

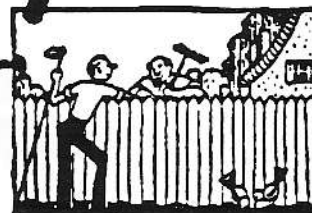


# The Garden Spray

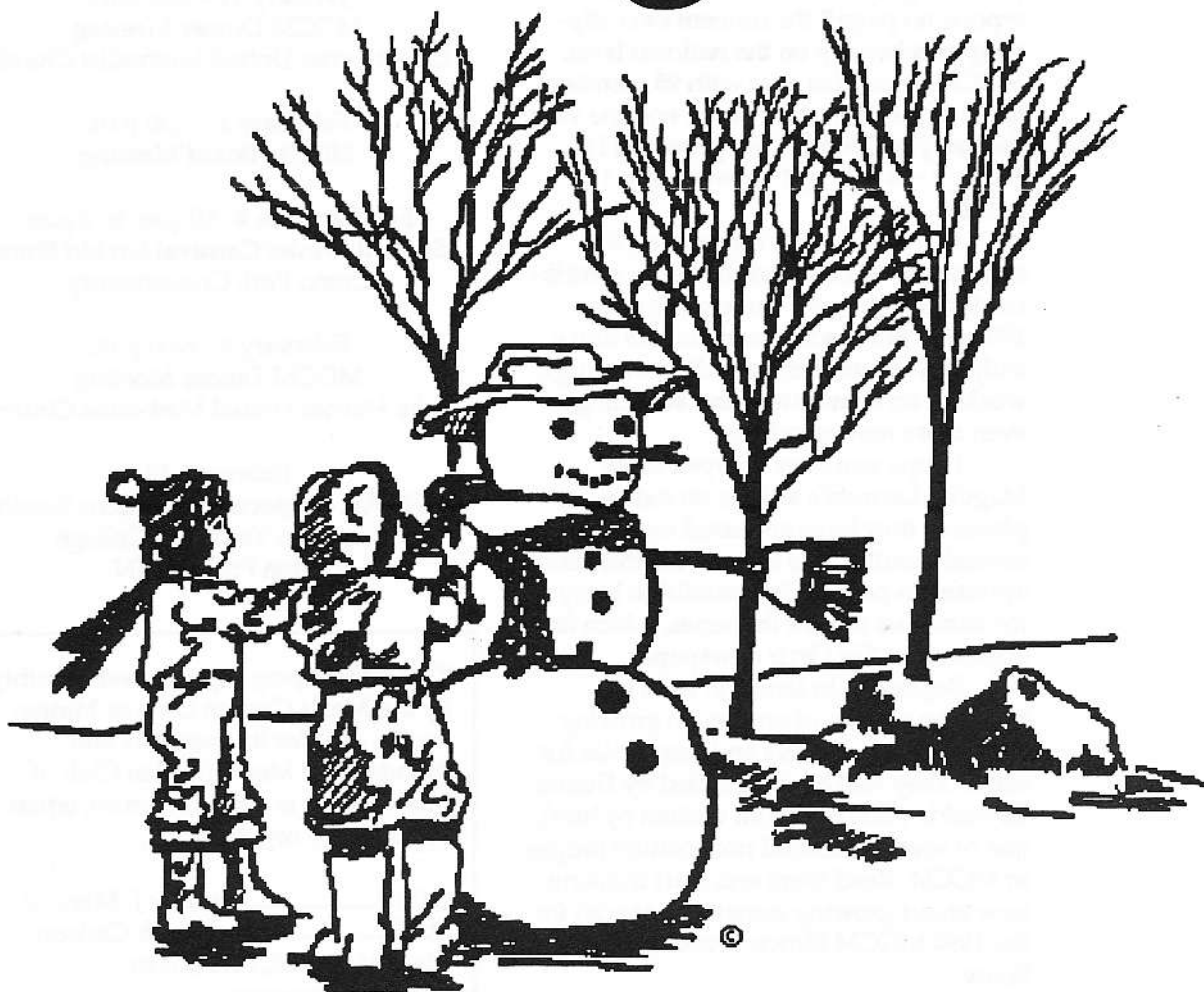
Bulletin of the Men's Garden Club of Minneapolis, Inc.

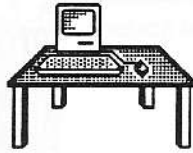
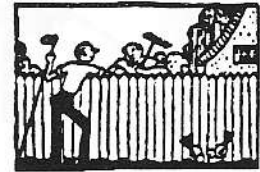
Affiliated with Gardeners of America and the Minnesota State Horticultural Society

December 1993, Volume 51, Number 12



# Happy Holidays!





**The Editor's Desk**  
Andy Marlow

The last edition of the *Spray* for the year and, consequently, the last column of the year are usually an occasion to look back on the year nearly finished. We can be especially proud of our membership growth.

Many organizations such as ours have seen declining membership in recent years. Regional Director Russ Smith reports on page 9 the concern over slipping membership on the national level. MGCM began this year with 95 members listed in the directory. As we end the year, the *Spray* mailing list has grown to 112. That's a net gain of 17 members in 12 months.

Our community service and the enthusiasm of each member have contributed to this growth. Our challenge for 1994 is to turn each new members into a truly active member; attending meetings, working on committees and attracting even more new members.

I hope you have enjoyed Mary Maguire Lerman's articles on native plants as they have appeared over the last several months. The last one for this series appears on page 8. I'm grateful to Mary for letting us reprint the series, which first appeared in *The Circle* newspaper.

Beginning in January, we'll be featuring a series of articles on growing and preparing flowers and vegetables for show. They will be contributed by Duane Reynolds (though not all written by him), one of several certified horticulture judges in MGCM. Read them and start thinking now about growing something special for the 1994 MGCM Flower, Food and Foto Show.

## Coming Attractions

December 7 - 6:00 p.m.  
MGCM Holiday Party  
Lake Harriet United Methodist Church

January 4, 1994 - 7:30 p.m.  
MGCM Board Meeting

January 11 - 6:00 p.m.  
MGCM Dinner Meeting  
Lake Harriet United Methodist Church

February 1 - 7:30 p.m.  
MGCM Board Meeting

February 5 & 6 - 10 a.m. to 6 p.m.  
St. Paul Winter Carnival Orchid Show  
Como Park Conservatory

February 8 - 6:00 p.m.  
MGCM Dinner Meeting  
Lake Harriet United Methodist Church

February 19  
MSHS Art of Speciality Gardens Seminar  
Hennpin Technical College  
Eden Prairie, MN

*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.....Chuck Carlson,  
Mary Maynard, Phil Smith



# The President's Report

Lee Gilligan, President, MGCM



(photo by Dr. Bill Jepson)

Already! You mean a year has gone by since I became President of our Club? Time sure flies when you're having fun.

It's been a good year for MGCM, and we should all be proud of our accomplishments: our charitable contributions to horticultural organizations; our horticulture scholarship and the community projects you

have all done so well with.

Your Club officers have been a true pleasure to work with—and they did work hard. The committee people did an outstanding job again this year.

I guess the more involved one gets in Club affairs, the more you appreciate the organization and everyone's contributions to it.

Thank you for allowing me to serve as your President. I feel it has put me in fine company.

# New Member Profile

by Duane Reynolds  
Membership Committee

Ed Piechowski Lives in Minneapolis at Thompkins Cottage, 1011 West 24th Street.

He is interested in roses, landscaping, annual and perennial flowers, and fruits.

He was attracted to MGCM by our Fragrance Garden project. He is interested in helping with the Garden, plus other environmental projects.

Ed is volunteering for the Arbor Day, Garden Tours and Fragrance Garden committees.

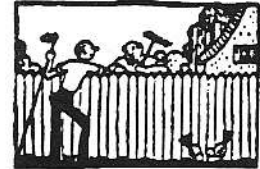
## Reminder...

MGCM membership renewal form and a check for your 1994 dues should already have been mailed to Treasurer Mel Anderson. If you did not receive a renewal notice, please contact Mel as soon as possible. If you joined MGCM after October 1, you are already paid for 1994.

# 1994 MGCM Officers

MGCM Officers for 1994: (front row, l to r) Chuck Carlson, Director; Don Powell, Director; Eldon Hugelen, Secretary; Clyde Thompson, President; Bob Voigt, Vice President; (back row) Mel Anderson, Treasurer; Bob Stepan, Director; Lee Gilligan, Past President; and Mary Maynard, Director.





# MGCM 1994 Budget

The following budget was adopted by the MGCM Board of Directors at their meeting on November 2, 1993, and will be voted on by the membership at the January 1994 meeting.

## Income

Dues	\$3,300
Meetings	\$4,000
Plant Auction	\$5,000
Tours	\$700
Holiday Party	\$1,800
Calendars	\$2,250
Interest	\$150
Raffles	\$300
Miscellaneous	\$100
<b>TOTAL INCOME</b>	<b>\$17,600</b>

## Expenses

TGOA/MGCA dues	\$1,200
MSHS dues	\$1,350
Garden Spray	\$1,200
Meetings	\$4,000
Plant Auction	\$2,500
Tours	\$700
Flower Show	\$500
Holiday Party	\$1,800
Directory	\$125
Sunshine	\$200
Honoraria	\$100
Awards	\$200
Arbor Day	\$250
Fragrance Garden	\$150
Convention delegate*	\$300
Donations	
Arboretum	\$350
MSHS	\$250
4H/Jr. Hort	\$100
People for Parks	\$100
Calendar	\$1,275

Community Service	\$100
Membership Campaign	\$100
Life Membership	\$150
Photography	\$100
Hall of Trees	\$50
Miscellaneous	\$450
<b>TOTAL EXPENSES</b>	<b>\$17,600</b>

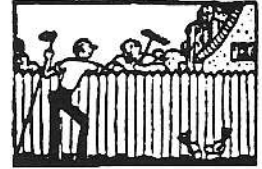
\*National Director or any substitute appointed by the MGCM Board of Directors

## New Members

Edward J. Biren  
13401 Morgan Avenue South  
Apartment 315  
Burnsville, MN 55337  
phone: 890-0540

Walter J. Muehlegger  
715 Lone Oak Road  
Eagan, MN 55121  
phone: 454-4582

Richard J. Ziminske  
6931 Edenvale Boulevard  
Eden Prairie, MN 55346  
phone: 937-8966



# Vegetables for 1994

by Chuck Carlson

## Bean

*Delinel:* High yield, stringless slender pod 6-7", mosaic resistant.

## Corn

*Kandy King:* Sweet yellow kernels, 73 days

*Lyric:* A yellow 7-8" ear, earlier than Sugar Buns

*Silver Choice:* A white corn, 8" ears, incomparable flavor, 15% sweeter and matures 2 weeks earlier than Silver Queen.

## Peppers

*Banana Supreme:* Sweet, 8", 65 days, turns red at maturity.

*Big Dipper:* Big fruit 4-5", great flavor, compact plants, blocky dark green pepper, matures red.

*Garden Salsa:* Hot, good for Picante sauce and salsa, 8-9" long, 73 days.

*Matador:* Elongated 6" shiny peppers, matures green to bright yellow, tall plants, 76 days.

## Tomatoes

*Big Beef:* Large fruit 10 to 12oz., improved disease resistance, 1994 All America winner, 73 days.


*Merced:* Globe shaped fruit 9 oz., 69 days, determinate, resistant to V,F,S,Tmv

*Northern Exposure:* Perfect for cool short seasons, tolerant to 50 deg. abundant 8oz. fruit, outstanding flavor.

*Spitfire:* Deep red color, early mid-season determinate, V,F,A,S,Tmv

resistant.



Tomato 'Big Beef' 

# Buy a Brick

by Merle Pulley, Chair  
Community Service Committee  
MGCM Liason to MSHS

Members of the Men's Garden Club of Minneapolis have long been supporters of the Minnesota State Horticultural Society. Our recent efforts have helped the Society raise substantial funds for a down payment on its new home. MSHS needs our continuing assistance in order to help them "burn the mortgage."

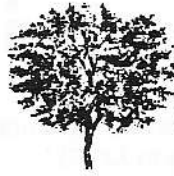
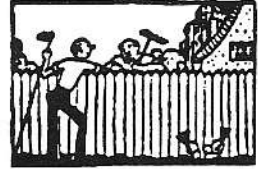
MGCM will have an engraved plaque in the brick patio at the Center for Northern Gardening. Under this "banner" there will be individual bricks with inscriptions from donors who *buy a brick*. You can participate by buying a brick either this year, or early in 1994, whichever works out best for your charitable contributions.



Clyde Thompson, MGCM President-elect, has taken the lead in this program. "I'll buy on of those bricks," he told me. Shouldn't you?

Bricks cost \$125 each. Call the MSHS at 645-7066 to get an order form for your very own brick.





# Chuck's Chestnuts

by Chuck Carlson

## The Chestnut.

*And when they opened their treasures, they presented unto him gifts of gold, frankincense and myrrh.*

For three thousand years the ancient city of Ubar served as a lucrative trade center. Excavations have been made and its location has been established to have been in a country now known as Oman. The main commodity at this trade center was so valuable it commanded its weight in gold. That commodity was frankincense. What is frankincense?

Frankincense was and is prized as a perfume, a medicine and a religious incense. It can literally be translated as free-burning and indeed it is. It is made from the hardened resin which is exuded from cuts in the papery thin bark of a tree native to Africa and Asia. As this resin drips from the cuts it hardens into pale-colored drops called "tears". The tree which produces these tears is from the genus *Boswellia* and the species *carterii*. Some also believe that *B. thurifera* and *B. papyrifera* also were used to provide this product.

The tree *B. carterii* has white star-shaped flowers with some rose tinting. The leaves are compound and usually contain 6-9 leaflets. It grows to about 40 feet tall and looks a little like our Mountain Ash.

Myrrh is similar to frankincense but comes from small tree/shrubs called *Commiphora*, *myrrha*. Instead of the hard frankincense tear drops, myrrh has a rubber like gum resin. The shrubs are native to eastern Africa, Abyssinia and

Arabia. The main use for myrrh is as a perfume, incense or as an unguent for anointing or embalming.

Both are still in use today in the middle east and parts of Asia and still remain one of the most desired natural incenses. In Europe a type of frankincense is used but made from the Norway spruce *Fir, abies excelsa*.

## The Word

The word for this month is "pan". Pan is a Greek mythical god of fields, forests, animals and shepherds. Pan is not as well known as his Roman counterparts Faun, Fauna and Flora. Faun was the god of nature and the patron of farming and animals. Faun's sister is named Fauna and Flora was the Roman goddess of flowers. Linnaeus used Fauna and Flora as identifiers for animals and plants.

## The Tip

Here are some tips I found in an article on potatoes:

- Keeping the ground moist is the most important thing in growing superior tubers.
- To harden the skins, cut off the tops (vines) and wait 10 days before digging.
- Don't wash prior to storing. First store them in the dark at 50 to 65 degrees in high humidity for up to 6 days. Sort and eliminate any bruised or cut tubers and store them in the dark at 50 degrees until used.
- Don't store potatoes in the refrigerator. Potatoes stay alive by converting starch to sugar and using the sugar for its existence. At cold temperatures the tubers will not use the sugar thus making them taste sweet. Eliminate the sugar by holding them in the dark at room temperature for a few days before cooking.



# Native Uses of Native Plants: Golden Rod

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

**Common Name:** Goldenrod

**Scientific Names:** *Solidago canadensis* (Canada Goldenrod), *Solidago rigida* (Stiff Goldenrod), *Solidago flexicaulis* (Zig-Zag Goldenrod), *Solidago graminifolia* (Grass-Leaved Goldenrod), and *Solidago altissima* (Tall Goldenrod)

**Native Name:** *gi zisó mûk ki* which means sun medicine

Over one hundred species of goldenrods thrive in North America and many can be found in Minnesota. They have been maligned for years as being associated with the dreadful late summer pastime known as hay fever. However, the goldenrods have been exonerated from this charge as it is the ragweeds (both the lacy-leaved and giant leaved forms) that cause the sniffing and sneezing. If you are interested, many flower seed catalogs are now offering hybrid goldenrod seeds for perennial garden areas.

One goldenrod species is particularly recognizable in Minnesota. Canada Goldenrod is "attacked" by the Goldenrod Gall Wasp which cause a swelling on the stem. Those who enjoy fishing, collect the "golden grubs" inside the gall as they are reportedly excellent bait.

Goldenrods tend to hybridize, however, they are widely recognized by their bright golden flowers that appear from July to frost. They have an alternate arrangement of leaves on the stem, however, normally they feature a basal rosette of leaves. Height will vary from

two to seven feet depending on the species and the site.

Goldenrod produces an excellent yellow dye.; Rita J. Adrosko in her book *Natural Dyes and Home Dyeing* makes the following comments:

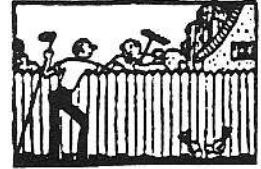
GOLDENROD (*Solidago* species, mainly *S. virgaurea*)  
Also known as verge d'or (Fr.); die Golrut (Ger.) and called *S. canadensis* by Hollberg (1763, p. 5) and other early botanists

Many professional dyers acknowledged the clarity and fastness of goldenrod yellows, but for some unknown reason this native American plant was used mainly by home dyers. Its abundance and reliable colors should have made it popular with professionals, yet they paid comparatively little attention to this excellent source of yellow.

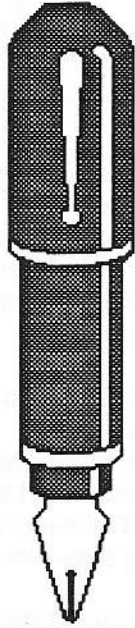
Goldenrod was applied to alum-mordanted wool and was suggested as a substitute for weld in calico printing as well. It is mentioned by the naturalist Peter Kalm in his mid-18th century publication, but it was certainly used by American colonists before that time. Home dyers throughout the 19th century used goldenrod in areas where it grew. Goldenrod was gathered just as it was beginning to bloom; its flowers could be dried and stored until needed.

The generic name, *Solidago*, means "I make whole" which likely refers to its healing properties. Frances Densmore in *How Indians Use Wild Plants for Food, Medicine and Crafts* notes several references to its medicinal uses.

Continued on page 8



## Board Notes



At their October meeting, the MGCN Board of Directors:

- approved a request by Joe Alfano (former MGCN member) to help buy a light garden for his school by giving the school 50 calendars to sell and a \$100 donation
- approved membership applications from Mary Dennis and Ed Piechowski

At their November meeting, the MGCN Board of Directors:

- received donations from Jim Fishbauger for showing an MGCA slide show (\$30.00) and Kent Petterson for winning a second prize at the State Fair (\$25.00)

- approved a draft budget for 1994 to be published in the *Garden Spray* and presented to the membership for final approval.

- the 1994 budget raises total membership dues to \$39.00, provides \$300 for an MGCN representative to attend the TGOA/MGCA National Convention, and eliminates the \$100 contribution to the TGOA/MGCA grounds fund

- approved membership applications from Elizabeth Johnson and Kay Wolfe.

## Native Plants

*Continued from page 7*

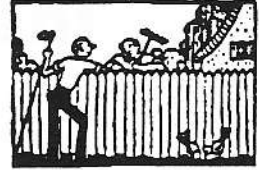
She refers to several species of goldenrods in her notes. A decoction made from one root in a quart of water was drunk cold "to check a sudden hemorrhage from the lungs". The root was also dried and then chewed for sore throat symptoms. An occasional swallow of fluid made from one root steeped in 1/2 pint of water was used with symptoms of stoppage of urine. The root or stalk could also be combined with bear's grease as an ointment for the hair. A poultice made from a mixture of the dried flowers of goldenrod, sunflower, coneflower and giant hyssop was used for burns. During difficult labor, women were given fluid made from one root steeped in one pint of water in three dosages two hours apart. Finally, a decoction made from a handful of the roots was useful as an enema.

According to *American Wildlife and Plants, a Guide to Wildlife Food Habits*, "the wildlife utility of these fall-blooming weeds is very low in proportion to their abundance and availability." Grouse will feed on the leaves while sparrows and other songbirds prefer the seeds. The foliage and plants are consumed by deer, beavers, porcupines, rabbits, and mice.

Fanfare  
Cucumber







# Director's Report

by Russell Smith, Director  
North Star Region, TGOA/MGCA

The Board of Directors and Past Presidents of the Gardeners of America/Mens' Garden Clubs of America met in Atlanta, GA, November 5 - 6, 1993. The meetings were well attended and reports, along with problems, were presented.

The Endowment and Investment

Fund is healthy, with about \$460,000 in invested assets. The earnings from this fund pay for Life Members' dues, home office maintenance, scholarships, etc. The funds is made up of TGOA Life Membership fees plus gifts and memorials plus some of their

earnings. The principal of this fund cannot be used for day-to-day operations—only the earnings.

There are budget problems due to declining memberships. Strong emphasis was made that everyone should encourage new memberships. The contract with the organization trying to get new memberships was canceled. This program was costly and didn't produce good results—so far only 60 new members nationwide. I think we will now go back to emphasizing clubs and club membership (which I have always favored). **So, get out and find new members!**

Annual dues increases were discussed. They have not increased in five

years. They will not increase this year either.

Calendar sales are down (although MGCM did well). The price to clubs will be increased to \$2.00.

Our region, the North Star region, does not meet the minimum requirements to be a region under the current or past By Laws. Three clubs and/or 500 members are required. (We are currently the only club in our region and we have about 110 members.) The North Star region could combine with the Mid America region (mostly Iowa). This would allow us to still have a Director from our club, because the size of the combined regions would allow two directors. I think this is a logical solution when it comes to pass.

Voting by members will now be done in local clubs with the clubs returning the ballots to the national headquarters for tallying—a good move.

The new slate of officers was installed:

Reeves Davis, President  
Robert Ireland, Vice President  
Howard Matz, Vice President  
Ronald Heggen, Treasurer

The next national convention is in Jackson, MS, in March 1994. The 1995 convention will be in Dallas, TX, in May. The 1996 convention is scheduled for Colorado Springs, CO, in June. Everyone is invited to attend!

The business was serious. The entertainment was fun.



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## MEN'S GARDEN CLUB OF MINNEAPOLIS, INC.

### CLUB OFFICERS:

**President:** Lee Gilligan  
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**Vice-President:** Clyde Thompson  
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**Secretary:** Eldon Hugelen  
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**Treasurer:** Melvin C. Anderson  
5701 35<sup>th</sup> Ave. So., Minneapolis, MN 55417  
**Past President:** Gregory P. Smith  
1540 Rhode Island Ave. No., Golden Valley, MN  
55416

### DIRECTORS:

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Robert Stepan  
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# The Garden Spray

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