

Clear Lake Trowel & Trellis Garden Club



Clear Lake Trowel & Trellis Garden Club (CLTTGC) is a member of Mendo-Lake District Garden Clubs, California Garden Clubs Inc (CGCI) and the National Garden Clubs Inc (NGCI). We were founded on September 21, 1955, by three women who wished to create and promote interest in amateur gardening in Lake County.

February 2009
Vol. 2, Issue 6

Officers:

- President:
Claire Grieve
- Vice President
Theresa Mathur
- Treasurer:
Nora Gerrard
- Secretary:
Linda Waterstraat
- Parliamentarian:
Jo Douville



TIP #16 When pruning a thorny branch, hold them back out of your way with a pair of barbecue tongs for easy 'ouch less' pruning.

TIP #17 Keep your garden hose from knotting and twisting by loosely coiling it around the bottom of an old garbage can or other large container.

TIP #18 Telephone books make handy flower presses. Put the flowers between sheets of tissue paper, slide them into the book, and place a weight on top. Leave inside for 4 to 6 weeks, or until they are dry.

On **February 17th at 2pm** following our regular meeting, we are welcoming **special guest speaker, Master Gardener Kate Frey**, internationally recognized horticultural expert and garden designer extraordinaire. Invite your friends because our door's are open to the public and it's free. Ms Frey is a three time medal winner at the Chelsea Flower Show in London. Please note the date & time and don't miss out on this special event.

LOVE...

by Jerry Shaul



MOM! MOM! Miss Sleeper told us something important today in class! Next Friday we get to exchange valentines. Barbie and I have picked out some really cheap ones from the 'Monkey' Ward Catalog, only thirty nine cents for fifty. When Dad was making three dollars a day, thirty nine cents was a lot of money but Mom could get blood out of a turnip. Barbie and I also got a nickel to buy that special valentine for our secret lover. I remember when Patsy opened my special valentine and gave me a heart palpitating wink. The traditional old fashioned valentine was a work of art. Trimmed in lace and adorned with symbols of love. Cupid, God of Love, could be seen with bow drawn about to bring love into the heart of a pretty unsuspecting damsel. The red heart and flowers in bold drifts of many colors formed an important part of each valentine. One such flower in my garden is the Winter Iris (*iris unguicularis*) with it's bunches of narrow weeping leaves that provide a foundation

for the bouquet of orchid-like blossoms. Blossoms that continue through fall, winter and early spring remind us that beautiful fragile things like love can endure life's hardships. Then comes the sound of thousands of tiny trumpets each with their own beautiful hue, tone and fragrance declaring that spring has sprung and love is in the air. Like unconditional love, the daffodil gives freely of its treasures and asks little in return. Is there a tenderer, innocent form of love than that seen in the eyes of a contented baby? How fitting then that of our California native wildflowers, baby blue eyes (*nemophila insignias*) is one of the first to open with its look of gentle surprise. Since February has been crowned the month of love, 'tis the time' to plan a beautiful display of wildflowers for your valentine garden. A wildflower garden, like love, is a many splendor thing. A constant delight, full of surprises, always changing and will always add beauty to your life and to the lives of those you share it with.



Weed your own garden first. Old Saying



Cultivate

Kindness,

Share

Your

Garden

What a special treat nature gave me last week - I spotted two crocuses in bloom in one of Carol Kesey's flower boxes - the coming of spring is a delight to look forward to.

Our garden club members have been very busy this January:

**** Many cards have been made and lots of candy collected - getting ready for our Valentine Bags for Meals on Wheels Project.*

**** Theresa's workshop of packaging seeds, lavender, and rose pedals were a huge success - we had a lot of fun and got to know each other a bit more. As Doris Ellsworth said, this is the kind of project that members can learn new things and also learn from each other.*

****Theresa's program on growing sprouts got several members interested in a new healthy project.*

****Many members have been lining up*

and gathering information on where to plant more trees for our Civic Beau projects.

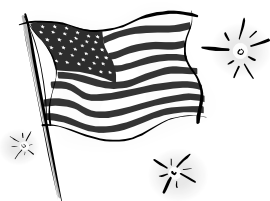
****Kabain flower arrangers out did themselves again creating dried and wood arrangements. (See photos on our website)*

Lots of planning and signups, and organizing for the Haiku workshop, Daffodil Spring Tea, and the Plant Sale - see your Yearbook for more information on who to contact and dates.

There is really something for everyone's interest in this group. You just "gotta" try out the various activities and see what suits you best.

Happy Valentine's Day!!!

*See you in the garden,
Claire*



**May God bless
America & protect
our troops**

Newsletter Editor
Linda Pyers

Deadline for articles is
the last day of each
month, but sooner is
better.



Daffodil Spring Tea Signups

HELP! We need a place to store our 2 wreath making tables/machines plus wreath wire frames and tarps. If you can help, please contact one of our officers. We prefer not to rent at a public rental space as it is costly and would cut into the amount we offered in our Scholarships.

THANK YOU!

Opportunity Drawing Winners



Please bring gently used items and unwanted gifts to donate for our gift basket. Hand crafted items by our talented members are welcome. Money raised from the drawing supports the newsletter. Please give items to Jo Douville.

A passionate gardener plants her front yard as a gift to her neighbors!



TIME TO: PLANT FRUIT TREES, STRAWBERRIES AND SPRING COLOR (CALENDULA, DIANTHUS, PANSY, ICELAND POPPY, ALYSSUM, & VIOLA).



At **Lake Ka-Ba-Tin Redbud Arrangers** January meeting there were ten arrangers and two visitors. Fourteen creative and interesting dried material arrangements using wood in the design were made. Pictures of these arrangements are on our website for you to view. We also had our first discussion about the recent trend in floral design toward American Creative Design. Our newly acquired book Creative Floral Design Step By Step is a great learning tool. The first lesson was the comparison of the differences between Traditional and Creative designs. In each of the coming months one

member of the group will study the book and bring back to the following meeting some information they learned from the book to share.

Please come join us or just come to watch us create our arrangements. The meetings are held at the Mendo-Lake Credit Union building on 11th Street in Lakeport at 11 AM on the second Tuesday of every month except July and August.

Submitted by **Barbara Swanson**



Green Thumbs



Up to **Carol Kesey** for hosting our Seed Packing Workshop. AND also thumbs up to the **Doris Ellsworth, Claire Grieve, Theresa Mathur, Linda Pyers, Jo Shaul, & Jo Douville** who spent their afternoon packaging all those seeds that they collected from their own gardens and for filling the pouches with lavender and also rose pedals. These will be sold to members at our meetings and at the May Plant Sale. Thanks to **Theresa Mathur** for coordinating all of the above.



Club honors President

Submitted by Ann Blue



During the January meeting our 28th **President, Claire Grieve**, was honored by our members with a Penny Pines Plantation/Certificate presented by **Penny Pines Chairman Ann Blue**.

We were brought up to date on some of Claire's contributions since becoming a member in 2002: President, Vice President, Tree Chairman, Sunshine Chairman, wreath making Chairman, yearbook, Co-Historian, newsletter helper-helper-helper, where ever needed. Oh! Don't forget the Park.

I know we are all grateful for our Presidents, past, present, and future. Each one brings a new perspective and personality to the post. One way that we express our gratitude is by a provision in our Bylaws Standing Rules 11C put there by consent of our members.

As Penny Pines Chairman I **thank each of you** for your contributions to the Penny Pines Fund through the Flower Roll Call (Standing Rule 8). Your individual donations 'in Memory' or 'in Honor' of a loved one is always welcome. Contact Ann Blue, PP Chairman.







Nominating Committee (Barbara Swanson, Linda Waterstraat & Pam Held)

URGENT!!! URGENT!!! URGENT!!! Please contact one of these members to volunteer or ask any question regarding Officer positions. We need someone to step up and volunteer for the offices of President and Vice President.
Needless to say, the future of our club depends on it.

Green Thumbs Up **Theresa Mathur** for teaching us the value of 'sprouting'. Theresa says that sprouts are a staple: nutritional in vitamins, minerals, enzymes, trace elements, amino acids and proteins. They are easy to digest and assimilate.



Theresa shares the following: To begin: Clean and soak seeds (observe soaking and sprouting chart).

Soak seeds using 2 to 3 parts water to one part seed. After the allowed soaking, use a screen or cheesecloth over a jar and rinse sprouts and set on a 45 degree angle to let the water drain out of the jar. It is important to have air circulate in the jar. Rinse throughout the day and drain. Once sprouted, store in the refrigerator until use.

Enjoy! Theresa



Corn Chowder Soup (from Linda Waterstraat)

½ lb bacon diced
1 medium onion diced
½ C chopped celery with tops
1 T flour
4 C milk (for extra richness, use 3 C milk & 1 C half & half)
3 or 4 (depending on the size) cooked red potatoes (or 2 cans of whole potatoes). Cut into bite size pieces
½ tsp salt
Pepper to taste
Parsley and paprika (garnish)

In a soup pot: Fry bacon until crisp, then remove. Drain all but 3 T of bacon drippings from pan. Add onion and celery to drippings and cook until tender.

Remove from heat, blend in flour. Cook over low heat stirring until mixture is bubbly.

Remove from heat and stir in milk. Heat to boiling point stirring constantly. Stir in corn, potatoes, salt and pepper. Heat through. Just before serving, stir in bacon. Garnish each serving with parsley & paprika. Makes 6 cups.

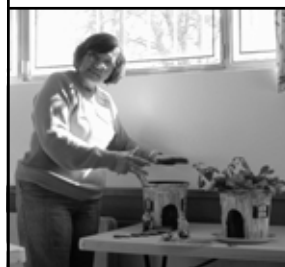
SOAKING/SPROUTING CHART

Seeds	Quantity	Soaking Time	Sprouting Time	Yield
Alfalfa	3 tablespoons	4 to 6 hours	5 days	3 cups
Amaranth	3 tablespoons	4 to 6 hours	24 hours	3/4 cup
Anise	3 tablespoons	4 to 6 hours	2 days	1 cup
Barley	1/2 cup	8 to 10 hours	2 to 3 days	1 cup
Buckwheat	1 cup	4 to 6 hours	24 hours	2 to 3 cups
Cabbage	1 tablespoon	4 to 6 hours	4 to 5 days	1 1/2 cups
Chia	1 tablespoon	4 to 6 hours	3 to 5 days	1 1/2 cups
Chickpeas (garbanzo)	1 cup	10 to 12 hours	2 to 4 days	3 cups
Clover	1 tablespoon	4 to 6 hours	4 to 6 days	2 1/2 cups
Corn	1 cup	8 to 10 hours	2 to 3 days	2 cups
Fenugreek	4 tablespoons	4 to 6 hours	3 to 5 days	1 cup
Flax	1 tablespoon	5 to 7 hours	2 days	1 cup
Green Peas	1 cup	10 to 12 hours	2 to 3 days	2 cups
Lentils	1 cup	6 to 8 hours	2 to 3 days	2 cups
Millet	1 cup	6 to 8 hours	1 to 2 days	1 1/2 cups
Masi Beans	1 cup	8 to 10 hours	3 to 4 days	3 to 4 cups
Masi Nuts	1 cup	8 to 12 hours	do not sprout	1 1/2 cups
Mung Beans	1 cup	8 to 10 hours	4 days	3 to 4 cups
Mustard	1 tablespoon	4 to 6 hours	3 to 5 days	1 cup
Oats	1 cup	8 to 10 hours	1 to 2 days	2 cups
Onion	1 tablespoon	4 to 6 hours	4 to 5 days	1 cup
Pumpkin Seeds	1 cup	6 to 8 hours	1 to 2 days	1 1/2 cups
Quinoa	1 cup	4 to 6 hours	2 to 3 days	2 1/2 cups
Radish	1 tablespoon	4 to 6 hours	3 to 5 days	1 cup
Rye	1 cup	8 to 10 hours	2 to 3 days	2 1/2 cups
Sesame Seeds	1 cup	4 to 6 hours	1 to 2 days	1 1/2 cups
Soy Beans	1 cup	10 to 12 hours	4 to 5 days	2 1/2 cups
Sunflower Seeds	1 cup	6 to 8 hours	5 to 8 days	1 1/2 cups
Watercress	1 tablespoon	4 to 6 hours	4 to 5 days	1 1/2 cups
Wheat	1 cup	10 to 12 hours	2 to 3 days	1 1/2 cups
Wild Rice	1 cup	8 to 10 hours	4 days	1 1/2 cups

Green Thumbs Up to **Claire Grieve** for creating these adorable planters. Prefect



for 'Fairy or Gnome Gardens'. Thanks Claire for donating the planted one in our 'Opportunity Drawing'.



Congratulations to new member, **Joyce Pierzina**.



TIME TO: PLANT SUMMER BULBS, CORMS, TUBERS, AND RHIZOMES (LILIES, AGAPANTHUS, CALLAS, AMARYLLIS, CANNAS, & GLADIOLUS).

SEE CLUB BULLETIN BOARD:

(located at the back of our meeting room).

1. Spring Tea sign-up—Mar 17th.

Green
Thumbs



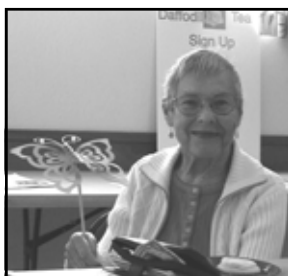
Up to **Jo Shaul & Mary Secord** for their once again tireless work putting together the materials need to present twenty plus Award Book's of Evidence. These ladies spend a great deal of time collecting and cropping pictures, typing labels, assembling the books, and sending them off before the deadline. They are also very eager to help any member wanting to submit their own book.

Happy Birthday !

Reba Richardson	2/7
John Graham	2/8
Carmen Carpenter	2/14
Mary Ann Worth	2/16
Guthrie Worth	2/17
Jo Douville	2/26
Joelle Holford	2/27
Ginny Cline	3/1
Mary Welsh	3/7
Teri Garrett	3/8
Jerry Shaul	3/8



Betty Schmidt



Mary Ann Worth



Joyce Pierzina

Opportunity Drawing Winner

New Members

by Diane Neilson



08-09 Yearbook Adds & Corrections:

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Sunshine News

by Nancy Bailey



01/06/09 - Sympathy Card to Jane Graham
01/22/09 - Welcome to Joyce Pierzina



Clear Lake Trowel & Trellis Garden Club

Return mail: Pres Claire Grieve, 970 4th St, Lakeport, CA 95453

The club meets at 12:00 pm
on the 3rd Tuesday of the month.
Scott's Valley Women's Club House
2298 Hendricks Road
Lakeport, CA 95453

Garden Club Affiliates

- **National Garden Clubs, Inc.**
(www.gardenclub.org)
National President: Barbara May
- **Pacific Region**
(JBandRJPruin@comcast.net)
Director: Jeanette Pruin
- **California Garden Club, Inc.**
(www.CaliforniaGardenClubs.org)
President: Robin Pokorski
- **Mendo-Lake District Garden Club**
(www.mendolakedistrict.org)
District Director: Gina-Belle Smith

Cultivate Kindness, Share Your Garden.



Forget-me-nots



February 2009

- 2/9** Valentine Meals on Wheels Workshop.
CHANGE OF DATE to Yearbook.
1:00 pm at Pres Claire's home.
(See Yearbook for address)
- 2/10** Lake Kabatin Redbud Arrangers.
11:00am (Tues) Theme: Miniature & Small
- 2/17** Regular Club Meeting
Hostesses:
12:00pm Social
12:30pm Flower Roll Call
1:00pm Meeting
2:00pm Guest Speaker-Kate Frey
- 2/21** Pat Hopper's Watercolor Painting Art Class.
POSTPONED UNTIL FURTHER NOTICE.

Watch for unscheduled work party.

March 2009

- 3/3** 10:30am Garden Therapy-Clearlake.
- 3/10** Lake Kabatin Redbud Arrangers.
11:00am (Tues) Theme: Triangle Design
- 3/16** Haku (flower head leis) Workshop.
- 3/16** 10:00am-1:00pm Setup for Tea
- 3/17** Daffodil Spring Tea—no regular meeting.
- 3/19** 10:30am Garden Therapy-Lucerne.

See your 2008-2009 Year Book for details.

www.clttgc.org