



GARDEN CLUB OF CAPE CORAL

PO Box 152022, Cape Coral, FL 33915

Member of National Garden Clubs, Inc., Deep South Garden Clubs, Inc., Florida Federation of Garden Clubs, Inc., (District IX) and Fort Myers-Lee County Garden Council

*When you're all alone in the country, and the night is dark as **pitch**, just be bold – 'cuz you've been told, **there's no such thing as a witch!** - Source unknown*

NEWSLETTER – OCTOBER 2021



October Meeting

At 5:45 pm at the Kiwanis on October 13, we will be celebrating Halloween – so, put on the style - wear your best scary or otherwise outfit and let the Board be your judge!

Our speaker will be Ana Bonstadt, coordinator of the Master Gardener Program for the UFL Extension Service. Ana will tell us all we should



know about this program and maybe inspire some of us to sign up – we always need more Master Gardeners. Masks (absolutely appropriate for



Halloween) will be required! We will have water but no refreshments.

Brand new member, Barbara Sery, has graciously agreed to chair our Horticulture Committee so we look forward to her presenting on a plant of her choice during the meeting.

October Birthdays

Many happy returns of your special day – have fun!

- | | |
|------------------|-------------------|
| Linda Bauschek | Cathy Dunn |
| Sally Flash | Debbie Haggett |
| Ginny Huffer | Deb Leh |
| Marilou Lucas | Dale Manuel |
| Susan Noble | Beverly Nugent |
| Lillian Peterson | Barbara Schindler |

BIG Thank you!

Our Sept. 29th meeting was a lepidopterist's dream! Our SW Library Butterfly Garden group took time off from caring for their nectar and butterfly host plants to turn the Kiwanis room into a shimmering host of butterflies. They and other helpers deserve our thanks for making our first indoor meeting since March 2020 a pretty and resounding success.

Thank you Cathy, Carol, Cindy, Elsa, Debbie (Clements), Val, Sherie, Cathy, Judy, Norah, Lynne, and Kim White! (Not everyone made it into the group picture on the next page.)



Our Board maintained the spirit of the evening when Carmen Sprague, club photographer, took a group photo.



l-r: Sylvia, Terry, Susan, Cathy, Ellen, Charlene, Elsa, and Ann

Tropical Plant Sale, Rotary Park, October 23

Thanks to everyone who signed up to help at the Tropical Plant Sale – now we just need all our members to turn out to buy, buy, buy plants that you can propagate for March in the Park!!! We have an interesting range of plants which will be very reasonably priced including some plants new to our repertoire. We will also be selling gloves and baskets for filling with goodies that you might need for the upcoming holiday gift giving season.

Please spread the word to family and friends to come and support us. The sale opens at 9 AM and closes at 2 PM. We will have helpers available to assist with plant carry out.

Welcome to more new Members

We have been joined by several new members, and we warmly welcome them to the fellowship of our club. Our new members are:

Patty Lyon: was born and raised in Hampton, VA - went to college there where she received a degree in accounting. Patty retired from the financial business after 33 years in 2010. She and her husband, Jennings were sailors for many years, now power boaters, and would travel for 6 months at a time. Patty says: "Our boating brought us to SWFL where we fell in love with Cape Coral. We decided to sell our trawler and bought a condo in the SE Cape in 2019. After one year of being snowbirds, we decided we would like to live in Cape Coral full time, bought a lot and contracted with a builder to build our new home. We are still waiting for the building to begin. When I read about the Garden Club I was very excited to meet new people and learn about plants and trees that grow well in this area. I will be starting from scratch and will need all the help I can get. I am looking forward to the educational and "fun" aspect of the garden club and participating in the many events you have scheduled".



Barbara Oster: Originally from Ohio, the Cleveland area, Barbara was a sales rep in her former life. Barbara has been a permanent resident of the Cape for 15 years, having purchased a home here around 20 years ago. She is a long-time member of the James E. Hendry Chapter of the American Hibiscus Society and has held several board positions in that Society,

New Members – continued

currently fulfilling the roles of Vice President, Membership Chair and Newsletter Editor. Barbara comments: “Hibiscus are very finicky, sad flowers and I’ve never gotten very good growing them, so I decided it was time to get up and learn of different choices for my landscaping - so I am joining you” – welcome Barbara!

Now – another Barbara:

Barbara Sery: After owning our home in Cape Coral for 12 years, my husband and I moved here permanently in 2019.



We moved from Maryland after we both retired. I retired from Hilton Hotels after 20 years of service, the last 8 of those years as General Manager of a Homewood Suites Hotel. My husband had a few more years of work, so I got my Real Estate license and worked at Berkshire Hathaway Home Service as an agent for 3 years, selling the Annapolis area. As so many times with college degrees, my original passion was plants and flowers, so I got my degree in Horticultural Sciences. How I got into the hotel business via Horticulture is another story! Through college and beyond, I worked in floral shops as a designer and keep my hand in it by helping during holidays with a local shop here in the Cape. Our families are spread throughout the country, and we do our best to keep close to them all, as family is most important. I look forward to being a part of the garden club, meeting, working, and enjoying new people and learning more about all Florida has to offer.

We also have two other new members, Cheryl Buckley and Linda Houck – hopefully we will have bio info for you in the November newsletter.

Spotlight on Committees - Committees that Need Your Help!

At our recent meeting, Co-Presidents Ann and Elsa highlighted that our Garden Angels Committee needed a new chair and more members to sign up to help. Ann and Elsa are so happy to announce that Denise Gastringer and her husband, Jim, have agreed to take on running this committee. So – if you would like to join Denise and Jim, Denise’s contact details are in the new Directory. If you haven’t got your copy yet, email membership chair, Terry Fisher and she will give you the info. This is a wonderful committee to work on – it only gets called on perhaps once or twice a year to help a member who is temporarily incapacitated and unable to keep up with the weeding and trimming. So, think about joining this very worthwhile committee that helps our fellow members in times of need.

Another very important committee that is currently without a chair is our Habitat Committee that does such great work in planning and installing the landscape at the annual Habitat Women’s Build where all the work on renovating the home and the landscaping are undertaken by women for women. Terry Fisher, our Membership Chair, has details of how the committee works and if you would like to read about it, give her a call and she’ll send you the information.

And we are still without a Publicity Chair – so anyone who has had experience in compiling and issuing press releases, please consider taking this on – even if you haven’t had experience it’s something that can be readily learned. Remember – we all need to serve on **at least one** committee. It’s a great way to make friends while doing a lot of good for the club.

Cups of Cheer

Now that our Garden Therapy program, Cups of Cheer is back in full swing, still more coffee mugs are needed so please bring any spare decorative mugs you have to the October meeting. Susan Lawson will have a donation basket available to receive them. Also, if you would be interested in joining this committee to visit the care facilities and assist the residents in making their arrangements, please contact Sue Lawson or Nancy Colgan – Contact details in the Directory.

Holiday Party

Frannie Cox is busy laying her plans for a fun holiday party – more details will be available at the November meeting and a sign-up sheet will be available for you to register to attend. The November newsletter will contain more details about the plans for the party and the cost so come to the November meeting prepared with your check book or cash – checks payable to Garden Club of Cape Coral and marked ‘Holiday Party’.

Fort Myers-Lee County Garden Council Standard Flower Show 19 and 20 November

This Standard Flower Show celebrating the Presidency of most recent Past President, Judy Francino will take us on a tour of the world. The various design classes all feature the travel theme *The World is Yours to Explore*. Several design classes still have openings and there are even more openings in the Botanical Arts Section. The schedule is available on the home page of the Garden Council: www.fmlcgc.com – contact Paula Novander to register – her contact details are in the schedule.

You’re Invited!

Sue Lawson, President of the Fort Myers-Lee County Garden Council (and former president and current member of this club – yea) – invites you to attend a premier event – the **first ever** Fort Myers-Lee County Garden Council Social!! This promises to be a very fun event with ‘crafty’ things to do; the lovely Berne Davis Gardens to wander in; and the chance to meet and greet members of other clubs and plant societies in Lee County. Come help make this a wonderful event. It’s on Friday, October 22, at 1 pm – there will be silly games, prizes, and a plant pass-along table and simple refreshments. RSVP to Susan Lawson – her details are in our Membership Directory or contact Terry Fisher, membership chair for her info.

Corks, Corks, Corks, Corks

Don’t forget to bring in your accumulated wine corks to our October meeting and give them to Susan Lawson for the cork recycling program.

Best Herbs for Herbal Tea

(National Gardening Association Newsletter, 8 21 2021)

- * [Bee Balm \(*Monarda didyma*\)](#), a member of the mint family, is native to the eastern United States and Canada. Both the brightly colored flowers and the leaves, with their complex flavors of citrus and spice, are used for tea.
- * [Betony \(*Stachys officinalis*\)](#) bears two- to three-foot spikes of violet flowers. The deep green, hairy leaves make a slightly astringent tea that's like a mild, fragrant China tea.
- * [Catnip \(*Nepeta cataria*\)](#) is a two- to three-foot-tall mint-family member. The fuzzy, scalloped leaves have a lemon-mint flavor.
- * [Chamomile](#) bears small, daisy-like flowers that have long been used in Europe for tea. German chamomile (*Matricaria recutita*) is a two-foot

Best Herbs for Herbal Tea - continued

annual. Roman or English chamomile (*Chamaemelum nobile*) is a lush green perennial ground cover of *C. nobile* bear small, yellow, button-like flowers. Although many references designate German chamomile as the sweeter type preferred for tea, you can harvest the mature flowers of both chamomiles for a light, apple-scented tea.

* [Coriander \(*Coriandrum sativum*\)](#) produces seeds that lend a warm, citrusy flavor to tea. The leaves, used in cooking, are known as cilantro or Chinese parsley. This fast-growing half-hardy annual prefers cool weather. Plant in fall in mild climates; elsewhere, succession-plant through spring and summer.

* [Fennel \(*Foeniculum vulgare*\)](#) is a three- to five-foot perennial often cultivated as an annual. In cold climates, you can succession-plant through the early spring and summer, and it will often self-sow. Fennel likes full sun. Both the feathery leaves and the seeds are used for licorice-flavored teas.

* [Lemon Balm \(*Melissa officinalis*\)](#) will quickly become a family favorite. This floppy two-foot-tall member of the mint family has scalloped, lemon-scented leaves that make a soothing evening tea and add body to blends as well.

* [Lemon Verbena \(*Aloysia triphylla*\)](#) is, among all the plants with "lemon" in their names, the most like oil of lemon, hence the most strongly flavored. The leaves are long, slightly sticky, and deciduous. This woody shrub prefers full sun and a light, well-drained soil. It's hardy only in zones 10 and 11. It's prone to whiteflies and spider mites that can be treated with insecticidal soap.

* [Mint \(*Mentha spp.*\)](#) comes in many varieties, all of which have been used as teas. Probably only peppermint leaves (*M. x piperita*) are the only ones that stand up to drying and steeping, making

a wonderfully refreshing iced tea. Like any mint, peppermint can be invasive.

* [Roses](#) can be used to make two kinds of tea, those from the hips (fruit) and those from the petals. You can use the petals of any fragrant variety that's been grown organically. Gather them when the blooms are just past their peak. *Rosa rugosa* is one that's recommended for both petals and hips because it's a fragrant, pest-free rose that doesn't require spraying. Rose hip tea is red, with a tart lemon-orange flavor, and is a source of vitamin C. Cut slits in plump hips to speed drying and crush them slightly before brewing tea.

* Sunflower seed hulls, roasted and ground, were used by Native Americans and pioneers as a coffee substitute. Run a rolling pin over the seeds to crack them, then remove the kernels for baking and snacks. Place the hulls in a dry cast-iron frying pan and stir over medium-high heat for a few minutes until they're blackened. It's a smoky operation, but the aroma is toasty and inviting. The hulls add a hearty flavor to teas, as well as darken them.

* Yerba Buena (*Satureja douglasii*) is a low-growing perennial with wonderful menthol-mint-flavored leaves. A native of the Pacific redwood forests and hardy only to 10oF, it needs a climate that's moist and mild.

Harvesting

Aromatic oils are most concentrated when herb plants are in bud, so that's a good time to harvest, although you can certainly take cuttings here and there during the growing season. Cut back the entire plant by two thirds.

The plants listed here can all be used fresh for tea, or they can be dried first. To dry them, spread the stems on trays in a warm, airy place and turn them twice a day. When they're dry (four to eight days), gently strip off the leaves,

Best Herbs for Herbal Tea - continued

buds or flowerheads and store them in closed containers.

Cut stalk fennel and coriander when the seeds are barely mature, but before they shatter, and invert them in paper sacks. In a few weeks, when the seeds have dropped to the bottom and dried, funnel them into storage containers.

Preserving Herbs

The most common ways to preserve herbs are drying and freezing. You can also make herb-based sauces. Try one or more of these methods so you can enjoy that fresh-picked flavor year-round. You will need:

- paper bags ice cube trays
- rubber bands freezer trays
- freezer bags airtight containers

Drying. Many herbs can be air dried by tying several stems together with a rubber band and hanging them in a cool, dark, dry location. Bay, marjoram, oregano, parsley, rosemary, sage, and thyme are good candidates for drying. If the area is dusty, keep the herbs in paper bags during the drying process. Parsley and thyme retain more of their color if they are dried in a 150-degree oven or in a dehydrator. When leaves are brittle, pull them off the stems and store in airtight jars in a cool, dark place. Don't crumble the leaves until you use them because they will lose flavor. Dried herbs keep their flavor and color for about three months.

Freezing

Some herbs keep their flavor best when frozen. These include basil, chives, chervil, dill, lemon balm, mints, oregano, parsley, rosemary, sage, French tarragon, thyme, and lemon verbena. Wash them thoroughly and shake or pat off the

excess water. Place individual leaves or chopped leaves in freezer bags. Flatten the bags to remove air. Dill, sage, rosemary, and thyme also freeze well on the stalks, which you can add frozen to cooking pots and remove before serving.

You can also puree herbs with a small amount of water and freeze the paste in small, zippered freezer bags. Then break off frozen pieces as you need them. Combine herbs that are good culinary companions, such as sage and thyme, mix with a little olive oil, and seal the paste in freezer bags. Or pour the mixture into ice cube trays. Once frozen, remove and store in freezer bags and thaw individual cubes as needed.

Tips

An herb's flavor is most pronounced just before the plant begins to flower. You can prolong the harvest by snipping off the flower buds whenever they appear.

The essential oils are concentrated in the leaves in early morning before the sun causes them to be released into the air. Early morning is, therefore, the best time to harvest. Snip individual leaves or cut an entire shoot just above

Best Herbs for Herbal Tea – continued

a leaf node (this will encourage dormant buds to grow at the nodes for a bushier plant).

Harvest the seeds of dill, fennel, and coriander when the flower heads have faded and started to dry. Clip the flower heads and place them in paper bags, then shake the heads to dislodge the seeds. Store seeds in an airtight container.

October - What to Plant

Annuals/Bedding plants: Even though temperatures are still warm, begin planting for the cooler months ahead. Impatiens, alyssum, and dianthus are good plants for the fall/winter garden.

October - What to Plant – continued

Bulbs: Plant agapanthus, rain lily, and Clivia lily now for blooms next spring or summer. Add organic matter to the planting bed for best results.

Herbs: A wide range of herbs can be planted from seed or transplants this month. Some to try include dill, fennel, parsley, and cilantro

Vegetables: Easy crops that can be grown now include beans, broccoli, carrots, collards, lettuce, green onions, peppers, radishes, spinach, and tomatoes.

What to do

Lawns: Control winter weeds in lawns before they appear. Preemergence herbicides must be applied at the right time to be effective. Apply when nighttime temperatures are 55°F–60°F for 4–5 days. Mow lawngrass at the recommended height; mowing too short encourages weeds and stresses the turf. Fertilize lawns if needed

Ornamental trees and shrubs: Fertilize plants that are not performing as desired. This is the last month of the year to fertilize shrubs and trees. Controlled-release fertilizer provides nutrients over a longer period.

Strawberries: Prepare beds and set strawberry plants this month. Strawberries also make a colorful and tasty container planting. Either way, water daily until plants are established.

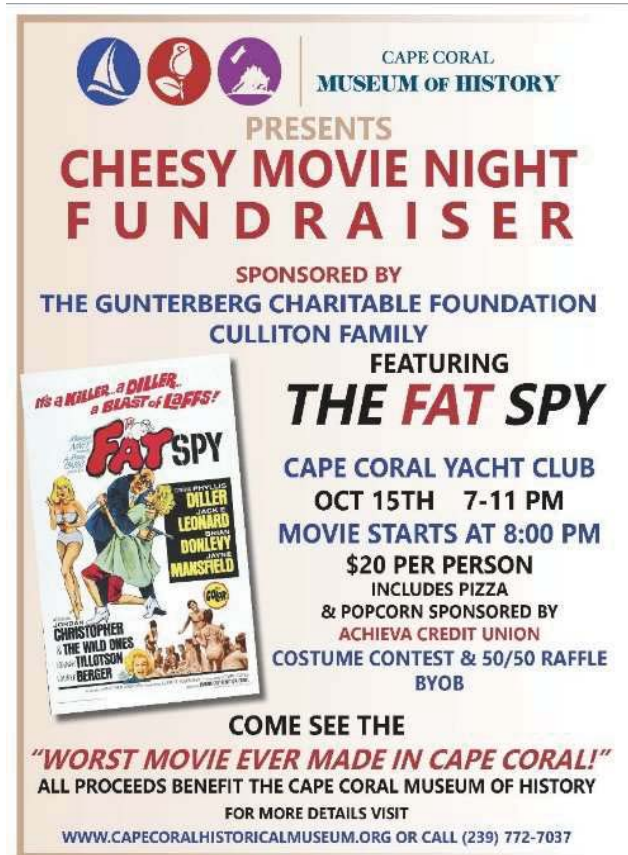
Palms: Palms have unique nutritional needs. Select a fertilizer that contains controlled release nitrogen, potassium, and magnesium.

Oleanders: Control the oleander caterpillar, which is a year-round resident in south Florida, without harming beneficial insects by pruning off

infested leaves or spraying with BT (*Bacillus thuringiensis*).

Twig girdlers: Control twig girdlers by cleaning up and destroying fallen branches that young twig girdlers can use for harborage.

Upcoming Events:



CAPE CORAL MUSEUM OF HISTORY PRESENTS
CHEESY MOVIE NIGHT FUNDRAISER
SPONSORED BY THE GUNTERBERG CHARITABLE FOUNDATION CULLITON FAMILY
FEATURING **THE FAT SPY**
CAPE CORAL YACHT CLUB
OCT 15TH 7-11 PM
MOVIE STARTS AT 8:00 PM
\$20 PER PERSON
INCLUDES PIZZA & POPCORN SPONSORED BY ACHIEVA CREDIT UNION
COSTUME CONTEST & 50/50 RAFFLE
BYOB
COME SEE THE "WORST MOVIE EVER MADE IN CAPE CORAL!"
ALL PROCEEDS BENEFIT THE CAPE CORAL MUSEUM OF HISTORY
FOR MORE DETAILS VISIT
WWW.CAPECORALHISTORICALMUSEUM.ORG OR CALL (239) 772-7037

10/10: our own *Fun with Flowers*, FMLCGC HQ, 10 AM to noon, Registration form available on our website. Contact Susan Lawson (info in Directory) for more details.

10/22 1PM FMLCGC Social at the Garden Council headquarters, Virginia Ave., Fort Myers

10/26 – FFGC District IX Fall meeting via Zoom – Registration required. Watch out for email from President Ann with details of the event and how to register. It's an easy way to attend a District IX meeting and to get to know what happens at these events.

Upcoming Events - continued

You will hear from members of other Florida Garden Clubs in District IX of the FFGC – always interesting to hear what is going on elsewhere in the state.

Ford-Edison Estates Events:

10/09 9 AM to 4 PM daily Edison-Ford Estates **Orchid Symposium**. Presentations on growing and caring for Orchids. \$15 non-members per day, \$10 per day Members. Many vendors including food vendors. Tickets available online at edisonford.org

10/29 *Rhythm on the River* – Edison-Ford Estates, Appalachian Road Show Band, Gates open 5:30 PM Members \$30, Nonmembers \$35. At the door \$40.

10/30 and 11/6: Two-part Hypertufa class, Members \$50, nonmembers \$75.

Lakes Park Reminders

1st Saturday Bird Walks year-round – 8 AM-10 AM. Meet at shelter A7

2nd Saturday Guided Garden Walks - Oct-April 9 AM– 10 AM Meet at Community Garden Sign; end of parking lot #3

Wednesdays Farmers Market runs October through April 9 AM– 1 PM

Tuesdays & Thursdays Volunteer Workdays year-round 8 AM-10 AM

Here's an online event from the Native Plant Society that you may find interesting – courtesy of Sherie Bleiler:

Date/Time

10/06/2021

11:00 am - 12:00 pm

"Petrifying Pond Pests" - Dr, Win Everham, Professor at Florida Gulf Coast University

At the time of the webinar, **click this link to join** –

><https://zoom.us/j/93853217137?pwd=LoNqUXFyMUVIZFhhemNjYVhIOERnQTo9>

Meeting ID: 938 5321 7137

Passcode: wetplan



Newsletter Online

Our monthly newsletter is always available online – go to our website at <https://www.gardenclubofcapecoral.com/getinvolved/newsletter/>

Comments/suggestions always welcome as are suggestions for items to include. Contact editor Sylvia Swartz, newsletter@gardenclubofcapecoral.com