



Lake Owasso Garden Club



Living Desert Zoo/Gardens
Palm Springs, CA (worth the visit)

April

Next Meeting is Monday, April 10th

6:30 PM - Social

7: 00 PM - Speaker "Sustainable Gardening"

Theresa Rooney, a Master Gardener from Hennepin County, will share her tips for sustainable gardening as a means to save time and grow more efficiently. Garden smarter, not harder. Learn ideas and tricks that will help you get more out of your gardens with less work. Guests and friends welcome!

Where: Presbyterian Church of the Way,

3382 Lexington Avenue North, Shoreview, MN, United States ([map](#))

Presidents Message

Not much of a winter or snowfall this year. I do enjoy a good blizzard when I don't have to leave the house.

Did some things outside today for the first time in four months and it seems odd.

I started my first seeds today, March 25. Now the season has started and lasts until late November. By that time I will be ready to put things to bed.

*In the meantime, we have to get ready for the Plant Sale. For now, will be picking up Green Earth Growers order on May 4 and South Cedar on May 5.
The sign up sheet for set up, working the sale and tear down will be circulated at the April meeting and I will bring extra pots.*

Anyone have things that came up and damaged by the recent cold snap? Will talk about that.

Treasurer's report

The bank balance is \$10,354 as of 2/18/2017

Secretary's Report

Meeting notes: March, 13, 2017 Members Present: 24 Non Members: 4

Ron opened the meeting with a few announcements.

- **Federated Spring Meeting at the Lowell Inn on April 22, from 9:30 – 3PM.** Registration of \$18 must be postmarked by April 12. Parking is free. The food is very good. For Clematis lovers, there is a presentation about “all you need to know about Clematis” Car pools could be arranged either through emails or at our next meeting.
- **Art In Bloom.** MIA is doing their annual Art In Bloom series. There are some interesting lectures and demonstrations. You may register for any of the three lectures at \$25.00 each
- **Bruce Monro Light Show at the Arboretum.** For \$17 you can become mesmerized by the brilliant art and light, showing seven interior and exterior artworks display.
(Ron has forwarded emails with details about all of the above events)

The Plant Sale committee had a meeting and finalized plans, spending about \$2,000 on plants The sign-up sheet to volunteer for the plant sale will be out at the next meeting.

Roger Hintz, master gardener agreed to help with our plant sale on Friday. He will set up a table and offered to answer questions about plants and provide growing tips etc. He will be a very valuable resource for our club.

Rebecca would like us to mark June 8th for the Flowers for Vets project. She has about 7 or 8 people who have responded with interest to help out. Anyone interested, please email or call Rebecca. Everyone is welcome to join in. More information as we get closer to the date. In the past, members have offered foliage or flowers from their own gardens to help out.

The tour to visit the Walipini is set for Saturday, April 1st at 11 am. It is a very interesting and unique concept in gardening, and extends the gardening season. Car pools can be arranged. Please get in touch with Ron or Rebecca.

It is that time of the year, when we can all do a small part and help make Garlands for the Renaissance Festival. The profit from the garlands will benefit the Federated Garden club. Evie is willing to schedule a class and help you get started. Evie, our champion makes over 60 garlands each year. All garlands must be done by middle of August.

Joyce, and her group of creative members are designing a deer- resistant garden for the Arboretum. More information at the April meeting.

Rose, would like to invite everyone to the Gavel Club's get together on the 27th of March. This year the club is meeting at the Bent Brewstillery. (1744 Terrace Drive Roseville 55113) The Gavel Club is a non-profit organization. It would be a great opportunity for Non-profits to mingle and interact with one another. Networking with other clubs gives you a chance to learn.

Before adjourning for the day, Ron would like to thank Evie, Lois and Noreen for the fabulous treats, especially the shamrock pretzels.

"Just Add Water"

Articles and Photos by Soni Forsman



Nymphaea 'Helvola'

Small size; BIG presence in container water garden

Nymphaea 'Helvola' is a very small hardy waterlily. When compared to other waterlilies described as small it is miniature. Its size makes it a perfect choice for a container water garden.

The dainty cup-shaped yellow flowers measure one-to-two inches in diameter, about the size of a half-dollar piece. The buds poke up through an abundance of green pads that are garnished with maroon mottling. The flowers float on the water's surface and bloom for three days. This variety opens later in the morning than most hardy ones. Mine opens 11 a.m. to noon and closes between four and five in the afternoon.

It prefers full sun - six hours or more - for maximum flowering. But, it will bloom with less - three to four hours of direct sun over the noon hour. Flowering begins in early June and continues into September.

***N. 'Helvola'* has been decorating water gardens for almost 140 years. This petite waterlily was created in 1879 by French horticulturist Joseph Bory Latour-Marliac. As new waterlily hybrids come on the market, sometimes the great older ones give way to the supposed 'newer and better.' This one has retained widespread popularity.**

I don't think there is a better small water lily for a container water garden than *N. 'Helvola.'* It is free flowering especially after the first season and is very hardy when wintered in water in a dark frost-free location. It is a must have for a container water garden.



"Brianna's Kitchen Garden"



Mini Irish Soda Breads Serves 2-4

Sometimes, I just want a loaf of fresh bread. I found this recipe to be perfect for those right-before-dinner realizations. In about 30 minutes, you can have 2 small loaves of hot wheat bread. The magic comes from the combination of buttermilk and baking soda. When those 2 things meet, the acid in the buttermilk and the base in the soda react and, like the fizzy volcanoes of yore, give this quick bread the lift it needs to make a nice loaf. (Hence “soda” bread.) This is also handy when you want bread for just a few days or don’t want it to go bad. The small loaves are perfect. Try it with the [Any Vegetable Soup](#) from the February newsletter.

Ingredients

- 1/2 cup + 2 tablespoons milk
- 1/2 tablespoon vinegar
- 3/4 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 teaspoon salt
- 3/4 teaspoon baking soda
- 1/2 tablespoon sugar

Instructions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Combine milk and vinegar in a small bowl or measuring cup, stir, and let sit for about 5 minutes until milk thickens slightly. (We're making buttermilk!)
3. Whisk together the two flours, salt, baking soda, and sugar in a large bowl.
4. Form a well in the middle and pour the milk mixture into the center. Stir together with a wooden spoon or flexible spatula just until combined. Note: The dough will be sticky.
5. Divide dough in half and shape roughly into rounds. (Wet hands seem to help.) Drop each half onto the prepared baking sheet.
6. Cut an 'X' shape into the top of each ball of dough, cutting about halfway into the dough.
7. Bake for about 15 minutes or until golden brown. (It should have a dark brown bottom and sound hollow when thumped with a finger or spoon.) butter, jam, butter, or your favorite spread.

Source: <http://www.onceuponacuttingboard.com/2013/03/mini-irish-soda-breads-for-two.html>

Cool Weather Edibles

April is an unreliable month for weather. Sometimes it snows. Sometimes it rains. Sometimes it's 80°. You never can tell. What you *can* probably depend on is cool soil temperatures, which means this is a great time to get the seeds for your cool-weather edibles in the ground. These plants prefer cooler soil temperature to improve germination. If the soil gets too warm, you won't get as many plants. I usually get mine in the ground between mid- and late April so you have a little bit of breathing room. And don't worry – most of these plants will be done by the time the heat-loving summer plants are mature and filling the spaces in your garden.

8. Not sure what counts as a cool-weather edible? There's probably more than you thought

9. **Remove from oven and let cool slightly before eating so you don't burn your mouth. Serve with peanut**

. Consider the following:

- Lettuce – Either loose-leaf or heads, though you'll get more sooner and you can continually reseed with looseleaf for an ongoing harvest.
- Spinach – Sow spinach widely to harvest as baby spinach when it's about as big as a plastic spoon, or grown for a larger head that will give you individual leaves for weeks.
- Arugula – This little leafy plant brings a black-pepper taste to your salads, and it has delightful little beige flowers after it goes to seed.
- Cilantro – A favorite for Thai and Mexican cooking, this herb brings a citrus-y taste to dishes and salads. Reseed every few weeks for an ongoing harvest and get yourself some coriander once it goes to seed.
- Radishes – Grow 'em while it's cool because they'll bolt once the weather gets warm.
- Peas – Peas need a lot of company for good germination so plan on 5-10 plants at the minimum but they don't mind crowding one another. Don't forget to give them a trellis because they love to climb. For a continuous harvest, plant more seeds every 2 weeks through June.
- Carrots – Be careful with these tiny seeds because they can get dislodged in a rainstorm. Cover the seeded

row with mulch or cardboard (remove once the seedlings emerge) or make your own seed tape using single-ply toilet paper.

- Beets – Great for the roots, stems, and leaves – you can't lose! Looks for the yellow ones in addition to the tradition red ones to bring more color to your garden.
- Onions – Leeks, green onions, shallots, or your run-of-the-mill bulb onion, these make neat vertical forms in the garden and can be used in so many ways throughout the growing season.
- Broccoli, cauliflower, turnips, cabbage, kale – Start them now and you can expect a harvest several times during the summer months. Protect seedlings from cut worm with slitted drinking straw or a tin foil collar.
- Brussels sprouts and rutabaga – These take a long time to grow and don't really get big until the end of summer, but you can start them now and get an earlier harvest. Again, watch for cut worms.
- Calendulas, pansies and violas – Don't forget there are edible FLOWERS as well. You don't have to eat them though. It's good to feed the bees when the pickings are slim in the spring and early summer.

Remember to plant what you love to eat or what you think you can share. If you have a particular goal in mind – like making pesto or continual dinner salads – take that into consideration when picking how many seeds to plant.

Taste That!

Baked Ham with Sweet Gravy

Serves 16 Ready in 1 hour 45 minutes

1 (8 pound) fully cooked bone-in ham

½ Cup brown sugar

1 (6 oz) can apple juice

½ cup all-purpose flour

½ cup milk

- 1. Preheat oven to 325 degrees F (165 degrees C)**
- 2. Place ham in a large roasting pan, cut-side down. Press brown sugar evenly onto ham. Pour apple into roasting pan and cover with a lid or aluminum foil.**
- 3. Bake in the preheated oven until ham is heated through, about 80 minutes. An instant-read thermometer inserted into the center should read 160 degrees F. Let ham rest for 10 minutes before transferring to a serving plate. Pour remaining pan juices into a saucepan.**
- 4. Combine flour and milk in a jar with a lid; shake until mixture is blended.**
- 5. Bring pan juices to a boil. Slowly whisk flour mixture into the saucepan until gravy is thick, about 5 minutes.**

Plant "Imagination"



Rosa x 'Noare' Red Groundcover Rose

Flower Carpet Red Groundcover Rose

This is an easy-care landscape rose. A very prolific bloomer it provides vivid color from spring until winter. Forming a low mound covered with velvety red flowers with bright yellow centers it is highly disease resistant. Foliage is tinged red at first, maturing to dark green with burgundy edges. Perfect for massing or as a large-scale ground cover. Use in zone 4-10



<http://www.crosspollination.weebly.com> Once there, There you will find a link to:

The *Lake Owasso Garden Club* website: <http://www.lakeowassogc.weebly.com>

On our LOGC website you can link to our **Facebook** site

Or, you can start out at the LOGC website and go to crosspollination! It's so easy.

Our Google Doc

https://docs.google.com/spreadsheet/ccc?key=0AvDTcsB_CgstdE81dUVQNEFrblNUSDBWd250QlpGYWc

OUR MEETINGS ARE HELD AT,

Presbyterian Church of the Way
3382 Lexington Ave North,
Shoreview MN 55126
Family Membership is \$25.00 Per Year

Newsletter submissions

We welcome pictures (please title, include latin names of plants), news items, and commentary, preferably via email to raflipp@comcast.net **Deadline** is by the **25th of each month**. I will try to get the newsletter out on the first of the month.

Also, remember our club's [Facebook](#) page. It is a great place to post pictures and share what's in bloom.

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