

# THE HUDSON GARDEN CLUB

NEWSLETTER

Volume 21

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December 2015



## THE PRESIDENT'S MESSAGE

As the parent of a senior, this has been a year of "lasts" for me. Last first day of high school....last homecoming dance....last cross country banquet....the list seems never ending.

Keeping with the same theme, this is my last President's Message as Carla Maurer will be moving into the position in January, 2016. It has been a lot of fun and I thank everyone for their help, support and elbow grease as we continued the wonderful traditions of the Hudson Garden Club. It takes many hands to coordinate all the different projects of the club. If you haven't had the opportunity, I encourage you to get involved in the new year.

Thanks again for a great two years!

*Bronwyn*

## A Report from HGC Scholarship Recipient Cara Lauria

Thank you to the members of the Hudson Garden Club for their continued support toward my education! I am doing well and am finishing up the first of four semesters at University of Colorado Boulder. This past semester I worked for the University Environmental Center managing their Zero Waste initiatives at football games. Next semester I am going to be teaching General Biology to undergrads for some tuition credits and a small stipend.. I'm very excited about that!

My classes have been very interesting this semester — one of my classes is about sustainable livelihoods and landscapes and three of my classmates and I did a project on the grazing impact of livestock in Wyoming on the Greater sage-grouse.

I am sending along my picture with the mountains of Colorado in the background.



***Cara Lauria***  
***2014 & 2015 HGC Scholarship Recipient***

## Mystical Magical Herbs



Fresh lemon balm leaves were once used to polish oak furniture. The lemon essence preserved the wood and kept it light in color.

In Medieval times, children were not allowed sweet cakes (gingerbread men today) as it was thought that fresh ginger would produce bad dreams.

Mace is the outer covering for nutmeg that is produced on the nutmeg tree. The favored color is pale gold, and this bark will last for years if kept in glass containers.

Quick cure for bad breath: Chew on fresh parsley, or add 1 tablespoon of fresh parsley to a cup of boiling water. Drink while hot.

Add 2 tablespoons of the following herbs to your daily diet: garlic, rosemary, thyme and oregano. By adding these fresh herbs to cooking and salads, you cut your risk of sore throats and sinus problems by as much as 43%. The flavonoids in these herbs strengthen airways so viruses can't invade. These herbs also speed healing of inflamed mucus membranes.

If you find yourself surrounded by sick people, drinking licorice root tea cuts your risk of catching the flu and cold bug by 25%. Licorice root kills germs on contact, and calms a sore throat. Simmer a licorice root tea bag in a cup of boiling water for 5 minutes. Check health food stores for the tea bags.

Days of wine and rosemary. Next time you're serving white wine, stir in a rosemary branch in each glass. The refreshing pine scent of the rosemary will enhance the flavor of the wine.

An independent study by an European hospital suggests that a daily dose of peppermint tea can calm IBS (irritable bowel syndrome) in as little as 4 weeks of treatment.

People who sniffed peppermint several times each day consumed fewer calories at each meal. Bring on that peppermint!!

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## DECEMBER FIELD TRIPS HAPPENING AT CLEVELAND BOTANICAL GARDEN

*Barb Earnhardt, Field Trip Chair*



Note your calendars for the following events at Cleveland Botanical Garden.

### **Tuesday, December 8 at 2:00pm** **Flower Fantasies**

**Speaker:** Cynthia Druckenbrod, VP of Horticulture, Cleveland Botanical Garden held in the Kelvin Smith Special Exhibition Hall & Kelvin Smith Special Exhibition Gallery

Have you ever wanted to grow or just learn more about the flowers depicted in famous Impressionist paintings? Join Cynthia Druckenbrod, VP of Horticulture at Cleveland Botanical Garden, for an in-depth look at many of the lovely blossoms in Painting the Modern Garden and discover which ones will flourish in your backyard oasis.

**EXHIBITION TICKET and ADVANCE REGISTRATION REQUIRED; SPACE IS LIMITED.**

### **Tuesday, December 22 at 2:00pm** **Garden Fantasies**

**Speaker:** Cynthia Druckenbrod, VP of Horticulture, Cleveland Botanical Garden

**Meet at the Atrium Information Desk**

Discover depictions of gardens from all over the world in the exhibition Imagining the Garden and learn how you might create the look of these historic and imaginary gardens in your own garden with Cynthia Druckenbrod.

**FREE; NO REGISTRATION REQUIRED.**

## **Dry Shade Garden Plants**

Planting the Dry Shade Garden by Graham Rice is one of the books our club has donated to the library and is available for checkout. With entertaining commentary, photographs and helpful lists of recommended plant selections, Rice provides many tips for that challenging garden environment. One tip from the book is that *Heuchera maxima*, *H. pubescens* and *H. villosa* are more adapted to dry shade than other species of *Heuchera*. *Heuchera* is commonly known as Alum root/Coral bells.

## Treasurer's Report

### Account Balances as of October 31, 2015

PNC Savings	\$ 61,896.36
Scholarship Fund (Restricted)	\$ 18,779.80
Unrestricted Cash/Checking	\$ 32,094.21

**Total Bank Accounts** \$ 112,770.37

Daniela Baloi, Treasurer

## November General Meeting Minutes Thursday, November 19, 2015

Bronwyn Pierson, President, called the meeting to order at 7:10pm and welcomed 38 members and guests.

Bronwyn announced the following:

1. Membership dues must be in if members want to continue in HGC...last call for inclusion in the membership booklet.
2. The Board of HGC has two open spots:  
Corresponding Secretary  
Youth Coordinator  
If any one is interested in filling either post, please contact Bronwyn.
3. The last meeting of the year will be Thursday, December 10 and will be at Laurel Lake as usual. There is a slight possibility that it may be held in a different room due to a possible conflict.
4. The December meeting will feature Angela Gotthardt, creator of The Secret Tea Society here in Hudson. Angela will talk about different teas and will have samples both to taste and for sale.

Bronwyn and Barb Earnhardt then gave a slide presentation about the Amaryllis bulb and plant, including history and facts that were new to even the most knowledgeable attendees. The program culminated in a hands-on session. Attendees had previously pre-ordered amaryllis bulbs which were now available for planting. HGC provided containers and planting medium. Fall themed desserts and apple cider made for a pleasant social evening amidst the planting.

The meeting was adjourned at 8:30pm.

Respectfully submitted,  
Beth Lawrence, Recording Secretary



## HERBAL DREAM PILLOW WORKSHOP

*Sherry Beam, Herb Group Chair*

Several members of the herb group are having sweet dreams these nights as they put their heads on their pillows. The Herb Group met on November 20 and made "Dream Pillows" which consisted of choosing their 4 x 5 inch pillow cover/s and stuffing them with poly fill and combinations of dried herbs with names like "Sweet Dreams, "Pleasant Dreams, "Relaxing Dreams," etc. Needless to say the atmosphere was afresh with dreamy scents and over 50 pillows were completed, many to be used for gift giving.



## A POSTSCRIPT TO OUR NOVEMBER PROGRAM



From our program about Amaryllis we learned that the amaryllis bulb's claim to fame is its ability to bloom for up to 75 years. This is surprising! But more surprising was Mary Gallo's story. Mary claimed her Mom has had them rebloom repeatedly with a minimum of effort. As inquiring minds want to know more, she offered to get some details.

"I did ask Mom about her diehard amaryllis. I remembered because it usually falls to me to move her house plants in and outside and off the covered back porch, etc. So as I looked on her back porch yesterday...there was one of the slightly cold guys — blooming! So I asked Mom to back me up. She has them in 6-inch pots. So maybe they have been upgraded from the 4-inch pots at least once. But they are the same ones she has had since we moved into this house in 1978. So that's at least 37 years; AND before that they were at our other house on the farm and she does not remember exactly when she got them. She has just always called them "old fashioned amaryllis." She probably got them from my great aunt. I seem to remember the same kind at her place — or at my Grandmother's. Besides, maybe being repotted once or twice in that time, they literally get no other pampering; moved onto the covered porch — if I do that for her for warm months — but watered and that's it!"

Mary doesn't know the variety of amaryllis that her Mom grows. The moral of the story for those of us who potted them at our meeting: sounds easy to get them to rebloom! We should definitely try it!

## What's Coming Up

**Tuesday, December 8, 2015 — 2:00pm**

Flower Fantasies  
Cleveland Botanical Garden  
Exhibition ticket and advanced registration  
*See page 2 for details*

**Thursday, December 10, 2015 — 7:00pm**

**HGC December General Meeting**

"Exotic Lore of Tea Culture"

**Members are invited to bring cookies**

*See page 4 for details*

**Tuesday, December 22, 2015 — 2:00pm**

Garden Fantasies  
Cleveland Botanical Garden  
Free—No Registration  
*See page 2 for details*

**HAPPY  
HOLIDAYS!**



Nature gives to every time and season  
some beauties of its own and from  
morning to night, as from the cradle to  
the grave, is but a succession of changes  
so gentle and easy that we can scarcely  
mark their progress.

*Charles Dickens*

### **Newsletter Committee**

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## **HUDSON GARDEN CLUB December General Meeting**

**"Exotic Lore of Tea Culture"**



**Speaker: Angela Strach-Gotthardt**

**Thursday, December 10, 2015**

**Social Time: 6:45pm**

**Program: 7:00pm**

**Laurel Lake (You will be directed to meeting room)**

The program for our last meeting of 2015 will be both interesting and delicious! The club is excited to announce that the evening's speaker Angela Strach-Gotthardt, founder and director of the **Secret Tea Society**, will introduce the club to The World of Teas with a focus on herbal and botanical varieties.

A certified Tea Specialist, Angela will explain the journey of the tea leaf from China, to Japan, India, England, South Africa and, yes, even America. Share in the exotic lore of tea culture and herbals and botanicals.

**Please bring your own special teacup** (cups will also be available that night) for tasting from several major categories of tea. Several of the teas will be available for purchase that evening — great gift ideas!

**DECEMBER IS ALSO THE MONTH WHEN MEMBERS  
ARE INVITED TO BRING HOLIDAY DESSERTS TO  
THE MEETING. IT WILL BE A WONDERFUL AND  
TASTY EVENING!!**

