

# THE BOYNTON BLOOMERS

Boynton Beach Garden Club | February 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

February 28. Natalie Frenberg, PBC Office of Reliance speaks on impacts of Backyard Gardeners .

## Sip N Stroll

March 1. Bexley Trail Community Park, 1400 W. Bexley Park Dr, Delray Beach.

## Library Lecture

March 6. Club members present **Cancelled** Using Plants at BB City Library's Brown Bag Lecture Series.

## Art in Bloom

March 10–11. Members interpret student artwork using flowers. Arts and Cultural Center of BB.

## Visit Oleander GC

March 13. Speaker Jim West on Butterflies at Greenacres Community Center.

## Workshop

March 14. Earth Day Preparations.



*Carmella Coppola and I touring Mounts Botanical Garden as part of Gardening School*

## Presidents' Report

What a blessing to be President of a Garden Club! So many activities to enjoy, places to go, and interesting information to learn! So many new connections with so many wonderful people.

As I began to put this month's newsletter together, I first looked over all the photos on my computer that document the activity of the past thirty days. Boynton Beach Garden Club is such a busy group; members have such a depth of varied experiences to share!

Starting with last month's General Meeting, we were fortunate to have our own Carol Cloud Bailey, a professional horticulturist, present on Two Pines for Florida. On a personal level, Carol is a delight. She is a woman with many talents to share and interesting stories to tell.

*(Cont'd next page)*

*(President's Report Cont'd)*

At that same meeting, the Hospitality Committee outdid themselves with delicious home-baked goods, and the Raffle table was full of unique, attractive plants. Thanks to our very special members, Christine Johnson and Lynn Lima for, once again, adding their special touch to the meeting.

Christine was presented the Pillar of Pride Award at the meeting for her many contributions to the Garden Club year after year. Her love of gardening and landscape design is evident in the prolific Florida-friendly, wildlife friendly gardens that she has designed for herself and the community. She regularly contributes centerpieces and plants for our meetings and our raffles, and she promotes civic and environmental responsibility almost daily through her presence and key involvement in the various community events in which our club participates.

This past month, I attended District X's Tropical Short Course. Each year, I look forward to this event because of the interesting and inspiring presenters. This year, I was particularly taken by Rich Ackerman's presentation on Native Orchids. In fact, I bought a packet of 21 native orchids in the hopes

that our club might join the initiative started down in the Miami area to repopulate our Florida community with native orchids. If you are interested in joining me with this project, let me know! At this point, they are all still sitting in my garden, a bit neglected and waiting for me to take action.

Then I attended the elegant luncheon at the Quail Ridge Country Club. They had a talented speaker, who is in charge of trying to make the landscaping around Quail Ridge as Florida Native Friendly as possible. The many photos of various birds that reside on their grounds is a testament that he is doing a great job! This was a fabulous event. A big Thank You to the Boynton Woman's Club for inviting the Garden Club. We had a large group in attendance and everyone thoroughly enjoyed themselves.

One Tuesday morning, I visited the Community Garden and witnessed the new bird-friendly initiative in action. This is an exciting step forward for this garden. Please don't miss participating in their Donor Day on Tuesday, March 7. Glery Cruz ([347-323-5548](tel:347-323-5548)) and Christine Johnson ([561-736-2909](tel:561-736-2909)) are in charge of the project. Give them a call and let them know you can help out.

Finally, I was the Local Chair for the NGC designed Gardening School Course 2. We had participants from Maryland and New York and, of course, many District X Garden Clubs. Gardeners are the best people! And these ladies were super. Gardening School is a fabulous networking event, besides offering excellent Florida-based information to improve your gardens. So glad to become acquainted with these ladies.

Garden Club is an opportunity to get to know lots of interesting people while learning and practicing to be a better gardener and a better member of the community. It provides probably the healthiest activities I can think of—socially, mentally, physically, and even spiritually.

Next month will be another set of adventures. Hope you all will be joining in!



Christine Johnson (r.) receives the Pillar of Pride Award from President Carol Stender (l.)



**BOYNTON BEACH GARDEN CLUB**  
Presents



# ART IN BLOOM

A fun flower show where fresh flowers  
interpret colorful art  
from students of Plumosa School of the Arts

Boynton Beach Arts and Cultural Center  
125 E. Ocean Avenue, Boynton Beach

**Friday, March 10, 2023**  
5 – 7 PM

A preview reception, enjoy lite bites  
and refreshments

**Saturday, March 11, 2023**  
10 AM – 2 PM

Gallery of Art and Floral Interpretations,  
demonstrations of floral arranging  
and children's activities.

Cast your vote for the People's Choice Award.

**FREE EVENT**

For information, please contact Toni Cvetko  
TLCvetko@gmail.com or 908-757-0116

## **Art in Bloom** *by Toni Cvetko*

**Art in Bloom** is right around the corner. We hope that all members plan to support our club by attending this fun event.

*'Art in Bloom' is a fun flower show where our members use fresh flowers to interpret colorful art of the students from Plumosa School of the Arts. Come out, enjoy the show, and support your club by voting for your favorite floral interpretation.*

To make this event a real success, we have partnered with the Boynton Beach Arts and Cultural Center, the Schoolhouse Children's Museum and the elementary students at the Pulmosa School of Arts.

Arts and Cultural Center  
125 E. Ocean Ave, Boynton Beach, FL  
33435

Friday, March 10, 2023, a preview  
reception from 5 – 7 pm  
Saturday, March 11, 2023, from 10 am –  
2 pm

Besides the eloquent interpretive arrangements created by our artistic designers, there will be children's activities every hour starting at 10:30 AM and flower arranging demonstrations every hour starting at 11 AM.

### Designers:

Linda Anderson, Jeanne Bilbo, Carmella Coppola, Linda Christianson, Glery Cruz, Tina Husing, Christine Johnson, Charlotte DeLeu, Kathy Menninger, Bonnie Paton, Carol Stender, Marlene Weir.

If your name isn't listed as a designer, and you would like it to be, please contact Toni Cvetko (TLCvetko@gmail.com).



Bonnie Paton's 2021 Entry

## **Boynton Beach Historical Society**

presents "THE GILDED AGE IN PALM BEACH" by Michael McKeich

Monday, March 27, 2023 @ 7-8pm EST via Zoom.

If your email is on file, check your inbox for an invitation from [BBHSPrograms@gmail.com](mailto:BBHSPrograms@gmail.com). If your email isn't already on file with us, send a request to [BBHSPrograms@gmail.com](mailto:BBHSPrograms@gmail.com) and we'll send you the invitation.



## **Fun with Flowers Workshop** **by Shelly Johnston**

The 2nd Annual “Fun with Flowers” floral workshop was held on Thursday, February 9th at the High Point Clubhouse and was a great success!

The instructor, Emilie Palmieri from the Boca Raton Garden Club, led our group of 15 students. For a nominal cost, she provided all the flowers and materials. Under her tutelage, we snipped, trimmed and got our creative juices flowing! Everyone made beautiful Valentine’s Day arrangements to take home and enjoy. Many thanks to Toni Cvetko for organizing this event!



*Shelly Johnston and Lori Wolff with their beautiful Valentine floral creations!!*

**Program for February  
28 General Meeting  
Backyard Gardens  
and Climate  
Change  
by Nancy Lemcke**

Our scheduled February speaker, the Boynton Beach Sustainability Coordinator, moved back to Oregon in December. BUT Natalie Frendberg, from the Palm Beach County Office of Reliance will speak in her stead. The topic is Backyard Gardeners and Climate Change. Should be very interesting.

A busy time is coming up for Programming and I hope all member of the Garden Club will be signing up for activities. There are workshops listed in the Yearbook throughout the months coming up, but I am concentrating right now on the Members' Tour in March and the Flower Show in May. Please sign up at this coming meeting for both of these or message/email me if you are not attending the meeting...numbers are important.

**RAFFLE DONATIONS  
NEEDED FOR DISTRICT  
SPRING MEETING  
by Lori Wolff**

We will be raffling themed baskets, gift certificates, and other items at the District Spring Meeting which our club will be hostessing on April 27th, and we need the support of ALL of our members for this project.

Please start to gather and donate new items to be included in baskets. If you have single raffle-worthy items, we would love to have them too.

Why not start your spring cleaning early? Check out your closets, garages, and storage areas to find some treasures to donate.

Any questions or comments, please contact Lori Wolff at [561-779-8777](tel:561-779-8777) OR [loreleiwolff@aol.com](mailto:loreleiwolff@aol.com).

**Town and Country Spring Luncheon**

Boynton Beach Garden Club members have been invited to attend Town and Country's Annual Spring Luncheon.

WHEN: April 10 @ 11:30

WHERE: Sunlight Church, 1325 N. A St., Lake Worth, FL 33460 (Note this is a new location.)

RSVP: by April 3. We will have a sign up sheet at the February General Meeting.



# Oleander Garden Club of the Palm Beaches, Inc.

Presents  
"Sounds of Spring"  
Gourmet Hors d'oeuvres - Wine - Outdoor Concert

Silent Auction & 50/50 Fundraising Elements  
Tuesday, March 21, 2023 from 4:00 – 7:00 pm  
\$35.00 per person

Holy Trinity Episcopal Church  
Parish Hall and Courtyard  
211 Trinity Place, West Palm Beach, FL 33401  
Located in downtown West Palm Beach off of Flagler Drive just north of Okeechobee Boulevard

**Featured Performer**  
**Mace Graham**  
*Organist and music director at Holy Trinity Episcopal Church  
Featured entertainer at The Sailfish Club & The Beach Club  
Performed at Carnegie Hall*

**Proceeds Benefit Our Work in the Community**  
Youth Programs  
Wekiva Youth Camp Scholarships  
Native Plant Demonstration Gardens

For Additional Information Call Pat Welch (561) 271-0709

..... ✂  
We ask that you RSVP by March 14

Please cut off this portion and mail along with payment to:

Pat Welch  
6809 Hammock Lane  
West Palm Beach, FL 33411

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Contact Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_  
Amount Enclosed \_\_\_\_\_ (Checks payable to Oleander Garden Club of the Palm Beaches)  
Names of Guests if paying for more than one person: \_\_\_\_\_



## January Hospitality

The hospitality committee outdid themselves for the January meeting. Lynn Lima, Jane Gavlick, and Kathy Menninger put together an assortment of sweet and savory items for everyone to enjoy.

We asked for the recipes and Lynn Lima graciously has shared two. I remember these cookies. So delicious!



### SIX WEEK BRAN MUFFINS

#### Ingredients

- 1 (15) box Raisin Bran
- 1 cup melted shortening
- 3 cups sugar
- 5 tsp. baking soda
- 5 cups flour
- 4 eggs, beaten
- 1 quart buttermilk
- 2 tsp. salt

#### Steps

1. Preheat oven to 400
2. Grease bottoms only of muffin cups
3. Beat eggs, stir in buttermilk, shortening and raisin bran.
4. Stir in sugar, baking soda, flour and salt, just until flour is moistened (batter will be lumpy)
5. Fill muffin cups about  $\frac{3}{4}$  full
6. Bake for 15-20 minutes until toothpick comes out clean.
7. Can be stored covered in refrigerator for 6 weeks.

### CALIFORNIA RANGER'S—ELAINE'S COOKIES

#### Ingredients

- 1 cup shortening
- 1 cup white sugar
- 1 cup brown sugar
- 2 cups flour
- 1 Tbsp. sour milk
- 3 eggs
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp vanilla
- 2 cups oatmeal
- 2 cups cornflakes
- 1 cup coconut

#### May also add:

- 1 c raisins and  $\frac{1}{2}$  cup walnuts

#### Steps

1. Cream shortening, sugars together. Add eggs, sour milk, and vanilla.
2. Add flour, baking soda and powder. Mix together
3. Then add the remaining ingredients.
4. Drop on greased baking sheet
5. Bake at 350 for 10-15 minutes until brown

## Community Garden Update in the Works by Carol Stender

The Community Garden Committee has been working overtime to get the garden ready for the much anticipated March 7 Donation Day. With a little help from our members, this special urban space can be transformed into a bird friendly sanctuary.

Bonnie Paton emailed a list of plants that the committee is hoping to receive. They range from small berry-producing trees and bushes, to flowers that produce seeds for the birds, and even flowering host plants to ensure a healthy supply of caterpillars for the baby birds we hope will one day grace our garden with their colorful plumage and cheerful songs.

Bring any trees, bushes, and plants to donate to these efforts to create an eco-friendly, bird-thriving environment.

Bring your bird-friendly or pollinator-friendly plant to the Community Garden on the morning of March 7. If you want, you can help us plant all the donations! Bring your tools and join in with the fun!

Eager to join this worthwhile project? Contact Glery Cruz ([mw431643@comcast.net](mailto:mw431643@comcast.net)) or Christine Johnson ([chrisbob210@aol.com](mailto:chrisbob210@aol.com)).



*Community Garden Committee Members Preparing for March 7.  
From l.-r., Christine Johnson, Glery Cruz, Jeanne Bilbo, and Jody Fraser.*



## Boynton Beach Woman's Club Luncheon At Quail Ridge Country

by Pat Inturrisi



*Garden Club members having a good time chatting at the Women's Club Luncheon. Going around the table from extreme l. to r. Sonja Zalutko, Pat Inturrisi, Marianne Madyda, Judy Brunner, Brenda Jones, Ilia Lindsay, Miriam Ruiz and Lori Wolff.*

On Thursday, February 2nd, a group of our Garden Club members were treated to a wonderful presentation given by members of the Audubon Cooperative Society at Quail Ridge Country Club. Our speaker was John Waage, a retired professor who taught Ecology and Environment at Brown University. His many years of standing before classes was evident in his professional but entertaining manner.

He spoke of the landscaping at Quail Ridge where their gardeners tried to include as many plants native to Florida as possible, noting that sometimes non-natives would also be included in the mix. These native plantings attract a host of our beautiful feathered friends who not only provide beauty but also give back service to the environment. One example is the horned owls who have been nesting in their community every year for the last 5 years. The Audubon Society, in their walkabouts throughout this beautiful community, noticed that the owls were having difficulty in weaving sturdy nests. They decided to create makeshift nests or hammocks made of mesh and brush to encourage the continued procreation of those beautiful birds. In addition, wildlife can provide a valuable service to the environment. One such way is the manner in which these owls achieve a proper balance of the food chain.

*(Cont'd page 11)*



*(Woman's Club Luncheon Cont'd)*

They do so by controlling the rodent population which cause diseases that can affect wild and even domestic animals.

His talk was accompanied by slides which showcased the way in which our commonplace native plants were used to create elegant landscaping along the miles of walking trails in Quail Ridge and their stunning golf course. The slides were a picture of how these plants can thrive in our tropic heat and sandy soils with minimal water requirements. They also showed the beautiful wildlife these plants attract including butterflies so prized by our gardeners.

His talk was followed by lunch in the exquisitely appointed clubhouse at Quail Ridge where the Garden Club members were afforded a chance to get to know some of the Boynton Woman's Club members and thank them for inviting us.

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### Evelyn Macaig's Once-a-Year Blooming Aloe Plant





## March 1 Sip N Stroll

by Jody Fraser



Nature Trail in Bexley Trail Community Park

The March Sip N Stroll will be held at the Nature Trail in Bexley Trail Community Park on March 1 from 4 – 6 p.m.

The Nature Trail is a heavily wooded loop-trail which provides lots of shade and a variety of native plants, as well as birds. It is also an interesting example of how non-native plants can take over natural areas. At the end of the nature loop, you may continue on another paved loop around a small, lily pad adorned pond. There are benches and a shade structure for those who wish to sit and relax.

This location is unique because it is a community park nestled in the Bexley Park residential neighborhood. The entrance to the neighborhood is off of S. Military Trail near Via Delray Blvd. You'll see the Bexley Park neighborhood sign, just south of the Delray Auto Mall used car dealer, at the corner of S. Military Trail and Bexley Park Drive. Follow Bexley Park Drive until you come to a small traffic circle. Continue through the traffic circle until you see the Bexley Park parking lot. Park and we'll meet you there.

Bexley Trail Community Park is located at 1400 W Bexley Park Drive in Delray Beach. Please meet at the Bexley Community Park parking lot at 4 p.m. From there we will walk across the street to the Nature Trail.

**Florida Federation of Garden Clubs, Inc.**

**96th Annual Convention**

**April 18—20, 2023**

**Embassy Suites by Hilton, Lake Buena Vista South**

**Kissimmee, Florida**

***Worlds of Wonder***





## Butterfly Corner: Malachite

by Debra Tucker, Butterfly Certification Committee Chair

Named for the mineral of the same color, the Malachite (*Siproeta stelenes*) is considered by many to be the most beautiful butterfly in all Florida. A relatively recent arrival to the state, it was a rare find prior to 1965. Now it is locally common throughout the extreme southern counties.

The Malachite butterfly is found along the weedy edges of tropical hammocks and within overgrown commercial nurseries and fruit groves. It is a large butterfly with a fast powerful flight. Adults prefer rotting fruit instead of flower nectar. It is also the only large butterfly in Florida with green markings.

“Adult female malachite butterflies lay their small, dark green eggs singly on the newest growth of host plant leaves. The plants they choose are often **petunias, shrimp plants, cafetin and black-eyed Susans**. The small, young caterpillars feed and rest on the host leaves from below.”

Source: <https://micro.magnet.fsu.edu/butterfly/malachiter10>



The beautiful green Malachite butterfly.

### Florida Butterfly Talk

by Jim West

(Two Vendors will offer Florida native butterfly and host plants for sale)

March 11, 2023 (Sat. - 10am)  
Ocean Ridge Town Hall  
6450 N. Ocean Blvd. (A1A)  
Ocean Ridge, FL 33435

Free and Open to the Public

**BOYNTON BEACH GARDEN CLUB  
INVITES YOU TO  
FFGC District X Spring Meeting**

**Thursday, April 27, 2023  
Westchester Country Club**

**12250 Westchester Club Drive, Boynton Beach, FL 33437**



**BEE THE SOLUTION**



Registration begins at 8:30 a.m.; Call to Order at 9:30 a.m.

- Please complete a Registration Form for each club member registering. Copy the form as needed. Also, no walk-ins.
- Forms are available online at [districtx.org](http://districtx.org).
- Forms and checks must be **received by** Thursday, April 13, 2023. No refunds will be given after the 13<sup>th</sup>.
- Make your check out for \$50, payable to: Boynton Beach Garden Club, and mail the form and check to Registrar: Bonnie Paton

11234 Green Lake Drive #101  
Boynton Beach, FL 33437

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Club/Circle \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Please check each category that applies to you. You may check more than one category.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> National Officer        | <input type="checkbox"/> District Officer         | <input type="checkbox"/> Garden Club Member         |
| <input type="checkbox"/> Former National Officer | <input type="checkbox"/> District Chairman        | <input type="checkbox"/> Delegate (per club pres.)  |
| <input type="checkbox"/> FFGC State Officer      | <input type="checkbox"/> Former District Director | <input type="checkbox"/> Alternate (per club pres.) |
| <input type="checkbox"/> FFGC State Chairman     | <input type="checkbox"/> Garden Club President    | <input type="checkbox"/> Guest                      |
| <input type="checkbox"/> District Director       | <input type="checkbox"/> Circle President         |   |

The \$50 registration fee includes a continental breakfast beginning at 8:30 with coffee, tea, juice, fruit platter, bagels, and assorted pastries. Lunch at 12:30 p.m. includes your choice from below. Choose one lunch and one dessert.

- |   |   |
|---|---|
| <input type="checkbox"/> Par 3 Platter – Egg, Tuna & Chicken Salads | Dessert Choice:                                   |
| <input type="checkbox"/> Grilled Salmon Salad                       | <input type="checkbox"/> Raspberry Sorbet         |
| <input type="checkbox"/> Penne Primavera                            | <input type="checkbox"/> Chocolate Brownie Sundae |

Bonnie Paton, Registrar 772-233-2130  
Lori Wolff, Chairman 561-779-8777



## A Saturday Outing



Roberta Corrigan saw that Smarty Plants has resumed Native Plant presentations on Saturdays at 2 PM. Although Roberta was unable to attend, she realized that some Club members might be interested. We sent out an email about it and Tina Husing, our club photographer, drove over to check it out.

Tina reports,

“It was interesting, the different plants that attract different kinds of Butterflies ... Also, proper maintenance, which varies from one plant to another. A Lot to take in !!! I was overwhelmed with the plants around me & wanted to roam !!! Stayed awhile after...About the only thing that I could relate to and highly recommend was the MEXICAN MILKWEED that feeds the MONARCH BUTTERFLY !!! It's important to cut them down to just a couple of inches off the ground in the Fall & again in April, for root growth benefits... There are other kinds of Milkweed Plants that don't do well in Florida. So much to learn !!! 😊”

Hope to see you at Smarty Plants next time!

## Plant Profile for Burro's Tail by Carol Cloud Bailey

**Scientific Name:** *Sedum morganianum*

**Family:** Crassulaceae

**Common Name(s):** Burro's Tail, Donkey's Tail, Horse's Tail, Lamb's Tail, or Stonecrop

**Native to:** Mexico

**Description:** A trailing succulent, herbaceous perennial with branches to 3 or more feet. Leaves are persistent (evergreen) and brittle, falling off the stem easily, thick to 3/8 inch wide, cylindrical, pointed, curving forward, waxy, and a sagey gray-green. It rarely flowers in cultivation, but if seen, it flowers in terminal bunches with many stamens and a lovely deep rose color, usually in late spring.

**Hardiness:** USDA hardiness zones 8 through 11; will tolerate temperatures to 28° F.

**Height/Width:** Stems will grow to 3 or more feet long and branches readily at the base of the plant.

**Light:** Provide full sun to part shade; sun with a bit of afternoon shade is the preferred location in South Florida.

**Soil/Moisture:** Soil must be exceedingly well-drained. Very drought tolerant, allow soil to dry between waterings. Use a sandy cactus mix when potting.

**Culture/Use:** Many people love and try to grow succulent sedums in the hot, humid south, but few succeed. The climate here matches the sedum's requirements – almost. We have a hot, long growing season, well-drained soils, and little water for six months of the year. It's the rainy season and humidity that cause problems. For best growth in the rainy, humid south, locate where water, either from irrigation or nature is controlled. Some of the best places are on

decks, sun porches, under house eaves, and patios with sun and heat, but protected from rain. Burro's Tail and many sedums are desert plants; they make great additions to rock gardens, are fabulous in high-light interiors, and are spectacular in hanging gardens. Sedums are not heavy feeders; use a balanced, slow-release fertilizer 2 times per year according to the label.

**Misuses & Notes:** Burro's Tail is difficult to maintain as a ground cover in Florida; the humidity, weeds, and abundant water do it in quickly. The leaves and branches are easily dislodged, so moving and repotting can make the plant look ugly. Since the leaves easily root, growing new plants often is better than trying to repot or maintain an older plant. Few pests bother the sedums; the only problems are rots associated with too much water.



Attractive Burro's Tail Sedum



# The Culinary Gardener: Mesclun or Baby Greens

by Pat Inturrisi

In northern climes, baby greens are easily grown indoors. For us Southern gardeners, we have no such worries about dead of winter frigid temperatures, so we can grow outdoors all year long. The flavors, colors and textures of these baby salads eaten minutes after being cut are one of the joys of kitchen gardeners.

They can also easily be grown in a shallow longish container filled with 1-2 inches of fine soil. Plant 1/2" apart and cover with 1/4" planting mix. Pat gently to make sure the seeds make contact with the soil. Water with a fine spray so as not to dislodge the seeds and keep your soil moist. In about a week you should see the seedlings start to sprout. They can be grown in the sun for up to four hours per day, but since they really are a cool weather crop they do better in partial shade. Sow the seeds in a single layer, and every two weeks you can do successive sowings to have a continual supply.



*Assorted Baby Greens*

Mesclun is meant to be harvested as young leaves. If you have the space in your yard, you can sow outside in a little plot but those of us with space constraints, small shallow growing trays work just fine. In just three weeks you will be harvesting a varied combination of greens, from ruby red to pale green, from mild to spicy. When your mesclun is about 6 inches tall, cut leaves about one inch from the base. The plant will sprout new leaves that can be cut up to three more times. This is referred to as the cut and come again method.

Mesclun is a mild flavored mix that makes the perfect bistro salad. Mustards like mizuna are as interesting to look at as to eat and are very nutritious. Arugula or rocket packs a punch of intense flavor and makes a spicy pesto or adds interest to pizza when scattered over the top as it comes out of the oven.

The slightly bitter flavor of mesclun pairs beautifully with fresh fruit as in the salad below:

## Mesclun Salad with Walnuts, Oranges and Blueberries

**(Antioxidant Salad!)**

Mixed mesclun greens  
 2 oranges, pulled apart into segments  
 1/2 cup blueberries  
 1 small fennel bulb, cored and thinly sliced  
 1 cup toasted walnuts, chopped  
 In a large salad bowl, add mesclun, top with fruit and fennel. Drizzle with dressing and sprinkle with walnuts.

Dressing:

1 Tbl grainy mustard  
 1 Tbl maple syrup or honey  
 1/4 c orange juice  
 1 Tbl apple cider vinegar  
 2 Tbl evo  
 1/2 tsp salt

Add all ingredients to a small glass jar. Cover and shake well. Can be made ahead and refrigerated. Dress salad just before serving.

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*Culinary Gardener Cont'd*

Arugula is a leafy green popular in Italian cuisine. It is frequently eaten raw in salads but it can also be enjoyed cooked.

**Linguine with Arugula, Lemon and Pecorino Cheese**

- 1 lb linguine
- 4 Tbl butter
- 1 tsp or more freshly cracked black pepper
- 1 c grated parmesan
- 1/2 c grated pecorino cheese or more parmesan
- Couple handfuls arugula
- Zest of one lemon

Cook pasta in well salted water until al dente but just before draining, reserve 3/4 c pasta water.

Meanwhile, melt 2 Tbl butter in large skillet, add pepper and cook 45 seconds until toasted. Add reserved pasta water and bring to a simmer. Add the drained pasta and remaining butter.

Remove from heat and stir in cheeses tossing to coat pasta. Swirl in arugula and transfer to serving bowl. Sprinkle with lemon zest.

**April 18 - 20, 2023 (Tues. - Thurs.)**  
**96th Annual FFGC Convention**  
**(Interactive Registration Form)**

Embassy Suites by Hilton  
Orlando Lake Buena Vista South  
4955 Kyngs Heath Road  
Kissimmee, FL 34746

**Cost: \$210    Registration Deadline: 3/27/23**

**Registrar: Skip Lamoureux**

**Questions: 727-916-7547, email:  
ffgc2023conv@gmail.com**

**Register online by clicking here: <https://bit.ly/3wxWLGd>**





## Upcoming Birthdays

Remember our members when their special day comes around.

Shelley Johnston	March 5
Pat Inturrisi	March 13
Brenda Jones	March 13
Evelyn Maciag	March 19
Linda Anderson	March 30

## Welcome Our New Members!

### Jeanne Bilbo

240 N. Highpoint Blvd, BB 33435

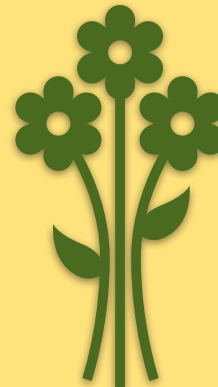
561-523-9573

jeannebilbo@aol.com

DOB 06/22

**Committees:**

Butterfly Garden, Community Garden, Memorial Garden



### Charlotte DeLeu

10849 Sunset Ridge Circle, BB 33473

954-254-3888

charcsfl@aol.com

DOB 10/21

**Committees:**

Hospitality, Trips & Summer Lunches

### Marlene Weir

2010 NW 15<sup>th</sup> Place

Delray Beach 33445

774-487-1756

[m.weir@comcast.net](mailto:m.weir@comcast.net)

DOB 12/25

**Committees:**

Community Garden