



The Garden Spray

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

Affiliated with Gardeners of America and the Minnesota State Horticultural Society

February 1993, Volume 51, Number 2



MGCM Dinner Meeting

February 9, 1993, 6:00 p.m.

Lake Harriet United Methodist Church

49th and Chowen Avenue South

Program:

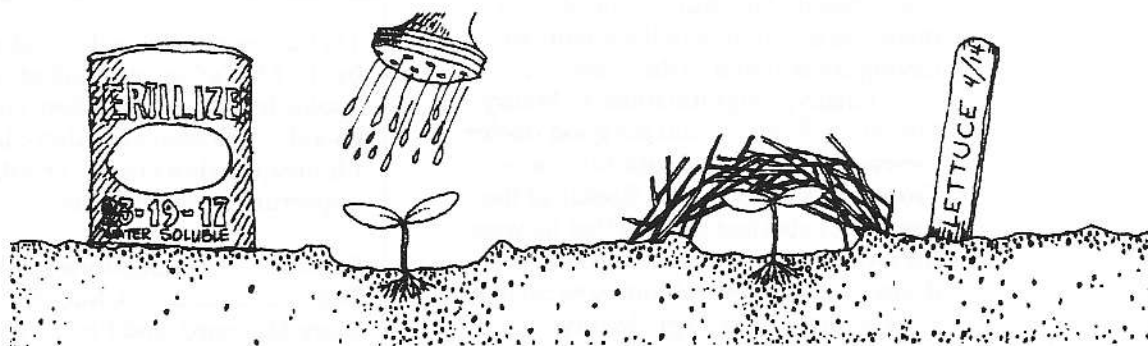
"What's So Therapeutic About Gardening?"

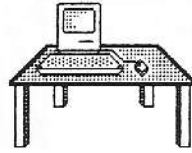
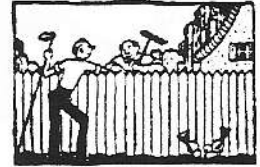
with Jean Larson,

Coordinator of Therapeutic Horticulture

University of Minnesota Landscape Arboretum

The 1993 permanent reservation list is now in effect. If you did not receive a reservation card with this *Spray*, you must notify Secretary Eldon Hugelen if you cannot attend. If you received a card, send it back immediately to reserve your place for dinner.





The Editor's Desk

Andy Marlow

Tinkering continues with the format of the *Garden Spray*. Some more slight alterations have been made this month. I hope we are gradually moving in the direction of a more readable newsletter.

Ed Culbert's death last month came as a terrible shock to me, especially since I didn't find out about it until several weeks afterward. Part of the problem was that Ed was the chair of the Emergency Calling committee, so the calling effort was understandably less than perfect. I much prefer that no members of the current committee, in fact no members of the Club, pass away this year. But if something serious does happen, please call me. Even if you are the thirteenth person to call, I will be grateful for your having made sure that the person who is supposed to spread the news in our Club knows what the news is.

Duane Johnson asked me to convey his thanks to all of you (and there were quite a number) who took up paint brushes and rollers to help get the Center for Northern Gardening, the new home of the Minnesota State Horticultural Society, ready for occupancy. I just recorded a new sound track for the MSHS slide show and was pleased at the number of MGCM members mentioned in the credits as having contributed to the show.

Finally, congratulations to Maury Lindblom. Not only did the good doctor receive the Robert L. Smith Memorial Trophy as MGCM's 1992 Rookie of the Year, but I also just learned that he won the sweepstakes ribbon in the amateur division of last year's Minnesota State Fair Flower Show. Way to go, Maury!

Coming Attractions

February 2 - 7:30 p.m.
MGCM Board of Directors
Lee Gilligan's House

February 6 & 7
Orchid Society of Minnesota
Winter Carnival Orchid Show
Como Park Conservatory

February 9 - 6:00 p.m.
Dinner Meeting and Program
Lake Harriet United Methodist Church

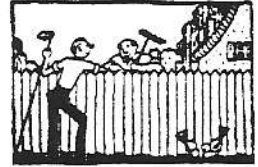
March 2 - 7:30 p.m.
MGCM Board of Directors
Clyde Thompson's House

March 3-7
Minneapolis Home and Garden Show
Minneapolis Auditorium and Convention Center

March 16 - 6:00 p.m.
MGCM Dinner Meeting
Dayton's - Bachman Flower Show

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, and Phil Smith



The President's Report

Lee Gilligan, President, MGCM

I am finding this time of year is really affected by gardening.

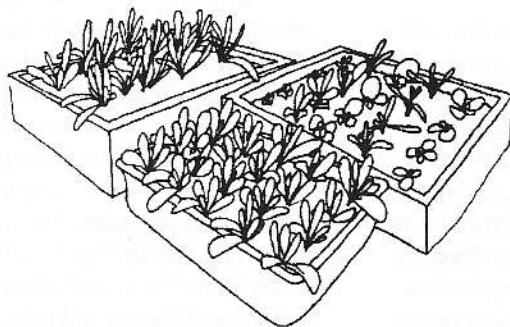
No, not just the seed catalogs, plant catalogs, rose catalogs and garden tool and accessory catalogs - not the 25 flats of coleus and double impatiens calling out to keep on cutting until they become 100 flats - not even seed buying and planting.

What keeps a person going is trying to get all of the other projects out of the way before mid-April when you know time for them will be pushed aside by preparations for planting.

The projects I'm involved with now are hanger door rebuilding and office additions and remodeling. We have been up to our elbows in welding, insulating, tiling, roofing, you name it.

All through this period that one thought keeps pushing—get done in time for spring gardening.

I don't think we often realize just how busy gardening keeps us year around.



Remembering Ed Culbert

by Andy Marlow

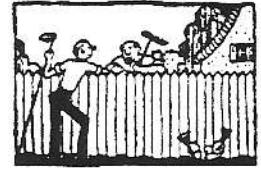
Long-time MGCM member Ed Culbert passed away in December, and though we managed to get word of his death in the President's column last month, many of us knew only part of Ed Culbert—the part involved with MGCM. He was remarkable human being. He did serve this Club as officer and director and, most importantly, as editor of the *Garden Spray* for 22 years. He was our oldest living member, both in terms of his age and the length of his membership in MGCM. He had been a member since 1946.

Ed was a life-long educator. He earned both his bachelor's and master's degrees at the University of Minnesota and did additional study at Harvard and Stanford universities. He joined Phi Delta Kappa fraternity in 1920 and recently was honored as its member of longest standing.

Ed was superintendent of schools in Elgin and Henning, Minnesota, before moving to Minneapolis in 1926. From then until he retired in 1968, Ed was principal of Adams Elementary, Sanford Junior High, Lincoln Junior High and Clinton Elementary schools.

He was a board member of the Minneapolis Teacher's Home and the Minneapolis Municipal Hiking Club, holding the post of Historian of the Hiking Club until his death. He had been committee chair of Boy Scout troop 187 and a member of the Northside Commercial Club, Emmanuel Cohen Center, Toastmasters International and the Retired Teachers Association. He retained

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Monthly Program Report

by Andy Marlow

Bob Waldoch, January's speaker, says he's been "stuck on lilies for the last 15 years." That's after having spent some time learning about growing daylilies, delphinium and other perennials. He still dabbles in vegetables and has an extensive orchard on his 80 acres near Menomonie, Wisconsin, but lilies are his love. He talked knowledgeably about them and showed a large collection of slides at the meeting. Bob is President of the North Star Lily Society and a member of the North American Lily Society.

Bob says he grows his lilies "like vegetables," in rows rather than clumps in border, in order to make hybridizing easier. He grows many types of lilies, including trumpets, Maratgon and orientals, but considers asiatics his favorites. He explained that lilies are classified first by type, then by which way the flower faces. Asiatics are type #1, for instance. an A lily has an up facing bloom, a B faces outward and C denotes down facing flowers. Florists prefer 1A blossoms for sale in flower shops.

Lilies should be planted in the fall. Select healthy, plump bulbs of good varieties from a reliable source. Plant them as soon as possible in a well-drained site. The bulb should be planted at a depth three times the length of the bulb. Nearly all lilies, Bob notes, will thrive in full sun or partial shade. Lilies are heavy feeders, so fertilize as you would for vegetables.

Most lilies are highly disease resistant, so there should be few problems.

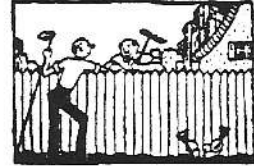
Remove spent blossoms and don't allow seeds to form. This lets the plant put all its energy into bulb growth. If you take lilies for cut flowers, don't remove more than $\frac{1}{3}$ rd of the foliage.

Lilies like to stay put, according to Bob. Don't transplant them until they become overcrowded, about every three years. When you do transplant, dig the bulbs, divide them and replant immediately. The best time to do this is late September and early October.

New varieties are developed by hybridizing, and often propagated by tissue culture. It takes three years to grow a lily from seed to bloom. Tissue culture can produce thousands of plants from one bulb in a single season.

There are a number of excellent lily hybridizers in Minnesota, including, though he was too modest to make such a claim, Bob Waldoch. The Cockers in Rochester, Dick Prochaska in New Prague, and Earl Tesca are among them. The British Horticulture Society is the official registrar for new lily hybrids.

Bob showed more the 60 slides of beautiful lilies, many hybridized in our state. Nutmegger, a light gold with liberal spotting, is the most famous of the lot, having been around for several decades. The Arboretum is a good place to get a look at many varieties of lilies throughout their blooming season from late June until frost. The North Star Lily Society sells bulbs from these and other outstanding cultivars at its annual sale the second Sunday in October at the Arboretum.



MGCM 1993 Budget

EXPENSES

TGOA/MGCA Dues	\$1,100
MSHS Dues	\$1,000
Spray Expenses	\$1,200
Meeting Expenses	\$4,000
Plant Auction	\$2,500
Tours	\$250
Flower Show	\$400
Christmas Party	\$1,800
Directory	\$125
Sunshine	\$200
Honoraria	\$100
Arbor Day	\$250
Awards	\$100
Fragrance Garden	\$150
Convention Delegates	\$600
Arboretum Project	\$350
MSHS Contribution	\$250
MGCA Donation	\$100
Calendar Costs	\$1,200
Misc. Expenses	\$175
Community Service	\$100
People for Parks	\$100
Publicity Committee	\$100
Membership Campaign	\$100
Life Membership	\$250
Photography Expenses	\$100
Hall of Trees (Arboretum)	\$50
Nat'l Jr. Hort. - 4H	\$100
TOTAL EXPENSES:	\$16,750

INCOME

Dues	\$2,800
Meetings	\$4,200
Plant Auction	\$5,000
Tours	\$300
Christmas Party	\$1,800
Calendar Sales	\$2,100
Interest Income	\$350
Misc. Income	\$100
Raffles	\$100
TOTAL INCOME:	\$16,750

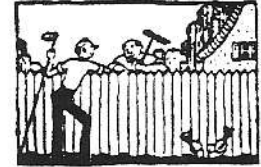
Culbert

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strong ties to the University of Minnesota and its programs, including athletics, theater, the Alumni Association, and the Landscape Arboretum. Ed was a strong supporter the arts as a member and supporter of the Guthrie Theater, Theater in the Round, the Minnesota Orchestra, the Minneapolis Institute of Arts and the Minnesota Historical Society.

He and his wife, Barbara, lived at 5315 Portland Avenue, where many a President (and *Spray* columnist) trekked with their copy too late to send through the mail. A club newsletter is frequently the glue that holds a club together, and Ed was at most every event with his note pad in hand and the balky Polaroid black and white camera hanging from his neck. For his outstanding service to MGCM, Ed was

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Chuck's Chestnuts

by Chuck Carlson

The Chestnut

While reading *Why Do Clocks Run Clockwise?*, I discovered a few items of interest. Here are a few of them:

What is the most popular fruit in the USA? Apples, tomatoes, oranges? It's none of these. It is the banana. Americans each eat about 19 pounds per year.

Where does chocolate come from? Most of you know it comes from the seeds of the Cacao tree. But, what you probably didn't know is the seed pods grow from the trunk of the tree.

Where does white pepper come from? Simple, black pepper. Not related to the red, green, yellow or hot peppers we grow, it comes from the dried berries of a woody climbing vine called *Peper Negrum L.* The berry changes in color from green to yellow to red as it ripens. It turns black when dried. White pepper is just black pepper with the dark skin removed. It's milder in taste and smell.

Are Yams & Sweet Potatoes really potatoes? No! Yams, sweet potatoes and potatoes are all separate families. Potatoes are cousins of peppers, tomatoes & eggplants, whereas sweet potatoes are related to Morning Glories and yams are part of the lily family. The edible parts of the sweet potato is it's root. Yams are the rhizomes and, of course, the potato is a tuber. There are many varieties of sweet potatoes and some people unknowingly sell them as yams.

My favorite sweet potatoes are those tan skinned, creamy-fleshed varieties which are dry and not terribly sweet. Try them baked — they are just wonderful. The softer-fleshed sweets are sugary and

moist, and their skin color is more of a copper-red. Their flesh color is orange to orange-red and these are the ones sometimes sold as yams.

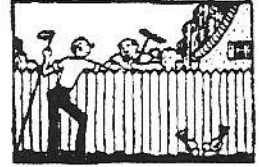
The Word

The word this issue is *lax*. You probably have heard this word many times before, but do you know its botanical meaning? It's means loose or open. It is usually used when referring to a flower cluster.

The Tip

A Cornell University study says that straw is the best mulch. Yields are twice that of the next best mulch, black plastic. They concluded it is because of improved moisture and an undisturbed root system. I also read a letter to the editor from a woman who claimed straw mulch eliminated potato beetles. This woman planted potatoes with an inch of dirt and then covered them with a foot of straw. The theory is that one foot of straw is too much for the beetles to go through, but the potatoes can still grow through it.

I must try this. I had more potato bugs last year than you could shake a stick at. I was a potato grower in absentia so the plot didn't get much care. I used BT twice, but still didn't get all of the bugs and larvae. Also, the deer ate some of the tops. With all that, I still dug 4 bushels from my small plot with an investment of 10 pounds of seed potatoes, some BT and a little perspiration. I also read that potato yield is larger per hill if you plant whole potatoes rather than cutting them into pieces or single eyes. Let me know your results if you try any of these ideas.



Native Uses of Native Plants: Winterberry

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

COMMON NAMES: Winterberry, Black Alder, Feverbush

SCIENTIFIC NAME: *Ilex verticillata*

During the much celebrated holiday season in late December, hollies with their bright berries are often used as decorations. This holly is shipped to Minnesota and other parts of the country from the Pacific Northwest where the humid climate favors its glossy evergreen growth. Although the evergreen hollies with their prickly foliage are attractive and widely known, there is another holly that is more widespread in its growth.

Winterberry is a native Minnesota holly that grows as a shrub in swamps, bogs, and wetlands from Newfoundland to Minnesota and south to Georgia and Missouri. It is a deciduous holly with alternate, thin leaves on a branching shrub that grows from 4 to 8 feet in height. The small red berries, about the size of peas, grow in clusters along the branches and are very obvious in late fall and winter after the leaves have fallen. Each berry, when split open, reveals six cells and six seeds. In reviewing several references, I have found several comments regarding its edible and medicinal-poisonous characteristics.

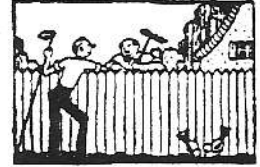
Ben Charles Harris, in his book *Eat the Weeds*, notes that the leaves of Winterberry can be collected in the summer and dried for use as an oriental tea substitute. Songbirds, grouse, ducks, and squirrels eat the red fruits extensively and deer may browse on the young twigs and leaves.

American Medicinal Plants, compiled by Charles F. Millsbaugh, has several specific references to Winterberry:

History and Habitat:

This is another of the growing list of plants handed down to us by the aborigines, who used the bark both internally and externally as a tonic, astringent, and antiseptic, and is probably as well known to domestic practice as any indigenous shrub. In intermittent fever, it has often proved as generally applicable as Peruvian Bark, and in such low typhoid forms associated with diarrhoea, and in later stages, where ulceration and hemorrhage are present, it is a very valuable agent. In general debilitated conditions of the system after long fevers, and where the body is depleted by exhausting discharges, it is also very useful, as well as in gangrenous affections and jaundice. Certain forms of chronic herpetic eruptions and ulcers are also benefited by its use as an external application. The berries are purgative and vermifuge, forming one of the pleasantest adjuvants in children's remedies, for the expulsion of lumbrici. Shoepf first noted the plant as having the above field of utility, and also mentioned its usefulness in anasarca.

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Native Plants

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Part Used and Preparation:

The fresh bark and fruit, gathered before the first autumnal frost, are chopped and pounded to a pulp and weighed. Then two parts by weight of alcohol are taken, the pulp thoroughly mixed with one-sixth part of it, and the rest of the alcohol added. The whole is then poured into a well-stoppered bottle, and allowed to stand eight days in a dark, cool place, being shaken thoroughly twice each day. After decanting, straining, and filtering, the resulting tincture has a greenish-brown color by transmitted light; an herbaceous odor; a bitter taste, and an acid reaction.

Physiological Action:

The berries caused nausea, vomiting, and purging, in two children who ate of them, but whom I had no further chance to watch. In a case reported of the effects attending the ingestion of about twenty-five berries, the following symptoms supervened: sensation of nausea in the stomach not amounting to real sickness or interfering with the appetite; vomiting of bile without retching; profuse evacuation of the bowels, consistent of their natural contents, diluted with an immense quantity of greenish liquid, attended with no pain or uneasiness; another similar but less profuse evacuation followed in about half an hour, after which the patient felt remarkably well, but as though he had lost ten or twelve pounds in weight. Following

this, his appetite and digestion seemed much better than usual.

Potter's New Cyclopaedia of Medicinal Herbs and Preparations also mentions the cathartic properties of the bark and berries:

Medicinal Use: Cathartic. Used for constipation generally. Very similar in action to *Cascara*, to which it is preferred by some practitioners.

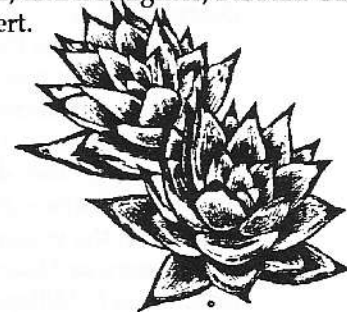
Preparation: Liquid extract: dose: $\frac{1}{2}$ -1 dr.

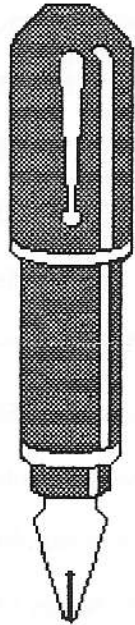
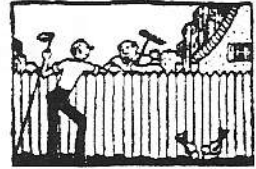
Culbert

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awarded an honorary membership and, in 1992, the Green Bronze Medal, the highest award a TGOA/MGCM affiliate can bestow upon one of its members. Ed grew vegetables, perennials and a fair share of annuals until aged slowed him a little.

In addition to Barbara, Ed is survived by two sons, T. Patrick and Edwin, Junior, and a daughter, Barbara Catherine Culbert.





Meeting Notes

At their January Meeting The MGCM Board of Directors:

- received thanks from Barbara Culbert for the many kind thoughts and cards sent by Club members after the death of Ed Culbert.
- received \$130 for the fragrance garden as a memorial to Ed Culbert.
- approved a balanced budget calling for \$16,750 in both income and expenses.
- approved a life membership in TGOA/MCGA for Past President Greg Smith.
- decided to hold the 1993 Flower and Vegetable Show at the Minnesota Landscape Arboretum, with a concurrent slide/photography show.
- decided not to renew liability insurance taken out for last year's public tours for the 50th Anniversary of the Club.

At the January membership meeting:

- Dr. Maurice Lindblom was awarded the Robert L Smith Trophy (for 1992 Rookie of the Year).
- Kent Petterson was awarded the Tom Foley Memorial Trophy (for the vegetable sweepstakes at the Flower and Vegetable Show).
- Dave Johnson was awarded the Blackburn Trophy (for the flower sweepstakes at the Flower and Vegetable Show).
- MGCM and MGCA Past President Bill Hull installed new officers:
President—Lee Gilligan; Vice President—Clyde Thompson; Secretary—Eldon

Hugelen; Treasurer—Mel Anderson; Past President—Greg Smith; and Directors—Don Powell, Bob Stepan, Bob Voigt and Lloyd Wittstock.

- Past President Greg Smith was awarded a life membership in TGOA/MGCA for his service as 1992 MGCM President.

MGCM Meets MSHS Goal

by Kent Petterson

One of the goals set by MGCM in honor of its 50th anniversary in 1992 was to raise \$10,000 for the Minnesota State Horticultural Society's Mission 125 building fund. We are happy to announce we have reached our goal, with \$5,000 in individual contributions matched by \$5,000 of MGCM funds. Commitments such as ours made securing a new home for MSHS a reality. Your generosity and interest in the future of MSHS are greatly appreciated. As a club, we can be proud to have been instrumental once again in supporting the MSHS.

A list contributors will appear in the March issue of *The Garden Spray*. Individuals who have made contributions but have not notified Kent Petterson, should let him know so your name can be included on the list. Any members who have not turned in their pledges, or would like to now make a contribution, have until February 15th to do so. Until then, send your tax deductible contribution to Kent Petterson. Checks should be made out to the Minnesota State Horticultural Society. After February 15th, send them directly to MSHS. Any questions should be directed to Kent Petterson at 332-1821.

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