



The Express

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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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Lasagna Gardening In My Back Yard

As it happens there are other names for the technique of (so-called) "Lasagna" gardening; one is layered gardening for example.

One experienced gardener said, "I have been gardening that way for years, just dig a hole and bury the vegetable cuttings. A writer comes up with a clever new name for something the old timers have been doing for ever, and make a lot of money selling books promoting the "new" idea". I am glad to know this because it makes my "Lasagna Gardening" experience a lot easier. I do not have to follow the book exactly.

(Cont'd on page 3)

Do You Have The Thyme?

Did you just ask me what thyme it is? Hey, I don't know. There are way too many varieties to choose from; at least over 350. That's a lot of thyme on your hands.

For starters, there's the common thyme, which isn't as common as you think. Not with that unkind Latin name, *Thymus vulgaris*; *vulgaris* actually meaning "common" in Latin. It is a perennial that originated in the Mediterranean and found its way thru out the rest of Europe and when it reached England, the English changed its "common" name to Garden Thyme. A much nicer name, especially, since the English had thyme growing through out their elaborate gardens. Why even good old Willy Shakespeare thought well of thyme.

"I know a bank where the wild thyme blows. Where oxlips and the nodding violet grows...."
--*Midsummer Night's Dream*, II, 2.

Which leads us to the thyme he was writing about, *Thymus serpyllum*, also known as wild thyme. It is also called creeping thyme,

mountain thyme, and mother of thyme. What happened to good ole 'Father Thyme'? *Thymus serpyllum* (*serpyllum* meaning serpent-like growth) is an

important source of nectar for honey bees, which in turn gives us a distinctly flavored honey. While

the bees may love the different varieties of thyme, other insects hate it. They are repelled by it. So if you don't want those pesky bugs at your hearth and home, all you have to do

is make some thyme tea. Brew several sprigs of thyme. When cooled, pour into a plant mister and mist all the areas they like to gather. A spot of tea, anyone?

Thyme is also good for planting between flagstones if you are creating a stone walkway. There are many to choose from. But if you don't want to share your walk with a bunch of nectar-loving honeybees, I suggest using *Thymus pseudolanugi-*

nosus (Woolly Thyme). It has minimal bloom plus it's tough, drought tolerant and you just have to walk on it to release its wonderful scent. A walk thru thyme!

But if you don't want to take the thyme to walk through it, you can always drink it. Pennsylvania Dutch Tea Thyme makes a very strong flavored tea. It is one of the thymes from the species *Thymus pulegioides*. This species of thyme is also good for a multitude of medical ailments. It is aromatic, antiseptic, diaphoretic, analgesic, antispasmodic and diuretic. It also acts as an emmenagogue, carminative, and stimulant. Wow, did I say all that?



Thymus pulegioides

So, take the thyme to learn about which ones are good for your garden. And if you wished you had all the thyme in the world, here are some websites you can stroll through.

- www.botanical.com
- www.pfaf.org
- www.gardenaction.co.uk
- www.papagenos.com
- www.gardenandhearth.com

E. Cornier

President's Message

June 2007 was a very positive and busy month for club members, as we look back at some interesting and rewarding activities and look forward to some more to come. Saturday June 9th found several of us giving a health workshop at the Central Bainbridge Community Garden where we previously did workshops on composting and companion plant uses. Our good friends at Central Bainbridge received us with their usual warmth and hospitality, which included a cookout. They listened attentively as my wife Ada and I delivered presentations. I first demonstrated seed-sprouting techniques. Ada showed how "Do-Ins" and "Hot Body Scrubs" are done to activate body meridians, which stimulate different organs, which increase energy. These demonstrations were well

received. Ada also spoke on different kinds of, uses and cooking techniques for vegetables. Johanna Willins concluded the presentations with a talk on the uses of herbs that most people are not familiar with.

On another excellent day, a more traditional garden club activity was the installation of a cottage type garden at the Quincy Street Senior Residence in Bedford Stuyvesant, Brooklyn. Fortunately, the weather was mercifully cool and club members spent more than 5 hours preparing the site and placing and planting the new plants, which were a combination of shrubs, perennials and annuals. Perhaps the most satisfying part of the project was the combined efforts and enthusiasm of not only club members but also resident seniors and two local high school stu-

dents who all performed with good cheer and determination. For many of the participants this was a new experience, which they really seemed to enjoy.

For all of us gardeners it's always greatly satisfying to step back and gaze at the final creation. This particular project was even



more rewarding since it not only made a beautiful new ornamental space, but was also, in execution, one of those rare events that transport people to a new place. We attended the garden opening and dedication on July 11, 2007. It was dedicated to Dr. Susan B. Smith McKinney Steward, the first African American Woman Doctor in New York.

Members at Dedication

Robert Florin, President



Olympus Word Scramble - Butterfly Plants

Aster	V C S N V V S X T Y T X P R N N M N H C
Bee balm	C D Z N N R L L Y L L X R R R R W H V T
Buddleia	C C X X X N S W S L L L L C W W B R N T
Echinacea	G G R C G V K J W L Z C R X S K R R J J
French marigold	H Z P E N G A M S H I V Y P C L N T M C
Lantana	P Z X D T P E M B Q G R V P N K A G S Z
Lilac	P F R A A S C M Z D C J K X X C N S A U
Milkweed	Z R N R S R A Z J J N N G L B C E P N Q
Phlox	S E T C Q W N Z L R T T Q W D L B L A J
Salvia	Z N N A L C I Q J R R T D D D X R V T K
Sedum	N C T L L M H M B Z C K X D D C E D N D
Verbena	N H B I L C C V U B W T T S A L V I A S
Zinnia	F M I L K W E E D R B Q G E I K R L L P
	P A Q S R Z Z L D L I Q S D T K L L F Z
	P R N X S N Z L L K B Q S U K G P P Q Z
	T I T R H D B B E E B A L M R Z P P G G
	T G L F H R F V I T B B L M B H G D D D
	X O L H P H R B A I N N I Z T J X X L V
	X L B R T C Q H X P V P L R T J 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

Bath Salts for Summer Feet

2 cups dry powdered milk
1/4 cup kosher salt
1/2 cup Epson salt
1/2 cup dried sage
1/8 cup lavender buds
2 drops lavender oil
3 drops peppermint oil

Crush sage and lavender buds in blender, then pour into glass jar with other ingredients and shake to blend.

When ready to use:
To warm water in a basin, stir in two tablespoons of above mixture. Gently soak, rub and wash feet with a soft brush. Make sure to pat, pat, pat, pat till feet and in between toes are dried.
If you are diabetic ask your doctor.

Ilithiba Ukatchuma

(Lasagna Cont'd from page 1)

At my neighborhood supermarket I found out when the produce person puts out the scraps and old fruits and vegetables. All I have to do is be there when he puts the crates out, and take what I need for the garden.

We made two trips to the City's compost give away, which was a lot of fun



Yippeeee! My New Backyard Door

for my grandson. At first I was making

plans to go to all the sites, but reality saved me and I only went to the Brooklyn/Queens site. They were selling nice strong bags, two for a dollar, which I emptied and recycled for the second trip. The bags I bought are better than using doubled garbage bags because the compost is heavy, small bags are easier to manage.

The door has been installed, no more waiting for permission to pass through my neighbors' apartment. I tied a rope in the tree for the children because they love to climb. I plan to build a sand box under the tree because they love to dig. The next garden project may be a fence to keep the grands out of the vegetable beds.

The stones have been redesigned at least five times, my grands push them over, and I stack them up in a better place. I am investigating mortaring the stones, when they find their final resting spot.

By the way, in preparation for my future life as a backyard gardener I took a

class on container vegetable gardening at Brooklyn Botanical Garden. Among the gems of information she shared with the class of budding gardeners was her comment that I will not forget, because it brings to mind the act of childbirth. Each time you do it gets easier and easier.

R. Raysor

Awards & Certificates

Again it is our pleasure to tell you that we received a second place environmental concerns award in our Central Atlantic Region of National Garden Clubs Inc. .

Robert Florin, our president, received his New York City Master Composter Certificate from Brooklyn Botanic Garden

Elba Cornier, our assistant treasurer, received her Citizen Pruner Certificate.



Tip Time



If you need to use disposables during your summer gatherings, would you consider using dinnerware made from corn, potatoes or limestone? They can be added to the compost pile after use.

If you have good quality stuff that you want to get rid of, you could list them on one of the recycling websites. freecycle.org is one of them.

Deadheading encourages continuous bloom. Deadhead by cutting flowers heads back to the stem to prevent seed pods from forming.

When cutting dahlias to bring in to decorate, remember to use a sharp knife and sear the end of the stems with a match or open flame to prevent their sap from blocking the flow of water up the stems

**'sear the end
of the stems
with a
match'**

Butterfly weed, *Asclepias tuberosa*, from the milkweed family, is a food plant for the monarch butterfly caterpillar. Do you have some in your Garden?

It is July again and now safe to prune your trees and shrubs to improve structure and form.

Some of your early flowering perennials will bloom again if you cut them back. *Salvia*, cranesbill geranium, catmint, coreopsis, to name a few.

If you have limited space, how about using a beautifully planted container on the step or porch. Hostas, can- nas, tropical plants like palms and hibis-

cus, coleus, mandevilla vines, sedums, are outstanding. Add something trailing to flow over the edge like, ivy, sweet potato vine, trailing verbena, golden creeping jenny or even asparagus fern. Give it a try!

Add a layer of compost to your vegetables now to give them the extra boost they need for good production.

Add a slightly tilted saucer in the garden to catch water so the smaller beneficial insects would have some place to drink.

Beneficial insects need shelter, ground cover plants like golden creeping jenny and tri-color ajuga are easy spreading choices.



How about just a hosta?

IPM: Healthy Gardens, Cleaner World

Late spring and summer inevitably bring on those hungry little critters that want to make a meal out of our gardens. The subject of pest control always reminds me of the scene in the movie *Godfather Part I*, where Marlon Brando in an effort to kill some crawling thing on his plants is himself brought low by a blast of fumes from his own spray can, perhaps, one containing DDT.

IPM or integrated pest management is the practice of controlling pests in a more planet friendly way, using pesticides as a last resort, sparingly and with wisdom. It is a lengthy topic, but some of the more important concepts, I believe are worth discussing and putting into practice.

Prevent problems in the

first place, in so doing: 1. Choose plants suited to the site, (proper light, drainage etc.). 2. Plant correctly and carefully water, fertilize and prune them. 3. If a pest or disease causes unacceptable damage despite preventative efforts, choose a management method that will have the least impact on other living things and the environment or remove the plant.

To make an IPM control decision, confirm that there is a pest problem, then look for evidence or signs, and symptoms. Twisted leaves, unusual color or strange looking structures or holes may indicate a situation, which must be dealt with.

Accurately identify the pest, use reference books, garden centers or someone in a local

extension service or botanical garden. Determine if a control measure is really needed. If damage is slight or late in the season you probably won't need a control.

Choose a method; consider physical or biorational methods first. Physical methods may be as simple as removing pests by hand or with the force of a garden hose. Biorational methods include: Using living organisms that kill pests and using biochemicals that harm pests and not other living organisms.

Conventional chemicals are used as a last resort. To have the greatest effect these materials need to be applied at the right time to a part of the plant when the pest is vulnerable. Environmentally safe pesticides such as horticultural oil and insecticidal soap are effective choices.

Use the least toxic product that is effective. Remember to follow the directions on the label. Do not mix a stronger or weaker amount than the label recommends.

These are very basic

concepts, but I believe this will get you started in your own practice of IPM.

R. Florin

Garden Clubs

Olympus Garden Club is a Federated Garden Club of New York State, District II. We are members of our Central Atlantic Region and all federated garden clubs fall under the umbrella of National Garden Clubs, Inc. We exist to serve, preserve, enhance, beautify, and educate in our communities.

PLEASE JOIN US!

Our Monthly Meeting Schedule

July 23, 2007

Movie: An Inconvenient Truth

August 27, 2007

Movie: Rats to Roses

September 24, 2007

Canning

October 22, 2007

Arts & Craft Activity

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

Website: <http://www.olympusgardenclub.org>
 Contact us: info@olympusgardenclub.org

Editor: S. Stephens

Word Scramble Answer

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