

Nasturtium News

GARDEN CLUB NEWS

BOARD OPEN POSITIONS The April program will include a business meeting with election of officers and approval of the budget. Open board positions include Secretary, Ways & Means, Treasurer and Hospitality. We would love to see some new faces on the board! Please contact President@gcoprf if you are interested in learning more about a position. Board meetings are held on Zoom on 4th Wednesdays at 10:00.

MEMBERSHIP RENEWALS We customarily distribute membership renewal forms at the February meeting. This year, our Membership Chair, [Joan Figatner](mailto:Joan.Figatner@gcoprf), will be emailing forms to you next week. Please renew online or print and mail in the form. Renewal deadline is March 25.

IN THE COMMUNITY & BEYOND

- * The One Earth Collective announces the 10th Anniversary Season of the One Earth Film Festival March 5-14, 2021. More information [here](#).
- * The [PBS Wisconsin Landscape & Garden Expo](#) February 20-21 is virtual this year, with great speakers, exhibitors, and virtual garden tours. Watch archived videos after the live event.
- * [Fernwood Botanical Garden](#) is hosting a virtual lecture series "Meet the Greats" from January-April. Fee applies and lectures are live only.
- * A board member has a suggestion for purchasing a yummy virtual tasting "[chocolate and Valentines Day](#)" from one of our past presenters.
- * [Trailside Museum](#) trails and grounds are open, and some outdoor events including nature walks and crafts are planned for February..
- * Oak Park's own [FOPCON](#) has many upcoming gardening-related events and programs.
- * [Porter County Master Gardeners](#) has many upcoming events and speakers, and Brie Arthur's recent presentation on Foodscaping in Containers is now available online.
- * Check out the many [Wild Ones](#) local chapters for news, programs, and meetups, as well as tips and designs for gardening with native plants. [West Cook](#) will be hosting a native plants speaker series starting 2/21.

SOCIAL MEDIA

Our website is redesigned and looking fabulous, thanks to Webmaster Dori Bernstein. Check it out [here](#). Feel free to leave feedback or suggestions at gcnews@gcoprf.org

If you use **Facebook**, PLEASE volunteer to help administer the Facebook page. Please email Dori at gcnews@gcoprf.org.

If you'd like to submit original content for the **website**, such as a review of a garden book or movie, please send to Dori at gcnews@gcoprf.org.

Instagram #gcoprf



In this Issue

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- * Programs
- * News and resources from State and National Garden Clubs
- * Recipes



Publicity chair Linda Tibensky's Christmas (Valentine's?) cactus blooming for the 2nd time this year

CARING & SHARING:

For the past several years, our Garden Therapy co-chairs, Sue Milojevic and Gina Sennello, and their crew of volunteers, have offered monthly floral project workshops in local assisted living facilities, most recently at the Oak Park Arms. Due to COVID restrictions, they have been unable to continue this work. They have generously offered to temporarily share their talents with our Garden Club members who are experiencing difficulties. If you or another GC member you know has become shut in due to recent surgery or illness, and would appreciate a floral arrangement, please text or call Gina at 303-717-1301 or email gina.sennello@gmail.com and they will do their best to deliver some floral cheer during the months of

PROGRAMS

Be sure to join us for our monthly Zoom programs. Invitations will be emailed to all members before each meeting. Beginning with the February meeting, each member may invite one guest to our Zoom presentations. Just RSVP for 2 people to the program EVITE, and forward the Zoom link to your friend the day before the presentation.

Our January guest speaker, **Kent Taylor from the Chicago Chapter of the Climate Reality Project**, shared a fascinating slide show depicting the effects of over-consumption of energy resources on the world's environment and people. His handout to the right details some common-sense steps we can all take to reduce our environmental footprint.

February 10, 2021 [NEXT UP!](#)

Jeannie Iseman – The Garden Works Project—“Caring for a Raised Bed Garden”

Presenter will explain the basics of what you will need to establish a raised bed garden from the ground up. There are many benefits to a raised bed garden and the Garden Works Project will explain in detail why a raised bed garden will yield a productive harvest. The Project also constructs high-quality cedar raised beds that are for sale.

info@gardenworksproject.org

March 10, 2021

Glenn Grosch – “Starting from Seed”

The program is focused on specific steps for success in starting from seed. Discussion includes plant selection, containers, planting mixes, watering, fertilizing, heat & light requirements and steps to disease control.

April 14, 2021

Heather Prince – “By the Light of the Moon: An Evening Garden”

Many of us can only enjoy our garden spaces in the evening after a busy day. We'll discuss garden design and delve into the many types of plants that add color and texture to dusk and beyond. heather@fearlessgardening.net



WHAT CAN I DO?

BYOB. Bring Your Own Bags.

Use a reusable water bottle.

Install a rain barrel(s).

**Stop use of pesticides.
Seek organic remedies.**

Use native plants in your yard.

Buy organic, locally produced food.

Limit your use of disposables.

**Change your light bulbs LEDs now.
(Don't wait for incandescents to burn out.)**

Divert food scraps to an outdoor open bottom bin. Compost!

Take fewer + shorter showers + turn off the water while you suds up.

Use cold water for everyday loads of laundry. It's just as effective!

Use a smart thermostat. Turn the temperature down when not home.

Assure your home has current recommended levels of insulation.

Assure your home has a tight air seal via a blower test.

Reduce first of all. Reuse second. Recycle + do so throughout the house, not just in the kitchen.

Expand your recycling beyond the basics. Research at www.Earth911.org

Don't use faucet water at full blast. Better: use low flow faucets, toilet tanks + showerheads.

Use deep-rooted rain garden plants, especially if water collects.

Use vinegar instead of harmful chemical cleaners in your home.

Avoid wasted power: unplug appliances that are not in regular use.

Eat less meat.

Resolve to fix things.

Divest from fossil fuels.



The Climate Reality Project

CHICAGO, IL CHAPTER

CRP-Chicago.us



CRPChicagoChapter

02/18

STATE AND NATIONAL GARDEN CLUB

By Irene Williams, GCI Representative

As winter continues and many are spending days safely at home, now is a good time to begin planning new additions to your garden and yards. We are encouraging everyone to participate in National Garden Clubs' two-year initiative "**Each One Plant One**" and plant a new tree. To choose the best native trees for your location, be sure to check the Illinois [DNR](#) for good information on selections and growing habits. Morton Arboretum as well as other sites can also help in your research. Be sure to let [Irene Williams](#) know where, when and what type of tree was planted, and we will submit information to National.

Continuing our dedication to civic beautification, many may remember the Garden Club's own planting initiative, **Legacy of Trees**, that began in 2007 and concluded in 2017, to commemorate our milestone 100th anniversary. Developed by Board member Beth Kusak, the program, in cooperation with both villages, asked members to donate trees to be planted each year in Oak Park and River Forest leading up to the anniversary celebration. A total of thirteen trees were distributed throughout the villages, each with family names and tree horticultural identification engraved on a bronze plaque. A list of each tree and location as well as other plantings and beautification projects can be seen in the Club's history booklet.

Many in-person garden schools have been canceled, but fortunately National Garden Clubs is offering [virtual courses](#) on many subjects, which broaden our opportunity to earn Garden Club certifications in **Environmental, Gardening, and Landscape Design**. Courses may be taken in any order, from any garden club. Upon completing a series of 4 courses in any of these topics you may become a garden club consultant with opportunities for further study, field trips, etc.

- **Plant a tree**
- **Legacy of trees**
- **Garden Club online courses**
- **National newsletter and magazine**

Along with school information, National is now offering its [National Gardener](#) magazine and [Keeping In Touch](#) newsletter online. These are great reads with interesting stories and garden information.

Before we gear up for Spring planting, it may be a good time to again focus on the **mission of Garden Club**, what it represents in our communities and what we would like to see in its future. As a member of the larger, global organization of garden clubs, we benefit from the extensive educational programs and projects they provide to promote the love of gardening, floral design and civic and environmental responsibility. With more than 200,000 members nationally and over 447 affiliates around the world, this incredible network of diverse cultures works diligently to bring sound environmental practices and beauty into our lives as well as to take on important projects that contribute beauty and sustainability of our world.

Whether it is encouraging us to compost, reduce the use of plastics or addressing the profound lack of potable water in Third World countries, garden clubs around the world are a quiet but compelling force for **responsible environmental stewardship**. With more than 100 members in our club alone, we are fortunate to have been an active part of this proud tradition for 104(!) years. And, with our continued contribution, we will be a vital part of our communities for years to come.

This tip from the current issue of Garden Glories - the app [Picture This](#) is a helpful tool to identify plants.



New GC member John Egan's favorite plant for winter interest: Hellebore

JUST FOR FUN!

Favorite soup recipes to help you stay warm during this cold February!

Squash and Peanut Butter Soup *by Mary Ellen*

Warner, Garden Club co-president, published in the 1990 Garden Club cookbook, Incredible Edibles.

(serves 4)

1 medium butternut squash {not necessary to peel if you have a processor)	½ c. smooth peanut butter
	1 t. curry
4 c. chicken broth (or bouil- lion)	½ t. each salt, pepper
	½ c. cream (optional)
1 large, tart apple, cored, peeled, cut in 8ths	
1 large onion, grated	

Cut squash in 2 inch pieces. Bring broth to a boil in a large heavy pan. Add squash, apple, onion. Reduce heat and simmer until tender. Add peanut butter and spices. Stir until well blended. Blend in processor until smooth. Return to pot. Stir in cream. (Best to add some of the hot soup gradually to the cream before adding cream to pot, in order to prevent curdling.)

NOW IT'S YOUR TURN!

Send your ideas to President@gcoprf.org.

Next month, look for a recipe using **edible flowers** by Scholarship Chairman Cheri Fedota. If you have any edible flower recipes to share, please let us know.

In anticipation of our March presentation on **growing from seed**, please send suggestions for your favorite plants, edible or ornamental, which you grow from seed.

All of our "in the Community" listings are from members. Please send along any events you wish to share.

(We may use your name in the newsletter unless you request otherwise.)

Hearty Minestrone Soup *by Pat Allabastro, former*

Garden Club co-president

(serves a crowd)

1# Mild Italian Sausage, chunked	4 qts chicken broth
2 celery ribs cut ¼" to ½" pieces	4 carrots cut ¼" to ½" piec- es
1 Large sweet onion, chopped	1 small leek, cleaned and chopped
6 cloves garlic, pressed	28oz can diced tomatoes, undrained
2-15oz cans diced Fire Roasted tomatoes, un- drained	3-4 T tomato paste
6 Bay leaves	8 oz spinach or kale
½ t each: oregano & rose- mary	15oz can cannellini beans
8 oz mini pasta	Pesto & parmesan cheese for serving
15oz can garbanzo beans	

Directions:: In large pot, fry sausage, remove, then add celery, carrots, onions and leek for 10 minutes until softened. Stir in garlic for 1 minute. Stir in broth, tomatoes, paste, & herbs, heat to boil & lower to simmer for 30 – 40 minutes. Add pasta- cook 10minutes or done. Add beans simmer for 15 minutes. Add spinach for 5 minutes. Will need additional water for desired thickness over course of cooking. Serve with pesto & parmesan cheese.

PAT'S PESTO RECEIPE : Easiest in Cuisinart: Chop 2 packed cups of cleaned, dry basil leaves. Add 2 – 4 large cloves of garlic, ¼ cup of roasted pine nuts, ¾ cup of Asiago or Parmesan cheese and blend 1 minute or so. Slowly pour in ½ - ¾ cup of good olive oil. Makes more than enough for 1 # of pasta. Freezes well in small containers or ice cube trays.

A tip from a local landscape business: after heavy snows, very gently remove heavy snows from evergreens and be alert for broken tree limbs.

*At Cheri
Fedota's
bird feeder*

