

THE BOYNTON BLOOMERS

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

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

General Meeting

October 25. Important meeting to finalize plans for two important upcoming Garden Club events: Plant Sale and Fall into Fashion Fundraiser. Program Update: CJ McCarthy will speak about scrubs.

Sip N Stroll

November 2. Join us at Rosemary Scrub, 2901 N. Seacrest, for another delightful evening stroll with fellow gardeners.

Plant Sale

November 4. Check out our first plant sale. 4–8 PM at the Schoolhouse Children’s Museum.

Fall into Fashion

November 9. A lovely, fun event! Bring along friends and family to this fabulous fundraiser which will support the many charitable endeavors of BBGC.

Gardening School

November 14 & 15. Expand your knowledge about gardening in our unique Florida.



Presidents’ Report

Greetings, Boynton Beach Garden Club members!

The other day, I was walking through the town hall area of the City of Boynton Beach. I walked from the back parking lot, around the Cultural Center towards the Library. Along the entire way, the air was literally alive with butterflies! Many, many butterflies! Mostly bright yellow sulphurs, but also monarchs, queens, and atalas—flitting from bush to bush to tree. Such a delightful, surprise in an area dominated by huge cement buildings, macadam roads, and parking lots! The experience was absolutely transformative!. How is this possible?

Boynton Beach Garden Club members know how it is possible. The transformation is due to the dedication and talents of our very own Butterfly Garden Committee. The garden was a vision of former BBGC President Audrey Geiger, but Christine Johnson’s oversight and diligence has made it a dynamic reality. Members come together weekly and work to maintain the little patch of ground that still holds on to nature. Thanks to their efforts, the hundreds, no thousands, of visitors to that busy downtown area are greeted with the warmth of the natural world. That is how a garden club, working together and supporting each

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(President's Report cont'd)

other, make a positive impact on our world, our community. Today, together or separately, we all get to enjoy the efforts.

Our Garden Club continues to make an impact. Over the next few weeks, Club Members will enjoy a number of opportunities to socialize, have a good time, and increase their knowledge of gardening, the natural world, AND raise those much needed funds so we can continue our efforts to improve the beauty and quality of life in our community. We will explore local gardens and natural areas, participate in FUNdraisers, and attend local and district meetings. Check out the calendar of events on our website!

Our first major event this season, the Fall into Fashion Luncheon and Fashion Show, on November 9 has everyone involved! Toni Cvetko and her committee have put together a fabulous event that we will all enjoy with our friends and family. Proceeds from the event will enable the Club to continue our gardening projects, support environmental and social initiatives, and give scholarships to worthy students to help shape their future.

Our Plant Sale on November 9 will transform the fruits of our labor into funds to better the worlds of others. We each contributed to this endeavor. Plants we grew from cuttings or seeds, maybe some we dug up from our yards, or perhaps some we bought to contribute to the cause. We are donating all to be sold at the Children's Museum during the city's First Friday Concert Event. Some of the proceeds will be used to support the SEEK program, but hopefully, we will also clear enough to help restore our funding for future projects and giving.

We have a great month ahead! Keep exploring the many opportunities, encouraging each other, and enjoying the many activities offered by Boynton Beach Garden Club!!

Boynton Beach Garden Club Aprons



Thanks to donations of time, skill and funding from Mary Scheitler and Cyndie Sable, the club now has monogrammed aprons for special events. Modeling the aprons are (l to r) Mary Ellen Concitis, Carol Stender, Chris Murphy, Judi Liebert, Bonnie Paton.

Fundraising Committee

Toni Cvetko, Chair

“Fall into Fashion”

Luncheon – Fashion Show

November 9, 2022

12 noon – 3 pm

\$45.00

Westchester Country Club

Boynton Beach



This “FUNdraiser” is going to be a fun afternoon with your friends, family and/or neighbors. Eight of our members are modeling the lovely fashions from Patchington’s, Wildberries, Morgan Blaine Boutique and Voyage Boutique. Five vendors are showing their various wares: purses, greeting cards, note pads, jewelry, and chocolatier. Our members have created 18 outstanding raffle baskets and, of course, a 50/50.

The luncheon selections are Par Three Platter, Oriental Salmon Salad or Fuji Apple Salad, and two yummy desserts (Brownie with ice cream or Raspberry Sorbet with fresh berries). If you haven’t already done so, please send your \$45 check written out to BBGC to Kathy Menninger (address in Yearbook) and provide her with your luncheon and dessert selections. Checks must be received by October 25.

Come early to this fun event and enjoy tasty food, pretty fashions—
and perhaps become a lucky winner!

Program for October 25 General Meeting

Wildflowers in the Scrub

We are very pleased to welcome a favorite speaker back to the Garden Club, Environmental Steward CJ McCartney. CJ was our well received speaker last April when she spoke on Creating Wildlife Habitats. Her topic this time is Wildflowers in the Scrub.

CJ’s presentation this month is on the many endemic wildflowers growing in our local scrubs. Endemic means that the plant ONLY grows in that particular place. No where else. Florida is home to many endemic species. Because they only grow in specific places, as Florida becomes more and more urbanized, the habitats for these plants are disappearing; therefore, many are now endangered.

A talented photographer as well as speaker, CJ’s presentation will be enhanced by her many lovely photos.

District X Fall Meeting by Carol Stender

On Tuesday, October 21, three BBGC members: Toni Cvetko, Lori Wolff and myself, attended the 2022 District X Fall Meeting hosted by the Wellington Garden Club. The event was held at the elegant Wanderers' Club.

The meeting was called to order by Michelle Maguire, District X Director. Maria Wolfe, President of Wellington Garden Club, and Anne Gerwig, Mayor of Wellington, welcomed us.

The FFGC officers were present as part of their annual tour of Florida Garden Clubs. Marge Hendon, President of FFGC, gave an impressive speech. Tina Tuttle, First Vice President, gave an energetic presentation about the many opportunities FFGC offers. Second Vice President, Christy Link, wowed us with the wonderful world of Wekiva, and Third Vice President, Mary Ann Whisler, shared inspiring tales about the enduring value of a SEEK experience on kids.

After lunch, the delegates elected Maria Wolfe as the next District X Director. Maria is a talented, capable leader and we all look forward to working with her.

Steve Gonzales, a former Navy SEAL, who served twelve tours of duty, presented a program about Force Blue. Force Blue is an



(l to r) Toni Cvetko, Lori Wolff, and Carol Stender at the 2022 District X Fall Meeting



Lori Wolff, wearing antennae, after inviting the members to the 2023 District X Spring Meeting.

organization that helps clean up the oceans along the coasts of the United States. They are also instrumental in refurbishing the Florida coral reef, which is the second largest reef in the world. The most touching part of his presentation, however, was the work that Force Blue does with the children of those soldiers who have died in the line of duty. It was very heartwarming.

The meeting ended with Lori, Toni and I donning our antennae headbands and inviting everyone to Westchester Country Club for the spring meeting. Lori addressed the members while Toni and I personally handed each attendee an elegant invitation.

Toni, Lori and I watched all proceedings closely. Wellington GC did a superb job. We came away with many ideas and excited to host this very important meeting in six months.

PLANT SALE

November 4, 3-8 PM

Schoolhouse Children's Museum

129 Ocean Ave, Boynton Beach



Our anticipated Plant Sale is drawing near! Let's get ready!

Things to do:

- If you know the name of your plant, please label it somehow
- Save smaller paper bags with handles and bring them to the sale
- We need tables to set the plants on, let us know if you have one
- We need volunteers to sell the plants in 2 1/2 hour shifts
 - First shift sets up and sells from 3-5:30 PM
 - Second shift sells and tears down from 5:30-8:00 PM

QUESTIONS? CONTACT CHRISTINE JOHNSON [561-736-2909](tel:561-736-2909) or chrisbob210@aol.com

September Sip N Stroll

by Nancy Lemcke

Although there were only three of us, Christine Johnson, Debra Tucker and I, our first Sip N Stroll was very successful, enjoying the environment and easy walking trail of the Seacrest Scrub. Christine felt that it was the best scrub experience we have had.

We saw butterflies, plants—familiar and unfamiliar, the nest of the tortoise which was empty at the time but huge, and lots of birds. It was a beautiful evening to be out and about.

Be sure to join us next month, on November 2 at 4 PM for another delightful stroll . The venue for November is the Rosemary Scrub, also located locally at 2901 N. Seacrest Boulevard, Boynton Beach.

The 14 acre Rosemary Scrub is one of the county’s smallest natural areas. It’s named for the large-flowered rosemary, a plant related to the familiar cooking herb.



Trail entrance to Seacrest Scrub



(l-r) Strollers Christine Johnson, Nancy Lemcke, and Debra Tucker

What is a Scrub?
Scrubs occur in all Florida climates on old dunes with deep fine, sand, soils that are excessively drained. Characteristically sand pines and/or scrub oaks, rosemary and lichens are the dominant plants.
Scrubs are among the oldest plant communities in North America and supports many native plant species, a high proportion of which are rare. Some 45 of the plant species have been listed as endangered or threatened by the USFWS. Rare species include the Florida gayfeather, the 4-petal pawpaw, the sand lace, and the Florida golden aster.

HORTICULTURE COMMITTEE

Lantana involucrata

by Cyndy DiVeto

The Lyman family moved to South Florida in 1888 and established a post office, naming it Lantana Point for the wild Lantana plant, which grew in abundance in the area.



The genus Lantana is a family of perennial (in warm climates) multi-colored flowering plants.

Native plant expert Jeff Nurse says that the Florida native (Lantana involucrata), also commonly known as buttonsage, has white flowers with dark berries, and is attractive to butterflies and birds. It is especially noted for its resistance to wind and hurricanes. The plant prefers morning sun, afternoon shade (without irrigation) and well-drained sandy soil. It can reach heights of six feet, but may be pruned. Unlike non-native Lantana camera that may be purchased in some nurseries, it is not considered invasive. Its use as mosquito repellent is negative. Jeff says this plant does not repel mosquitoes.

National Garden Clubs, Inc.

Gardening School, Course 1



Monday – Tuesday

November 14 & 15, 2022

8:30 AM – 3:30 PM

Mounts Botanical Garden Auditorium

531 N. Military Trail, West Palm Beach 33415

GARDENERS' DELIGHT

A Gallery of Members' Prizes

Jane Gavlick:

My Cattleya orchid has been growing outside attached to a Robellini palm for three years now. It was given to me by my sister-in-law who rescued it from a throw away in her condo building.

This bright salmon and fuchsia color orchid has bloomed every year with no care from me. It is located on the east side of the house and has the shade created by trees. It has two blooms open right now and another two blooms will be opening up on the right side soon.

Cattleyas are tree dwellers in their native habitat.

Do you remember when they were used as a corsage or a wristlet for a prom?



Jane Gavlick's stunning Cattleya orchid

Linda Schrader:

My original fishbone cactus was purchased at the Boca Raton Garden Club Holiday Craft Show in 2021. This unusual plant caught my attention. I did not have one, and it reminded me of rickrack! Plus, the fishbone cactus does not have spikey spines!

The fishbone cactus is also known as a zig-zag plant or a rickrack plant. This plant (*epiphyllum anguliger*) originates in the rainforests of southern Mexico. Amazingly enough, this cactus has more in common with orchids than with cactus. Like orchids, it originates in a humid climate and is an epiphytic plant (can grow hanging from trees).

My fishbone plant has grown significantly in less than a year. There are several shooting "zig-zag" stems growing crazily. In fact, a new plant has been started; plants have been given as gifts; and six new small cacti are ready for the November Plant Sale.

Looking closely at the plant, the fishbone plant has a central spine that resembles the skeleton of a fish... thus its name. The fishbone loves indirect light, but tolerates a few hours of direct sunlight. Too much sun can burn the branches. Because this cactus originates in a tropical rainforest, it needs to be watered unlike the desert type cactus. Do not allow to dry out.



Linda Schrader's fishbone cactus

Resource: 1savvygardening.com (accessed October 2022)

MORE GARDENERS' DELIGHT

Marianne Madyda:

A few years ago, I attended a ceremony at the Blue Star Marker. Nearby was a lovely golden rain tree. I noticed a number of seed pods on the ground, so I gathered a few, took them home, and planted them. Now I have a few lovely specimens of my own. After the tree flowers yellow, they turn a dark red color. I now have seed pods from my own trees. These pods produce seed to grow more trees. If anyone is interested I will bring some to a meeting.



A golden rain tree in bloom with yellow flowers.



This photo shows the flowers of the golden rain tree turning red.

Keegan Gabriel:

Here is what my Honda Civic looks like after a trip to Pinder's Nursery. Lori Wolff, Cindy DuBose and I were shopping for baskets for the luncheon fashion show. The car is so full that Cindy has to hold plants on her lap in the back seat. Lori, in the front passenger seat, also was tasked with securing some of the goods..



Lori Wolff, front seat, Cindy DuBose, back seat

Youth Garden at Forest Park Elementary School

by Chris Murphy, Youth Garden Chair

The three members of the Youth Garden Committee met at Forest Park Elementary School for the first time on Thursday, August 6 with Lead Teacher Barbara Callahan and three students, Bernisha, Jewel and Loresey. We plan to meet every other Thursday, and look forward to working with a total of 15+ students from the After School Program now that their permission slips and photo releases have been obtained.

This first gardening session was devoted to cleaning up the sadly neglected landscaping around the school grounds. First, the students in the after school program excitedly put on their own gloves and used tools bought especially for them with donations from generous Garden Club Members at the September General Meeting. Out in the schoolyard, everyone was assigned a task, and then we worked together as a team. We tackled weeds that were hiding among the ferns, robellini palms, and crotons which grew in established planters along the walkway outside the cafeteria entrance.

It was a healthy, fun activity cleaning up the gardens with the children weeding and pruning. When I told the students that I was going to give them little pots of soil and flower seeds to grow, they jumped with joy, their huge eyes filled with delight! Our goals are that these students will develop new skills, learn about nature, establish a deeper respect for our earth, and even foster a curiosity about the environment around them. Most of all, our hope is that they will enjoy every stage of the gardening process.

Our future plans include the creation of a butterfly garden in the courtyard around the picnic tables, and the beautification of the side entrance of the school where the parent drop-off and pick-up area exists. Currently, that area is totally barren and could use some colorful plantings. We are currently in the planning process, meeting with native plant



(l to r) Chris Murphy, Youth Garden Chair, students Bernisha, Jewel, and Loresey, and Nancy Lemcke and Peg Fagan.

Continued next page

Youth Garden Cont'd

specialists and designers to figure out where to begin and to ascertain the cost of the projects.

Of course, adding appropriate plantings comes at a cost. We are working on grant applications to help finance the project. Hopefully, some of the applications for grant money will materialize.



(l-r) Lead Teacher Barbara Callahan with students Jewel (in yellow shirt), Bernisha and Loresey and Nancy Lemcke trimming.

Butterfly Corner

by Carol Stender

The Ruddy daggerwing, also known as a southern dagger tail or tailed flambeau, is a bright orange butterfly with three black lines crossing its wings. Its most distinctive feature is the long, narrow tail on each hind wing. This is the feature that gives this flaming orange butterfly its name.

The Ruddy daggerwing is a tropical butterfly that is active year round. In the US, it is only found in south Florida and southernmost Texas. It is one of the larger butterflies native to South Florida, having a wingspan ranging from 2¾ to 3¾ inches. The underside of the wings is a darker leaf-like brown. Its body is green. Females are more brownish orange than males, but young females arrive with a lovely purple iridescent sheen.

The host plant of the Ruddy daggerwing is the short-leaf fig tree. So it lives in the canopy of hammocks and forest where the host tree is found. Males perch as high as 30 feet in the tree canopy, sometimes in groups of up to 6, looking for females. The females tend to remain hidden in the canopy.

The yellow eggs are laid singly on the host leaves. The caterpillar, or larva, is orange and cream, with blue markings on the side, 4 black spikes line up in a single row along its back and 2 horns grow from the head.

White nectar flowers attract them, like *Bidens alba*, giant milkweed, and lantana.

The Ruddy daggerwing is a member of the brushfoot family of butterflies (Nymphalidae). The large brushfoot family includes the monarch, gulf fritillary, and zebra longwing, as well as many others.

The Ruddy daggerwing is a delightful butterfly, but you will only find it if you go and search for it.

Click the video below to watch a quick, interesting You-tube video about the Ruddy daggerwing.



Ruddy daggerwing (Marpesia petreus)



Resources:

Sedore, David. *Wild South Florida: Naturally Wild*.

<http://www.wildsouthflorida.com/ruddy.daggerwing.butterfly.html>

Keys Moths. <https://www.keysmoths.com/marpesia-petreus-ruddy-daggerwing>

You Tube. UF IFAS Extension Broward Urban Horticulture. Mar 7, 2021.

The Culinary Gardener

TASTY TREATS FROM TABLE SCRAPS

Pat Inturissi

We're all looking nowadays to save money on our grocery bills. You may be surprised to learn that there are many common vegetables that you can re-grow from scraps. This can be a great money saver, both when it comes to starting a new vegetable plot, and when it comes to your existing food growing efforts. It can also help to reduce the amount of food waste that we generate in our homes. And, it's a fun gardening exercise too!

The list is long of vegetables that you can re-grow from scraps:

Potatoes	Bulb Fennel
Sweet Potatoes	Carrots, Turnips, Parsnips, Beets, Other Root Veg's
Onions, Garlic, Leeks and Shallots	Lettuce, Bok Choy, Other Leafy Greens
Celery	Cabbages
Basil, Cilantro, Mint & Other Herbs	

You can re-grow using parts of the original vegetable or small pieces that would otherwise be tossed out or added to the compost pile. For instance, members of the allium family, such as onions, leeks and scallions, can all be regrown from the rooting base or bulb. Cut off three quarters of the vegetable for immediate use, and place the root bulb in a shallow amount of water. The resprouting sections can be clipped for use and once your bulbs look a little pale and spindly, replant in pots and rejuvenate them for an extended gardening season. They will even form new bulbs.

Celery is one of the easiest plants to re-grow from scraps. You simply have to cut off the bottom of the celery and place it in a shallow container with a little warm water in the bottom. The bowl should be kept in a sunny and relatively warm place. After a week or so, leaves will begin to grow, and you can wait and harvest these as required, or replant the celery in your garden and allow it to grow into another full-sized plant. The celery leaves can be used to add a delicate celery flavor to your tuna salad, soups and even a simple tossed green salad.

Fennel can also be planted in the same way as celery.

For lettuces, bok choy, and other leafy greens, bear in mind that many lettuces are cut-and-come again. You can often continue to harvest the plants as leaves re-grow. You can also re-grow head-forming lettuces and other leafy crops such as radicchio, escarole simply by retaining the rooting section, placing it in water, and waiting for a second flush of leaves to grow. Believe it or not, you can also root lettuce just by placing the leaves in a shallow dish and fill with a small amount of water. In a week or so, you can begin to see small roots form along the base of the leaf which can then be replanted in soil. The same can be done with cabbage. You are now growing your own micro greens!

I can't tell you how often I would pick up a beautiful bunch of cilantro or basil from the farm markets only to have them languishing and limp in my vegetable crisper because I couldn't use them fast enough. Just re-grow them!! Place a few stems, about 4 inches long, in a glass of water, making sure all leaves are above water. In a few days, you'll see roots begin first as tiny white hairs and then into a fine network of roots. They can then be planted in the ground.

There are other ways to use vegetable trimmings. Keep an "ugly broth bag" in your freezer and add scraps as they become available. When you have a sizeable bag, you can make your own vegetable stock. You can even use onion skins which will impart a deep rich color to your stock. Don't use any cruciferous scraps, cabbages, brussel sprouts, cauliflower or broccoli as they will add an unpleasant bitterness to your stock! Use two-three cups of scraps to about 8 cups water. You can add bay leaf, parsley sprigs and thyme, as well as a few cloves of garlic. Salt and pepper to taste. I add a few glugs of olive oil because what Italian cook would not! Just be sure your scraps are washed before you freeze them. You don't want dirt soup! You can then freeze in ziplock bags. I use 2 cup portions.

Related Recipes on page 14.

To use some of your mint and scallions, here's a fun twist on the classic Mediterranean tabbouli salad that replaces bulgar with orzo pasta:

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 1 C dry orzo pasta  
 3 TBS olive oil  
 3 TBS freshly squeezed lemon juice (from 1 large lemon)  
 1/2 tsp kosher salt, plus more to taste  
 Freshly ground black pepper  
 2 medium tomatoes, seeded and diced  
 2 C loosely packed chopped fresh parsley leaves (from 2 large bunches)  
 1/2 C loosely packed chopped fresh mint leaves (from 1 small bunch)  
 1 small cucumber, peeled, seeded, and diced  
 2 medium scallions, thinly sliced

Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 9 minutes or according to package instructions. Drain and run briefly under cool water to cool the pasta down. Drain well again.

Place the olive oil, lemon juice, salt, and a few grinds of black pepper in a large bowl and whisk to combine. Add the cooked pasta, tomatoes, parsley, mint, cucumber, and scallions and toss to combine. Taste and season with more salt and pepper as needed.

**Make ahead:** The tabbouleh can be made up to 1 day ahead, covered, and refrigerated. Let come to room temperature before serving. Great with any grilled meats

**Storage:** Leftovers can be stored in an airtight container

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### **PARMESAN, RICOTTA CHEESE PIZZA AND CRISPY BACON WITH MICRO GREENS**

One ball of refrigerated dough ( from your market or favorite pizza place)

1/2 C Ricotta Cheese  
 1/2 C Parmesan Cheese, Grated  
 2 TBS Extra Virgin Olive Oil  
 1/2 tsp Pepper, Fresh Ground  
 1/4 tsp Sea Salt  
 4 Strips Applewood Smoked Bacon, Sliced into 1-2" strips  
 1/2 C Micro Greens (Radicchio, tiny romaine leaves, escarole etc)  
 1/4 cup honey for brushing

#### **Directions**

Preheat the oven to 500 degrees F. Roll or stretch dough and sprinkle a small amount of corn meal on a pizza stone or baking pizza pan to prevent the pizza from sticking. In a bowl combine together the Ricotta, Parmesan, Olive Oil, Sea Salt and Pepper, mix well then place the mixture on top of the prepared pizza dough. Then add layer of the Bacon.

Bake the Pizza for 14-18 minutes until the dough is browned and the bacon is crispy.

Brush the edges with honey.

Before serving garnish with the Micro Greens.





## Upcoming Birthdays

Remember our members when their special day comes around.

- November 6 Carol Stender
- November 19 Michelle Hendricks
- November 24 Judy Brunner
- November 30 Jean Birdsall

## Welcome to Our New Members!

Carol Cloud Bailey  
 1211 West Magnolia Circle  
 Delray Beach, FL 33445  
772-260-2132  
ccb@yard-doc.com  
 Committees:  
 Horticulture  
 Website  
 Birthdate: 10/15



Shelley Johnston  
 5013 Solar Point Drive  
 Greenacres, FL 33463  
914-384-2847  
victortheecat@yahoo.com  
 Committees:  
 Birthdate: 3/05

## The Boynton Beach Historical Society

The Boynton Beach Historical Society invites you to attend their October meeting via Zoom. "Pirates, Privateers, and the Fall of Spain's Empire: How Spanish American Independence Brought Florida to the United States" presented by David Head.

October 24, 2022 @7-8pm EDT program via Zoom

Send a request to join to [BBHSPPrograms@gmail.com](mailto:BBHSPPrograms@gmail.com) and we'll send you an invitation.  
 Free and open to the public.