



# Lake Owasso Garden Club

## May

**Next Meeting is Monday, May 8th**

**6:30 PM - Social**

**7: 00 PM – Speaker: Culinary Herbs – Thinking Outside the (McCormick) Box**

Heidi Doering, a Horticulture Educator from the University of WI Extension Program will be sharing what she's learned about which 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.

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

## *Presidents Message*

*We are removing plants from the big bed bordering Vivian Street at Patty Costello's former house, 868 Cannon Ave More volunteers would be nice.*

**You all should have plenty of things coming up to dig for the Plant Sale. Nice to have an early year for a change.**

**We will be picking up plants from Green Earth and South Cedar on May 4th and 5th. Set up at Lois's house will be May 18 with NO plants delivered until after 3 PM.**

*Vatsala got word from Roseville today that we have confirmation for a truck, flat bed trailer and driver for the Rose Parade on June 26th.*

*Decorating and participating will be on the agenda for May.*

**This is a great time of year with the tree leaves unfolding and perennials poking up out of the ground day by day.**

**The promise of another Spring and hopefully a long and successful growing season.**

## *Treasurer's Report:*

*Balance* for the LOGC checkbook is \$10,739 as of 4/17/2017.

## *Secretary's Report*

Meeting notes: April 13, 2017    Members Present: 26    Non Members: 1

The Speaker for the evening was Theresa Rooney, a Master Gardener from Hennepin County. Theresa shared with us tips and techniques for sustainable gardening as a means to save time and grow things more efficiently.

Ron Kvaas, president, called the meeting to order.

- Ron reminded members that are interested to register for the Federated Meeting by April 12. The meeting is at the Lowell Inn on April 22, from 9:30 – 3PM. Parking is free. The food is very good. Registration is \$18. The flower show still needs entries, due by April 17. Call or email Martha at 612-423-2205 msa66402@gmail.com.
- Joyce Lasecke talked about the annual garden bed at the Central Park Muriel Sahlin Arboretum. Joyce, Bev Mountain, Beth Oelke, and Mary Fowler designed this year's garden. Joyce shared the lovely design. The theme is Deer Resistant Plants. We need a name for the Gardens; members are asked to think about that. May 22 is the date for planting, if you are able to help contact Joyce. Joyce asked if anyone knew any of the history of this activity; no one knew a lot. Also, perhaps this garden could be on the Garden Tour schedule this year.
- Christine Stout has asked us if we want to remove some plants from a large bed and sell them at the Plant Sale. Patty C is contacting her about this. It is too soon to dig them up yet.
- The Men and Women's Garden Club of Minneapolis is having a public plant sale on Tuesday May 9 from 2-6 PM at St Mary's Greek Orthodox Church. The address is 350 Irving Ave S and the sale is in the Great Hall.
- Kirsten talked about the upcoming Plant Sale:
  - a. There were sign up sheets for workers for the sale on 5/19 and 20, for the setup on 5/18, for picking up the plants on 5/4 and 5/5, and for caretaking the plants from 5/5 until the sale. If you want to volunteer contact Kirsten.
  - b. Ron brought a lot of pots for anyone if they need some.
  - c. Members who ordered plants should get a check to Mary Fowler and make arrangements to pick up their plants.
- Ron reviewed the plants that were ordered from the wholesalers to be sold at the Plant Sale. He wanted to make sure we were ordering enough of the right plants.

Thanks to Monika Muckala, Lorene Rosti and Jim Rosti for the tasty treats.

### **RENAISSANCE FESTIVAL GARLANDS**

Anyone interested in making garlands for the Renaissance Festival please let me know.  
DATE - May 9th - at 6:30    651 633 4434 or email eviel3@yahoo.com

# *"Just Add Water"*

**Articles and Photos by Soni Forsman**



**N. 'Pink Beauty' – hardy**

# Aquatic plant handbook

Using water in the landscape adds additional interest to the garden. It reflects its surroundings, attracts wildlife while emitting an aura of tranquility. Put aquatic plants in the water and it becomes a water garden. Aquatic plants are more than ornamental; they work 24/7 – oxygenating, filtering and shading the water.

These plants fall into one of four categories – surface, marginal/bog, floating and submerged or oxygenating. The classification indicates where the plant grows in the water garden and the role it plays in helping to achieve a biologically balanced one.

## Surface Plants

Plants in this group are ones that are rooted in soil under the water and their flowers and pads float on the water's surface. The waterlily is the most recognizable plant in this category. Sometimes this classification of plants is referred to as 'deep-water plants,' meaning that they grow in deeper water than the other categories. In a natural pond, the waterlily is rooted in the bottom at a depth of four up to eight feet. In a man-made water garden, it is planted in its own container. If the water garden receives full sun, six hours or more, I grow the lilies with 12 but no more than 15 inches of water over the top of the container. Less sun but more than three hours, the waterlily should have seven to eight inches of water over the container.

Waterlily flowers float on or are held above the water's surface. The pads float, hiding fish from predatory birds. They also shade the water, depriving algae of sunlight. For the coverage to be effective in algae control, two-thirds of the water's surface should be covered with pads.

Waterlilies come in hardy and tropical varieties and in sizes suitable for the largest water gardens to the smallest decorative container. Hardy ones are perennials, returning year after year, if their rhizomes (roots) do not freeze. They are day bloomers, flowers opening in the morning and closing in the afternoon. Blooms last for three days. Once flowering begins in late spring/early summer, blooming continues into September. Hybrid hardy waterlilies are red, white, yellow, pink and shades that result from hybridization.

Some of my favorite varieties include *Nymphaea* 'Attraction' (red), *N. Chromatella*' (yellow), *N. 'Gladstone'* (white), *N. 'Pink Grapefruit'* (light pink/yellow), *N. 'Joey Tomocik'* (yellow), *N. 'Colorado'* (apricot) and *N. 'Pink Beauty.'* Small varieties include *N. 'Helvola'* (yellow) – featured last month- and *N. 'Little Sue'* (sunset).

Tropical waterlilies are placed in the water garden in the spring when the water temperatures reaches 70 F, that is usually the first week of June here. In this climate, tropical lilies are considered annual plants but can be saved by harvesting the tubers it may produce. (That is the subject for another article, if there is interest).

The blooms of most tropical varieties are larger in size than their hardy relatives and available in more colors, including blue/purple. The blooms of these lilies stand well above the water, making them visible from a distance. Most tropicals are day-bloomers but some open in the evening and remain open until the following morning. Tropical blooms also open and close for three days.



***N.* 'Trudy Slocum' - tropical night-bloomer**



### ***N.* 'Lindsey Woods' - tropical day bloomer**

Day-blooming tropical choices include *N.* 'Lindsey Woods' (purple), *N.* 'King of Siam' (purple), *N.* 'Kathy McLane' (pink) and *N.* 'Blue Beauty.' Night-bloomers include *N.* 'Trudy Slocum' (white), *N.* Jennifer Rebecca' (red) and *N.* Rosa

Other surface plants are water poppy, water snowflake, water fringe and floating heart. These plants grow quickly and may cover more of the water's surface than desired.

I will cover the other classifications in next month's newsletter.

# "Brianna's Kitchen Garden"

In the Kitchen – Basic Vinaigrette

*Serves as many as needed*

May is the season for baby greens. If you planted them in April as a Cool Weather Edible [*See April newsletter*] you should be ready to harvest in May. These include lettuces, spinach, beet leaves, herbs or any other immature leaf that you see. Some people even enjoy dandelion greens!

Collect a handful or two in any combination to make the start of a fantastic salad. A little cheese (like feta), some chopped fruit (like fresh strawberries or dried dates), some chopped nuts (like pecans or walnuts), and a little shredded meat (think leftover chicken or ham), and you have yourself a complete meal.

To top your salad, I recommend a basic vinaigrette. It's less of a recipe and more of a formula. Just remember 1:3 – that's 1 unit of vinegar to 3 units of oil. (For 2 people, I used Tablespoons as my unit.) You could go slightly fancier and use the formula ½:1:3. The ½ is for any optional ingredients you choose to add more flavor. Mix and match and don't be afraid to try something new.

## **Ingredients**

- Oil
- Vinegar
- Optional
  - Salt
  - Pepper
  - Garlic powder
  - Dijon mustard
  - Honey
  - Lemon juice
  - Dried or fresh herbs

## **Instructions**

1. In a large bowl, add your greens, fruit, cheese, nuts, and other toppings.

2. If you are using optional ingredients, mix them together with the vinegar. For example:
  - 1 Tbsp balsamic vinegar
  - ¼ Tbsp dijon mustard
  - ¼ Tbsp honey
  - Pinch of salt
  - Dash of pepper
3. Then slowly add your oil, stirring while you drizzle it in. For example:
  - 3 Tbsp extra-virgin olive oil
4. Whisk (or shake if you want to use a jar) until everything is combined.
5. Pour the dressing over your salad and mix with tongs until everything is nicely coated.

Source: <http://www.thekitchn.com/how-to-make-a-basic-vinaigrette-226699>

### **In the Garden – Reseeding**

If some Cool Weather Edibles are good, then more is even better.

One trick I've learned to extend my growing season for these spring-time vegetables is to re-seed. Every 2 weeks after the initial planting, I add more seeds to the garden, right on top of where I first planted. This staggers the germination and harvest dates for the plants, ensuring a longer continuous harvest. You might remember last year I was still harvesting snow pea pods in early August.

I continue re-seeding through late-June. After that, the soil is too warm for some of these plants to germinate and harvest suffers. Some of my favorite plants to re-seed include:

- Peas
- Spinach
- Lettuces
- Cilantro
- Radish

Just keep an eye on your already-sprouting plants to avoid jostling them when you plant the successive rounds.

# *Our Plant Sale*

*May 19 8am-6pm*

*May 20 8am-2pm*

824 County Rd B2 W

Roseville, MN 55113

Many more on [www.crosspollination.weebly.com](http://www.crosspollination.weebly.com) calendar

# *Plant "Imagination"*



## *Uncommon Garden Nepetas*

**Nepetas are mainstays of many gardens. The reasons are clear: a long blooming season, starting in late spring and continuing well into late summer, even fall. They are rabbit and deer resistant, and can withstand intense sun and drought.**

**The nomenclature of these plants can seem confusing. The species include *Nepeta grandiflora*, *N. sibirica*, *N. faassenii*, *N. subsessilis*, and what have you. And the common names are equally confusing: are they catmint or catnip? The answer is, it depends. Sometimes the same plant is called by different names. But the important thing for most gardeners is the actual plant.**

# Taste That!

## *Pork Lo Mein*

### **Ingredients**

1 (8 ounce) package linguine  
1/3 cup low-sodium soy sauce  
2 tablespoons rice vinegar  
2 teaspoons cornstarch  
1 teaspoon white sugar  
1/2 teaspoon sesame oil  
2 tablespoons canola oil  
2 cups snap peas  
1 small sweet onion, chopped  
12 ounces, pork tenderloin, cut into thin strips  
1 (8 ounce) package sliced white mushrooms  
1 red bell pepper, chopped  
1 clove garlic, chopped  
1/2 teaspoon chopped fresh ginger, or to taste  
2 cloves garlic, chopped  
3 green onions, sliced



### **Directions**

Bring a large pot of lightly salted water to a boil; cook the linguine at a boil until tender yet firm to the bite, 8 to 9 minutes; drain.

Whisk soy sauce, vinegar, cornstarch, sugar, and sesame oil together in a small bowl.

Heat canola oil in a large skillet over medium-high heat; cook and stir snap peas and onion in the hot oil until onion is softened, about 2 minutes. Add pork, mushrooms, red bell pepper, 1 clove garlic, and ginger; cook until pork is no longer pink, about 2 minutes.

Mix 2 cloves garlic into the pork mixture; cook for 1 minute. Pour soy sauce mixture over pork mixture; cook and stir until sauce thickens, about 1 minute. Remove skillet from heat. Add linguine to the mixture; toss to coat. Sprinkle with green onions.



<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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