



Evergreen Garden Club

WILD IRIS



JANUARY 2021



Happy New Year

NEXT MEETING

TUESDAY - January 12, 2021

Business Agenda: 9:15 am

Regular Meeting: 9:30 am

Due to COVID restrictions, our monthly membership meetings will continue to be held virtually (via the internet) using ZOOM.

JANUARY'S PROGRAM

VEGETABLE GARDENING

By

JOHN ZABAWA

Presentation starts at 9:30 am

Evergreen Garden Club Minutes

General Meeting & Holiday Party

December 8, 2020

The meeting was called to order by President, Cherie Luke at 9:30am on Zoom. Attending were Helen McLeman-Treasurer, Donna Moore-2nd Vice President, Janice Theobald-Secretary, and Julie Ann Courim-Technology Officer. 19 members participated in the Zoom call.

President's Report

January's meeting speaker will be John Zabawa on Vegetable Gardening.

2nd Vice President's Report

The directories are printed and Donna is addressing them to be mailed.

Treasurer's Report

Helen did a quick review of our budget. We received \$160 from King Soopers community sharing. Secretary's Report November minutes have been approved as reported in the Wild Iris.

Technology Officer's Report

Nothing new to report at this time.

The holiday party followed our short business meeting. Special thanks to Helen for organizing the games and contests. A great time was had by all!

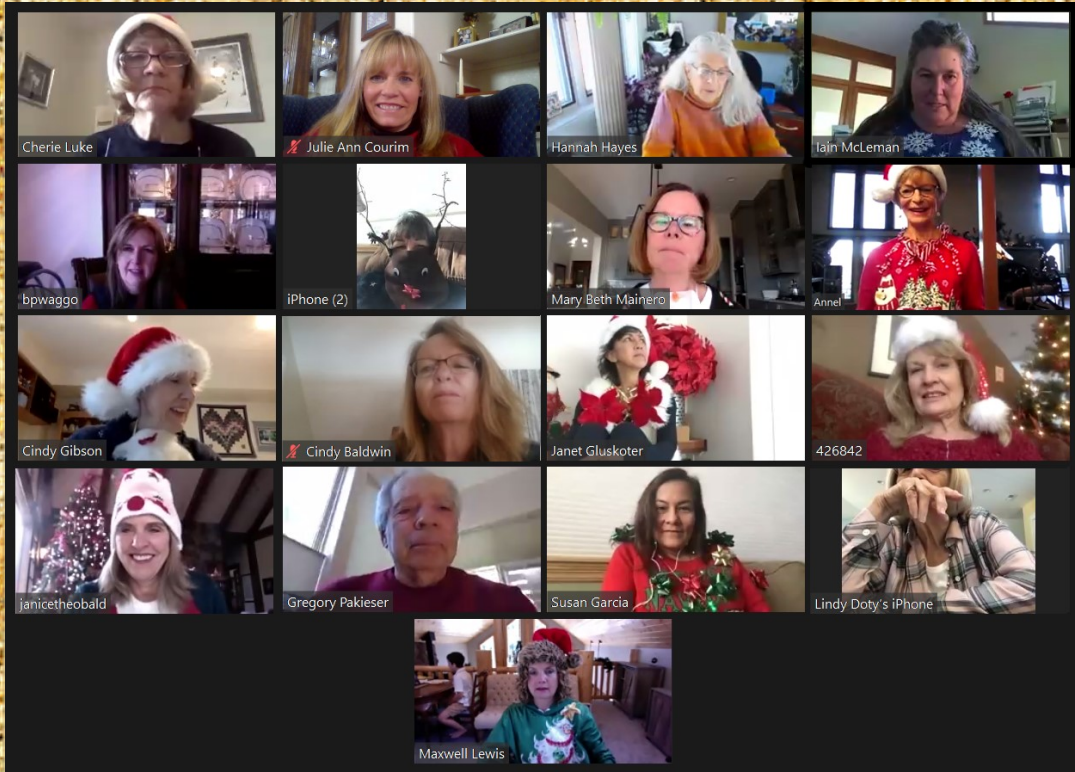
Prize winners were Cindy Gibson - Mask decorating contest, Anell Hoy - Ugly Sweater contest, Hannah Hayes - Bingo, Janet Gluskoter - Holiday Quiz, Susan Garcia - Ornament count.

The meeting adjourned at 11:10am

Respectfully submitted,

Janice Theobald, Secretary
Evergreen Garden Club

Evergreen Garden Club Zoom Holiday Party!



**Special Shoutout to:
Helen McLeman**

**A sincere & hearty
“Thank You!”**

**for planning & designing
all the games &
organizing/running the
Zoom party as well!**



Zoom Holiday Party Prize Winners!

Best Decorated Mask Contest



Ugly Sweater Contest



Evergreen Garden Club

President's Letter & Club Requests

Hello EGC Members,

Ahhh January. A time to pour over seed and plant catalogs and dream of our gardens to come. I've already ordered a couple of perennials that I want to add to my garden this year and I have a list of seeds to order. How about you? But first I want to hear John Zabawa's talk on veggie gardening on our Zoom meeting January 12th. I hope you will join the meeting and get some ideas, tips, and inspiration from John.

In the meantime sweet garden dreams and Happy New Year!

Peace, love, and gardens,

Cherie Luke
EGC President



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Avoid Injuries While Shoveling Snow

by Cori Cameron

Every winter, those of us in the states that tend to get snow wonder whether we're going to get a lot or a little. No matter how much snow we end up getting though, it's always good to know the proper way to shovel so injuries can be prevented. We at ATI Physical Therapy have some advice to help avoid those snow shoveling injuries:

Stretch

Take 5–10 minutes to warm-up your muscles with some stretches before starting to shovel.

Hydrate

When it's cold outside, many people don't tend to feel as thirsty as they would normally. This can lead to dehydration if you're not staying properly hydrated. Make sure to drink

plenty of water before, during and after shoveling to stay hydrated and help avoid injuries. Caffeinated drinks and/or nicotine should also be avoided before shoveling, as they increase your heart rate and constrict blood vessels, which places strain on your heart.

Dress Properly

While shoveling may not be the first thing you think about when you hear the work exercise, it can definitely be considered exercise. Exercising generates heat and makes it feel like it's warmer than it really is outside. Dressing too warmly can be a mistake, so you want to dress in layers that you can remove and put back on as needed. Cover your head and hands to help maintain your core body temperature. In addition to keeping your hands warm, a good pair of gloves can even give you a better grip on the shovel which will cause less fatigue on your wrists and hands. To decrease your chances of slipping or falling, wear a pair of rubber soled boots with good traction.

Use Good Form

The main causes of injury when shoveling snow tend to be excessive bending, twisting and lifting heavy loads. To help avoid an injury, push the snow instead of lifting and throwing it. Using a lighter plastic shovel instead of a metal one can help to lessen your load. If lifting the snow is a necessity, improve your leverage by keeping space between your hands when grasping the handle. Use your arms and legs, not your back, to move the snow. For balance, stand with your feet shoulder width apart. Keep your back straight to avoid bending at your waist, and always bend with your knees.

Pace Yourself

Shoveling snow is a lot of work! On average, a shovel full of snow can weigh in excess of ten pounds. Multiply that by the amount of snow you're shoveling and that's a lot of weight. When dealing with large amounts of snow, shovel smaller loads and give yourself a break about every 15 minutes.



Terrariums: Gardens under Glass

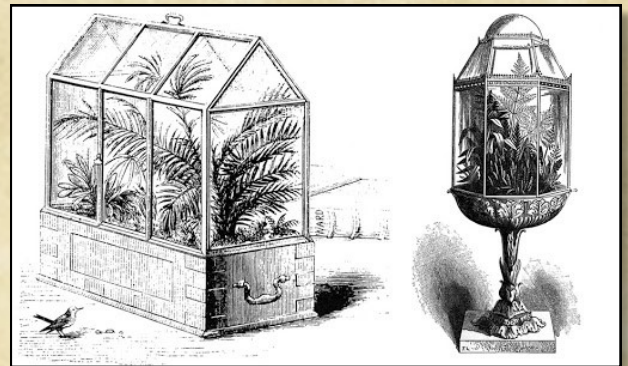
by Robin Sweetser (The Old Farmer's Almanac)

Originally popularized during the Victorian era, terrariums have made a big comeback. A terrarium is a miniature ecosystem made of soil, rocks, and plants arranged in closed glass jar or container. They are most suitable for ferns and tropical plants. A closed terrarium creates its own atmosphere and needs little from the outside except light. Think of a terrarium as a mini greenhouse!

As well as being low-maintenance, a terrarium adds a pleasing houseplant container to your home all year long.

Who Invented Terrariums

A London physician accidentally invented the first terrarium in the early 1800s. Dr. Nathaniel Ward placed a cocoon in a covered jar so that he could observe the emergence of a sphinx moth. In time, several plants sprang up from soil in the bottom of the jar, including a thriving fern. This surprised Ward because he had unsuccessfully tried to grow ferns in his yard and blamed the failure on polluted air from city smokestacks.



“The Wardian” case, invented by Nathaniel Ward in 1829, is the predecessor of the terrarium.

After his discovery, Ward constructed several fern containers, later to be called **Wardian cases**. These early terrariums quickly became popular, especially with the affluent, who had large, ornate cases made to display houseplants, miniature gardens, and woodland scenes.



How Do Terrariums Work?

A terrarium is a great way to observe how an ecosystem works! Moisture that condenses on the glass runs down to remoisten the soil. Then the plants draw moisture from the soil and evaporate it through their leaves, in a process known as transpiration. Water droplets form and drip down the sides of the container, returning to the soil. This process mimics nature's rain cycle, and sustains plant life! The glass protects the plants from insects and diseases as well as from the dry air associated with many homes.

There are two types of terrariums:

- The traditional “closed” terrarium is covered with a pane of glass. This is great for creating a humid environment. Excellent for ferns.
- However, you can also create an “open” terrarium which is really more of a dry environment for succulents, cacti and other desert plants which need very little water (but lots of sunlight).

The Glass Container

Use almost any clear glass container, such as an aquarium or big fish bowl, to construct a terrarium. Even a cookie jar, a giant brandy snifter, mason-jar, light bulb, or wide mouthed bottle will work! If you are using an old aquarium, test it for leaks first; they can be fixed with silicone sealant to make it watertight.

Of course, you can certainly purchase closed terrariums online as well as display glass cloches more reminiscent of Victoria style.

How to Make A Terrarium

Supplies

- A clear container of your choice
- Pebbles, small river stones, or expanded clay balls used in hydroponics.
- Charcoal (activated charcoal, horticultural charcoal, or lump charcoal will all work as long as the product does not contain any additives)
- Potting soil (choose a well-draining soil to prevent it from getting compacted and waterlogged)
- Decor (wood, rocks, or other decorations)
- Plants (more on this later!)
- Planting tools: a spoon, long-handle tweezers, or even chopsticks can come in handy when planting in thin-mouthed containers



Mini succulent garden in open glass terrarium.

For open vessels, mist the soil thoroughly whenever it feels dry. Credit: Dzina Belskaya.



Instructions

1. Start by covering the bottom of the container with a 1-inch layer of pebbles or crushed stone. This drainage layer is used to keep the soil from becoming waterlogged and swampy.
2. Add chunks of charcoal to the stone or cover it with a ½-inch-deep layer of crushed charcoal to cover the pebbles. This helps with filtration and any odors. Next, add 2 to 4 inches of sterilized potting soil on top of the charcoal, depending on the size of your container and the size of the plants.
3. Now you get to be creative and design your miniature landscape. If your container is large enough, the soil can be molded into hills and valleys to add interest; add rocks and small logs for a natural-looking setting. You could even add lakes, paths, statues, and driftwood.
4. Finally, it's time to plant. Look for dwarf or low growing plants that all have the same requirements for light, humidity, water, and temperature. Combine different sizes, shapes, colors, and leaf textures to make things interesting. Select plants that don't mind wet foliage, such as moss, ferns, or prayer plants. Plant a woodland scene, use flowering alpinists, get carnivorous, or go totally tropical. Once the terrarium is planted, cover its top with a pane of glass. If the sides fog up from excess humidity, leave the top open a crack so that some of the moisture evaporates from the container. A sealed terrarium will go for months, even years, without needing water. Place your terrarium out of direct sunlight to avoid overheating; fluorescent lighting is ideal.

Which Plants Grow Best in Terrariums?

Many houseplants are tropical and make ideal residents for a terrarium. Miniature ferns, peperomias, African violets, and some orchids are all good candidates. Many woodland plants and mosses are also right at home under glass. The two most important factors to consider when choosing plants for terrariums are **their mature size** and **their ability to tolerate moisture**. Most nurseries offer a wide variety of "terrarium plants," though these are more often than not just young plants that will eventually grow too large for your container. In general, look for plants that like a tropical climate and that grow in a creeping, vining, or clumping manner such as:

- | | | | |
|---|--|--|-------------------------------------|
| • Ajuga | • Bromeliads | • Mosses | • Small-leaf ivies |
| • Aluminum plant | • Button fern | • Oxalis | • Spike moss (<i>Selaginella</i>) |
| • Artillery plant (<i>Pilea</i>) | • Chinese evergreen | • Pellionia | • Strawberry begonia |
| • Baby's tears | • Creeping fig | • Peperomia | • Swedish ivy |
| • Bird's nest sansevieria | • Earth star (<i>Cryptanthus</i>) | • Polka-dot plant (<i>Hypoestes</i>) | • Variegated aloe |
| • Bloodleaf (<i>Iresine herbstii</i>) | • Flame violet (<i>Episcia dianthiflora</i>) | • Rabbit's foot fern | |

The Gardens on Spring Creek

A Great Garden to Visit!

The Gardens on Spring Creek is the community botanic garden of Fort Collins, Colorado. The 18-acre site opened in 2004 as part of an important partnership between the City of Fort Collins and the Friends of the Gardens on Spring Creek. Their mission is "A great garden to visit..." to enrich the lives of people and foster environmental stewardship through horticulture.



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Community Gardens



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Is There a Safe Deicing Product for Sidewalks & Plants?

by **Allison O'Connor**, horticulture agent
(CSU Extension in Larimer County)

Welcome to our new normal, as least for the next couple months—constant shivering, chapped lips, static cling from stocking hats and dry hands from the next-to-nothing humidity. It's winter! And while it may not be my favorite season, I grew up in Minnesota, so winter weather is about as normal as mosquitoes. Since we've had a couple of snowfalls here in the Front Range, I thought it might be prudent to write about deicing products.

Just yesterday I was at the Orange Box Store buying a few supplies for a project and saw a gentleman walk out with his 25# bag of deicing salt slung over his shoulder. He was on a mission. His sidewalks should fear him. More importantly, his plants should take cover. While applying products to keep our walkways clear of snow and ice, it's important to remember the green things (though dormant) growing nearby. Everyone knows that deicing products can injure plant material, but is there a safer product to use around desirable vegetation? What about around pets?

Deicing products are primarily comprised of salt. And just like the fancy black sea salt you sprinkle over your baked halibut, all salt is not the same. Salts can cause injury to trees, lawns and shrubs, they can corrode concrete and even do bodily harm to humans if handled improperly. And don't forget about poor little paws on your four-legged friends.

If you remember your days in chemistry (I don't), salts are combinations of anions (negatively charged particles) and cations (positively charged particles). Examples are sodium chloride (table salt), potassium chloride (used as a fertilizer) and magnesium chloride (the one you see trucks spraying on our roads). The most problematic element in these salts is chloride...it's a corrosive ion that damages metal and concrete and is toxic to plants.

Salt damages plants by dehydrating plant tissues (causing burn) or by being toxic in high levels. While most plants have some tolerance to salt injury, repeated applications of deicing products during the winter can result in dieback or even death the following spring. Misapplications of deicers (i.e. dumping piles or using too much) can wash into the storm sewers, causing pollution. Before buying or using any product, read the label carefully and thoroughly and use only as directed.



Deicing salt on a concrete sidewalk.



It's Not Popcorn People!
Piles of salt are not effective for snow and ice melt.
Use all deicing products sparingly.

A few of the salt products you might run into while shopping:

Sodium chloride: It's the most widely available and the cheapest. It doesn't cause corrosion to concrete, and melts ice best when temperatures are in the 20s. It is the most damaging to plant material. If you use this product, use sparingly and in small amounts.


Potassium chloride: Our salty fertilizer friend. It's expensive and not as widely used as a deicer because of rising costs of fertilizer. Works best when temperatures are above 15 degrees F. Because it's most commonly used as a fertilizer, it's relatively safe to apply near plants.

Magnesium chloride: Good ol' mag chloride. It's the most common product used on our roadways before storms (applied as a "brine"), because it lowers the freezing point of soon-to-arrive precipitation. It can melt ice down to -15F, which is a nice benefit. If applied in moderate amounts, it's relatively safe for plants and pets. Its corrosion potential is low, as is its pollutant possibilities.

Calcium magnesium acetate (CMA): A new kid to the deicing block, it has low corrosion potential, so it's less damaging to cars, metals, sidewalks and plants. Notice it's not a chloride product...the "salt" comes from the calcium-magnesium mix and the acetate replaces the chloride. Plus it's biodegradable! Its ice-melting properties are equivalent to traditional deicers, but the cost will make you gasp...it may be 20-30 times as expensive as sodium chloride products. These are often touted as "pet friendly".

Before using any product, clear away as much snow and ice as possible. Get out your shovel and do your best. If heavy snow is predicted, then try to shovel more frequently. Remember, deicing products are not meant to melt all snow in and ice, but aid you in your removal efforts. If you want to avoid chemistry in your landscape, then consider using sand or kitty litter. While they don't melt snow, they can provide some much needed traction in slippery spots. Sand and kitty litter are also safe for pets and plants and can be swept up when the snow melts.

If you do use deicing products near vegetative areas, then use caution with potential salt build up—if it's an especially snowy year, you may consider leaching the areas next spring with clean water. Try not to scoop snow laced with deicing products directly on top of plants, especially if they are sensitive. If you have the opportunity, consider planting more salt-tolerant plants near walkways and driveways.



**So enjoy the snow! And the cold!
And the hot beverage waiting for you when you get inside.**

The Last Word

10 Things I Learned from Gardening

By Lauryn Lupine of Vernon, NJ

1. A watched bud never blooms. And taking its picture every day doesn't help.
2. It's good to let go of things that are not healthy.
3. Bees are friends. And often funny. But wasps are jerks.
4. Things need space to grow.
5. Unexpected guests can be unexpected gifts.
6. Weeds always find a way in, you just have to keep taking them out.
7. Sun and fresh air heal more than you think.
8. It's harder to cut flowers from your own plants.
9. Yes, you are now required to wear a sunhat.
10. Trust your intuition. Things can look dead, and even though your kids will make fun of you for continuing to prune, water, and sing to them, sometimes a little extra love brings them back to life.

ECHO FUNDRAISER

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- ◆ 21 Boxes of Cornbread
- ◆ \$200 donations

Best Wishes to
all our members
celebrating
January Birthdays!



Please send any corrections or submissions for the Wild Iris to louiseheern@gmail.com