



# Lake Owasso Garden Club

October

**Monday October 9, 2017**

**6:30 Social** - Member provided snacks

**7:00 Meeting** - For our October event, we'll hear from Larry Cipolla, a Hennepin County Master Gardener, who will introduce us to hydroponic gardening and tell about his experience with a year-round harvest of fresh salad green's.

**Presbyterian Church of the Way  
3382 Lexington Ave North,  
Shoreview MN 55126**

## *Presidents Message*

*The heat of the past week was like a replay of July or August. I am ready to move on to fall. Now pumpkin spice drinks and Halloween decorations in every store seems normal. Cottonwood leaves and sticks are falling in earnest. Have not seen or heard a Christmas commercial yet but only a matter of time.*

*I heard on the radio that we are in for a warmer than normal November. So we shall see if the killing frost occurs again like last year in the 11th month. We may have another long growing season. Garden on.*

*Ron Kvaas*

## *Treasurer's report*

**The TCF bank account balance is \$13,716 as of 9/22/2017**

## *Secretary's report*

Meeting notes: September 11, 2017    Members Present: 23    Non Members: 4

The Speaker for the evening was Sue Bagge, who talked about Japanese Gardens. Sue's interest in Japanese gardens started with a photography course she took at Normandale Community College when one of the class assignments was to photograph the Japanese garden at the college. She showed us common elements of Japanese gardens and then showed us some Japanese gardens she has designed in this area. They are beautiful.

Common elements of a Japanese garden are rocks, water, pruned evergreens, control, textural quality, gateways, dry sand, moss.

In some buildings in Japan, the architecture of the building's interior often frames the view of the garden. Sometimes the garden may only be seen from inside the building in exactly the perspective planned by the designer.

Ron Kvaas, president, called the meeting to order.

- Ron announced the 2018 officers. Voting will be at the October meeting.  
President - Ron Kvaas  
Vice- President - Brianna Gohde  
Treasurer - Lorene Roste  
Secretary - Dot Stewart

Brianna will assume the role of President in 2019.

- Ron will contact the current Committee Chairs about 2018 activity. If you are a current Chair and do not wish to continue, please have someone in mind to take over from you.

- The 2018 budget will be submitted in October and we will vote on it in November.
- The Plant sale was a huge success even with the rain. We made \$3658 profit. Thanks to the Plant Sale Committee, the plant caretakers, members (for plants), Kirsten for all her extras, Brianna for selling the leftover member plants after the sale, Jim and Lorene Roste for the canopy, and to Lois for the use of her property. That location works very well.
- Brianna is exploring ideas for the November meeting. She is looking into ideas for a hands-on type activity like an arts and crafts thing. Please let her know if you have any ideas. She asked about interest in activities that cost and generally people did not want it to cost too much.
- The Christmas party is planned for 12/11 at the Venetian Inn again. The cost will probably be about the same as last year.
- Ron brought up the potential for a Board meeting. Potential topics we discussed were:
  - New members and methods of attracting them. (We also discussed engagement of potential members that attend meetings.)
  - Club input on programs
  - Flower show in 2018 - is there support for it? If so necessary jobs need filling.
  - (new idea from Joyce) Members helping members with their gardens

It was decided to have a Board meeting before the October club meeting to discuss all this and more.

- Thanks to Joanne, Beth, and Marcie for the tasty treats.

## **New member benefit--Members helping members, by Joyce Lasecke**

Imagine you had a broken arm and couldn't dig up your dahlia bulbs. Or you're moving in March, and have one day in April to go back and dig up the plants in your former garden. Or you've been feeling poorly for a while and finally have some energy to get outside but amount of work is overwhelming?

Who could you turn to for help who knows what to do?

Quite a few of your fellow garden club members are ready to help!

We are assembling a team of volunteer members who are ready and able to help with specific, one-time or periodic needs. The only commitment is to be on an email list so that when a request comes in, you'll get notified and can let the coordinator know whether you can help.

Please contact me at [joyce.lasecke@gmail.com](mailto:joyce.lasecke@gmail.com) if you'd like to be on the email list and/or you have a request for this fall.

For longer term needs, we will be assembling a list of professional gardeners to refer members to. If you use a gardener who you'd recommend, please feel free to pass their name along to me.

# "Just Add Water"

## Articles and Photos by Soni Forsman

### Winterizing the container water garden

It is officially fall. That signals time to begin thinking about how-to winter a container water garden. Experiencing unseasonably warm temperatures, it is difficult to even consider this topic, but it will need to be done sooner rather than later.

#### Container

Remove all the plants and dump the water. Scrub the container and store dry in a garage or storage shed. If it has monetary or sentimental value, you might want to bring it inside.

#### Bury marginal plant(s)

Hardy marginal/upright plants are easy to hold over for next year. Dig a hole as deep as the tallest pot and as big as the number of pots to be buried. Cut back the foliage to a height of one to two inches. Place the pot(s) in the hole, water well and refill with the dirt removed. If fall rains are scarce, continue to water the area until the ground begins to freeze. Then spread a thick layer of leaves over the area and beyond.

*As the weather warms* in the spring, rake off the leaves. About a week later, carefully dig up the plant(s), hose off and place in a shallow container of water in a sunny location. New growth may be present when dug or it will come on later. Be patient! Once the growth is several inches tall, the plant(s) is ready for the final move into the container. Or, may be it should be divided before the above step. Either way, fertilize with an aquatic fertilizer when moving.

#### Bucket waterlily

Pinch off the waterlily pads. Leave any newly emerging pads intact. Keep the waterlily in its planting container and put in a four- or five- gallon bucket filled with water. Place that in a dark above freezing location – 35 to 45 degrees is perfect. If you don't have the ideal spot, put it somewhere dark even if at room temperature. Hardy waterlilies are forgiving.

*In early spring* (late March/early April) move the waterlily in its bucket of water outside to a sunny location. If growth is present, leave be until the new green pads appear. The ugly white winter stuff will eventually fall off and can then be removed from the bucket. It will survive below freezing temperatures at night and even a coating of ice as long as the temperature climbs above freezing during the day. During an extended cold snap or a very cold night, toss a protective covering over the bucket. Spring is the time to divide if necessary. Fertilize when putting into the decorative container.

## Tropical options

Tropical upright (marginal) plant can either be added to the compost pile or taken in and treated as a houseplant. If that is your decision, keep them very moist or sit it in a container of water, assuming the growing pot has drain holes. If not, it would need to be submerged in water. Toss the floating plants, water hyacinth and/or water lettuce, and the trailing parrot feather, if used. The Tut family (Cyperus spp.), King, Prince and Baby Tut are examples of tropical plants that make good houseplants. Pack the bulb-like roots of cannas and taros (Colacasia spp.) in slightly moist peat moss. Replant in the spring. I recommend these wintering suggestions not only for plants from container water gardens but also for water gardens that are too small and/or shallow to protect the plants over the winter. I also use the burying method for all marginal plants considered hardy to zones 5 or 6 and for bog plants, those that prefer moist not wet conditions. It has been my experience that marginal and bog plants hardy in zones 2-6 prefer to winter outdoors rather than inside.



Small waterlily is ready for its winter nap - foliage pinched back with a young pad emerging. It will now be placed in a bucket of water and placed in a dark location with a temperature above freezing. Name is written on the white stake with permanent magic marker.



**Hardy marginal plants snugged together in preparation for winter.  
The hole will be refilled with dirt and mulched heavily.**

# "Brianna's Kitchen Garden"



## St.Hedwig's Day

My mother had a family garden when growing up and one of the things she taught me was about "Sweetness Day." More officially, it's St Hedwig's Day or *Sw. Jadwiga*, a traditional Polish harvest holiday. Polish legends tell you fall crops like beets, cabbages, carrots and other root crops should be picked on or just after October 15 because St Hedwig sweetens these crops if they are left in the ground until then. One old Polish song goes like this:

*Sw. Jadwiga - jesli deszcz nie pada-  
To do kapusty Pan Bog miodunada.  
On St. Hedwig's, if it's not raining,  
God grants honey to the cabbage.*

There is some science to this. Vegetables – and all plants – contain a combination of sugars and starches. Energy for the plant is stored as a starch and converted to sugar as the plant needs it to grow. When temperatures drop, the rate of sugar conversion increases, possibly to protect the plant from frost damage. The result of this extra sugar is a sweeter vegetable. This conversion and make even notoriously bitter vegetables – like Brussels sprouts and kale – taste sweeter than normal.

St Hedwig's Day is on Sunday, October 15, 2017 this year. Be sure to leave your roots in the ground until mid-October, or until we've had 1 or 2 hard frosts.

Ready for harvest in October (after a frost or two): Beets, Brussels Sprouts, Cabbage, Carrots, Kale, Leeks, Lettuce, Parsnips, Potatoes, Rutabagas, Swiss Chard, Turnips, and Winter Squash (acorn, butternut, pumpkin, etc).

Source: <http://culture.polishsite.us/articles/art216fr.htm>

## Chicken, Parsnip & Apple Stew

*Serves 4*

Fall is a great time for warm, cozy dishes. It's also when apples and root vegetables shine.

If you've never tried a parsnip, I highly recommend it. Parsnips look like white carrots and have a sweeter flavor with a slightly earthy hint to it. Often, you'll find them coated in wax if bought from a store; this helps to keep the skin white and prevent oxidation. (Much like apples and potatoes, parsnips start to brown once cut.) They are a real delight in the cold season but often ignored. They are also easier to grow than carrots and, if you have the space, you should definitely try it out.

This recipe cooks fall fruits and vegetables until they are soft and then purees half of them to make a creamy stew base for the rest of the vegetables. Alternately, you can puree the whole thing and enjoy a "Cream of Parsnip and Apple" soup. The recipe, like many stews, is flexible. Chicken is an obvious addition to the stew though pork can be delightful as well. Feel free to experiment by adding other ingredients like white beans or sweet potatoes.

Try this with the mini Irish Soda Breads from the April newsletter for a complete and tasty meal.

*SEE PHOTO BELOW*



## Chicken, Parsnip & Apple Stew

### Ingredients

- 3 Tbsp olive oil, divided
- 1 small onion, chopped
- 1 carrot, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 Granny Smith or Haralson apple, peeled and chopped
- 1 tsp fresh rosemary, chopped
- ¼ tsp salt
- ⅛ tsp freshly ground pepper
- 14oz chicken broth
- 1 c water
- 1 tsp cider vinegar
- *OPTIONAL* 8oz chicken breast, cut into bite-size chunks
- *OPTIONAL* 1 can white beans, drained<sup>[SEP]</sup>

## **Instructions**

- Heat 2 tablespoons of oil in a large pot over medium-high heat.
- Add onion, parsnips, carrot, apple, rosemary, salt and pepper and cook, stirring often, until the vegetables begin to soften, about 8 minutes.
- Add broth and water and bring to a boil over high heat. Reduce heat and simmer until the vegetables are very tender, about 10 minutes. (You should be able to easily poke a fork through a carrot piece.)
- Transfer the soup to a blender. Add vinegar.
- Cover the blender and pulse until it forms a chunky puree. Be careful when pureeing hot liquids. (See NOTE below.)
- Clean the soup pot. Add the remaining 1 teaspoon oil and return it to medium-high heat.
- Add chicken and cook until lightly browned, 3 to 4 minutes.
- Pour the soup back into the pot. Heat through, scraping up any browned bits from the bottom of the pan, about 1 minute. Taste test and add more salt and pepper as you like.
- Cover and refrigerate or freeze for up to 3 months.

NOTE: When pureeing hot liquids, they can splatter out of a blender when it's turned on. To avoid this, remove the center part of the lid and loosely cover the hole with a folded kitchen towel before turning the blender on. Better airflow will keep the contents from spewing all over the kitchen—and yourself.

Source: <http://www.eatingwell.com/recipe/251876/chicken-parsnip-apple-stew/>

# *Plant "Imagination"*



*Daytime in the Chinese Garden*

## *Montreal Botanical Garden*

### *'Gardens of Light 2017'*

*There was so much to see that it took about 12 hours to see the gardens and then the Bio-dome, and finally the Planetarium. The Bio-dome sectioned off each area and matched the climate to the animals and plants. Hot and humid in one area and cold with snow where the penguins were. It was a combination of plants and animals.*



*We spent the day then went back for the light show in the Chinese Garden*

## ***Montreal Botanical Garden***

### ***‘Gardens of Light 2017’***

*It was so popular it took over an hour just to get in and then it was shoulder to shoulder for the light show. The gardens during the day were great – so much to see!*

# Taste That!

*Pulled Pork Nachos ----- Pulled from a Canadian newspaper article while on vacation.*

## **INGREDIENTS:**

**2-3 cups of pulled pork**

**1 cup pulled pork sauce**

**Nacho chips**

**1 cup Mexican blend shredded cheese**

**1 cup black beans**

**Sour cream**

**Salsa Verde – green sauce**

**Chives or green onions**

**Your favourite nacho topping**

## **DIRECTIONS;**

**Prepare the pulled pork and pulled pork sauce. Mix 2-3 cups of pulled pork with 1cup sauce. Turn the broiler on and slightly brown the pulled pork mixed with the sauce for 15 minutes tossing occasionally.**

**In a shallow pan, spread a layer of nacho chips. Add the pulled pork. Then scatter the black beans over the pulled pork. Spread the shredded cheese over the top. Return to oven and broil for five minutes until the cheese is just melted. Garnish with a dollop of sour cream and sprinkle some chopped chives or green onions over the top. Serve with a side of Salsa Verde or your favourite salsa.**



<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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