



Plymouth Garden Club

September 2024

Linda O'Neill and Kate Angley, Co-Presidents

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Club Flower - Plymouth Gentian

Website: PlymouthGardenClub.org

Membership

Active 85

Associate 12

Life: 5

Garden Musings for a New Year

By Joy Sand

Gardeners experience full sensory stimulation of seeing, hearing, smelling, and touching, as well as being able to observe the life cycles of plants, birds, and animals. We have physical activity and exercise our imagination and creativity. But that's not all of the benefits of gardening.

Recent research reports gardening's role in keeping gardeners mentally well.

Whether a gardener has a clinical diagnosis of anxiety, depression, or post traumatic stress, or a gardener is experiencing the stress of everyday life, time spent in the garden benefits the gardener psychologically. Time spent with Nature in the garden necessitates our slowing down and spending our gardening time in the *present*. The contemporary trend is speeding through our activities and accelerating to max speed twenty-four hours a day. But not in the garden! Those strawberries will ripen when they ripen. A rosebud will not

Our September meeting will be held on September 11th. Social time begins at 12:15 PM and the meeting will be at 1PM at the Chiltonville Church. Kathie Skinner, a Master Gardener, will present a program on *Hydrangeas P's & Q's*. She will speak about planting, pH, pruning, problems and answer your questions. Learn about the seven species of hydrangeas. This presentation addresses the common issues raised about hydrangeas, including when and how to plant, how to raise or lower pH to control bloom color and more. Please bring in a labeled horticultural specimen from your garden.

Hospitality: Thanks to our tea table Hostesses this month Pat Tarantino and Judy Tessin, as well as the committee consisting of Jean Aimone, Dawn Barrett, Natalie Caramello, Colleen Costa, Katherine Crowley-Marsh, Diane Dunlap and Crystal Payne.

Floral Design Workshop: the Plymouth Garden Club's Fall Floral Design Workshop will be held on **Wednesday, OCTOBER 9th at 10:00am** before the monthly meeting at the Chiltonville Church. The Workshop Leaders will be Nancy Carafoli and Natalie Caramello. The workshops are fun learning opportunities for all members, beginners to pros. All materials, the containers and flowers will be provided. Please bring your own flower snippers, gloves and a light lunch if desired. \$25 fee by cash or check payable to The Plymouth Garden Club on the day of the workshop. A signup sheet will be at the September meeting. Should you have to cancel please contact Susan early to allow Nancy and Natalie time to adjust their flower order. Thank you for understanding! Susan Denehy.

Ways and Means: Don't forget to stop by the Ways and Means Table, they will have raffle tickets, the insulated shopping bags and gloves as well as other items. Diane Thomas will be chairing the effort, this month she will be assisted by Betsy Sampson and Susan Fessenden. Rather than passing the can around to collect change to support the GCFM and National GC program formerly called Penny Pines now more appropriately named Plant-a Tree, there will be a jar on the W & M table. Please drop your change in it. For each \$68 collected an acre of seedlings are planted in a devastated area. There will also be a container on the W & M table for the pull tabs to support the families of children at Shriners Hospital.

New member: Please welcome our newest member, Carol Hartnett who is a Past President of the Kingston Garden Club and past South Shore District Director.

If you find an error in your information contact Geri Williams at geri3williams@comcast.net and she will print the correction in the next newsletter. Cynthia Dunn is no longer a club member.

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open a second before she is ready. Planting seeds and bulbs compels us to slow our pace as we watch and wait – fully engaged in the present.

Positive *anticipation* of beautiful blooms or delicious vegetables and berries fosters our hopes and belief for the future. A garden is a continuum of planning and looking to the future. As one season ends, we gardeners look to plans for the next season. There's no dwelling on the green beans devoured by the woodchuck when the garden must be 'put to bed' for the next season. This positive anticipation boosts mental wellness.

Every gardener knows that nothing makes weeding go faster than taking out your frustration on a patch of weeds! The *repetitiveness* of dead heading, pruning, or spreading mulch can induce a zen-like calm. So time spent in the garden benefits our bodies with exercise and our brain and mind with the positive influences of presence, anticipation, and repetition.

Happy New Year...
Garden on ... Joy

You don't stop gardening when you grow old, you get old when you stop gardening.

Come Grow With Us!

2024 – 2025
Our 96th Year
Founded 1929 • Federated 1971

Garden Therapy: We are in need of a member to coordinate visits to the local nursing homes to help their residents make small arrangements for their rooms. If you are willing to organize the visits or even just a visit to one facility please contact Co-President Linda O'Neill (508-759-1870).

Library Beds : All hands on deck, it's time to transition into fall. A work party has been planned at the Library for Monday, September 16 at 9am. Our objective is to plant 4 mums in each of 8 library beds and in the 2 tall containers by the front entrance. Please bring along a spade shovel if you have one along with your gloves and clippers. Dress for the weather. We will meet to plant unless the weather is really foul.

RSVP: debby@lalley.com Thank you Debbie Clark Lalley

Brewster Gardens: We need a member to volunteer to coordinate the volunteer maintenance of some beds in Brewster Gardens. The Gardens are a feature of the Plymouth Waterfront and could use some sprucing up, but we need someone to head up the effort. Contact Linda O'Neill.

Garden Club Federation of Massachusetts Mayflower Magazine late summer issue is available on their website [click here](#) or https://www.gcfm.org/_files/ugd/cbe110_772219b8f25d49b69f5e7ea9d78bbf67.pdf. There is a detailed article on *Transitioning to Organic Lawn Care* as well as lots of other information and dates for upcoming events and workshops. The Mayflower has not been mailed to members for several years, so you have to go online at <http://www.gcfm.org> to read it. There is lots of other valuable information there. Members can also find information on a GCFM October Design Workshop [here](#).

In the News for Gardeners: from Joy Sand

During research for the Horticulture Column, I found critical information for gardeners. In April, a study by the University of Georgia, has discovered a drug-resistant strain of fungi in commercial compost and flower bulbs. Previously seen only in Asia and Europe, *aspergillus fumigatus* spores settle in the lungs. They are especially troublesome for immune-compromised gardeners or those with lung disease. The fungus is common in gardens and can be inhaled whenever soil is disturbed particularly in warm, humid conditions. Increased use of antifungal products has contributed to the development of drug-resistant strains of fungus.

Gardeners do not have to give up mulching with compost or planting bulbs. They can protect themselves by wearing a mask and gloves when gardening. After the gardening session discard the mask and wash the gloves and gardening clothes to remove spores.

Holiday Greens Sale: Our Sale in December is a major fundraiser for our scholarships and community projects so we need the support and participation of all members. We will have workshops to decorate wreaths, create arrangements, and fill cemetery/porch boxes on Thurs. Dec.5 and Fri. Dec.6 in the Library Fehlow Room. Members can help now by collecting dried seed pods, grasses and flowers, then spray paint them silver, gold or red. Also if you find holiday mugs, containers and vases please purchase and save them. We will also need plenty of decorations such as sparkly sprays, fake fruit and flowers, ornaments etc. to add to wreaths and arrangements.