



The Express

VOLUME III ISSUE III

Summer 2006

Our Mission

The mission of the Olympus Garden Club is to promote and support the love of gardening, floral arranging, landscape design, horticulture, plant research and environmental improvement by providing education, resources, networking and leadership opportunities to our members and the community.

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The Good Bugs Party!

PROJECT: - Similar to an arts and crafts project, making a snack can become an after-school activity. The bonus: The children get to eat their artwork, and can add nutritious foods into their diet.

SNACK ART - Create a work of art using the following elements:

- **The Foundation:** Celery, carrots, zucchini, or cucumbers cut into sticks or rounds; banana, apple or pineapple slices; melon balls; lettuce leaves; or orange sections.
- **The Cement:** Pea-

nut butter, cream cheese, cheese spread, yogurt, jam, pizza sauce, or ranch dressing.

- **The Decorations:** Seeds, nuts, grapes, raisins, olives, frozen peas, or beans.

Lay out the materials and give each child plastic utensils and a plate (the canvas). Suggest that they build sharks, monsters, cars, flowers, or have them write their names.

TIP: This makes a great birthday party activity.

WIGGLE WORMS
Ingredients: Fruit, such as

A City Garden Takes Shape

work. What exactly were we planting? What were the names of this or that plant? Why were we doing



OGC with meeting members

this kind of project? We tried to answer these questions and so many more. They seemed really interested and enthused with what we were doing, which

I can say really pleased us all. That wonderful experience was capped off with an invitation from Edith Silver, one of the clerks of the Quaker community dinner, to join them in a three-course dinner which is a much needed community service provided by the meeting house monthly to the homeless, anyone alone and those in need, in addition to anyone else who wishes to have an ample meal, free of any charge. Elementary school children helped to serve

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and food versions:

SPIDER PRETZELS

For each: 2 round crackers; 2 teaspoons smooth peanut butter; 8 small pretzel sticks; 2 raisins.

With the peanut butter, make a cracker sandwich. Insert eight pretzel "legs" into the filling. With a dab of peanut butter, set two raisins "eyes" on top. Makes 1.

BUG JUICE Ingredients

2 10-oz. pkgs. frozen strawberries, defrosted
1 6-oz. can lemonade concentrate, thawed

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President's Message

Another growing season is once again in progress and I take this opportunity to thank club members for their continued dedication to our group's work. We welcome new members Roberta, Elba, and Stephanie who have shown themselves to be stalwart gardeners and very interested in the goals and activities of Olympus.

The summer promises more opportunities to serve our community and we will be continuing to do what we do best: to instill the knowledge and the love for gardening. We will be leading workshops on topics in food production, nutrition, food preservation (canning and drying), as well as

continuing to ply the skills which have already given us recognition and awards in horticulture therapy, children's workshops, garden plantings and community service.

We have shown ourselves to be able to turn our attention to new and needed projects and the future holds the promise of accomplishing many more and different activities.

A garden can be a work in progress and I feel that our club is such a work, never quite perfect or complete and always subject to the whims of outside focus. With this in mind, we continue to grow, to mature and to be reborn at intervals.

Hoping that you have a productive garden and a delightful summer!



Robert Florin President

We are pleased to announce that we received the following awards this past spring from Federated Garden Clubs of New York State. (FGCNYS)

AWARDS

Environmental Improvement or Education; Publication Citation for this news letter; Civic Development; Edith Dalziel Landscape Design Citation; Garden Therapy; National Garden Clubs, Inc Net Membership Increase Citation and FGCNYS 2005 Increased Membership Citation.

We also received a \$500 Grant award for this newsletter and a community service certificate from Citizens for NYC.

I have to tell you that we are excited and proud to be acknowledged for our work.

Olympus Word Scramble - Fruit

Avocado	G U I N E P I X T T T X P I N N M N V C
Banana	C D Z N N I L L Y T L X R R R R W R V E
Bread fruit	C C X X X N S W S T L L L C S S W R N T
Carambola	G G G F G E K J W V Z C R G S S R R J J
Coconut	H Z P F G A V O C A D O X P P N N T M C
Dates	P Z X V H P J J Q Q K C X P N O C G S Z
Guava	A Y A P A P J J Z D J O G N A M R S S U
Guinep	S Z N W Q L J J A X X N R L B E L N Z Q
Kiwi	S Z A Q Q E F D H H X U C H D L H L D J
Lemons	I Q N Z L X X D J S E T A D D X X T S K
Lime	O W A G L L Y D R K Q V X D D C D D P D
Mango	N V B R E A D F R U I T T T S S S K K S
Orange	F G G Q R L D D D F W R L H I K R L T P
Papaya	R G Q Z R O Z L X L I M E M T K L L F Z
Passion fruit	U L Q N S B Z L J K K L G K K G P P Q Z
Pineapple	I V T T H M F H K X X L N Z Z Z P P G G
Sweetsop	T J L J H R F V R T T S A S L H G D D D
	X L M Q Q A V A U G G J R X S J X X L V
	X B B Z T C Q H U P G P O S T E E W S G
	J Z Z Z Q K J H H H F F L L L H H D H P



R. Murray

Ans. On pg. 4

The Magnificent Mango

This time of year means warm weather, longer days and the season of my favorite fruit - the mango. Lovely in color, distinctive in flavor, the mango provides the accent to countless tropically inspired main dishes, salads, snacks and beverages.

For me, the best way to eat a mango is without fanfare. I like them plain, simple and ripe. There is no need to add anything. Carefully peel away the skin, remove the seed and enjoy!

Five Facts about the Mango

1. The mango provides dietary fiber and is low in calo-

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(Mango Cont'd from page 2)

ries.

2. The mango tree is an evergreen and is related to the pistachio and cashew.

3. A ripe mango has a sweet, fruity scent.

4. A mango ripens best at room temperature.

5. Popular mango varieties include the "Tommy Atkins", Haden and Kent.

R. Murray

Bulbs in Containers

One of my favorite ways to plant spring blooming bulbs in the fall is in a container. I plant them in layers starting with the largest bulbs like daffodils and tulips on the bottom. I cover each layer with at least an inch of soil, and then spread 2 to 3 tablespoons of bulb fertilizer on each layer. In my top layer I plant the smallest bulbs like crocuses and snowdrops. Finally, I cover with a

layer of mulch and water it slowly and steadily until a lot of water runs out the bottom of the container.

Before you start to plant this container, choose the most warm and protected spot you can find for the container to stay in over the winter and work from there because after watering it will weigh a ton and will be too heavy for many of you to move.

Similar to bulbs grown in the ground, they need at least three months of cold. I have been fortunate enough to have gorgeous spring bloom after planting my containers as late as the end of December. The bulbs will start to grow as warmer temperatures come to your area. Now is the time to move your containers to a highly visible, sunny area near your front door so that you and your guests can be greeted as you come and go. They can also be placed un-

der trees that have not leafed out in the spring.

I tend to treat my container bulbs as annuals. After bloom I use the containers for other summer blooming plants or herbs.

For the best choice of bulbs buy early but wait until after October 15 to plant them. Buy bulbs that are large and feel firm. Bulbs that feel soft or mushy may be diseased. Do not buy them. The pointed end of the bulb is generally the top. Plant bulbs with the top or pointed end facing up in the soil.

Snowdrops bloom February – March; Tulips bloom April – May; Crocuses in February; Daffodils, Hyacinths, Glory-of-the-snow, Grape Hyacinths bloom March – April. Plant so that you can have continuous bloom through the spring.

Give it a try!

S. Stephens



Tip Time



This is not a tip. It is a command. Now that you have done all that work in the garden, I insist that you take some time to sit, have a cool, refreshing drink and listen to some music in your garden. Remember now, this is a command!

Try to perform your garden duties during the cooler parts of the day and don't forget to increase your fluid intake.

I know you are tired and possibly over come from the heat but don't slack off on your maintenance. Continue to deadhead (cut off spent flowers) for longer bloom.

Remember to leave some seed heads to feed the birds.

take some time to sit, have a cool, refreshing drink and listen to some music

Remove dead/damaged or diseased plant parts and don't forget to add some compost to the vegetable plants for a summer feeding boost or to remove weeds that compete with your plants for food and water.

Stop pinching back those mums, asters and other fall blooming plants.

Continue to monitor your plants for signs of pest damage. Remember to be tolerant and to try the least toxic control methods first in your attempts for peaceful coexistence with the natural world.

If your annuals/perennials are looking tatty, it is ok to cut them back.

You can fill empty spots in your garden resulting from unsuccessful plantings with container plants.

Please don't forget to water the street trees when your garden.

Start to bring in your house plants or other plants you want to over winter indoors by mid September. Give the entire plant, container and all, a dunk in a soap solution to remove those pesky critters before you bring them indoors.

Now is a good time to start putting in those cool season vegetables again - Lettuces, greens, broccoli raab, cabbage, radishes. How about some colorful Swiss chard for fall color like 'Bright Lights'.

(bug party cont'd from page 1)
 1 quart ginger ale
 2 cups raisins
 6 gummy worms

Directions:

- Mix the strawberries and lemonade concentrate in a blender until smooth and thick.
- Gradually add ginger ale.
- Transfer the beverage to a punch bowl. Stir in any remaining ginger ale and the raisins. Place the gummy worms on the rim of the bowl or the glass for effect. Makes 10 servings

PIPE CLEANER SPIDERS/ CATERPILLARS

MATERIALS: Pipe cleaners; Four-hole buttons; Stick-on googly eyes; Synthetic spider web; and Double-sided tape.

Time needed: Under one hour.

- Bend a pipe cleaner into a V shape. Push the base of the V up through one of the buttonholes

until it protrudes 1/2 inch. Then, bend the 1/2-inch length over the top of the button. Use the same method to thread the three other pipe cleaners through the remaining buttonholes.

- Next, shape the legs (there should be eight, of course!) by bending the pipe cleaner ends first 1 inch from the button and then again 1/4 inch from the tips. Stick the googly eyes onto the button between the front legs.

3. To create a web, the easiest option is to use a synthetic stretching spider web (sold at most novelty shops for under \$2). If you can't find one, use a thin sheet of cotton batting. Stretch the web across a doorway, using pieces of double-sided tape to anchor the sides to the doorframe. Then, set your spiders in the web wherever you like – their legs will stick easily to the fibers.

If your little ones small

fingers find it difficult to push the pipe cleaner through the buttonholes, try this: Fold the chenille stem in half. Push one end through the button-hole until the "V" fold is against the hole. Then twist the legs around the edge of the button.

CATERPILLAR- Use cotton balls as body; stick on the buggy eyes, and the pipe cleaners as the legs.

C. L. Charles-King

(city garden continued from page 1)

the meal. The wonderful group of youngsters also made delicious brownies and helped to serve them for dessert. We so enjoyed being present at that meal. The spirit of service and camaraderie they extended to us was very much appreciated, especially after we had just finished working on a garden created for the same community.

The meeting house native plant garden is well underway now, and we are hoping that it will start to attract some local birds and butterflies to the neighborhood. These wild creatures will find themselves with a new food source, in the midst of the cement and asphalt.

R. Florin



Members with Edith Silver

Our Monthly Meeting Schedule

- August 27, 2006**
Drying Herbs
- September 25, 2006**
Perennials Video
- October 23, 2006**
Canning
- November 27, 2006**
Seed Sprouting
- December 11, 2006**
Arts & Crafts Activity

Please check our website for last minute changes or cancellations.

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Word Scramble Answer

G U I N E P I X T T T X P I N N M N V C
 C D X Z N N X L L S L Y T L X R R R R W R R V N T
 H C Z P F F X G G K W S W T L L C X R L C P S S W R R M C
 G G Z G X A N A N A P P V H A P P J J J Q Q D Q J J C O O U N U T V R H L H L D X X D D C S K K L T P Z
 P A S S I O N F R U I T Q W V G G Q Q Z R R R Q Z N S H H M R A C X X D D D D X X D D S K K L L F Z Z
 L V J L M B Z Z Q K J H H H F F L L S J S J P L L H H D H P