



Lexington Field & Garden Club

144 Years of Making Lexington More Beautiful

Member of the Garden Club Federation of Massachusetts

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email: LFGC024@gmail.com



Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realized

Allan Armitage.

Dear Gardeners,

As I sit here, watching the snowflakes dance and twirl outside my window, I am filled with joy and gratitude for this beautiful snowfall that we've missed most of the winter. In fact, we've been missing winter this year! While I adore hot weather, we need cold temperatures and snow cover to protect our gardens, eliminate pests, and replenish our water table after last year's drought. Snowy days provide us with a chance to reflect. I couldn't help but marvel at how the LFGC has adapted and flourished during the last three pandemic years.

We all learned how to Zoom, modified our plant sale, and even met outdoors in parks and gardens. We persevered, and our success in overcoming these challenges fills me with pride. Who would have thought that gardeners could be so tech-savvy?

As we put together this month's newsletter, I'm thrilled by the energy and excitement this winter brought to our garden club. It is remarkable to see our members' enthusiasm as they write and send me articles, share their photographs, and bond over our mutual love for gardens. Together, we've created a strong sense of camaraderie.

I invite you to attend our annual open board meeting on **March 1st**. Let's discuss our plans for the spring and collaborate on ways to move the club forward. This isn't just my garden club or any other president's garden club. This is a 327-member club, and we want to hear from you. We value your thoughts and ideas, and working together can make our garden club even more successful. I cannot wait to see you all at our open board meeting and share our passion for gardening! GRH

Happy Spring,

Georgia

Co-President



March Events

Wednesday, March 1st - LFGC annual open Board Meeting

Do you want to know how the sausage is made? Join the Executive Board for the annual open meeting. Learn more about all the exciting events and educational programs LFGC is working on in the upcoming months. All are welcome. Please join us at **9:00 AM at Lexington Community Center, Room 242, 39 Marrett Road.**

Monday, March 6th - Gardening for Wildlife in an Era of Climate Change with Trevor Smith - Presented by LFGC, LLL and Cary Library.

The evidence is clear: Climate change is here! What does this mean for our native flora and fauna? And what can one homeowner do to mitigate a global crisis? Trevor Smith will take you past the bleak headlines and discuss what WE can do. How our plant choices and simply changing how we maintain our properties can make a huge difference in our local ecology. Trevor Smith is Design and Education Manager at Weston Nurseries. Presented by Lexington Field and Garden Club, Lexington Living Landscapes, and Cary Memorial Library. Please register to receive a Zoom link at ***Gardening for Wildlife in an Era of Climate Change*** with Trevor Smith.



Wednesday, March 8th - Designing and Teaching Children About Gardening with Erika Huber

Erika Huber is the Youth and Family Program Coordinator for Coastal Maine Botanical Gardens. Ms. Huber's presentation will feature plants and activities in a children's garden that will attract and engage children of all ages. Learn how to create an unforgettable children's garden. Wednesday, **March 8th**, Social at 9:30 AM, Meeting at 10:00 AM at Follen Church, 755 Mass Ave., Lexington.

Monday, March 27th -Tour Lexington Composting Facility at Hartwell Ave

See how Lexington's Composting Facility has changed and why it makes the town money. Enjoy the fantastic machines and find out about the different types of compost. **Monday, March 27, 10:30 AM (rain date Tuesday, March 28, 10:30 AM).** Carpool to the facility and meet outside the office. Wear good walking shoes and a sunhat. Please contact **Ashley Rooney** with any questions. Lexington Composting Facility 60 Hartwell Ave, Lexington, MA 02421

This Months Mark Your Calendars has Been Moved Due to the Amount of Events



Help Lexington Welcome Spring

Volunteer for a Civic Gardening Workday! The gardens on Lexington's traffic islands, historic and civic sites are always beautiful in the spring. These gardens are maintained by a group of LFGC members who nurture the gardens throughout the year. In the spring, the gardeners need your help preparing the gardens for the upcoming activities, including the Patriots' Day festivities and tourist visits throughout the busy spring and summer seasons.



Workdays are a fantastic way to participate in LFGC activities, especially for those short on time--each workday shift is only 2 hours. Workdays are also a nice way to meet a small group of members on an informal basis and to learn more about gardening or share your gardening knowledge with others.

Spring civic gardening work days are scheduled for **April 1 through April 14**. To sign up for a workday shift, click [here](#). Select the "Sign Up" box for the slot(s) you want. Then Click "Save and Continue" at the bottom of the page. Fill in your name, email and phone number. Contact **Judy Minardi** if you prefer to schedule your time directly with Judy.



*Sun God in brass,
Quito, Ecuador
By Joan Howard*



RENEWING YOUR MEMBERSHIP

It's time to renew your membership with this super convenient [link](#).

Membership Co-Chairs **Jackie Potdevin** and **Marilyn Ryngiewicz** urge all members to update their membership with the enclosed digital link. Renewing online is the safest, cheapest, and most efficient way for the club to process payments. No more checks getting lost in the mail. Please help us by processing your renewal online—thank you!



Thinking Spring and Our 90th Plant Sale

Our annual **plant sale** is on **Saturday, May 20, from 7:30 am to 10:30 am**. The potting set-up day will be **May 1**, and **potting days will be May 2,4,5,8,11 and 12**. The set-up day for moving the plants to the DPW lawn is **May 19**. We hope most of you plan to join us to make this the best sale ever. As many of you who participate each year know, this is an excellent opportunity for camaraderie with old friends and a chance to meet new ones while working for the club.



In preparation for the sale, we are:

- Searching for plastic pots, garden tools, and garden ornaments.
- We prefer black and green plastic pots 6-10 inches in diameter, with no logo or graphic on them. We will also take unwanted pottery that is in good condition.
- Garden tools include shovels, trowels, clippers, pruners, baskets, buckets, watering cans, and kneelers.
- If you'd like to donate any of these items, please contact **Marlene Stone** to arrange a drop-off/pick-up. Alternatively, you can bring them to the DPW salt shed during the potting schedule (you need to press a button to open the gate into the DPW salt shed area, which is behind the building).
- Thinking ahead to the plants we would love you to donate for the plant sale (see below). If you need help digging up your own plants, please contact **Meg Himmel** and **Chris Kochanski**

Plants we love ♥ ♥ ♥: Japanese anemone, aster, astilbe, Astilboides, balloon flower, betony, bloodroot, blue dune grass, brunnera, bugbane, butterfly bush, campanula, catmint, chrysanthemum, clematis, coreopsis, corydalis, cotoneaster, dahlias, dianthus, interesting varieties of daylily (pictures will help) dicentra, epimedium, euphorbia, Japanese painted fern, ostrich fern, gentian, geum, hardy geranium, European ginger, goats beard, hellebore, interesting varieties of hosta, heuchera, bearded iris, Jack-in-the-pulpit, Jacob's ladder, Japanese iris, kalimeris, leucothoe, lirioppe, ligularia, malva, penstemon, peony, persicaria, pulmonaria, rogersia, rudbeckia, Russian sage, salvia, scabiosa, sedum, Shasta daisy, sweet woodruff.

Our favorite native perennials: Actaea, Anemone canadensis, New England aster, baptisia, bee balm, black-eyed Susan, bloodroot, blue lobelia, cardinal flower, Christmas fern, cinnamon fern, columbine, purple coneflower, false Solomon's seal, American ginger, goat's beard, goldenrod, golden star (Chrysogonum virginianum), hairy mountain mint, helenium, iris cristata, ironweed, Jack-in-the-pulpit, Joe Pye weed, Liatris spicata, maidenhair fern, may apple, milkweed (Asclepias tuberosa) northern sea oats, ostrich fern, phlox paniculata, rose mallow, Solomon's seal, tall meadow rue (Thalictrum polygamum), turtlehead, trillium, Veronicastrium, Virginia bluebells (Mer-tensia virginiana), wild geranium (Geranium maculatum), yarrow, switchgrass, toad lily, veronica.

Examples of plants we do not sell: Invasives, such as bishop's weed, winged euonymus, lesser celandine, and running bamboo. Common plants include ribbon grass, orange daylilies, and ground covers, such as myrtle, pachysandra, English ivy, and vinca.



More details on the schedule to come in April's newsletter, including how to sign-up to contribute to support this year's sale!



Mark Your Calendars

Wednesday, April 12

Edible Landscaping with Charlie Nardozzi

Charlie Nardozzi is a nationally recognized garden writer, speaker, radio and television personality, and former host of PBS's Garden Smart.

Many gardeners want to grow their own vegetables, herbs, and fruits in their yards but don't want to sacrifice the beauty of their landscape. Food-scaping allows you to do both. You can mix and match edible plants with ornamental ones by selecting attractive varieties of vegetables, herbs, and fruits. **Wednesday, April 12, 6:30 PM Social/7:00 PM Meeting** at Follen Church, 755 Mass Ave., Lexington.



Monday, April 17th Patriot's Day Parade

Exciting News! LFGC is participating in the Patriot's Day Parade this year on April 17th. We will walk with an LFGC banner, perhaps in gardening flower hats, and plan to have lots of fun. The parade route is a two-mile walk. Start your get-in-shape training now. Please let us know at lfgc024@gmail.com if you want to join us.

Wednesday, April 19th

Garden Up! Smart Vertical Gardening for Small and Large Gardens with Rebecca Sweet

In addition to designing and writing, Rebecca Sweet's passion is teaching gardeners of all skill levels how to transform their gardens and design like professionals. Vertical gardening is the latest, most talked about garden trend. Whether you're interested in edibles, ornamentals or a little of both, taking advantage of vertical spaces (some of which you never knew you had!) is an easy way to take your garden to new heights. This Wednesday Workshop event is open to all LFGC members and will be held via Zoom on **Wednesday, April 19th. Social at 9:30 AM, Meeting at 10:00 AM. Zoom link sent separately closer to the event..**



Arbor Day, April 28th

Arbor Day celebration on April 28th at 11 AM, DPW will determine the Lexington location in early April.

Annual Plant Sale May 20th

Art in the Garden Party!! May 20th

Everyone's Invited to join **Christina Gamota** in her lovely garden on **Saturday, May 20th, from 2 PM to 4 PM at 17 Solomon Pierce Road.**

Art in the garden will feature local Lexington artists, including paintings, sculptures, and crafts for sale. A highlight will be reasonably priced garden sculptures to add a touch of whimsy to your garden.



Put on your glad rags, enjoy light refreshments, and mingle with friends old and new in this beautiful serene garden. Bring a lawn chair if you want to linger and enjoy the beauty and camaraderie—**rain date May 21st from 2 PM to 4 PM.**

ORCHIDS 101 By Dorothy Martin

On February 15th, a large, enthusiastic audience of sixty-one orchid fans greeted Mike Badia, Director of the Massachusetts Orchid Society, for a zoom lecture on Orchids. This lecture was presented and paid for by Wednesday Workshop (WW), who opened this event to the entire LFGC community.

A few days previously, Mike had taken **Dorothy Martin and Marlene Stone** on a tour of the New Hampshire Orchid Society's show in Nashua, NH. Dorothy and Marlene were blown away by his knowledge; therefore, we knew our program would be in good hands! Mike, a recently retired patent attorney at Vertex Pharmaceuticals, is now free to pursue his orchid passion avidly; He has been growing them for 40 years and has over 400 colorful gems in his house.



Megan Himmel's orchid given to her by Bridget Galdes

What an incredible array of growing tips Mike provided us in his lecture! Here are just a few:

- Repot orchids yearly because the sphagnum moss or bark potting medium breaks down rapidly.
- Use a container only slightly larger than the previous one, since orchids like to be in a tight environment.
- Leave those large rigid roots outside the pot and treat them gently - they are used to clinging to trees!
- Water each plant when it gets dry with warm spray from the kitchen sink in the morning for about 45 seconds, spraying all the visible plant parts, including the spike, leaves and flowers. Drain off any excess.
- Deal with mealy bug and scale infestations by rubbing affected areas with cotton beauty rounds dipped in 70% isopropyl alcohol.
- Orchids need a 10-degree temperature differential for 1 or 2 weeks to spur them to bloom and send up a spike. Try opening the window by the orchids at night to provide that temperature change.

Many concurred afterward that watching Mike was a treat. In the spring, WW will again open a Zoom program to all LFGC members on **April 19th** with nationally-known garden lecturer Rebecca Sweet. Rebecca will present **Garden Up! Smart Vertical Gardening for Small and Large Gardens**. Please consider joining Wednesday Workshop for talks, tips and crafts of this quality. For more information about joining, please contact **Ellan Siegel**

Books in Bloom



Lexington Field and Garden Club with Cary Memorial Library is hosting a “Books in Bloom” event on **June 9-11, 2023**. **Regina Sutton** and Susan Eastland are co-hosts for this exciting event.

Do you have a flair for flower arranging? If so, plan on participating. We’d love you to show us what you can do with flowers! Twelve places will be available for interested gardeners to create an arrangement depicting the jacket cover of a Cary Library book. You can choose your book jacket from a field of twenty-five available books. Spaces will fill up fast! Contact **Regina Sutton** to find out more.



LFGC is a Proud Partner of Lexington Living Landscapes

by Greta Ljung and Ellan Siegel, LFGC representatives on LLL’s Steering Committee.

Lexington Living Landscapes (LLL) was formed in 2020 as a partnership of four Lexington organizations: The Sustainable Lexington Committee, Lexington Field & Garden Club (LFGC), Lexington Climate Action Network, and Citizens for Lexington Conservation. The partnership encourages homeowners and public land managers to adopt environmentally friendly landscaping practices that protect our health and environment. The initiative focuses on education and program offerings to support positive changes in three areas:

- Adapting our home gardens, lawns, and other landscaped spaces to be more wildlife-friendly through planting native plants, controlling invasive species, and tending our gardens to benefit wildlife. An important goal is to shift our natural areas from isolated refuges into hubs within a supportive landscape mosaic.
- Reducing or eliminating the use of chemical fertilizers, herbicides, pesticides, and other toxins that threaten the health of our families and the natural world.
- Improving Lexington's tree canopy by reducing the loss of existing trees and planting new ones. Trees filter our air and water, keep us cooler in summer, and host a wide variety of wildlife. Trees play a crucial role in mitigating the harmful effects of a changing climate.

The activities of LLL are of particular interest to gardeners because of their strong focus on sustainable landscaping practices and the use of native plants in gardens.

Here are some examples of LLL projects which support its mission

Website and Newsletter: [Lexington Living Landscapes](#) offers a website and a periodic newsletter with timely information on various landscaping topics, upcoming events, and additional resources for homeowners. Please check out the website and sign up for our newsletter.

Educational Webinars: A webinar series offered by LLL features well-known speakers with expertise in areas central to LLL’s mission. The first speaker in the series was Doug Tallamy, who gave a presentation on “Nature’s Best Hope” based on material in his book of the same title. His presentation was truly inspiring. A list of subsequent presentations is available at [Lexington Living Landscapes - past event resources](#).

LLL worked with the LFGC to co-sponsor two webinars. An April 2022 presentation by Uli Lorimer of Native Plant Trust on “Native Plants for Your Gardens” attracted a large audience. On **March 6, 2023**, LLL and LFGC are co-sponsoring a presentation by Trevor Smith of Weston Nurseries on “Gardening for Wildlife in an Era of Climate Change.” Please be sure to [register here](#). All LLL webinars are offered through Cary Library, and recordings are posted on YouTube for later viewing.

Development of a Pollinator Meadow. Ongoing garden projects include the development of a native plant pollinator meadow on the Brown Homestead. The site is adjacent to the Minuteman bike path about 1,000 feet east of Woburn Street. The project has been challenging due to the site’s heavy stand of invasive knotweed. The initial phase of this project focused on repeated physical removal of the knotweed and sowing an annual cover crop of native buckwheat to cover the ground. The second phase focused on adding native plants to selected areas and establishing a central walking path. LLL is grateful to the many volunteers who have devoted time and energy to this project.



One of LLL’s work days at Brown Homestead.

A small demonstration garden of native plants is planned for Hastings Park near the intersection of Massachusetts Avenue and Worthen Road in Lexington Center.

Open Gardens Day: Last fall, LLL organized an “Open Gardens Day” where community members could showcase their native plant gardens. Approximately 100 people visited the 12 gardens that participated in the event. The gardens ranged from professionally designed landscapes to do-it-yourself backyards. Some were established gardens, while others were newly planted. The event offered excellent opportunities for information sharing and was super fun. LLL hopes to repeat the event this summer and welcomes new participants.

Native Plant Sale. For the last two years, LLL has collaborated with the Lexington Conservation Office on selling native pollinator plants. The sale has been very successful, with over 2,500 native plants sold to residents of Lexington and other nearby towns. The plants for this spring’s sale have already been ordered. More information will be coming soon.

Call to Action: Residents across Massachusetts and other parts of the country know nature is at risk. Many species of bees, butterflies, birds and other animals are in danger of disappearing. In his book “Nature’s Best Hope,” Doug Tallamy noted that anyone with a piece of land could reverse this alarming trend by adding more native plants to their gardens. Yes, you heard it right: Adding native plants to your gardens makes a huge difference. LLL has compiled a [resource for buying native plants list](#) to make buying native plants simple.

Native plants are beautiful, and what could be more fun than seeing nature flourish around us? Let’s plant natives!

Garden Club Federation News

Gardening School Course 1 will be held on April 13th, 14th and 15th, 2023, in the morning via Zoom. The school is open to anyone wishing to take the course, but credit is only given to a garden club member. You do not need to take the courses in any specific order; each class is self-contained. If taking the course for credit, an exam is given each day at the end of the school. You can also attend any single day of the school that interests you but will not get credit. [A registration form and course list can be found at National Garden Clubs Gardening Study.](#)



Interesting Articles, Podcasts, and Websites

North American Prairie Species of New England

Many flowers and grasses commonly associated with Midwestern prairies also occur in the meadows of New England. While some species are widely distributed throughout the region, others are occasional or rare. Most are more common in the prairie region, but some are abundant in the Northeast. Many are good garden plants or members of eastern meadows. Read the article [Ecological Landscape Alliance.](#)

MONARCH RX: CALLING ALL BUTTERFLY WATCHERS

Have you got milkweed for monarch caterpillars? Check. Nectar plants that feed the adults all season long? Check. Dead and dried plants that contain pyrrolizidine alkaloids? ... Say what? Read the article at [The Humane Gardener.](#)



Navigating the Nurseries: How to Find Native Plants

Finding native plants to purchase can be challenging for native species enthusiasts. Small local growers of nursery stock have nearly disappeared, and today many nurseries buy plants that have been propagated and grown elsewhere. Wild Seed Project has compiled a list of native plant sales and local nurseries that we feel will meet a native gardener's needs. Read the article [Wild Seed Project.](#)

Insects Do It in the Dark

Did you know illuminating the darkness negatively impacts animals and humans alike? Bright city lights distract and disorient migratory birds, often causing them to collide with tall buildings. Artificial light can hinder insect courtship and mating, and car lights lead to hundreds of billions of insect deaths yearly. Read the article at [Eco Rhode Island.](#)

Seed Bearing Plants Your Birds Will Love

Didn't get around to cleaning out those flower beds this fall? Now you can justify it—not only is it good for your plants, but it's also an excellent food source for birds! Keep these seed-bearing plants standing in your garden all winter, and the birds will thank you for the extra food. Read the article at [Birds and Blooms.](#)



Garden Classes and Events Around New England

March

Wednesday, March 1-31, *Rebecca Titemore's Flower Photographs at Groton Reads & Gardens*

Thursday, March 2, *Maine Botanical Garden Presents -Garden Design: Foundations and Inspirations* 9:30 AM - 12:30 PM

Friday, March 3, *The Well-Gardened Mind at deCordova Sculpture Park* 6-7 PM

Saturday, March 4, *Grow Native Massachusetts Presents We are the ARK* 1-2:30 PM

Saturday, March 18, Tour - *Frederick Law Olmsted and the Arnold Arboretum* 10:30 AM-12:00 PM

Sunday, March 26, *Bark: Get to Know Your Trees at NEBG* 9 AM-12 PM

Friday, March 31, *Native Plant Trust Presents and Evening with Uli Lorimer and Rebecca McMackin* 6-8 PM



That's all for now, hope to see you soon!