

The Boynton Bloomers

Boynton Beach Garden Club
November 2020
C. DiVeto, Editor



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

Hello to all Boynton Beach Garden Club members! Our club activities are somewhat less than during a "normal" November, but we are doing our best to keep calm and carry on.

Our tribute to veterans was held at our annual Blue Star Memorial Marker ceremony on November 11th. We were honored that Boynton Beach mayor, Steven Grant, was able to attend.

Our November general meeting will be held virtually via Zoom or socially distanced at the High Point clubhouse on Tuesday, November 17th, at 1:00 P.M., one week earlier because of Thanksgiving. Our friend and former District X Director, Lynn Jones, will virtually present a program on floral arranging. Hope to "see" you then. We will once again be offering FFGC Opportunity Raffle tickets for sale at our general meeting.

We will be delivering poinsettias and donuts to Rustic Retreat on the day after Thanksgiving, Friday, November 27th. Unfortunately, because of Covid, we will not be visiting with the residents, as was our custom in previous years.

Thanksgiving is the time to express our thanks for all the good things in our lives. In addition to all our blessings, let's all be grateful for our health and safety during these trying times.

As always, we are grateful for the friendship and camaraderie of all our wonderful members.

PROGRAMS: **Nancy Lemcke and Carol Stender**

**Tuesday, November 17, 1:00: Program / Meeting
High Point West Clubhouse and Zoom**

FLORAL DESIGN: Lynn Jones, past District X Director and floral designer will virtually present a program on floral arranging for the holidays. We will want to take notes about techniques and supplies (container, foam, flowers) so we may then make our own! (In December we will ask for donations of live floral arrangements for the raffle.)

Marianne Madyda will conduct the raffle (tickets \$1.00 each or 6/\$5.00). We'll also be collecting for Penny Pines. **IF YOU ORDERED A FLORIDA GARDEN CLUB CALENDAR, PLEASE PAY BONNIE PATON \$8.52.** Refreshments will not be served.

High Point is located on the west side of Seacrest Boulevard, south of Woolbright Road. After entering High Point, take the first right straight to the clubhouse. There is adequate parking available in the guest parking spaces and the building is accessible for everyone. **PLEASE DON'T PARK IN RESIDENTS' PARKING SPACES.**

The CULINARY GARDNER: Pat Inturrisi has long been interested in herbs, grows her own, AND uses them in delicious dishes she creates at home and will share with us. See pages 8 & 9.

WORKING AND LEARNING AND FUN TOGETHER ...



SAFELY

PLEASE NOTE:

In order to meet safely by complying with recommended pandemic guidelines, we must control what happens at meetings, including the number in attendance. On November 10th the BBGC Board of Directors voted to limit the number of guests to one guest per meeting until further notice, and then only after Membership Chair Rosemarie Peterson (561-731-5716) has been notified. The guest must sit with the member. Note that our bylaws state that prospective members may attend two meetings before they must fill out membership materials / pay dues.

Jane Gavlick sent photos from Zooming to show the best way for speakers to position themselves. Speaking from either side is better than with backs to the Zoom audience, especially when the presenter is wearing a mask. It is hard for the Zoom audience to hear.

For the Zoom audience, note that it is recommended to have a low light source so as not to wash out your appearance, warm light, not blue, one steady lamp, directly by your face, for even, steady lighting, no sidelight or backlight. Avoid sitting with your back to the window, as the camera will expose for the light and make you into a silhouette.



NOTE THIS DATE:

**Tuesday, December 15, 1:00: Program / Meeting
High Point West Clubhouse and Zoom**

The Holidays Program will feature a plant or garden related goodie swap, **BRING ONE, GET ONE!** If you bring more than one, you will get more than one. You will be given a coupon for each item you bring, and when your ticket is called you choose something you want!

The Holidays Raffle will feature fresh floral arrangements donated by members. So far, we have three volunteers to thank, Christine Johnson, Bonnie Paton, and Linda Schrader.

AS YOU ARE WATCHING LYNN JONES CREATE A THANKSGIVING ARRANGEMENT AT THE NOVEMBER MEETING, BE THINKING ABOUT A HOLIDAY ARRANGEMENT OF YOUR OWN AND ONE TO DONATE.

NOTE THE DATE:

**Friday, November 27th, Rustic Retreat
Retirement Home
1120 N. Federal Highway, Boynton Beach**

We will deliver Poinsettias and donuts at 10:00 A.M. on the Friday after Thanksgiving, but we will not enter the building.

Early risers will go to Home Depot at 6:00 A.M. to buy the plants, \$1.00 each, and deliver them to Rustic Retreat. Evelyn Maciag is coordinating this traditional event. She will bring donuts, and reminds everyone that the residents **ALWAYS** appreciate getting books, magazines, puzzles, etc. Drop off your donations on the 27th or any time, and know that there are now seven women residents.



NOTE ALSO THIS DATE:

Saturday, December 19, 12:00: BBGC supports the "Wreaths across America" project at the South Florida National Cemetery, 6501 State Road 7, Lake Worth, simultaneously with the ceremony at Arlington Cemetery. We donate wreaths to place on the graves of veterans buried in our area. Because of the pandemic, attendance this year will be restricted.

Our club donates money for wreaths, and you may do so individually if you wish. Please go to www.wreathscrossamerica-sfnc.com.



**In years past
Jane Gavlick
and
Carolyn Schoch
joined thousands of other
attendees to honor and help
lay wreaths.**

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 NOVEMBER BIRTHDAYS:

Carol Stender 11/6, Suzette Gebhardt 11/10, Rosemarie Peterson 11/28

HAPPY DECEMBER BIRTHDAYS COMING SOON: Kay Baker 12/4,

Eddie Calabro 12/16, Pat Waldron 12/17, Lori Wolff 12/21, Tina Chuhay 12/29



WE WISH ALL THOSE WHO ARE NOT WELL A SPEEDY RECOVERY, MEMBERS AND LOVED ONES.

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 November 7, 2020 was \$3,780.27.



CO-2ND VICE PRESIDENTS / MEMBERSHIP CHAIRS:

Rosemarie Peterson and Linda Christianson

Rosemarie reports that we have 42 members.

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 is at Poinciana Elementary School. I have made contact with the new principal. There will be more to report next month.



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

The garden is a beautiful place. Christine helped Ginny do the work. EVERYONE IS INVITED TO VISIT!



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 the High Point Clubhouse, Seacrest Boulevard, Boynton Beach, 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 3PM (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.

NOVEMBER

11/17 1:00 Meeting and Program: Floral Design for the Holidays

DECEMBER

12/8 9:30 Board Meeting

12/15 12:00 Holiday Meeting and Plant / Garden BOGO

Regretfully, "Art in Bloom" has been cancelled this year because of the pandemic.

TO THINK ABOUT:

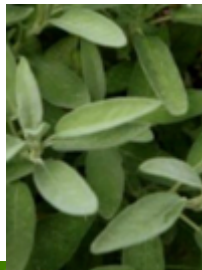
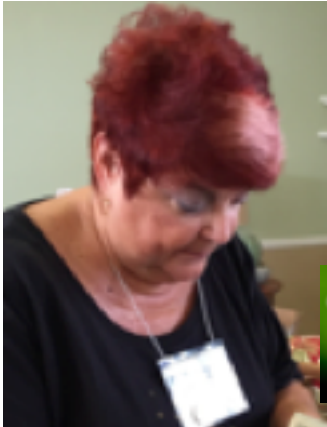
Ralph Waldo Emerson: "I awoke this morning with devout thanksgiving for my friends, the old and the new."

Joseph Campbell: "We must be willing to get rid of the life we've planned so as to have the life that is waiting for us."

Eleanor Roosevelt: "You must do the thing you think you cannot do."



THE CULINARY GARDENER: Sage: Pat Inturrisi



Parsley, sage, rosemary and thyme...most all will remember Simon and Garfunkel's hit from years ago. But sage isn't just part of a pop art song, especially in the month of November. Sage is one of the most popular culinary herbs, Sage adds great flavor in cooking and plays a prominent role in fall dishes especially those on our Thanksgiving table. But this herb also holds a great deal of healing.

Salvia Officinalis is the largest plant in the mint family. There are over 1,000 plants in this category, including pineapple sage, a pretty ornamental, white sage that the Indians burned to cleanse and purify, and then there is the one we are most familiar with, culinary sage.

Salvia plants, or sage, have trichomes or hairs on the leaves and stems that help reduce water loss. These hairs emit volatile oils that give sage its distinct aroma, and by the way, discourage insects and other grazing animals.

Sage is native to the Mediterranean. Its name comes from the Latin word *Salvia* which means to heal or to save. The leaves have a pungent and earthy flavor which pairs well with meats, poultry and cheeses. Native Americans and other indigenous peoples have burned sage for centuries as part of a spiritual ritual to cleanse a person or space, and to promote healing and wisdom. It's been used since the time of the ancient Egyptians and Romans to treat digestive issues, memory problems, and sore throats. (Memory problems...hmmn! I'm going to have to really look at this herb in a different light) Actually used in aromatherapy, sage can help increase focus and increase memory. When you feel your focus waning, crush a leaf a two, and inhale its fragrance. Use fresh or dried sage leaves in cooking, plant-based beauty recipes, or use it to brew a medicinal tea (you'll probably want to add a little honey). You can even use it to soothe uncomfortable bug bites—simply crush up a fresh leaf and gently rub the juices onto the affected area.

Sage sometimes grows close to 2 feet tall and has purple, white or pink flowers with grayish green leaves. It's a woody-stemmed perennial herb especially in our growing zone. And it can be harvested year-round. Common Garden Sage (*Salvia officinalis*) is a silvery green color and has the best flavor for cooking. There are also many attractive varieties of sage that have purple, variegated, or tricolor leaves

Even if you don't cook with sage, consider planting it in your veggie patch to attract beneficial insects and prevent pests. When in bloom, the fragrant flowers attract honeybees and butterflies, while the strong aroma of the leaves helps to deter bean parasites, carrot flies, cabbage maggots, and cabbage flies. When planting in the garden, choose a sunny area and give sage plants 25-30" inches of space between each plant so that they have enough room to grow. Plant sage in nitrogen-rich, well-draining soil and water regularly so that it never dries out completely.

Sage is easily propagated with cuttings. On each stem, there will be a "softwood" section and a "hardwood" section. The softwood will be lighter in color and have a flexible stem. This is the new growth. New growth will root out more easily than old growth. Place the cuttings in a glass and fill it with enough water to cover the stems. No leaves should be in the water. Cover the jar of cuttings with a plastic zip bag and set it in a bright area. The cuttings should develop enough roots in about 3-4 weeks. At this point, you can pot them up.



Here are two of my favorite ways to use sage. The first is very simple but a company worthy dish!

Browned Butter Ravioli with Crispy sage and Basaltic glaze

1 12oz pkg cheese ravioli, fresh or frozen. (I also used butternut squash ravioli from Aldi's and they were delicious)
3 Tbsp. butter, cut into small pieces
4 or 5 fresh sage leaves
2 Tbsp. balsamic vinegar
1/3 cup Parmesan cheese
Black pepper

Melt butter in frying pan. When it turns golden add well-dried sage leaves. Cook in butter until sizzly and crispy. Meanwhile, bring large pot of salted water to boil, and drop ravioli gently in water. Simmer 5 minutes until tender. Drain and place in shallow bowl. Drizzle with butter and top with crispy sage. Add a small drizzle of balsamic vinegar (optional) and top with grated Parmesan cheese and a sprinkle of black pepper.

Now lest you think we only eat pasta in our house, this is a wonderful fall dish that I make every year.

Stuffed Acorn Squash

1 acorn squash
1-1/2 Tbsp. plus another 1-1/2 Tbsp. olive oil
1/2 lb Italian sausage removed from casings
1/4 cup chopped onion
1 apple, peeled, cored and diced
1/4 cup diced celery
2 cloves chopped garlic
2 tsp. fresh sage, chopped or 1 tsp. dried
1/3 cup panko breadcrumbs, Italian or plain
3 Tbsp. grated Parmesan cheese
1/2 tsp. salt and 1/4 tsp. black pepper
1 tsp. fresh thyme or 1/2 tsp. dried

Cut squash in half and scoop out seeds. Shave bottom of squash halves so they don't rock around. Place squash that has been rubbed with olive oil and sprinkled with salt and pepper cut side down on foil lined cookie sheet that has been greased. Bake at 400 degrees for 30 minutes.

Meanwhile saute sausage in 1-1/2 Tbsp. olive oil until no pink remains. Remove and set aside. Add onions and celery. Saute for 4 minutes, then add apples, garlic and herbs. Saute another 4 minutes, return sausage to pan and cook another 3 minutes to meld flavors. Spoon into squash cavities. Mix panko, cheese and remaining olive oil. Sprinkle over squash. Bake another 15-20 minutes until squash is tender and topping is golden brown. Depending on size of squashes, you may need to bake additional 10 minutes or so)

HORTICULTURE: Succulents: Marianne Madyda

Excerpted from "Everything You Need to Know About Succulent Care", Better Homes & Gardens, by Doug Jimerson, updated July 25, 2019

Succulents are trendy plants that come from arid areas around the world. A huge advantage of succulents is that they're able to retain water in their thick, fleshy leaves and stems. The plants come in a seemingly endless selection of sizes, shapes, and colors, and can adapt to many different types of growing conditions. They also require very little care, making them a no-fail plant option both indoors and outdoors.

What Is a Succulent?

Sometimes, in the world of gardening, terminology can be a little messy. For example, any plant, usually from an arid climate, that has fleshy leaves and stems to store water is considered a succulent. This includes cacti, sedum, aloe, agave, echeveria, sempervivum, crassula, kalanchoe, and hundreds of other species. However, most gardeners use the term succulent to only include species with fleshy leaves. Any plant with spines is called a cactus, even though all of these plants fall under the succulent umbrella.

How Often to Water Succulents

Unlike some other perennials, soil and watering requirements for succulents are less stringent. In fact, succulents thrive on a bit of neglect. Succulents will not thrive if water-logged. Your best bet is to pot them in a container that offers good drainage or pick a good spot in the garden that never gets wet. Water succulents about once a week during the growing season, but let them dry out completely between watering sessions and never get the soil soggy. When caring for succulents indoors, you may need to maintain a consistent watering schedule.

Succulent Soil

Whether you make your own succulent soil or buy premixed versions, remember: Succulents need moisture but hate oversaturation. Choose a potting mix created specifically for succulents; if you don't have one, mix existing potting soil with sand or a handful of small pebbles or stones to create a more porous growing medium for your succulents.

How to Take Care of Succulents

In addition to proper succulent soil and good watering practices, succulents require two more things to survive: sun and fertilizer.

Sun: Succulents require at least 6–8 hours of full sun a day. NOTE: IN FLORIDA PARTIAL SUN IS OK.

Fertilizer: Give succulents fertilizer in spring. Use a balanced fertilizer with equal proportions of nitrogen, phosphorous, and potassium.

Gardening with Succulents

Containers: Succulents can live happily in the contained world of a low bowl or pot. The only requirement is that there are drainage holes in the container so water can drain away from the roots of these plants. Pack a variety of succulents together to make a mosaic of color.

Indoors: Succulent care indoors is very low maintenance, but needs to be more regular. How to care for succulents indoors—place them in a place with bright, direct sunlight and only water them once their soil has dried out. Depending on the moisture and humidity in your home, that could be every week, every two weeks, or even just once a month. Monitor your plant's soil for the first few months to determine a watering schedule.

Small specimens can be used to make wreaths and are ideal for vertical gardens and green roofs. Succulent gardens are low maintenance and make great container gardens -- they can withstand heat, neglect, and direct sunlight.

Greenovia dodrantalis

While many succulents have a prickly, tough appearance, there's one particular indoor plant that looks as delicate as a flower—in fact, it looks just like a rose. Known as *Greenovia dodrantalis* (or mountain rose), the “rose succulent” is native to the Canary Islands. The rosettes feature densely packed leaves that resemble the layered petals of a blossoming flower. Rose succulents typically grow in clusters, and only reach a height of about 6 inches. Despite their small size, these hearty little plants can live a long life and don't require much water. This makes them the perfect alternative to a classic bouquet of roses that will wither in a few days.

Rose succulents are typically blue-green in color, however there is a [rare pink version](#) that looks even more rose-like. No matter their color, *Greenovia dodrantalis* are rarely found in shops, so it's worth buying them as seeds and growing them from home. It can take up to two years before your plant develops a rose-like appearance, but once mature, the plant can produce pups (or offsets) which you can divide away from the mother to create new plants—so you'll have an everlasting bunch of pretty rose succulents!



MEMBERS HAVE BEEN BUSY:

Dr. Seuss: “Sometimes you will never know the value of a moment, until it becomes a memory.”

BLUE STAR MARKER: **Jane Gavlick**

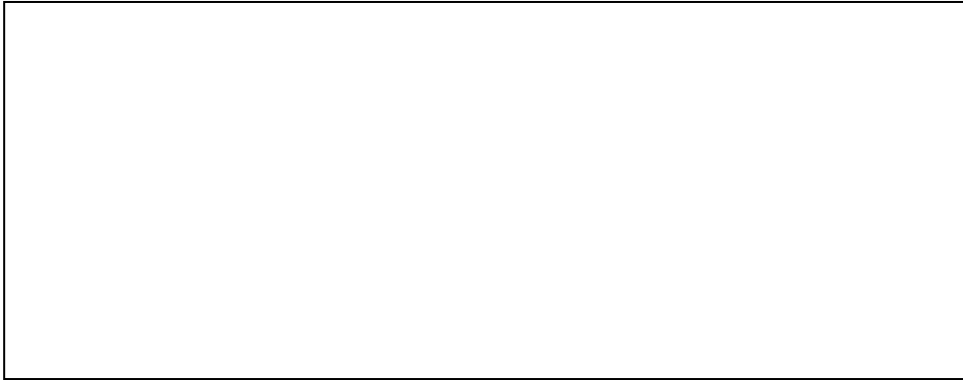


Members met at the Blue Star Marker on Wednesday, November 11 at 10:00 a.m. to honor our veterans. Mayor Grant and veteran Stanley Gavlick also participated.

Thank you Christine for making a wreath to decorate the marker. Thank you Lori for the photo. Of course, thank you Jane for coordinating the remembrance.



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



ON THE LIGHTER SIDE: Thank you **Mary Scheitler**

