



## ***The Perennial*** ***May 2022***

2021-22: Issue 8

Website: <ArlingtonGarden.org>

Facebook: [m.facebook.com/arlingtongardenclubma](https://m.facebook.com/arlingtongardenclubma)



### **Greetings, Club members...**

I have been trying to believe that Spring has finally arrived....it seems more difficult recently. I have always loved poetry, so I would like to share an old favorite with you.

New feet within my garden go,  
New fingers stir the sod;  
A troubadour upon the elm  
Betrays the solitude

New children play upon the green  
New weary sleep below,  
And still the pensive spring returns  
And still the punctual snow!

*Emily Dickinson*

So please "stay calm and carry on....."

Your President, Lolly Bennett

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## ***Follow-up to April's Program***

### ***Jan Ford, Co-VP, Programs***

Member Jean Rosenberg presented a wonderful program sharing both the history and present sites of the Coastal Maine Botanical Garden at our April meeting. We were able to take an armchair tour of the many gardens that have been planted and nurtured with evolving designs as they have matured. The exceptional photographs that so clearly portrayed the garden were taken by Jean and her husband, Peter Southwick.

Jean shared the following quote from Irene Brady Barber, CMBG Adult Education Program Manager.

“Plants, like people, are resilient; they can heal, they can recover, rehabilitate, rejuvenate and prefer to live in communities...We think about nurturing plants...it's really about how that plant is nurturing us.”

#### **Location / website details**

Coastal Maine Botanical Gardens, 105 Botanical Gardens Dr., Boothbay ME  
04537 <https://www.mainegardens.org/>      **Ph:** (207) 633-8000

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### **Wednesday, May 18<sup>th</sup>, 2022 – 10:30 am** **Masonic Temple, 19 Academy Street, Arlington**

*Bring your own bag lunch ~ Coffee, tea and water will be provided*



#### **“Splendor in the Grasses!” - Andi Ross**

Landscape designer, certified organic land-care professional, garden coach

The popularity of planting ornamental grasses in New England gardens has skyrocketed over the last 20 years. Planting with ornamental grasses offer the busy gardener stunning design elements and easy maintenance. There is a wide range of cultivars available for every garden, whether the location will be sunny, part sunny or shady, handsome species ranging in color from greens to reds, golds, even silvery blues. Their heights range from inches to several feet. The beauty of ornamental grasses is their graceful foliage and feathery, long-lasting plumes. What's available, what's new and how best to plant and maintain the grasses will be fully explored.

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## ***Environment – Stephan Miller, Chair***

### **Make your baking a little bit more environmentally friendly**

I bake a lot. For more than 40 years, I have been baking all the bread and bagels that my spouse Terry and I eat, and we eat quite a bit! A few years ago, I realized that I use a lot of disposable plastic and paper in my baking, so I began to look into reusable alternatives.

The first substitution was to use silicone cookie sheet liners. These are non-stick, so they replaced all the baking parchment I was using, and as an extra added bonus, nothing sticks to them, so I no longer have to use butter or shortening to ensure that the cookies, cakes or bread won't be ruined by sticking to the pan. In addition, they are easy to clean, so when the baking is done, the cookie sheets only need a quick rinse to clean them. I also use silicone liners when making cupcakes and muffins. The purchase of a set of pan liners is a lifetime purchase. I have had mine for about 5 years, and they show no signs of wearing out.

I also used to use a lot of plastic wrap to cover formed bread or bagels rising on the counter top or in a bread form. Then I remembered that my grandmother used damp dish towels to cover rising loaves of bread. All of our dish towels are the fluffy fuzzy type, so I visited my local fabric store and purchased a yard of unbleached muslin. I cut it into appropriately sized pieces and had a friend, who can sew, hem them on four sides although this is probably unnecessary. Now I just moisten the muslin, ring it out thoroughly, and use it to cover rising

bread. After baking, I hang it on the clothesline to dry. You do have a clothesline?

The next substitution was to begin using silicone bowl covers. These gizmos replace all the plastic wrap I had used to cover bowls of rising dough. The silicone makes a good seal so dough will not dry out, even with the extended fermentations needed in the preparation of sourdough bread. Silicone is heat resistant so, unlike plastic wrap, these covers can be used in the oven or microwave. To store or proof dough in the refrigerator, you can use reusable bowl covers. These covers look like shower caps and come in sizes from 6-15". These are also handy for making any dish into a leftover container -- or to cover your head in case of rain.

Lastly, my potential solution for wrapping dough or anything else to store in the refrigerator or freezer is Beeswax Wraps. I have not tried these yet, but they are cotton cloth dipped in bee's wax, creating a flexible, reusable material impervious to air and moisture. The wraps can be used to cover meat, vegetables or cheese for storage in the refrigerator, can be washed in mild soap and water and reused many times.

All of these items can be purchased from the usual suspects. I bought mine from Amazon and King Arthur Baking Company.

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## ***Garden Therapy***

### ***Carol Nahigian & Carmen Torres, Co-Chairs***

#### ***April program reported Robin Watkins***

Seven enthusiastic gardener residents at BrightView Senior Living Center participated in April 's Garden Therapy program. Irene MacKinnon, Beverly Miller, Jackie Keshian, Carol Nahigian, and I were the AGC participants.

BrightView residents selected from a variety of flowers with blooms of different colors and shapes, greenery with various textures, and mint for aroma. The participants were supplied with flower pots, soil, and gloves, and enjoyed creating their own miniature gardens for their rooms.



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## ***Civic Development, Patsy Kraemer, Chair***

All the garden sites that make up the Club's Civic Development projects are always open to Garden Club members to join. Since the growing season has commenced we've been busy getting outside and sprucing up the various gardens and the work on. These include:

The Town Hall and Whittemore Robbins House Gardens

The Traffic Circle at Ridge Street

The Planter on Mass Ave and Park Ave (old Prime Meat House site)

The Kitchen/Herb Garden at the Jason Russell House

Please come help us beautify Arlington!!  
Contact Patsy @ [patsylkraemer@gmail.com](mailto:patsylkraemer@gmail.com)

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**THE PLANT SALE IS HAPPENING SOON**

**Saturday May 21 – 9 am – 1 pm – Jason Russell House**



***All help needed!***

We call it a Plant Sale, but it's also a Tag Sale & Bake Sale, so plenty of opportunities to help .... and items to purchase.

***What can you do?***

***Donate ~ Volunteer on the day ~ and buy!***

***Plants*** – Stephan Miller

[steffmiller@mac.com](mailto:steffmiller@mac.com)

***Tag Sale*** – Carol Nahigian & Nancy Pike

[nancy.pike20@gmail.com](mailto:nancy.pike20@gmail.com)

***Bake Sale*** – Ginger Tower

[towerg@verizon.net](mailto:towerg@verizon.net)

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***Hospitality, Bronwyn Dillon & Karen MacKinnon, Co-Chairs***

**End of Year Gathering ~ Thursday, June 16, 2022**

Cocktails ~ 5:30 on the lawn of the Jason Russell House  
Dinner, by Beaujolais Catering, will be inside the newly renovated museum.

We look forward to sharing time together with our friends and enjoying a lovely Spring evening. Please plan to join us. Last year's dinner was magical!

For our end of the year gathering, we are asking members to share photos of their gardens and a few words about their "why." Why do *you* garden? Not looking for professional photos but those that show your love and efforts in your garden. If you would rather not share your thoughts, your photos will still be welcome. Please consider sharing your pictures. Please send to Jan Ford at [ford.jd@gmail.com](mailto:ford.jd@gmail.com), by June 10<sup>th</sup>. Thank you !

**Members' Corner**  
**Ginger Tower, Membership Chair**

**Please note:** The AGC Board voted to increase the club's due to \$50 per year, effective June 1<sup>st</sup>, 2022.

**Garden Center Member Discounts**

**Membership Card and/or Yearbook with your Name Must be Presented to Qualify for Discount**

Mahoney's Garden Center  
242 Cambridge Street (Rte. 3), Winchester  
781.729.5900

[www.mahoneysgarden.com](http://www.mahoneysgarden.com)

**No Member Discount**

10% Sr. discount (60+) on Tuesdays  
Rewards Program

McCue Garden Center  
200 Cambridge Road, Woburn  
781.933.1385

[www.mccuegardencenter.com](http://www.mccuegardencenter.com)

**No Member Discount**

15% Sr. discount (62+) on Mondays  
Rewards Program

New England Nurseries  
216 Concord Road (Rte. 62W), Bedford  
781.275.2525

[www.newenglandnurseries.com](http://www.newenglandnurseries.com)

10% discount on garden-related items

Pemberton Farms & Garden Center  
2225 Mass. Ave., Cambridge  
1.617.491.2244

[www.pembertonfarms.com](http://www.pembertonfarms.com)

10% discount on garden-related items

Seasons Four  
1265 Mass. Ave., Lexington  
781.861.1200

[www.seasons-four.com](http://www.seasons-four.com)

**No Member Discount**

10% Sr. discount (60+) on Wednesdays  
Closed Tuesdays

Stonegate Gardens  
339 South Great Road (Rt. 117), Lincoln  
781.259.8884

[info@stonegategardens.com](mailto:info@stonegategardens.com)

10% discount on full-price live material –  
every day

Wagon Wheel Nursery  
927 Waltham St., Lexington & at  
Rt. 2W, Junction 95/2, Lexington  
781.862.2112

[www.wagonwheelinc.com](http://www.wagonwheelinc.com)

10% discount on plants

Wilson Farms  
10 Pleasant Street, Lexington  
781.862.3900

[www.wilsonfarm.com](http://www.wilsonfarm.com)

10% discount on garden-related items  
15% senior discount in Garden Shop on  
Wednesdays