

GGG

Granville Gardeners Gazette

Promoting Education and Recreation through Gardening Activities

www.thegranvillegardeners.org

Oxford, North Carolina

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JULY ICE CREAM SOCIAL !!!!

Lynch Creek Farm, 1973 Rocky Ford Road, Kittrell, NC

Monday, July 26, 2021 at 6:30 p.m.

Ice cream at Lynch Creek Farm – what could be a better way to celebrate being together again? Everyone always looks forward to delicious ice cream as only the GGs can make it, and to fabulously naughty desserts brought by members who don't have ice cream makers.

About the Venue

Lynch Creek Farm is located on 55 streamside acres of permanently conserved farmland. Bob Radcliffe acts as Chef and Baker for all Event Food Services.

Nestled in a grove of Pine Trees and streamside of Lynch Creek, the Cabin can handily accommodate 36 people indoors and 100+ outdoors. The Cabin design combines 100 year-old tobacco pack house logs with modern granite top kitchen, creatively tiled bathrooms and porches that extend into the tree tops.

By Marty Finkel and Bob Radcliffe

President's Notes

July is here and summer is in full swing. We have a wonderful social function coming up this month and I hope to see most of you there. Our Ice Cream Social will be held on July 26th beginning at 6:30 PM. We have a lovely location for this event – Lynch Creek Farm, 1973 Rocky Ford Rd, Kittrell, NC. This is set up for outdoor dining with tables and chairs under large shade trees.

We also have a field trip coming up this month. At 9:45 am on Friday, July 16th, we will be meeting at Triangle Urban Farm, 1101 New Hope Rd, Apex, NC. At 10 am, Dustin Loyd, the Greenhouse Manager, is giving us a personal tour of their vertical aquaponic veggie growing operation. After the tour, we will have an opportunity to shop, and groups can make plans for lunch together. If you haven't already signed up, email me if you would like to join us.

I forgot to give you all a final total for our Herb and Plant Sale fundraiser. We made approximately \$1725.00 after expenses. We are planning to expand our event next year to include more perennials and other plants. **We are giving you a heads up so you can pot up some of those extra plants you would like to give away. You can donate them to the club, and we can sell them at our sale.** We are also discussing expanding our event to become a Granville Gardening Expo, which would include educational demonstrations, presentations, and workshops as well as landscaping, gardening, and environment-related vendors. A Food Truck Rodeo could be offered. The Board members would love to hear your ideas. This is our only fundraiser of the year, and we can make it bigger and better than ever!!

We had a wonderful general meeting on June 28th. Our guest speaker was Ann O'Neal Rogerson who presented an excellent presentation, "Monarchs, Milk, and More". We learned about the Monarch's life cycle as well as lots of information about various pollinator friendly plants we can all have in our gardens.

After our guest speaker's presentation, I shared our new and improved website. It is the same URL, www.thegranvillegardeners.org. The new website is much more interactive and gives people so much more information about what The Granville Gardeners are all about than the old one did. One of my favorite features on the new website is the calendar. It displays all events for the month, but you can also see it in list format. You can click on each event to get more information. This website can be your go-to spot for information about what's going on with the Granville Gardeners.

Granville County is celebrating its 275th anniversary with a big celebration at Granville Athletic Park (GAP) on Saturday, July 24th. GAP is located on Belltown Road, just south of the Walmart on US-15. The Granville Gardeners are going to be part of the celebration. We are going to set up and man an information table from 9 am - 4 pm. and will be looking for volunteers to help with this event, so keep checking your email for more information.

Until next time,
Brenda LaFayette
President – The Granville Gardeners

Garden Tour & Herbal Workshop “Cooking with Herbs”



Saturday June 12th, Maria Kazmierski entertained two small groups of Granville Gardeners at her home and in her garden. We got to see all her herbs and plants, smelled many and tasted some like Stevia. After the garden tour we stopped at 3 stations and with the guidance of Ellen Sadovy, GG member and neighbor, created our own blend of herbal teas, infused oil with dried calendula, and assembled the dry ingredients for our own Herbal Beer Bread. Maria sent us home with excellent instructional handouts for future herbal “cooking” endeavors.



The afternoon concluded by sampling Maria’s herbal infused water and punch along with her delicious baked finger foods, humus, and Herbal Beer Bread. No one wanted to leave, but the next group was assembling.

Brenda brought the remaining herbs from our Spring Herb Sale, and we all took one home. We hope that Maria will share her garden and another herb workshop with us next year.

Kay Nutt



To-Do List

- Try using insecticidal soap for many insects as it is one of the least toxic pesticides available. It is a contact killer so spray insects on the upper and lower sides of leaves and stems.
- Continue fertilizing garden vegetables.
- Fertilize container plants every two weeks with liquid fertilizer diluted from label instructions
- Fertilize figs and keep well-watered and mulched.
- Harvest vegetables often, and as harvest is completed, till in material that is not diseased. Put diseased material in the trash, not the compost.
- Begin a fall vegetable garden by planting beans, carrots, and tomatoes.
- Plant broccoli seeds or transplants July 15 – Aug. 15; start cabbage and cauliflower seeds in July to transplant plants August 1 - 15
- Set out plants or sow seeds of Brussels sprouts July 1 to 15, plant carrot seeds July 1 – 15, collard and beet seeds or plants July 15 – Aug. 15.
- If tomatoes have blossom end rot, the water supply may not be even (too dry or too wet periods) or calcium may be deficient.
- Last pinch for mums was the first week in July.
- Cut back summer annuals for renewed growth.
- Sow seeds of cleome, zinnia, cosmos, for a fresh look and continuous bloom till frost. Deadhead to keep them blooming.
- Begin making hardwood cuttings from azaleas, camellias, hydrangeas, and similar shrubs. Water the parent plant 2 days before taking cuttings: Cut 4-5” long semi-hardwood shoots from ends of branches. Treat ends with a hormone rooting powder and stick into a moist peat/perlite mixture, place in shade, and keep moist – a plastic bag will keep moisture in. (Spring growth will be in the semi-hardwood stage by the middle of July)



Photo by [Natasha Miller](#) on [Unsplash](#)

Oxford Yard of the Month



Michael and Haven Parrott of 304 Raleigh Street, Oxford, are the Yard of the Month winners for June. Their two-story house is surrounded by lush green grass, bright begonias, a variety of shrubs, and many hostas. The Parrotts work alongside Weed Man Lawn Care to maintain their yard.

Mr. and Mrs. Parrott were recognized with a certificate during the June 8th City of Oxford Board Meeting. A sign will be placed in their yard recognizing their achievement and the Granville Gardeners will give them a 12-month membership. In addition, they will be eligible for the October grand prize drawings of \$75 in Oxford Downtown Dollars, a \$25 prize in Oxford Downtown Dollars, and two \$15 prizes in Oxford Downtown Dollars. The grand prizes will be drawn in October from all of the 2021 Yard of the Month winners.

Oxford Yard of the Month is awarded May through October. Nominations may be made by submitting the name and address of the property owner with (or without) a photo of the yard to socialmedia@oxfordnc.org. To be eligible for Oxford Yard of the Month, property must be within the City limits and cannot have been awarded Yard of the Month in the past two years. For more information, please visit our website at oxfordnc.org or contact Oxford City Hall at 919-603-1100.

Did You Know

Did you know that some butterflies have some disgusting eating habits? We think of them as sipping nectar, which they do, but they also drink muddy water from puddles in order to get minerals and salt. This is called mud-puddling, and puddle edges are often crowded with butterflies. In fact, you might attract more of them if you keep a few mud puddles around. Some butterflies drink tree sap, and some sip on feces to get nutrients they don't get in nectar. Other appetizing sources are animal carcasses – as they decay, butterflies sip the fluids. And let's not forget the salts-providing sweat and/or tears from animals.

We all know that the “tongue” of butterflies (and moths) is a proboscis, a tube-like structure that is used like a straw to suck up nectar (and other goodies). They coil and store proboscises when not in use. But did you know that the Morgan's sphinx moth has one that is from 12 to 14” long so they can drink from the Ghost orchid that stores nectar deep within the flower? Look behind the bottom flower to see the trailing nectar repository.



Ghost orchid, Florida



Appalachian Tiger Swallowtails and Dreamy Duskywings puddle partying on horse manure



Butterfly wing under a microscope

As reported in an earlier GGG article, butterflies taste with their feet. Before laying eggs, they stand on a leaf, tasting to see if their caterpillars will eat it. Monarchs can recognize milkweed by the shape of the plant and the color of the leaves, but they will “. . . stamp or beat on a leaf with their feet to ‘taste’ it to make sure . . .”

Butterflies are cold-blooded – they can't regulate body temperature. They can fly only when the temperature is between 60 and 108 degrees F. The optimal temperature for flying is between 82 and 100 degrees F. You've probably seen them basking with wings outstretched on rocks or sand in the sun – they could be warming up.

We also know that butterflies' wings have scales that provide the patterns and colors. But did you know that the scales are modified hairs arranged in overlapping rows? They can't regenerate scales when they lose them brushing against plants and other objects, so as they get older and lose color, they're more vulnerable to predators. For fabulous photos of their wings under the microscope, see Linden Gledhill's webpage, below.

By Marty Finkel from “Five Things About Those Beautiful Butterflies,” *The Buzz* online 6-3-21

Photo Credits: Left: RJWiley/Corkscrew Swamp Sanctuary Middle 2005, Jeffrey Phippen, www.jeffpippen.com Right Linden Gledhill, <https://www.lindengledhill.com>

Did you know that there is a new way to give back to the earth? In an article titled “Human Composting, a New End-of-Life Choice Turns Bodies into Soil: ‘Rejoin the Natural Cycle’” by Eileen Finan in People.com on 6-17-21, Finan says that this choice is possible in Washington, Colorado, and Oregon, and that later this year New York and California are likely to pass bills that allow it.





Recompose, based in Seattle, is the country's first funeral home to offer human composting (or natural organic reduction), and last year began transforming bodies to soil. If it catches on, it can ameliorate the 1.7 billion tons of carbon dioxide released into the atmosphere each year from cremation in the U.S.

The founder, Katrina Spade, had the idea when she was a graduate student at the University of Massachusetts. She grew up in rural Plansfield, NH and was reminded by a friend that farmers sometimes compost cows' carcasses. She figured that if you can compost a cow, why not a human? She began designing a facility to do that, and it eventually became The Urban Death Project, a non-profit venture. She worked with engineers and forensic scientists on the project, and by 2017 she had started Recompose.

Here's how it works: "After death, a body (which cannot be embalmed but can be refrigerated to allow viewing) is received at the Recompose facility and placed in an 8 feet by 4 feet steel cylinder along with alfalfa, wood chips and straw. After 30 days, natural microbes break down the remains - including teeth and bones - into soft compost 'genuinely good for your garden,' says Spade.

After another few weeks of aerating the soil, it's ready for pick up. Most loved ones choose to take home a small amount of compost - 64 ounces - and donate the rest to help reforest Bells Mountain, a nearby land trust that has a partnership with the company.

'You rejoin the natural cycle,' says Spade. 'And to me, that's incredibly beautiful.'"

The company opened operations on December 20, and of the 50 bodies composting, 25 have become soil – at \$5,500 per person. There is a pre-pay membership, Precompose, and more than 75 people have already signed up. Recompose is planning to open three additional locations next year – in California, Colorado, and a second one in Seattle.

By Marty Finkel, from sources cited in article. Photo credit: Sabel Roizen.jpg www.recompose.life

Q&A

Q: *Other than their flowers, can you eat other parts of ornamental plants?* This question was sent by Reuben Niles who was reminded of the many flowers in Gerry's garden after seeing a segment on edible ornamentals in a TV program and wondered if adding flowers to salads, using them as garnishes, candying them for decorations, and stuffing them (squash blossoms) were their only uses. I replied that I had given a long list of edible flowers in a previous GGG article but these were the only uses I had found.

A few days later, via Zoom, I attended the JCRA and JLBG Third Annual Southeastern Plant Symposium and heard a fantastic talk titled "Around the World in 80 Edimentals," by Stephen Barstow. His 2014 book by this title is available at Chelsea Green. He coined the word edimental by combining edible and ornamental to describe the many garden plants we can eat. He makes fantastic salads using flowers, buds, leaves, and tender shoots of plants in his garden in northern Norway (!), and each salad in the collage contains 80 or more different plants.



Salads



Packaged hosta shoots



Tasty hosta dishes

Probably the most familiar plant for us is the hosta – any hosta. They are among many wild plants harvested for food in Japan, and they are farmed, packaged, and sold in supermarkets there. Hostakopita is a word coined to describe the hosta version of spanakopita using hosta instead of spinach, and Barstow reports that it is delicious.

In her blog, Practical Self Reliance, Ashley Adament wrote a May 21, 2018 post titled “How to Cook Hostas,” and advised cutting young shoots at ground level as they emerge in early spring. They should have tightly coiled leaves, and the shoot size will vary depending on the size of the hosta. Some of the recipes she gives are for bacon-wrapped shoots, shoots salad with balsamic reduction, pan-seared shoots with ramp butter, hosta with prosciutto and pesto, and more. The hosta plants will recover and grow as usual.



Nodding onion



Sea kale



Cutleaf coneflower

Another familiar garden perennial is allium, or ornamental onion, and the nodding onion (*Allium cernuum*) is commonly used, both bulb and shoot. Sea kale (*Crambe maritima*) is a beautiful perennial, and its leaves are used as a vegetable – it was one of Thomas Jefferson’s favorites. Tender stems and leaves of cutleaf coneflower (*Rudbeckia laciniata*) are really good, and the familiar fiddleheads (tightly coiled fern fronds) of ostrich ferns are the most commercially important edible fern in North America. These are just a few of the hundreds Barstow mentioned in his Symposium talk.

Amaranth is considered a weed by most people, but many cultivars have striking flowers. It has more vitamins, minerals, and protein than nearly any other green leafy or garden vegetable, and a list of these is given by Veronica Worley in an online 6-18-20 National Gardening Association newsletter article titled “Amaranth.” It’s the richest source of calcium in leafy greens and has nearly twice the amount as collards. Pick in spring for the best taste (much like a combination of spinach and green beans.) Use leaves as you would any other greens. Cook young stems like asparagus or add, with leaves, to stir fries, soups, or smoothies. Worley dehydrates the leaves, stores them in an airtight jar, then crumbles into soups, curries, stir fries, smoothies when fresh are not available. Many health benefits are listed in the article.



Hopi Red Dye



Coral Fountain



Hot Biscuits



Red Spike

By Marty Finkel from sources cited in article.

Q: *Is a dwarf tomato the same as a determinate one?*

A: No, it’s an entirely different plant size. **Determinates** typically grow to a certain height and spread and set lots of fruit almost all at one time. Think Roma. Also, they usually don’t have the intense, complex flavors or the choices of colors, sizes, and shapes of the indeterminates.

Dwarf varieties set fruit like the indeterminates, i.e. until frost. The fruits are just as big and the choices of colors, sizes, and shapes are similar. The flavors approach the best of the indeterminates, including heirlooms. They have thick main stems and are mainly in the 3 to 5’ tall range. As seedlings, they are different: they are half the size of the other two types, have a very stout central stem, and have darker green, puckered or wrinkled (rugose) foliage. Dwarfs can be planted closer together and/or grown in 5-gallon containers. You don’t remove suckers or prune. You never have to contend with 8’ tall plants.

How were dwarfs developed?

Craig LeHoullier, the NC Tomato Man, collected old seed catalogs and noticed that the 1915 Isbell Seed Catalog listed a tomato called New Big Dwarf and described how it originated: a cross was made using Dwarf Champion (well-known from the 1800s) with the largest known tomato at that time, Ponderosa.

Several generations of selections later, one was chosen and named New Big Dwarf. It had the size of Dwarf Champion and the fruit size of Ponderosa. The success of this breeding gave Craig an idea.

Craig and Australian Patrina Nuske developed an idea they had discussed on Garden Webb: to create a range of new dwarf-growing varieties with large fruit in different colors. This idea morphed into making strategic crosses, growing out the resulting new hybrids, then sharing seeds for work on selecting new varieties to be grown for several generations to come up with a stable new non-hybrid variety.

Craig attracted volunteers in the US and Canada and Patrina in Australia, Tasmania, and New Zealand, and with more than 100 avid gardener volunteers interested in learning about tomato genetics and/or breeding new tomatoes, the Dwarf Tomato Project took off. He worked with Victory Seed Co. from the beginning of the Project and VSC is its official seed bank, which means they grow and maintain all the varieties. In addition to Victory Seed Company, Craig selected Tomato Growers Supply, Southern Exposure Seed Exchange, and Sandhill Preservation. Currently, Victory Seeds is the only one that offers every one of the Project's released varieties.



Rosella Purple



Bendigo Drop



Loxton Lad

Plants are all dwarf: **Rosella Purple** grows to 3 – 4' with tomatoes the color, size, shape, and flavor similar to Cherokee Purple **Loxton Lad** produces 6 to 16-oz. fruit **Bendigo Drop** produces many pink cherry tomatoes averaging ~ an ounce each.

*By Marty Finkel, from **The Dwarf Tomato Project**, <https://www.dwarftomatoproject.net> and correspondence with Victory Seed Co*

Photos: Edimentals Photos used with permission from Stephen Barstow www.edimentals.com

Amaranth: Johnny's Selected Seeds

Tomatoes: Photos used with permission of the Victory Seed Co., www.victoryseeds.com

News for Beach Goers

As soon as you arrive at the beach, how would you like to be able to pick up one or more bags of fresh, locally grown produce at a convenient location?

So far, this option is available through 15 participating realty companies along the coast in Brunswick, New Hanover, and Pender counties.

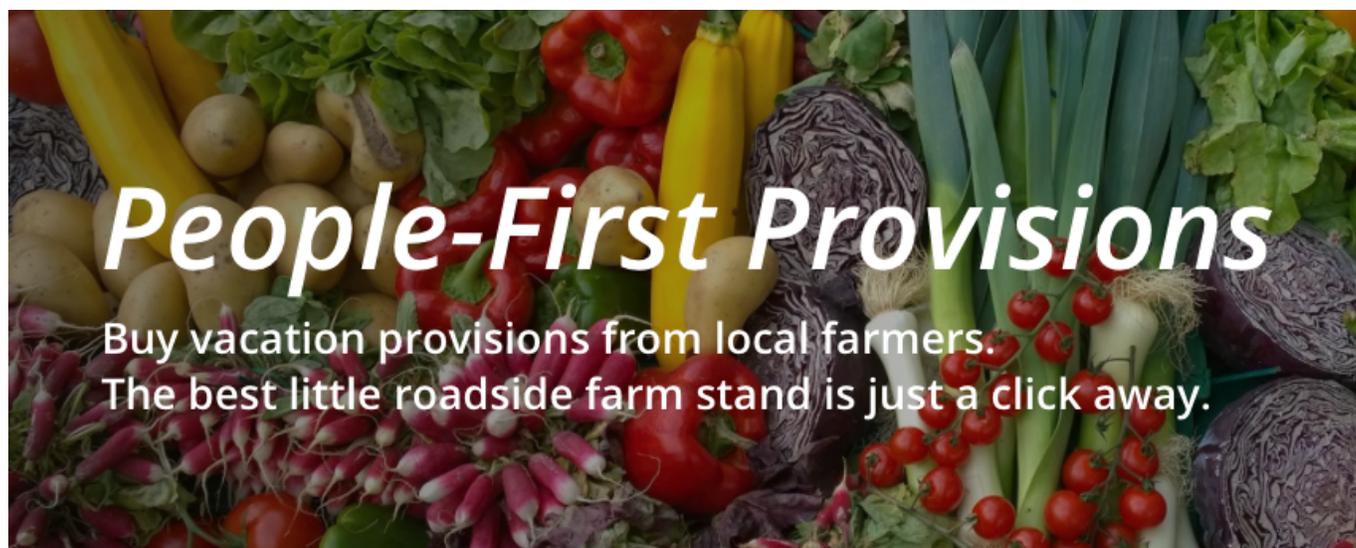
This arrangement is made possible by the Vacationer Supported Agriculture (VSA) program. It's operated by NC Cooperative Extension and NCSU startup People-First Tourism Inc. Needless to say, it also helps farmers in these areas.

When you book accommodations through a participating realty property, you will receive an email with information about the produce and the location of the pick-up place.

VSA's plans for the 2021 season are to give customers the option to order eggs and shrimp from local producers, and plans are to extend the program to the Crystal Coast and the Outer Banks.

Get the names of participating realties and learn more about the program at <https://www.p1provisions.com>

By Marty Finkel from *North Carolina Field & Family* Vol. 8, NO.2 2021



Plant of the Month



Wishbone Flower (Torenia fournieri)

Wishbone flower is a low-growing annual with lovely two-tone lilac-purple flowers. It prefers part sun to shade, especially in hot summer climates. Plant in rich moist soils and mulch to help keep the roots cool. They can also be brought inside for the winter. Use this plant in a container, hanging basket or the front of the shade border. Pinch them back to retain a bushier shape. There are many varieties and cultivars to extend the color choice.

Picture: Raulston Arboretum Text: NC State Extension -- <https://plants.ces.ncsu.edu/plants/torenia-fournieri/>

Note that bloom times vary, depending on climatic and meteorological conditions, and many plants bloom several months in a row (and sometimes rebloom). These are in bloom at the Raulston Arboretum.

Abelia
Agave
Buddleia
Cana lily
Coneflower
Crinum (photo)
Crocsmia
Dahlia
Gladiolus
Hibiscus
Hydrangea
Crepe myrtle
Globe artichoke

Lantana
Magnolia
Mahonia
Mexican shellflower
Oxalis
Pineapple lily
Rain lily
Rose
Salvia
Surprise lily
Spider lily
Verbena
Yucca

Photos of Some of the Plants in Bloom This Month



Lantana 'Banana Red'



Gladiolus



Mexican shellflower



Agapanthus



Globe artichoke
'Green Globe'



Hibiscus
'Night Fire'



Spider Lily



Pineapple Lily



Surprise Lily