

# 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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## For the Birds

It's winter and even our feathery friends need a little TLC to help them thru this chilly time of year. So why not help them out with a treat or two. This quick recipe is definitely for the birds.

All you need is: the shell of half an orange or grapefruit (take out the flesh and seeds); suet—chicken or beef fat; peanut butter; bird seed; two (2) long wooden skewers; twine.

Place the fat into a container and slightly freeze it. Don't let it freeze too hard or it won't be easy to work with. Just enough to handle and shape. Once you can handle it, shape it into a ball. Make sure it will fit in the orange or grapefruit shell. Next, smear

Have you ever felt that while some people were out howling at that lunar

**'full of energy, full of light, and full of life'**

disc up in the sky, all you wanted to do was plant a tomato? Or better yet, a potato.

Our ancestors did just that. They farmed by the moon, or more accurately, by the phases of the moon. They planted, weeded, cultivated, and seeded at the different stages of moon development, believing that would help crop growth. And it did. They believed that this heavenly body had a lot to do with the fertil-

ity of the earth. Modern science has shown that there is validity in this old wives' tales. Well, several factors come to light in this tale. First, you have the four phases or quarters, which last about seven days each. The first two are waxing to the full moon and the last two are waning from the full moon. Wax on, wane off. The second player in this lunny tale is gravity. And together, they pack a powerful punch upon this watery world. Which brings us to the third player, water - life giving, life sustaining water. All three factors,

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## of the Silvery Moon

Part I

creating an atmosphere of budding promise.

When the moon is in the very beginnings of its first quarter, it is called the new moon. The moon is lined up between the earth and the sun. The gravitational force of the moon is so strong at this point that it actually pulls the water up from the earth.



At this point, moisture in the soil is closest to the top of the earth. And the light of the moon

begins to increase. This is the best time for planting seeds because the seeds will absorb the water and burst into new

(Continued on page 2)

## Thank you for your seeds of wisdom

I walked through the back door, into the garden on a Sunday morning - the first snow was falling. I needed to get outside into the first light of the day. I found a few things to do. I picked up the turtle shaped solar light, and pulled down the loofahs that had climbed into the tree.



My first lasagna bed

That was a surprise when it happened, seeing the long fruit hanging from the branch

of that tree. Then I just stood there at the gate of the harbor and looked around at what was left from the planting season. It was too cold to stand there too long. I gave thanks for the opportunity to

be able to experience nature this way, up close and personal. Now is the season for giving thanks

and I would like to thank the members of the Olympus

(Continued on page 2)

E.Cornier

# President's Message

On Dec. 3, 2007 members of the Olympus Garden Club (OGC) mobilized along with staff of the United Community Center (UCC) in East New York to plant many hundreds of daffodil bulbs at the new "Hearts and Hands" community garden. Fortunately the weather was not as cold or inhospitable as it might have been. After introductions were made, the planting party surveyed the area. Without much ado we agreed upon a plan. Viewing the display from the street and the need for easy excavation was paramount, and we soon found good positions for the planting along sections of the fence surrounding the garden. We donned work gloves supplied by UCC, grabbed shovels and forks and proceeded to dig groups of trenches at the appropriate depth. We then placed the bulbs pointed side up into the trenches -- butted up against each other because we want to have a lush display in the spring. We filled in the

trenches carefully covering each bulb with about 6 inches of compost and then covered the lot with about 2 inches of wood-chip mulch. The whole project went quickly and smoothly and we toasted the completion with welcomed cups of hot tea brought to the site by our Executive Director.



Group triumphant after planting

The event was especially rewarding for me because we created an opportunity for me to observe and enjoy the enthusiasm ex-

perienced by participants who had never done a bulb planting before. In addition, the cooperation between people in an effort to provide beauty for the community with some help from Mother Nature that would transform a mostly barren lot into a sea of springtime color enhanced my experience. Our thanks to New Yorkers for Parks for providing bulbs, the people at UCC and the stalwart efforts of OGC members.

The autumn season also saw club events at the Von King Recreation Center where we hosted a health information table at the BQLT Health Fair where OGC member Amelia Estrada performed her brilliant reflexology massage. We were also the benefactors of member Johanna Willins' hat making talents during a fundraiser at David Foulke Memorial Garden and at our monthly October meeting, where she taught members how to make memory boxes. At our December monthly meeting our Executive Director, Solita Stephens, led a workshop where club members constructed houseplant hangars using macramé techniques.

Happy New Year!



**Robert Florin, President**

## Olympus Word Scramble - Winter

Cloudy	V C S N V V S X T Y T X P P N N M N H C
Dense fog	C D Z N N R L L Y L L X R P R R W H V T
Freezing rain	C C X X X N S W S L L L L R W W B R N T
Frigid	G G R C G Y D D W L Z Y R E S K R R J J
Frost	H Z P D N T E E L S P R C C L O U D Y C
Hail	P Z X E T I L R R G P E V I P K H G S Z
Ice	P P R N P L H S Z D C P K P P C N S E U
Precipitation	Z Z N S S I H S J J J P K I T F P P C Q
Sleet	S S N E P B N T L R W I N T E R Y M I X
Slippery	Z Z N F L I C J J R R L D A D E X V T K
Snow showers	N S N O W S H O W E R S X T D E V D N D
Visibility	N B B G U I C V I B W T T I J Z V D F S
Wind-chill	F T R R R V D D N R B Q G O I I R B L P
Wintery mix	P Q Q S S Z Z L D L I Q S N T N L B F T
	P R N L R Z T L C K B Q S K K G P P Q S
	T F T R H D B B H K B Z L M R R P P G O
	T K L F H T N A I T N N L M B A G D D R
	X Z L H P H I B L V N N Z Z D I G I R F
	X L B R T L Q H L P V P L R T N X W G G
	J D Z Z Q K J J H P N N T R L H H D H P

Ans. on pg. 4

R. Murray



(Thank you -Cont'd from page 1)

Garden Club for being so welcoming, and helpful to me, by answering my questions and sharing their knowledge. I have grown as a gardener along with my garden. I look forward to our next meeting and whatever it is I will learn next.

R. Raysor

(Moon - Continued from pg. 1)

life.

In the second quarter, the moon starts to shed more light but the pull of gravity is less. Strong leaf growth is noticeable now. Best plants to grow now are ones that develop their seeds in the inside of the fruit. Best time to plant is three or four days before the full moon.

For a couple of days, the  
(Cont'd on page 3)

## Underground Survivalists

**Bulbs** are food storage organs that allow plant species to survive in environments that are not hospitable to other kinds of plants. The basic idea behind their strategy is to grow only when light and water are available and to remain underground the rest of the time.

**Bulbous** plants are called geophytes or "earth plants". Different varieties of these plants store food in different places within the plant organism. Truthfully, in bulbs food is stored in a number of small, fleshy leaves, in other geophytes such as corms or rhizomes, food is stored in the stems. In tubers food may be stored in either roots or underground stems.

**Because** new bulbs are derived from the old, it is necessary to allow the foliage to remain after flowering so that photosynthesis can bring energy to the bulbs in the form of starch, allowing new



Daffodil bulbs—pointed tips up

bulbets to form and grow. While knowing these basic facts is useful, all that is really needed to produce an excellent display is the digging of a hole to proper depth, placing bulbs correctly with the

proper distance between, and carefully filling in the hole. After a needed period of cold – at least 6 weeks of temperatures under 40° F, plants will respond with growth and blooms as the appropriate seasonal warmth and light are supplied.

**Of** course, we enjoy these plants because of their easy use, almost no care, and very predictable blooming, making them some of the most appreciated of garden plants.

R. Florin

(**Moon**—Continued from page 2)

moon is full - full of energy, full of light, and full of life. The gravitational pull is as strong as when it was during the new

moon, but the earth is now between the moon and the sun. This too is a good time to plant seeds as the soil is full of moisture, but plant seeds that need to germinate longer than fourteen days. In the third quarter, the light begins to fade. This is the time when all the energy is put into active root growth. So plant your bulbs and root crops as well as transplanting any plant that needs a new home.

**Now** we come to the last quarter of the moon. No light, no pull and the moisture has receded. This is the time to cultivate, fertilize, harvest, prune and weed. This is known as the resting period for the garden. But with all that pruning and weeding and what not, I don't think I'm the one getting the rest.

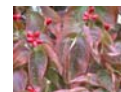
**Our** ancestors cherished and worshipped the moon as a bringer of light and life. They counted the days and the nights by the moon. They danced under its light. And they gardened.

...to be continued.

E. Cornier



## Tip Time



**Add** one quarter cup of rum to 2 quarts of your favorite tea for a quick winter warm-up.

**If** you want your tulips to multiply, plant species tulips instead of garden tulips. Flower production of garden tulips reduce after 3 years.

**Rubbing** the crushed leaves of American Beautyberry (*Callicarpa americana*) on your skin will repel mosquitoes, ticks and ants.

**Leave** a patch of bare ground in a sunny area of the garden or a wood pile so that native bees can make a home.

**Are** you tired of holes in your collard greens? We had beautiful collards this past



season because we planted a row of collards and a row of celery in some places and bordered the collard beds in other places with marigolds. Since companion planting is better for the garden and our environment, I feel that you should give it a try.

**'Mullein makes a delicious tea'**

**Speaking** of celery, start the seeds in early February. They need about 3 months before they are ready to be placed in the garden.

**Remember** to check for and prune crossing, dead, and rubbing branches on your trees and shrubs as you walk through the garden.

**Mullein** makes a delicious tea which helps to remove mucus from our bodies, leave some in the garden this spring when you do your clean up. Use 1 tsp

of dried leaves to a cup of boiling water. After about 20 minutes sweeten to taste, or not, and drink.

**Swallowtail** butterfly caterpillars feed on parsley. I



got the most enchanting opportunity to watch a black swallowtail grow and change from a less than one half-inch caterpillar to a butterfly in late summer/fall. Grow some parsley for yourself and plant extra for the caterpillars.

**Compost! Reuse! Recycle!**

Tonight after creating photo CD's of the summer gardens, I made CD sleeves with my used printer paper. I also use this paper to make note paper for grocery lists and phone messages. What can you find to reuse or recycle?



## OLYMPUS GARDEN CLUB Membership Application

Hello,

Are you a gardener?

Do you have a love for plants?

Do you want to learn about gardening?

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

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?

**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  
Garden Volunteer  
Horticulturist,  
Community Gardener

**Vice-President**  
Cecile Charles-King  
Master Composter, BQLT board  
member, Community Gardener

**Treasurer**  
Co-Founder  
Johanna Willins  
Master Composter, President of  
Herbal Community Garden

**Executive Director**  
Founder  
Solita Stephens  
Horticulturist, Master Composter,  
Educator/Lecturer

**QUESTIONS:**  
Email: [info@olympusgardenclub.org](mailto:info@olympusgardenclub.org)  
Phone/fax 718-380-1420

**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		
@			<input type="checkbox"/> AM <input type="checkbox"/> PM		
E-Mail Address			Best Time To Call		

<b>INTERESTS/SPECIALTY</b>  	<i>Mail Completed Application and Annual Dues of \$30.00</i>  Olympus Garden Club Post Office Box 21808 Brooklyn, NY 11202  Make Checks Payable To Olympus Garden Club
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**Approximate pH of Foods and Food products** - <http://vm.cfsan.fda.gov/~comm/lacf-phs.html>

**National Center for Home Food Preservation** - <http://www.uga.edu/nchfp/index.html>

**Keep a Garden Record Book** - [http://www.uga.edu/nchfp/tips/spring/keep\\_garden\\_record.html](http://www.uga.edu/nchfp/tips/spring/keep_garden_record.html)

**Food Safety Fact Sheets** - [http://www.fsis.usda.gov/Fact\\_Sheets/index.asp](http://www.fsis.usda.gov/Fact_Sheets/index.asp)

### Our 2008 Monthly Meeting Schedule

**January 28** - Annual Planning Meeting I

**February 25** - Annual Planning Meeting II

**March 24, 2007** - 2007 in Pictures

**Please check our website for last minute changes or cancellations.**

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 Federated Garden Club of NYS, District II  
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 Brooklyn, NY 11202-1808

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Editor: S. Stephens

### Word Scramble Answer

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

### Websites

**Spring Gardening: Getting Ready** - [http://www.uga.edu/nchfp/tips/winter/prepare\\_spring\\_garden.html](http://www.uga.edu/nchfp/tips/winter/prepare_spring_garden.html)

**Keeping Food Safe During An Emergency** - [http://www.fsis.usda.gov/News\\_Events/NR\\_010708\\_02/index.asp](http://www.fsis.usda.gov/News_Events/NR_010708_02/index.asp)