

# Clear Lake Trowel & Trellis Garden Club



Clear Lake Trowel & Trellis Garden Club (CLTTGC) is a member of Mendo-Lake District Garden Clubs, California Garden Clubs Inc (CGCI) and the National Garden Clubs Inc (NGCI). We were founded on September 21, 1955, by five women who wished to create and promote interest in amateur gardening in Lake County.

September 2013  
Vol. 1, Issue 1



## 2013-14 Officers:

### President:

**Carol Dobusch**

### Vice President:

**Marva Brandt &  
Susan Buckles**

### Treasurer:

**Debra Watson**

### Secretary:

**Helen Turley**

### Parliamentarian:

**Jo Shaul**

[www.clttgc.org](http://www.clttgc.org)  
See us on Face

## Chores: Aug/Sep

- \* Pull up spent summer veggies & amend the soil by digging in 4" of compost.
- \* Sow seeds of lettuce, peas & radishes.
- \* Pick stone fruit like apricots, nectarines & peaches.
- \* Be sure to thin apples.

## DOWN TO EARTH with President Carol

Charles D. Warner (1829-1900) wrote - "To own a bit of ground, to scratch it with a hoe, to plant seeds, and watch the renewal of life - this is the commonest delight of the race, the most satisfactory thing a man can do."

Undoubtedly, many of you share Warner's passion for gardening and have gardened for many years, even most of your life. For me, though, gardening is a new adventure, and if I were any more unknowledgeable about it, I'd have to be watered twice a week. While some of you were 'drinking from the fountain of gardening knowledge, I only gargled! In fact, all I knew about gardens until adulthood was how to play in them. And actually, maybe that part's not so bad. Let me explain.

One of the most thought-provoking novels I've recently read, Last Child In The Woods by Richard Low, describes the all-too-frequent disconnect that many children today have with nature, a lack of exposure so serious that it has acquired a name: **Nature-Deficit Disorder**. Some researchers suggest that children born between 1946-1964 may constitute the last generation of Americans to share an intimate attachment to the land and water. We who are older knew farmlands or forests at the suburban rim or had farm-family relatives. Today, many children are not so lucky. Life for them is played on an inside court.....a computer screen, a television set, a smart phone, etc. And the consequences are serious: obesity, attention disorders, depression, reality issues, and more: *hence the national movement to 'leave no child inside,' which is gaining great importance.*

John Burroughs wrote, "I go to nature to be soothed, healed, and to have my senses put in tune once more." There is a definite sensory magic that occurs when people - young or old - are exposed to even the smallest direct experiences of a natural setting.

For that reason alone, gardening supplies a valuable role. It is in the garden where we can **create** and experience new growth; where we can **enliven** space with color, shape, imagination; and where we can **elevate** our spirits beyond the pressures of everyday life. How fortunate that our Lake County youth have school and after-school opportunities to unplug themselves from electronic devices and to get outside in nature. How fabulous that we older folk have gardens to dig in and paths of nature to admire!

I still don't know much about gardening, but I sure agree with Rachel Carson's assertion: "Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."

Happy Gardening!!! **CREATE, ENLIVEN, ELEVATE**



## SEPTEMBER HOSTESSES



**Sue Gardner-Neumann**  
**Diane Neilson**  
**Helen Turley**



## SUNSHINE REPORT by Nancy Benkelman

Know a member who could use some sunshine right NOW!!!- Nancy would love to brighten-up their day with a cheery card. Please don't fall into that idea that she already knows or someone else will tell her, (maybe it is you).



*Green Thumbs Up*



### CONGRATULATIONS!!!

Many of you had entries in the Lake County Fair. Some of the ribbon winners were:

**Jo Shaul (a Best-In-Show), Claire Grieve, Barbara Swanson, Jo Jameson, Michelle Wisler, Linda Pyers, and Carmen Carpenter (still going strong).** I probably missed a few - sorry. I just love seeing your creativity and artistic designs on



**2013-14 Planning Meeting**



## Penny Pines Report

As of July, 2013, we have raised \$4,352 and locally planted 64 acres.

### CONGRATULATION

**James Harvey**

**63rd Plantation recipient.**

An individual or organization can contribute \$68 toward the cost of planting seedlings on about one acre of National Forest land in California (& receive a Penny Pines certificate). More information is in your Yearbook or contact **Joyce Porterfield (or Ann Blue)**.

FOOTNOTE: **Hans Dobusch** is our Tree Chair this year. Please help with the tally by informing him of how many and what kind of trees you planted for the calendar years of 2013 & 2014.



### MENDO-LAKE DISTRICT GARDEN CLUBS (196)

Clear Lake Trowel & Trellis (58+2 members)  
Fort Bragg (36 members)  
Ukiah (84 members)  
Willits (18 members)



*What lies behind us and what lies before us are tiny matters compared to what lies within us.*  
**Ralph Waldo Emerson**



**HAPPY BIRTHDAY!**

Summer Babies  
Doris Ellsworth - Sep 1  
Michelle Wisler - Sep 12



## Green Thumbs Up



To **Susan Buckles & Marva Brandt** for gathering speakers, programs, field trips, etc (looks very exciting!!!). To **Carol Dobusch & Linda Pyers** putting together the Yearbook and Trellis Talk. And to the **many others** who are preparing for this coming year.



## June 2013 Officer Installation



### DOWN THE GARDEN PATH GARDEN TOUR UC Master Gardeners of Napa County

We hope you will join us for our 5th annual garden tour, "Down the Garden Path." The tour includes six unique gardens and the UC Master Gardener Demonstration Garden at Connolly Ranch. All gardens are located in and around downtown Napa. For the first time this year, this self-guided tour will be held in the fall to showcase gardens in their late summer and early fall glory.

Each garden is full of ideas to take home and try in your own garden. Master Gardeners will be available to answer your questions, provide information and handouts from the University of California Cooperative Extension.



Lost the Lawn The front of this charming corner home in the heart of downtown Napa was formerly highlighted by a turf lawn shaded by mature elm trees.

Gardening with Nature The beauty of nature abounds everywhere you look on this expansive 3-1/2 acre property.



The Gardens at Connolly Ranch The focus here is showing Napa home gardeners how to make and tend various kinds of gardens using research-based good gardening practices.

Focus on Food Imagine going to your garden to pick something perfectly ripe and delicious for your meals every day...and being able to share your abundant harvest with people who aren't able to grow their own



Water Wizardry A beautifully restored 1928 California bungalow on a corner lot in downtown Napa is a perfect showcase for drought resistant landscaping.

Gardening on the Rocks Driving into the eastern hills above downtown Napa, you will find yourself at a beautiful home surrounded by a challenging hillside garden.



## Help Wanted

Please provide your knowledge and practical use of herbs. Do you add *tarragon* to your eggs in the morning? What wonderful family recipe do you make using ?????? When you plant your garden herbs, do you plant something beside them to keep the insects away? President Carol and I (Linda Pyers) want to highlight herbs this year. Send them right away so I can gather as many as I can for each Trellis Talk. Maybe you take something for a sore throat. Please send only tried and true remedies. I will try to post as many as I can. THX for your help.

**My herb definition:** a plant with medicinal, culinary, and aromatic properties.

Suggestions: Basil, Bay, Chives, Cilantro and Coriander, Dill, Lemon Balm, Lovage, Mint, Oregano and Marjoram, Parsley, Rosemary, Sage, Tarragon, Thyme.



### LAVENDER CREAM SCONES Helen Turley

2 cups all-purpose flour  
2 tsp. sugar  
1 tsp. salt  
1 tbsp. baking powder  
1-1/2 tsp. dried lavender buds  
Approximately 1 cup heavy cream  
Preheat oven to 425 degrees F  
Sift the dry ingredients together into a large bowl  
Add lavender and blend to distribute evenly  
Gradually add just enough cream to form a soft dough  
Knead lightly on a floured board, handling the dough gently to retain the air needed for the scones to rise  
Roll out to 1/2 to 3/4 inch thickness and cut into 2 inch rounds with a cookie cutter or sharp knife  
Arrange on an ungreased baking sheet, leaving a 1/2 inch space between them  
Bake for 10 – 12 minutes, or until golden brown  
Make 8 scones

### Lavender Bath Elixir

To restore aching limbs try a handful of this lavender elixir in your bath water. Mix together 1 cup each of dried lavender blossoms, dried comfrey leaves, and Epsom salts. Place about 3/4 cup of this mixture in a piece of muslin and tie it securely with a string. Let hot tap water run over it and add a few drops of lavender oil to scent the water. A 20-minute soak will leave you feeling refreshed and sweet smelling. ukn



### THE OLD POT-POURRI JAR

The sun is down and the daylight past  
And the fire is burning low,  
And through the gloom of the ancient room  
Dim phantoms come and go.

They are conjured up by the subtle scent  
Belonging to day's afar,  
Which my fingers press, from the deep recess  
Of an old pot-pourri jar.

There, hand in hand, down the long oak room  
A youth and a maiden pace -  
And I know love lies in the youth's dark eyes,  
While they rest on the maiden's face.

Across the spinnet's long silent keys  
I can see fair fingers sweep,  
While from it arise low harmonies,  
And I bow my head, and weep;

Till steps and voices destroy the spell,  
And I dry my foolish tears,  
And the youth and maid and the old airs fade  
Back into the bygone years.

They were conjured up by the subtle scent  
Belonging to days afar.  
Which my fingers press from the deep recess  
Of an old pot-pourri jar!

Helen Marion Burnside

## HERBS ANY THYME



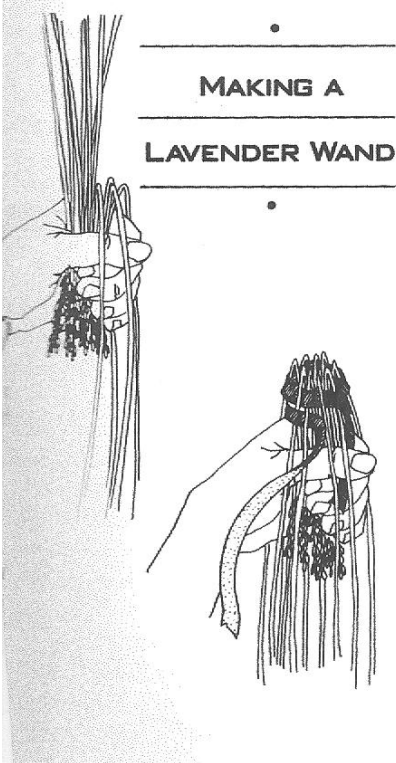
Lavender, known botanically as *Lavandula*, belongs to the Lamiaceae or mint family. Although it has been common in European and American herb gardens for decades, only recently has it been widely used by home gardeners and landscape designers. Even so, lavender is one of the most popular herbs in the world, loved for its rich, highly scented, summer fragrance. It finds its way into perfumes, soaps, oils, powders, potpourri blends, and sometimes in culinary seasoning. Historically, lavender was even used in medicine.

Lavender is native to the Mediterranean region and is also found as far east as India. Nearly 20 species have been identified, but most of them are not hardy below 25<sup>0</sup> F. Dozens more cultivated varieties are grown in home gardens or in commercial fields. Varieties with reliable, recurrent bloom are relatively new in the nursery trade. Look for Dark Supreme (*L. angustifolia* 'W.K. Doyle'), Two Seasons (*L. a* 'Irene Doyle'), and Short 'n Sweet (*L. a* 'Susan Belsinger') for varieties which bloom early in the season and again in early autumn until the first frost for special treats.

There are many examples of interesting lavender lore with which you may be familiar.

- Lavender is the flower of devotion; use it in wreaths, sachets, and oils as a message to a loved one or friend.
- A sprig of lavender worn under one's hat was an English remedy for a headache caused by nervousness.
- A favorite herb for the bath in Greek and Roman times, the word lavender comes from the Latin verb *lavare* (TO WASH).
- It is said that Queen Elizabeth was never without lavender conserve on her table.
- The flower and young shoots of lavender have been used in solution for mouthwash and gargle. With regular use, it was believed to promote healthy gums.
- An ancient superstition stated that a person who carried a piece of lavender would be able to see ghosts.
- A few drops of lavender oil in a footbath are said to relieve fatigue.
- The 18 to 24-inch long stems of English Hedge lavender are excellent for use in Victorian 'magic wands'... also called lavender sticks or in Britain, lavender bottles.

WATCH FOR OUR FIELD TRIP IN JUNE 2014



1. Pick the lavender in mid- to late morning after the dew is off the flowers but before the heat of the day. With thread or rubber band tie an odd number (start with 13) of *freshly* picked lavender stems securely together just below the blossoms.

2. Hold the blossoms upside down (stems upward) in your non-dominant hand.

3. Carefully bend the stems down one by one, to form an umbrella shape.

4. Secure the end of the ribbon (at least three yards long, 1/4" wide) under your thumb.

5. Begin weaving the free end of the ribbon in and out of the stems (over one, under one). The first two rows are the most difficult, as the stems tend to flop over, cross, and slip around. Be patient.

6. After four or five rows let go of the flowers and bend the stems down to form the handle. If your weaving looks untidy, take a toothpick or crochet

hook and smooth and tighten the ribbon, starting at the top and working down. Be careful not to pull so tightly that the ribbon becomes stained by the green stems.

7. Continue weaving until all the blossoms are encased.

8. Wind the remaining ribbon around the stem and pin to secure. Let the wand dry for two weeks in a warm, dark, well-ventilated place.

9. The stems will turn light brown and will shrink. After the wand is dry, trim the stems and tighten the ribbon with a crochet hook if necessary. (Do this carefully, as the stems are quite brittle.) Wrap the remaining ribbon around the handle stems and secure with matching thread. A bow may be added. ❧

*Barbara has contributed articles on Lavender Wand Making to Organic Gardening (July 1983, pages 66-67) and to The Pleasure of Herbs by Phyllis Shaudys.*

## Clear Lake Trowel & Trellis Garden Club

www.clttgc.org

Return mail: President Carol Dobusch  
7075 Kelseyville Creek  
Kelseyville, CA 95451-8023



The club meets at 12:00 pm  
on the 3rd Tuesday of the month.  
Scott's Valley Women's Club House  
2298 Hendricks Road in Lakeport

### Garden Club Affiliates

- **National Garden Clubs, Inc.**  
([www.gardenclub.org](http://www.gardenclub.org))  
National President: Linda Nelson
- **Pacific Region**  
([www.pacificregiongardenclubs.org](http://www.pacificregiongardenclubs.org))  
Director: Elaine Gunderson
- **California Garden Club, Inc.**  
([www.californiagardenclubs.org](http://www.californiagardenclubs.org))  
President: Rita Desilets
- **Mendo-Lake District Garden Club**  
([www.mendolakedistrict.org](http://www.mendolakedistrict.org))  
District Director: Rhea Pitchard

# CREATE, ENLIVEN, ELEVATE



## Forget-me-nots

SEPTEMBER 2013

Garden Therapy- see changes in yearbook.

- 10 Lake KaBa-Tin Redbud Flower Arrangers  
10am St John's Episcopal Church  
1190 N Forbes St, Lakeport  
'Underwater Design'
- 17 Regular Club Meeting  
11:00am Board/Committee Meeting  
12:00pm Social Time  
12:30pm Program: 'It Begins with the Soil'  
Paula Werner and Marva Brandt  
Master gardener G.R.O.W. Workshop  
1:00pm Flower Roll Call  
1:30pm Business meeting
- 20 11:00am (Fri) Redwood Arrangers- Ukiah

22 FIELD TRIP: Napa Garden Tour  
10:00am (Sat) 'Down the Garden Path'  
\$30 (\$25 pre-paid) UC Master Gardeners  
[HTT://UCANR.ORG/UCMGNAPA](http://HTT://UCANR.ORG/UCMGNAPA)

26 FIELD TRIP: Visit Civic Beautification Projects,  
10:00am (Thur) Brown Bag at Library Park

# WELCOME



# BACK

Newsletter's deadline-4th Tues  
(1 week from meeting date).