garden looks beautiful and is visited often and admired by patrons of the new library. We will be attacking the weeds every Friday morning until further notice. Call Christine (561-736-2909) for more information.

**HIGH POINT MEMORIAL GARDEN:** **Ginny Rush**

We continue to support the beautiful Memorial Garden at High Point.



**NOTE: we, the members of the Boynton Beach Garden Club, thank the community of HIGH POINT for its hospitality and generous accommodation of our needs through the many months we had nowhere to go, and a special thanks to Gene, who helped so much with logistics, including ZOOM!**

## **PENNY PINES: Mary Scheitler**

### **WHY ARE WE CONTRIBUTING TO PENNY PINES?**

The Penny Pines Program was initiated in California in 1941. It started small, under the sponsorship of the San Francisco Sportswomen's Association in 1941. The minimum donation is \$68.00. To date, 59 years later, those pennies have amounted to well over 1 million dollars. Over the years, individuals, community organizations, and groups of all sizes have participated in the Penny Pines Program.

National Garden Clubs and the USDA Forest Service are proud to have formed a partnership sustaining our national and urban forests through this reforestation/forest education program.

Our Garden Club participates in a meaningful and practical conservation project by contributing increments of \$68.00 to a Penny Pines plantation as part of the costs of replanting replacement trees indigenous to a particular damaged area. Whether by fire or by other natural catastrophe, pine trees and other trees are replaced. We may designate a specific state we wish to benefit from this contribution. BBGC requested our donation of \$136 in 2019 go to the Mexico City, FL area to help them replant from the devastation caused by Hurricane Michael. Using a figure of 680 seedlings per acre, groups are encouraged to donate a minimum of \$68 (for 10 acres) to help reforest devastated and burned-out areas.

Under a conservation agreement, the forest service will do the planting, using our donation together with federal funds, and will provide to the plantation the same protection from fires, insects, and disease given other forested areas. The plantations are a part of the regular national forest reforestation program planted on burned-over and brush-covered areas that are potentially productive timberlands. Planting sites are selected by the supervisor of each national forest. These plantations provide soil protection, watershed protection, soil stabilization, future harvestable timber, as well as beauty and shade for recreation.

Because we cannot pass the jar around the room, remember where it is located and drop your change into it as you leave. Hopefully, we will be able to send a check in May for \$136.00.



**SEE ADDITIONAL INFORMATION ON FLORIDA FORESTS ON PAGE 10.**

## PLANS, REMINDERS, & OTHER INTERESTING THINGS TO DO:

Please check your yearbook for more events! Your yearbook has information too! Descriptions of activities have been excerpted from the sources, and more information is available throughout the year.

NOTE: BBGC meetings are held in the BB City Hall Conference Rooms 115 A, B, and C and virtually via ZOOM until further notice.

The Boynton Beach Garden Club is a supporting member of Mounts Botanical Garden. Because we contribute each year to the Friends of the Mounts Botanical Garden, we are given two Garden Steward cards to allow for free admission. Mounts is open from Tuesday through Sunday from 9AM through 2:30 PM (closed Monday). Groups are limited to 5 people; facemasks are required in indoor locations. Call Joan Grace if you would like to use these cards for your next trip to this beautiful "oasis in the middle of Palm Beach County."

The nursery is open Thursday and Saturday, 9:00 A.M. – 2:30 P.M. During the pandemic call ahead (561) 233-1757.

### JANUARY

1/19 9:30 Board Meeting (Note correction from Yearbook)  
1/26 1:00 Meeting and Program: Teresa Watkins, Garden radio host

### FEBRUARY

2/16 9:30 Board Meeting  
2/23 1:00 Meeting and Program: Emily Morois, "Vertical Gardening"

Friends of the Mounts Botanical Garden is excited to announce a NEW Winter Plant Sale for 2021! Public health and safety are top priorities; we are adhering to Palm Beach County and CDC requirements and guidelines. The sale will be held at reduced capacity; we expect 40-50 vendors to participate and all vendors will be located outside throughout the Garden.

Shop for a wide range of plants, shrubs, trees, garden accessories, and fine crafts. The MBG Nursery and Vintage Thrift Shop will also be open with a great variety of plants and unique treasures for your home and garden.



#### Dates/Hours:

Saturday, February 6th, 9:00 am-4:00 pm (Members' preview 8:00-9:00 am)

Sunday, February 7th, 9:00 am-3:00 pm

The Entrance/Exit will be located at GATE 2 ONLY in the old DMV parking lot. The front entrance gate and back area gate will be closed.

Event parking is located in the adjacent, old DMV lot and front entrance lot (there's a pathway to Gate 2). No on-street parking.

Masks are mandatory, and hand-sanitizing stations will be available. Please bring your own wagon or cart; there will be no carry out assistance.

There will be no food vendors.

Plant sale admission is FREE for all Garden members. Members have Early Access on Saturday only, starting at 8:00 am.

PLEASE have your membership card ready when you arrive at the gate. This will save us lots of time!

## THE CULINARY GARDENER: Parsley: **Pat Inturrisi**



will



Parsley sage, rosemary and thyme, so goes that hit song, and since I covered rosemary and sage, it's time to give the lowly parsley its due. I say lowly because oftentimes parsley is relegated to a role as decoration on the plate, not as a supportive role in the in the dish.

Parsley's culinary applications are extensive, and it offers many outstanding health properties with beneficial vitamins, minerals, volatile oils, and antioxidants. Parsley has excellent levels of vitamin C and K, and it has high levels of folate and iron. This aromatic herb also has a well-earned reputation for cleansing the palate, and refreshing your breath after a meal, specially a garlic-laden meal. Chew on a few sprigs of parsley. It really works!! Of course, you have to remember to brushy brush your teeth to get rid of all those little green bits. It enhance the flavor of many veggies, and its volatile oils will act as a natural pest repellent.

In classical antiquity, parsley was used by the Greeks in the victory wreaths they made for athletic competitions, and the Romans would include it in bridal sprays to ward off evil spirits. At one time, it was thought to be a symbol of death, and was used as a funeral herb. Conversely, on a Seder plate at Passover, it's used as a springtime symbol of life's perpetual renewal. Plus, the aromatic greenery of the curly leaf variety is a striking addition when mixed with flowers in hanging baskets and planters

Parsley (*Petroselinum crispum*) has lacy leaves that can be either tightly curled or flat. It is Native to southern Europe and the Mediterranean, and is a biennial herb, which is grown as an annual in other parts of the country. Here in Florida, parsley can grow and flourish month after month. I have parsley planted in a large terra cotta planter that's been going strong for over two years. When I pick parsley, I clip the outer leaves leaving the inner ones to continue to grow. As parsley is slow to germinate, often taking up to four weeks, soaking the seeds for 24 hours in lukewarm water will help to hasten sprouting. I cheated and bought my parsley plant from a nursery. It is now three years old!! Plant parsley in full sun. Parsley likes a nutrient rich soil, so add some compost to your soil just to make sure it has what it needs

The Flat leaf variety or Italian parsley (*P. crispum neapolitanum*) is the variety most often used for cooking. It has a deeper flavor, and as a plus, is easier to handle on the cutting board. If you have extra parsley, form a log, pack leaves tightly into the bottom of a freezer bag, then apply pressure and roll like you're making sushi into a cylinder about 2 inches in diameter. Roll up the bag, squeezing out the excess air as you go. Seal and secure your herb log with a couple of elastic bands. Pop in the freezer and when you need some parsley, simply slice off a round or two, then return to the freezer. Parsley preserved this way cannot be used as a garnish but in marinara sauce or stews, it adds parsley's bright flavor.

Here is an easy recipe that tastes like it took all day to prepare

### Slow cooker Mozzarella Stuffed Meatballs

- 1 lb hamburger
- 1 lb Italian sausage removed from the casings (or use all hamburger)
- 1 cup panko breadcrumbs
- 1/2 cup Parmesan or Romano cheese
- 1/2 cup milk or water
- 1-1/2 tsp dried basil
- 1/2 cup chopped flat leaf parsley
- 1/2 tsp garlic powder
- 1 tsp salt
- 1/2 tsp black pepper
- 2 eggs beaten
- 1 block mozzarella cheese (not fresh mozzarella...look for Polly-O or Sorrento brand) cut into 3/4" squares (optional)
- 1 jar marinara sauce (I used Classico Marinara with Basil)

**Pat's Parsley**



In large bowl add breadcrumbs, Parmesan cheese, salt, pepper, garlic powder, dried basil, and parsley. Stir in milk and eggs to form a paste. Crumble in meat and mix well with your hands. Roll into golf ball sized meatballs and form around cheese squares (optional). Put meatballs into greased slow cooker. Pour marinara sauce over meatballs. I throw in more fresh basil and fresh parsley sprigs but this is also optional. Cover and cook on high for 2 to 2-1/2 hours. Delizioso!

## MEMBERS HAVE BEEN BUSY

**Wreaths across America  
December 19, 2020**

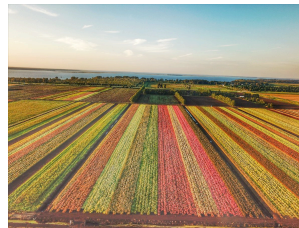
Not able to attend Wreaths across America ceremonies at the National Cemetery, Christine Johnson, Nancy Lemcke and Lori Wolff hung a wreath on the Boynton Beach Blue Star Memorial.



## HORTICULTURE: Look What's Blooming!

**Caladiums: Marianne Madyda**

Marianne purchases these bulbs online, and recommends them highly for your shade garden.



## Bulb Size Explained

Bulbs are sized according to industry standard measurements. In this crazy industry, the larger the grade number the smaller the bulb.

Basically, the larger the bulb the more leaves you can expect. Planting distance suggestions are loosely based on those expectations.

There is a lot of misunderstanding about caladium bulb size. Larger bulbs DO NOT guarantee larger leaves, just more of them. Larger bulbs DO NOT make for taller plants either. Leaf size and height are determined by many different variables, even when comparing plants of the same variety. The easy short version is - a larger caladium bulb will produce more leaves. Larger bulbs also tend to reach maturity more quickly making them an ideal choice for areas with a shorter growing season.



## HORTICULTURE: Look What's Blooming

**Christmas Cactus (Schlumbergera): Linda Schrader**



This picture is of one of my Christmas cacti plants that I actually brought from PA 5 years ago. It was much smaller, and I transported it in the back seat with 2 dogs! I had 2 dogs when I moved to FL because I had found a 2-year-old cairn on the Internet. My husband was ill, and I thought having second dog would be good for him. My female cairn Scarlett died 3 years ago, and you see here a picture of Henry.

The strange thing is that I separated the plant about 2 years ago and the new plant is not red!! It actually is a bi-color: pink and white! In the photo you can see it.

Both plants are so loaded with blooms that they are drooping. They are planted on the west side of my home, but because of the neighbor's home...the exposure is not too bad. When I water once a week the water has fertilizer in it



## OUR ENVIRONMENT: Florida's Forests : Why are we contributing to Penny Pines?

Excerpted from "The four Hurricane Michael disasters: storm, long-term flooding, fire threat, pine beetle", by Scott Powers at [FloridaPolitics.com](http://FloridaPolitics.com), January 8, 2019

Florida's foresters, land managers and storm recovery crews have more than just the obvious devastation left behind by Hurricane Michael. Now, they must prepare for the potential of massive wildfires, floodplains flooding, and the prospect of devastation by pine beetles.

That was part of the sobering message from the state's forester and other state experts who outlined not just the human tragedy of Hurricane Michael's blitz through the Panhandle — 45 dead, untold numbers of human lives uprooted — but the ramifications of more than 2.8 million acres of felled or damaged forests: fuel for fires, clogged waterways, and food for waves of insect pestilence. They also talked of a long, arduous, costly recovery that would never reach full recovery, and would require efforts beyond what state and federal experience and resources are prepared to define yet, let alone tackle fully.

Michael devastated the communities through the central Panhandle but also laid waste to some of the state's broadest and densest forests. He said the losses just to forests are \$1.29 billion in Florida, and more in Georgia. Other agriculture was stricken too, but current estimates of losses were in the tens of millions of dollars each for cattle, cotton, peanuts, nurseries, and aquaculture.

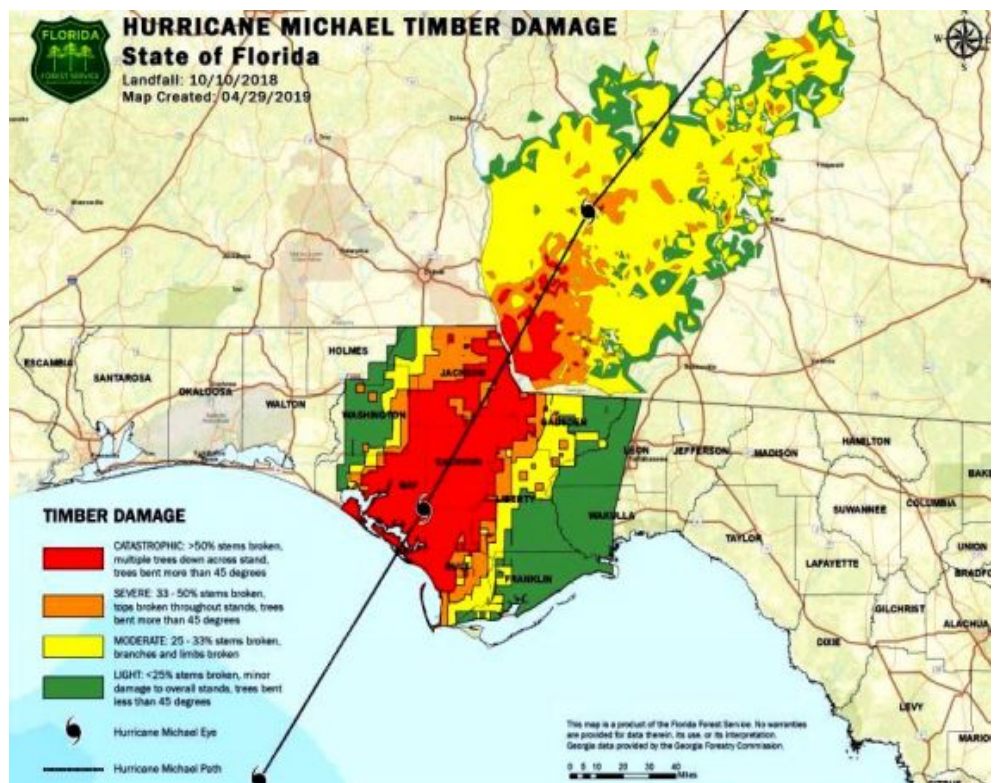
"The largest impact of forestry resources ever in the country by one, single, natural event, a really huge impact on us," said Florida State Forester Jim Karels. The worst was a 20-mile-wide swath through Bay and surrounding counties on into Georgia that was designated as "catastrophic," in what he called "the heart of forestry in Florida, and really the heart of big-timber forestry in Florida." Add to that about a million acres of "severe" damage, where 75 percent of the trees were down or broken, resembled jackstraw, he said. Another 1.5 million acres suffered "moderate" damage, he said.

In addition to the human side, the region's agriculture, aquaculture, and forestry industries, as well as parks and tourism, not only face long and expensive recoveries. The region also faces severe threats of fire, flooding and beetle infestation because the estimated 50 million cubic yards of debris are fuel, are blocking creeks, and will be attracting pine beetles and other pests that could ravage what's left.

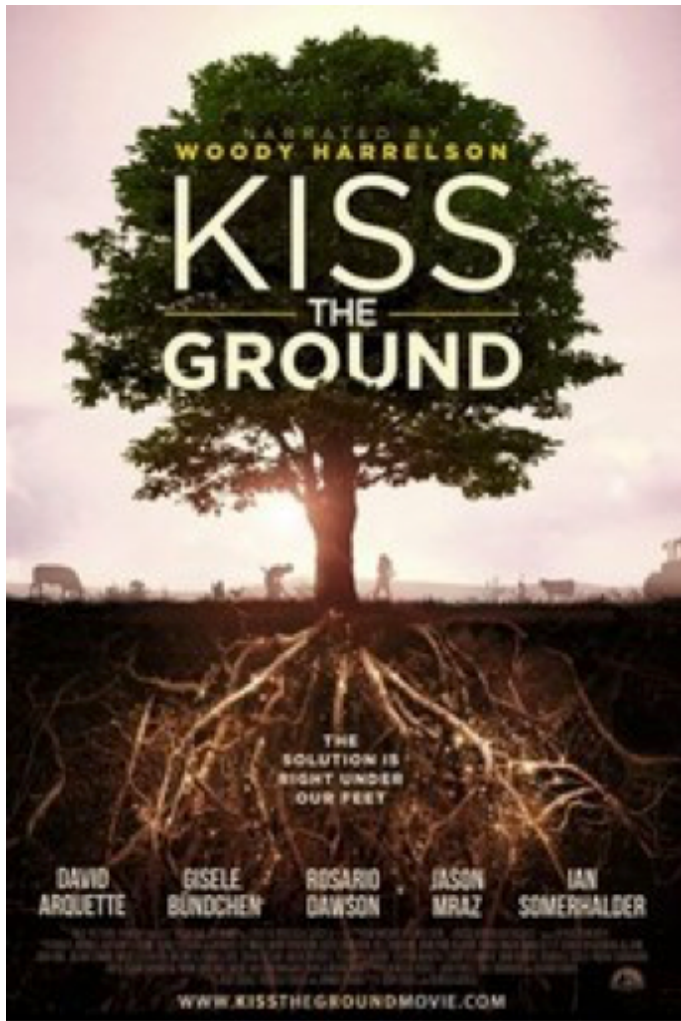
"More than 70 percent of the canopy has now become surface fuel for fires," said David Clark, deputy secretary of land and recreation for the Florida Department of Environmental Protection.

Flooding is worse now than it was at the peak of Michael's direct impact, and that involves whole floodplains areas with timber blockage in areas that are too often inaccessible. To illustrate, Brett Cyphers, executive director of the Northwest Florida Water Management district, showed slides of houses surrounded, which he described as now being parts of creeks. "Nearly 1,200 miles of not just the Chipola River and various creeks," Cyphers said. "There are trees down that don't allow the water to move out."

Many of the surviving trees are stressed. They and the debris fields are likely to attract all sorts of pestilence, including invasive species, likely led by the southern pine beetle, which girdles and kills trees and can take down whole forests.



## OUR ENVIRONMENT: A REVIEW: Carol Stender



Netflix offers a documentary, Kiss the Ground, which delivers a good dose of optimism for our worldwide malady—Climate Change. It will leave you hopeful that something really can be done to reverse the damage that has been caused to Mother Earth.

For the past decade or so, the news has been dominated with increasingly dramatic examples of the effects of climate change. The streets of Miami are under water, hurricanes are more frequent and more severe, California is burning up, flooding and other natural disasters seem more frequent. More and more animal and plant species are becoming extinct. The Federal Endangered List is so long now that the monarch butterfly, even though it qualifies, has not been added because there are just too many species that are in more dire straits. “As many as one million plant and animal species are now at risk of extinction because, in large part, of how [man] farm, fish, mine, log, and poach” (IPBES, Intergovernmental Science Policy Platform and Ecosystem Services).

The overwhelmingly bad news ultimately creates a state of paralysis in concerned individuals. We have been aware of the problems, but no real progress seems to have been made. One feels powerless. It seems that simply nothing can be done to halt an ultimate apocalypse.

Kiss the Ground offers an answer—and a ray a hope. It proposes a simple solution - soil. Healthy soil, growing green plants, has the ability to sequester greenhouse gases that have been produced over the ages. Cooperating with nature is the key. Healthy soil is the key.

Rather than tilling up the soil after each harvest, farmers now have tractors that reseed mowed down acreage without tilling. Why is this important? Tilled soil gives off carbon and water back into the air. The soil dries up. Bare ground pushes clouds away. There is less humidity and rain. The soil dries up, ultimately becoming desert. Right now, two-thirds of the world are on the way to becoming desert. The world’s remaining topsoil will be gone in sixty years. A topsoil-covered planet is a healthy planet.

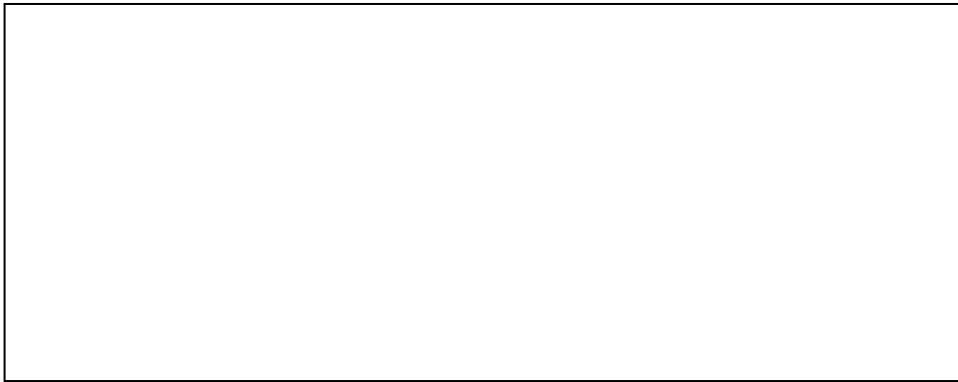
How about this amazing fact—three pounds of chemicals are sprayed per year for every citizen. This film shows how farmers can change that. Rather than spraying soil with toxic chemicals that kill the microbes in the soil, a method using crop diversity can be more productive, more profitable, and more beneficial for the soil. This method is known as Regenerative Agriculture and it actually helps GROW the topsoil. Healthy soil with green plants growing on it pulls carbon out of the atmosphere and makes for a healthier planet. Climate change can be reversed.

Other practices for city dwellers and suburban families are promoted in Kiss the Ground. As these practices spread throughout the world, climate change can be reversed, relatively quickly and painlessly.

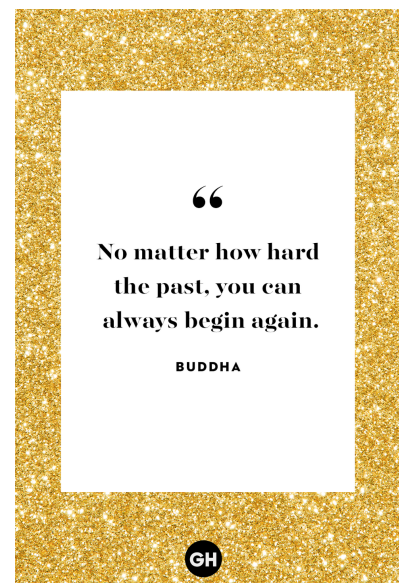
Watch the movie, you will be impressed and encouraged.



**BOYNTON BEACH GARDEN CLUB**  
33 Anna Street  
Ocean Ridge, FL 33435



**ON THE LIGHTER SIDE: Jane Gavlick**



**TO THINK ABOUT:**

# The Boynton Bloomers

Boynton Beach Garden Club  
January 2021  
C. DiVeto, Editor



**NOTE: The following important information was inadvertently omitted from the January newsletter:**

**AWARDS COMMITTEE:** **Kay Baker** ([Kay@aboardkibon.com](mailto:Kay@aboardkibon.com) / 516-319-8366)

## Unsolicited Landscape Design Award

Each year the Florida Federation of Garden Clubs solicits entries from each Garden Club for this award. We had received the award several years ago and are again looking for potential entries.

There are four categories:

- Small businesses (such as gas stations, fast food restaurants, etc.)
- Public facility (such as library, park, police station, etc.)
- Private facility (such as church, hospital, etc.)
- Private Residence of Merit

There are several guidelines:

All landscaping must have been completed for at least one year.

All landscaping must be viewed from the street.

Entry form with photos must be submitted by March 1<sup>st</sup>.

If you know of any possible sites that would qualify, please let me know soon so we enter for an award. You don't need to take a photo, just tell me where the garden is and I'll send in the entry.

TO THINK ABOUT:

**"Take the first step  
in faith. You don't  
have to see the  
whole staircase, just  
take the first step."**

**MARTIN LUTHER  
KING, JR.**