



# Lake Owasso Garden Club

## JUNE

### TOUR TIME

**Date: Monday June 12, 2017, 6-8pm**

Steve and Arla Kelley – of Kelley and Kelley Nurseries –have invited us to tour their home gardens in Long Lake, MN.

It's a bit of a drive but we're expecting to see some really nice landscaping from the owners of one of our favorite nurseries. We plan to park at the Nursery and walk next door to their home garden.

If you'd like to carpool or caravan, email Brianna and we'll coordinate something:

(Email: [brianna.gohde@gmail.com](mailto:brianna.gohde@gmail.com))

**Location: Kelley & Kelley Nursery, 2325 Watertown Rd, Long Lake, MN 55356**

## *Presidents Message*

*We had another very successful Plant Sale this year. I had never seen it rain an entire day like it did on Saturday but customers kept stopping and buying.*

*The canopy loaned by Lorene and Jim Roste made it possible for people to shop and talk to us.*

*I know of a couple other sales that did not do well on Saturday.*

*I will be sending out an email for your thoughts on the Plant Sale.*

*Remember the Flowers for Vets coming up in June and June 12, 6:30 tour at Kelley and Kelley Nursery in Long Lake., 2325 Watertown Road, Long Lake, Mn.*

## *Treasurer's report*

**Balance is \$ \$8236 as of 5/20/2017**

## *Secretary's Report*

Meeting notes: May 8, 2017    Members Present: 25    Non Members: 9

The Speaker for the evening was Heidi Doering, a Horticulture Educator from the University of WI Extension Program. Heidi's talk was about Culinary Herbs – Thinking Outside the (McCormick) Box. She shared what she has learned about what herbs are easy to grow, use, and store for winter so that you can have the best quality ingredients when you need flavor the most – throughout the cold winter months.

Ron Kvaas, president, called the meeting to order.

Kirsten and Ron talked about the upcoming Plant Sale on 5/19 and 5/20:

1. The time for the set up work on 5/18 has been changed to 10:30 to 12.
  2. Workers for each shift from 5/18 to 5/20 were finalized. Kirsten will send an email to everyone that has signed up to work to verify their shift times.
  3. There will be a new method to price plants this year. There will be a straw in each plant and the color of the straw will indicate the price.
  4. Most annuals will be \$4.00.
  5. Member plants can be dropped off Thursday 1-3 at the sale location, 824 West County Rd B2, Roseville.
  6. Member plant donation suggestions: 4 " pots are a good size. Most will sell for \$3.00. Specialty plants will be \$8-\$10.
  7. Member plant donations should be labeled with this information as available: possible:
    - . Sun or shade ,    . Height,    . Color of bloom ,    . Name of plant
- Rebecca talked about the Flowers for Vets on Thursday, June 8 from 7:30 to noon. Everyone is welcome to join. We will arrange flowers and then take them around the building. We also need filler material - shrubs, hosta leaves, etc. No peonies are wanted. If you are interested in participating or have filler material to donate, contact Rebecca.
  - Planting at the annual garden bed at the Central Park Muriel Sahlin Arboretum is set for the week of May 22. Contact Joyce if you can help.
  - The Friends Plant Sale is May 12-14.
    - Kathy Day has not been to meetings for several months. She has had a lot of health problems. Ron talked to her and Char sent her a card. We wish her better health.
    - Vatsala reported that we have been accepted into the Rosefest Parade, which is June 26. The parade starts at 6:15. We will get a flatbed and a driver.
- Thanks to Patty, Kirsten, and Mary Shannon for the tasty treats.

# "Just Add Water"

## *Articles and Photos by Soni Forsman*

### **Aquatic plant handbook, continued**

Last month, I listed the four categories of aquatic plants and wrote about the first, surface plants, in some detail. Three plant groups remain - marginal/bog, floating and submerged.

#### **Marginal/Bog Plants**

Some plants in this group prefer to grow in shallow water (marginal) others in moist areas (bog). The difference – a marginal one likes its roots continually in water while a true bog plant only tolerates standing water for a few days. The foliage and flowers (if present) of both grow out of the water, stretching upwards. Together these plants are the backbone of the water garden, blending the land with the water.

The cattail is a recognizable plant in this group. In a backyard water garden, it should be containerized to keep the roots from invading the rocks and gravel. My favorite is *Typha latifolia* "Variegata." Its green and cream vertically striped foliage brings color and height to the edge of the water garden. It behaves itself in a two-gallon nursery pot and is easy to divide if I tackle it every couple years.

Other must-have hardy marginal plants are pickerel rush (*Pontederia cordata*), variegated sweetflag (*Acorus calamus* 'Variegatus'), lizard tail (*Saururus cernuus*) and the native blue flag iris (*Iris versicolor*). For the moist edges, marsh marigold (*Caltha palustris*), chameleon plant (*Houttuynia coerdata*) and water forget-me-not (*Myosotis scorpiodes*).

For a tropical look, try water cannas, taros (*Colocasia* ssp.) prized for large elephant ear-like leaves; for feathery foliage consider umbrella palm, Baby and King Tut (*Cyperus* ssp.).



***Variegated Cattail (Typha latifolia 'Variegata') marginal plant.***



*Marsh Marigold (Caltha palustris) - bog plant*

### **Floating Plants**

These plants float on the water's surface with their roots dangling free in the water, competing with algae for nutrients. The roots of most floaters are good spawning sites for adult goldfish and shelter the fry. Not for use if Koi are present.

Most popular floaters are water hyacinth (*Eichhornia crassipes*) and water lettuce (*Pistia stratiotes*). Others include water fern (*Azolla*) and the common duckweed (*Lemna minor*).



## ***Water Hyacinth (Eichhornia crassipes) - a favorite floating plant***

### **Submerged Plants**

Often referred to as oxygenators because they release oxygen into the water during the day. This category of plant grows completely submerged. In addition to contributing to water quality, they also provide spawning and hiding places for smaller ornamental fish.

These plants are generally sold in bunches and are not for water gardens with Koi. They would be consumed in a short time. Anacharis (*Elodea* ssp.) has dark green fern-like foliage and is a popular selection. It should be planted in a small container (4" square) using pea gravel or something similar as the planting medium. It takes its nutrients from the water. Recommendation is one bunch for 1 to 2 square feet of water surface. Hornwort or coontail (*Ceratophyllum demersum*) is an easy choice. It has no roots and grows in floating mats suspended in the water. Just toss it in.

In a water garden with a good filtration system, submerged plants are not as necessary as they were a decade or so ago. But, they are still beneficial to goldfish habitat and in container water gardens.



*Anacharis - a popular submerged oxygenating plant*

## The Lotus

Is this plant a fifth classification or is it a marginal plant? It grows in shallow water - 6 inch over the top of its container? I don't see it categorized very often. Because it adds that 'wow' factor to the water garden or stands on its own in a container water garden, I vote for a fifth aquatic plant group – the lotus.



*Nelumbo 'Mrs. Perry D. Slocum' - Lotus*

# "Brianna's Kitchen Garden"

## In the Kitchen: Spanakopita

*Serves 6-12 (makes 12 squares)*

There isn't a lot that's ripe from the garden this time of year. There are radishes and leafy-greens. Even starting in early April, that's still all that's ready to harvest. Must be the weather. The one thing that is ready to pick right now in my garden is my spinach. It's perfectly baby-sized. If you pick the individual leaves, more will grow back and you can get an almost continuous harvest until late June. With the heat of July, those plants will bolt so it's best to enjoy them now before it gets too hot.

This is a new recipe in my house and it's already made a great impression. Served to my group of friends one night, not a single piece was left uneaten. The crispy fillo dough, salty feta, and fresh herb mix makes for a fantastic side dish. I can see this working just as well for breakfast or brunch, though it does take some time to prepare. The casserole cooks for an hour and, depending on your familiarity with fillo dough, it can take 20 minutes or so to assemble. If you're feeling ambitious with company coming, I really recommend giving this a try.

For useful images on the steps, check out the Source link below.

**Important note:** The evening before you make this, move the fillo dough from the freezer to the refrigerator.

### **Ingredients**

#### **For the spinach and feta filling**

- Spinach
  - 3 lbs fresh spinach, sautéed and well-drained, OR
  - 16 oz frozen chopped spinach, thawed and well-drained
- 2 bunches flat-leaf parsley leaves, finely chopped
- 1 large yellow onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp olive oil

- 4 eggs
- 10.5 oz feta cheese, crumbled
- 2 tsp dill weed
- Freshly-ground black pepper<sup>[1]</sup>

### **For the crust**

- 1 16 oz package Fillo Dough, properly thawed (see package)
- 1 cup olive oil (more if needed)

### **Instructions**

*1. The evening before you make this, move the filo dough from the freezer to the refrigerator.*

2. Preheat the oven to 325 degrees F.

3. Prepare a 9 1/2" x 13" baking dish. Brush the bottom and sides of the dish with olive oil.

4. Prepare the filling

Before you begin mixing the filling, be sure the spinach is very well drained. Squeeze out any excess liquid by hand.

In a mixing bowl, add the spinach and the remaining filling ingredients. Stir until all is well-combined.

5. Unroll the phyllo (fillo) sheets and place them between two very lightly damp kitchen cloths. If fillo dough dries out, it will crack and you won't be able to work with the sheets without making a mess.

6. Assemble the spanakopita:

Line the baking dish with two sheets of phyllo (fillo) letting them cover the sides of the dish. Brush with olive oil.

Add two more sheets in the same manner, and brush them with olive oil.

Repeat until two-thirds of the phyllo (fillo) is used up.

Now, evenly spread the spinach and feta filling over the phyllo (fillo) crust.

Top with two more sheets, and brush with olive oil.

Continue to layer the phyllo (fillo) sheets, two-at-a-time, brushing with olive oil, until you have used up all the sheets.

Brush the very top layer with olive oil, and sprinkle with just a few drops of water.

Fold the flaps or excess from the sides, you can crumble them a little. Brush the folded sides well with olive oil.

Bake at 325° degrees F for 1 hour, or until the phyllo (fillo) crust is crisp and golden brown. Remove from the oven. Cut into squares and serve! Enjoy!

Source: <https://www.themediterraneanandish.com/spanakopita-recipe-greek-spinach-pie/>



## In the Garden: Cutworms are Jerks

About this time every year, I find a young plant lying on its side in the garden. It's been cut just at ground level and there's no coming back. Over the years, I've lost peppers, tomatoes, and broccoli. Originally I thought it was rabbits. Then voles. But no amount of fencing seemed to stop the annual garden tragedy. Then I learned about cutworms.

Cutworms are caterpillar-looking insects that, in their larval stage, wrap themselves around young plants and chew their way through. They overwinter as eggs in the soil and come out as it warms up. Initially they target very small weeds but it doesn't take long before your young vegetables look tasty.

There are a number of easy ways to save your plants from cutworms. The easiest is to poke toothpicks on either side of the small stem. This prevents the cutworm from wrapping around stem and chewing through it. Similarly, and this is what I've done, take a drinking straw or larger smoothie straw. Cut a length about 1-inch or so and slit it up the side so you've made a plastic collar. Put this around the stem; the growing plant will pop it off when it's outgrown it.

Once your plant has grown a bit more – when the stem is almost as thick as a pencil – you can feel confident that it is safe from cutworms. It's this first part of development that is the most risky.

Learn More: <https://www.extension.umn.edu/garden/insects/find/cutworms-in-home-gardens/>



# *Plant "Imagination"*



## *Ruellia humilis* - Wild Petunia

Wild Petunia's claim to fame is its lovely violet flower trumpets, a hummingbird favorite! Seldom growing more than a foot tall, this rare plant is perfect for dry, hot locations such as rock gardens and dry sandy or rocky soils. *Ruellia humilis* also thrives in well-drained loam. Wild Petunia self seeds with seeds that explode, making it able to hold its own with larger, aggressive plants.

Plant it in full sun in a sandy loam soil with dry to medium for moisture. At a height of 1' – 2' it is Deer resistant and attracts butterflies. Lavender colored flowers bloom in June, July, August in zone 4

### Garden Uses

Borders, rock gardens, native plant gardens, wild gardens or prairies

# Taste That!

## Healthy **Red** Potato and **Dill** Salad

### **Appetizer, Side Dish**

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

Serves: 6-8

### **Ingredients:**

- 2½ pounds red potatoes, skin-on, ¾ inch dice
- 1 cup plain Greek yogurt
- 2 green onions, thinly sliced
- 3½ tbsp. Dijon whole grain mustard
- 1 tbsp. Dijon mustard
- Salt and pepper, to taste
- Handful of dill, chopped

### **Instructions:**

1. Add potatoes and enough cold water to cover in a stockpot. Simmer on medium about 20 minutes (do NOT boil), until potatoes are fork-tender. Drain.
2. Cool potatoes for 10 minutes in a single layer on a baking sheet.
3. In a large bowl, combine Greek yogurt, green onions, Dijon whole grain mustard, Dijon mustard, salt, pepper, and dill. Stir to mix well.
4. Add the cooled potatoes to the yogurt mixture and toss until all potatoes are well-coated. Pop in the fridge until ready to serve.



<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\\_CgstdE81dUVQNEFrBINUSDBWd250QlpGYWc](https://docs.google.com/spreadsheet/ccc?key=0AvDTcsB_CgstdE81dUVQNEFrBINUSDBWd250QlpGYWc)

### 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.

President	Ron Kvaas	<a href="mailto:rgkvaas@msn.com">rgkvaas@msn.com</a>	Phone 651-734-8480
Vice President	Brianna Gohde	<a href="mailto:brianna.gohde@gmail.com">brianna.gohde@gmail.com</a>	Phone 651-216-5115
Secretary	Dorothy Stewart	<a href="mailto:dot.stewart@comcast.net">dot.stewart@comcast.net</a>	Phone 612-240-2015
Treasurer	Mary Fowler	<a href="mailto:maryc.fowler@comcast.net">maryc.fowler@comcast.net</a>	Phone 651-484-4531
Editor	Dick Flipp	<a href="mailto:raflipp@comcast.net">raflipp@comcast.net</a>	Phone 651-484-4123