



Evergreen Garden Club

WILD IRIS



MARCH 2020



NEXT MEETING
TUESDAY
March 10, 2020

BERGEN PARK FIRE HOUSE
8:00 a.m. Yoga
(Firehouse Kitchen)
9:00 a.m. Social
9:30 a.m. Meeting

THE MARCH PROGRAM

*Wind in the Pines -
Forest Therapy*

By
Leona Campbell



**Evergreen Garden Club
General Business Meeting
February 11, 2020**

The meeting was called to order at 9:35 am by President, Carol Herczeg.

Welcoming Committee

There were no new members or visitors likely due to the winter weather. The EGC Winter Cancellation Policy was discussed.

President's Report

Carol reviewed the club's Mission Statement, times of meetings, club service projects and fund raisers. February birthdays were acknowledged and members sang Happy Birthday as a group. Carol announced that the Garden Tour Chairperson binder is missing. Members were asked to keep an eye out for it; it was noted one of our members may have it. Carol announced Peggy Bertrand as 2020/2021 Garden Tour Chairperson.

Hospitality Committee

Annell passed around the refreshment sign-up for March and gave an update on the Garden Tour Host Gardens.

1st Vice President

Peggy passed around a 2021 Garden Tour volunteer sign-up sheet. Peggy announced that Hannah, the February speaker from Apothecary Tincture in Denver, was unable to attend due to the weather, so Judy Black will give a presentation on 'taking garden photos with your cell phone' in her place. Peggy announced the EGC Go Paint event for February 27th, and passed around a sign-up sheet.

2nd Vice President

Donna announced we will encourage business members to speak about, or give an update on their business at every EGC meeting. Donna gave a membership update of 7 business and 62 individual memberships, including honorary memberships. Donna announced the EGC business members websites can be accessed by clicking on their business icon on the EGC website. Sundance will have one logo on the website that will link to both their garden center and their landscape company.

Treasurer's Report

Helen presented a budget review including Echo donations and encouraged participation in the Echo donations at the business meetings.

**Evergreen Garden Club
General Business Meeting (Continued)
February 11, 2020**

Secretary's Report

Janice was absent. The January meeting minutes were unanimously approved

Technology Report

Susan reported she will not be continuing as Technology Officer in the next fiscal year. Volunteers for Technology Officer were requested.

Carol introduced Judy Black as our speaker. Judy gave a wonderful presentation with a slide show presentation on taking photos of your garden with a cell phone. The information was enjoyed by all and a lively discussion ensued.

The meeting was adjourned at 11:20 by President Carol Herczeg.





EGC is looking for host gardens for the upcoming 2021 EGC Garden Tour. If you know of a garden or have any suggestions, please contact Annell Hoy at:

annell517@yahoo.com



Time to give Mother Nature her due! Earth Day 2020 is coming up in April and EGC needs committee volunteers! Please contact Annell Hoy, Cherie Luke or any of the EGC Board members for more details on how you can help. Thank you!!

Garden Designs for All Seasons
A Spring Garden



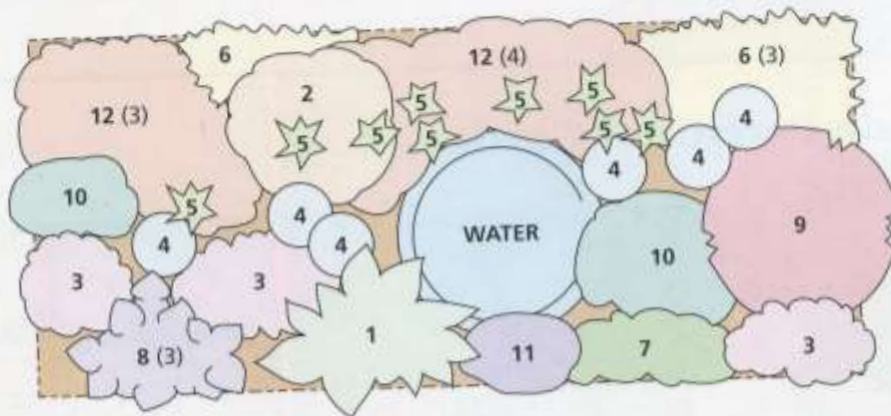
A Spring Garden

Dimensions: 5 x 2 feet

Illustration: page 136

Scale: 1 inch = 1 1/4 feet

Hardiness: Zones 4 to 9



PLANT LIST

1. 'Mrs. Moon' Bethlehem sage (*Pulmonaria saccharata* 'Mrs. Moon')
2. Old-fashioned bleeding heart (*Dicentra spectabilis*)
3. Wild bleeding heart (*Dicentra eximia*)
4. Virginia bluebells (*Mertensia virginica*)
5. 'Peeping Tom' daffodil (*Narcissus* 'Peeping Tom')
6. Ostrich fern (*Matteuccia struthiopteris*)

7. Allegheny foamflower (*Tiarella cordifolia*)
8. Canada wild ginger (*Asarum canadense*)
9. Lenten rose (*Helleborus hybridus*)
10. Wild blue phlox (*Phlox divaricata*)
11. Woodland primrose (*Primula kisoana*)
12. Variegated Solomon's seal (*Polygonatum odoratum* 'Variegatum')



About the plants in 'A Spring Garden'

Plant Names	Bloom Color and Season	Height and Spread
'Mrs. Moon' Bethlehem sage	Pink buds, blue flowers in spring	6" to 12" tall and 1' to 2' wide
Old-fashioned bleeding heart	Pink flowers in spring	3' tall and wide
Wild bleeding heart	Pink flowers in spring to summer	1' to 2' tall and wide
Virginia bluebells	Sky blue flowers in spring	1' to 2' tall and 1' wide
'Peeping Tom' daffodil	Yellow flowers in spring	1' tall and 6" wide
Ostrich fern	Bright green fronds	2' to 5' tall and 3' wide

Plant Names	Bloom Color and Season	Height and Spread
Allegheny foamflower	White flowers in spring	6" to 12" tall and 1' wide
Canada wild ginger	Maroon flowers in spring	6" to 12" tall and 1' to 2' wide
Lenten rose	Pink or white flowers in spring	1' to 2' tall and wide
Wild blue phlox	Blue flowers in spring	1' tall and wide
Woodland primrose	White or magenta flowers in spring	6" tall and 6" to 12" wide
Variiegated Solomon's seal	White-edged leaves	1' to 2' tall and 2' wide

Pictures and content for
A Spring Garden
taken from **Perennial Combinations**
by C. Colston Burrell



UPCOMING HABITAT HERO GARDENING EVENTS

www.audubon.org

Working with Natives in the Name of Wildlife

Denver, CO | March 7 @ 5:30pm

Habitat Hero is offering a special workshop with Kenton J. Seth as our keynote speaker! Learn about the most important and practical ways you can use native plants to help wildlife. Cost is \$25 for members and \$35 for non-members. [Register](#)

Wildscape Ambassador Training + Pollinator Safe Neighborhood

Longmont, CO | March 22 @ 11am

Do you have a passion for native plants? Use it to inspire others as a Wildscape Ambassador! Ambassadors are volunteers who receive training to promote native gardens in their own communities. Included in this training will be a presentation from PPAN. Cost is \$20. [Register](#)



Join our own EGC President, Carol Herzeg, certified Kripalu Yoga Instructor for an hour of gentle yoga; emphasis on compassionate self-observation without judgement. Kripalu Yoga is accepting and adaptable to everyone, no matter your age, ability, size or particular challenges. Students are guided to become more intimate with their breath and their moment to moment sensations and experiences. The possibility is to relax, increase mobility and flexibility, and to make the choice to engage in what is most nourishing and lovely.

Wear comfortable clothing, bring a yoga mat (if you have one) and join us the second Tuesday of each month in the kitchen area of the Bergen Fire Station at 8:00 am - one hour before the EGC meeting.



Pictured is Trevor Jones, head gardener at the Poison Garden. Housing over 100 varieties of plants that will kill you stone dead, it's kept secure with high fences and a locked gate by order of the Home Office.

"I'VE BEEN WORKING HERE FOR NEARLY NINE YEARS AND I'M STILL ALIVE – YAY", DEADPANS TREVOR JONES, HEAD HORTICULTURALIST AT ALNWICK GARDEN, HOME TO THE UNITED KINGDOM'S MOST DANGEROUS COLLECTION OF PLANTS.

(Trevor's interview, *WHEN PLANTS ATTACK* is on the following page and written by Amy Freeborn.)



The POISON GARDEN

THOSE RED-SPOTTED FAIRY-TALE MUSHROOMS on the forest floor, otherwise known as fly agaric, are alluring, even adorable, but they are poisonous and can induce strange visions – or, if you're Alice visiting Wonderland, strange fluctuations in height. The forest may sparkle with delights, but those pleasures can be dangerous.

A poison garden can be a seductive place, glittering with a fairylike allure that is often just as pretty as a garden teeming with purely ornamental and healthful blooms. At Alnwick Castle, located in the town of Alnwick, Northumberland, England- and the site of Hogwarts in the first two Harry Potter films-Jane Percy, the Duchess of Northumberland, instituted a poison garden as part of her massive project to renovate the magnificent Alnwick Gardens, now fourteen acres of formal gardens adjacent to the castle. As beautiful as it is treacherous, the Poison Garden is open to the public and intended to educate children on the deadly nature of certain plants. The garden is enclosed within an ornate black wrought-iron fence and an imposing gate with skulls and crossbones and the warning "These Plants Can Kill".





when plants attack

IN THE NORTH OF ENGLAND, CHEMICAL WARFARE IS BEING GENTLY ENCOURAGED – AMONG THE SHRUBBERY, AT LEAST.

Writer Amy Freeborn Photographer James Ross

But not all staff remain unscathed: “A colleague who is a senior gardener, and should have known better, went into the Poison Garden once and forgot her gloves, so she gardened without them,” Jones explains. “She was working around a plant called *Ruta graveolens* (rue), which is often used as an herb, but it’s phototoxic: if you get the sap on your skin, your skin starts to blister. She ended up with third-degree burns on her arm.

“And unfortunately, once this gets into your system, it’s with you for approximately seven years. So every time she goes out in the sun she has to keep her sleeves down or bandage her arm because if it’s exposed to the sunlight, then the blisters will start to form again.”

So far, there have been no such mishaps among the 350,000 visitors per year who come to the garden, situated in the grounds of Alnwick Castle, home to the 12th Duke and Duchess of Northumberland. The Poison Garden itself, is a tightly secured enclosure inside Alnwick’s 52 acres of greenery, woodland, lawns and hedges and it contains 90 of the deadliest plants known to mankind.

Tours are limited to 20 people at a time, and gloves are mandatory. “The tour guides like to put the fear of God into people before they enter,” Jones says. “They build up this huge drama about going into the garden, because all the plants have the ability to kill. Some will cure as well, but they can all kill you. There’s a bit of a ceremony to unlocking the big gates, and locking them again behind people. And then the guides take them through the Poison Garden, telling them the gruesome stories associated with each plant.”





The garden – the first, and one of only two, in the U.K. – was planted 15 years ago at the direction of the current Duchess, Jane Percy. She was inspired by a visit to a similar plot created by Italy’s infamous Medici family – a little patch of killer flora with which to dispose of enemies, daintily and without leaving a trace.

Though modern science has made detection easier, poisoning still hasn’t entirely gone out of style. “Even in modern times, people are still using plants to kill one another.” Jones says. “There was a case in 2010 where a spurned woman decided to get her own back on her ex-lover using a plant called *Aconitum napellus*. She crushed the seeds up, broke into his house and put it in some curry he had in the fridge. He died within 36 hours. His new girlfriend was very, very ill, but survived to tell the tale. Through the toxicology report, they found out that it was *Aconitum*, which was traced back to this particular woman, and now she is in prison.”



Aconitum napellus
(monk's-hood, aconite,
wolfsbane)

Aconitum, also known as monk’s-hood, is as deadly as it is common, just like many species in the Poison Garden. Take rosemary, for example. “This is a great talking point, because people say: “Why have you got rosemary in the poison garden? I eat it with my lamb!” Well, it used to be used as an abortive. In medieval times women would force miscarriages by eating lots of rosemary.”

Laurel, too, bamboozles the visitors, Jones says. “Lots of people have laurel hedges. Well, laurel produces cyanide. We’ve had times when our guides have been telling this story, and someone will say, “I’ve got a laurel hedge. I once cut my hedge, put the clippings in my car to take away to the rubbish dump, and I got very light-headed.” Yes sir, you got light-headed because your car was filling with cyanide!”

POISONOUS PLANTS CLOSER TO HOME

The Centennial State is home to many poisonous plants that are harmful to humans and animals. Some have to be ingested to do their dirty work while others will ruin a weekend just by brushing your skin. Here are some poisonous plants to watch out for this summer. And for the record, you should never ingest a wild mushroom, berry or anything else without consulting an expert.



Death Camas

The name says it all. With little white flowers, it is sometimes mistaken for a wild onion, but ingesting it can lead to muscle spasms, low heart rate, abdominal pain, vomiting blood, coma, and death. You'll find it in sunny meadows and dry rocky slopes. Don't even touch it, as the stem and seeds carry the poison too.



Western Water Hemlock

This branching perennial can reach heights of six feet and prefers marshes and moist valleys. It's a member of the carrot family and even resembles wild artichoke. But a single mouthful of the oily, yellow juice (cicutoxin) it carries is enough to kill an adult. The poison is mainly in the roots, but the entire plant should be avoided, as convulsions, fever, delirium, and death will shortly follow. Children have even been poisoned using the stems as whistles.



Larkspur

This plant is one of the many wildflowers that sprout up in mountain meadows once the snow has melted, turning barren landscapes into multi-colored wonders. It's also known as a cattle-killer because cows like the taste, and it is often widespread where they graze in summer. Its flowers are bright blue and quite pretty, but ingesting any part of the plant can lead to paralysis, respiratory failure, and death, in both humans and livestock.



Loco Weed

This plant, common in semi-arid foothills and plains throughout the West, is named for the Spanish word for "crazy." That's because of the neurological effects on livestock of eating the plant: depression, erratic behavior, extreme nervousness, and for those that don't recover, emaciation and eventually death. Even horses that do recover are often no longer of any use as work animals. Little is known about the effects on humans.



Lupine

Another pretty wildflower that sprouts up in mountain meadows each summer, Lupine is particularly deadly to grazing sheep. Pregnant mothers that survive often suffer miscarriages or birth defects. The poison is mainly in the seeds. In some countries, the seeds are considered a delicacy when prepared correctly. When the wild seeds are consumed, it can cause abdominal pain in adults and even death among children.

Resource: Out There Colorado

<https://www.outtherecolorado.com/colorado-poisonous-plants/>



Poison Ivy, Oak and Sumac
Anyone who was a Cub Scout should know to avoid these (leaves of three, let it be). Colorado has all three, which are often hard to recognize because they tend to be interspersed among other types of plants. Brush against it and the skin gets itchy, red and blistered. Not everyone is allergic to all three varieties, or even any of them, but when you find out you are, you can look forward to two or three weeks of misery. Steer clear!





**Echo Designs -
Landscape Architecture
Diet Balance
Beaujo's
Java Groove
Evergreen Goldsmiths**

**Evergreen National Bank
JP Total
Nellybelle
Go Paint!
Wildflower Café
Cactus Jack's Saloon & Grill**

**The Evergreen Gallery
Sundance Landscaping
Steven Parks Goldsmith &
Fine Jeweler
Stems Flower Shop
Sundance Gardens
The Holly Berry**



Native Pollinators & Mason Bee Lodge Workshop

When: Thu, March 12, 6pm – 8pm
Where: Georgetown Heritage Center, 809 Taos St, Georgetown, CO 80444,
([map](#))

Description:

BEE Friendly to our Native Bees!

NATIVE POLLINATOR PRESENTATION & MASON BEE LODGE WS

Did you know that Colorado has over 900 species of bees? The honey bee is just one of those species. So, what's all the BUZZ? Humans depend on pollinators for about 1/3rd of our diet, with the most nutritious part being vegetables, fruits and nuts. Many of these staples are pollinated by native bees! However, bees and other pollinator populations around the world are declining. Lisa Mason, Horticulture Agent for CSU Extension in Arapahoe County since 2018, will talk about pollinator biology including native bees, how to recognize native bees, how to develop pollinator habitat, the facts on stinging insects and how to support our pollinators locally.

Following the presentation, "make and take" your own Mason Bee Lodge.
All supplies and light refreshments provided.

DATE: Thursday March 12th, 2020

TIME: 6pm - 8pm

COST: \$20/person - All supplies are included. Giveaways and light refreshments provided.

RSVP: RSVP on Eventbrite. We need a minimum of 8 participants to hold the workshop, and will cap tickets to 15 participants. **Ticket sales end Monday March 9th.**

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

