



Lexington Field & Garden Club

144 Years of Making Lexington More Beautiful

Member of the Garden Club Federation of Massachusetts

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Co-President's Letter

Greetings Gardeners,

It's November, time to reflect and spend time with family and friends. Time to finish our outside garden chores and to be thankful for another year in the garden. Speaking of being grateful, a big shout out to **Anne Lee, Vicki Blake, Ashley Rooney, and Marlene Stone**. They proofread and write articles every month before the newsletter goes to the press. You guys are the best, and you never complain. I also owe enormous gratitude to the LFGC board members; their expertise and enthusiasm make this club great. The LFGC would be less lively, vibrant, and informed without your contributions. Of course, the newsletter would be meaningless without our club members; thank you for opening this email every month.

As I write this, we are having an unseasonably warm October day. I look out my screen porch, no longer gazing at a proud row of Eastern White Pines. They were felled because our town didn't want to preserve them. They were inconvenient, shed pine needles, and needed care. I just read an article explaining **how indigenous people are the world's biggest conservationists, but they rarely get credit for it**. Perhaps we should all reflect on how to live in conjunction with nature and our gardens. We must protect and preserve the nature we are so fortunate to have in our lives. Let's work on building our relationships with trees and with nature. Grab a mug of your favorite hot beverage, gaze outside at the technicolor display and enjoy reading this month's newsletter.



See you next week at Follen,

Georgia Harris

Co-President



Discover New Organic Techniques and Practices

Be an armchair tourist and join us **Wednesday, November 9th at 6:30 PM (social), 7:00 PM meeting at Follen Church** to hear horticulturist Kelly Orzel speak about her small-scale organic farm in Coastal Maine. She will share her best techniques for a chemical-free garden. I can't wait to see you on this lovely evening.



Winter Greens Party

Please mark your calendars for **Wednesday, December 7th at 7:00 PM via Zoom**. Learn to make lovely green arrangements for your winter gatherings at this workshop. Save money on purchasing evergreens by pruning overgrown shrubs. Grab your family and start a new family tradition!



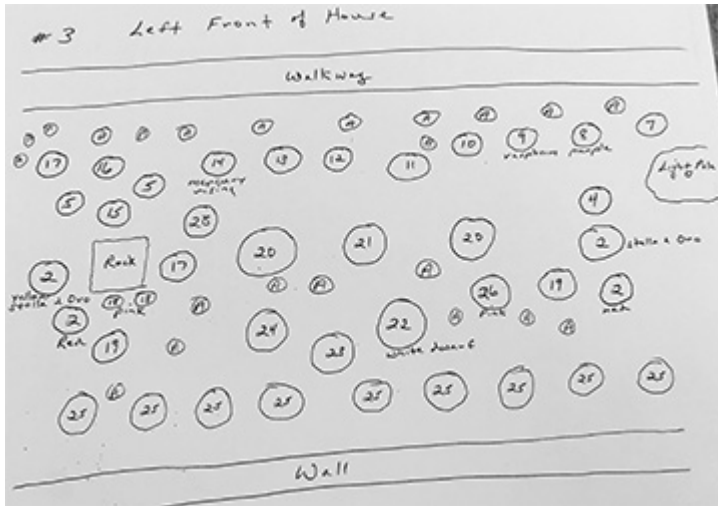
Are You Thinking of a Flower Garden?

E. Ashley Rooney

The brilliantly photographed seed catalogs will soon be arriving, the days are getting shorter, and it is an excellent time to begin planning for next year.

Before you begin your flower garden design, study different garden plant types. Note how they perform in the garden, what they can offer for color and texture, and their limitations. The best flower garden designs incorporate several blooms, including long-living perennials, short-term but beautiful annuals, seasonal bulbs, ornamental grasses, and vines. Then you need to decide about adding native plants and pollinator plants. Experienced gardeners always include a variety of staggered flowering times and different colors.

Before you purchase any plants, survey the site, checking how much sun it receives. Full sun means at least 6 hours of sunlight. Then figure out what type of soil you have. There are many different soil types, such as sandy or clay-like. **UMass Extension services** analyze soil for home gardeners. To understand how your garden will fit into the rest of your landscape, use a garden hose to outline the edges before you start digging. Look at the proposed garden from



Member **Donna Moulthrop** makes very detailed plans, and her gardens display her dedication.

every viewpoint: will you be able to access plants in the middle, or do you need to include a path?

Review your list of plants, double-check that each will suit the specific conditions of the bed or border, and note their heights.

Planting plans will help you to organize your ideas and plot the position of the plants. You can also use a plan to visualize how much space you have and the number of plants needed for your design. HGTV recommends using some props to visualize how your three-dimensional planting design will appear. Set out tripods, buckets, and pots that are approximately the same heights and spreads as your plants in the area you have allocated for them.

There are two basic types of garden beds; island beds and borders, and two basic styles of gardens; formal and informal. A border is anchored by a backdrop, such as a house, fence or wall, and is viewed from only one side. On the other hand, island beds can be viewed from all sides and often have a center, which can be a tree, shrub or large perennial. Here, taller plants are in the middle.

Formal gardens tend to have geometric shapes for their layout. Plant spacing, color, and layout are all very precise. Informal gardens tend to use curves and free-flowing forms. The color combinations are more relaxed, and plant heights vary.



A border garden

10 Lockwood Rd. Flower List Without Comments

Purple - need a cage against the rabbits; extras in garage.
Yellow - needs wire supports; extras in garage.

- 1) Siberian Iris
- 2) Daylily
- 3) Variegated Hosta
- 4) Tall Phlox including "Bright eyes #2"
- 5) **Sedum** "Sedum spectabile" (Autumn Joy)
- 6) Lemon Yellow Daylily
- 7) **Shasta Daisy** "Leucanthemum superbum" (Butter Cream)
- 8) Veronica (Bird's Eye)
- 9) Astilbe one of them is "Younique Carmine"
- 10) Evening Primrose "Oenothera fruticosa"
- 11) Globe Thistle "Echinops" (Platinum Blue)
- 12) Coreopsis "Zagreb"
- 13) Ornamental Chives "Allium Millenium"
- 14) **Coneflower** (Coral Craze) in Garden #3; "Echinacea purpurea" (Magnus) in Garden #4
- 15) Lavender "Lavandula angustifolia, Munstead strain"
- 16) Ox-Eye Daisy
- 17) Gentian "Gentiana makinoi" (Marsha)
- 18) Dianthus
- 19) Lams Ear "Stachys" (Helene von Stein - large leaf)
- 20) **Coreopsis** "Grandiflora" (American Dream)
- 21) **Salvia** "Salvia nemorosa" (Pink Profusion) in Garden #4 and (Blue Hill) in Garden #8.
- 22) Rose (Double Knock Out Rosa "Radtkopink" and Mini Rose, Rosa Hybrid)
- 23) Candytuft "Iberis sempervirens" (Snowflake)
- 24) Yarrow
- 25) Phlox "Blue Lake"
- 26) Scabiosa - Both pink (Garden #3) and blue (Garden #4)
- 27) Bachelor Button "Centaurea"
- 28) Stachys "Hummelo"
- 29) Potentilla "Potentilla fruticosa" (Gold Star #2)
- 30) **Peony** "Sarah Bernhardt"
- 31) **Columbine** "Aquilegia" blue and white (Songbird Bluebird) and yellow (Goldfinch)
- 32) Rumex
- 33) Fountain Grass "pennisetum alopecuroides" (Little Bunny)
- 34) Catmint "Nepeta grandiflora" (Summer Magic)
- 35) Monarda
- 36) **Blueberry Bushes**
- 37) Lily of the valley

garden simply by creating fun plant combinations. Look for great color or contrasts in texture, which can be as important as color.

Always check the view from your windows before you plant. You want to enjoy your garden from inside the house.

If your garden needs to be dug, use the **sheet mulching** with cardboard technique, which is an inexpensive way to remove a lawn. A single layer of cardboard is laid out over the areas of the lawn that are no longer needed. The cardboard will add carbon back into the soil when it eventually breaks down. Once spring comes, you will need to get the ground ready — but that's a later article.



Morning Study Presents Herb of the Month: Thyme

The following is an excerpt from the free Wikipedia [Thyme - Wikipedia](#)

Shared by **Christina Gamota**

Thyme (taim) is the herb (dried aerial parts) of some members of the genus *Thymus* of aromatic perennial evergreen herbs in the mint family Lamiaceae. Thymus are relatives of the oregano genus *Origanum*, with both plants mainly indigenous to the Mediterranean region. Thymes have culinary, medicinal, and ornamental uses, and the species most commonly cultivated and used for culinary purposes is *Thymus vulgaris*.



History

Ancient Egyptians used thyme for embalming. The ancient Greeks used it in their baths and burnt it as incense in their temples, believing it was a source of courage. The spread of thyme throughout Europe was thought to be due to the Romans, who used it to purify their rooms and "give an aromatic flavor to cheese and liqueurs." In the European Middle Ages, the herb was placed beneath pillows to aid sleep and ward off nightmares.[4] In this period, women also often gave knights and warriors gifts that included thyme leaves, believed to bring courage to the bearer. Thyme was also used as incense and placed on coffins during funerals, as it was supposed to assure passage into the next life.

The name of the genus of fish *Thymallus*, first given to the grayling (*T. thymallus*, described in the 1758 edition of *Systema Naturae* by Swedish zoologist Carl Linnaeus), originates from the faint smell of thyme that emanates from the flesh.

Cultivation

Thyme is best cultivated in a hot, sunny location with well-drained soil. It is generally planted in the spring and thereafter grows as a perennial. It can be propagated by seed, cuttings, or dividing rooted sections of the plant. It tolerates drought well.

Culinary Use

Thyme is sold both fresh and dried. Summer-seasonal greenhouse thyme is often available year-round. The fresh form is more flavourful but less convenient; storage life is rarely over a week. However, the fresh form can last



Flowering thyme

many months if carefully frozen. Thyme leaves can be easily removed from stems by scraping the branch with the back of a knife or pulling through the tines of a fork.

Variegated lemon thyme



Herb of the Month Recipe

Recipe shared by **Gail Harris**

The subtle, slightly minty taste of thyme is ideal for seasoning soups, poultry, veal and lamb. Try thyme with mashed potatoes, braised carrots or brussels sprouts for simple sides. We love thinly sliced sautéed brussels sprouts mixed with thyme, lemon, sherry vinegar and Dijon mustard. Thyme's unique, mild flavor also works well in cocktails, such as this refreshing brunch drink that combines muddled sage, breakfast tea–infused vodka, lemon juice and honey. Find more recipes in [*Food & Wine's guide to thyme*](#).

Chicken Breasts with Rosemary and Thyme

Serves 4 – 6

Ingredients

- 4 large rosemary sprigs
- 4 large thyme sprigs
- 4 skinless chicken breast halves on the bone (about 3/4 pound each)
- 1/2 teaspoon crushed red pepper
- Salt and freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1/2 cup chicken stock or low-sodium broth
- 1 teaspoon all-purpose flour mixed with 2 teaspoons water

Directions

Step 1 Preheat the oven to 375°. Press a rosemary and thyme sprig on each chicken breast. Sprinkle the chicken with the crushed red pepper and season with salt and black pepper.

Step 2 In a large nonstick, ovenproof skillet, heat the olive oil until shimmering. Add the chicken breasts, herb side down, and cook over moderately high heat until lightly browned - about 5 minutes. Season the chicken with salt and black pepper, turn and cook until lightly browned, 2 to 3 minutes longer. Transfer the skillet to the oven and roast the chicken for 20 minutes or until the juices run clear when the breast is pierced near the wing joint.

Step 3 Transfer the chicken breasts from the skillet to a platter, cover, and keep warm. Pour off any fat in the skillet and set the skillet over a burner. Add the chicken stock and cook over high heat, scraping up any bits stuck to the bottom of the pan. Whisk the flour and water mixture into the skillet and boil until slightly thickened, about 1 minute.

Pour the pan sauce into a bowl and serve with the chicken. One Serving 320 cal, 10 gm total fat, 1.8 gm saturated fat, 1 gm carb, 0 gm fiber.



Notices

Please drop off dahlia tubers at **Ashley Rooney's** house and place them under/behind the porch bear. Ashley will overwinter the bulbs, and LFGC will sell them at next year's plant sale. **Please label according to color, height, and type.**



Helpful Garden Tips

Pine Needle Mulch

Pine needles, also known as pine straw, make fine mulch. They are light and fluffy, so spreading them around is a piece of cake, and they don't compact much as they decompose, so you don't have to worry about them becoming too thick or forming a rain-impervious mat. Pine needles are great for mulching under blueberry bushes, azaleas and rhododendrons, and other acidic-loving plants—tip by **Georgia Glick**.

Planting Bulbs

It's bulb planting season; a good trick is planting bulbs in clumps. At New England Botanical Garden, they planted rock garden Iris in bouquet bunches to make a remarkably colorful display. If you are planting daffodil bulbs, try digging one 7-inch round hole and putting the bulbs in an X pattern. This also creates a bouquet-like display. Another way to have fun with bulbs is to create a **Stinze-style lawn garden** by planting early spring bulbs in your lawn - tip by **Georgia Harris**.



Subgroup Happenings

Monday Night Fall Arrangements with Meade Fasciano

On October 24th, the Monday Evening group welcomed Garden Club member **Meade Fasciano** for a fun and informative demonstration. Meade created five very different arrangements in a range of fall colors, using flowers and greens from the Chelsea Flower Market, Wilson Farms, and her own garden.



Creative containers included a gourd and a cornucopia basket, and the cheerful results went home with lucky group members! We thank Meade for sharing her extensive knowledge and tips culled from her years arranging flowers at the Museum of Fine Arts, for local groups, and at her church.



Interesting Articles, Podcasts, and Websites

Buds, Bark, Branches and Beyond

The trees at our wildlife sanctuaries have experienced different seasons for centuries. Each fall, they draw the gaze of visitors who marvel at the vibrant red, yellow, orange, and more subtle green hues in oak, maple, and beech forests. And while fall is undoubtedly glorious, our trees stand out throughout the year—some more than others, thanks to their unique stories. Read more at [Mass Audubon](#).

Phantom Forests: Why Ambitious Tree Planting Projects Are Failing

High-profile initiatives to plant millions of trees are being touted by governments worldwide as major contributions to fighting climate change. But scientists say many of these projects are ill-conceived and poorly managed and often fail to grow any forests at all. Read more at [Yale 360](#)

The Science of Fall Colors

For years, scientists have worked to understand the changes that occur in trees and shrubs during autumn. Although we don't know all the details, we do know enough to explain the basics to help you enjoy nature's multicolored display. Read more at [USDA](#).

Heather Holm's Bee Channel

Everything you ever wanted to know about buzzing things can be found on Heather Holm's new YouTube channel. Heather is the author of four books: *Pollinators of Native Plants* (2014), *Bees* (2017), *Wasps* (2021), and *Common Native Bees of the Eastern United States* (2022). [Watch the videos at Bee and Wasp Videos by Heather Holm - YouTube](#).

A New Way to Fight Lyme Disease: Prescribed Fire?

Setting fires in eastern U.S. forests could combat rising tick-borne diseases and make forests healthier. Today, land managers intentionally set ablaze just a tiny fraction of the more than 700,000 square kilometers of eastern forests. In the southeast, they burn around 28,000 square kilometers per year. The northeast, by comparison, is a slacker, at just 1,300 square kilometers. So don't switch your pants for shorts quite yet. Read more at [Anthropocene Magazine](#).



Gardens & Classes Around New England

Thursday, November 3, Cary Library Presents **Parks for All: A Walk in Olmstead's Parks** 7:00-8:00 PM via Zoom.

Saturday, November 5, Tufts Pollinator Project presents **Seeds & Cider** 11 am -1 pm free drop-in event.

Sunday, November 6, Mass Audubon Presents **Climate Cafe: Bringing Action into the Open (Space)**, 2:00-4:00 PM via Zoom.

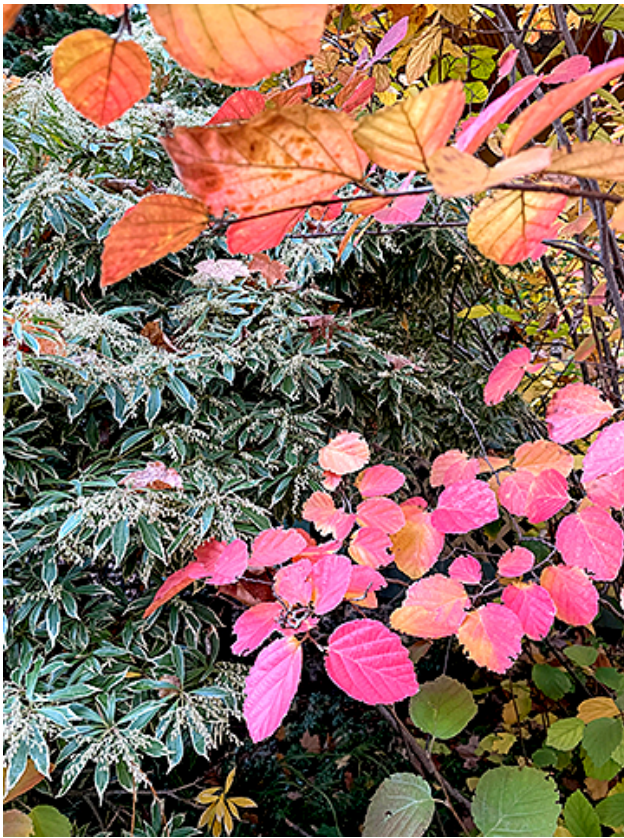
Thursday, November 10, Garden Club Federation presents **Gardens of the Gilded Age with Jana Milbocker** at 10:00 MA via Zoom.

November 12 & 13, New England Botanical Garden presents **Holiday Market Place** from 10:00 AM - 4:00 PM

Monday, November 14, Lexington Living Landscapes with Cary Library presents **What Every Homeowner Should Know About Their Trees** at 7:00 PM via Zoom.

Monday, November 21, Cary Library presents **Nature photography with Dave Ewing**, 7:00-8:00 PM via Zoom.

Starting Friday, November 25 - December 30, Mass Hort presents **Festival of Trees 2022 | Massachusetts Horticultural Society**. Hours vary.



Fothergilla and Variegated Pieris



Oak Leaf Hydrangea

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