



Lexington Field & Garden Club

144 Years of Making Lexington More Beautiful

Member of the Garden Club Federation of Massachusetts

Volume 13 Issue 10 • June 2023

email: LFGC024@gmail.com



Hello Fellow Gardeners,

I want to express appreciation to the 60 plus people who helped in the weeks leading up to the plant sale. Thank you to all who generously donated plants, garden items, and most precious, time. It was great fun to dig, pot, and trim plants with you so they looked their best on May 20. Thanks to all who participated in this annual fundraiser. We made a record amount of money this year!

It was a pleasure to co-chair the plant sale with **Sirinya Matchacheep** and **Marilyn Ryngiewicz**. **Meg Himmel** and **Chris Kochanski** did an outstanding job of digging up plants and buying native plants wholesale. The plant pricing crew, the holding area people, and cashiers all did a fabulous job. We received compliments that this was a customer-friendly event with a great selection of plants, and a wide assortment of perennials, annuals, natives, and dahlias.

The LFGC is grateful to **Christina Gamota** for hosting an "Art in the Garden" party, with art from 15 different artists. Thanks to **Ashley Rooney** who hosted a plant sale thank you party. We look forward to **Meg Himmel's** civic gardening party on June 8 where long-term stewards and participants will be honored.

We are looking forward to garden picnics over the summer, thanks to **Georgia Harris** who is organizing these at people's home gardens. And do come view the "Books in Bloom" event at Cary Library, June 9 - 11, with arrangements made by 12 Garden Club members, inspired by library books.



Enjoy these beautiful late spring days,

Marlene Stone, President



Lexington Field and Garden Club Meeting Minutes

May 10, 2023, location: Follen Church

Social time began at 9:30 AM

Marlene Stone, Co-President, called the meeting to order at 10:11 AM.

Meeting Participants: members 45, guests 7

Business:

1. Our Plant Sale will be on May 20, 7:30-10:30 AM at the Lexington DPW.
2. **Christina Gamota** will have a party featuring her garden and local artists on May 20, 2-4 PM. 15 artists will be featured.
3. **Ashley Rooney** will host a gathering at her home on May 22 to celebrate the volunteers who helped with the Plant Sale.
4. **Meg Himmel** will host a gathering at her home on June 8 for the present and past stewards and members of the Civic Gardening teams. Veteran stewards will be honored.
5. Introduction of past presidents – the Past Presidents of the LFGC will be honored today at a luncheon immediately following the meeting.

Julia Francis	Anne Lee
Georgia Harris	Ashley Rooney
Harriet Hathaway	Sue Spicer
Nancy Hubert	Ann Webster

6) Vote on New Bylaws – **Georgia Harris** presented the Bylaw revision to the club. She explained the process for revising the Bylaws and the various changes. If approved, they will be in the new version of the Yearbook for 2023-2024.

According to the Bylaws, we need to have two-thirds of the members present to approve.

A motion was made to approve the bylaws by **Marian Bruins** and was seconded by **Marilyn Ryniewicz**.

The vote was:

Yes-32	Abstain-1
No-1	Non-votes-11

The motion passed and the bylaws have been amended.

Kitty Galaitsis introduced our speaker, Deborah Trickett, who spoke on "Container Gardens: Jaw Dropping, Traffic Stopping, Get Your Neighbors Talking Containers". Deborah Trickett is an award-winning container garden designer who has worked in the gardening industry for over 30 years. Deborah started with the basics, including appropriate containers, soil mixes, and plant choices for different site conditions. She then proceeded to new and unusual plant materials and uncommon, even "green," container choices.

The meeting ended at 11:15 am and was followed by the Past President's Luncheon.

Respectfully Submitted,

Debra Heaton

Recording Secretary, LFGC



Summer Picnics are Back!!!

LFGC is happy to have summer picnics again this summer. It's easy to host. Set out some chairs, provide a few liquid refreshments, and let the gardening talk begin. Attendees bring their own bagged lunch. [Sign up here to be a host](#), or email **Georgia Harris**. Dates are either Wednesday or Saturday and with so many good options, we hope many members can join us. I can't wait to see y'all in the garden. Please email or see the yearbook for addresses.



Date	Host	Email the host to RSVP
Saturday, June 10, 12 – 1 PM	Linda Walsh	

Wednesday, June 21, 12 – 1 PM	Jim Poage	
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Sunday, July 30, 5 – 7 PM	Ashley Rooney	
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This year there's a special twilight picnic at the home of Ashley Rooney. BYOB and an appetizer to share. Park at the rear of Church of Our Redeemer, 6 Meriam, and walk over. Partners/spouses included.



More June Events

Lexington 250 Celebration

Lexington is celebrating the 250 anniversary of the birth of our nation in 2025. How should LFGC (the oldest garden club in the nation) mark the creation of our nation? We are looking for exciting ideas. Is it a skit about the club's founding, or should we plant rows of daffodils? Please send all your fun ideas to the club at LFGC024@gmail.com by June 5.

Civic Gardening Help Mondays at Emery Park

Like to get your hands in the dirt? Join us at Emery Park on Mondays and help maintain one of Lexington Center's most beautiful parks. We meet Monday from 10 AM to 12 PM – not on holidays or if it is rainy. If you want to test it out, please drop by any Monday and see if it is something you would enjoy. We have a nice group, and there is always lots to do.

Friday, June 2 – Saturday, June 3, 9 AM – 4 PM Daily [Concord 34th Annual Garden Tour](#)

Tuesday, June 6, 7:00 – 8:30 PM, [The Secret Lives of Wild Bees with Nick Dorian](#)

You've probably heard "Save The Bees!" but do you know which bees need saving? Over 4000 species of bees inhabit North America, and most don't live in hives or make honey. You'll come away from this talk charmed by these tiny pollinators and with clear action items for supporting them in your backyard. For more information and to register, [click here](#).

Thursday, June 8, 2:00 – 4:00 PM, [Celebrating our Civic Gardeners](#)

Whether you are a long-time steward, only occasionally help with civic gardening projects, or are considering doing so, you are invited to join us in **Meg Himmel's** garden to celebrate all things civic gardening.

Friday, June 9 – Sunday, June 11, “Books in Bloom”

“Books in Bloom” is the brainchild of **Regina Sutton** and Cary Library’s Susan Eastland. They contacted twelve talented garden club members to use their creative juices to make floral arrangements to complement book titles at Cary Library. Come and see what we’ve done! Read **Regina Sutton’s** article below in this newsletter

Friday, June 9 – Saturday, June 10, 10 AM – 4 PM Daily *Carlisle Country Garden Tour*

Saturday, June 10, 1:00 – 2:30 PM *How to Create a Cutting Garden NEBG*

Thursday, June 15, 7 – 10 PM, A Very British Garden Party Munroe Tavern, Lexington



Munroe Tavern's gardens are magical at twilight – what better venue for a British garden party? Join friends from Lexington Historical Society for the summer fundraiser to benefit the three museums which bring the opening hours of the American Revolution to life. Stroll the grounds while enjoying hors d'oeuvres, festive desserts, tea, and creative cocktails and mocktails. Get your tickets [here](#).

Saturday, June 17, 10:30 AM – Noon *Tour: Late Spring Blooms Arnold Arboretum*



"If your knees aren't green by the end of the day, you ought to seriously re-examine your life."

**— Calvin ("Calvin and Hobbes,"
Bill Watterson)**



Books in Bloom

Regina Sutton

In the past, Lexington Field and Garden Club have collaborated with LexArt on “Art a Blooming.” **Harriet Hathaway**, member of LFGC, was the key person overseeing this event. Garden club members could select an original piece of art and create a floral arrangement to accompany the painting, woodwork, jewelry, or ceramic piece.



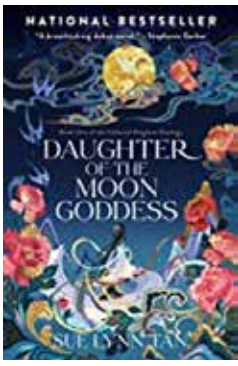

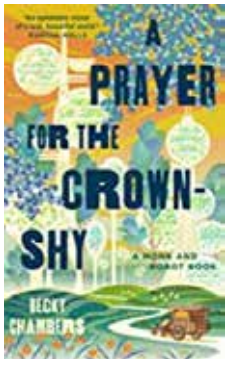

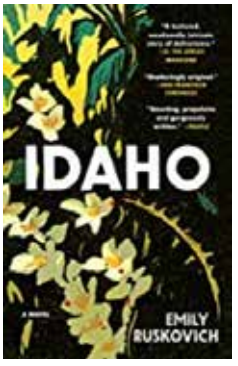
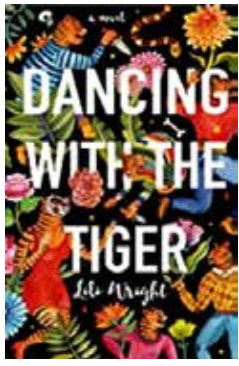


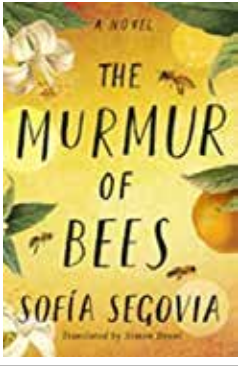

This year **Regina Sutton** is co-chairing this event with Susan Eastland at Cary Library. Both women decided this would be a unique and surprising way, to use floral arrangements to complement book titles. Susan selected twenty-five interesting novels while Regina contacted LFGC members to participate. And so “Books in Bloom” was born!

Twelve garden club members have volunteered their creative talents. One afternoon was set aside for each volunteer to select their book jacket and receive guidelines for their arrangements. We are grateful to the garden club members participating this year.

Rebecca Titemore, another garden club member and photographer, will be there to capture the floral arrangements. The photos will then be available for all to see on the LFGC website.

“Books in Bloom” takes place June 9-11 AM at Cary Library. Come and see what we’ve done!

Here are the chosen titles and the garden club members designing the arrangements.

			
<i>Vicki Blake</i>	<i>Meade Fasciano</i>	<i>Meg Himmel</i>	<i>Chris Kochanski</i>
			
<i>Kathy Leva</i>	<i>Linda Lindell</i>	<i>Leslie Masson</i>	<i>Siobhan Rooney</i>
			
<i>Susanne Russell</i>	<i>Ellan Siegel</i>	<i>Regina Sutton</i>	<i>Judy Uhrig</i>





Stop, Smell, and See the Roses

Nancy Trautman

The heirloom roses in the garden at Munroe Tavern only bloom once a year, in June, so come by this month to smell the rich fragrance of these old varieties that were grown before the toughness and scent were bred out in favor of repeated blooms in the mid-1800s. The plants include several types of *Spinossissima*, *Centifolia*, *Alba*, *York* and *Lancaster*, *Gallica officinalis* and *Gallica hippolyte*, *Centifolia muscosa*, and a *Damask isphan*. Indeed, a sight to behold!

Also on the grounds is the beautiful Colonial Flower Garden, which is always in bloom in season. If you go by on a Tuesday, you can visit with the LFGC team, who groom it weekly. And if you wander down the path towards the woods, there is a lovely, shaded native plant garden next to a rill (*small seasonal stream*). Altogether, well worth a stop.



Fall Bloomers Take Two

Ashley Rooney

So many gardens look great in the springtime with all those spritely daffodils and tulips, but then they fade away over the summer until they are pale weed-infested clumps by the fall. No wonder no club holds a fall garden tour, but it would be a sell-out.

Last October, I wrote in this newsletter (*see the LFGC website*) about 13 great fall bloomers. They were *Amaranthus tricolor*, Chinese and Japanese anemones, asters, reblooming iris, flowering kale, goldenrod, *Helenium*, *Heliopsis*, Joe Pye Weed, Nippon Daisy, ornamental grasses, Autumn Joy sedum, and toad lilies. In this article, I will add a few more, which you should plant now while the nurseries are well stocked. Then maybe, one day, LFGC can have a fall garden tour!

Autumn Crocus

Tourists frequently ask me about this fall beauty, also known as “naked lady.” The name “naked ladies” is because the flowers emerge from the ground long before the leaves appear. Autumn crocus grows best in partial shade. A small amount of moisture during the summer is necessary to trigger root growth and get the bulbs going. The autumn crocus needs at least a half-day of full sun during its foliage phase in the spring.

Warning: All parts of the plant are poisonous, which means deer, rabbits, and other animals steer clear of it.

Blue Mist Shrub (*Caryopteris x clandonensis*)

Depending upon the cultivar, this airy shrub has lovely aromatic green, silvery green, yellow, or green and white foliage, which is attractive all season. From late summer until the first heavy frost, its delicate blue and purple blooms are prized features. Butterflies and bees love its dazzling flower clusters.

New York Aster/Michaelmas Daisy

One of my last plants to bloom, this blooms profusely in late October, signaling that winter is coming. It provides mounds of bright color in containers and on hillsides, combining well with ornamental cabbage, kale, and low evergreen shrubs. It likes full sun.

Russian Sage

Russian sage can last for weeks. It blooms in mid-August to early October. The blooming begins slowly, and the flower color becomes more brilliant. This plant blooms on new growth, so pruning should be done in late winter to early spring. It requires full sun.

Turtlehead (*Chelone lyonii*)

Turtlehead (*Chelone lyonii*) earned its name because of the shape of its purplish-pink blooms, which appear around August and keep going until freezing weather sets in. A slow grower, Turtlehead is best planted in spring or summer to give the plant time to establish itself. This perennial likes damp soil, making it a good choice near water or bog gardens. It does not handle excessive dry heat well, but it is perfect for a wet area in your garden. You can prune it lightly to shape it in the late fall or spring. Hummingbirds and butterflies visit it for nectar.



From a Schoolyard Area..... To a Pollinator Garden Lab

Trevor Smith, **Rosanne Barbacano**, Karen McCarthy

Trevors@westonnurseries.com,
kmccarthy@lexingtonma.org

Under the guidance of Trevor Smith, landscape designer/educator, and **Rosanne Barbacano**, educator and a retired LPS elementary teacher, students are researching and constructing Pollinator Gardens to serve as living labs. Presently, the Harrington, Estabrook, and Fiske School communities located here in Lexington, are learning about the importance of native plant species, the role of pollinators, and how student activism can support native ecosystems.

Trevor and Rosanne collaborated with Karen McCarthy, Lexington Public Schools K-5 Science Curriculum Coordinator, and teachers to provide students with the opportunity to apply science and engineering skills through authentic and engaging place-based learning. Important earth and life science concepts come to life as students research plant and pollinator interactions, the needs of native plant species, and what is needed to design, build and sustain productive pollinator habitats at the schools.

The Lexington Education Foundation, Weston Nurseries in Hopkinton, Massachusetts, School PTOs, Lexington Public Schools, Trevor Smith, and Rosanne Barbacano all fund in-class presentations, materials, and consulting fees for native garden installations. The Pollinator Living Lab will serve as a teaching tool across grade levels and school communities for years to come.



Bowman School before and after

Trevor and Rosanne are eager to support such engagement and the exciting teaching and learning opportunities pollinator gardens can provide. They hope to continue their collaboration with LPS to include all elementary schools. They have thoughtfully planned engaging sessions to teach about native plants, sustaining our ecosystem, and endangered native pollinator “friends.”

School Faculty: “...Students used academic skills like measuring, comparing/contrasting and vocabulary.....and are proud of their meaningful impact (as activists) on the environment..”

PLEASE CONTACT US TO LEARN MORE!



Marilyn Ryngiewicz's pond

Is a Pond in Your Future?

Ashley Rooney

A garden club member asked me about my water garden and whether it was easy to put in and maintain. Mine was bought in a kit and put in by my husband and two 15-year-olds (who had been suspended from school!) in one day. That was about 30 years ago.

A water garden is relatively easy. It is not expensive. It consumes some of that lawn that you would regularly mow. It attracts birds and other wildlife. And most important, it's easy to install — a perfect solution for boredom. If you have done your planning, building a water garden is a one-day job you can enjoy putting with for years.

Siting Your Pond

A water garden should blend effortlessly into the surroundings yet be visible enough to be enjoyed. Most experts recommend a level site that receives 6-10 hours of full sun. The more sunlight, the more your water plants will grow. On the other hand, small gardens (i.e., containing less than 100 gallons of water) do best if provided with light shade during the hottest part of the day. Most fish appreciate a shady area in which to shelter.

Consider where your electrical connection for the pump and any lights will be when designing your site. Although you may not install a pump initially, you will want one eventually when you add that cascading waterfall or night lighting. To prevent problems, do not place a water garden in a low-lying area or near driveway/roof run-off flows. If you set it somewhat away from deciduous trees, you will have less mess to cope with.

Designing A Backyard Pond

You have several options in designing your water garden. A natural-looking water garden should have sloped sides with planting terraces that step down toward the deepest area of the pond. This creates planting areas for plants that need different habitats. Pre-formed polyethylene plastic or fiberglass pools can be obtained in many shapes and sizes, making the job easy.

To protect fish and plants in the winter, your pond needs to be at least two feet deep. Plants establish the conditions necessary for the control of algae and the health of the fish. By shading the water from above and within the pond, they help to control the water temperature.

Many install a water garden for effect. Others want to create a natural focal point. I may visualize iridescent koi and brilliant pond lilies, but I am just as happy with the frog with its croaks, the shining dragonflies, and swooping birds – as long as they are not herons!



Ticks, Mosquitoes, and Humans, OH MY!!

Georgia Harris

Protecting yourself against ticks in the garden is a top priority for gardeners everywhere. These are some ways I protect myself when working in the garden. I always wear long pants, no matter the temperature. If the temperatures are sweltering, I wear lighter, breathable pants. I have invested in several pants treated with *Permethrin*. Buying clothes at an end-of-season sale is a great way to save money. I also treat pants and shirts that are not bug-shielded with *Sawyer Permethrin Pump Spray* at the beginning of the season. Before spending the day in the garden, the final layer is I spray my pants and boots with *Deep Woods® Products | OFF!® Repellent*.

After a long day in the garden, I do a tick body check and scrub well in the shower. I have many layers of protection that I employ to protect myself. I don't follow this protocol for every trip out into the garden, but if I am working on another property or planning to spend the entire day amongst the flowers, I try to protect myself from ticks. For more information, *Garden for Wildlife: The Tick Predicament*

Mosquitoes are another pest that can irritate when gardening, especially in the early morning or the cool evening. Spraying your yard for mosquitoes is unnecessary for mosquito control. It doesn't do much to eliminate mosquito populations because it only stops the present cycle, not the cycle yet unborn. Spraying any insecticide kills all insects, not just mosquitoes; this includes our native bees and butterflies. The best way to get rid of mosquitoes is to treat standing water on your property, either by eliminating all standing water or treating it with non-toxic bacteria to other insects. Inexpensive packets containing *Bacillus thuringiensis* can be placed in drains and other wet sites where mosquitoes lay their eggs. Unlike pesticide sprays, the bacteria inhibit mosquitoes but not other insects. You can buy these packets or round dunks at garden centers or hardware stores. Place the dunks, birdbaths, rain barrels, or other areas with standing water without harming birds. Read more at the *National Wildlife Federation*.

Another great way to keep mosquitoes at bay is to have a thriving bat population. Bats are mosquitoes eating machines. Bats are in decline due to the loss of habitat. Create a friendly place for bats, keep your yard as natural as possible, and leave dead trees on your property for bat homes(cut back dangerous branches to prevent any hazards leaving 6-10 feet of a tree stump.) *Here's How To Create A Healthy Bat Habitat in Your Yard — And Why You Should*.



September Upcoming Events



Wednesday, September 13 — 9:30 AM Social/10 AM Meeting – A Philosophy of Garden Design for Drought, Pests and Climate Change with Christine Dustman at Follen Church

Christie Dustman is a 25-year certified landscape designer with her own landscape design company in the Boston area. Christie will discuss her philosophy of designing gardens. She carefully considers where plants will make the most visual impact while being mindful of using water resources. Christie suggests pairing plants with non-plant objects to enhance garden beauty and water conservation further. She will also discuss her design for LFGC member **Phyllis Kominz's** garden.

Annual LFGC Luncheon September 13, 2023

Kick off the Garden Club season and reconnect with your Garden Club friends at the Annual luncheon! It will be held immediately following the September meeting in the Epp Sonin room, upstairs at Follen Church. Plans are in progress, with more details to follow; please email **Linda Walsh** if you are interested in attending.

Interesting Articles, Podcasts, and Websites

Curated by Georgia Harris

Creating Your Own Meadow

Meadows are beautiful dynamic habitats with rich populations of plants and animals, and unfortunately, they have been reduced substantially in the last 50 years. Meadows can easily be brought back. Towns, homeowners, roadside managers, and land trusts can return meadow habitat to their landscape. Read more at [Wild Seed Project](#).



Up and Down in the Garden

"Garden Fit" is a PBS TV series co-hosted by Madeleine Hooper and Jeff Hughes. In each show, Madeleine (a gardener) and Jeff (a personal trainer) visit a private garden or farm and tour while talking with the gardener about their intent, style, and challenges with the garden itself, and then Jeff gives the gardener tips and techniques for alleviating and preventing their particular aches and pains. Read more at [Up and Down in the Garden](#).

Everything You Need to Know About Dragonflies

Dragonflies form part of a rich food web, both as predators and as prey for birds, amphibians, fish, reptiles, and mammals. What's more, they consume mosquitoes and other insects pesky to humans and, by making a dent in those populations, provide us with a valuable service. Read more at [Xerces Society](#).

Think Like a Forest

Forest trees are not singular specimens but are interdependent players in a dynamic natural community. The tree canopy casts critical shade, moderates moisture and temperature, drops leaf litter to help build living soil, and provides sustenance for a diversity of life on roots, trunks, branches, and leaves. Using forest ecosystems for inspiration, we can bring maximal biodiversity, resilience and biomass back into human landscapes. Read more at [Ecological Landscaping](#).

That's it for the June newsletter, hope to see you at a summer picnic!