



# Lake Owasso Garden Club

## AUGUST

*TOUR TIME*, - Monday August 14, 2017, 6:30-7:30pm

**Locations: 3933 E Minnehaha Parkway, Minneapolis, MN 55417**

For our August summer event, we'll be going to [Longfellow Gardens](#) for a guided tour of their grounds. Longfellow Gardens was completed in 2005 with the goal to use cultivation practices that promote healthy 'living' soil without the use of chemical fertilizers, herbicides, or pesticides. Teresa Burton from the Minneapolis Park and Recreation Board will talk with us about how they select plants for this unique garden based on aesthetics, disease and pest resistance, site tolerance, and the ability to attract beneficial insects and pollinators.

### *Presidents Message*

August already, the last of the months without an R in them.  
The State Fair is 30 days away and cottonwoods are shedding brown leaves already.  
If there could be some way to just slow summer down a little.  
We still have two pretty good months of warm weather to enjoy and watch our gardens.

I Received my first seed catalogue for 2018. There is an interesting cabbage flower that is white, does not fade, with a pink center. Makes for a long lasting cut flower. Will maybe give this a try for the Plant Sale.

Happy gardening, Ron

### *Treasurer's report*

**Balance of \$13,314 on 6/22/2017.**

Come Play with Dick and Anne

# Game Party!!!!

Saturday, August 5<sup>th</sup>

Rain or Shine!!

1:30PM - ????

**WHO:** Our wonderful friends who are still kids at heart

**NOTE:** The Little Canada Fireworks start at 10 and can be seen from our backyard. You are welcome to stay for the show – or even come for just those.

**WHAT:** Swimming (remember your suit and towel-the water's warm), Volleyball in the pool, Croquet, Shuffleboard, Bocce Ball, Badminton, Ping Pong, Bean bag game, Card and other table games, etc. Indoor games in case of bad weather. Feel free to bring your own games.

**Or,** take a stroll to see the gardens, pond and stream and the path through the wetlands to Kamp Akaycia. Kamp Akaycia is closed this year due to all the rain it is under water.

**WHAT TO BRING:** Your spouse/friend, a dish to share, and your own beverage.

**PROVIDED -** Plates, cups, utensils, condiments, ice, water, lemonade, sloppy joes.

**WHERE:** Dick and Anne Flipp, 431 Brooks Ave E., Little Canada, MN, 55117 Phone: 651-484-4123

**DIRECTIONS:** From Hwy 36 - Go north on Edgerton and take left (frontage road) onto Viking Drive. It follows alongside of Hwy 36 and then turns north and becomes McMenemy. Take 2<sup>nd</sup> right, which is Sextant, keep left to Arkwright – at the end of the block it turns right and that is Brooks. We are 2<sup>nd</sup> house on the left.

From the north on 694 – Take 35E S/Hwy 10 to Little Canada Road. Go east on Little Canada Road then turn right on McMenemy (just past St. Johns Church). Take first left (about 1 mile) onto Sextant stay left to Arkwright to 431 Brooks Av E. We are the 2<sup>nd</sup> house on the left.

# "Just Add Water"

*Articles and Photos by Soni Forsman*

## *Variegated Sweetflag does it all*

Variegated sweetflag (*Acorus calamus* 'Variegatus') was one of the first marginal plants I purchased 30-plus years ago. It is a foliage accent plant for use in wet and moist environments. Variegated sweetflag can edge a water garden, filter the water flowing through a bog or serve as a marginal plant in a container water garden.

This aquatic perennial has green leaves, each with a creamy longitudinal stripe. The iris-like foliage grows three to six feet tall. It prefers consistently moist soil and full sun but will tolerate some shade. Variegated sweetflag grows from rhizomes that creep horizontally not far under the soil. It can become invasive if not restricted and/or monitored. However, I have not found it difficult to pull out the rhizomes that go where they are not welcome. In fact, I have some growing as a background planting in a perennial garden. I water it frequently.

Variegated sweetflag is hardy through zone 4 and into 3. It has insignificant flowers in late spring-early summer. I grow most of mine in pots and have never seen a flower on a containerized plant but it does occur

The foliage and rhizomes are sweetly fragrant when bruised or cut. Hence, its common name. Variegated sweetflag is native to Europe. According to the Missouri Botanical Garden website, it was introduced to this country in the 1600s.

There is a native green sweetflag, *Acorus americanus*. I have not seen it used in person-created water gardens. Its 'variegated' cousin seems the plant-of-choice.

Variegated sweetflag (*Acorus calamus* 'Variegatus')



**Variegated sweetflag (*Acorus calamus* 'Variegatus')**



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Variegated sweetflag (*Acorus calamus* 'Variegatus')



# "Brianna's Kitchen Garden"



## **Black Bean & Corn Salad with Chipotle-Honey Vinaigrette**

*Serves 6*

This is one of my favorite summer dishes. It works great at as a side dish at a grill-out but I also love it as a breakfast or lunch, topped with an egg over-easy and served with a piece of toast. I've never had anyone complain that the dressing is too spicy with its chipotle peppers but if it's too much for you, feel free to skip the peppers and mix up the dressing without it. I suggest giving it a try; the peppers add a nice smokey flavor to the salad, which goes especially well with grilled meats.

Don't skip the step that calls for soaking the onions. This removes some of that raw onion pungency and helps the flavors blend together.

## **Ingredients**

### For the Salad

- 2 ears fresh corn, cut off the cob (or 1 cup frozen corn, thawed)
- 1 cup red onion, chopped and soaked
- 1 (14.5 oz) can black beans, drained
- 1 red bell pepper, diced
- 1/2 cup fresh cilantro, chopped
- 1 avocado, diced

### For the Dressing

- 2 tbsp red wine vinegar
- 2 tbsp fresh lime juice
- 2 tbsp honey
- 1/4 cup plus 2 tbsp vegetable oil
- 1 large garlic clove, roughly chopped
- 1/4 tsp dried oregano
- 3/4 tsp cumin
- 3/4 tsp salt
- 1/4 tsp black pepper
- 2 chipotle peppers (from a can of chipotle peppers in adobo sauce)

## **Instructions**

1. *(If you're using fresh corn)* Bring a large pot of water to a boil. Add the corn, cover, and turn the heat down to low. Simmer for 10 minutes. Remove the corn from the water and let cool.
2. Meanwhile, place the chopped red onions in a small bowl and cover with water. Let sit about 10 minutes, then drain completely and set aside.
3. Drain the beans and rinse well under cold water. Drain completely and set aside.
4. Holding the cooled corn upright, cut the kernels off the cob in strips.
5. In a large bowl, add the corn kernels, beans, onion, bell pepper and cilantro.
6. Make the dressing by combining all of the ingredients in a blender or mini food processor; process until smooth.
7. Pour the dressing over the salad and toss well.
8. Cover and refrigerate for at least 1 hour or, preferably, overnight.
9. Right before serving, add the diced the avocado. Toss the salad gently, then taste and adjust seasoning with salt or pepper if necessary. You could also add a squeeze of fresh lime if you have some handy. Garnish with a bit of fresh chopped cilantro if desired. Serve cold.<sup>[1]</sup><sub>[SEP]</sub>

Source: <http://www.onceuponachef.com/2014/06/black-bean-corn-salad-chipotle-honey-vinaigrette.html>

# *When to Harvest your Summer Vegetables*



August is the best month for vegetable harvests. All of the plants you've been so diligently caring for since the cold months are ripe and ready to eat. Enjoy the smells and flavors of summer. Run your hand through the herbs. Rub the tomato leaves. Sneak a green bean right from the plant. This is the time of year that vegetable gardeners live for.

Ready in August: Basil (herbs in general), Green Beans, Broccoli, Corn, Cucumbers, Eggplant, Peppers, Swiss Chard, Tomatillos, Tomatoes

## How to know when a vegetable is ripe

- **Basil** – Harvest as soon as the flower buds begin to appear (but before they open) for the best flavor.<sup>[1][2]</sup>
- **Green Beans** – Snap beans are ready to be harvested when they are as thick as a pencil and before the seeds bulge and become visible through the pods.<sup>[1][2]</sup>
- **Broccoli** – Pick when the broccoli flower heads are dark blue-green and the buds are compact, before the buds turn yellow or start flowering. Cut 6 to 7 inches below the flower heads. You can leave

the plant there though and it will produce 2-3 smaller broccoli crowns that you can eat in a few weeks.

- **Corn** – Ripe ears have a tightly attached husk that is pliable, healthy, and green. If you open an ear and stab a kernel with your fingernail, a milky liquid should ooze out; if it contains water or is dry, it's not good.
- **Cucumbers** – Harvest when about 6-inches long. Look for richly dark green skin and a heavy, firm body. Small cukes are the sweetest and have the softest seeds. If they get too big, cukes turn yellowish or dull in color and the taste is not as crisp.
- **Eggplant** – Harvest at 4- to 6-inches in diameter when the skin of the fruit is smooth, shiny, and unwrinkled. The color should be richly colored and the body should be heavy and firm. Avoid large-size eggplants.
- **Peppers (Bell or Hot)** – Pick green bell peppers when they are shiny green and baseball-sized. If you prefer yellow, orange, or red peppers, just leave them on the plants for a few weeks longer and they will become sweeter. Hot peppers left to change color will get hotter but also sweeter.
- **Summer Squash** – Yellow squash and zucchini are at their best when they're 4- to 8-inches long. Pick them young when you can puncture the skin with a fingernail. Plenty more will follow. They should feel firm, heavy for size, and show a bright and healthy skin as well as stem. Avoid dull or hard skin, an oversize body, soft spots, blemishes, and a dry stem.
- **Swiss Chard** – Cut the first leaves when they're 4- to 6-inches high. Then let the leaves grow until they're 6- to 10-inches high before cutting again.
- **Tomatoes** – Leave your tomatoes on the vine as long as possible. The perfect tomato for picking will be very red (or rich in color), regardless of size. A ripe tomato will be firm and plump—only slightly soft. The skin will be smooth and glossy. The aroma will be fragrant.

**Pro-tip:** Harvest early in the morning for best flavor.

Source: <https://www.almanac.com/content/when-harvest-vegetables-and-fruit>

# Plant 'Imagination'



## *Anemone* × *hybrida* 'September Charm'

Best grown in organically rich, humusy, evenly moist, well-drained soils in full sun to part shade. Soils must not be allowed to dry out. Plants are best sited in part shade locations with protection from wind. Foliage tends to burn in hot, dry, sunny summer conditions. Plants do not perform well in the deep South (south of USDA Zone 7). Avoid wet, poorly drained soils, particularly in winter. Plants appreciate a winter mulch in cold winter climates. Plants may be slow to establish, but will naturalize well by spreading rhizomes in optimum growing conditions. Propagate by root cuttings in winter (perhaps most effective) or by division in spring.

*Anemone* × *hybrida*, commonly called windflower or Japanese anemone, is a hybrid category which includes a large number of hybrid pink or white flowered cultivars that bloom from late summer into fall (August - October). These cultivars vary somewhat in character but generally are erect, clump-forming, fibrous-rooted, woody-based perennials which typically grow to 2-3' (infrequently to 4') tall on stems clad with oval palmate toothed leaves.

'September Charm' is a vigorous, fibrous-rooted, mounding, Japanese hybrid anemone that typically grows to 3-4' tall and provides excellent late summer to early fall bloom (late August to October). Silvery pink flowers (2-3" diameter) with darker rose shadings and yellow center stamens appear on long, wiry-but-graceful, branching stems over an attractive foliage mound of usually trifoliate, dark green, basal leaves. Synonymous with and formerly designated as *Anemone hupensis* var. *japonica* 'September Charm'.

• Excellent fall bloomer. Perennial borders, cottage gardens, woodland gardens. Effective when massed. Attractive with hostas and astilbes

# Taste That!

## **BROWNIE GOODY BARS**



**On the tour at Flipp Gardens some of you asked Anne and I for this recipe to be printed in this issue. So here it is.**

### **INGREDIENTS**

- 1** box (1 lb 6.25 oz) Betty Crocker™ Supreme original brownie mix.  
Water, vegetable oil and eggs called for on brownie mix box.
- 1** container (16 oz) Betty Crocker™ Rich & Creamy vanilla frosting.
- 3/4** cup salted peanuts, coarsely chopped.
- 3** cups crisp rice cereal.
- 1** cup creamy peanut butter.
- 1** bag (12 oz) semisweet chocolate chips (2 cups)

### **STEPS**

- 1** Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. (For easier cutting, line pan with foil, then grease bottom only of foil.) Make brownies as directed on box for 13x9-inch pan. Cool completely, about 1 hour.
- 2** Frost brownies with frosting. Sprinkle with peanuts; refrigerate while making cereal mixture.
- 3** Measure cereal into large bowl; set aside. In 1-quart saucepan, melt peanut butter and chocolate chips over low heat, stirring constantly. Pour over cereal in bowl, stirring until evenly coated. Spread over frosted brownies. Refrigerate about 1 hour or until set before cutting.  
Cut bars into 6 rows by 4 rows (Anne makes them smaller). Store tightly covered in refrigerator.



<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](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](mailto: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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