

For the Holidays

Athens Community Garden Club will decorate public building and signs in the village on December 2 with sprays created by members; on December 11 a holiday tree will be decorated for display at the Athens Cultural Center.

"Celebrating Winter" is the theme for the **Blue Creek Garden Club's** decorations at the Pruy House, Old Niskayuna Road, Newtonville. Hours are 10-4 Saturday, December 4 and 12:30 p.m. Sunday, December 5.

Catskill Garden Club's "A Garden Club Christmas," featuring a cookie walk and handcrafted items, will be held at the Beatty Powers House, Catskill December 4, starting at 10 a.m.

For "Christmas by the River" in downtown Coxsackie December 5, the **Coxsackie Garden Club** will provide decorations at the Hermance Library and in boxes in the village. The club will sell handcrafted items and baked goods at the library.

Columbia County garden clubs will decorate the Vanderpoel House, Broad St., Kinderhook, with evergreens for its Greens Show December 3-5.

The Garden Club of Kinderhook will decorate Lindenwald, the Martin Van Buren National Historic Site, Rte. 9H, Kinderhook, for its annual candlelight tour December 3.

Guilderland Garden Club will decorate the Mynderse-Frederick House, Rte. 146, Guilderland, on the theme "Holiday Sights and Delights." Co-sponsor of this greens show is the Guilderland Historical Society. Hours are Friday., December. 3, 4-8 p.m.; Saturday, December 4, 1-6 p.m. and Sunday, December 5, 1-5 p.m.

On December 2 the **Schoharie Valley Garden Club** will set up and decorate a holiday tree at the Old Stone Fort Museum Festival of Trees.

Director's Message

HAPPY FALL TO ALL!

Where does the time go? It seems that I have just sent in my greetings to the editor.

The colors have been beautiful this fall, but the winds are taking the leaves off the trees very fast. I am saddened to know that winter is on its way. Reports are that we will be having a bitter, harsh, snowy winter. I hope they are wrong. I don't enjoy plowing snow, and the cold winds are not my favorite.

Our gardens are being put to bed for another season. The mums are adding so much color when other flowers are gone. We really are blessed with the four seasons. They are all so different. We look forward to each with great anticipation.

Birds are beginning to savor the food we put out for them. They, too, like the gourmet brand. I felt they were not eating the thistle seed and sunflower seed as they usually did. Well...I have spoiled them. I saw a bag of mixed seeds (sunflower hearts, nuts, raisins, cracked corn, etc.) on sale. I bought it. Now, I can't keep the feeders filled. Of course, now it's not on sale. I am enjoying the many birds that come to the feeders, so can't complain. They don't feel the economic crunch!!!!

I hope all that attended the fall District meeting enjoyed their day. It is always so

Continued from page 1

good to greet friends and make new ones.

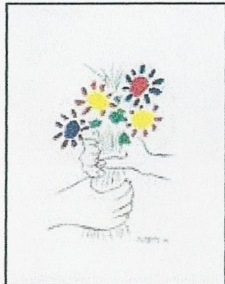
Have a wonderful Holiday Season. It is such a wonderful blessed time of year. Enjoy all the parties, get-togethers, family and savor every minute. So many clubs will be doing special holiday decorations and parties. I just love them all.

Until next time,

Marie

The Federated Garden Clubs
Of New York State, Inc.

*Gardening . . . hands that make
souls bloom.*



*The 86th Annual Meeting and
Installation of Officers*

March 29 – 31, 2011

*Gideon Putnam Hotel
Saratoga Springs, N.Y.*

Please save these dates and join us as we honor and roast our past President and install and support our new officers.

The Hyacinth Bean

Years ago, while visiting Thomas Jefferson's home, Montecello, I saw a beautiful vine growing in the arbor of the kitchen garden. The guide said that it was a hyacinth bean, (*Dolichos lablab* also known as *Lablab purpureus*). Seeds were available in the gift shop, and I purchased some and brought them home. At that time, I was living in southern Westchester County, in a Zone 6 climate. The first summer the vine, planted in June, covered the fence along my driveway by mid-summer and lasted until frost.

I did a little research and learned that, although grown mostly as an ornamental here, in other parts of the world, this native African tropical plant is grown as a food crop. hyacinth bean seeds, when raw, like lima beans, almonds, and countless other seeds, are poisonous. However, when properly cooked, the seeds, pods and flowers are edible.



This past summer I saw some hyacinth bean seeds for sale and decided to try to grow it again, this time at our Malden Bridge home, a Zone 4/5 climate. I planted it to climb on two trellises on the back of my garage, essentially an eastern exposure, which gets direct sun until about noon. It was easy to grow, and soon filled the trellises. It started to bloom by mid-summer with clusters of delicate rose-purple flowers that look like sweet peas. These were soon followed by dark maroon seed pods, each about four to five inches long. As the vine matured, the pods dried and shriveled. Inside each pod was a jet black seed with a white ridge along one edge. It can be used in crafts as well as to plant. I'll save the seeds to plant next year for another beautiful show.

Kathryn Biggs.

Garden Club of Kinderhook

FALL DISTRICT MEETING - "OCTOBER ODYSSEY"



Presenter Cathy Miller (left) and her long-time friend and assistant Muriel.

At this October 28th gathering at Pegasus Restaurant in Coxsackie, the following Third District officers were elected, to take office in April, 2011:

Director: Reneta Benenati

First Assistant Director: Marilyn Ryan

Second Assistant Director: Marge Lansing

Recording Secretary: Audrey Christman

Corresponding Secretary: Dale Craft

Treasurer: Beverly Kallner

Assistant Treasurer: Jean Smith

more pictures page 8

Epsom Salt...Not Just for Roses

In our back-to-basics approach to growing healthy, vigorous plants and flowers, the use of Epsom Salt is gaining new fans. A recent article on the Internet indicated the use of Epsom Salt can

- Help seeds to germinate
- Make plants grow bushier
- Produce more flowers and fruit
- Increase chlorophyll production
- Improve phosphorus and nitrogen uptake

Some tips on using Epsom Salt for your plants and garden:

Houseplants: 2 tablespoons per gallon of water; feed plants monthly Tomatoes: 1 tablespoon per foot of plant height per gallon of water per plant; apply every two weeks. Roses: 1 tablespoon per foot of plant height per gallon of water per plant; apply every two weeks. Also scratch $\frac{1}{4}$ cup into soil at the base to encourage flowering canes and healthy new basal cane growth. Spray with solution weekly to discourage pests. Shrubs ,including azaleas, rhododendron and evergreens: 1 tablespoon per gallon of water per 9 square feet; apply over root zone every 2-4 weeks. Lawns: Apply 3 pounds for every 1,250 square feet with a spreader, or dilute in water and apply with a sprayer. Trees: Apply 2 tablespoons per gallon of water per 9 square feet of root zone 3 times annually.

So search your bathroom sink. Somewhere in the back corner you probably have a carton of Epsom Salt. Pull it out and try it out on your garden. Your plants will thank you!

Kathryn Shubar,
NY State Horticulture Chairman

Club News

Park Renovation

Ronnie Marquoit, president of the Catskill Garden Club, stands with bluestone mason, Ward Osborn and wife Karen in Leggio Park, Main St., Catskill. The club completely renovated the park, with Ward placing a bluestone walkway and patio. In addition to the walkway, four memorial benches, five perennial flower gardens, ornamental grasses and yucca were added to this oasis. In the future, the club will add a sculpture, "Winter Flower" by Alex Kveton.



A Step Back in Time



Bronck House Museum Curator Shelby Mattice (back to camera) describing the history of the Bronck House to members of the Greene-Schoharie Counties Garden Clubs during their tour of the Hudson Valley's oldest homestead located in Coxsackie, N.Y.

Members of garden clubs from Greene - Schoharie Counties gathered at the Bronck House Museum in Coxsackie to take part in a tour of the Hudson Valley's oldest homestead. Labeled "A Step Back in Time," the tour began with a history of the Bronck farm by museum curator Shelby Mattice, followed by guided explorations of the eleven remaining structures on the farm.

After the tour, Athens, Catskill, Clematis, Coxsackie and Schoharie Valley Garden Club members, as well as other visitors and guests, gathered at Pegasus Restaurant for a luncheon. A presentation by flower designer and art historian Jeanne Cameron followed. With the use of a slide show Ms. Cameron presented a discussion on the history of flowers from ancient times to the present and the ways they have been used for inspiration and healing, as well how they affect the human body, mind and spirit.

Greenport Garden Club Shares Bounty of Flowers

For a second year the Greenport Garden Club is making arrangements for the Department of Human Services in Hudson. For 12 consecutive weeks club members took turns making arrangements and bringing them to the reception area. The program began last year, headed and coordinated by Cynthia Atkinson, garden club member. The response very favorable, as the public loved seeing the new arrangements each week. Each Monday morning an arrangement arrived designed by a garden club member. Cutting flowers from their gardens, arranging them and sharing them brought joy to everyone. Pictured is club designer, Kathy Bucholsky, with her assortment of cut flowers.



Dried Flowers Workshop

On a rainy late September day, fourteen women gathered in Renee Benenati's barn in Kinderhook to create dried floral centerpieces for the "October Odyssey" fall District meeting. Audrey Christman drove a long distance to share her expertise in designing contrived flowers. She brought several dozen beautiful examples and showed how they were constructed out of thistle, honesty, pinecones, paper twist, etc. It was both inspiring and fun.

Taking part in the workshop were Antoinette Babb, Renee Benenati, Audrey Christman, Lorraine Doldema, Olive Felio, Beverly Kallner, Marie Muller, Kit Ritz, Joan Robinson, Marilyn Ryan, Jean Smith, Yetta Teo, Eillen Ullman and Janet Wierzchowski.



Awards – presented at “October Odyssey”

District Awards

Yearbooks

Class I: First—Catskill GC; Second—Coxsackie GC

Class II: First—Blue Creek GC; Second—H. Gilbert Harlow GC; Third—Greenport GC and Saugerties Society of Little Gardens; HM—Schoharie Valley GC, Tongore GC and Little Gardens Club of Kingston

Class III: First—Germantown GC

Class IV: First—Shawangunk GC; Second—Community GC of Marlborough; Second—GC of Kinderhook; Third—Garden Study Club of Albany; HM—Athens Community GC

Flower Shows

Schedule Citations: Germantown GC, GC of Kinderhook

Show Citations: Germantown GC, GC of Kinderhook

Peg King Memorial Flower Show Citation and \$50 check: GC of Kinderhook

Publications

#76A: Greenport GC newsletter (20-29 members)

#76A: GC of Kinderhook newsletter (68 members)

#76B.c: Columbia County Garden Clubs—cookbook

Special Achievements

#3A: Greenport GC

#3B: Columbia County Garden Clubs—“Down on the Farm” county fair exhibits

#27: Columbia County Garden Clubs—Columbia County Day

Director’s Awards

Jan Hartmuller

Marge Lansing

State Awards

Increase in Membership

Blue Creek GC, Catskill GC, Clematis GC, GC of Kinderhook, Garden Explorers, Germantown GC, Greenbush GC, Greenport GC, Pine Plains GC, Saugerties Society of Little Gardens, Tioronda GC, Tongore GC, Western Hills GC, Woodstock GC

Anniversary Citations

50th Anniversary—Greenbush GC

60th Anniversary—New Paltz GC

60th Anniversary—Ulster GC

70th Anniversary—Coxsackie GC

85th Anniversary—Community GC of Marlborough

Club Recognition

Germantown GC, Schoharie Valley GC and Saugerties Society of Little Gardens

President’s Proud Pedestal Pin

Maureen Nippert—Schoharie Valley GC

Emily Marchetti—Little Gardens Club of Kingston

Susa Campbell—Saugerties Society of Little Gardens

Yearbooks

Class I: HM—Catskill GC

Class II: HM—Blue Creek GC

Class III: First—Germantown GC

Class IV: HM—Shawangunk GC

Youth Poetry Contest

Fourth Place: Leonardo Waytowich—Athens Community GC

Poetry Booklets (11) for each person listed in the booklet—Athens Community GC

FGCNYS, Inc. Celebration Booklet

In appreciation for their support by being a donor, a copy of the booklet has been presented to Schoharie Valley GC

National Awards

Net Membership Increases

Blue Creek GC, Catskill GC, Clematis GC, GC of Kinderhook, Garden Explorers, Germantown GC,

Greenport GC, Greenbush GC, Pine Plains GC, Saugerties Society of Little Gardens, Tioronda GC, Tongore GC, Western Hills GC, Woodstock GC

Net Life Membership Increase

Third District

Certificate of Appreciation of Award Participation

Germantown GC

Memorial Certificates

"Remembering Our Garden Club Friends"

Helene Farrell—Schoharie Valley GC

Sue Klose—Schoharie Valley GC

Margaret Tiedtke—Saugerties Society of Little Gardens

Don't Forget Our Feathered Friends This Winter

SPECIES	MIXED SEED	SUET	NYJER	SUNFLOWER	TRIVIA
Black-capped Chickadee	•	•		•	First at the feeders, year round resident
Tufted Titmouse	•	•		•	Formerly only a southern states bird.
White-breasted Nuthatch		•		•	Year-round resident, bigger of the two.
American Goldfinch			•	•	Prefers nyjer; olive green in winter.
Slate-colored junco	•				Most common feeder bird in U.S.
Blue Jay	•	•		•	Relative of the crow.
Mourning Dove	•				Formerly only a southern states bird.
Tree sparrow	•				Red cap, red line thru eye, sooty breast spot, winter resident
Song sparrow	•				Comes back early March, stays late into November
Red-winged Blackbirds	•				February arrival.
House finch	•			•	Formerly only a west coast bird.
Downy /Hairy Woodpecker		•		•	Year-round resident
Rose-breasted Grosbeak				•	Summer only.
Red-bellied Woodpecker		•		•	Loves peanuts
Eastern Bluebird					Rarely comes to seed feeders; install a properly proportioned nest box instead.
American Robin					Rarely comes to seed feeders; usually nests in close proximity to homes.

“October Odyssey”



*Designs
by
Cathy
Miller*



*Ceramic birdhouse, raffled
as a State fundraiser*



*Yearbook
winners
display*

Digest copy deadlines are January 15, April 15, July 15 and October 15. Send copy to Maryann Weber, 2300 Spruce Drive, Valatie, NY 12184 or junco@fairpoint.net. I prefer e-mailed JPEG pictures but can also scan in print copies.