

THE BOYNTON BLOOMERS

Boynton Beach Garden Club | April 2023 | C. Stender, Editor

Boynton Beach Garden Club is a member of National Garden Clubs, Inc. (NGC); Deep South Region (DSR); and Florida Federation of Garden Clubs (FFGC), District X.

General Meeting

April 25– African Violets with plants for sale. Last Meeting at High Point West Club House.

District X Spring Meeting

April 27– BBGC hosts this year’s event at Westchester Country Club. Registration begins at 8:30 am

Sip N Stroll

May 3– Loxahatchee National Wildlife Refuge at 10216 Lee Rd, BB. NEW TIME: 5-7 PM

Workshop

May 9– Garden Week Preparation. Venue TBD.

Board Meeting

May 16– Final Board Meeting of the 2022-2023 Club Year.



Presidents’ Report

Another month has passed, and hard to believe, but it was busier than ever!

April began with another exceptional Sip N Stroll organized by Jody Fraser. I don’t know how she does it, but she manages to find outdoor spaces that are absolute gems. Each one offers something different and intriguing, and although each one is free and open to the public, we generally enjoy exploring the space undisturbed by any other visitors. This time we discovered HUGE strangler fig trees (*Ficus aurea*) and the largest sea grape trees (*Coccoloba uvifera*) I’ve ever seen. Right there across the street from the elegant Eau in Lantana. Who would know this little gem space even existed?

(Cont’d next page)

President's Report Cont'd

Then, of course, we had our monthly workshop. April's Workshop was multi-purpose: we filled more Milkweed Seed giveaways for Earth Day AND we assembled wrapped and decorated raffle baskets for the upcoming District X Spring Meeting that we will be hosting on April 27. Are you ready for that?

Meanwhile, the Bylaws Committee and I have been working furiously to have a completed, duly vetted copy of Proposed New Bylaws for the Boynton Beach Garden Club, Incorporated to put in your hands at the upcoming General Meeting for your approval. The Club Treasurer, Bonnie Paton, has been working furiously getting data ready to assemble the 2023-2024 Budget. When you see Bonnie, show her your appreciation as she has also been bogged down with the work of District X Spring Meeting Registrar. Not a job for the faint of heart. Special thanks to you, Bonnie!

This past week, five of us attended the FFGC Annual Convention. What a fabulous event. A huge hotel full of the best people you'd ever want to meet—GARDEN CLUB LADIES! Lots of new ideas to help our club be its best. Lots of clever ladies to enhance our Garden Club network. Lots of good will and camaraderie to sustain our efforts as we move forward. And, of course, plants, plants, plants.

I know I have left much out. My toes are barely touching the surface as I dance along the page sharing my thoughts. Our club year is in its crescendo moment. We have done so much. We have EXPLORED many new things throughout the year. We have ENCOURAGED each other along the way. We continue to ENJOY our club experience—together. I am so proud.



Attending the FFGC 2023 Convention this year were (l.-r.) Carol Stender, Christine Johnson, Linda Schrader, Toni Cvetko, and Lori Wolff. If we look a little tired, that's because WE WERE! Two days packed full of workshops and festivities! This was taken at the end of the final event.

Thank you, Charlotte, outgoing District V Director, for taking our picture.

Annual Garden Tour

This year, the Garden Club visited two local gardens that we not owned by members, but were exceptional. First we visited the various gardens of Michael Lorne, who gave us a tour of his verdant yard. Then we toured the exceptional grounds of Lora and Jim McCoy, who have been focused on restoring the “old Florida” look with exclusively native plantings. Photos below are by Tina Husing.



Members enjoyed the gardens of Michael Lorne as he shared tips about gardening.



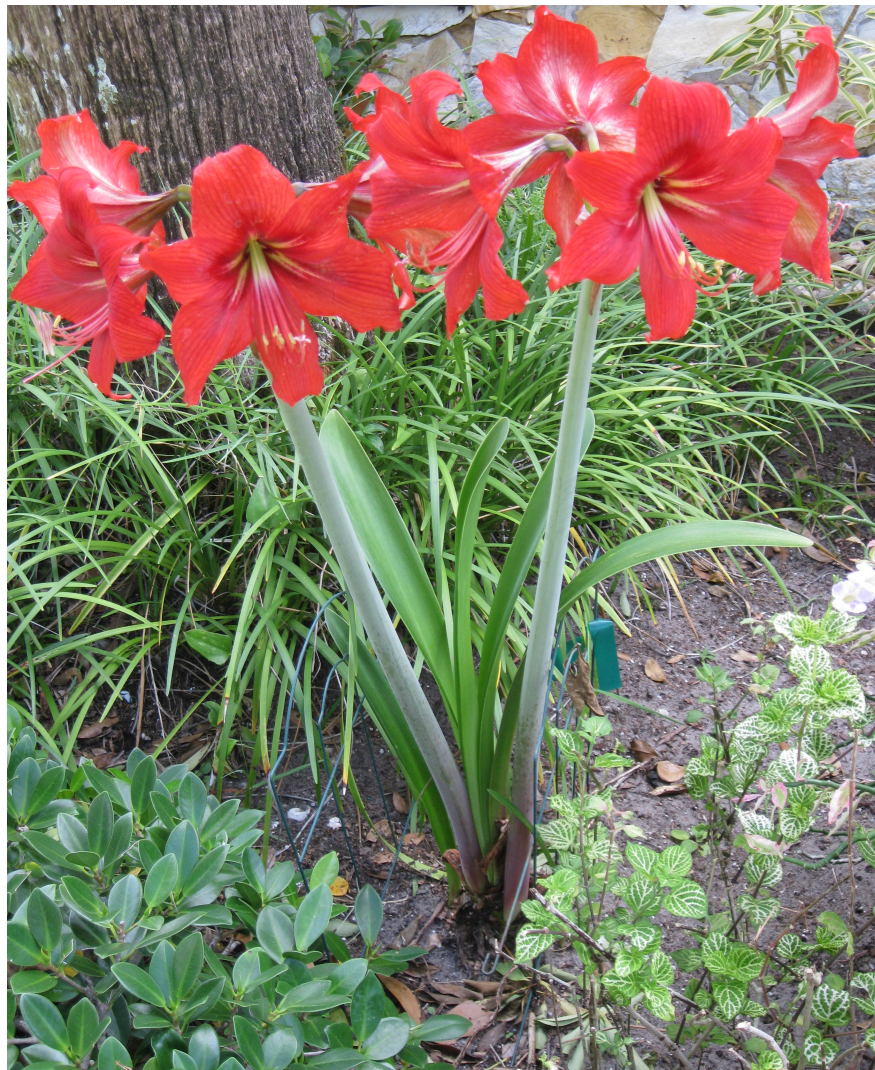
Members were treated to a native plant presentation at the McCoys.

Program for April 25 General Meeting

African Violets

by Nancy Lemcke

I am really looking forward to the program on April 25th which is on one of the most loved houseplants, African Violets. Our speaker, Joe Sammons, has a great deal of experience with the plant (see bio on the website) and is bringing some with him which will be for sale. I have also asked him to donate a couple for the Raffle. During the business meeting we will talk about the May meeting, the Pot Luck and flower presentation to complete our year.



Evelyn Macaig's Amaryllis popped up this year and gladdened her heart.

Photo Gallery



Nancy Lemcke, Christine Johnson and Carol Cloud Bailey take a minute to pose for a shot at the Sip N Stroll in Lantana. Photo by Tina Husing.



Tina Husing carefully stands on the complex web of roots under an enormous strangler fig (*Ficus aurea*) at the Lantana Nature Reserve. The strangler fig is the host plant for the ruddy daggerwing butterfly (*Marpesia petreus*). We all stood enamored when we discovered a number of these beauties as they fed on the inflorescence of a large sea grape (*Coccoloba uvifera*).

Photo by C. Stender

What's Your Cup of Tea?

Boynton Woman's Club invited the Boynton Beach Garden Club to their annual High Tea, held at the lovely Quail Ridge Club House. Events sponsored by the Woman's Club are always delightful affairs and this was not an exception. Everyone enjoyed dressing for the occasion in their finery, some even wearing their hats.

Thank you to the Boynton Woman's Club for including us in two special events this past season. We are much honored and look forward to collaborating more in the future.



Boynton Beach Garden Club members were invited to the Boynton Woman's Club Tea at Quail Ridge County Club. The elegant affair was enjoyed by (from l. to r.) Brenda Jones, Linda Anderson, Miriam Ruiz, Ilia Lindsay, Marianne Madyda, and Pat Inturrisi.



Extremely large, unusual flower of the Dutchman's Pipe Vine that Tina Husing discovered when visiting the Boca Raton Garden Club for Carmella Coppola's welcome into their club.

Butterfly Garden

by Linda Anderson

“Flowers that fly and all but sing”

Blue-Butterfly Day, Robert Frost

In the verse listed above, Poet Robert Frost eloquently captures and describes our fascination with the beautiful butterfly. Just like fireworks in the sky elicit “oohs” and “aahs” from observers, so do butterflies fluttering in the breeze. My fellow butterfly garden workers and I can’t help but pause in our work to be entertained when the Monarch, Atala, Swallowtail and other species decide to take flight.

I must confess that one of the main reasons I joined the Boynton Beach Garden Club was to learn about creating my own butterfly garden and I was happy to learn that the club maintains the butterfly garden at the Schoolhouse Children’s Museum on Ocean Avenue. In 2010, then Garden Club President Audrey Geiger was approached by a city representative to take over a garden area on the east side of the museum. She enthusiastically made plans for a butterfly habitat and current Butterfly Garden Committee Chair Christine Johnson joined her in the endeavor. Now, Butterfly Garden Committee members tend the garden at least twice a month and sometimes more as necessary.



Christine Johnson oversees the maintenance of the Butterfly Garden.

As Michelle Hendricks, Garden Club member and Master Gardener, pointed out in her recent Brown Bag lecture at Boynton Beach City Library, the four basic components needed to attract pollinators are a food source, water, cover plants and host plants. To attract and sustain butterflies the Garden Club's butterfly garden contains plants such as milkweed, fire spike, porterweed, parsley, fennel, coontie, penta, salvia and more.

As a novice, I am learning from the experts (Christine Johnson and Nancy Lemcke, that's you!) and from more knowledgeable regulars Bonnie Paton and Jody Frazer, about what butterfly species are supported by what plants. For example, the Atala, Florida's state butterfly, was once thought to be locally extinct due to overharvesting of its host plant, the coontie palm. By planting coontie, our garden provides a habitat for the Atala.



Nancy Lemcke weeding with Bonnie Paton watering newly planted zinnias in the background.

Probably the most familiar butterfly species is the Monarch. We have all learned its importance as a pollinator in our ecosystem. Jim West, who spoke at the Oleander Garden Club's March 13 meeting about butterfly gardens, stated that we have lost over 80 percent of the Monarch butterfly population! The Monarch needs milkweed as its host plant, laying its eggs on the underside of the leaves, the caterpillar then feeding on the plant. Nearby, sheltering foliage protects the butterfly through its stages, from egg to caterpillar, to chrysalis to butterfly. Host, food and cover plants, plus water - all things we are constantly working to maintain at the garden.

West was instrumental in efforts that resulted in Deland, Florida's designation as a Monarch City USA. Maybe something Boynton Beach Garden Club should think about?

I gleaned another fact about Butterfly Gardening from a speaker during our garden tours in April. It was pointed out that a pollinator garden is helpful, but what is really needed is a corridor of suitable habitats for pollinators to light on and feed on in their travels, so we need to promote the use of many garden plants attractive to pollinators. Back at the Children's Museum area, complementing the Garden Club's Butterfly Garden, the city has planted many cootie plants and milkweed on the westside of the complex, where on any given day many butterflies can be seen fliting from area to area.

Besides gaining hands-on knowledge, working in the garden is an opportunity to socialize with fellow garden club members. Let's face it, pulling weeds and spreading mulch is more fun in a group! And sometimes, we reward ourselves afterward with coffee and a muffin at the East Ocean Café down the block. Come join us!

(Sidenote: My children were fortunate to have a creative kindergarten teacher who provided an eyewitness experience viewing the butterfly's cycle of life from egg to emergence. The children then marched in homemade Monarch Butterfly costumes in the high school's Homecoming Parade. They were dressed head-to-toe in black with construction and tissue paper black and orange wings affixed to their backs, and bobbly pipe cleaner and pom-pom ball antennae on their heads. One of my favorite memories!)



A chrysalis that I rescued from one plant and transferred to another. Hopefully, this butterfly will do well.

Honoring Joan Grace

by Carol Stender

The family of our dear departed Joan Grace arranged a memorial service for her at the garden she took under her wing many years ago. The Community Garden at NW 6th and Seacrest, destroyed by a hurricane many years ago, became Joan's pet rehabilitation project. Through her leadership and consistent Garden Club efforts, the Community Garden has become a true urban oasis. This is the cherished space in which members of the Boynton Beach Garden Club gathered on the morning of April 15th with family and other long-time friends of Joan Grace to honor her and share fond memories.



Garden Club members gathered with family and other friends to honor and reminisce about our dear friend, Joan Grace, who has left us too soon.

Photo by Madelyn Lenny.

A light breeze wafted gently as our large group congregated and reminisced under the large chinaberry tree (*Melia azedarach*) that dominates and shades Joan's Community Garden. The birds were singing and the butterflies flitting as if in testament to her memory and in appreciation of the ecologically-healthy space created by the contributions and efforts of BBGC members.

Three of Joan's four sons organized the celebration of Joan's life. They shared stories that highlighted the challenges faced by their single mother of four and the devotion and sheer grit of Joan's character that prepared them for success in life. The poem *Remember Me* by Margaret Mead was read by bringing us all to tears.

Others stepped forward to share devotional poems and touching, charming stories that highlighted the talented, caring, down-to-earth woman we were fortunate to have worked, relaxed, and laughed with. Joan's sons planted a dahoon holly tree (*Ilex cassine*) in the garden in her honor with an etched memorial



Joan's three sons (l. -r.) Scott,, Matt, and Michael honored their mother with a most thoughtful and touching service . Photo by Madelyn Lenny.

brick. Lifelong friends from New Jersey have donated funds for the installation of a bird bath, adding another key element to the renovated Community Garden.

Following the ceremony, many of us attended a reception at Joan's son Matt's home, where we continued to share memories and be present with those dearest to Joan's heart throughout her life. It was a lovely day devoted to the memory of a lovely woman. A woman of strength and intelligence, a leader and true friend, a woman who loved a good laugh and dealt with life's challenges with grace—Joan Grace. She is missed.

May Sip N Stroll

by Jodi Fraser

Arthur R. Marshall Loxahatchee National Wildlife Refuge

Come join other members as we stroll along the Cypress Trail behind the Visitor Center at Arthur R. Marshall Loxahatchee Wildlife Refuge. We will meet in the Visitor Center parking lot at **5 p.m. on Wednesday, May 3rd**. This trail features a 0.4 mile boardwalk through cypress swamp featuring a variety of vegetation, including cypress trees and knees, ferns, bromeliads and Spanish moss. We may also see alligators. Last year we even observed a group of otters playing in the water!

Arthur R. Marshall Loxahatchee National Wildlife Refuge is located at **10216 Lee Road** in Boynton Beach. There may be a parking fee of \$10 per car, if the parking attendant is present. Though frequently the entry booth is empty, so there is no fee collected for parking. The parking fee is also waived if you have a National Parks pass.



Unusual beauty dominates Loxahatchee Wildlife Refuge

Butterfly Corner: Bring Butterflies to Your Garden

by Debra Tucker, Butterfly Certification Committee Chair

On Saturday, March 11th, The Ocean Ridge Garden Club held a "Bring Butterflies to Your Garden" event from 9:30 am to 1 pm at the Ocean Ridge Town Hall. Carol Stender and I attended.

Four speakers who were knowledgeable about butterfly gardening spoke to a crowd of about 40 people.

Jim West, a butterfly expert, brought butterfly plants suitable for south Florida gardening for purchase and spoke about the type of plants best suited to encourage butterflies in our gardens.

Gregg Lewis, from Planters4Plants spoke about south Florida container gardening and demonstrated the best way to use containers on our patios. Along with some plant selections to sell, he also answered the age-old question of what to do with all those large planter containers when a hurricane or strong storm is headed our way. Gregg suggested drilling a hole in the bottom of your heavy pot and use rebar to anchor the pot to the ground. See you ladies at the next construction site!

My friend Joan Best, resident of Ocean Ridge, spoke on assisting the entire butterfly life cycle from caterpillar to emerging butterfly. She does this indoors with a net enclosure

similar to a laundry basket with plastic tubes to hold your milkweed. She purchased the entire set up on Amazon. See event photo.

Kara Krueger from UF/IFAS Extension program, finished off the presentations by discussing south Florida environmental and climate issues. Utilizing slides she discussed problem solving such as using an old dead tree to encourage the building of nests. She also suggested that certain wildlife, like bats, can help with pesky insects such as mosquitoes rather than resorting to pesticides. See you all on Amazon buying up those bat boxes for our backyards!



Butterfly Expert Jim West wore a butterfly cape for his talk about the plight of butterflies and tips for saving them from extinction. He, also, brought along an assortment of pollinator and nectar plants for sale.

Selecting Plants for a Western Exposure

by Carol Cloud Bailey

Q: I have an issue I have been dealing with for years. In my front yard, up against the house, is a narrow flower bed. It is 18 X 25 feet and gets all of the western sun. I have tried a few different plants, but none have taken a liking to that spot. Any suggestions would be appreciated.

A: Plants are living things; like humans, most have specific growth requirements. A western exposure, next to a heat collector such as a building, is a tough place for many plants to grow, much less thrive. The best way to select plants for your landscape is to take the time to know the facts about your site. Do a site review and record the results on paper. Draw the house, walkways, existing trees, and plants. Note shade patterns and exposures – north, south, east, or west. Also, write down observations about soil conditions and plant growth. Mark wet spots, areas with arid soil, and locations with challenging situations.

Mark your site plan with the USDA Hardiness Zone (<https://planthardiness.ars.usda.gov/>). Also, note the American Horticulture Society Heat Zone (<https://ahsgardening.org/about-us/news-press/cool-timeline/heat-zone-map-developed/>) for your area somewhere, usually between 10 and 11. These measurements indicate high and low-temperature tolerances, and many nursery tags carry this information

helping you select plants generally adapted to the area.

I lived with a western exposure for many years and found the plants that survive the best, despite morning shade, are those adapted to full sun and drought. These plants have modifications such as thick or hairy leaves and low water requirements. Think plants happy growing beachside.

Modifying the bed and surrounding landscape can make planting in the challenging area easier. Do a little excavation; beds near the house may have been filled with construction debris that should be removed. Get a soil test to determine pH at a minimum. Shade is a good thing for over-heated plants. A tree planted far enough away from

the structure to avoid damage during a storm can moderate the heat and intensity of the sun on the bed.

Matching a plant's needs to the site conditions results in plants ready to grow and thrive once established. There are many resources with lists of plants. Here are links to a few lists I find helpful.



Wild Lantana (Lantana involucrata) is a native plant that works well in the south Florida landscape. Once established, it is one of the best butterfly nectar plants for landscapes and is non-invasive and exceptionally drought-tolerant. Provide full sun and well-draining soil; it will be happy in any garden. Photo contributed by Carol Cloud Bailey.

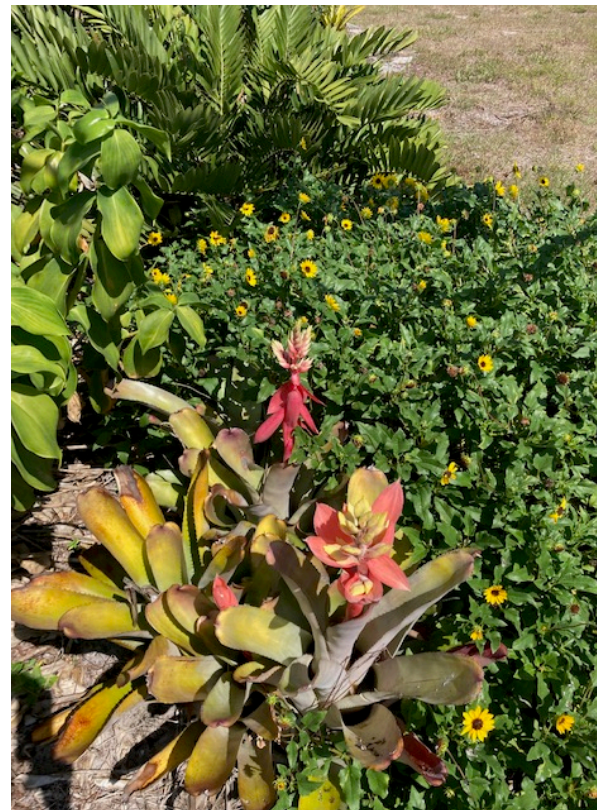
Coastal Landscape Menu – University of Florida, <https://gardeningsolutions.ifas.ufl.edu/design/landscaping-for-specific-sites/coastal-landscape.html>, Salt and wind tolerance of landscape plants for Hawaii – University of Hawaii, <https://dlnr.hawaii.gov/occl/files/2013/08/001-salt-tolerance.pdf>, The Florida Native Plant Society Find Plants Page - <https://www.fnps.org/plants>, and the book *Native Florida Plants for Drought- and Salt-Tolerant Landscaping* by Wunderlin, R. and Kish, G., published by Pineapple Press.

Pick plants you like. I avoid those labeled “fast-growing”; many quickly outgrow the space or are invasive. For challenging sites, I prefer to put plants in the ground before the teeth of the summer arrives and with enough time to establish them in the growing spot. A few of my favorite plants for western exposure locations include carissa, native lantana, dune sunflower, pentas, scarlet sage, Walter’s viburnum, dinnerplate kalanchoe, and firebush.

Harv Bromeliads

by Marianne Madyda

My two Little Harv Bromeliads have spread and now are blooming. Easy care. Sun or shade. I received these as pups from Cynthia Wroblowsky.



Photos by Marianne Madyda.

The Culinary Gardener: Edible Flowers

by Pat Inturrisi

My next few columns will showcase flowers that are not only pretty in our gardens but are also edible. There are only two important things to remember about edible flowers: First is that not every flower is edible. In fact, some flowers can be poisonous. So stick with flowers that I mention. The second caution is to avoid flowers that may have been sprayed with an insecticide, fungicide or herbicide. Because most edible flowers—except for roses—are easy to grow, this is rarely a problem.

First up will be Nasturtiums. Nasturtiums are an annual and are some of the easiest to grow from seed. The seeds are fairly large and are easy to plant directly in your garden or in pots.

Plant nasturtiums in sun (6+ hours of sunlight) but for best results they should be shaded from our intense Florida afternoon sun. Soil should be well-draining. Nasturtiums do well in poorer soils and do not typically need extra fertilizer (unless your soil is extremely poor) They will sprout in about 10 to 12 days. You can soak the seeds in water for a few days to hasten germination. They are pretty carefree and really do well in pots or window boxes. Cut off the faded flowers and your plants will be encouraged to bloom continuously.

If you plant in pots, let the soil dry out a bit before watering and they will be happy with an occasional feeding of liquid fertilizer.

Nasturtiums have a peppery taste like watercress. They are an elegant addition to salads and taste good too.



Recipe page 17

Lovely nasturtiums trained to climb vertically by a fence.

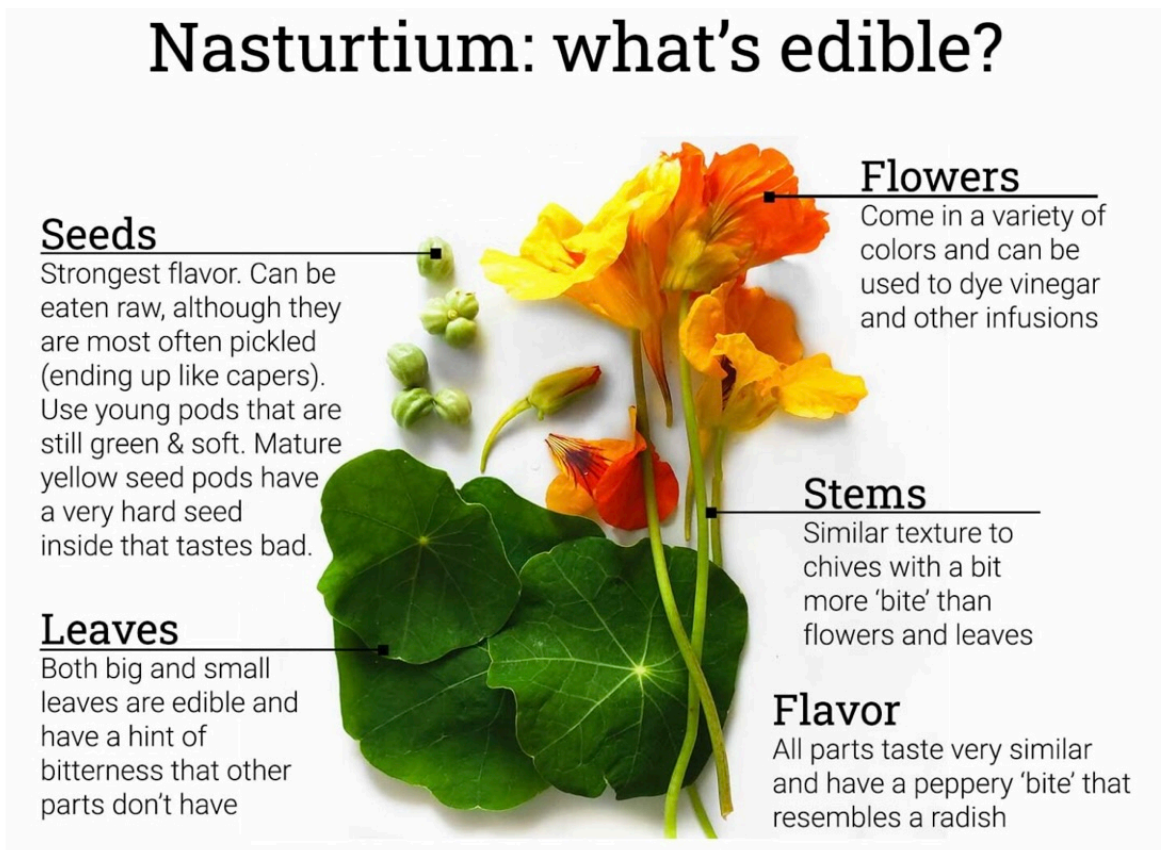
**Spinach Salad, Mushrooms, Nuts, Blue Cheese
with a Warm Maple Balsamic Dressing and a Sprinkle of Nasturtiums**

2 (10oz.) packages baby spinach, cleaned
 2/3 cup + 2 tablespoons extra virgin olive oil, divided
 1 red onion, thinly sliced
 8 oz. cremini mushrooms, sliced

1 medium shallot, finely chopped (about 2 tablespoons)
 1/4 cup balsamic vinegar
 2 teaspoons pure maple syrup
 1/8 teaspoon salt
 1/4 teaspoon pepper
 8 oz. toasted hazelnuts, chopped

Sauté red onions in 2 T extra virgin olive oil over medium heat 2-3 minutes. Add onions and sauté till golden brown. Season with salt and pepper.
 In small saucepan, add shallots and a remaining 2/3 cup of olive oil, balsamic vinegar and the maple syrup. Whisk and

bring mixture almost to a boil. Remove from heat and let cool until barely warm.
 Arrange salad on a platter. Top with mushrooms, blue cheese and nuts. Drizzle dressing over all and scatter nasturtiums over the top.





Upcoming Birthdays

Remember our members when their special day comes around.

Toni Cvetko	April 28
Nancy Lemcke	April 29
Cyndy DiVeto	May 8
Mary Hory	May 11
Lynn Lima	May 18
Christine Johnson	May 22
Mary Jo Wasierski	May 23
Ingrid Moore	May 31

Welcome Our New Members

Isabelle Sender

740 Horizons W., BB 33435

267-970-1518

4isabelle.s@gmail.com

DOB 09/11

Committees:

Art in Bloom, Hospitality, Trip Planning & Summer Lunches, Butterfly Garden, Community Garden

Connie Pignataro

605 Buttonwood Lane, BB 33436

561-901-3026

medicgirl170@comcast.net

DOB 08/15

Committees:

Newsletter

