

THE BOYNTON BLOOMERS

Boynton Beach Garden Club | March 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

March 28. Garden Tour of two Delray gardens.

Sip N Stroll

April 5. Lantana Nature Preserve at 400 W. Ocean Ave, Lantana.

Visit

April 10. Luncheon at Town & Country GC, Lake Worth.

Workshop

April 11. Preparation for District X Spring Meeting.

Convention

April 18-20. FFGC Annual Convention at Kissimmee, FL.

District X Spring Meeting

April 27. BBGC hosts this year's event at Westchester Country Club.



Presidents' Report

I was reflecting the other evening on how the Garden Club has enriched my life. It was in the quiet of the evening after the close of this year's Art in Bloom. You know, this year's Art in Bloom was bigger, brighter, better than ever! The venue, the designs, the guests—even the food!!

On the other hand, the student's artwork that I had to interpret was more challenging than ever. After days of looking at it, I remained flummoxed. I gathered an assortment of flowers and berries that could possibly work, but I was unable to envision a final design. Inspiration had forsaken me.

I turned for assistance to a new acquaintance who, fortunately, has taught floral design and frequently judges Flower Shows. She guided me through, teaching me a few

(Cont'd next page)

President's Message Cont'd

tricks along the way. I continued to fuss with the various elements of my design up until I proudly loaded it into the car and delivered it to the Arts and Cultural Center on Friday afternoon. The room was all abuzz when I arrived. Everyone was full of energy and excitement. Everyone was pitching in to create a special Art in Bloom. I left happy and impressed by the talent of our members who submitted designs. My design did not win a prize, but I was pleased with it and it graces my bay window still as I write.

The Garden Club continually enriches my life. I am meeting and working with people, of talent and vision. I am expanding my own abilities and knowledge on a daily basis.

Here are photos of two other terrific events I attended this past month. Am I awfully busy? Oh, yes. Am I enjoying myself? You bet!! Garden Club people really are the BEST!!

Take a tip from me: Grab each opportunity to work with garden club ladies!. Right now, register for the District X Spring Meeting and sign up with Lori Wolff to do your part!



Debra Tucker (r.) and I went to the Ocean Ridge Butterfly event on Saturday, March 11. This was a worthwhile event and we were pleased to support a neighboring garden club!



Oleander GC held a Sounds of Spring fundraiser that my Will (l.) and I attended. Janet Stein (r.) is Co-President of Oleander GC. The event was over the top: nice wine, sumptuous hors d'oeuvres, forty fabulous raffle baskets, and a talented musician in the courtyard for entertainment. Will and I enjoyed ourselves immensely (despite no smile in this photo.)

Program for March 28 General Meeting

Garden Tour

by Nancy Lemcke

March is the traditional month for the Garden Club members to enjoy someone else's work in designing and developing garden space. Usually it is a club member's hard earned work that we visit, but this year we're breaking the "mold" and making a short trip to Delray Beach to two gardens that are well developed and a pollinator's heaven.

Michael Lorne has converted his yard into space that is dedicated to birds, bees and butterflies and, he tells me, an added vegetable space. Our second garden, which is very close by, is a native garden hosted by Lora and Jim McCoy who will tell us a little about their space and how it was developed. Our business meeting will be held at the McCoy's.

** A note for those who will not be meeting at the Lowe's parking lot: Michael Lorne: 417 NW 17th St. Delray Beach, Jim McCoy: 4 16th St

The April meeting will be on African violets and the speaker will be bringing plants for purchase.

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 hosting 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.



THE DISTRICT X SPRING MEETING NEEDS YOUR HELP

by Lori Wolff

Preparations are underway for the Boynton Beach Garden Club's hostessing of the District X Spring Meeting on Thursday, April 27th, ALL MEMBERS need to contribute to this event in some way! Below is a list of possible roles that you can help fulfill. Choose one. If you will not be at the March General Meeting on the 28th, contact me asap with your choice at loreliewolff@aol.com.

- *1. Prepare a raffle basket with new or gently-used items. You can team up with another member to create a basket. The value should be about \$30 to \$35. Christine Johnson is Raffle chairman; contact her to let her know what you will be donating.
- *2. Donate a single spectacular item for the raffle. Framed pictures, vases, costume jewelry, a "mystery box", and gift cards are good choices. Let Christine Johnson know what you have to donate.
The raffles at our fashion show were very popular. We are hoping to repeat this success.
- *3. Volunteer to sell raffle tickets and 50/50 tickets at the meeting. Teams of 2 can do this best.
- *4. Volunteer to be a "presenter" to deliver raffle prizes to the winners.
- *5. Volunteer to be a "hostess" at the meeting to greet attendees, direct them to the tables and to the continental breakfast, escort those who might need assistance to their tables.
- *6. Volunteer to be a time-keeper at the meeting. This person times each speaker's report and advises when time is up.
- *7. Volunteer to be a "teller" to count the votes of any issues to be decided at the meeting.
- * 8. MOST IMPORTANT: Register to attend the meeting! "Bee the Solution" registration forms have been emailed to each member and will be available at our March 28th meeting. Your form and a \$50 check should be mailed or given to Registrar Bonnie Paton. The absolute deadline is April 13th.

We need good Boynton Beach Garden Club representation from all of our members.

Please register today.
"Bee the "Solution"!

Sign up sheets will be available at the General Meeting.
Please do your part to make this District Meeting a success.

**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.
- Forms and checks must be **received by** Thursday, April 13, 2023. No refunds will be given after the 13th.
- 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

Art in Bloom

by Toni Cvetko

This year, the Art in Bloom committee decided to change things a bit. We partnered with the Boynton Beach Arts and Cultural Center and held our annual event at their location, 125 E. Ocean Avenue. This enabled our fun, floral arrangements to be displayed in a large, well-lit, mirrored room.

As usual, we partnered with the Schoolhouse Children's Museum. The museum director Suzanne is an energetic collaborator who helped us with practical ideas and many supplies for our floral and art displays. She, also, came up with an idea and supplies for a children's activity, a first for our event.

Another suggestion led us to include a floral arranging demonstration. A big THANK YOU to Christine Johnson for manning the floral demonstration table on Saturday.

Finally, we were overjoyed to partner with the students at Plumosa School of the Arts again. They provided outstanding artwork.

Thanks to our creative designers, Art in Bloom was a very successful event. The fun, floral Art Show was held the on March 10 & 11, 2023 at the Boynton Beach Arts and Cultural Center in Boynton Beach.

Twelve BBGC members served as designers, including Carol Stender, Linda Anderson, Christine Johnson, Kathy Menninger, Marlene Weir, Linda Christianson, Nancy Lemcke, Bonnie Paton, Carmella Coppola, Carol Cloud Bailey, Lynn Lima and Tina Husing. They created the 12 exquisite arrangements that were the stars of the show.

Five of the 12 were our newest members, who showed off their creative talents. The new members who participated were Carol Cloud Bailey, Carmella Coppola, Linda Anderson, Tina Husing and Marlene Weir. Two of these new members won awards!

Ten days before the floral art display, the designers received artwork created by Plumosa School of the Arts students, grades



Carmella Coppola with her award winning floral design. She won Best Use of Texture.

K – 5. Their job started by determining what flowers, plant materials or textures to use to interpret the artwork as a floral arrangement/design. No silk or plastic flowers could be used.

The designers dropped off their “floral works of art” midafternoon on Friday, March 10th to be judged by three judges: Greg Weis (City of Boynton Beach), Jane Hayes (Blossom Flower Shoppe), and Penny Spellberg (Artist and poet). They were given the task of determining whose masterpieces should receive these three awards: “Best Use of Color”, “Best Use of Texture”, and “Best Interpretation of the Art.”



Nancy Lemcke with her design that won Best Interpretation of the Art.

This was an extremely difficult task, since all the arrangements were outstanding and could have qualified for any of the awards.

However, decisions had to be made. The ribbons awarded by the judges were as follows:

Best Use of Color:

Carol Cloud Bailey

Best Use of Texture:

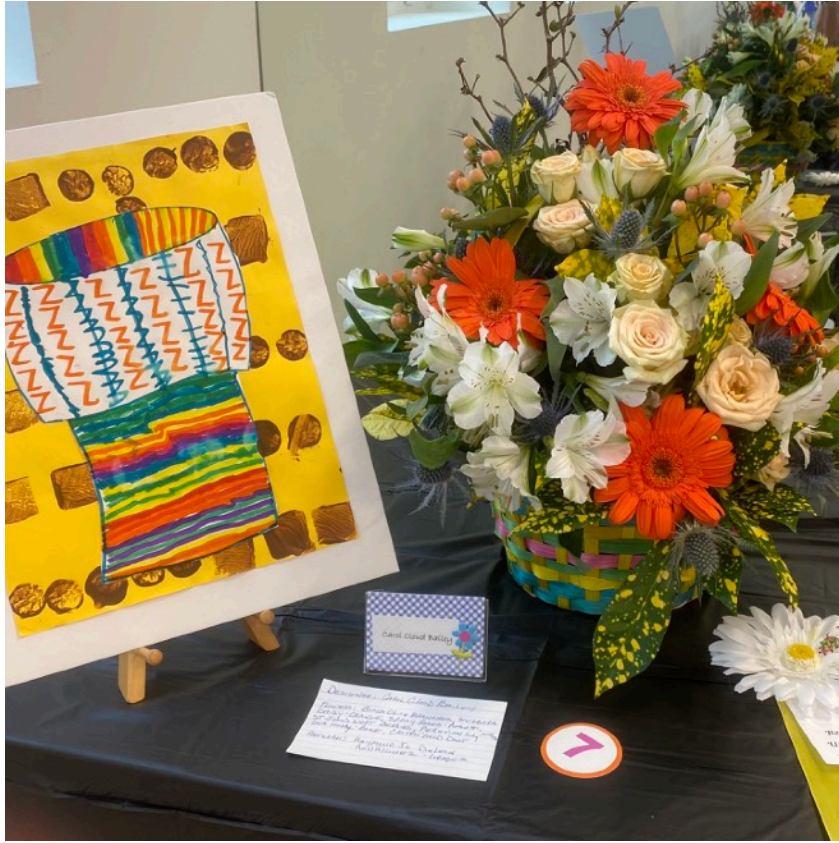
Carmella Coppola

Best Interpretation of the Art:

Nancy Lemcke

After the judging, an “open to the public” reception was held. Members graciously provided a wide variety of refreshments, hors d’oeuvres, and goodies.

Friday evening and during the hours on Saturday, greeters welcomed the public and encouraged our members and the visiting public to sign in and vote for their favorite floral design, the “People’s Choice Award.” Members who served as greeters included



Carol Cloud Bailey's design that won Best Use of Color.



Lynn Lima's design won the People's Choice Award.

Linda Christianson, Keegan Gabriel, Mary Hory and Sonja Zalutko.

At the conclusion of the show on Saturday, the people's votes were counted. We are pleased to announce that 96 members and visitors voted for the "People's Choice Award."

The designer with the most votes by the members and visitors for the "People's Choice Award" was **Lynn Lima**.

Congratulations to the designers whose arrangements were awarded ribbons. Congratulations to all designers. Your arrangements were truly outstanding. Ribbon or no ribbon...you were all winners. You all helped to make the 2023 Art in Bloom event a success that was enjoyed by all who visited the show.

March Workshop—Earth Day Seeds and Party Favors

by Carol Stender

On March 14, a group of about a dozen members gathered at the High Point Clubhouse to prepare seed packets to give away on Earth Day and to make favors to give to those who attend the District X Spring Meeting that BBGC is hosting this April 27.

The theme for the upcoming Spring Meeting is “Bee the Solution.” We have arranged for two speakers for the event: CJ McCartney will present on creating gardens that are friendly to our native bees and other pollinators, Iam Hendendal, who owns hundreds of hives here in Palm Beach County, will educate us on the recent history of bees particularly in our nation. The decor for the event, which will take place at Westchester Country Club and includes lunch, is, of course, black and yellow. So what to give our guests as favors? Bonnie Paton came up with the idea of filling little jars with honey candy. To make the jars special, we created molded colorful flowers on top of the lids and glued a bitty bumble bee on top. Too cute.

This was another workshop playing with crafts and socializing with our fellow members. Hope to see you at the District Meeting. You will get to take home one of these adorable crafty jars full of honey candy!



Some of the members working on creating clay flowers. From l. to r., Toni Cvetko, Madelyn Lenny (kind of hidden), Roberta Corrigan, Bonnie Paton, Lori Wolff, and Mary Hory.

Town and Country Spring Luncheon

Boynton Beach Garden Club members are invited to 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.)

COST: No charge.

RSVP: Contact Carol Stender by March 28.
carol.stender@gmail.com .

The following members are already signed up:

Keegan Gabriel, Pat Inturrisi, Christine Johnson, Evelyn Maciag, Marianne Madyda, Kathy Menninger, Carol Stender, Lori Wolff

Boynton Woman's Club High Tea.

Boynton Beach Garden Club members are invited to Boynton Woman's Club's Annual Tea Party at the Quail Ridge clubhouse.

WHEN: April 20 @ 11:30

WHERE: Quail Ridge Clubhouse

COST: \$30, check made out to BWC

RSVP: Contact Debra Tucker by April 10.
debra.tucker505@gmail.com

A Visit to Oleander Garden Club

by Carol Stender



A few members of BBGC visited the Oleander GC March meeting to see a special presentation by Jim West, the Butterfly Man. Pictured from l. to r. are Christine Johnson, Marlene Weir, Jim West, Carol Stender, and Linda Anderson.

Over the summer, as she was putting together the club calendar, Mary Scheitler contacted Oleander GC to see if we could schedule a trip together. Although that idea did not work out, we did get an invitation to their March General Meeting to see Jim West, an avid advocate for saving Monarch butterflies.

Jim is quite a character and quite enthusiastic about butterflies. We enjoyed his presentation and we each purchased a few of the plants that he brought along.

It's obvious that Oleander has a healthy relationship with the City of Greenacres. During the meeting, a city official showed the garden club the design of a new building that will be built in a few years. He was there to assure Oleander that there will be plenty of space for more gardens for them to design.

After the meeting, we had a tour of their Youth Garden and an Infinity Garden that they had CJ McCartney design for them. We all had a great time!!

Youth Garden at Forest Park Elementary School by Chris Murphy, Chair

I am happy to report that the Youth Garden looks healthy, the plantings are growing, and the butterflies are regularly visiting. The students have cherished this experience. They take pride in the garden and enjoy keeping it weed free. Throughout the past few months, their smiles and enthusiasm have been a great reward.

Members of the Boynton Beach Garden Club and staff of the Forest Park Elementary School have developed the Youth Garden on a bimonthly schedule. Planting for the current garden was started in November, 2022. The students involved are from the After School Program, which works out well, as the Lead Teacher Barbara Callahan is very involved with the gardening project and takes care of the garden when we are not there. She recently submitted an application for a grant from the Wildflower Society.

Over the summer months, of course, the students will not be around. I have made arrangements with the school administrator to come by on a regular basis to maintain the garden



Students pull weeds with Chris Murphy.



Carol Stender (l.) and Barbara Callahan with student gardeners.

until the students return in August. I would greatly appreciate some help with this. Unlike during the school year, we don't have to meet after school during the summer. An earlier time before the heat of the day builds up and a suitable day in the week can be chosen by members interested in maintaining the garden.

Interested members please contact me either by email at m17813@yahoo.com or by phone at 954-295-3270.

In Memoriam

Joan Grace



Our Boynton Beach Garden Club is sad to have recently lost one of our longtime members, Joan Grace.

Joan, originally from New Jersey, had a career in nursing and health care administration. both in Jersey and here in Florida.

When finally retired, she embarked on her second love, that of gardening. She became a Master Gardener and was a quiet force in our Garden Club. Joan served as President of our Club and had a special interest in maintaining our Community Garden.

Joan was a level headed woman who never complained. She always saw the best in people. Here is a bright memory of Joan which shows how pleasant a person she always was:

On a plant buying trip to Pinders Nursery, Joan needed to use the facilities there which were off a ways from the plant area and difficult for her to get to. I kept looking and looking for her to return for perhaps 20 minutes or so, but could not find her anywhere. Well, I finally found her... she was locked in the bathroom with no one about to hear her pounding on the door for help. Not

a word of complaint, just a laugh about how stupid the whole situation was. The irony of the trip was that they did not have what she was looking for and so we went all that way for lunch.

Joan was a good friend who is sorely missed, Joan leaves us with wonderful memories and an appreciation for her many contributions to our Club.

Memorial Service
April 15, 10 AM
Community Garden
6th Ave. and Seacrest, BB

March Sip N Stroll

by Jody Fraser



Members strolling through Bexley Park (l. to r.) Carol Stender, Tina Husing, visitor Barbara Campbell, Christine Johnson, Beth Jones, Linda Anderson, and Bonnie Paton

It was one of those scorching hot days when we held our last Sip N Stroll at Bexley Community Park. Fortunately, this quaint little nature trail, nestled in the Bexley Park neighborhood in Delray Beach, was heavily wooded so the stroll in the shade was very pleasant.

We were able to identify a large variety of plants, including Rosary Pea (*Abrus precatorius*), Earpod Wattle (*Acacia auriculiformis*), Mexican Sunflower (*Tithonia diversifolia*), Muscadine (*Vitis rotundifolia*), Autograph Tree (*Clusia rosea*), Shoebuttton Ardisia (*Ardisia elliptica*), Paper Bark Tree (*Melaleuca quinquenervia*), Swiss Cheese

Plant (*Monstera deliciosa*) and Small Bush Violet (*Barleria repens*). It was shocking how many invasive “houseplant” species were dominating the flora, particularly the huge stands of Schefflera trees, providing most of the shade. At the end of our stroll, it was exciting to discover the Yellow Trumpet Flower (*Tecoma stans*), which is listed as “threatened”.

What I found most inspiring was this little gem was tucked in a quiet neighborhood surrounded by commercial development. It is a reminder that we can all do our part to create, promote, and protect natural areas, no matter how small.

April Sip N Stroll

by Jodi Fraser

Please join us April 5 from 4-6 pm for a stroll and conversation with other members at Lantana Nature Preserve. This small nature preserve serves as a key marine hammock habitat along the Intracoastal Waterway. Gumbo limbo, seagrape, cabbage palms, wild coffee, firebush, wild plumbago and mangroves can be found as well as a variety of birds. There is a shade pavilion near the parking lot and benches throughout.

Lantana Nature Preserve is located at **440 E Ocean Avenue** in Lantana.



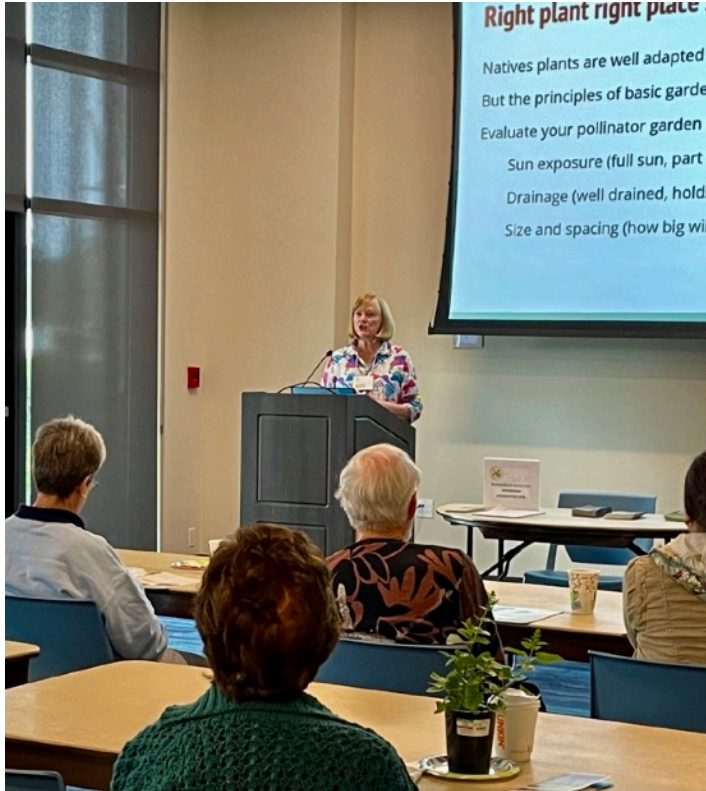
Entrance to Lantana Nature Preserve



Walkway through the preserve.

Meet Us At The Library!!

by Carol Stender



For the second time this season, BBGC presented at the City Library's Brown Bag Lunch series. Our first presentation in February was such a hit that the staff doubled the seating capacity for this month's talk on March 6.

A full house enjoyed Michelle Hendrick's talk on Gardening for Pollinators. Christine Johnson, once again, supplied free plants. Add the free coffee and donut holes and the event is a sure hit.

If you haven't joined us this year, we hope you can make one of our presentation next season!



Library staff member, Tiffany, insisted on photographing a few of us after the presentation. From l. to r. are Linda Schrader, Carol Stender, Michelle Hendricks, and Linda Anderson.

Items of Interest

Garden Club of Palm Beach:

Here's an opportunity to check out another club's Art in Bloom. This one only takes place every other year.

Where: Society of Four Arts
100 Four Arts Plaza
(off of Royal Palm Way
Palm Beach, FL

When: April 15 - 16, 10 am - 4 pm

Cost: FREE !!

This fabulous event is NOT TO BE MISSED!

Mounts Botanical Garden:

BBGC has purchased two passes and two event passes, which are good until 3/31/24. Contact Bonnie Paton whenever you'd like to use them.

WELLINGTON GARDEN CLUB

Proudly Presents



**An NGC Horticulture Specialty Flower Show
Saturday, April 22, 2023**

11 AM - 4 PM

**Wellington Community Center
12150 Forest Hill Blvd.
Wellington, FL 33414**

Free and Open to the Public



Butterfly Corner: Ruddy Daggerwing

by Debra Tucker, Butterfly Certification

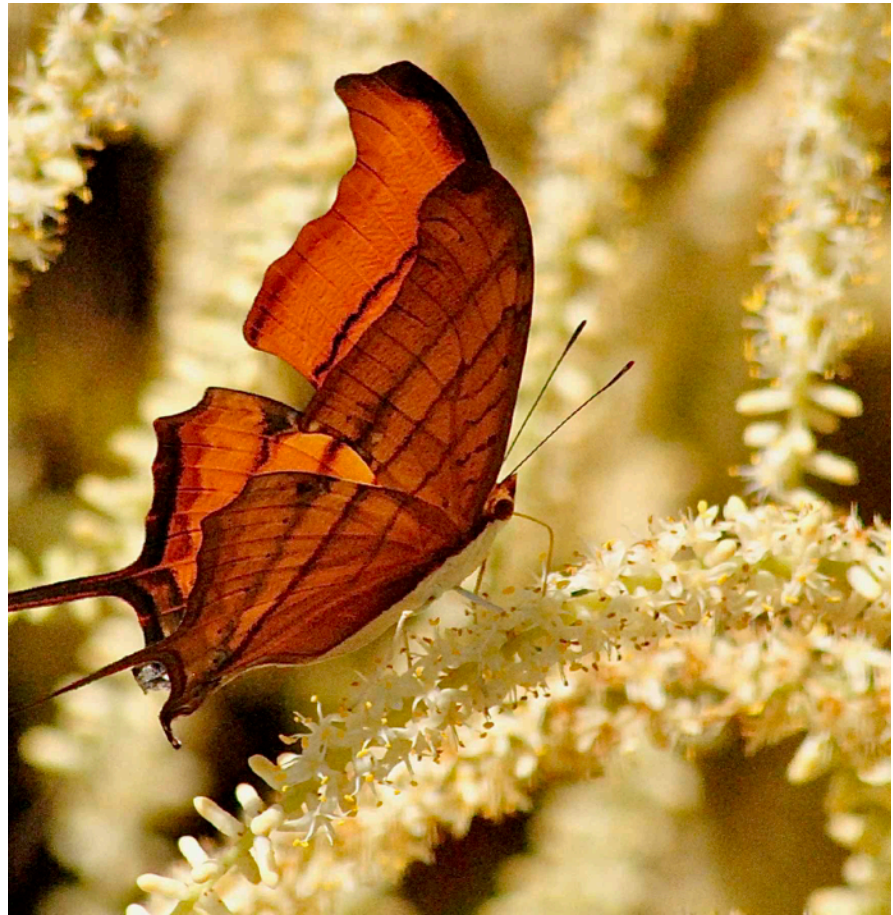
The Ruddy Daggerwing (*Marpesia petreus*) ranks among the more exotic butterflies found in Florida and one of the easiest to identify, its flaming orange and unusual dagger-like tail instantly giving it away.

It's a butterfly of tropical climes, and South Florida is one of only two places in the United States where you're likely to find this butterfly. The other is extreme southern Texas. Its normal range extends south through Mexico, the Caribbean, Central America and South America as far as Brazil and Bolivia. Habitats include tropical hammocks, the edges of hammocks and open spaces.

Their range in Florida extends south of a line from roughly Melbourne to just north of Lake Okeechobee, continuing southwest to the Gulf Coast. They're more common on the Atlantic side of the state than the gulf.

Ruddy daggerwings will produce multiple generations in a year; they are "in flight," or active year round. But are considered somewhat rare. Two native fig trees, the strangler and the short-leaf, serve as hosts for the daggerwing. Giant milkweed, lantana and white vine are among its favorite nectar plants, but they also like Spanish needles, cabbage palms and saw palmetto. They'll also sip from mud puddles.

Daggerwings are one of the larger butterflies. They are bright orange with a series of three black lines. The underside of this



Ruddy Daggerwing (Marpesia Petreus). Notice the dagger-like tails.

Photo by David Sedore of Wild South Florida.

butterfly can be dark brown, resembling a dead leaf and the body itself is green. Females are slightly darker than the males. But the most distinguishing physical feature is the long, narrow tails on each of the hind wings that give the Daggerwing its name. ”

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: Lemongrass

by Pat Inturrisi

I always thought lemongrass could only be grown in the warm climates of Thailand and Viet Nam. But we are fortunate that we can have success growing lemongrass right here in South Florida.

Lemongrass can be grown from seed, but like many herbs, lemongrass can also be grown with a very high success rate from cuttings from the grocery store.

Start with a piece of lemongrass with as much of the bulb stem still intact. If there are any roots, all the better. Trim any brown stalks or pieces away and place in a jar or bowl of water. Change the water every few days and you should start to see the tops of the stalks start to sprout, and long roots one to two inches long develop. This usually takes about a week or two or sometimes even up to three weeks. You can then plant in a container of nutrients. It is a sun loving plant. Lemongrass is described as having a citrus flavor with a hint of ginger and is a nice addition to your Asian dishes.



Here are two to add to your repertoire:



I always keep an array of refreshing beverages to cool us off every summer. And this fresh lemongrass tea is a savior from the heat!

It's basically just water, lemongrass, and sugar, best served with a lot of ice. Every sip of this fresh tea is perfect for an afternoon pick-me-up.

LEMONGRASS REFRESHER

- 4 cups water
- 2 cups roughly chopped lemongrass stalks
- 1/4 cup sugar
- Lime slices for garnish - optional

Bring water to a boil in a saucepan. Stir in lemongrass stalks. Boil rapidly for 5 minutes, then reduce heat to a simmer and continue simmering for additional 5 minutes. Strain, stir in sugar and cool. Serve over ice and garnish with lime slices.



Cont'd next page

This is an easy meal that you can put together in 10 minutes

THAI LEMONGRASS CHICKEN SALAD

- 2 c rotisserie chicken cut in bite sized pieces
- 1/4 cup loosely packed fresh mint leaves (roughly chopped)
- 3 tablespoons roughly chopped cilantro leaves and stems
- Lettuce or rice (for serving)

Toppings

- Carrots, tomatoes, cucumbers
- 1 Tablespoon chopped toasted peanuts

Dressing

- 1 clove garlic (minced)
- 1 jalapeno (minced) optional
- 1 lime (juiced)
- 2 Tablespoons minced lemongrass (remove the tough outer leaves and slice the tender white core)
- 1 1/2 Tablespoons soy sauce
- 1 1/2 teaspoons brown sugar
- 1/4 teaspoon crushed red pepper

Mix dressing and set aside
 Place chicken, mint, and cilantro in a bowl. Toss with dressing. Place over a platter lined with lettuces or cooked cooled rice. Garnish with cucumbers, carrots and tomatoes. Top with toasted peanuts.



Upcoming Birthdays

Remember our members when their special day comes around.

| | |
|----------------|----------|
| Jane Gavlick | April 2 |
| Maria D’Aloia | April 7 |
| Toni Cvetko | April 28 |
| Nancy Lemcke | April 29 |
| Linda Anderson | April 30 |