

THE BOYNTON BLOOMERS

Boynton Beach Garden Club | February 2022 | C. Stender, Editor

Community Greening

February's General Meeting program will be a presentation by Mark Cassini of Community Greening, a non-profit based in Delray Beach.

Sip n Stroll

On March 2nd, we will visit the Hypoluxo Scrub. This natural area is unlike any other we have visited to date. Two paths: one cement, one sand. Benches, towers, and pavilions.

Art in Bloom

Come to the Schoolhouse Children's Museum and see members floral interpretations from March 4 to 5.

Earth Day Workshop

Help prepare gifts. March 8 at High Point Clubhouse. 10 am.

Carpool Trip

Saturday, March 12, to Unbelievable Acres Botanic Garden. Carpooling available.



President's Report

Hello to all Boynton Beach Garden Club members!

We are so fortunate to have Carol Stender take on the responsibility of Newsletter Editor and we wish her well in this new endeavor.

Club activities continue along. Members have been busy and will continue to be busy in the coming months.

The Nominating Committee (Linda Christianson, Keegan Gabriel and Ginny Rush) has been meeting to develop a slate of officers to present for your consideration at the March general meeting. Election of officers for a two-year term will take place at the April meeting with installation of new officers at the May meeting.

The Executive Board consists of the following officers: President, First Vice President, Second Vice President, Recording Secretary, Corresponding Secretary, and Treasurer. See pages 26 and 27 of your yearbook to see a description of the duties of each officer.

If any member is interested in serving as an officer, please contact a member of the Nominating Committee to place your name as a candidate. **(cont'd next page)**

Presidents' Message Cont'd.

Many Club activities have been planned for the upcoming months:

Fun with Flowers on Thursday, February 17th, was a great success with fifteen members attending Emily Palmieri's flower arranging class and creating their own masterpiece.

Our general meeting will be held on Tuesday, February 22nd, at 1PM at the High Point clubhouse. Mark Cassini of Community Greening will introduce our members to various tree planting projects. Hostesses scheduled for this month are Peg Fagan, Debbie Lytle, and Kathy Menninger. Please let Toni know if you plan to attend via Zoom.

Sip & Stroll will be on Wednesday, March 2nd, at 4PM at High Ridge Scrub, one half mile south of Hypoluxo Road on High Ridge Road. Please join your fellow members for a lovely tour of this beautiful serene environment.

Our annual Art in Bloom will be held at the Schoolhouse Children's Museum on Friday, March 4th and Saturday, March 5th. Students from Poinciana Elementary School have submitted their art work for floral interpretation by our members.

A carpool trip to Gene Joyner's Unbelievable Acres Botanic Garden, a tropical rain forest in West Palm Beach has been planned for Saturday, March 12th, at 1:00 PM. The cost is \$10. Further details will be provided at the February meeting.

We have been invited by the Town & Country Garden Club to their luncheon on Monday, March 14th. The event, which will include a basket raffle and a 50/50 drawing, will be held at the First Congregational Church parish hall in Lake Worth Beach at 12 PM. Sign up sheets will be circulated at the February meeting.

For the first time in many years, several BBGC members are planning to attend the FFGC Convention which will be held on April 12-14 in Kissimmee. Please contact Lori Wolff if you would like to join us.

The Boynton Beach Garden Club will once again be participating in our city's April 23rd Earth Day celebration. We will be holding a workshop on March 8 to prepare for this annual event.

We have rescheduled our Auction to Tuesday, May 3rd, at Sterling Village. In order to make this (our only fundraiser) a success, we will need the support of EVERY member. Toni Cvetko will be presenting further details at the February meeting.

WHEW!!

As you can see, the upcoming BBGC event schedule is very full. There is something for everyone and we encourage your participation and support for these activities. And, of course, we always appreciate what our members are able to contribute to our garden club. You are THE BEST!!

Co-Presidents Toni Cvetko and Lori Wolff



Emily Palmieri (center back) helped us create lovely floral arrangements

Tropical Short Course: Gardening for Life

by Carol Stender

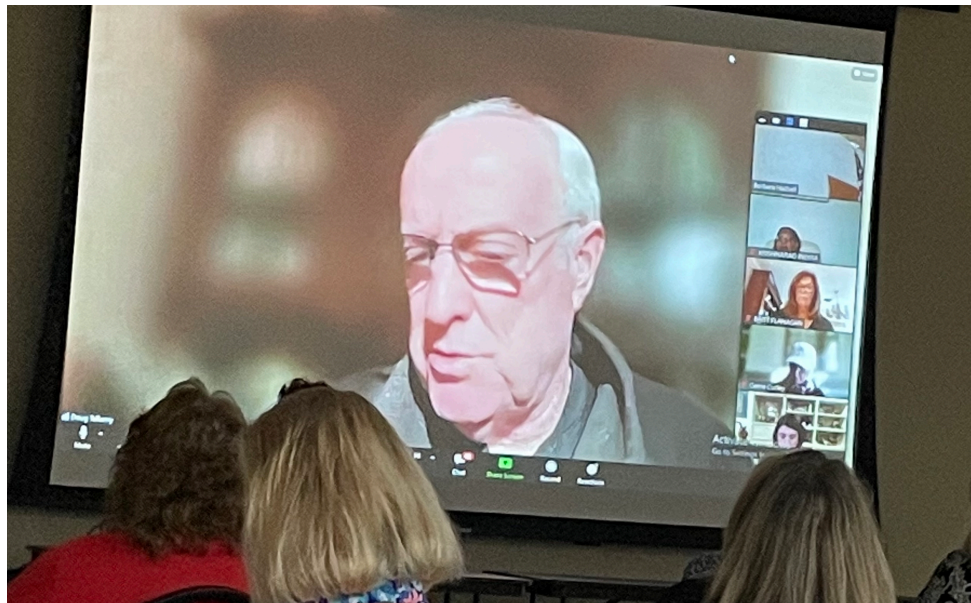
District X hosts a Tropical Short Course every year, until COVID. This year, our District Director, Michelle Maguire, resumed the tradition. Members had the opportunity to attend either in person, wearing masks and keeping safe distances, or via Zoom. A number of us attended in person, including President Toni Cvetko, Christine Johnson, Jodi and myself. Quite a few watched the course on Zoom.

One reason I was excited to attend was because the Keynote Speaker was Doug Tallamy, author of such books as *Nature's Best Hope* and *Bringing Nature Home*. My admiration of Tallamy stems from his very logical plan to use the gardens in our yards to restore balance to our ecology and stem the tides of climate change and species extinction.

Tallamy did not disappoint. He is a learned man and a charming speaker. Mostly I appreciate his talent to persuade his audience that we really can make a difference! That we really can “live on a piece of land without spoiling it,” and that we can learn to live WITH nature.

Did you know that we have lost 30 billion birds in the last 50 years? So, if the birds can't survive anymore, what happens to us? Nature is NOT optional—it is ESSENTIAL!

Doug Tallamy was just one speaker we enjoyed during the Tropical Short Course. Others who presented on January 19th included Rose Béchard-Butman from Naturescapes in Broward County, who spoke on Landscaping with Natives, with a focus on trees. Reina Snyder from Wellington Garden Club gave an excellent talk on the healing affects of gardening. And John Speziale did his design magic with flowers.



Doug Tallamy presenting via Zoom

On Thursday, January 20th, The Institute of Regional Conservation shared an impressive presentation that included a stunning global photography show and then finished with more local information, such as 1 in 4 native plants are in peril or extirpated (meaning that a species or population no longer exists within a certain geographical location). Finally, Steve Davis from the Everglades Foundation brought us up to date with the difficulties the Everglades faces and the progress that has been made to restore some of our “river of grass.”

Tropical Short Course 2022 was entertaining, enlightening, and motivating. Hope you can make it next year!

A Pleasant Afternoon

The Garden Club held our January General Meeting at the Indian Trails Native Nursery, located west of 441 in the Ag Reserve. On bumpy rural roads, we traveled to Jane Thompson's "old Florida space," where she not only conducts her demanding nursery business, but also where she has made her home for over twenty years, including some lovely areas under the tree canopy where she has used well-placed plantings to design outdoor living rooms. Of course, these organic rooms are constantly changing, ever interesting.

We started our visit by gathering around a fire pit area that Jane obviously enjoys frequently. Although some of us took along chairs, plenty of comfortable seating was available for all. Here, with a light breeze to keep bugs at bay, we conducted our business meeting. Afterwards, Jane took us on a tour of the other outdoor rooms she has created.

Jane has used a wide variety of plants and minimal hardscape to carve out a number of outdoor rooms. She guided us along, pointing out the various plantings, including dune sunflower for sunny borders and twinflower for shady borders, and numerous varieties of trees, bushes and flowering plants. Happily, most were well marked with their names, including the darling little low-lying quail berry. One crowd-pleaser was her huge, flowering lightbulb plant that dominated one area with its profusion of cascading white flowers. Although that one is NOT a native, we all fell in love with it. We explored Jane's rooms and kept her busy with all of manner of questions.

After the tour, we wandered out to the nursery area where we checked out the variety of healthy native plants for sale.

The visit was informative and pleasant. I'll be back, for certain!



Owner Jane Thompson (r.) answers members questions

FEB
22
GENERAL
MEETING



Mark Cassini, Co-Founder of
Community Greening

Mark Cassini shares how his non-profit Community Greening has impacted our local neighborhoods and environment. They partner with

- cities to plant trees in public parks
- residents to plant fruit and shade trees at private homes
- schools to plant trees on campuses to cool and clean the air.

Their goal is to “create, connect, and maintain sustainable and resilient green spaces that increase the quality of life, civic engagement, and community pride.” The non-profit Community Greening has won a number of awards for their efforts.

Community Greening won **Impact 100 Palm Beach County** for the Environment. This \$100,000 grant will help them promote trees with residents and youth in neighborhoods with a low tree canopy. As part of this program, the organization learns from leading urban forestry programs in the country, gets a new work truck, and leads the Youth Tree Team. This is a big win for our community, and we will all benefit from this investment for years to come.



Impact 2020 Grant Recipient Award for \$100,000

Part of BBGC’s 2021-2022 Program Series:
GO WILD, GO NATIVE

Community Garden

Once a month on a Tuesday morning, a dedicated group of BBGC members gather for an hour or so to maintain the Boynton Beach Community Garden at SW 6th Avenue and Seacrest Boulevard. Like a swarm of busy bees, they quickly spread out to weed, dig, trim, and generally, clean up the area. Recent landscaping projects include a haven for orchids

on a large Chinaberry tree that dominates the center of the garden and a succulent garden at the northern end. Under the guidance of their leader Master Gardener Joan Grace, members continually add plantings and interesting fixtures such as a birdbath to brighten the space.

The orchid project began last spring. Word went out to bring any spare orchids to the garden to be attached to the elegant Chinaberry tree. Now, an assortment of Dendrobiums, Cattleyas, and Phalaenopsis grace the limbs. Until their roots attach themselves to the bark, they are tied on with moss. Visitors now enjoy the tree covered with a variety of orchid plants.

This fall, the group used some pavers to create a succulent garden. Hundreds of



Ginny Rush checks the trimming of the trees.

succulents were planted in a tiered garden. It was a labor of love—and it looks it. The succulents easily took root and now the Community Garden Committee patiently awaits their multiplying!

This past month, the palms received a good trim. With trusty tools in hand, the work was done and the garden, due to all of this TLC, is truly looking quite pleasant.

If you have not had a chance to visit the Community Garden, please stop by. Bring a chair! This garden is a perfect spot to relax.



Ginny Rush with the pile of trimmings.

Hypoluxo Scrub

150 Hypoluxo Road

Sip n Stroll next visits the Hypoluxo Scrub Natural Area on March 2nd. Located at 150 Hypoluxo Road, this 97-acre natural area is home to hundreds of plant and animal species.

The park entrance is lovely. Plenty of parking, benches, and pavilions for convenience and comfort, and towers for observation

Within the park, one can find a variety of habitats, including scrub and pine flat woods and desert-like areas with low, sparse vegetation. Plant species include the prickly pear cactus, staggerbush, corky stem passion flower, partridge pea, and Florida rosemary to name a few. The area also serves as a refuge for the gopher tortoise. Both the tortoise and its burrow are protected under state law.

There's a quarter-mile concrete Cottonweed Nature Trail, and a 1.5 mile Eastern Pondhawk Hiking Trail.

Join us on Wednesday evening, March 2 at 4 PM as we gather for a social stroll and exploration of this unique Florida ecosystem. Bring your favorite beverage and a snack, if you wish.

RSVP to Lori Wolff
(561-779-8777)

Cypress Swamp Walk

Otters played along the bank and a woodpecker hammered at the tree trunks, but a still, calm silence reigned over all as Garden Club members wandered down the boardwalk. Sip n Stroll visited the Loxahatchee National Wildlife Reserve's Cypress Swamp for this month's outing.

The overcast sky threatened rain on February 2nd, but with umbrellas in hand, our dauntless group entered an otherworldly, enchanting land. Tall gray-barked cypress reign in this serene area and provide a home to all manner of plants. Epiphytes, lichens, and ferns cover the bark and snags of each tree. The eye is delighted with the endless variety of ferns, bromeliads, air plants, mosses and colorful lichens.

Epiphytes are organisms that grow on the surface of plants and get their moisture and nutrients from the air, rain and/or from debris that accumulates around it. They are an important source of food for many species. They grow on other plants for physical support and do not necessarily affect their host plant negatively.

Our visit to the Cypress Swamp was a peaceful winter Sip n Stroll and an opportunity to witness a unique ecosystem in our increasingly over-developed world. We are fortunate to have this incredible area preserved in our own backyard! We look forward to repeating the adventure in the late spring, when Cypress needles fill the trees and the swamp offers a different color palette.

Sip n Stroll is on the first Wednesday evening of each month. It's a lovely time to socialize in a natural setting. Next month, we will stroll through Hypoluxo Scrub Natural Area. It will be our first walk in a native scrub and gopher tortoise refuge — another unique ecosystem.



Large Bromeliad blooming on cypress

Butterfly Corner

Carol Stender, Chair of the Butterfly Certification Committee

The Butterfly Certification Committee is pleased to announce our newest Certified Butterfly Sanctuary. Nancy Lemcke, who lives in an HOA-controlled community that does NOT encourage gardening, has created a remarkable 3'X15" sanctuary for butterflies and other pollinators on the common grounds of her community, right outside her door!

Nancy's garden is an artistic creation, reflecting her vibrant personality. The ever-changing palette bursts with life and color. Tucked neatly, but obscurely, amongst the typical community vista of flat, barren turf and heavily sheared hedges, Nancy's garden explodes with dancing blossoms of red, pink, blue, white and yellow. Her host plants include a cassia, plenty of milkweed, and a passionflower vine bravely growing inside a lovely *Jatropha* tree that the community planted years ago. Nancy attests to the popularity of the *Jatropha*, which is frequently covered with all our pollinator friends. Her limited space also nurtures plenty of *ruellia* and a *Cassius blue plumbago*.

Nectar plants include plenty of red *salvia* planted together with a lovely pink *salvia*, some blue mist *ageratum*, a nice healthy *lantana*, and even a splash of bright yellow *goldenrod*! I cannot forget to mention the lively *Black-eyed Susan* and a blue *porter weed* as tall as she is! Probably the most astonishing plant, however, in Nancy's remarkable garden is her *Giant Milkweed*, which is literally more a tree! Unlike most milkweed, which is quickly gobbled up by hungry caterpillars, The *Giant Milkweed's* leaves are always available for Nancy's caterpillars, sustaining them until they reach their *chrysalis* stage.

When you visit Nancy's garden, look closely and you will discover a few caterpillars, munching quietly away, getting plumper and plumper. But don't blink or Nancy will whisk those little fellas away to her caterpillar compound on her private porch—safe from marauding wasps and hungry lizards.

Nancy has released many generations of caterpillars thanks to her garden. Hers is a laudable achievement accomplished despite stiff obstacles. Her example reminds us that each one of us makes a significant difference!

Interested in having your garden certified as a Butterfly Sanctuary. Go to <https://boyntonbeachgardenclub.org/bsc/> for an application.



Nancy and her Giant Milkweed!

Where Have All The Flowers Gone?

Marianne Madyda

In 1975, my husband bought a small flower farm in Stuart. At the time it was a thriving business. In Stuart, there were thirty-seven flower farms, growing mostly mums, pompons, and some lilies and snaps.

At the time, nobody foresaw how the country of Columbia would take over the flower growing business so rapidly. They had low labor costs, no pesticide regulations, and government subsidies so their product was sold very cheaply.

Many of the growers went to Washington DC and petitioned the government to put tariffs on these flowers as they were being what is called "dumped." This means that they were selling their flowers for much less than our production costs. As with every other industry that has left the United States, we were ignored. Columbia continues to "dump" flowers here in the States to this day.

My husband and I were lucky enough, with many loans and much hard work, to start growing container plants and open a garden center that we operated for 25 years. Many growers, however, were not so lucky and lost everything.

When the opportunity came along to sell and retire we did. The attached article from the New York Times explains some of this saga. The one bone I have to pick with the article is that we only grew one grade of flowers (pompons and standard mums) and we shipped to wholesale florists, mostly on the east coast. Not sure what they mean about flowers going to grocery stores, unless they are older or have been held for a while.

Click the link below to access the article.

https://palmbeachpost-fl-app.newsmemory.com/?publink=0c837a3d6_134835a

Save Your Corks!!

Toni Cvetko

Please save your wine and champagne corks! Bring them to our meetings and we will ship them to the CorkClub, who will donate two cents for each cork: one cent to Ocean Conservation and one cent to Save the Forest.

CorkClub is a wine cork recycling initiative funded by WidgetCo. a privately held company and pioneer in the wine cork recycling movement. They source the corks from wine lovers and supply them to crafters, builders and artists.

By saving your corks, you're also helping to save the environment!

Upcoming Birthdays

Don't forget to help these lovely ladies celebrate their special day!!

Keegan Gabriel	2/20
Carole Morgan	2/22
Pat Inturrisi	3/13
Evelyn Maciag	3/19

The Culinary Gardener

TUMERIC

Pat Inturissi

As the daughter of two parents who were born in Naples Italy, and the wife of a Sicilian, of late, I've been moving from my Italian comfort zone and venturing into the realm of Indian cooking. This I credit to the fact that my grandson's close friend is of Pakistani descent, and I was lucky enough to sample some of his Mother's cooking. So I've become intrigued with the cooking from that part of the world.

Indian cooking combines many different spices to form unique tastes, and one of those spices is tumeric.

Tumeric, a plant in the ginger family, is native to Southeast Asia and is grown commercially in that region, primarily in India. Its rhizome (underground stem) is used as a culinary spice and is also often used medicinally.

Historically, turmeric was used in Ayurveda and other Indian medical systems, as well as Eastern Asian medical systems such as traditional Chinese medicine. In India, it is used for disorders of the skin, upper respiratory tract, joints, and digestive system.

Today, turmeric is promoted as a dietary supplement for a variety of conditions, including arthritis, digestive disorders, respiratory infections, allergies, liver disease, depression, and many others.

In the culinary world, Tumeric is a common spice and **a major ingredient in curry.**

Turmeric dietary supplements are made from the dried rhizome and typically contain a mixture of curcuminoids. Turmeric is also made into a paste for skin conditions. Hmm, will it do anything for my wrinkles?

Growing Tumeric

Particular weather conditions will give you the best results, but turmeric can grow almost anywhere, including indoors in a pot. Turmeric requires 8 to 10 months of frost-free growing, from seeding to harvest. Not a difficult requirement for us Florida gardeners.

This herb is typically planted in the winter after the final frost, and then harvested the following fall or early winter. Like ginger, turmeric prefers well-drained, slightly acidic soil and humid conditions. In places where the ground doesn't freeze, it can be grown outside year-round in either the ground or in containers. Turmeric performs best when it's lifted and divided every five years. Turmeric can grow quite large, maxing out at the height of three feet. This plant thrives most when planted 12 to 18 inches apart.



The Tumeric Plant

The root of turmeric is most often called a rhizome and it is classified as a horizontal underground plant stem. This means that it forms a rootstalk that can

Culinary Gardener cont'd.

produce multiple roots to create new plants. The turmeric plant is quite fond of the sun but can be sensitive to scorching. Like most plants, too much time in the hot sun will cause leaves to turn brown and wilt. It will thrive well in full sun to partial shade but benefits from afternoon shade if planted in hotter climates where temperatures rise above 90 degrees.

Turmeric loves humid conditions; it prefers moist soil but will begin to rot if soggy. It is important not to let your turmeric plant become too dry or it will lose its leaves and the plant will stop flowering. Water about every two days, and spray the plants with a mist bottle in between. This helps mimic a humid environment and will keep your plant happy.

Fortunately, not many pests bother the turmeric plant specifically. However, soil that becomes too dry can provide a home for mealybugs and spider mites. These small insects can be controlled by horticultural oil sprays or wiped away with rubbing alcohol and a few drops of dish soap. Using alcohol and dish soap is a natural way to suffocate the mites without harming the plants they are residing on. Luckily, if the insects appear in small numbers, turmeric plants can usually survive the infestation.

Propagation

The rhizomes can also be divided and replanted to allow new plants to grow. The fleshy root can be cut, separating the rhizomes. Dividing should be done in spring or summer, placing the rhizomes at least four inches below the surface

Turmeric is ready to harvest when the leaves and stem start to turn brown and dry, typically seven to ten months after planting. Once it is time to harvest, dig up the plants and shake the soil off your fresh turmeric. It is best to cut the stems off about an inch above the mass of the rhizomes and then rinse the rhizomes well. Turmeric leaves are edible, as is the rhizome, which can be eaten fresh, boiled, dried, or ground into a powder.

To get started you can use turmeric from your local grocery store or farm market. Select a piece that is plump and has multiple nubs. This is where new stems will grow.

Soak overnight before planting. Select a pot with a decent amount of drainage holes about 14-18". Fill with soil and compost. Plant with nub end pointing up in soil about an inch deep. Water well. Let top two inches of soil dry before watering again. In 2-4 weeks you should see sprouts shooting up. Once plant is 3 ft tall you can start breaking off pieces of the roots to harvest. Only harvest outer pieces leaving some of the root in soil so as to continue harvesting turmeric.

Using Turmeric

Wash your turmeric root, shake it dry, and then wrap it in a paper towel to absorb any excess moisture. Store it in an open plastic bag in your vegetable crisper. Stored this way, it will keep for 2-3 weeks. If you hang on to it for too long, it will either dry out and shrivel or get moldy. If that happens, toss it

When adding turmeric, fresh or powdered, to a recipe, allow it to "bloom" in a bit of oil. This takes the edge and astringency away. You do this by putting the turmeric into the pot and sauteing it with other ingredients before you add a large amount of moisture in. I would typically add it when I am sauteing onions for my dish.

Because it's less concentrated, the flavor of turmeric root is also far more pleasant than that of turmeric powder. It is a bit grassy and mildly bitter, and it reminds me a bit of carrots, only

warmer. But it's also a strong flavor, so you can't add it to a recipe the way you would carrots.

The fresh root is brighter, more aromatic, and a bit less bitter than the powdered form.

If you've ever had anything made with curry then you've tasted turmeric. Because it's got such a strong flavor, turmeric works well with other strong spices. Try combining it with other warm spices like ginger, cardamom, and cinnamon. You can take it in a more savory direction by combining with cumin, coriander, mustard, and black pepper.

Use these jazzy spice blends to perk up foods that are mild in flavor, such as lentils, dried beans, potatoes, and other root vegetables, rice and other grains, and milk.

Tumeric Recipes

Golden Milk—a drink popular in Indian restaurants.

Simmer grated turmeric and ginger along with a few black peppercorns, cinnamon stick, and cardamom pods in milk or soy milk for several minutes. Strain and serve with a touch of honey.

Turmeric Coconut Rice

In a medium saucepan heat olive oil over medium heat. Add diced onion, minced garlic, grated ginger, and salt and stir. Cook for about 5-7 minutes, occasionally stirring, or until onions have become golden and soft, but haven't yet browned.

Add the rice and turmeric to the saucepan and stir until evenly combined. Let rice cook for just a few minutes, stirring frequently, and then add coconut milk and water. Stir to

combine, and then raise heat to let liquid come to a boil.

Once boiling, reduce the heat to the lowest setting and cover the saucepan. Let rice cook for about 15-18 minutes, or until all of the liquid has been absorbed. Fluff the rice with a fork and stir in chopped fresh basil for serving.

Notes

Rinsing the basmati rice before cooking it helps it fluff up while cooking.

I serve this with broiled mahi or even rotisserie chicken and steamed broccoli

Oven Roasted Turmeric Cauliflower

6 cups of cauliflower florets

1 tsp paprika

1 orange or 2 lemons slices thin

1/4 c. olive oil

1 tsp turmeric

salt and pepper to taste

Preheat oven to 450. Clean cauliflower and cut up into small florets. You should have about 6 cups. Set aside.

Cut up oranges/lemons into slices

Place cut up cauliflower in a baggie. Add turmeric, paprika, salt and pepper and olive oil in the baggie with the cauliflower. Toss cauliflower in baggie until it is well coated.

Line a baking sheet with parchment paper, or foil that has been sprayed with pam. Place coated cauliflower in a single layer on baking sheet. Top cauliflower with sliced oranges.

Bake at 450 degrees for 25 minutes.

I sometimes sprinkle with minced garlic or hot pepper flakes before baking. We like this with oven baked panko crusted chicken cutlets.

The citrus softens the earthy paprika and turmeric.