

The Express

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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Plant

My New Year Wish For You.

- Plant good thoughts
- Plant good deeds
- Plant kind words
- Wait and Watch
- As they reflect
- As a smile
- As another kind word
- As another good deed
- Wait and Watch
- As they fill your spirit
- With warmth
- With love
- With joy
- Wait and watch
- And always remember
- Good thoughts
- Kind words
- Good deeds
- Grow like flowers and
- And remain
- Forever in your heart

S. Stephens

Garden Stories

Olympus Garden Club members share our passion and knowledge of horticulture and agriculture with residents, and urban farmers on a daily basis but do you know what the best part of doing that is?

Here is another story.

In 2007 I started growing all of my food in containers. I had extra of course, so I shared with my neighbors. (One of whom had never grown food and was determined not to for a myriad of reasons including the dog) One day, she came over and "demanded" more of what I gave her because as she explained and we already know "it tastes better than the supermarket." "Demanding" more did not satisfy her, so she decided that my garden

'it tastes better than the supermarket'

was also her garden and demanded equal share of the harvest. Before mid season, her concern for the dog's intrusion was marginalized because she had become overwhelmed with the high quality of the food. So much so that she announced she was going to grow her own food in containers in 2008.

The memory of those tastes stayed with her and on the first balmy day in March of 2008 she was on the phone asking if it was time to plant yet and what she needed to buy to get started. She was not happy when I told her in a couple of months because she was ready NOW. I did give her a list that included the size containers, soil type, manure, and compost so that she would be prepared.

In May, I gave her tomatoes, eggplant, peppers, cucumbers and collards. She bought okra, more tomatoes and peppers, and she planted and started to harvest weeks before I did. (I had gotten a late start) She called one Sunday afternoon after one of her first ever harvests to tell me she was eating a salad with everything she picked from her garden. (She is BIG on salads). I had offered to give her lettuce but she said no. She will be adding lettuce

to her growing list for 2009. Do you remember that dog issue? She used the house ladder as the dog barrier. I just had to take a picture.

As a result of her growing her own food in containers, three of her friends after visiting plan to grow their own food in containers for 2009. Like her, they did not want to grow in the ground and did not know that they could grow in containers.

The Ladders as Barrier



Another resident, (an experienced gardener, but a new immigrant, had a small plot in front of where he lives) increased his

planting space by building wooden boxes after seeing my container garden. I helped him to get soil and compost and also gave him seeds, seedlings and transplants. He ran out of soil and pushed his shopping cart for a 3 1/2 mile round trip to get some more.

His front garden generated a lot of interest because he planted several ethnic vegetables. What surprised him and pains me every time I hear it is the number of people, adults in their fifties and sixties along with our youth, who had never seen tomatoes growing on the vine and did not recognize them. He was in his element educating them.

(Continued on page 2)



President's Message

As winter rears its frigid head and the year nears its end, I like to think back and take stock of who we are, where we've been and what we've been able to accomplish, as a club and as individuals. We follow the seasons more closely than most other groups, winter for planning, spring for a re-awakening with new effort, summer for major execution (deep digging so to speak), autumn for harvesting, a reaping of the bounty. This year was notable for a repeat of some of our usual activities, participating in Green Thumb's Grow Together, Making Brooklyn Bloom at Brooklyn Botanic Garden and a new project

at Prospect Heights Campus. There, we worked with a student garden club to plant a garden around an existing time capsule, with a follow-up planting of daffodil bulbs. This past fall executive director Solita Stephens traveled to Milwaukee, WI to attend a dismantling racism in the food system conference sponsored by Growing Power (founded by pioneer activist Will Allen). She attended workshops and learned about the farm's operation during an intensive session at Growing Power's urban farm. Other members including Solita attended the NOFA conference in Massachusetts. They en-



Bulb Planting

joyed the experience and gained new knowledge at the many workshops offered. The club led workshops in community gardens and hosted the Kings County Federated Garden Clubs of New York State, president's meeting held in the member's room at Brooklyn Botanic Garden.

This New Year promises to be a challenging one, as we all wait for the proverbial shoe to drop, imagining what life will be like as the economy continues to implode and a new president takes office in Washington. How will we at Olympus deal with all of this? I suspect we will continue as before, forks and trowels at the ready, turning the soil, weeding tangled paths, while leaving our mark.

Robert Florin, President



Olympus Word Scramble - Natural Fragrances

Aromatherapy	C C L U U N S N G X T T T X P V N N M C
Cinnamon	L L C D Z N U L G K L N S T E L T N R L
Citrus	T T C C X X R K S W D L E L C C S S W T
Cloves	T T C C X X R K S W D L E L C C S S W T
Eucalyptus	T J G G G F T C T C D F V A N I L L A J
Garlic	N O M A N N I C V V C X O N G L S G R C
Ginger	I Z N Z X V C P J J B N L L L R T D O Z
Lemon	M U R R R R R R J J V J C N N A L Q M U
Lavender	M U R R R R R R J J V J C N N A L Q M U
Pear	R Q Z Z Q W S L P G P A L E Q G T F A Q
Peppermint	R Q Z Z Q W S L P G P A L E Q G T F A Q
Pine	E J C Z T Q T K F D L H X L K H L D T J
Rosemary	P M W J T V M C L R E D N E V A L S H M
Sage	P M W J T V M C L R E D N E V A L S H M
Thyme	P D Z Q Q G M T Y O R K Q M L D L D E D
Vanilla	E U C A L Y P T U S P L X O Q L N N R S
Ans. on pg. 4	P P J R G Q P D D E D F C N N V I R A P
R. Murray	Z Z J K T Z D L V M X D I D T B T L P Z
	Z Z U P Q N D H S A G E D L X P S C Y Z
	P G Q J N J R L F R K X X L L N P R R G
	P E T J L Q N E M Y H T R D Z D I A N D
	V L A L M Q Q N H H N C G J L X S J X V
	G G X R E G N I G H U P G Z O X Y U N G
	P P J Z Z Z Q P J H H H F F L L L H H P



(Stories—Cont'd from page 1)

He said he never knew he could make so many friends from a little garden. He got even more when he stopped them as they passed with a simple statement "Here, have a tomato."

I worked with two other groups of people on Staten Island, a group of seniors at New Lane Shores Senior Residence and a group of youths at Mariners Harbor Community center. Both of these groups won prizes for their vegetable and flower gardens in the New York City Housing Authority 2008 garden competition. "Be Still My Heart"

The best part of doing this is that introducing someone to gardening creates a domino effect. Those of us who work with the earth know that gardens help to build healthy communities and we do contribute to that.

S. Stephens

Behold: Beauty for the Winter Garden

Winter landscapes may seem uninviting – nothing but dry stubble and twigs poking above barren or snow covered ground. When there is little to view but the skeletons of a garden, there are many plants that provide a scene that can be very eye-catching.

Ornamental grasses accent a garden any time of year but are most useful and imposing in winter. They provide structure, texture and drama to the landscape. Although a northern winter is far from a period of expected flower bloom, there are actually some plants that bloom in winter. Seeds and seedpods are not only interesting subjects by themselves they are also snow catchers, providing a novel focal point as well as food for wildlife. Bright berry-covered shrubs of course add color to an otherwise colorless front or back garden. Plant forms produce silhouettes as we view them, especially from a distance, and there are many choices of trees with beautiful bark to attract attention. Evergreen shrubs and conifers grace any four-season garden where there is

appropriate space and light.

It would be difficult to list all or even most of the possible choices for winter interest, here are some of my personal favorites.

Miscanthus sinensis 'Silberfeder' bears silver to brown panicles in autumn, which remain through winter. It prefers moist conditions and may grow to 8 feet. *Andropogon gerardii* (big bluestem) blooms late in the season and is very hardy with 3-pronged branches growing to 8 feet.

Certain flowers bloom during part of the winter season some years. Lenten rose, bergenia, lirope, italian arum and some ferns offer winter interest as part of this group. Autumn Joy sedum and yarrow have persistent and interesting seed heads. Some plants have distinctive shapes such as the Harry Lauder's walking stick (*Corylus avellana* 'Contorta'). The paper bark maple (*Acer griseum*) is a beautiful small tree with great fall color and it develops exfoliating cinnamon or red-brown bark. There are

other exfoliating trees that are quite beautiful such as the River Birch (*Betula nigra*). Shrubby dogwoods (*Cornus alba* and *C. sericea*) have either red or yellow twigs.

Hydrangea macrophylla is a common but excellent shrub that is deciduous but will keep its dried flower heads all winter long. *Cytisus scoparius* (Scotch Broom) is a great shrub that needs some support but has many green stems that add color and texture to the garden. *Kerria japonica* loses its leaves in winter but its green to bright green stems add welcome color on grey winter days.

There are also plants with persistent, colorful fruit including many crabapples, and hawthornes. Some other plants bloom during late winter such as *Galanthus* (snowdrop), and many varieties of witch hazel and certain hellebores.

It isn't possible to mention every suitable plant to grow for winter display, but those mentioned will certainly be an adequate start in making anyone's garden a winter-scape to behold.

R. Florin



Tip Time



Keep in mind these healing plants as you start making plans for spring. Save or plant some of them to use thru the season. Be sure to check and use all safety precautions before using.

Plantain (*Plantago major*) can be found all over the garden and in the lawn. It is a broadleaved weed with parallel veins. The crushed leaves can be used for scrapes, bruises and bee stings. The leaves are highly nutritious.

Pennyroyal (*Mentha pulegium* - European & *Hedeoma pulegioides* - American) is a ground growing mint that is crushed and rubbed on the skin to use as a mosquito repellent.

Jewelweed (*Impatiens capensis*) is

highly recommended for poison ivy. The bright orange sap from the stems or crushed leaves are used. A tincture can also be made with the stems and leaves and stored for future attacks. If you ever try to collect the seeds, you have to

**'Great for
colds &
congestion'**

trap them quickly in your hands or they pop away. The seeds have a nutty flavor.

Hickory (*Carya*) catkins made into a tea is used to bathe sunburns. The catkins appear in the spring.

Santolina or Lavender cotton (*Santolina chamaecypariss*) made into a tincture is used for ticks.

Yarrow (*Achillea millefolium*) applied to wounds stops bleeding, prevents infection and is good for acne when

used as a tea. Use young leaves crushed or make a salve or tincture.

Horehound, Mullein, Mints are great for colds, sore throat and congestion. Make teas with them.

Yellow Dock (*Rumex crispus*) is good for women and is used before childbirth to strengthen the body. It is a blood builder.

Epazote (*Chenopodium ambrosioides*) Use as a tea or crush into a powder and mix with honey for worms. Cooled tea can be used as a disinfectant for our fruits and vegetables.

Pumpkins (*Cucurbita*) seeds are good for digestion and cleansing of the stomach. Crushed seed mixed with crushed Epazote made into tea is also good for worms.

Memorial Garden Update: The Winter Garden

Prospect Heights Campus High School now has the memorial garden; which marks the spot where the two time capsules are buried. The garden will be a reminder for the school and the neighborhood of the people who attended the school when it was first opened in the 1920s. Like the school name, the garden will change over the years, as gardens often do. The students of International H. S. @ Prospect Heights were out in the garden planting daffodils just before the snow fell and gave us a beautiful winter garden to look at. We got the bulbs from the New Yorkers 4 Parks annual daffodil giveaway. When we started the garden we had to take up the sod. The school custodian in charge of mowing the lawn was not happy. As you can see the sod turned into lovely compost, which the students learned would provide protection and nourishment for the bulbs. Next spring we are looking forward to a bright border of daffodils to welcome in the coming warmer weather and the return of the native plants they planted.

This has been one of the most rewarding projects that the Olympus Garden Club of Brooklyn has been involved in. The students were great, their teacher, Mr. Ariff, was enthusiastic, and willing to follow any of our suggestions and gardening advice. My thanks to all who took part in the development of the Memorial Garden, and I look forward to the changes to come. I hope that you will be there watching and lending a hand when you have the time. Gardening is for everyone, and there is always something to do and new things to learn.

R. Raysor



Grass to Compost



Bulbs Away



Digging In



Snow Scenes



↑Snow Scenes↓



Natural Foot Bath

2lb bag of dry powdered milk
 1lb box boric acid
 2 cups blended dry organic sage leaves
 Essential oils (peppermint, lavender, rose, lemongrass)
 Clean boiled jars



Pour milk, boric acid and sage in large bowl - mix well
 Divide mixture in different jars, then stir in 1 capful essential oil of your choice
 **Check with your doctor first if you are on medication.

Ilithuba Ukachuma

OLYMPUS GARDEN CLUB

Membership Application



Hello,

Are you a gardener?

Do you have a love for plants or the environment?

Do you want to learn about gardening, the environment or going green?

Do you want to participate in our efforts to improve our neighborhoods?

Would you like to help us create programs to enhance the lives of seniors, young adults and children?

Would you like to be able to share your gardening triumphs and desolation with a group of fellow enthusiasts?

IF YOUR ANSWER IS YES TO ANY/ALL OF THE ABOVE QUESTIONS, THEN PLEASE, BECOME A MEMBER.

MEMBERS ARE REQUIRED TO HELP US WITH OUR COMMUNITY AND EDUCATIONAL OUTREACH AND TO PAY ANNUAL DUES.

Our membership dues are \$30.00 annually for adults and \$5.00 for youth. We renew in January of each year. We have many activities scheduled throughout the year.

We are anxious to have you join us and welcome your participation.

Membership benefits include monthly educational gardening lectures, state, district and club newsletters, garden tours and personal enrichment.

Please see our attached Fact Sheet.

Fill out the application below and mail with your dues or bring it with you to our next meeting.

Application for Membership

New Member Youth Member Membership Renewal

President

Robert Florin

Horticulturist, Master Composter,
Citizen Pruner
Community Gardener

Vice-President

Youth Coordinator

Elba Cornier
Educator, Citizen Pruner

Johanna Willins

Master Composter, President of
Herbal Community Garden

Executive Director

Founder

Solita Stephens

Horticulturist, Master Composter,
Educator/Lecturer

QUESTIONS:

Email: info@olympusgardenclub.org
Phone/fax 718-360-1420

WEBSITE:

<http://www.olympusgardenclub.org>

Dues: \$30.00 Annually

Last name		First name	
Address			
City		State	Zip + four code
Home Telephone Number		Work Telephone Number	
Fax Telephone Number		Cell Telephone Number	
E-Mail Address		Best Time To Call	
		<input type="checkbox"/> AM <input type="checkbox"/> PM	
INTERESTS/SPECIALTY		Mail Completed Application and Annual Dues of \$30.00	
		Olympus Garden Club Post Office Box 21808 Brooklyn, NY 11202 Make Checks Payable To Olympus Garden Club	

Baby, It's Cold Outside

You bundle up to face the chilliness that old man winter brings yet you can't shake the chilliness you feel in your bones. Not only does the old man bring a wintry wonderland with all the holiday trimmings, he also brings you a cold. That's right. You got it. A cold. A headachy, joint hurting, nose sniffing, down right nasty cold.

So, what do you do? You take all those different types of over the counter cold medicines that make you sicker because of the taste as well as what is put inside of the bottle. Why not try some good ole fashion home remedies. The kind grandma used to make. Or the kind that grandma SHOULD have made. Many families have their own version of cold remedies. But if your family didn't pass on any to you, let me share some of mine.

Lots of people believe that if you have a nasty cold, you should be in an over heated room. Sometimes it is the stuffiness that makes you feel worse. Crack open a

window and let in some fresh air. For some, the coolness relieves an achy head and a heated brow. While you are seating there enjoying the fresh breeze, sip a nice, hot toddy. Make sure you put in some lemon juice for the vitamin C. Or a mulled wine or cider might do the trick. Also, a hot Buttered Rum warms the spirit as well as the body.

If your nose is stuffy or you just feel stuffy, take a ¼ teaspoon of grated horseradish mixed with a full teaspoon of honey. That will really open up your pores. If the horseradish is just too strong, substitute finely chopped onions.

For a cough, you can use hot lemon water with honey as a gargle. Drinking this helps as well. For nausea, a weak ginger or peppermint tea should do the trick. As a child, Mom always gave me very slightly chilled ginger ale to drink. But one of the best things that Mom ever gave me was just good ole home-made chicken soup. So here's my twist on a family favorite.

Chicken Curry Soup

- 1 medium to large size chicken- cut up
- 4 tablespoons of olive oil
- 4 sweet onions – sliced ½ inch thick
- 5 carrots – chopped into large chunks
- 7 or 8 small red potatoes left whole
- 1 large tablespoon of your favorite curry powder – more if desired
- 3 cloves of garlic -crushed
- 2 bay leaves
- 2 pinches of sea salt
- 3 dashes of cracked peppercorns
- 6 cups of water
- any spicy sausage cut up into chunks

In a large skillet, brown the chicken in 2 tablespoons of oil. While you are waiting for the chicken to brown, boil the water in a large pot and chop the onions and carrots. Once the chicken is browned, put it into the pot. Set to simmer for a half hour. Then add carrots and potatoes. Boil for a half hour more. Then take the onions and lightly sauté them in the same large skillet using the remainder of the olive oil. Put the onions with pan drippings all into the pot. Add the curry powder, bay leaves and the rest of the spices. Boil for a half hour more or until the chicken comes apart in the pot as you test it with a serving fork. Add the spicy sausage the last 10 or 15 minutes of cooking time. Serve over rice or with nice crusty bread. And there you have it, something to chase the cold away.

E. Cornier

Websites

Luke's Seed Medley

1. <http://rareseeds.com/>
2. <http://www.seedsavers.org/>
3. <http://www.parkseed.com>
4. <http://www.reimerseeds.com/>
5. <http://www.seedsofchange.com/>
6. <http://www.valueseeds.com/index.html>
7. <http://www.yankeegardener.com/seeds.html>
8. <http://www.burpee.com/category/vegetables.do>
9. http://www.watersuntogether.com/itemList.asp?IT_Cat1=Vegetables&viewall=1

Our 2009 Monthly Meeting Schedule

January 26, 2009

Planning for 2009, Part I

February 23, 2008

Planning for 2009, Part II

March 2, 2008

All about Raising Chickens

April 27, 2008

Video - Native American Medicine

Please check our website for last minute changes or cancellations.

Olympus Garden Club
 Federated Garden Club of NYS, District II
 P.O. Box 21808
 Brooklyn, NY 11202-1808

Word Scramble Answer

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

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