



The Express

VOLUME III ISSUE IV

Fall 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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Holiday Craft

Pinecone & Sunflower Seed Star Ornament

Gather together:

- 5 pinecones
- 5 sunflower seeds
- Mustard seeds
- Waxed jute
- Walnut
- Cardboard
- Craft glue
- Hot glue gun & glue sticks
- Scissors

Steps

1. Cut a 1" diameter cardboard circle with scissors.
2. Using hot glue gun and

Over the last few years I have listened to, participated in, attended and lead many seminars, workshops, and lectures on climate change, global warming, land reclamation, invasive species, storm water management, wetland preservation, and recycling. At times from my lowly perspective, I have become overwhelmed, at the grave implications of all these issues, at how inter-

'one-day at a time, one person at a time, one thing at a time'

Green

related they all are and finally, how as one individual I can make a difference.

A close friend recently told me a true story of working on a construction site with a "man" many years ago who used to take home small amounts of the left-over cement and sand in a small sack every day that would have otherwise been dumped. Some time later he was invited to a wedding at this person's

home. Upon arriving, he was told by the "man" that every day after getting home he would make cement blocks with the sand and cement he had in his sack. Those blocks he made every day over a long period of time built this house that his daughter was now getting married in today.

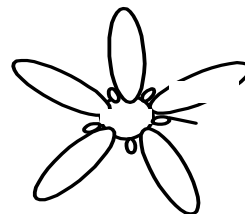
After hearing that story my usual view of 'one day at a time, one person at a time, one thing at a time', to make a change was reaf-

(Cont'd on page 4)

glue sticks, hot glue pinecones to outside of cardboard circle to form a star.

3. Hot glue walnut to cardboard circle inside center of pinecone star.
4. Hot glue sunflower seeds on top of pinecones to form a star.
5. Apply craft glue to pecan and cover with mustard seeds.
6. Allow glue to dry thoroughly.
7. Attach jute for hanging.

Your star should look similar to this picture. With the



large ovals representing the pine cones, the small ovals the sunflower seeds and the circle in the middle the pecan covered with mustard seeds.

For safety, especially for the children, use one of the cool melt glue guns instead of the hot glue gun and safety scissors .

You can gather pinecones

on a walk through the park. Glue and safety scissors can be purchased from any craft store and more than likely you will have cardboard and string (jute) at home.

This could easily be a class project or an activity for the young ones at home or in daycare.

Many other holiday projects can be found in the book *Crafts to make in the Winter* by Kathy Ross. Publisher: The Millbrook Press, Inc

S. Stephens

President's Message

After a few summer-like days, autumn has finally arrived. The cool air and final days of harvest are again upon us. We take some time to enjoy the bounty of the land, the success of our gardens, preparing them for winter, planting things for spring bloom. A gardener's year ends in autumn. Many of us are depressed by the bleakness of the shorter days and the inevitable cold weather. There is still much beauty to enjoy for the moment, including watching the leaves turn, the birds foraging and those pesky squirrels as they search and dig, bury and search some more.

It's hard for a gardener to like

squirrels. Thinking back earlier into the season I remember their destructive forays, their small bites from bulbs and fruits that they never seem to eat. Why must they be so destructive when it doesn't seem to advance their own cause? What is their problem? Do they forget that they don't really like daffodil bulbs and tomatoes or are they just asserting their right to a share of the land's bounty, not caring about what anyone else needs or wants?

But that of course is our thing. We humans waste resources and seem to behave in just that way. A plastic bag or two for the landfill, a

soda bottle into the wrong trash bin, a car trip when we can easily walk.

That fluffy-tailed rodent just acts on instinct, but we have no excuse at all. Our misdeeds are ones of thoughtlessness and sloth, the squirrel is just out there doing his squirrel thing whether we like it or not. I still don't like squirrels but this bothersome rodent with all of his faults does not despoil the earth.



Robert Florin, President

Awards

At the recent District II Luncheon/Meeting we received a national award for maintaining the goals of National Garden Clubs, Inc and our Executive Director, Solita Stephens received the Director's award for service above and beyond to second district.

Olympus Word Scramble - Fall

Acorns	L U U N N N I X T T T X P I N N M N V C
Apple cider	C D Z N E L A K L A T N E M A N R O V E
Autumnal equinox	C C X X T K S W S T L L L C S S W R N T
Bulbs	G G G F A K K J W V Z J R G S S R R J J
Gourds	S Z P F N L V V C T D F X P P F G T M C
Harvest	N Z X V A P J J Q Q K J J P N F O G S Z
Hayride	R R R R R F J J Z D J N A N N M U S S U
Indian corn	O Z Q W G F J A P P L E C I D E R N B Q
Jack o lantern	C Z T Q E H F D H H X R K H D Z D L L J
Mums	A U T O M N A L E Q I N O X D X S M U M
Ornamental kale	O W Q G M L Y D R K Q V L D D C D D B D
Pomegranate	T V V V O H Z T Z Q W J A T S S S K K S
	J G G Q P L D S D F C R N H I K R L T P
	J G Q Z R B Z E X D I D T M T K L L F Z
	U L Q N S B Z V J K D L E D I R Y A H Z
	Q V T T H T F R K X X L R Z Z Z P P G G
	T J L I N D I A N C O R N D I A N D D D
	X L M Q Q C H H N C G J L X S J X X L V
Ans. On pg. 4	X B B Z T C Q H U P G Z O X Y U N W T G
R. Murray	J Z Z Z Q K J H H H F F L L L H H D H P



The Magnificent Pumpkin

This cool, crisp time of year, filled with vibrant colors brings pumpkins to mind. They come in many different shapes, sizes and varieties. From the jumbo pumpkin 'Atlantic Giant' to the mini pumpkin 'Baby Boo', their colors range from white to deep orange-red. 'Dickinson Field' and 'Kentucky Field' varieties are used mostly for canning and cooking.

Five Facts about the Pumpkin

1. A pumpkin is really a squash. It is a member of the Cucurbit family, which includes squash and cucumbers and it is 90 percent water.

(Cont'd on page 3)

(Pumpkins: Cont'd from page 2)

2. Pumpkins can be grown all over the world except for Antarctica.
3. Pumpkins contain potassium and Vitamin A.
4. Native Americans flattened strips of pumpkins, dried them and made mats.
5. The Irish introduced pumpkin carving to America.

Test question:

Can you find more than five pumpkin facts in the list above?

S. Stephens

Preparing for Frost

Plants need the most food and water during late spring through early summer, when they are growing the most. It's best to discourage new growth from late summer into autumn by tapering off any feeding because new growth wouldn't have time to mature before cold weather hits. Ideally moist soil holds and releases more heat than does dry soil.

Be especially watchful of the earliest frost when plants may still be growing in the fall, or late frost in early spring. Warning signs of frost are the absence of cloud cover, low humidity and low temperature of 45 degrees F or less at 10PM. If you notice these signs, move any at risk (tender) container plants under a roof or into a garage. Shelter plants that are in the ground using burlap or plastic film secured over frames or stakes so that the covering doesn't touch the plant. Remove the coverings during daytime.

If plants become damaged by frost, don't hurry to prune them. Premature trimming may stimulate new tender growth, which may be damaged by a later frost. You may mistake still alive growth for dead. Wait for new growth to begin in spring, then remove wood that is clearly dead.

R. Florin

Salmon with Fresh Herbs

6 lb salmon scaled and gutted

1 hot pepper

1 tablespoon lemon thyme

1 tablespoon oregano thyme

2 tablespoons chopped lemon basil

2 tablespoons chopped basil

1 teaspoon rosemary

1 small green pepper

1 small red pepper

Aluminum foil

Cut hot pepper in half, take out seeds and rub inside and outside of fish.

Chop all other ingredients together, then sprinkle on and inside of fish.

Cut fish into serving size pieces, wrap pieces individually in foil and bake for about 20 minutes or wrap whole fish and bake at about 400 degrees for about an hour or until done.

Packets can also be cooked on a grill for about the same time

****Note:** If you do not think you have enough chopped herbs add a little more to taste except for the rosemary. It has a strong taste

J. E. Willins



Tip Time



Clean up weeds and other seasonal plantings and layer beds with compost.

Clean and repair tools and store safely for next year.

Cover plants with floating row cover to protect from frost.

I hope you planted some cool season greens. Greens such as broccoli raab can be harvested as late as December and it is wonderful in a salad.

Make notes on what you have accomplished this year, be sure to save your garden plan so that you can rotate crops next year.

This is the best time of the year to

test your soil, especially for acidity (pH) levels because it allows you the 3 to 6 month period to adjust the

soil pH if you need to add lime. Get in touch with your local cooperative extension office for information on getting a complete soil test done.

Dig up tender bulbs, corms, and tubers like gladioli, cannas, dahlias, elephant ears, and caladiums after the leaves turn yellow and store them for the winter in a dark, and cool dry place.

After the foliage drops from your roses, prune back to about 3 feet to protect the canes from drying winter winds, and protect the roots from

heaving by adding compost in a mound of at least 8 inches at the base of each plant.

Fall is the ideal time to plant new trees and shrubs. The cool weather reduces transplanting stress and reduces their need for water. Don't forget to give them a good drink at planting time.

This is a reminder to give all of your garden a good soaking before winter finally sets in.

Many people top their trees that are too big or have them removed. If you have a tree that is too big or too shady, would you consider having it selectively thinned instead? Call a certified arborist to get their advice.

**I hope you
planted some
cool season
greens.**

Recipe

(Green: *Cont'd from page 1*)
 firmed. I decided to always keep that image in my mind of making blocks that would eventually build a 'brick house' any time disillusionment tried to seep in.

With that in mind, what is green? Green for me starts at home and before I go further I must stipulate that there are a few people who would not apply the OCD (Obsessive Compulsive Disorder) label to me even though I don't like to see crumbs in the butter after buttering the toast. At home, green means buying energy star rated appliances, using products that do not contribute to the depletion of ozone - a popular example being aerosol sprays, buying organic whenever I can and buying products made with recycled material whenever possible. In the President's message in this issue, Robert Florin wrote about driving when

you could walk instead. I try to walk whenever possible and use public transportation whenever I can. I compost my food waste and, yes, I even add my own hair to my compost bin; I re-use my printer paper before shredding it and adding it to the compost bin. I avoid invasive species when making plant selections. I use drip irrigation and soaker hoses to water the garden, and direct the runoff from the gutter into the garden beds since I don't have the room for an effective rainwater collection system. I could extend the list but I think by now you've gotten the gist of it.

On a larger scale and if you have the room what else can be done? I just mentioned a rainwater collection system. These systems are installed in many community gardens throughout New York City and can be

adapted for home use.

How about planting a rain garden? It is a landscape feature built specifically for the purpose of collecting, storing, and slowly filtering storm water runoff that is used ultimately for improving water quality and reducing the pollution in our waterways.

Supporting any and all green space - community gardens, parks, home gardens - in the city is another way to contribute to the green revolution because green space contributes to the reduction of carbon dioxide in the atmosphere. How? Most plants use carbon dioxide as part of the equation to make their own food.

How about buying products and material for the home such as paints and lumber that emit reduced amounts of deadly fluoromethanes and fluorocarbons, and how about reaffirming your dedication to recycling paper, cans and bottles.

Are you in the market for a new car? Do you get caught up in the bumper-to-bumper traffic of city driving? Would you consider buying a hybrid car with three times the average miles per gallon and lower emissions? Who would not want to spend

less money on gas and make their contribution to averting the climate change?

Our time is now. Global warming, climate change, ozone depletion, pollution and species invasion are no longer myths. With my belief that one-day at a time, one person at a time, one thing at a time a "brick house" can be built.
 Can You Become Green?

S. Stephens

Our Monthly Meeting Schedule

November 27, 2006
 Seed Sprouting

December 11, 2006
 Arts & Crafts Activity

January 22, 2007 & February 26, 2007
 Planning for 2007

Please check our website for last minute changes or cancellations.

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Word Scramble Answer

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