



# Lake Owasso Garden Club

## March

**Next Meeting is Monday, March 13th**

**6:30 PM - Social**

**7: 00 PM – Program:** In March, we will be joined by Mark Armstead from Bailey Nurseries. Mark has over 15 years of experience in the local horticultural industry. He is a "consummate plant geek" with a passion for sharing his knowledge. You may have heard him on television stations KARE 11 “Grow with KARE”, KSTP “Twin Cities Live”, and FOX 9, where he was the “go to person” for news media outlets looking for a informed source on unique weather patterns as it pertained to gardening.

Mark will be talking with us about upcoming gardening trends, news in hybridizing, and the new plants to be excited about in the 2017 growing season.

**Where:** Presbyterian Church of the Way,  
3382 Lexington Avenue North, Shoreview, MN, United States ([map](#))

### *Presidents Message*

*I have two Red Wing blackbirds at my feeder today. Never seen them this early. Also have seen several Robins. Do they know something we don't or are they misinformed about spring?*

*Again, you may think about what to dig up for the Plant Sale. This weather trend continues things will be up and looking good.*

*We are having the Plant Sale meetings this week so the order will go in soon. If you want a flat of anything at a really good price, let me know.*

*Still time to sign up for Spring events.*

*Ron Kvaas*

## *Treasurer's report:*

*Balance is \$ 10,428.70 as of 2/20/2017*

**Mary Fowler**

## *Secretary's Report*

Minutes for the February 13, 2017 meeting at the Presbyterian Church of the Way.

Members Present: 24, Visitors: 5

Clay Christensen, the “Birdman of Lauderdale” gave a presentation on “Attracting Winter Birds“. Clay is a member of the St Paul Audubon Society (SPAS) and has been studying birds for 30 years. With much humor, Clay gave us information about ways to help neighborhood birds thrive and how to enjoy their company during the last months of winter. Clay gave us all signed copies of his book, the Birdman of Lauderdale.

Ron Kvaas, president, called the meeting to order. □ Ron reminded members to reserve a spot for the Horticulture Society Spring Garden Gala if they are interested. It is \$70 but there are good prices for plants that are sold there., The event is in Oakdale. There is no lunch this year, only a dinner. Joyce Lasecke will design the annual bed at Central Park this year. Anyone that wants to help is welcome, contact Joyce. The Spring Fling is Saturday, March 11, at 9 AM. This event is held at Oak March Golf Club, Innwood Ave N. There is a hot breakfast, vendors, door prices. Cost is \$35. There are three excellent speakers: Deb Lonnee, Dr. Bob Olson, David Zlesak, .Ron reported that the MIA Art In Bloom event is April 27-28. If there is enough interest we could make this a club event. There are three programs:

10 AM 4/27 - Livia Cetti: The Green Vase: The Art of Paper Flowers

1 PM 4/27 - Lindsey Taylor: The Art of Inspiration: Floral Arrangement Inspired by Works of Art

10 AM 4/28 - Princess Gioriana Corsini from Italy will speak on Tuscan gardens.

For more information, visit website

<https://new.artsmia.org/friends-newsletter/category/art-in-bloom-2/> on reported that the Plant Sale Committee wants to offer club members the opportunity to buy whole flats from the same supplier used for the plant sale. If you buy a flat, you will have to pick it up the same day; the Committee will not take care of them. Ron will email a price list to members. Let Ron know if you are interested.

- Start thinking about what you can dig up for the Plant Sale. The best sale item is member plants - they are pure profit. Ron has extra pots and will bring some to the March meeting, Note: Ron is NOT going to get carried away growing plants for the sale this year. We shall see.
- Rebecca reported that we could visit the Valipini greenhouse in Minneapolis on March 4 at 11 AM, but there may not be anything growing then. Members prefer to visit when there are things growing, so Rebecca is going to see if she can get a date in April instead..
- Rebecca distributed new Membership Books.
  - Dick recommended the Minnesota Water Society Tour, held July 29-30. See the website for more information. <http://mwgs.org/2017/01/07/2017-mwgs-water-garden-tour/>. You can order tickets online.
- Thanks to Marty for the slide show of club events.
- Thanks to Rebecca, Vatsala, and Theresa for the delicious treats.

Dorothy Stewart

# "Just Add Water"

*Articles and Photos by Soni Forsman*

## **Plug it, Seal it**

### ***Making a container watertight***

Don't let a drainage hole or two stop you from buying or re-purposing a container into the perfect basin for a petite water garden. If its size, shape and appearance are right, the drain holes(s) can most likely be plugged.

After much experimentation, I now use plumber's epoxy putty to fill the holes. It is a stick of putty with a 'string' of hardener shot lengthwise down the center. The plugs are strong, watertight and long lasting. If/when I decide to make the container original, the seal is drillable. Plumber's epoxy putty is available in the plumbing department at local hardware stores and building centers.

### **Plug it.....**

Clean the bottom of the pot, inside and out. To ensure adhesion to a shiny, smooth interior surface, rough up the finish around the drain hole(s) with coarse sandpaper. On the outside, cover the hole with duct tape. Estimate how much putty is needed to fill the opening before cutting the stick but always cut more than you think you need. Fill one drain hole at a time.

Knead the putty, mixing the two parts together until it is uniform in color and feels warm in the palms of your hands. Generally this takes two to three minutes. Immediately press the putty into the opening, working it down to the duct tape and seal it to the sides of the opening. It hardens in less than an hour. I usually wait a day before adding water.

### **Seal it.....**

Not as obvious as a drainage hole is water lost through the porous sides and bottoms of unglazed terra cotta pots. Water seeps through this porous material.

To stop this slow leakage, coat the interior of the pot with a terra cotta pot sealer or spray/brush on exterior polyurethane varnish. Clean and dry the interior before applying the coating.

I found the terra cotta pot sealer at a national chain arts and craft store. The varnish is available at hardware and paint stores and building centers.

With just a few steps, most containers can be made watertight. This makes 'pond' choices for small water gardens almost limitless.





*Container Water Garden*

## **RENAISSANCE FESTIVAL GARLANDS**

Anyone who is interested in making garlands for the Renaissance Festival can pick them up at the March meeting. If you would like a refresher class or just a beginner, Evie Larson will be glad to accommodate,

# "Brianna's Kitchen Garden"

*Articles and Photos by Brianna Gohde*



## **Baked Pumpkin Steel Cut Oatmeal Serves 4 to 6**

This is one of my favorite cold-weather breakfasts. I've tried steel-cut oats several ways and I think this way works best. And, again, this recipe is pretty versatile. I started with the Libby's pumpkin puree, and then moved onto using my own butternut squash. From there, I moved to apples, then strawberry & rhubarb, then peaches, and then blueberries. Right now, I'm enjoying it without any added fruit; adding whatever sounds good that morning – dates, bananas, raisins, or nothing at all. My secret is to consult a fruit pie recipe (ex. apple pie) and

change the spices to match what it recommends for the pie recipes. Works like a charm and lets you use the fruit that is in season. Of course, frozen fruit work too, though skip Step #4 and add the fruit when you add the warm water.

Note: You will need a dish that has a cover and can go in the oven, like a Dutch oven or Corning ware. In a pinch, I'm sure tinfoil over a Pyrex baking dish would work well too.

### Ingredients

- 2 tablespoons butter, divided
- 1 1/2 cups steel-cut oats
- 1 cup pumpkin puree
- 1/3 cup brown sugar
- Spices
  - 1 teaspoon cinnamon + 1 teaspoon ginger + 1/2 teaspoon cloves + 1/4 teaspoon nutmeg, OR
  - 1 tablespoon pumpkin pie spice
- 2 cups milk
- 2 1/2 cups warm water
- 1 teaspoon vanilla
- 1/2 teaspoon salt

### Instructions

1. Heat the oven to 375°F.
2. In a 3-quart (or larger) saucepan or Dutch oven, heat 1 tablespoon of the butter over medium-high heat. When the butter foams up, stir in the oats and roast them, stirring frequently, for about 3 minutes or until they smell toasted.
3. Push the oats up against the side of the pan, and drop the second tablespoon of butter in the now clear center of the pan.
4. Add the pumpkin puree and fry it in the butter, only stirring after about a minute.
5. Stir in the sugar and spices and continue frying the puree for another 3-4 minutes. It's OK if a few dark brown spots appear as the puree sticks to the pan.
6. Pour in the milk and whisk everything to combine.
7. OPTIONAL: Transfer the oats & milk mix to your oven-safe container.
8. Whisk in the water, vanilla and salt.
9. Put a lid on the pan and put it in the oven for 35 minutes.
10. Take the pan out of the oven, and stir the oatmeal. It will look quite loose still, but the oats should be al dente and tender. The oatmeal will thicken rapidly as it cools.
11. Eat immediately with a drizzle of milk and maple syrup, or let cool and then refrigerate. Heat up bowls in the microwave or on the stovetop.

Source: <http://www.thekitchn.com/recipe-baked-pu-159872>

### Starting from Seed

Last year, Ron talked to use about starting seeds. Now is the time to do it. Started in March, your heat-loving seeds will grow into fine strong plants in time to move outside around Memorial Day. This works great for tomatoes and peppers, but also for marigolds and zinnias. Heck, you can even start herbs like basil and mint this way.

Starting your seeds inside is cost effective. A pack of seeds can cost ~\$4 but will hold enough seeds for many,

many plants and the seeds can last for years. By contrast, buying a single plant can sometimes cost at least that much. You can order seeds online, through a catalog, or at your local lawn & garden store. All good options; just take the time to find the right seeds for you and your garden. I usually start the number of plants I want at the end +2 (in case a few seeds don't sprout) and give any extras away to friends and family.

There are many fancy ways to start seeds but, in my opinion, you just need some potting soil, a tray with cells for individual plants, and a grow light. You'll want a light even if you have a window with south-facing exposure. These summer-time plants need a lot of light to grow and stay compact. The further away their light source, the more likely they will become stringy, which means the wind will knock them right over as soon as they get outside. It doesn't need to be anything fancy; even an old desk lamp is a step in the right direction, especially the ones that with adjustable heights. Personally, I also like to use a gardening heat pad to keep the soil warm (since many of these seeds germinate best in warm soil) and an oscillating fan. That last one's weird, right? But I use the fan to simulate wind so the stems get nice and strong. Combined with a low-hanging light, this better prepares the plants for the move outside. Besides, you're not using that fan now anyway, right?

Get them in the pots in March. Put them someplace that you walk by every day/every other day and keep them damp as needed. Raise the light as they grow. By the end of April, they'll be ready to move into bigger pots (like Solo Dixie cups) and by the end of May they'll be outside in your garden.

## *Plant "Imagination"*

**Winter Sunshine hellebores** are a great garden plant because they offer flowers in late winter. Unlike many hellebores they flower in their first year of growth. Their flowers face outward rather than drooping down, so you can easily see their ivory faces as well as their pinkish backs.

**Commonly called:** Winter Sunshine hellebore

**Botanical name:** *Helleborus xericsmithii* Winter Sunshine

**Dark purple stems support 3- to 4-inch wide flowers and dark green leaves over a period of months beginning in late winter. Flower buds are purple; open flowers have white to ivory faces with some green freckling and mauve to rose backs. The stems are strongly upright and the flowers do not droop. As the flowers age they turn pink to rose.**

**Foliage:** Circular groups of thick, dark green leaves held by purple stems. Evergreen.

**Habit:** Mounding evergreen perennial, 12 to 16 inches tall and 18 inches wide.

**Season:** Year-round for foliage and late winter to early spring for flowers.

**If you decide to grow Winter Sunshine hellebore: Plant hellebores in full to part shade, in average to rich soil. Keep them watered for their first year, but thereafter they should withstand some drought. Remove any tattered, old leaves in fall, before flower buds appear, so they won't detract from the floral display.**

**Grow in USDA Zones 4–9.**



## *Winter Sunshine Hellebore*

These aristocrats of a woodland garden. They bloom in late winter or early spring where the soil freezes hard. They require a moist but well-drained site under the shade of trees. Take care to amend the soil with plenty of organic matter, such as well-aged leaf mold and compost. You'll be rewarded with long-lived, deer- and vole-resistant plants that will spread nicely on their own.

# Taste That!

## Baked Puffed Flatbread Makes 8 flatbreads 250 calories

1 pkg (2 ½ tsp) active dry yeast

¾ Cup warm (not hot) water

1 Tbsp olive oil

1 Tbsp honey

1/3 cup plain yogurt, preferably Greek style

¾ cup whole wheat flour, shaken through a strainer or colander to remove coarse flakes of bran

3-3 ½ cups all-purpose flour

1 ½ tsp salt

2-3 Tbsp sesame seeds

Sprinkle yeast over warm water in a small bowl and stir to dissolve. Let sit for about 5 minutes, until bubbly. Whisk in olive oil, honey and yogurt.

In a large bowl, combine sieved whole wheat flour, 3 cups all purpose flour and salt. Using a wooden spoon or a dough hook of a stand mixer, add the liquid ingredients and mix thoroughly, only addition the additional ½ cup flour is the dough seems especially sticky.

Turn out onto flour surface and knead for about 5 minutes, using a scraper if necessary to lift and pull the dough over itself until it feels smooth and elastic, about 5 minutes. Try to resist adding additional flour, although humid conditions may require a bit more. This is a soft, tender dough.

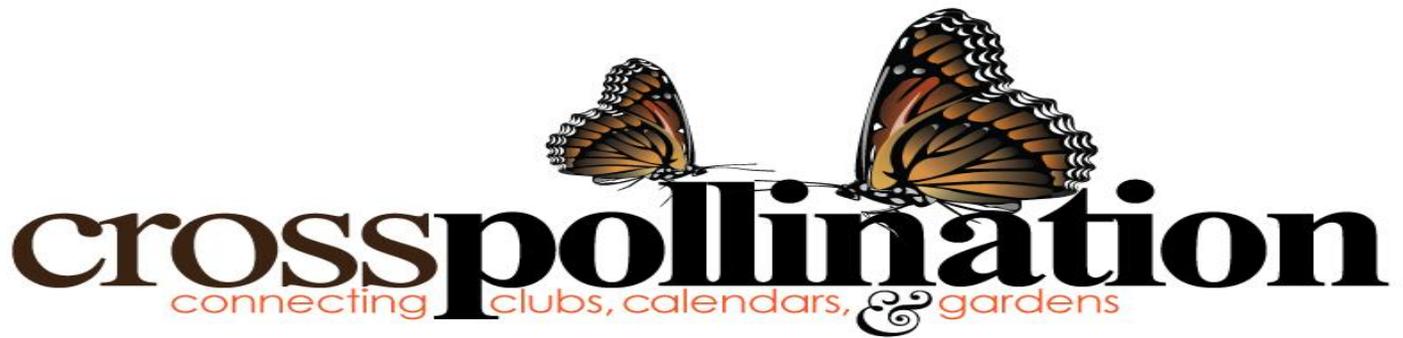
Lightly coat a medium bowl with oil and place the dough face down, then flip so the coated side is on top. Cover with plastic wrap and let rise in a warm place until doubled in size, about 45 minutes.

When dough is ready, begin heating griddle on stovetop. If using the over, preheat to 500 degrees. If you have a pizza stone, place that on the bottom rack to heat. Otherwise, place a heavy sheet pan in the over. (You want to lay the flatbread dough on a hot surface to help it puff.)

Turn the risen dough out onto a lightly floured surface and divide into 8 pieces, forming each into balls. Cover with a cloth and let rest for 5 minutes.

With a rolling pin on a floured surface, roll a ball into a flat circle about 8 inches across, flipping once. If the dough shrinks and pulls back, let rest for a minute, then, continue to roll. Brush lightly with water and sprinkly with a scant teaspoon of sesame seeds. Roll once with the pin to help seeds adhere. Gently lift the dough round and lay it on a hot griddle, pizza stone or baking sheet.

The dough soon will begin to puff and bubble. After 2 minues, lift an edge to see how it's browning on the bottom. It should be golden and speckled. Flip and continue cooking for another m inute, or until the bread feels puffy with no doughy areas. Remove to clean kitchen towel and cover while you continue with the rest of the dough balls. The flatbreads are best served the same day they're made, but will keep overnight if well-wrapped in plastic.



<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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