



Plymouth Garden Club

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Colleen Costa, President

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Club Flower - Plymouth Gentian

Website: PlymouthGardenClub.org

Membership

Active	82
Associate	14
Life:	3

Ten Ways Gardening Makes Life Better From Joy Sand

Everything from weeding, raking, to planting and harvesting, gardening benefits your health, mental outlook, and your wallet.

1. 45 minutes of gardening burns as many calories as a 30 minute aerobics class. Gardening takes you outdoors in the fresh air, listening to the birds instead of cooping you up in a smelly gym with grunting people.
2. Gardening improves the gardener's motor skills and strength. Gardening uses muscles in groups increasing overall strength.
3. Gardening supports heart health. Physical activity lowers the risk of heart disease.
4. Gardening is a pleasant way to get a daily dose of Vitamin D. VitD is gaining respect for protection against osteoporosis, heart disease, stroke and some cancers. It also helps to manage depression.
5. Gardening gives the gardener a 'power boost'. A gardener experiencing arthritis can survey a day's work and say, "I did all of that." It reduces the power of a condition over the gardener.

MARCH MEETING: Our **March Meeting** will be Wednesday, **March 8th at 1pm**. Members will start gathering at **12:30pm at the Chiltonville Church**. Our speaker will be Brandt Moran who will focus on the care and growing of orchids. He has been growing orchids in New England for 25 years and is the current President of the Mass Orchid Society. Bring in a horticulture specimen either an early blooming spring bulb, orchid or houseplant that's thriving. We all learn from these examples.

The speaker will be first, followed by a brief meeting, then tea refreshments.

REMINDER: there will be a **FLORAL WORKSHOP** led by Linda O'Neill and Gail Conner this **Wednesday, March 8 at 10:00AM**, Chiltonville Congregational Church before our regular meeting. There is still space for 4 members. This is a fun opportunity for new and veteran members to gather and learn more about floral design. In this workshop each will create a petite design under 12 inches. The fee is \$25. All materials will be provided. Bring clippers and gloves, and a snack or lunch if you wish. Call Susan Denehy 508-317-4130 to reserve your spot.

PLANT SALE: We will hold our **Plant Sale May 20th 10am - 2pm** on the front lawn of the Library. Colleen Costa will chair the Plant Sale this year, but we need volunteers to chair the Bake Sale and Attic Treasures Sale or we will not have these tables at this sale. If you are willing to organize either of these, please contact Colleen Costa 781-775-5832. Each member should plan to donate at least 5 plants either from their garden or purchased. There will be more information and tips for preparing and labeling plants next month. This is one of our major fundraisers to support our Scholarships and all our community projects. We need lots of volunteers to help with the sale, there will be sign up sheets in April and May. At 7am on Saturday morning, several husbands are needed to bring out and set up the Library tables for the sale. You should drop off your plants Saturday morning between 7 am and 9:30 am. There will be a table by the parking lot for drop off and pricing of plants.

HOSPITAL PLANTERS: Our club has been asked to plant and maintain 6 large planters in front of the entrance to BID Plymouth Hospital. The club will pay for plants and supplies, however we need several volunteers to get together to plan, plant and maintain the planters throughout the year. If you are willing to be responsible for a planter or two please contact Colleen Costa, colleenpcosta@gmail.com or 781-775-5832. This is a wonderful opportunity for our club to share our love for gardening and beautify our community.

LIBRARY BEDS: Debby Clark-Lalley and Coletta Candini will be replacing the distressed boxwoods with dwarf hollies this spring. 4 hollies were planted last year in one bed and are doing well. They plan to purchase 28 more to plant in the corners of the other beds that are not Pollinator Beds on a date to be determined. A sign up sheet for bed tenders will be at the meeting.

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6. Gardening can save money on the grocery bill. Comedians used to joke about \$20 tomatoes. But flats of tomato plants, eggplant, peppers and packets of beans, peas, and lettuce can save money on the weekly purchase of healthy veg. And there is the bonus of extra food to share.

7. Homegrown veg are healthier. Especially if the gardener adopts a pesticide free garden, the produce is not saturated with toxic chemicals.

8. Gardening reduces stress and raises the gardener's mood. Weeding reduces anxiety like meditation.

9. Gardening helps the gardener to sleep. Growing lavender and putting sprigs in the pillowcase really helps, too.

10. Gardening is a great bonding activity with kids. Following a carrot from seed to plate increase the appeal of veg. And gardening introduces kids to pollinators and why they need protection. Plus watching butterflies is a good break from shooting aliens!

"Study Nature, love Nature, stay close to Nature. It will never fail you." - Frank Lloyd Wright

Garden on.... Joy

*Friends are the
flowers in the
garden of life.*

BULB PLANTING: Last fall daffodils and scilla were planted in front of the Manomet Library. Previous falls we have planted bulbs at the American Legion, Plymouth Airport, Main Library, Brewster Garden, the Center for Active Living and a number of Nursing Homes. Look for the cheery bursts of color around town and send a photo of our handiwork to Pat Parker at rockyhill3@verizon.net.

SWEATSHIRTS: Paula Butterfield will have a sample of the new sweatshirt with our logo for you to examine at the meeting. She will be taking additional orders, cost is \$35 available in royal blue, green and white.

CRYSTAL PAYNE, has been sending out most club communications via Mail Chimp. Email messages come from **Plymouth Garden Club** [<info@plymouthgardenclub.org>](mailto:info@plymouthgardenclub.org). If you have been having trouble receiving communications, check your spam folder or contact Crystal. Please send any information to add to the website to Crystal at Crystalannpayne@gmail.com.

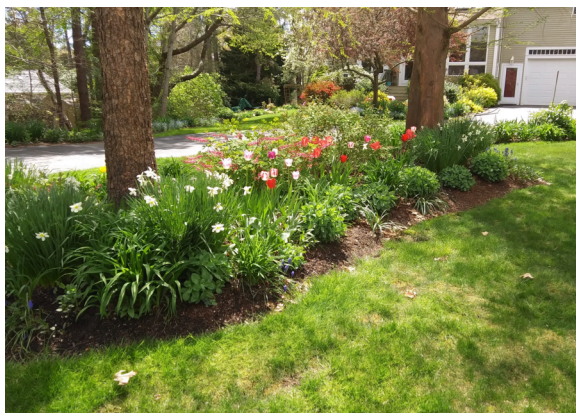
JUNE LUNCHEON: Our annual June Luncheon will be back again at the **Plymouth Country Club on Wednesday, June 14th**. It will be a served lunch with your choice of entrée of either Chicken Francaise or Baked Haddock, a vegetarian entrée will be available on request. More information will follow.

TEA HOSTESSES: Karen Baker discussed with the board, and plans to present to the membership a vote to have members repeat their same month responsibility for the Tea Committee next year. Of course you will be able to contact Karen if you know that you will not be able to fulfill your commitment for that month next year and arrange a different month.

STORAGE SPACE: It has been decided to rent a storage locker off of Long Pond Rd. in May to consolidate the Club's supplies in a convenient to access location as the Library Pump House is no longer available and the basement of SEMPBA is remote.

SCHOLARSHIP FUND: The Board voted to rename the Scholarship Fund in honor of Geri Williams in gratitude for all her efforts to support the fund and our Club.

Etiquette, Friendliness and Courtesy: Let's all try to make our Club known for it's enthusiastic and friendly members. Let's welcome everyone and think before we speak, especially when we are interacting with other organizations and the public.



Looking forward to spring flowers!