



The Express

VOLUME IV ISSUE I

Winter 2007

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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10 Steps to Grow Organic

1. **Improve** your soil by adding compost and plant cover crops to change soil texture and fertility.
2. **Build** a compost pile and use it.
3. **Go Native** so that you don't have to pamper difficult plants.
4. **Stop** using chemicals and use companion plants that help with pest control.
5. **Monitor**, maintain, and weed regularly.
6. **Diversify** your plantings to minimize disease and to attract different species of insects.
7. **Invite** wildlife and beneficial insects by hanging

(Cont'd on page 4)

A Bell Marked Garden

What will my garden look like? I daydream of the possibilities; herbs and flowers to cut, vegetables, miniature fruit trees, a garden bench, a table and chair, a water feature, Tai Chi Chuan practice. There is a limited amount of space. My grandchildren have claimed the whole yard. Not any more – I

'my spiritual quest will be a reality'

the wall until the last, for security reasons. When the stair is complete; they will break a hole in the wall where the carpenter installs the back door. It is finished. The door to my spiritual quest will be a reality. (Hopefully it will be done before the ground freezes; I am sure it will be.) I will be able to enter my

Soon I will be able to get a closer look at the progress of any seedlings, or to remove any weeds, when I am ready. I will be free to come and go at will. I look forward to the joy of watching the sun rise in the morning as I gently water the soil before the heat of high noon. I look forward to walking along the wet path in my knee-high boots in the rain, weeding when the ground is wet, walking in the fresh snow, (if we get any this year,) lying on the ground at night to admire the full moon – why not? It's my garden.

I am ready to start the planning for the backyard garden. The children will get a sand box and a swing in the tree. I will let them have a corner to plant something of their own. Balls will be banned. If they are not knocking over flowers, they are going over the neighbor's fences. I will even plant some catnip for the neighborhood felines. I will need to install a bell, for I will not be able to hear the door from the back yard, and I plan to spend a lot of time there. A bell marked Garden!

R. Raysor



Backyard with backdoor work in progress by R. Raysor

need half; I may have to build a fence.

The contractors are starting to dig the hole. The mason is stacking the bricks for the stairs. They plan to leave

backyard without a problem. No need to ask any one for permission. "Can I pass through the apartment to add cuttings to the compost? No, sorry..." followed by one excuse or another.

President's Message

One of the most amazing and inspiring of garden projects in existence today takes place on Rikers Island, in the middle of Flushing Bay. The island houses roughly 15-20,000 mostly short-term inmates in a correctional facility known well to the people of this city. The project came to my attention when James Jiler its creator delivered a talk at the Brooklyn Botanic Garden early last December. In his presentation, Mr. Jiler spoke generally about the intended purposes of incarceration, how little is done to prepare inmates for life after prison and how his project is something

unique in this country. A select group of inmates called the "green team" do more than just tedious prison labor; they learn and practice almost every aspect of horticulture, from sowing seeds to landscape design to constructing garden structures and water features. These skills are in great demand today, allowing for post prison employment opportunities.

The program gives mostly inner-city men and women with little or no previous exposure, the chance to experience gardening in an outdoor environment. Students on the team

get to work the soil and be responsible for growing a variety of plants on a serene two-acre plot. They also study horticulture in a classroom setting which they seem to enjoy and from which they derive benefit. Statistics have shown that during the 6-year experiment, recidivism rates are way down for the participants. Mr. Jiler and his team have proven that prisons can be more than human warehouses.

Horticultural therapy of this kind can have a great role toward reintegration, while beautifying our country and planet. To learn more about this project, read: "Doing time in the Garden", James Jiler, New Viking Press.



Robert Florin, President

Olympus Word Scramble - Evergreens

Douglas fir	V C S N V V S X T Y T X P R N N M N V C
Fraser fir	C D Z N N R L L Y L L X R R R R W R V T
Pine	C C X X X N S W S L L L L C W W W R N T
Spruce	G G G C G V K J W O Z C R E S S R R J J
Balsam fir	H Z P E N G L I S H I V Y P C N N T M C
Hemlock	P Z X D H P J J Q Q K R X P N U C G S Z
Cedar	P Y R A A P J J Z D J J R L X M R S S U
Holly	Z Z N R E P I N U J X N R L B B L P Z Q
Juniper	S Z T Q Q A F D H H X C C H D L H L S J
Arborvitae	Z Q N Z L C X D J S R T D D D X X T S K
Yew	N W T F L H E M L O C K X D D C D D P D
English ivy	N V B R L Y D V V T W T T T S S S K K S
Pachysandra	F G B A L S A M F I R W L H I K R L T P
	P G Q S R A Z L X L I M S M T K L L F Z
	P I N E S N Z L J K K L G K K G P P Q Z
	T V T R H D O U G L A S F I R Z P P G G
	T J L F H R F V R T T S A S L H G D D D
	X L M I H A R B O R V I T A E J X X L V
Ans. on pg. 4	X B B R T C Q H U P V P L S T J X W G G
R. Murray	J Z Z Z Q K J H H H F F L L L H H D H P



Green Checklist

1. Do you support tree plantings in your neighborhood?
2. Do you car pool?
3. Are you replacing incandescent light bulbs with fluorescent light bulbs?
4. Do you recycle?
5. Are you buying energy star appliances?
6. Are you planning on replacing your TV this year? LCD's use less than half the energy of plasma TV's.
7. Do you tune-up your car on schedule?
8. Do you buy organic locally grown/produced food?
9. Are you buying environmentally friendly products such as paints and cleaning products?
10. Do you turn the water off while brushing your

(Cont'd on page 3)

(Green Checklist: Cont'd from page 2)

teeth?

11. Would you consider using solar power? A solar powered water heater will reduce your electric bill.

12. Did you check to see if your doors and windows need sealing?

13. Will you use formaldehyde-free insulation?

14. Will you replace your toilets with dual-flush models?

15. Have you sealed the entrance/exit holes for pipes through the wall?

S. Stephens

Over Wintering Cold Sensitive Plants

Many of us who garden outdoors like to use various tropical and warm weather plants. When autumn arrives we are faced with the decision of tossing them or trying to keep heat lovers alive until spring. There are three ways to try and succeed at this:

1. Keep the plant in active growth in a warm sunny place, a sunroom or heated greenhouse.

2. Take cuttings and allow the mother plant to die.

3. Allow the plant to go dormant, keep it in a cool, dark place and revive it next spring.

Staying in growth mode usually requires a sunny window, where temperatures remain about 60-70°F. Bougainvillea, hibiscus, jasmine, citrus and geraniums respond well to this temperature if they get enough light and temperatures remain above 40°F.

Tropical plants that grow from bulbs or tubers such as colocasia, alocasia, caladium, sweet potato vine and canna lily should be nipped by frost before being brought inside. Plants inside pots may be brought in right in their pots, keeping the soil barely moist and stored in a cool dark place. You may also trim off the stems, dig up the bulbs, label them and individually wrap them in slightly moistened newspaper. Place them in a black plastic garbage bag and store in a cool dark place. Temperatures

should remain between 40-50°. Check bulbs monthly and spray storage material a bit with water if they're drying out. Repot bulbs in spring and place in a sunny window. Slowly reintroduce them to the outside.

For soft-stemmed tropicals such as, coleus and geranium it may be best to take cuttings and root them in water. Use their succulent growing tips, putting only the stems in water. Once roots emerge plant the cuttings in 3 or 4-inch pots and leave them on the windowsill or under lights.

Many of us receive tropical plants as holiday gifts and they need the same care as all other plants that are brought indoors. Caring for them requires a bit of trial and error so be prepared to lose a few plants. When you do succeed and you will, it is very rewarding. You'll save money of course and be ahead of the game.

R. Florin



Tip Time



Replace some of your lawn with attractive, more environmentally friendly alternatives like clover, strawberries, and ornamental grasses.

Corn gluten is an organic herbicide that will prevent annual weed seeds from germinating. Spread it in late February.

This is the perfect time to do maintenance pruning of the trees and shrubs in your garden.

Treat your pruning tools with kindness. Don't use them to cut wire.

When pruning diseased plants, remember to sterilize your pruning tool with a ten percent bleach solution.

If you did not remember to clean and

sharpen your tools, it is not too late.

Fertilize your spring bulbs when you see the shoots coming up.

'Sunflower sprouts are especially nutritious'

Hens and Chicks do well in containers and they have beautiful colors during the winter. How about bringing them to the front to decorate the entrance.

Garden greens (such as spinach and collards) are high in magnesium and calcium. Magnesium is important because it draws the calcium into our bones.

Try growing some bean sprouts this winter. They are a delicious, highly nutritious food which can be eaten by itself or in combination with many other foods. Sunflower sprouts are especially nutri-

tious, containing high levels of minerals, E and B1 vitamins..

Purdue University studies show that organic foods have higher levels of minerals and vitamins, so try to eat organic whenever you can.

Chicory, collards, kale, turnips and okra are highly nutritious foods that can be easily grown in small city gardens.

Plant some fruit trees in the garden so that you can start to harvest home grown fruits. Many dwarf varieties (such as peaches) exist that will grow well in containers.

Tansy, dill, parsley, fennel, yarrow, and many other plants attract large numbers of beneficial insects.

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

(10 steps: cont'd from page 1)

bird feeders, leaving them water, by planting trees, shrubs, perennials, and annuals that will attract them.

8. **Be tolerant.** Don't look for perfect plants and a perfect garden.

9. **Put** the right plant in the right place. If it needs sun, shade, wet or dry conditions, try your best to meet the requirements of each plant.

10. **Mulch** all of your garden to reduce weeds, suppress disease and increase water retention.

S. Stephens

Our Monthly Meeting Schedule

February 26, 2007
Planning for 2007

March 26, 2007

April 23, 2007

Please check our website for last minute changes or cancellations.

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Contact us: info@olympusgardenclub.org

Word Scramble Answer

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

Gardening links

- <http://gardening.about.com>
- <http://cce.cornell.edu>
- <http://www.thegardenhelper.com>
- <http://www.gardenguides.com>

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