



Evergreen Garden Club

The Wild Iris

Volume 18, Issue 1 September 2004

A Word from the President...

Inside this issue:

Club News.....	2
Minutes	3
Garden Fence	5
Horticulture	7

EGC 2004-2005 Board Members

President:

Tricia Scott

Vice Presidents:

Karla Briggs

Beth Feldkamp

Secretary:

Joan Reynolds

Treasurer:

Lori Lapp

The **Wild Iris** is a free monthly publication for members of the Evergreen Garden Club.

Meetings are held on the second Tuesday of the month from Sept. to June at Church of the Hills, Buffalo Park Rd, Evergreen at 9:15 am. All are welcome.

For **membership** information please contact Lori Lapp at 303-838-8360 or membership@evergreengardenclub.org

Newsletter Contributions are due by the 20th of each month to Kathi Grider at 303-670-6909 or wegriders@msn.com

Newsletter Editor & Website
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Dear Members,
It is hard to believe a summer could go by as fast as this one we just had! I feel as though we just said goodbye. We have been lucky as far as worries about watering our gardens for a change, which was good.

I was back in my British Columbia this summer and truly felt for them. They had the second hottest summer on record there. I had discussions with many friends on ways to control water usage... a subject I have gotten to know here. It was interesting to talk about drought to people I know who have rarely experienced it. I feel for them.

I went to a garden tour at Point Roberts WA. I was lucky enough to show up when it was going on. A great friend of mine from my B.C. club joined me. One garden we went to was like visiting a park in size. I had driven past their estate before, never knowing what magic lay inside.

The owner had a particular passion for the color purple. But instead of overpowering her total garden (more like GARDENS!!) she created

vignettes. It was so incredible. The spots of purple were like special stage sets dedicated to it. One that comes to mind involved an antique baby stroller filled with purple pansies with other purple flowers placed lushly at its base. Another was a raised bed with over 500 lavender plants in it. The scent was heavenly.

I always try to take away some lessons and tips from a tour. I left this tour being reminding of the power color can make in a garden. This woman loved purple enough not to use it to excess and creating moments of that had far more impact by doing so. I will try to remember that in plantings for the future.

Our new Garden Club book is almost ready for our first meeting. Our Vice -Presidents, Karla and Beth, have created a delightful set of programs for all of you- a blend of fun subjects and learning experiences.

Looking forward to seeing all of you at our first meeting September 14! See you there.

Tricia

Membership Meeting - September 14, 2004

How Does Your Garden Grow?

Welcome back to garden club. We will have a photographic display of our community and personal gardens. After a glorious growing season with abundant moisture, our gardens were able to grow and prosper.

Join us for a look at some very happy gardens.

See you at 9:15 at Church of the Hills on Buffalo Park Road. Remember to bring your plants for the World Gardening table, and your coffee mug! See you there.



Garden Club News

Preparing your Garden for Winter – from The Helpful Gardener

Tips for a safe winter and a happy spring

When autumn nights start to get cold, it's time to prepare your garden for winter. **Winterizing** not only makes your garden look better during the cold weather months, but will make for easier work in the spring and will protect less hardy plants from the cold. Start closing your garden down when there is frost in the forecast or the temperature consistently starts to drop to the low 40's or mid-30's (Fahrenheit).

Evaluate your garden design

Before you start your preparations, take a moment to review what worked and did not work in your garden over the past season. Fall is an ideal time to move plants (or remove plants) if you feel that they are not working in their current location. Fall is also a great time to plant bulbs and for dividing perennials.

Division not only maintains the health of your perennials, but it's also an easy way to propagate your plants so that you'll have more coverage next season. While this applies to many plants, not all will appreciate that head start. Do your research first on each plant you're considering. Finally, take a look around to see if your garden is lacking in fall blooms. If so, you may want to plan on planting some late flowering plants in the spring, such as *Rudbeckia (Black-Eyed Susan)*, *Aster Novi-Belgii*, *Anemone Japonica*, *Sedum spectabile*.

Winter garden clean-up

Start your clean-up by removing weeds and spent annuals from your beds. For shrubs and trees, remove diseased leaves, but pruning is not recommended in the fall as it may stimulate new growth just as the harsh winter is bearing down. Non-hardy bulbs, such as *cannas*, *dahlias*, and *gladiolus*, should be removed from the ground. Let the bulbs dry out in the sun for a few hours before storing them in a cool, dry place for the winter, such as a garage, attic, or basement.

Finally, if you don't already have a compost bin, consider starting one at this time. You can throw your cuttings as well as dried leaves in your compost bin, which will break down into a nutrient-rich compost for next season. Don't throw weeds or diseased cuttings into your compost, however, as this will only multiply these problems down the road.

 * **FREE PLANTS!!** *
 * All of you who know Priscilla Chapin's garden in Indian Hills, know well what beautiful flowers are *
 * in her gardens. And she's willing to share! *
 * Priscilla is in the process of thinning out those gardens and, rather than throwing out *
 * numerous plants and bulbs, she is offering them to members of Evergreen Garden Club for the *
 * taking. She has corn lilies, Lily of the Valley, Purple Bell Flowers, Feverfew, Bells of Ireland and *
 * Grape Hyacinth bulbs. All you have to do is dig them out! *
 * Please call Priscilla at (303) 697-4140 and arrange a time - first come, first served. *
 * She's usually home on Wednesdays and Thursdays. *

Minutes of the June 8th, 2004 Meeting

The Evergreen Garden met & carpoled to the residence of Mary & John Pinder in Lakewood for the June meeting. Members admired the delightful Pinder gardens for awhile before we sat down for our business meeting. Sixteen members were present when Tricia called the meeting to order at 10:10 a.m.

Treasurer Lori Lapp reported that we have \$1797.28 in checking & \$7851.75 in savings for a total of \$9649.03.

The Community Garden Project at the Senior Resource Center was discussed. They had solicited the Garden Club for donations. The members present suggested that an in-kind donation be made of plants from members' gardens or supervision or planning. It was decided to table the issue and the Board would discuss it further and we would revisit it again in September.

Joan Reynolds reported that Louise Mounsey was having a knee replacement surgery and that Bev Wickland had a nasty infection in her foot. Patty Prisbey-Campbell's need for assistance in her garden was also brought up and a sign up to help her out was passed out.

President Tricia Scott reported that nearly all of the committee positions had been filled with Church of the Hills needing one more person.

Irma Wolf reported that there would be plantings of alpine wildflowers at Mount Goliath organized by the Denver Botanic Gardens. She was waiting for additional information; members were asked to call her if they had an interest in helping. She also reported that Irma, Karla, Beth and Tricia had planted the Evergreen Metro Office garden. Irma also noted that more pea gravel was needed at the Roundabout Garden.

The officers (Tricia, Karla, Beth, Lori and Joan) were presented with gift certificates and panisies for their efforts the past year. Tricia presented Mary and John Pinder with a check towards the purchase of another peony.

Mary and John Pinder then gave a most informative program about peonies. They passed out handouts with lovely pictures of many peonies as well as the history of peonies and a chart displaying the various types of peonies, flower sizes, blooming times, and fragrance characteristics. Planting and care instructions were also included. They also brought out several catalogs that are for peonies only and we learned a great deal from this dedicated couple. We continued touring their incredible gardens that were at peak bloom for most of the peonies, which made up the majority of their gardens. John and Mary graciously made us welcome in their gardens and knowledgeably answered the questions posed to them. They pointed out the various types of peonies as we snapped pictures and vowed to add more peonies to our own gardens. We thanked them for the kindness in sharing their garden with us and teaching us more about this well loved perennial.

Respectfully submitted,
Joan Reynolds

**EVERGREEN GARDEN CLUB
PROPOSED BUDGET 7/1/04 - 6/30/05**

INCOME

Garden Products Sales/Boutique	0.00
Garden Tour Ticket Sales Income	0.00
Public Plant Sale	1,500.00
Wild Iris Advertising Income	200.00
World Garden Fund Income	300.00

MEETING INCOME

Membership Dues	1,500.00
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OTHER INCOME

Interest Income	0.00
Miscellaneous Income	0.00
Memorial Fund	0.00
Library Sale	0.00
Workshirts	0.00
Transfer to Savings	2,415.00

TOTAL INCOME 5,915.00

EXPENSES

COMMUNITY CONTRIBUTIONS

Forest Heights Youth Program (Xmas)	-160.00
Community Contributions - Other	0.00

COMMUNITY PROJECTS

Church of the Hills Garden	-20.00
Evergreen Metro Garden	0.00
Hiwan Herb Garden	-100.00
Hiwan Homestead Garden	-100.00
Library Garden	-200.00
Post Office Garden	-360.00
Bergen Park Traffic Circle	-100.00
Other Projects	0.00
Signage for Gardens	0.00
Community Projects - Other	0.00

GENERAL OPERATING EXPENSES

Celebrations	-200.00
Gifts & Flowers for Members	-50.00
Miscellaneous/Membership costs	-150.00
Office Supplies & Postage (none WI)	-100.00
Publicity	0.00
Scrapbook/Historian Expense	-50.00
Yearbook Expense	-450.00

INCOME RAISING EXPENSES

Garden Market Expense	0.00
Garden Tour Expense	0.00
Garden Tour Boutique	0.00
Gardening Products Sales Expense/Workshirts	0.00
Public Plant Sale	-200.00
Taxes	-100.00
Wild Iris Expense	-800.00
World Garden Fund Expense	-300.00
Work Shirt Expense	0.00
Income Raising Expense - Other	0.00

MEETING EXPENSES

Church of the Hills	-275.00
Hospitality Expense	-200.00
Library Expense	0.00
Speaker Expense	-400.00
Welcoming & Door Prize Expense	-100.00

SCHOLARSHIP EXPENSE

Scholarship Expense	-1,500.00
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TOTAL OUTFLOWS -5,915.00

TOTAL INFLOWS 5,915.00
TOTAL OUTFLOWS -5,915.00
DIFFERENCE 0.00



Over The Garden Fence *By Julaine Kennedy*

Oh, I don't want the garden season to end! I'd like just a few more long days, like maybe 10 more July days including a full moon! I have had the privilege of being in a lot of gardens this summer. Not a one brought disappointment or boredom and many inspired me to dig and poke more new plants than the budget allowed!! Does this sound familiar or am I the only one out of control in 2004?

I must defend myself. It is so much fun to pick out plants, envision them as established happy garden residents; but there is more to this than "dig and poke". I have move buckets and buckets of soil, sorted weeds and rock from soil and built planting pockets to hold hillside plants. Thank heavens, reasonable accumulation of rain and warm soil temperatures during August provided good seasonal success. The photo below shows our new eastside garden. What a wonderful site to view daily as the elk pause to graze on our meadow---just outside the garden fence!



As I crawled on my knees to dig out one more patch of common mallow a silly ditty keeps spinning through my head, "don't stop thinking about tomorrow". Christine McVie/Fleetwood Mac gave us this happy foot stompin' 1970's song and it became the Clinton-Gore campaign song as we entered the new millennium. Please believe me, I wasn't thinking about political campaigns or Clinton/Gore.

I'm just not ready to hang up the kneepads, put away the tools and start growing fingernails again. I want to record as much of my present garden and begin planning for 2005 right now.

It's a great time to assess what gives you pleasure as well as where change can create beauty and excitement. Are the irises too thick and bloom too few? Did the moonshine yarrow crowd out pineleaf penstemon? Are there spots in your garden where the plant material just isn't looking healthy? Maybe it is due to inadequate or too rich, wet, or dry soil. Maybe the tag said shade never thinking that someone would be growing the plant in decomposed granite at 7,500 elv. in the shade of a ponderosa.

(Continued on Pg.6)

(Continued from Over the Garden Fence Pg.5)

Right now all of these issues are very visible and can be corrected before next spring. The soils are warmer now than they will be in spring. It's a good time to divide perennials and bulbs, search the garden centers for 'gotta haves', and plant spring bulbs. Just remember to treat them to a good soil amendment, adequate water and add mulch to conserve soil moisture and heat.

So, you too would like to know the rest of the words to that broken recording going off in your brain?

*"If you wake and you don't want to smile
Just you wait, wait a little while
Open your eyes and look at the day
You might see things in a different way
Don't stop thinking about tomorrow
Don't stop, it'll soon be here.."*

I have a couple of new favorites in my garden. **Nicotiana Voodoo**, an annual that spends a lot of time producing huge smelly tobacco leaves and then from the center of the plant shoots up sprays of long tubular white blossoms. The flower scent is divine and they look awesome in a large pot with trailing verbena and/or callibrochia.

While calling on retailers on the western slope early this spring I purchased a small six-pack of **Mandarin Orange Sanvitalia**. Here in Evergreen it was still snowing with nighttime temperatures in the 20's but the plant description and picture were so inviting. So I nursed them through indoor dry heat conditions until late May.

The four surviving babies settled into a large blue pot. Several times during June Bob suggested that I should either start over with that pot or add lots more of something else. "don't stop now..." Boy am I glad I had a vision about tomorrow. Today the pot is spilling over with small double orange sunflower-like blossoms. And the label reads true to sanvitalia's attributes. Thrives in hot sunny locations and requires little maintenance....once it gets comfortable with it's surroundings.

Plan now to set aside the second Tuesday of the month for garden club. A good variety of programs are planned. Thanks to the board members who chose to extend their term of office for one more year. There are lots of opportunities to support Evergreen Garden Club. Check out the committee duties and plug in. We will promise to water your roots and keep you warm all winter long. Julaine



HORTICULTURE

Growing and Using Yarrow – *(I found this on the web earlier this spring when surfing for horticultural information. I can't remember where it can from, but thought it quite interesting – Kathi Grider)*

Yarrow has been valued since ancient times for its ability to stop bleeding, hence its folk name "nosebleed." Today, yarrow is valued for its ability to fight off colds and flu. It is also an ingredient in many herbal cosmetics. Dried and cut flowers are used in arrangements.

Flowers heads are flat and 2" to 6" across on 2' to 5' stems. Colors include white, yellow, gold, pink and red. The aromatic foliage is green or gray.

Growing Yarrow

Yarrow is an undemanding plant that thrives even in poor soil but does best in a sunny position with good drainage and light soil. Yarrow grows well in zones 3-8 with some cultivars extending to zone 10. Plants are susceptible to disease in humid areas.

Propagate from seeds, by root division or from woody cuttings taken in autumn or spring. They can take a year or two to establish themselves from seed. Place the plants 1-2 feet apart and divide the clumps when they become crowded. Taller cultivars may need to be staked, especially if grown in very fertile soil. Mildew is a fungal disease which causes grayish downy spots on leaves. Plants which do not have adequate sunshine or air circulation, or those grown in humid climates are most susceptible. Spray with sulfur early in the morning while foliage is still slightly moist with dew. Badly infected plants should be cut down and destroyed.



Yarrow in the Garden

Yarrow is more than just another pretty face in the flower garden!

Grow yarrow to attract beneficial Syrphid flies (also called flower flies or hover flies) to your garden. Syrphid flies are bright yellow or black and orange flies that might resemble yellowjackets or wasps. They are harmless to humans, but in the larval stage they consume huge quantities of harmful insects, particularly aphids, in the garden. Syrphid flies are important to the garden because they feed early in the season when it may be too cool for other beneficial insects.

Yarrow acts as an activator to speed the decomposition of compost. Use as much as you like, but you only need one finely chopped leaf per wheelbarrow load of compost material to see results.

Other Uses for yarrow: It adds color to a border. The flat heads add contrast to mound- ing or spiky plants. Use in yarrow in fresh arrangements.

Yarrow makes attractive dried flowers if cut before the sun bleaches them. To dry the flowers, cut them at their peak before they start to fade and hang them head-down in clusters of six to 12 in a dry, airy place out of the sun.

Yarrow makes a fragrant addition to potpourri.

Using Yarrow

Do not use yarrow during pregnancy, for undiagnosed bleeding, or for more than two weeks. Use flowers, leaves and stems. A piece of the plant held against a wound will staunch bleeding. An infusion can help to break a fever. A tea made from yarrow with peppermint and elderflower can be used to fight colds and flu. Yarrow can be of benefit in mild cystitis, it promotes digestion and improves circulation by acting as a vasodilator. Yarrow can also lower blood pressure.

(Continued on Pg. 8)

(Continued from Horticulture Pg.7)

Yarrow for Oily Skin and Hair

Yarrow is a wonderful choice when making cosmetics and cleansers for oily skin. Here are some of my favorite recipes.

Facial Steam:

Place a tablespoon of yarrow in a bowl and fill the bowl half full with boiling water. Lean over the bowl, and cover your head with a towel so that no steam escapes. You should be 12-18 inches from the water. After steaming, splash your face with cool water and pat dry. For added benefit, add one or more of the following herbs:

Stimulating Herbs

Rosemary

Sage

Mint Healing Herbs

Comfrey

Thyme Soothing Herbs

Lavender

Chamomile

Yarrow and Chamomile Compress

You will need:

1 teaspoon of dried yarrow flowers

1 teaspoon of dried chamomile flowers

1 cup of boiling water

Pour the boiling water over the herbs and steep for 20 minutes. Strain out the herbs and discard. Cool the liquid to a comfortable temperature. Dip a tea towel into the liquid and squeeze out the excess.

Rinse your face in lukewarm water. Place the towel over your face and relax for 15-20 minutes. Pat your face dry. If you want to apply a moisturizer afterwards, choose one that doesn't contain alcohol. Tip: You can also use this compress to soothe rough, red, or cracked hands. If your hands are dry, coat with almond oil before applying compress.

Simple Yarrow and Chamomile Lotion

Place 1 tbs. dried yarrow flower Add 2 cups boiling water. Leave in a warm place for 30 minutes. Stir again then strain off the liquid. Pour into glass bottles and store in the refrigerator.

Yarrow treatment for oily hair

You will need:

1 tablespoon of almond oil

1 tablespoon of jojoba oil

1 tablespoon of dried yarrow

Conditioner

**Note: Jojoba oil is wonderful for hair, but if you can't find it, use 2 tablespoons of almond oil.*

Bring water to boil in a double boiler. Add oils and yarrow to the top of the double boiler. Simmer gently, stirring frequently for 1 hour. Cool and strain. Repeat with fresh herb if you'd like a stronger oil.

Mix half and half with conditioner, and massage into hair and scalp. Cover hair with plastic wrap and top with a warm towel. Sit in a warm, sunny place for 30 minutes to 1 hour.

Shampoo, and repeat the treatment once or twice a week as necessary

Yarrow skin treatment for itchy skin

You will need:

- 1 pint jar with tight fitting lid

- 1/4 cup dried, coarsely ground yarrow

- a half and half mixture of grain alcohol (Everclear) and spring water.

Place the herbs in the jar, and fill the jar to the shoulder with grain alcohol - spring water mixture. Cover tightly. Store at room temperature, protected from light and heat, for 4-6 weeks. Shake vigorously every few days. After 4-6 weeks strain the mixture through a clean cotton cloth in a colander or strainer. Squeeze to remove as much liquid as possible. Discard the plant material and store the liquid in a dark glass bottle. This preparation will keep at room temperature indefinitely. Apply to itchy areas with a cotton ball.

Evergreen Garden Club
PO Box 1393
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Denver Botanic Gardens Schedule of Events www.botanicgardens.org

Grab your family and get lost in the giant 5-acre cornfield maze this fall at Denver Botanic Gardens at Chatfield's 5th annual Corn Maze. The 2004 Maze is the most challenging yet and will be open every Friday, Saturday and Sunday from September 3 through October 31.

Test your directional abilities as you attempt to maneuver through the pathways of the design of Chapungu, which is the Shona culture of Zimbabwe's name for an eagle of great presence, a messenger of the gods. The design is in conjunction with the exhibit of over 80 hand-carved stone sculptures on display at Denver Botanic Gardens entitled *Chapungu: Custom and Legend; A Culture in Stone*.

Hours:

Fridays: 4 p.m. to 10 p.m.

Saturdays: 10 a.m. to 10 p.m.

Sundays: Noon to 8 p.m.

Centennial Gardens is on the northeast side of Six Flags Elitch Gardens, just off 15th and Little Raven. This garden encompasses five acres of plants that are in a classic formal design with a Colorado twist. It offers a beautiful garden setting for visitors and is composed with drought tolerance in mind.

Working in conjunction with Civitas, the landscape architects for the project, staff from Denver Botanic Gardens developed a design for the garden that knits together traditional formal French garden design with a Colorado plant palette that requires little water. The garden uses native plants as a replacement for the water-guzzling varieties more commonly found in formal gardens. The plants used are either both native and drought-tolerant, or are adaptable to drier conditions.

Admission to Centennial Gardens is free. Rental of the facility is available for occasions such as weddings or parties. Please call Tom Aljinovich, Gardens Operations Director, at 720-865-3603 for rental information.