



The Perennial ***November 2022***

2022-23: Issue 3

Website: <ArlingtonGarden.org>

Facebook: m.facebook.com/arlingtongardenclubma



Greetings My Fellow Gardeners

Pollinator Pathways

As fall is here and we are putting our gardens to rest, I realize a dark, long winter is just ahead. So here is something to contemplate.

Planning a garden is always fun and can be an ongoing project. Tufts University comes to mind. Since 2019 the university has established several urban gardens which welcome pollinators. Insect populations are threatened and need our help, and gardens such as those created by Tufts become *pollinator pathways*.

I will elaborate on this idea in future *Perennial* issues because I feel this topic is of great importance and something to which everyone can contribute or become involved with. It doesn't have to be one's own garden. A town, bikeway, open space everywhere might be an option. We have the winter to think about what and if we wish to get involved!

Lolly, Your President

NOVEMBER PROGRAM

Wednesday, November 16th, 2022 – 10:30 am

Venue: Masonic Temple, 19 Academy Street, Arlington

*~ Bring your own bag lunch ~
Coffee, tea, water and dessert will be provided*

Curious About Mushrooms?

Elizabeth Alemeida,

Farmer/Owner, Fat Moon Farm Mushrooms



Elizabeth grew up on a farm, raised her own Grand Champion Chickens and worked for a caterer where she learned about food preparation. During college she worked in a food science research lab and learned the exacting scientific practices that she employs today in her mushroom growing practice. After purchasing a “grow-your-own” mushroom kit for her son, she realized that this was the crop she could produce. She began commercial production in 2016. As well, she recently helped launch Flowers to Empower which enables young women to develop skills through the operation of a seasonal cut-flower business.

The program covers everything from the lifecycle of mushrooms to the latest research on nutrition and the environmental benefits of mushrooms. You will leave with a deeper appreciation of culinary mushrooms and the myriad health and environmental benefits that were once known by our ancestors.

Following the excellent program in September on invasive plants by Elissa Landre, it was suggested that we include a different invasive plant each month in the Perennial. And so it begins!

~ Jan Ford Co-chair, Programs

Invasives: So What's the Big Deal?

Many of our invasive plants were introduced to America in the 19th century from Europe and especially Asia, most often because of their showy flowers and berries. Some have also arrived more recently both horticulturally and as hitchhikers on ships. With similar climates to ours, these plants have become well established in our gardens. What they lack, are the checks and balances provided in their native habitats. Before long, many of these introduced species began to overrun our native plants, often becoming destructive. When they drive out native plants, there may be an impact on native animals who no longer have the food they need that provides the most nutrition. Consequently, we are now waging an uphill battle to at least contain these intruders and, when possible, to provide small scale removal in our own yards, neighborhoods, and towns to discourage their spread.

Native plants are those that have existed in our area previous to the arrival of Europeans. Introduced plants are those were brought here from other parts of the world and have escaped from our gardens; not all introduced plants are invasive. The plants that are labeled invasives have been banned for sale or distribution in Massachusetts. There are also native plants that are aggressive or invasive, such as poison ivy.

This month's culprit is **Swallowwort** is a distant relative of our native milk weeds. It is problematic for two reasons. Swallowwort plants release biochemicals into the soil that prevent the establishment of other plant species, and they are toxic to Monarch caterpillars. They produce large quantities of seeds that travel and establish new colonies. If there are no native milkweeds when the Monarchs are ready to lay eggs, they will use the swallowworts if available. The caterpillars die when eating the leaves, thus impacting the Monarch populations that are already in jeopardy.

Swallowwort grows as a vine and will anchor itself around other plants and fences. It is a difficult plant to eradicate. It can be dug out, although it may take multiple efforts. In my yard, it returned every year for 4 years despite my best efforts to remove it, before I finally finished it off. If you mow it, it will not only continue to sprout but will spread underground

along the roots. While you are trying to eliminate it, be sure to collect any of the seed capsules to prevent the spread of the plant. Elissa felt strongly that only licensed landscapers should use any chemicals for eradication.

Some native milkweeds not only provide food for Monarchs but also are attractive to bees and are great additions to a garden.

Pale Swallowwort



Black Swallowwort



Swallowwort seed pods



Rose or Swamp Milkweed
Asclepias incarnata



Butterfly Weed
Asclepias Tuberosa



Environment – Stephan Miller, Chair

Sourdough

I'm going to go a bit far afield this month and talk about sourdough. I have been making bread since my teens--a long time ago. I ran across my first sourdough starter on a covered wagon on the way to the Oregon Territory. I make bread a couple of times a month. One large loaf (a couple of pounds) lasts my wife Terry and me a few weeks. This is facilitated by the fact that sourdough bread freezes very well. To make sourdough bread, you substitute starter for the baker's yeast. I think sourdough bread is much tastier than bread made with baker's yeast and it has some other benefits. Bread made with starter has a relatively low glycemic index which means that it is more tolerable for those suffering from non-celiac wheat sensitivity and irritable bowel syndrome.

Sourdough starter is comprised of water, flour, some bacteria and some yeast. Generally the bacteria are closely related to those you would find in yogurt, and the yeast is usually a close relative of baker's yeast. You can make your own starter by mixing equal weights of flour and water in a bowl and setting it on a counter without covering it. Folklore says that rye flour is particularly good for initiating a new starter. In a few days, it will begin to bubble and you will have a starter of sorts. This is quick, inexpensive and easy, and I've made some pretty good starters this way but, as a general rule, I wouldn't recommend it -- especially since excellent starters with proven vigor and taste can be easily purchased. The best option, however, is to get your starter from a baker.

There are many different kinds of starter usually named after the place where they originated. I got mine from a bakery in San Francisco, but equally fine starters come from France, Italy, Eastern Europe and the Middle East. Every starter makes bread that tastes different. Some starters produce bread with a very astringent flavor while others can be very mild. My starter produces bread with a bit of a tang and is very vigorous so the bread rises fast. I've had the same starter for more than thirty years and have heard that maintaining a starter is something akin to having a small child. Nothing could be further from the truth. It is true that the starter must be "fed" periodically, but it is a quick and easy process.

I store my starter (named Bertha) in the refrigerator when I am not using it. I've let it go up to 3 months between feedings with no ill effects that I can see. To feed a starter, you simply take what remains after you have used most of it and add some volume of equal parts flour and water depending on how much you need, then let it sit and ferment. How long you have to let it ferment depends on the ambient temperature.

Bertha



My kitchen is cold in the winter, so it can take 12-15 hours. If I'm in a hurry, I put it in my oven set to proof (about 85°), and it will be mature in a couple of hours. You will know when it is ready for use or storage because it will be very frothy with a sour, alcohol smell. Now that I've got you panting for some fresh sourdough bread, I will outline actually making bread with your new starter in a future article.

S.O.S SAVE OUR SPACE!

~ Lolly Bennett, AGC President

Member, Arlington Land Trust board & Friends of Menotomy Park board

SAVE OUR SPACE! Our town of Arlington has 5,495 sq. miles. I won't break down the areas of water, cemeteries, etc. but our town is small, and our open space is diminutive -- and in peril of getting smaller!

Two future plans in the town are of great concern. Hill's Hill Park the wooded space next to Burns Rink on Summer St. is in jeopardy due to a proposal for a mountain bike trail, including a possible large pump track and hub in the woods. Its habitat is a remarkable ecosystem full of native trees and plants among invasives. Signs exist of a remarkable return to the original oak-hickory forest and native plants if once contained. The area is recovering, and a mountain bike trail would not enhance restoration projects and habitat protection.

The second and larger project in Arlington is the proposed development of the Mugar Property, encroaching on wetlands and rare open space in East Arlington, that has already experienced serious flooding. This proposed project has posed an ongoing, serious contentious issue with the neighbors for several years with pending legal action.

Hill's Hill and Mugar Wetlands preservation can be a model of 21st Century acknowledgement of climate change resilience if Arlington embraces preservation and appreciates the public aspect of a healthy, exuberant tree canopy and wetlands. Why would anyone think degrading the tree cover at Hill's Hill is an option?

For detailed information about the Bike Park proposal:

<https://www.arlingtonma.gov/home/showpublisheddocument/62047/637956345670230000>

What can you do?: Written comments may be sent to the Arlington Recreation Office, 422 Summer Street, Arlington, MA 02474 or emailed to jconnelly@town.arlington.ma.us.

PRESERVE! PROTECT! PLANT !

Civic Development
Patsy Kraemer, Chair

As the growing season winds up, thanks to all of the Garden Club members --
and community volunteers -- for efforts to beautify Arlington.

Enjoy some examples of the Club's efforts this year....



Jason Russell herb &
kitchen garden



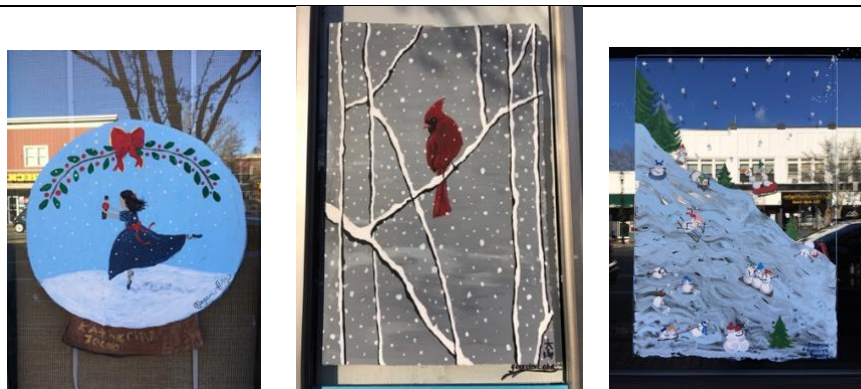
Whittemore Robbins
House flower bed



Ridge Street Island

AGC member Janet O’Riordan is part of a dedicated group improving the look of Arlington Heights’ streetscape. The group has just announced its winter decorative arts endeavor....

**Second Annual Winter-themed Window Painting
in Arlington Heights!
Saturday, December 3, 9:00am -1:00pm
(Rain date, Sunday, December 4, 9:00am -1:00pm)**



Winter images of snowmen, polar bears, people at winter play and more to brighten storefront windows in the Heights. Paint a window yourself or grab your friend or parent and paint a window together in 55+ designated storefront windows. Paintings will be displayed through February.

Online Registration: Sat., November 5 – Sat., November 19 (2 weeks)

Register for this event online:

<<https://business.arlcc.org/events/details/arlington-heights-winter-window-painting-2022-3927>>

Entries accepted on a first come-first served basis.

Space guaranteed for first 55 entries.

A \$25 registration fee covers paint supplies (an assortment of selected acrylic paints and paint brushes will be supplied to painters the day of the event). Painters will be emailed after the registration closing date their window assignment, a rules and information flyer and a list of window painting supplies and tips. Eligibility: All residents who attend any school in Arlington or reside in Arlington are eligible for this event. Painters under age 12 must be accompanied by an adult.

**A History of the Arlington Garden Club:
First Installment - 1930's
~ Nancie Richardson, Club Historian & former President**

June 8th, 1931 – The Arlington Garden Club had its beginning when 11 members of the Arlington Women's Club met in Mrs. J. Herbert Mead's garden at 206 Appleton Street to outline a Garden Department of the Women's Club

April 13th, 1932 – We voted to join the Garden Club Federation of Massachusetts – National Council of State Garden Clubs (to be renamed National Garden Clubs, Inc.)

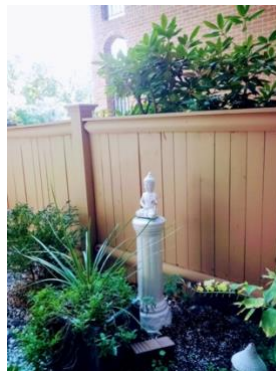
November 9th, 1932 – A Junior Garden Club was formed for students age 10 and up. It was the first of its kind in the state.

August 1935 – Our first *Yearbook* was distributed to members.

June 1937 – Our 8th Continental Breakfast Fundraiser. Guests had a light repast and played bridge in the morning from 8:30-12:30. There were 35 bridge tables, some loaned to us by the Baptist Church, Universalist Church and the Saville Funeral Home. Among the food served were doughnuts (not "donuts" back then). 70 dozen were purchased at \$.15/dozen. We also served coffee, rolls, butter and marmalade, and club members served as waitresses. The butter came from Buttricks Creamery on Mill Street (later Brigham's). We also sold food and plants. The event grossed \$218.31.

July 13th, 1938 – The Club voted to adopt the *Philadelphus* (Mock Orange) as the town flowering shrub. The Board of Selectmen voted to accept it as the town shrub as well on August 10th, 1938.

Member Flo Dunlap's Serenity Garden...



Remember Books in Bloom?!

Get ready for our 2023 version ~ MUSIC IN BLOOM!!



Friday evening - March 3, 2023 in the Robbins Library

Co-sponsored with the Friends of Robbins Library.
Put on your thinking caps and start your creative juices flowing!!
A Planning Committee will be formed soon ~ will you join the effort?

Members' Corner
Ginger Tower, Membership Chair

Welcome to the Club's two new members:

Betsy Andrews

Betsy is interested in: Hospitality, Garden Therapy, Music in Bloom, the Plant Sale, and "taking care of the plants near me."

Amy Pullen

Amy is interested in: Hospitality, Environmental Programs, and the Plant Sale

Please add their names to your email lists and project lists as appropriate. Thanks.

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Looking for auditors for the Club's accounts:

- Responsibilities include monitoring the monthly treasurer's report and reviewing 'the books' at the end of the fiscal year (May 31st).
- No previous experience required.
- Total time commitment amounts to 1 full day or less.
- Anyone interested should contact President Lolly Bennett.

~ We are happy to reprint this list which was published last spring ~

~ Garden Center Member Discounts ~

**You may need to present you Membership Card and/or Yearbook
with your name to qualify for discount**

Mahoney's Garden Center
242 Cambridge Street (Rte. 3),
Winchester
781.729.5900
<www.mahoneysgarden.com>
No Member Discount
10% Sr. discount (60+) on Tuesdays
Rewards Program

McCue Garden Center
200 Cambridge Road, Woburn
781.933.1385
<www.mccuegardencenter.com>
No Member Discount
15% Sr. discount (62+) on Mondays
Rewards Program

New England Nurseries
216 Concord Road (Rte. 62W), Bedford
781.275.2525
<www.newenglandnurseries.com>
10% discount on garden-related items

Pemberton Farms & Garden Center
2225 Mass. Ave., Cambridge
1.617.491.2244
<www.pembertonfarms.com>
10% discount on garden-related items

Seasons Four
1265 Mass. Ave., Lexington
781.861.1200
<www.seasons-four.com>
No Member Discount
10% Sr. discount (60+) on Wednesdays
Closed Tuesdays

Stonegate Gardens
339 South Great Road (Rt. 117), Lincoln
781.259.8884
<info@stoneategardens.com>
10% discount on full-price live material – every day

Wagon Wheel Nursery
Retail: 927 Waltham St., Lexington
Wholesale: & Rt. 2W, Junction 95/2, Lexington
781.862.2112
<www.wagonwheelinc.com>
10% discount on plants

Wilson Farms
10 Pleasant Street, Lexington
781.862.3900
<www.wilsonfarm.com>
10% discount on garden-related items
15% senior discount in Garden Shop on Wednesdays