



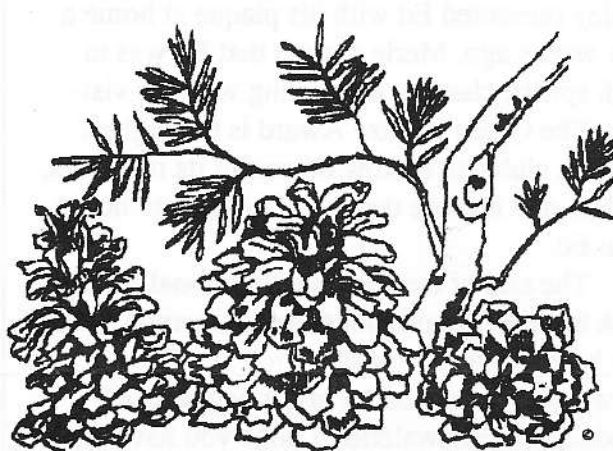
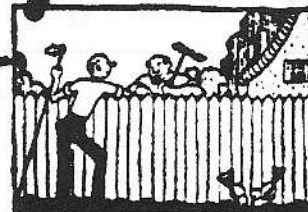
# The Garden Spray



Bulletin of the Men's Garden Club of Minneapolis, Inc.

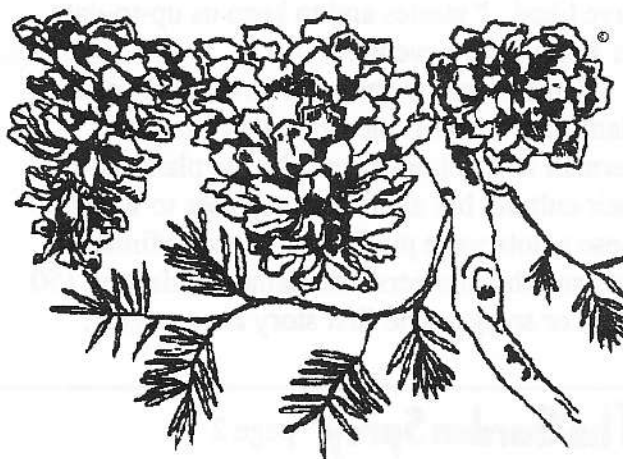
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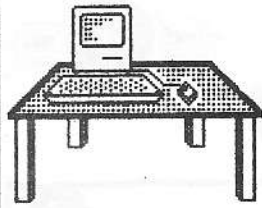
December 1992, Volume 50, Number 12



# Happy Holidays!

from the Men's Garden Club of Minneapolis





**The Editor's Desk**  
Andy Marlow

Ed Culbert, editor of *The Garden Spray* for 22 years, has been ailing, and was unable to attend the 50<sup>th</sup> Anniversary Celebration Dinner to receive the very special Green Bronze Award voted him by the MGCM Board of Directors. President Greg Smith and Past President Merle Pulley presented Ed with his plaque at home a few weeks ago. Merle reports that Ed was in high spirits, chatting and joking with his visitors. The Green Bronze Award is the highest honor a club can bestow on one of its members, and no one is more deserving of such an honor than Ed.

The end of the year is a traditional time to look back on the previous twelve months. This has been a year of transition for *The Garden Spray*, with a new editor and a new way of producing the newsletter. I hope you have all enjoyed our efforts.

And, they have been *our* efforts. Without the assistance of Mary Maynard, Terry Robertson, Bob Olson, Chuck Carlson and photographer Lloyd Wittstock, this newsletter would not have been possible. Special thanks go to Bill Hull, who in addition to his duties as chair of the 50<sup>th</sup> Anniversary Celebration Committee, also found time to remember deceased MGCM members in his series of "You would have liked..." stories and to keep us up-to-date on Anniversary events.

This month we begin a series of articles on plants native to Minnesota. Mary Maguire Lerman will not only describe the plants and their culture, but also the many uses to which these plants were put by indigenous Minnesotans and the pioneers who came to this area 150 years or so ago. The first story is on page 5.

# Coming Attractions

**December 1 – 6:00 p.m.**  
MGCM Holiday Party  
Lake Harriet United Methodist Church

**January 5, 1993 – 7:30 p.m.**  
MGCM Board Meeting  
Greg Smith's House

**January 12 – 6:00 p.m.**  
MGCM Dinner Meeting  
Lake Harriet United Methodist Church

**February 2 – 7:30 p.m.**  
MGCM Board Meeting  
Lee Gilligan's House

**February 9 – 6:00 p.m.**  
MGCM Dinner Meeting  
Lake Harriet United Methodist Church

**March 2 – 7:30 p.m.**  
MGCM Board Meeting  
Clyde Thompson's House

**March 16 - 6:00 p.m.**  
Dayton-Bachman Flower Show  
Dinner and Show Tour  
Dayton's Store, Downtown Minneapolis

*The Garden Spray* is published monthly by the Men's Garden Club of Minneapolis, Inc., for its members and friends. The Men's Garden Club of Minneapolis is a not-for-profit, equal opportunity organization.

Editor.....Andrew J. Marlow  
Staff.....Mary Maynard,  
Robert C. Olson, Terry Robertson



# The Freedom Garden

Gregory P. Smith  
President, MGCM



The final event of the year is our 1992 Holiday Party at Lake Harriet United Methodist Church. This year Walt and Melba Gustafson, along with their committee, have special surprises in store for everyone with the Minneapolis Boys Choir highlighting the evening. Please remember to bring a food shelf item or an unwrapped toy to put under the tree. Food items will go to a food shelf and toys to Santa Anonymous in time for Christmas.

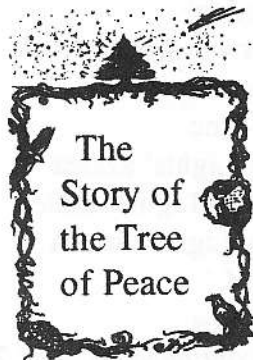
This year has gone very quickly for me as your President. I have been honored to serve a group of people with such a great history. The year could not have been so successful without the great volunteers we have in this club. To list the names of everyone who made this year so special would take more space than we have for this column and I would not want to leave anyone out. So, I just want to thank everyone who chaired a committee, served on one, pitched in when needed, or just came to meetings. My hat goes off to you for your service! That's what make a club work.

There are a few highlights that come to mind as I think back our the past year: The great meetings we had at Lake Harriet Church with

wonderful meals prepared by Agnes Ostlund and where mentor gardeners from our club shared their gardening knowledge. The wonderful dinner and show we enjoyed at the Dayton-Bachman Flower Show. The main club fundraiser for the year, the plant sale and auction. The very successful garden tours in July and August, and the celebration of our 50<sup>th</sup> Anniversary Dinner at Mount Olivet Lutheran Church in October.

The club also supported the Arbor Day planting, the community garden, the Minnesota State Horticultural Society building fund, the University of Minnesota Landscape Arboretum, and others with our work and our money. We publish a monthly newsletter, *The Garden Spray*, with photographs and special columns, and we put on slide shows and sell calendars to fund our club.

All in all, I think we have an outstanding club, with good balance between education, social events and community service. I thank you all for your support, and I look forward to many more years as a member of the Men's Garden Club of Minneapolis.

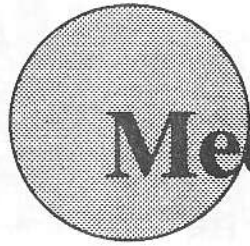


## The Story of the Tree of Peace

Some 1000 years ago, at a time when there was great conflict among nations, the Peacemaker appeared among native people, bringing a message of peace. He persuaded the discordant nations to listen to him. When the people finally agreed amongst themselves to accept his message, 50 chiefs gathered in a circle around a white pine tree. The Peacemaker uprooted the tree and the people buried the weapons of war. The Peacemaker then planted the tree over the weapons to hold the conflict underground and away from the people, symbolizing the end of warfare. The roots of the tree, known as the White Roots of Peace, grew in the four directions, spreading the message of peace. If any person or nation traces these Roots back to the base of the tree, he or she follows the path of peace to live in harmony with other people and with nature, under its shelter. This tree is called the Tree of Peace.

From the Iroquois





# MGCM Meeting Report

by Mary Maynard

November 10, 1992

Lee Gilligan bowed out as program arranger with a new slide presentation from the Minnesota State Horticultural Society. Since our Master Gardener panel received a lot of questions on trees and shrubs, Lee presented "New Trees and Shrubs for Minnesota". This slide presentation showed photographs of 53 trees and shrubs in the following categories:

### Deciduous bushes and shrubs

- Aronia melanocarpa (chokeberry, glossy black)
- Berberis thunbergii (barberry, Japanese)
- Cornus alba 'Gouchaultii', Gouchault dogwood
- Daphne x burkwoodii, 'Carol Mackie'
- Euonymus alata 'compacta', dwarf-winged euonymus - Dwarf form of burning bush
- Forsythia, 'Northern Gold'
- Hydrangea arborescens 'Annabelle'
- Ilex verticillata, 'Auranticam', winterberry
- Ilex verticillata, 'Winter Red', winterberry
- Philadelphus virginialis, 'Dwarf Minnesota Snowflake' (Mockorange, Minnesota)
- Rosa rugosa, 'Henry Hudson'
- Rosa rugosa, 'Martin Frobisher'
- Rosa hybrid, 'William Baffin'
- Sambucus Canadensis, 'Adams', elderberry
- Spirea Albiflora, 'Japanese White'
- Spirea x, 'Gold Mound'
- Spirea x bumalda, 'Coccinea'
- Spirea fritschiana
- Syringa x hyacinthiflora, 'Mount Baker', hyacinth lilac
- Syringa x, 'Minuet', semi-dwarf lilac
- Syringa prestoniae hybrid, 'Miss Canada'
- Viburnum trilobum, 'Alfredo'

- Viburnum sargentii, 'Onondaga'
- Weigelia, 'Red Prince'

### Ornamental trees

- Amelanchier laevis, 'Prince Charles', serviceberry
- Carpinus caroliniana (blue beech)
- Crataegus mordenensis, 'Toba Hawthorn'
- Magnolia x loeberti, 'Merrill'
- Malus x, 'Centurion', flowering crabapple
- Malus x, 'Jewelberry', flowering crabapple
- Syringa reticulata, 'Ivory Silk', Japanese tree lilac

### Deciduous shadetrees

- Acer platanoides, Norway maple
- Acer rubrum, red maple
- Betula nigra, river birch
- Faxinus americana, 'Autumn Purple', ash
- Gymnocladus dioica, Kentucky coffeetree
- Quercus alba, white oak
- Sorbus alnifolia, Korean mountain ash
- Tilia x euchlora 'Redmond', Redmond linden

### Evergreens

- Chamaecyparis pisifera, 'Golden Mop', false cypress
- Juniperus chinensis, 'Mint Julep'
- Juniper procumbens, 'Japgarden'
- Picea abies, 'Acrocona', Norway spruce
- Picea abies, 'Mucronata', Norway spruce
- Picea cembra, 'Swiss stone' pine
- Rhododendron hybrid, 'Pink Lights' azalea
- Rhododendron hybrid, 'Golden Lights' azalea
- Rhododendron hybrid, 'Spicy Lights' azalea
- Rhododendron hybrid, 'P.J.M.'
- Taxus x media, 'Tauntonii', yew

(continued on page 7)

# Uses of Native Plants: Balsam Fir

by Mary Maguire Lerman, Coordinator of Horticulture Programs  
Minneapolis Park and Recreation Board

Common name: Balsam Fir  
Scientific name: *Abies balsamea*  
Native name: á ninanda´k

At the holiday season, the evergreen branches of the Balsam Fir can be seen in wreaths hanging on many doors. Balsam Fir is commonly used for Christmas trees, and after Christmas can be useful as temporary outdoor bird feeders when the branches are filled with dry bread. Besides these traditional holiday uses for Balsam Fir, it has medicinal, utility, and edible uses.

Frances Densmore in *How Indians Use Wild Plants for Food, Medicine and Crafts* mentions that the gum of this fir was "placed on warm stones until it melts; fumes inhaled" for nervous system disorders. Also, a decoction of the roots was "sprinkled on hot stones, the decoction being very hot. This was used to 'steam' rheumatic joints, especially of the knees, the patient being covered closely and letting steam warm the knees."

The gum of the Balsam Fir could be mixed with bear grease to produce a fragrant hair oil according to Edith Van Allen Murphey in *Indian Uses of Native Plants*. Oliver Perry Medsger in *Edible Wild Plants* has several interesting comments on utility and edible uses of the Balsam Fir:

Canada Balsam is the resinous pitch that exudes from the trunks, forming lumps or blisters. When refined, it is used in the arts, especially in the mounting of microscope slides. Residents of the northern United States and Canada generally refer to it as

"spruce gum." It has a resinous but not disagreeable flavor and was much used for chewing before the days of pleasantly flavored commercial chewing gums. In many places throughout its range, it was regularly bought and sold at the stores. For chewing purposes, it was generally molded into short sticks. People make a regular business of going into forests of fir trees, gathering the gum, and taking it to market. Robert Frost, the poet, describes one of these spruce-gum collectors:

He showed me lumps of the scented stuff,  
Like uncut jewels, dull and rough.  
It comes to the market golden brown;  
But turns to pink between the teeth.

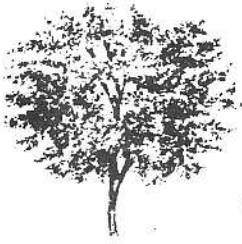
I am told that the pitch of the White Pine, *Pinus strobus*, is sometimes substituted for that of the Balsam, but it is too sticky and generally has to be boiled before using. The taste is rather disagreeable.

Carl Rosendal in *Trees and Shrubs of the Upper Midwest* notes that "the fragrant dry twigs are often used to stuff sofa pillows and similar articles."

Peterson's *A Field Guide to Edible Wild Plants* makes some further comments about possible edible uses:

Use: emergency food, flour. Although disagreeable tasting, the pitch contained in the blisters in the smooth bark is a concentrated food and should be

(continued on page 6)



# Chuck's Chestnuts

by Chuck Carlson

## The Chestnut

Agatized rainbows! No, not fish but trees. They are the trees of the Petrified Forest. Petrified wood has always been an interesting subject to me and while cleaning out my parent's home I came across a pamphlet on the subject. It was written by a park naturalist at Petrified Forest National Monument. There were many things of interest and one was the kind of trees that became petrified. I have wondered if we still have these trees living today. The pamphlet said that the petrified forest contains agatized wood from three kinds of trees. The most common one is the Araucarian Pine (*Araucarioxylon Arizonicum*), a primitive member of the pine family. This became extinct years ago but there are still several species of the modern *Araucaria* native to South America, Australia, New Zealand and some were imported to Florida. These imports are the Monkey Puzzle tree and the Norfolk Pine. Two other types of trees in the Petrified forest are the *Woodworthia Arizonica* and the *Schilderia Adamanica*. It didn't say if these last two were still living or extinct. The article also mentioned that petrification process is of some debate but the general belief is that it is an infiltration process. Previously it was thought to be a replacement process.

## The Word

The word this time is "Awn". You haven't heard of this word? Well, if you worked on the farm during the threshing season you probably have felt them. They are the bristly fibers on the heads of barley, oats, ect. Collectively these are

called the "beard". Lets see if you can work that one into your conversation.

## The Tip

We all know Thanksgiving cactus and Christmas cactus look very much alike. But, there is a way to tell the difference. Thanksgiving cactus have pointed leaf margins whereas Christmas cactus have rounded leaf margins.

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## Balsam Fir

(continued from page 5)

remembered in times of need. The soft inner bark, or cambium, can be dried and ground into meal and mixed with flour to extend supplies in times of emergency; the taste of the mixture is unattractive but nourishing.

According to *American Wildlife and Plants, a Guide to Wildlife Food Habits*, wildlife use the Balsam Fir for nesting and cover sites in addition to its use as a food source. Fir needles are a major part of the diet of grouse. Yellow-bellied Sapsuckers relish the sap and other songbirds prefer the seeds, as do mice and chipmunks. Beavers, porcupines, and squirrels favor the seeds, bark and wood and deer and moose will browse the foliage and twigs.

Balsam Fir is a native of coniferous forests and is most commonly found in northern Minnesota in moist habitats.



# Meeting Notes

At it's November meeting the **MGCM Board of Directors:**

- confirmed that proceeds from the 50<sup>th</sup> Anniversary Garden Tours would go into a special scholarship fund and that the proceeds from the 50<sup>th</sup> Anniversary Celebration Dinner would go into the Club's general fund.

- learned in the Treasurer's report

that the 50<sup>th</sup> Anniversary Celebration Dinner earned \$113.48 after expenses were deducted.

- commended Treasurer Mel Anderson for a fine job this year, especially with the added responsibilities created by the 50<sup>th</sup> Anniversary tours and dinner.

- received a request from Kent Petterson that he be replaced as MGCM representative to the Minnesota State Horticultural Society Board of Directors. Kent has been appointed a Board Member at-Large of MSHS.

- Discussed the role of committees and the need for "job descriptions" for each committee.
- Approved William and Nancy Jepson as new members (address and phone on page 8).

At the regular MGCM November membership meeting, the membership:

- elected officers for 1993. They are:

President: Lee Gilligan

Vice-President: Clyde Thompson

Secretary: Eldon Hugelen

Treasurer: Mel Anderson

Past President: Greg Smith

Directors: Don Powell, Bob Stepan, Bob

Voigt, Lloyd Wittstock

- heard a report from TGOA/MGCA Regional

Director Russ Smith, in which he reported that the organization:

- » approved new by-laws that include organizing into two divisions, TGOA and MGCM, and allowing local clubs to affiliate with either division.
- » returned to a \$150 fee for life membership.
- » signed a letter of intent with a professional group to solicit new members for TGOA/MGCA. These new at-large members would be encouraged to join local clubs.

## Meeting Report

*(continued from page 4)*

Thuja occidentalis, 'Hetz Midget', arborvitae  
Thuja occidentalis, 'Techny' arborvitae

Lee also provided us a printed copy of the script so that we could follow along for ourselves (and not have to listen to Lee as much). I am once again impressed by the time and effort that the Horticultural Society puts into these slide presentations.

As a special bonus, we saw some slides from Phil Smith's and Lee Gilligan's gardens. As usual, the gardens of our members are very impressive.

And so we close out another year of excellent, informative programming. Clyde Thompson, our new vice president, will have some tough acts to follow when planning programs for 1993!

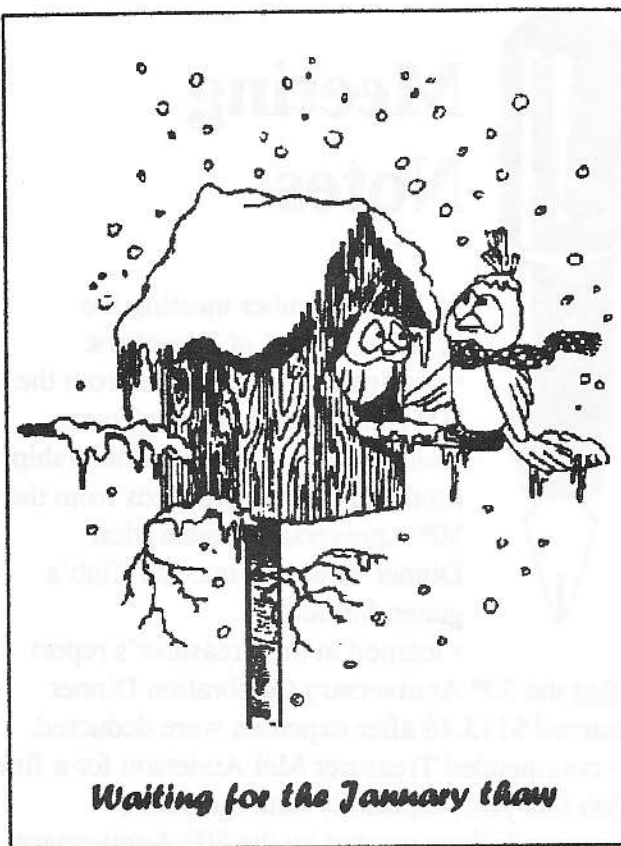


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## NEW MEMBERS

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*Waiting for the January thaw*

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