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gardener

WINTER 2021



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The National Gardener

Winter 2021 | Vol. 92, No. 1

National Garden Clubs, Inc.

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60 National Affiliate Member Organizations
330 International Affiliate Member Organizations

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THE COVER

A light blanket of snow rests on the scarlet fruit, or "drupes" of a highbush cranberry (*Viburnum opulus var. americanum* L. Ait – also known as *Viburnum trilobum*). Native to North America, the hardy, deciduous shrub is a member of the honeysuckle family, even though its fruit resembles cranberries in both appearance and taste. Photo by Arabella Dane.



Gay L. Austin
2019-2021 NGC President

President's Message

The year 2020 presented us with remarkable changes. With the arrival of 2021, I encourage garden club members to reflect on the adversity of the past year, but more importantly, on outstanding achievements. And while we experienced so many life-changing events in 2020 – many of which caused severe interruptions in our everyday lives – this time of volatility and change required us to rethink and restructure how we can effectively continue our volunteer efforts.

Throughout our nation and internationally, garden club volunteers have leapt into the digital and virtual world by creating new ways to meet, educate and grow. NGC members have invented new ways to meet, such

as organizing safe environments for outdoor meetings. Staying connected, which is vital to our organization,

is achieved also through weekly digital newsletters, virtual presentations and business meetings using video conferencing platforms. Many states and regions have provided virtual awards recognitions as well. The online digital newsletters from all different levels of garden clubs show that active members

continue to achieve great things in their communities. NGC educational schools are now available through online courses that have involved many members across our nation. Please make an effort to look at the NGC website at gardenclub.org to see the many happenings.

Our NGC International Affiliates

***“...garden club
volunteers have
leapt into the digital
and virtual world by
creating new ways to
meet, educate
and grow.”***

also are enjoying frequent virtual experiences. After the development of a Regional Communication Committee for Mexico, Central and South America, many venues were developed to allow their garden club interests to continue. The COMAll website continues to broaden its ability to offer worthy events for IA members. Expectations have been exceeded as innovative ways to share talents continue to be offered. IA Garden Club programs, activities and NGC Schools have developed in many countries. Five different virtual flower shows have been presented, along with one virtual convention.

Let us use this dormant season of winter to grow, as do our landscapes. Above the ground we may appear leafless, with unique shapes and forms of trunks and branches. Yet, below the ground, our roots are strengthening, allowing us to prepare for future growth. The stillness of winter encourages a time of quiet reflection and shapes a vision for our personal growth in the coming year. To spark a few ideas, I encourage you to visit the special feature in this issue of *The National Gardener* that offers industry insights and perspectives on a variety of timely gardening topics.

The officers and board members

of National Garden Clubs Inc. are committed to providing beneficial programs for our clubs. Although our NGC 2021 annual meeting in May has been canceled, we are committed to provide a virtual program on the NGC website, which will be available in spring. It is vital that we recognize the many accomplishments of our members, and also handle the necessary NGC business to prepare for our future.

The winter season is upon us. Fewer daylight hours and colder temperatures grant us time to focus on future activities. As we move forward, our steppingstones of progress strengthen our resolve and ability to be optimistic about our roles as volunteers. Let us embrace our future with the understanding that our rewards aren't the seeds we plant today, but the trees that branch out to form a canopy – teeming with opportunities and possibilities – for tomorrow.

I remain confident that our dedicated garden club members will continue to exceed their expectations as we look forward to a stronger, even more viable National Garden Clubs Inc. in 2021. ■



NGC Calendar

Annual Conventions

- | | |
|------|--|
| 2022 | Orlando, FL,
May 17-20 |
| 2023 | White Sulphur Springs, WV,
May 2-5 (installation) |

Fall Board Meetings

- | | |
|------|-------------------------------|
| 2021 | St. Louis, MO,
Sept. 22-24 |
| 2022 | TBD,
September |



NEW YEAR,
NEW STORIES

Winter

As many gardeners will attest, there is beauty in the garden in all seasons. A stroll through a garden in the dormancy of winter offers a stark symmetry that can provide a much-needed respite. And, although winter may be a time that gives gardeners a break, they know plants stay busy in surprising ways.

A winter trek through the award-winning Missouri Botanical Garden in St. Louis offers solitude and quiet inspiration. Founded in 1859, the garden has the distinction of being the oldest botanical garden in continuous operation in the United States. Situated on 79 acres in the heart of the city, the Missouri Botanical Garden is a designated National Historic Landmark and center for botanical research, science, conservation and horticultural display. Popular attractions include a Japanese strolling garden, the original 1850s Italian Renaissance home and estate of garden founder Henry Shaw, a Victorian district

and one of the world's largest collections of rare and endangered orchids. The garden is open to the public year-round, with the exception of Christmas Day.

I'd like to ring in a new year to thank the many readers of *The National Gardener* and garden club members across the nation that reach out to share their inspiring community projects

A blanket of snow surrounds the award-winning Climatron®, an architectural marvel designed by noted American architect R. Buckminster Fuller, inventor of the geodesic system. Opening to the public on October 1, 1960, the Climatron – the name was coined to emphasize the climate-control technology of the greenhouse dome – is the first geodesic dome to be used as a conservatory. The theme of the lush, green interior highlights the diversity and ecology of a tropical rainforest and the temperate space houses endangered plants from across the globe. The Climatron features more than 2,800 plants, with 1,400 different tropical species including banana, cacao, coffee, many wild-collected plants, orchids, as well as exotic, rare plants such as the double coconut, which produces the largest seed in the plant kingdom. The environment is maintained by a computerized climate control system. Water for plantings is purified and tempered using a reverse osmosis system. Some of the most distinctive examples of sculpture in the United States also are on display at the Climatron and throughout the grounds of the Missouri Botanical Garden. ▶



Wanderland

▲ The main feature of the Japanese Garden is a four-acre lake, a principal design element in any *chisen kaiyushiki*, or “wet-stroll” garden. The garden design incorporates the use of traditional Japanese bridges that include four small islands, two of which are accessible to the public.

“Your determination to pursue gardening projects in your communities is a hallmark of NGC...”

and personal stories in NGC’s flagship magazine. One of the most rewarding takeaways from being editor of TNG is that I’ve come to learn so much from the many resilient, intrepid gardeners, whose personal garden paths reflect their deep sense of purpose. Your determination to pursue gardening

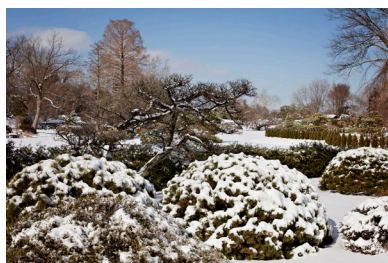




▲ The Kaeser Memorial Maze recreates a garden labyrinth from the 1800s that first was commissioned by Missouri Botanical Garden founder Henry Shaw. In winter, freshly fallen snow on the sunken hedges of yew and the central vine-covered gazebo creates a stark, architectural ambiance. In more seasonal weather, the maze offers a fun activity for families visiting the garden, inviting exploration and building problem-solving skills. The maze is located in the Doris Waters Harris Lichtenstein Victorian District, an area that features collections of traditional Victorian plantings in conjunction with the garden's oldest and most historically relevant structures.



A winter snowfall in the Missouri Botanical Garden sharply defines landscape features.



◀ Snow accentuates the “dragon ripples” a unique feature on the walls that surround the Margaret Grigg Nanjing Friendship Garden. The garden, designed by Chinese-born architect Yong Pan, is a showcase for traditional plantings originating from China, which include pines, bamboos, willows, plum trees, forsythia, hibiscus, wisteria, peonies, lotuses, rhododendrons and azaleas, with gardenias, citrus and pen-jing in containers.

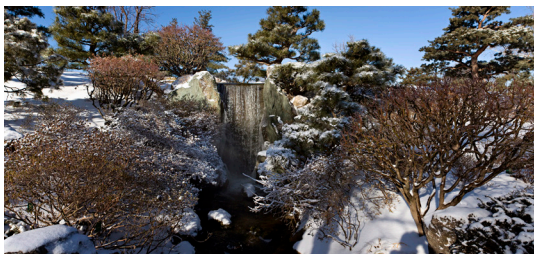
projects in your communities is a hallmark of NGC members nationwide. Please continue to share your projects with our TNG readers as part of this ongoing conversation. As we reflect on the many challenges of the past year and look to opportunities offered by the fresh start a new year brings, please enjoy this series of seasonal photographs at the Missouri Botanical Garden.

Best wishes for a healthy and happy new year. ■

Patricia Binder

*Editor, The National Gardener
National Garden Clubs Inc.*

▼ Small waterfalls suggest mountain cascades.



▲ Snow falls lightly on tree branches in the Japanese Garden, evoking the image of snow flowers, which are popular in Japanese culture.

The Japanese Garden

“Seiwa-en,” the 14-acre Japanese Garden, features a four-acre lake surrounded by carefully crafted plantings, waterfalls, beaches and islands that invite discovery and personal interpretation in a serene landscape. Dedicated in 1977, the garden was designed by Koichi Kawana, a native of Japan and professor and lecturer on environmental design and landscape architecture at the University of California, Los Angeles. The garden represents an evolution of centuries of tradition and a multiplicity of distinctly Japanese cultural influences. Seiwa-en is considered one of the largest Japanese gardens of its kind in North America.



MISSOURI
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▲ “Yatsubashi,” is a unique zigzag bridge that invites exploration. The bridge features eight turns and its name means “eight bridges,” which was inspired by the eight channels that branched off of a single river in Mikiwa Province, Japan, in the 10th century.



The headquarters of National Garden Clubs Inc. is located on six acres adjacent to the grounds of the award-winning Missouri Botanical Garden in St. Louis. Founded in 1929 and with nearly 165,000 members, NGC is one of the nation's most-recognized nonprofits and largest volunteer gardening organization in the world.

Visit gardenclub.org



“Taikobashi,” also known as the “Drum Bridge,” is named for its round shape, which completes a circle from its own reflection in the water. It is constructed of unpainted redwood to preserve a natural appearance.



Photos by Ed Downs Photography

About the Photographer

Ed Downs is a freelance, adventure travel photographer and multimedia artist based in St. Louis, Missouri.

His extensive portfolio showcases skills in landscape, cityscape, floral, animal and people/ portrait photography, the centerpiece of which includes a collection of iconic photos taken at all 62 U.S. national parks across the United States.

A close-up photograph of two vibrant pink tulips in full bloom, standing on green stems against a blurred green background. The tulip on the left is slightly larger and more open than the one on the right. The lighting is bright, highlighting the delicate texture of the petals.

LET'S GET *Growing!*

**Insights and
inspiration from
NGC Gardening
Schools**

*"To plant a garden
is to believe in
tomorrow."*

AUDREY HEPBURN

Photo by
Ed Downs
Photography



native gardening - THE POWERFUL CONSERVATION TOOL OF MANY

By George Gann

▲ Native plant gardening and ecological restoration may be more closely linked than you think. A coastal garden at a dune in Ocean Ridge, Florida, uses local native plants to restore a coastal shrub land. It is both beautiful and restorative. Photo by George Gann.

Looking at the many woes of the world, from COVID-19 to climate change, it is understandable to feel overwhelmed. Yet, we know from ample evidence that the sum of individual actions is as important as those of government, large businesses or big conservation organizations. This is especially true in urban and suburban areas, where our collective individual actions may make the difference between conservation success – or the lack thereof. This need for individual action has never been more urgent, no matter where you live, and is embraced by Plant America with Trees, an

emphasis of National Garden Clubs Inc.

At the international level, there is tremendous work being done to address not one, but three global environmental challenges: countering climate change, preventing the extinction crisis and

providing adequate ecosystem services to meet the needs of a sustainable world. Meeting these challenges requires transformational change; business as usual just won't work. We know that traditional conservation alone, what we think of as "protection" or "preservation," is insufficient to meet these challenges. Instead, we need



▲ Photo by Kimberlee Duke Pompeo

net improvement in environmental health, integrity and resilience, which is captured in the ideas of ecological restoration, nature-based solutions and allied concepts. This net improvement must occur not just in parks and other protected areas, but throughout all the landscapes and seascapes of the world, whether set aside for conservation, intended for production or where we live and work. No matter where you are, you too can participate in this transformational change.



George Gann ▲

The Decade on Ecosystem Restoration

Using restoration to rise to these huge environmental challenges is so important that the United Nations has proclaimed the years 2021 to 2030 as the Decade on Ecosystem Restoration. This designation is the culmination of a proposal for action presented by more than 70 countries from all latitudes, and will explore the restoration of ecosystems as a major nature-based solution toward meeting a wide range of global development goals and national priorities. The Decade on Ecosystem Restoration will be led by U.N. agencies and core partners, including the Society for Ecological Restoration (SER), which recently released revised principles and standards for the practice of ecological restoration. For more information, visit decadeonrestoration.org (Gann et al. 2019).



The NGC 2021 Vision of Beauty Calendar is a showcase for the distinctive floral designs of members of National Garden Clubs Inc., and also serves as a teaching tool offering inspiration to designers.

The calendar makes a thoughtful personal, professional or holiday gift!

\$5.00 each

Please contact NGC Member Services for special pricing on ordering multiple copies.

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www.gardenclub.org

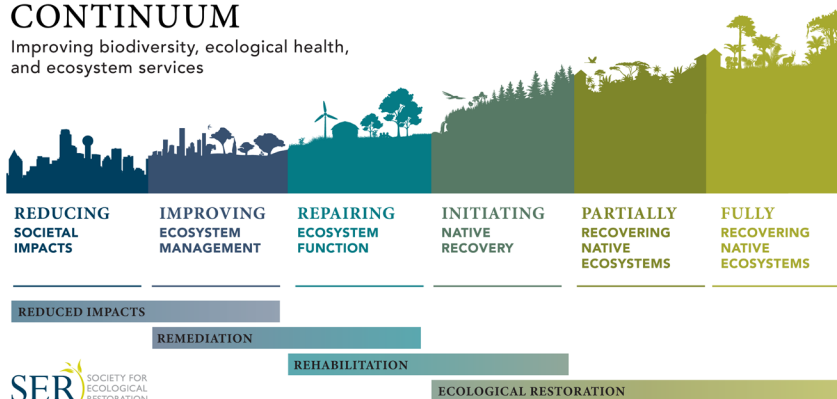
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THE RESTORATIVE CONTINUUM

Improving biodiversity, ecological health,
and ecosystem services



The Restorative Continuum

How do we take these global needs and bring them down to a scale we can understand and act on? A key component of the SER standards is the Restorative Continuum. The idea is that any action that moves us in the direction of positive ecological change is restorative, and is thus part of the continuum. One key message is that all restorative actions, no matter how small or localized, are important and valued. In fact, if our actions meet local ecological needs, they will almost always contribute to the global good.

Plant America with Trees: Each One, Plant One

Plant America with Trees: Each One, Plant One is an emphasis on planting native trees across the country, which has the potential to make a significant impact. Yet to maximize this impact, it is vital to plant as local and appropriately as possible. For example, planting a native tree in your local hardiness zone is a beginning. Yet to really contribute to restorative change, it is important to take this a step further.

- What type of native habitat existed where your garden is now, or would be appropriate given changed conditions (like drainage) – would

it be a wetland, grassland, pine savanna, or forest?

- Contact your local native plant society, historical society, or university extension service to help provide this information.
- Plant a few, or even one, of the native plants that belong to that local habitat.
- Plant trees, shrubs and wildflowers that are known to associate with each other in nature.
- These actions represent positive ecological change and can easily be accomplished in both urban and suburban areas.
- These and other topics are typically covered in native tree and shrub presentations in courses offered by NGC's Gardening Schools.

The Power of Planting Native

As gardeners, the more we can restore the health of locally native species and ecosystems, the more we can contribute to the Decade on Ecosystem Restoration, including fighting climate change and keeping species from going extinct. Ecological restoration can begin with just one plant. However, the more components of local native ecosystems that can be brought together into your garden, the more you can contribute to

local, regional and global conservation progress. Furthermore, the power of many gardeners planting local native plants across the landscape is tremendous, including building habitats for birds, butterflies and other native wildlife, as well as providing essential connectivity between remaining native ecosystem patches. Some species can literally be saved from local extinction.

This connectivity also will be the key to adapting to climate change, allowing native species to survive, migrate and evolve. Finally, while the full recovery of native ecosystems should be the goal whenever possible, partial recovery of native ecosystems is also critical, especially in urban and suburban settings beset by many challenges.

There are many tools available to help gardeners bring native plants and wildlife into gardens in a meaningful way. From books and pamphlets to websites and courses, information abounds. The more local the information is, and the more ecologically connected, the better. For example:

- I assisted members of NGC's Florida Federation of Garden Clubs Inc., as well as The Institute for Regional Conservation (IRC), in the development of "Natives for Your Neighborhood," an internet resource that focuses on using gardens to restore native plants, animals and ecosystems, as well as delivers information at the ZIP code level in southern Florida. Based in Delray Beach, Florida, IRC is a nonprofit organization dedicated to the protection, restoration and long-term management of biodiversity on a regional basis and to the prevention of regional extinctions of rare plants, animals and ecosystems.

***“restore the link
between people
and nature,”***

Each month, thousands of users visit the Natives for Your Neighborhood tool to build restorative gardens at homes, schools and in public spaces. Planning is in place for the tool to be expanded statewide.

- We collaborate with many NGC affiliates in Florida, as well as national affiliates that include the Palm Beach Chapter of the Florida Native Plant Society, the Florida Wildflower Foundation and the Center for Plant Conservation to deliver sound, evidence-based information that is connected to the most updated thinking about conservation and restoration. We also collaborate with members of local garden clubs, including Ocean Ridge Garden Club, to tailor resources for specific needs, such as native coastal gardens. Collaborative networks like these can be sought out wherever you live.

A Call to Action: Restoring the Link between People and Nature

We have an opportunity to use our gardens to “restore the link between people and nature,” the motto of IRC and “sustain biodiversity, improve resilience in a changing climate and reestablish an ecologically healthy relationship between nature and culture,” which is the mission of SER. It is so important that members of National Garden Clubs Inc. realize just how important their individual efforts are, and that each restorative action taken at the local level makes a difference, both in terms of ecological health and in building a new positive relationship between people and nature. Our future depends on it. ■

Reprinted with permission from Gann et al. 2020 and the Society for Ecological Restoration.



George Gann is executive director and chief conservation strategist at *The Institute for Regional Conservation* and serves as international policy lead for the *Society for Ecological Restoration*.

In a professional career spanning nearly 40 years, he has directed and managed nonprofit conservation organizations and worked professionally in the United States, West Indies, Latin America, Europe and Asia. A popular presenter, Gann has spearheaded hundreds of projects and published more than 100 industry articles. The author of the book "Rare Plants of South Florida: Their History, Conservation and Restoration," he is a staunch advocate for the conservation of native and rare plants in Florida and the Caribbean.

A descendant of South Florida pioneers, Gann began his career in the family's native plant and tropical foliage nursery, as well as the family's restoration of a subtropical forest in an abandoned citrus grove. Between semesters as a student at the University of Colorado in Boulder – at which he earned a bachelor's degree with distinction in environmental conservation and international affairs in 1984 – Gann worked as a resource management technician at Everglades National Park of the U.S. National Park Service, the largest subtropical wilderness in the United States. In addition, he traveled to the wilderness of Alaska and also spent a semester abroad at the University of Costa Rica.

In 1984, Gann co-founded The Institute for Regional Conservation and in conjunction with his role at the Society for Ecological Restoration has conducted and led organizational, international and conservation policy and field work globally. Gann believes in using traditional conservation tools, such as the establishment and management of protected areas, as well as more modern approaches including ecological restoration, rare species reintroduction and augmentation and utilizing regional matrices of protected and restored areas to conserve native plants and animals. His use of floristic plant data to drive conservation strategies is considered groundbreaking in the industry.

Visit gann@regionalconservation.org

About the Society for Ecological Restoration (SER)

The Society for Ecological Restoration is an international nonprofit organization with members in 70 countries. The organization is dedicated to promoting an awareness of unsustainable activities that have damaged aquatic, marine and terrestrial environments, which it believes underpin economies and societies globally, and is dedicated to reversing the degradation and restoring the Earth for the benefit of both humans and nature.

SER's mission advances the science, practice and policy of ecological restoration to sustain biodiversity, improve resilience in a changing climate, and re-establish an ecologically healthy relationship between nature and culture. The organization's dynamic network links researchers, practitioners, land managers, community leaders and decision-makers to restore ecosystems and the human communities that depend on them.

The field of ecological restoration has experienced tremendous advancement over the past 30 years and is now widely recognized as an essential component of the fields of conservation and sustainability. The Restorative Continuum includes a range of activities and interventions that can improve environmental conditions and reverse ecosystem degradation and landscape fragmentation. The continuum highlights interconnections among these different activities, and recognizes that the specific characteristics of the locality slated for restorative actions dictate the activities best suited for different landscape units. As one moves from left to right on the continuum, both ecological health and biodiversity outcomes, and quality and quantity of ecosystem services increase. Note that ecological restoration can occur in urban, suburban, agricultural and industrial landscapes.

Visit www.ser.org



nature: THE PRIMAL HEALER

▲ A visit to forested areas, such as the awe-inspiring beauty of Armstrong Redwoods State Natural Reserve, Sonoma County, California, can have myriad health benefits.

■ Come to the woods. Here is rest.” The words of John Muir, noted 19th century naturalist, author, conservationist and staunch advocate for the preservation of wilderness areas in the United States, are just as salient today – perhaps more so – during these unprecedented times.

According to experts at the Centers for Disease Control and Prevention in Atlanta, Georgia, a vast number of people across the nation are battling a mental health crisis due to COVID-19. According to the CDC, 40 percent of adults and 75 percent of young people report pervasive anxiety, stress, depression and feelings of isolation.

Relief might well be under our noses – or rather our feet. Over the last three decades, there has been much scientific evidence that quantifies the health benefits of spending time in nature.

Key Findings on the Health Benefits of Nature

In January 2020, Mathew White, Ph.D., an environmental psychologist at The European Centre for Environment and Human Health at University of Exeter Medical School in the United Kingdom, led a study exploring the correlation between nature and human health.

An article in Yale Environment 360, an online magazine published at Yale School of the Environment, Yale University, New Haven, Connecticut, reported on White’s study, which found that when people immersed themselves in nature for 120 minutes per week, they experienced

▶ According to medical studies, exploring nature engages all five senses. Visitors to the town of Wilderness at South Africa’s Western Cape Province enjoy expansive views of the Indian Ocean and have the opportunity to explore wide beaches and nature trails. Photo by Trent Snyder.





▲ Public botanical gardens may offer respite and reflection like this spot at the Missouri Botanical Garden in St. Louis.

a number of positive results. The results included a reduction in blood pressure and stress hormones, improvement to functions of the nervous and immune systems, uplifted mood, increased self-esteem and decreased anxiety.

The study included 20,000 people of diverse occupations, ethnicities, economic groups and health levels, including individuals with pre-existing medical conditions. Study participants spent a minimum of 120 minutes per week in a natural environment, such as a local park or other green space. According to the findings, individuals reported feeling healthy and had a strong sense of well-being as a result of time spent in nature.

The study also found that the 120 minutes could be divided up over the week, or performed all at once. In essence, spending time in nature for a little over 17 minutes a day profoundly impacts human health and well-being. In addition, the study measured how the positive impact of experiencing nature goes deeper than just providing a sense of calm and well-

being – the immersion experience appears to foster a positive impact on negative behaviors.

In July 2018, an article in Harvard Men’s Health Watch at Harvard Medical School in Boston, Massachusetts, reported that a 90-minute walk in nature lowered activity in the prefrontal cortex of the brain that is active during rumination, or the repetition of negative thoughts. “When people are depressed or under high levels of stress, this part of the brain malfunctions, and people experience a continuous loop of negative thoughts,” said Jason Strauss, M.D., director of geriatric psychiatry at the Harvard-affiliated Cambridge Health Alliance.

According to an article in Science Daily, reporting



▲ Gorgeous vistas in nature, like Mount Antero, the highest summit of the Sawatch Range of the Rocky Mountains in Colorado, can evoke feelings of well-being.

on a study by the Barcelona Institute for Global Health in Spain, evidence from a meta-analysis of over 140 studies, 290 million people and data from 20 countries, that exposure to greenspaces reduces the risk of Type II diabetes, cardiovascular disease, premature death, preterm birth and increases duration of sleep. It also found that people living closer to nature had decreased diastolic blood pressure, heart rates and stress.

Roger Ulrich, Ph.D., an environmental psychologist and co-founding director of the Center for Health Systems and Design at Texas A&M University in College Station, Texas, demonstrated that gazing at a garden can lead to quicker healing from surgery, infections and other ailments. For example, he found that patients who underwent gallbladder surgery healed, on average, a day faster, needed significantly less pain medications and had decreased post-surgical complications when placed in a hospital room that had bedside windows with a view of leafy trees, than patients who had a view of a brick wall. In addition, Ulrich discovered that patients could be soothed by just looking at pictures of trees, flowers and water.

Forest Schools and Green Spaces

Scandinavia's long-held tradition of "forest schools," in which learning takes place outdoors, is a

“...gazing at a garden can lead to quicker healing from surgery, infections and other ailments.”

▶ Green spaces induce a feeling of serenity, such as those in Avebury, England, which feature century-old trees. Avebury, situated in Wiltshire in southwest England, is home to one of the best known prehistoric sites in Britain, which contains the largest megalithic stone circle in the world – larger in scope than the famous Stonehenge.



trend that has increased 500 percent in the U.S. since 2012. A model for outdoor education, forest schools foster exploration, discovery and promote the nurturing of nature and the environment.

Incorporating green spaces into schools, hospitals and health care facilities, as well as on the campuses of businesses and corporations, continues to be a global trend. Key business and policy decision makers note the many potential advantages of offering access to green spaces to their skilled workforces. There has long been a strategy in cities across the U.S. to create green spaces in urban areas. High-quality outdoor experiences continue to be in great demand by people of all ages.

Forest Bathing and Nature Therapy

In Japan, a mindfulness technique called "shinrin-yoku," or "Forest Bathing," promotes connecting with nature in the atmosphere of a forest through our senses of sight, hearing, taste, smell and touch. The technique, developed by Qing Li, M.D., of Tokyo's Nippon Medical School, has become a worldwide phenomenon. His book, "Forest Bathing:

How Trees Can Help You Find Health and Happiness,” explores the art and science of shinrin-yoku, and how it can reduce stress levels and blood pressure; strengthen the immune and cardiovascular systems; boost energy, mood, creativity and concentration; and even aid in weight loss and extend life expectancy.

Li is considered the world’s foremost expert in forest medicine. In his book, he also demonstrates how forest bathing elevates levels of natural killer (NK) cells, which fight tumors and infections in the immune system. Additionally, Li has discovered that he can replicate these results through the diffusion of essential oils released from pines, cedars, spruces and conifers in the forest. The use of these essential oils in hospital emergency rooms and other high-stress locations has produced startling beneficial results for both patients and staff.

“Nature is the best physician,” said the Greek physician Hippocrates. The health benefits of nature can be immeasurable. Imagine if a pill could do all that we are discovering nature can do. It makes one contemplate the wisdom of something far greater than humankind. ■

Reina Snyder

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Photos by Reina Snyder

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The National Gardener Schedule

WINTER

January, February, March
Articles and Advertising
due: November 1

three tips for growing BEAUTIFUL TOMATOES IN CONTAINERS

By Pamela Crawford

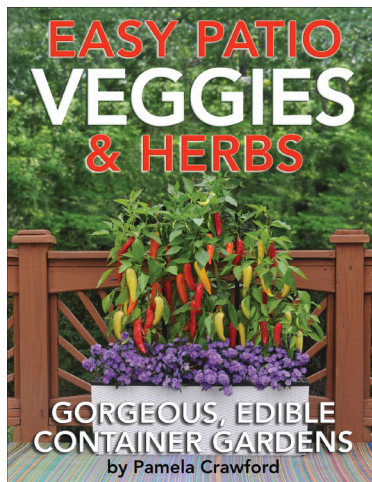
A few years ago, a newspaper writer called me to ask how to grow beautiful tomatoes in containers. “Tomato plants are ugly, so growing attractive tomatoes is impossible,” was my reply. She told me I needed to get to work to figure this out because I am supposed to be an expert on container gardening. “I am getting a lot of calls from gardeners who want to grow patio tomatoes that look great because their homes overlook the patio, and they don’t want to look at ugly plants,” she added.

This was a new challenge! I devoted

the next few years learning how to grow attractive tomatoes, as well as many other vegetables. Since I had never grown vegetables, I bought as many as I

could find and planted over 1,768 plants in 221 containers. Of those I planted, 1,376 of them failed. I had to figure out why.

Working diligently over the next few years produced solutions. After I learned how to grow attractive vegetables in containers, I wrote a book about pairing vegetables and flowers. Then I started working on how to get optimal production from vegetables and herbs. My new book, “Easy



▲ Article and photos by Pamela Crawford. “Easy Patio Veggies & Herbs” by Pamela Crawford. Reprinted with permission from Pamela Crawford & Associates, (Pamela Crawford & Associates, Inc.) © 2021.

SPRING

April, May, June
Articles and Advertising
due: February 1

SUMMER

July, August, September
Articles and Advertising
due: May 1

FALL

October, November,
December
Articles and Advertising
due: August 1



▲ Obelisks are ideal for supporting the growth of larger vegetables. The structure was spray-painted from its original black finish and features a grouping of Patio tomatoes, parsley and basil.

Patio Veggies & Herbs," available this month, includes all of the information gleaned through this research.

In my work and findings, tomatoes were my biggest challenge. Here are the three tips to ensure success:

Use Large, Attractive Pots in Full Sun

The most common problem I see with growing tomatoes is choosing a pot that is too small. For medium-to-large plants, I prefer pots measuring at least 20 to 24 inches in diameter if they are short (20 to 24 inches tall). For tall pots, choose one at least 15 inches wide and 3 feet tall. For dwarf or grape tomato varieties, I use pots measuring at least 14 inches wide.

Many people see the little

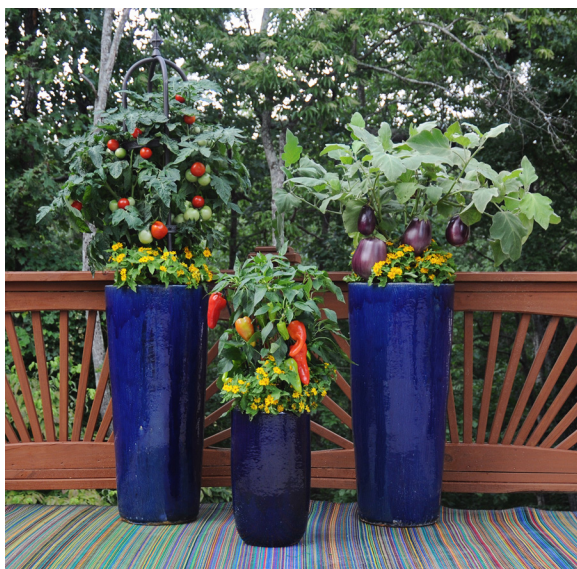
tomato plant at the garden center and can't imagine that it will ever grow large enough to fill a huge pot. But, it does – and quickly! Remember that some tomato plants grow as large as 10 feet tall!

Use Attractive Supports

Tomatoes need support, so they won't fall over. Tomato cages are sold for this purpose in many garden centers. But, many gardeners feel these cages are unattractive. Beautiful tomatoes need beautiful supports.

My favorite supports are obelisks. They are readily available for purchase at garden centers or online retailers. However, many are only available in one color: black. But with a can or two of spray paint in an accent color you like, they can be transformed into something special.

I place the obelisks in the pot right after I plant the tomatoes and often plant flowers around the pot for the desired effect.



▲ A Patio tomato, Cowhorn pepper and eggplant are planted separately and under-planted with melampodiums. The tall, thin columns and small spaces can accommodate a prodigious crop of vegetables.

Choose Tomatoes with a Neat, Natural Growth Habit

Some tomatoes are cultivated to look good in containers. They have a neater growth habit than many of the heirlooms. But

some people discover some of them aren't as tasty as the older varieties. Two great container vegetables that offer good taste and a neat growth habit are the Patio and Husky Cherry Red varieties. If you decide to grow a large, lanky tomato, such as Yellow Pear, trim it occasionally to keep it neat and tidy.



I hope you enjoy growing and eating beautiful vegetables as much as I do!

Pamela Crawford, author of 12 gardening books, is considered one of the most accomplished container gardening experts in the country. In addition to designing gardens for over 1,500 residences, her work has been featured on the cover of *Better Homes and Gardens* publications as well as in *Southern Living*, *HGTV Magazine*, *Fine Gardening*, *Country Gardens*, *Country Almanac*, *Small Gardens*, and in over 300 newspapers. As an expert in her field, she has appeared on the *Fine Living Network* at gardenloverstv.com and numerous local TV shows.

Crawford holds an undergraduate degree from Vanderbilt University in Nashville, Tennessee, and a master's degree in landscape architecture from Florida International University in Miami, where she received the prestigious Torch Award as an outstanding alumnus from the School of Architecture.

She has been heavily involved in trial gardens, both on a university and private level. She has personally tested thousands of landscape and container gardening plants.

shifting strategies

When COVID-19 struck, garden clubs around the nation soon discovered a dramatic change in how they host regular meetings and participate in ongoing projects. In New England, for example, clubs began to adapt to these changes and the "new normal."



◀ Garden club members in Maine held a meeting outdoors. Photo courtesy of Boothbay Region Garden Club.

Garden club meetings

It quickly became apparent that holding regular garden club meetings would present a challenge. Some clubs canceled meetings, while many embraced virtual video conferencing platforms, such as Zoom, to connect with colleagues. Other clubs conducted business outdoors:

- Members of the Harpswell Garden Club in Maine held a meeting on the grounds of the Harpswell Historical Society. Garden club members, who regularly maintain public gardens at the site, also brought chairs and



▲ Members of The Ridgefield Garden Club in Connecticut renovated the historic parterre perennial garden at the northwest corner of Ballard Park. Photo courtesy of The Ridgefield Garden Club.

snacks for personal use.

- Clubs that held outdoor meetings include the Perennial Planters Garden Club of Rhode Island, the Boothbay Region Garden Club in Maine and Derry Garden Club in New Hampshire.

Civic projects elicit pride

As garden club members across the United States will attest, the work they do on a variety of civic projects elicits a great deal of pride. Some clubs continued to welcome the social activity of outdoor planting and weeding. For example, members of the Burlington Garden Club in Vermont continued their ongoing work in planting and maintaining a local vegetable garden, donating the harvested bounty to the local food bank.

Getting creative during COVID-19

Many garden clubs tapped into their creativity to create new ways in which members and the community could interact in gardening-related activities:

- Members of Sharon Garden Club in Massachusetts held an annual “Walkabout Tour” of community gardens. Reservations were required for the event, masks were mandatory and social distancing was required. In addition, garden paths were clearly marked for one-way traffic to guide visitors.

- Sogkonate Garden Club in Rhode Island canceled its Earth Day project, but members were on hand to assist in the town’s cleanup.
- Many planned gardening projects that focused on working closely with children were postponed. Members of Bow Garden Club in New Hampshire and Saybrook Garden Club in Connecticut compiled planting kits for local children and distributed them at the local library via curbside pickup.



◀ Members of Bow Garden Club in New Hampshire distributed planting kits. Photo courtesy of Bow Garden Club.

Fundraising in the pandemic

Garden club members brainstormed and mined opportunities in which they could host fundraisers that would continue to fund their many programs:

- Garden clubs in Natick, Massachusetts, and Windham, New Hampshire, held successful online plant sales. Club websites included information on the plants for sale and how the public could preorder; locations and times for pickup, as well as listed parameters on wearing masks and social distancing during pickup.
- Members of Bow Garden Club in New Hampshire held a “Plant-less Plant Sale.” The club spearheaded a community outreach effort, sending informational flyers on the club’s ongoing role in the planting and maintenance of the town’s “beauty spots” in the community – and how the club relies on plant sales to cover those expenditures.

Donations to the club were received, along with personal notes from local citizens who were unaware that the town did not allocate an annual budget toward these projects.

Without the ability to hold traditional garden club meetings, what can clubs do to create an awareness about their programs, and without fundraisers, how can they pay for them?

- The Jamestown Garden Club in Rhode Island made a video of members' gardens that they shared and posted on YouTube®.
- Members of Belmont Garden Club in Massachusetts created a program from photos of its project at the local library. Members of Goffstown Community Garden Club in New Hampshire also collected a variety of garden photos to create a program.
- Manchester New Hampshire Garden Club distributed extra newsletters to boost readership and share ideas. Bow Garden Club in New Hampshire launched a newsletter for its members.
- In keeping with timely topics on the novel coronavirus, Andover Garden Club in Massachusetts posted a helpful "How to Make Your Own Face Covering" on its website.

Unprecedented changes have occurred during the coronavirus, which have impacted garden clubs in myriad ways.

Dear Gardeners,

I'd like to express a special thanks to the author contributors in this special NGC Gardening Schools segment of *The National Gardener*: George Gann, for his professional insights into native gardening; Pamela Crawford, on container vegetable gardening; and NGC Gardening Schools Consultants Reina Snyder and Linda Jean Smith, for sharing their unique perspectives.

Leaders of NGC Gardening Schools across the nation met the challenges of

However, garden club members are resilient and have adapted well to the situation. Many even went above and beyond:

- The New London Garden Club in New Hampshire donated to the local food pantry the costs it had budgeted for two scheduled programs it would not be holding.
- In Connecticut, there was high attendance for an NGC Environmental School hosted on Zoom.
- In Haverhill, Massachusetts, the garden club hosted an engaging "door" tour and competition. Residents were encouraged to decorate the front doors of their homes, as well as take a tour around the city to view the efforts of other homeowners. The city's mayor served as judge of the competition and the garden club awarded a cash prize to the resident with the best door.

Garden clubs in New England are staying strong and will continue with their projects and hard work in their communities during these unprecedented times. ■

Linda Jean Smith

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NGC Gardening Schools
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last year, utilizing video conferencing to offer courses, documenting which procedures work and identifying those that need improvement and establishing guidelines and tools in which to plan courses this year. For more information, visit NGC Gardening Schools at gardenclub.org

Best wishes for a safe and productive year ahead and "Let's Get Growing!"

Barbara Hadsell

*Chairman, NGC and FFGC Gardening Schools
BarbaraHadsell@cs.com*

growing food and community spirit

'SHOW ME STATE' GARDEN CLUB FOSTERS EDIBLE GARDEN LANDSCAPE IN A CITY SQUARE

Members of The Twenty Five Gardeners played an integral role in the development of a community garden project and provided both a physical presence and instruction on how members of the community can grow food organically and sustainably in Farmington, Missouri.

Established more than 200 years ago and located 75 miles southeast from St. Louis, Farmington is the county seat of St. Francois County. With a rich, cultural heritage and growing population over 19,000 in 2019, city leaders were exploring an idea in which area residents could have more available options and accessibility to food, especially sources of fresh vegetables, herbs and fruit.

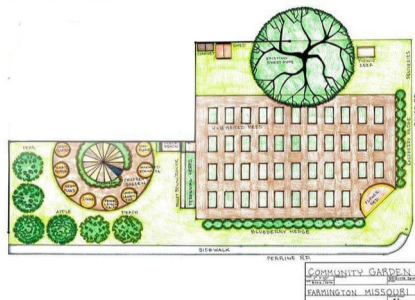
A plot that grows

In 2017, the City of Farmington approved a plan for the Farmington Community Garden to be developed on an unused half-acre lot within the city limits in the Courthouse Square Historic District. The impetus for the project was to improve the land to serve as an educational organic



gardening experience for area groups and members who were willing and interested in volunteering their time and investing hard work toward the project. Forty raised garden beds to grow vegetables, fruit, herbs and flowers were built by volunteers, bolstered by donations of building supplies and materials from local businesses and organizations. Garden beds are

Farmington Community Garden



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"POLLINATOR FRIENDLY GARDEN"

The Ramblers Garden Club Louisville, Kentucky



Members of The Twenty Five Gardeners provide ongoing leadership, gardening expertise and rent two beds at the

“Members are designing a pollinator garden to showcase the benefits of native plants.”



▲ Members of The Twenty Five Gardeners at work in the Farmington Community Garden.
 ▲ Volunteers work each day to help gardens grow.

rented at \$12 each year for personal use by subscribers. At the same time, community garden members contribute volunteer hours toward the maintenance of common areas, attend monthly meetings and schedule work days. Phase 2 was completed in 2018-2019, with the addition of perimeter plantings of small fruit hedges and trees. A plan to add a Children’s Garden is slated for Phase 3, which will include smaller, more child-friendly raised beds, plus the addition

of an engaging seasonal vine-covered structure to be used as a learning “laboratory.”

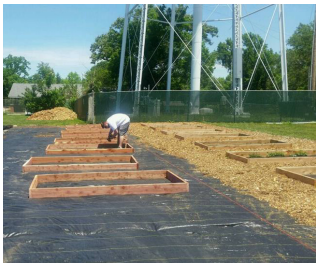
The foundation of the Farmington Community Garden is built on sustainability. Garden club members work to preserve the mission of growing foods organically and improving the yield. This past growing season, excess fruit and vegetables harvested by garden club members were donated to local food pantries.

Heading into its fourth year, the Farmington Community Garden continues to expand in size and memberships.

garden. Members are designing a pollinator garden to showcase the benefits of native plants. They also work closely with city leaders and organizations on other areas of civic beautification, community service and offer resources in conjunction with the garden club’s affiliations with National Garden Clubs Inc. and The Federated Garden Clubs of Missouri Inc.

Beneficial collaborations

In 2020, The Twenty Five Gardeners received an Espoma Plant America



▲ Garden beds were constructed with the help of donations of materials from local organizations and businesses.



▲ The site for the future Children's Garden.

Grant, in which members used the products to amend garden beds and fertilize newly planted seeds. Also last year, the garden club was the recipient of an Ames Tool Grant, and used the new tools to augment or replace donated shovels, hoes and hand tools, some of which had fallen into disrepair. With the expansion of the Children's Garden, budding gardeners will use the Ames Tools designed for smaller hands. In addition, the tools offer teachable moments as garden club members instruct young gardeners on the proper use and care of the youth-sized Ames tools.

Interest in the Farmington Community Garden continues to grow. In 2020, a local Girl Scout Troop rented a raised garden bed as a project and the University of Missouri Extension's Food



▲ Plots hold thriving gardens.

▲ A young helper learns how to use youth-sized Ames tools.



Nutrition Program signed up as part of its education outreach for families in need.

The Twenty Five Gardeners was formed in 1941 as a garden club

▼ The Farmington Community Garden yields a bountiful harvest.



restricted in size by the original state organization to just 25 members. Members are active in the community, volunteering on a number of civic beautification projects, hosting an annual plant sale and funding an annual scholarship at a local college. ■

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The Twenty Five Gardeners*



 **Photos courtesy
of The Twenty Five
Gardeners**

Children love
to explore and
help in the
garden!
▶



Cultivate our Garden Community

WITH GARDENING TIPS, IDEAS AND PROJECTS

Members of National Garden Clubs are a wealth of knowledge and information on all things in the garden.

**Do you, or your club,
have gardening
tips, tricks, ideas
or project successes to
share?**



The National Gardener would like to tap into your skills and talents, as well as showcase your favorite projects.

PLEASE SEND:

- **A brief description** of your idea or how a unique project fostered success.
- **A photo or two** of your project is welcome. Photos must be high resolution 300 dpi with photo credit information provided.

SEND TO:

**Patricia Binder, editor
The National Gardener
patricia.b.binder@gmail.com**



About The Espoma Company

The Espoma Company began production in 1929 with its first product, Espoma Organic, a proprietary blend of natural materials available near the company's location in Millville, New Jersey. The ingredients in Espoma Organic were blended and bagged using shovels, wheelbarrows and scales – tasks accomplished through the painstaking efforts and hard work of scores of dedicated employees.

With product in hand, Espoma founder H.G. Sanders set out on the road selling in the New York, Philadelphia and Washington D.C. markets. This successful strategy helped the company survive the economic hard times brought on by the

Great Depression and the years that followed. However, growth was slow and the work hard. During this time, Sanders anticipated the need for a new type of plant food specifically designed for hollies and other acid-loving plants. His pioneering spirit and industry insights led to the testing of several plant food formulations with local nurseries. The result was Holly-tone® – the first organically balanced fertilizer developed and formulated to fulfill the requirements of acid-loving plants.

Today, Holly-tone is considered by professional and amateur gardeners to be the number-one plant food for all acid loving plants. In addition to this

brand leader, Espoma offers over 70 popular organic products and manufactures over 50-million pounds of organic fertilizer per year, making it a leading provider of organic fertilizers for the retail lawn and garden industries.

The evolution of Espoma's once-modest manufacturing facility to the capabilities of the modern, state-of-the-art operation in Millville today is a reflection of the company's growth and success through hands-on family ownership, quality products and dedicated workforce. This time-honored spirit will continue to provide the impetus for Espoma well into the 21st century.

Visit espoma.com

Espoma is accepting applications for the Espoma Plant America Grant

October 1, 2020 – May 31, 2021

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inspired innovation

THE RAINKEEP MERGES ART, WATER AND FUNCTION

▲ Artist and sculptor Allison Newsome created “Whorl,” a site-specific piece in a historic garden for Bristol Garden Club in Rhode Island. The RainKeep uses upper and lower canopies to capture rainwater for use in a historic garden.

Bristol Garden Club members regularly maintain Mrs. Perry’s Garden, a historic garden in Thomas Park created more than 90 years ago by Mrs. William Perry, the club’s founder. However, members were challenged by the garden’s lack of access to municipal water. After years of effort to bring in truckloads of water-filled buckets to nourish plantings, members realized an alternative method was necessary.

Bolstered by finding a solution to the lack of access to water and the idea to create a community awareness of resources and the environment, the garden club discovered a way to combine both – launching The RainKeep – an artistic rain barrel project inspired by and incorporating the work of Rhode Island artist and sculptor Allison Newsome.

Newsome’s unique public works, designed as efficient, site-specific rain harvesters, merge art with function. An environmentally motivated artist, her work has been exhibited and/or

installed locally, regionally, nationally and internationally. After viewing her rain-harvesting installations at Blithewold Mansion Gardens and Arboretum in Bristol, members of Bristol Garden Club realized they had discovered an environmentally friendly solution for Mrs. Perry’s Garden.

The club was the first to commission Newsome’s “Whorl,” a sculpture that collects rainwater in both upper and lower canopies. Funding for The RainKeep was the culmination of a three-year effort by members of Bristol Garden Club, which included hosting fundraisers, writing grant



▲ Newsome works on the RainKeep during fabrication.

proposals, securing private contributions and working with members of the Bristol Parks and Recreation Department.

The Vision to Restore a Community Gem

Formerly designated a brownfields site by the Environmental Protection Agency, Thomas Park at Silver Creek in Bristol includes the Silver Creek estuary and surrounding area. The area, including the site of Mrs. Perry's Garden, had suffered years of damage from storms and environmental degradation. In recent years, efforts by governmental and private organizations, including the Bristol Garden Club, have largely restored the health and usefulness of the property and garden. Today, the 5.1-acre park features winding paths, benches and scenic overlooks in a natural environment. Other features include an English garden, a restored stone wall and arbor, nature trails, wildflower garden, nature preserve for indigenous plants and wildlife and a saltmarsh bird sanctuary.

The vision for The RainKeep is to serve as an inspirational and educational tool to visibly demonstrate responsible stewardship of one of the most critical natural resources – water. Long before

construction was launched on the project, the list of possible benefits to the community had grown, including many opportunities for community education and engagement. For example, Bristol Parks and Recreation Department offers programming on the understanding and use of rain barrel technology in water conservation and for the environment.

The installation of The RainKeep represents the exciting next phase of revitalization efforts in the area. Current and planned projects at The RainKeep include:

- Offering visual learning and messaging on topics such as sustainability, conservation practices, the environment, climate change and more.
- Incorporating signage to educate and inform visitors, school and community groups.
- Adding information and diagrams that explain how The Rainkeep functions.
- Tracing the cultural and natural history of the site, while implementing the theme of environmental resiliency.
- Enlisting the artistic talents of children in the community to create stepping stones that incorporate



4 The sculpture's form and function is enhanced by water-collecting powder coated steel flowers. In addition – and to the delight of garden club members who regularly tend the garden – a spigot for hoses or buckets provides easy access for watering flowers and plants. During the summer droughts of 2018 and 2020, rainwater captured and stored by The RainKeep was used to successfully maintain most of the needs for the garden.



◀ Bristol's RainKeep functions similarly to Newsome's residential RainKeep designs. Decorative, functional rain chains of repousse aluminum direct rainwater into an aluminum storage vessel. Protective netting deters mosquitoes and other insects. Newsome fabricated this RainKeep for the Kennard Park house, which serves as headquarters for the Newton Parks and Recreation Department in Newton, Massachusetts.

The RainKeep project has received statewide and regional recognition, including the 2019 Jean Marie Parks Award of the New England Region for environmentally themed projects and the 2020 Gorham Conservation Award from the Rhode Island Federation of Garden Clubs Inc. ■

Visit www.bristolgardenclub.org

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 **Photos by Howard Rotblat-Walker**

environmental messages. The stepping stones will lead from the lawn to the educational signage.

- Incorporating STEM curricula in various school groups as they explore the purpose and function of The Rainkeep site.
- Serving as a valuable resource for children's groups and organizations including Boy Scouts and Girl Scouts, 4-H

Club, camps and more.

- Emphasizing the site's gradual restoration and hopeful future.
- Ongoing upgrades of plantings at the park to further promote sustainability. Plans call for the gradual transition to more native plants and dense ground-covering plantings as an alternative to using bark mulch in routine garden maintenance.



Allison Newsome is a self-described "functional sculptor," buoyed by the mission to encourage people to turn off their water taps and consider alternative methods in the use of rainfall as a natural biological entity and process, especially in gardening and landscaping.

In her studio in Warren, Rhode Island, she creates nature-inspired pieces of art, which often reflect her passion for "biomimicry," the study of nature to resolve problems

for people and the planet. For example, Newsome's patented, site-specific RainKeep designs are environmentally creative and beautiful works of art, but also are utilitarian – they collect and store thousands of gallons of rainwater for use in landscaping and gardening, but are entirely passive – with no pumps or other moving parts that require maintenance. Newsome, who hails from California, says her vision for her RainKeep art is inspired by

The RainKeep Journey



Blount Boats Inc., a shipbuilder in Warren, Rhode Island, worked with Allison Newsome to build and fabricate The RainKeep. Pictured (left to right): Pam Bishop, chairman, The RainKeep committee; Allison Newsome, artist, designer and project construction manager; Walter Burke, director, Bristol Parks and Recreation; Laurel Curtis, grant applications; and Maureen Curry, RainKeep committee member.



▲ In 2018, members of Bristol Garden Club in Bristol, Rhode Island, dedicated the innovative rain-harvesting sculpture and interpretive signage on the site of a historic garden established over 90 years ago by the club's founder. Carol Glanville, 2018 president, Bristol Garden Club, addresses attendees at The RainKeep dedication ceremony.



◀ Cherry blossoms frame The RainKeep at Mrs. Perry's Garden.



▲ Allison Newsome (third from left) is the artist, designer and project construction manager for The RainKeep. She is joined by Bristol Garden Club members (left to right): Laurel Curtis, grant applications; Pam Bishop, committee chairman, The RainKeep; and Carol Glanville, 2018 president.



Photos courtesy of
Bristol Garden Club

the California redwoods, whose canopies catch coastal fog and direct it downward to maintain the ecosystems below.

Newsome recently was commissioned to create a large RainKeep in the new Children's Discovery Garden at the Florida Botanical Gardens in Largo. A celebrated sculptor, her works have been on exhibit and/or installed in cities across the United States, as well as internationally. Newsome's collections have been on

display or part of permanent collections at art galleries and museums throughout Rhode Island; the Museum of Fine Arts and The Clark Gallery in Boston, Massachusetts; Beatrice Wood Center for the Arts in Ojai, California; the Rosenfeld Gallery in Philadelphia, Pennsylvania; Mobile Museum of Art in Mobile, Alabama; the Federal Museum in Mexico City, Mexico; and the Institute of Ceramic Art in Jingdezhen, China.

Newsome holds a master's

degree in fine arts in ceramics from the Rhode Island School of Design in Providence, a bachelor's degree in fine arts in sculpture from Chico State University in Chico, California, and completed foundation studies at Buckinghamshire College, High Wycombe, England.

Visit rainkeep.com



GOING DOWN THE GARDEN PATH

Winter is not my best friend but we have learned to get along. The garden and I mostly rest while winter does its thing, but this respite doesn't mean I forget about it. Instead, I invite you to join me in a walk down my garden lane of late summer.

We enter by the southern arch, where soft cones of anise hyssop welcome us, as well as countless bees and winged creatures. I started the hyssop from seed about 10 years ago. It's one of those re-seeders that, without any help from me, return each year, cropping up in various



places. The southern arch appears to be its favorite spot this year. The leaves, offering a hint of licorice, can be infused for a cup of tea. The hyssop's greatest value is in its appeal to bees, which seek out the plentiful purple towers of tiny blooms for a continual feast all season.

Looking past the hyssop to the left are Cheyenne Spirit coneflowers that offer a riot of color. Completing that row is a whiskey barrel filled with purple kale – a healthy addition to my breakfast fare. To the right are black-eyed Susan, zinnias and swaying salvia.

As we navigate beyond the arch, we note a healthy, mature stand of rhubarb under which rabbits are known to make a nest or two. A

couple of sedums – a classic Autumn Joy and Samuel Oliphant, a variegated form – vie for a piece of the sun south of the rhubarb. They crank out a spread of pink broccoli-like blossoms that welcome all pollinators to the table. It's a busy restaurant!

The rainbow Knock Out® roses come into view. The fluffy pink blooms that fade to white are reminiscent of the roomy, floral casual dresses our grandmothers may have worn. The roses offer an abundance of color via their ever-bearing blooms. I consider them to be the most carefree of all my roses.

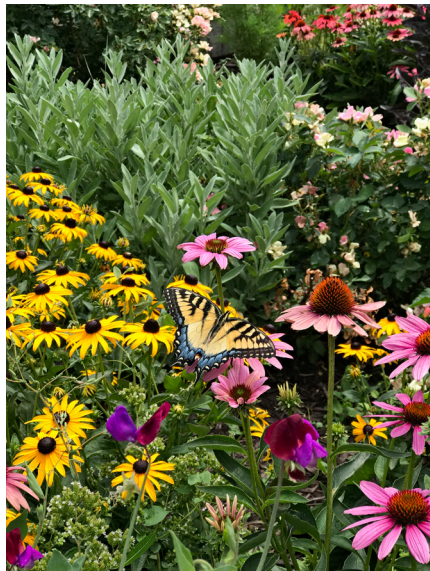
At this juncture in the path, the powerful

“Since the 1600s, these richly colored...blossoms have made their presence known in gardens.”

perfume of the Cupani sweet pea – snaking up a trellis – greets our nostrils. Since the 1600s, these richly colored purple and wine blossoms have made their presence known in gardens. And, as it is the official flower for the month of April – a month that also denotes my husband's birthday – this popular heirloom variety has a special place in the garden.

Scattered at the feet of

that trellis are herbs – thyme, oregano, chives and sage. If we look hard, a few miniature roses make an effort to appear, but they are more easily seen early in the season before the herbs get wide and sassy. This entire section benefits from



the long-lasting, purple pink hue of a tall phlox, a gift from a gardening friend.

A short jaunt takes us to my favorite spot in the garden – a weatherworn wooden bench situated under an apple tree. From this spot, a mass of tall goldenrod commands attention and its brilliant yellow plumes beckon to passing insects. Nearby, a rusty garden gate, secured from an auction long ago, provides a perch for birds, as well as peas, which slither up the wiry frame. Irises and a baby-blue delphinium provide a restful backdrop each spring.

As we sit on the bench and stretch out our legs, our toes will nearly touch salvia spires. The salvia is a favorite among a wide variety of pollinators. I particularly enjoy the visits from fat bumblebees that search out every floret. Butterflies, bees, moths and even hummingbirds will mine the collection of deep purple towers to discover a motherlode of golden pollen.

The area near the bench holds some of my favorite garden treasures – dahlias, roses, lilies and fragrant, frilly dianthus. This also is the spot I reserve for arranging flowers in the bird bath – the birds don't seem to mind. Recently, I added a wide, low bowl of water that sits on a thick slice of tree trunk. On most days, I wander through the garden



snipping flowers for the bowl, creating an ever-changing floating floral collage. This idea was inspired by a visit to Chanticleer Garden near Philadelphia, Pennsylvania, a sponsored trip during the 2018 NGC annual convention. The tour was a highlight and provided a plethora of unique ideas to enhance any garden.

As many gardeners will attest, our gardens bring us great joy. Thank you for joining me in mine! ■

Charlotte A. Swanson

Consultant, Gardening Schools
swannson@daltontel.net



2021 FFGC Florida Design Calendar

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SCHOOLS

The new NGC website has been up since August. Please note the following navigational tips:

- To find information on the Schools pages, please select "SCHOOLS." Select Environmental, Gardening, or Landscape Design. Next is information about becoming a Consultant and the link "Here." This takes you to the "Guide for Students and Consultants." The scheduled courses are in "Find a Course." You will need to re-click to find Scheduled Courses 2, 3 or 4. There is a link to reach the NGC School Chairman. New is the "Schools Resources"

link where you can find the revised Handbook (August 2020); revised Schools Forms (April, July, August and October 2020); Handbook Update (October 2020); Sample Spread Sheets for the State Chairmen; and Directories of State Chairmen. The Schools Forms are also in the "Forms Library." Please use only Forms 2020.

- Check out the Multiple Refreshers page. There is a Multiple Refresher Credit Chart to aid in determining possible refresher credits when registering for a Multiple Refresher.
- The Zoom Guidelines for state/local

flower show

SCHOOLS

Several State Judges' Councils are reporting activities to engage their members. Some hold flower shows with COVID-19 protocols in place, while others participate in virtual workshops and challenge classes, viewing and doing. Thank you for helping our members get through these stressful times.

- Flower Show Schools were held in the National Capital Area and

Maryland; one is planned for Tennessee and a Symposium was sponsored by Wisconsin. Please continue to check the NGC website at gardenclub.org for new or rescheduled courses and symposiums for 2021. You will find that information on the FSS Courses and Symposium pages.

- The Flower Show Schools Committee and the NGC Executive Committee have approved further extensions for Judges and Students effective immediately. The Good Standing dates expiring in 2020 and 2021 for all Accredited, Life and Master Judges are extended to December 31, 2022. No additional exhibiting or judging credits are required. Student Judges approaching the seven-year

school chairmen seeking to conduct virtual courses were approved by the NGC Executive Committee. Following the Multiple Refreshers Forms in the School Resources section is "Zoom Resources." Please find: the Guidelines for using Zoom; a Sample Brochure for Zoom Courses; Instructor Contract Addendum; Registration Form Addendum – Zoom, Zoom Registration Spreadsheet; Zoom Technology & Attendance Spreadsheet; Zoom Training for Hosts Slide Deck/ PowerPoint; Zoom Training for Participants Slide Deck/PowerPoint; and Zoom Course Introduction Slide Deck/PowerPoint.

- Information on Four and Five Star memberships, including application forms and a listing of Four and Five Star members, is under the "Schools Overview" heading.

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time frame limit for completion of requirements to become an Accredited Judge in 2020 and 2021 are granted an extension through December 31, 2022.

- Combination Planting and Collections/Displays will be added to the Horticulture Curriculum in Flower Show School Courses III and IV, respectively, effective July 1, 2021, as previously announced. These topics will replace one of the plant groups being taught during Courses III and IV. Combination Plantings or Collections and Displays will be used in the classes for the Practice Point Scoring session and Written Point Scoring Exam.

The Flower Show Schools pages on the NGC website continue to be refreshed

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Please visit NGC Schools
Course Calendars at
www.gardenclub.org

and new items added. The Flower Show School Resources page is a wealth of information. Please see the list of Handbook Changes by Chapter on this page. The FSS Committee appreciates the help from all members in getting the information correct and available. ■

Jan Warshauer

Chairman, Flower Show Schools
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Continued from page 41...

- Please note: Current and previous issues of The National Gardener, Keeping in Touch and Newscape can now be found under "Member Resources." Newscape will now include articles from the Environmental, Gardening and Landscape Design Schools starting with the February 2021 issue.

One of the joys of attending Zoom courses is listening to the enthusiasm of the participants. If you have attended one of the Zoom courses, consider

posting your comments in a blog. The blog submissions form is in "Member Resources." ■

Judy Newman

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NGC Proposed Bylaw Amendments

Notice is hereby given that the following bylaw amendments, approved by the Executive Committee, will be voted on by mail ballot sent to the Board of Directors due to the cancellation of the 2020 National Convention, as per ARTICLE XII, Section 3 of the NGC Bylaws.

Amend by striking out words in the ~~strikethrough~~ font and inserting or adding underlined words,

ARTICLE XIII - ELECTRONIC MEETINGS

~~The Permanent Home and Endowment Trustees and all NGC Committees are authorized to meet by telephone conference or through other electronic communications media so long as all the members may simultaneously hear each other and participate during the meeting.~~
Meetings of the Board of Directors, the Permanent Home and Endowment Trustees, all Committees and the NGC Membership may be conducted by telephone and /or through use of Internet services designated by the President or the Chairman calling the meeting.

These Internet services shall support anonymous voting and support visible displays identifying those participating, identifying those seeking recognition to speak, showing (or permitting the retrieval of) the text of pending motions, and showing the results of votes. These electronic meetings shall be subject to all rules adopted by the Board, or by the NGC, to govern them, which may include any reasonable limitations on, and requirements for members' participation. Any such rules adopted by the Board shall supersede any conflicting rules in the parliamentary authority but may not otherwise conflict with or alter any rule or decision of the NGC. An anonymous vote conducted through the designated Internet meeting service shall be deemed a ballot vote, fulfilling any requirement in the bylaws or rules that a vote be conducted by ballot.

Rationale: To authorize that meetings of the Board of Directors, the Permanent Home and Endowment Trustees, all Committees and the NGC membership may be conducted by telephone alone, by telephone in conjunction with Internet services, or by internet services alone. (Note: this

does not authorize members who are not physically present at an 'in person' meeting to participate by telephone.)

ARTICLE XII – CONVENTIONS AND MEETINGS

Section 1. CONVENTION

A. The NGC Convention shall be held in May whenever practicable, and no earlier than the last week in April nor later than the first week in June. The time and location or if the Convention is to be held electronically shall be presented for approval to the Board of Directors.

Rationale: To permit an electronic convention to be a planned convention if approved by the Board of Directors.

ARTICLE XXII – AMENDMENTS

Section 3. – National Emergency

If a NGC convention cannot be held in the event of a National Emergency, these Bylaws may be amended by a two-thirds vote by mail ballot or by balloting using an internet service that supports anonymous voting following the procedures outlined in ARTICLE XI, Section 1.

Rationale: In the event of a National emergency, to permit balloting for bylaw amendments to be conducted electronically as well as by mail ballot.

ARTICLE XI – ELECTION OF OFFICERS

Section 1. – ELECTIONS

E. 2. All ballots must be received by the Recording Secretary within 30 days by postal mail or by using an internet service that supports anonymous voting to be counted.

Rationale: In the event of a National emergency, to permit ballots (for elections or bylaw amendments) to be returned electronically rather than only by postal mail.

Article VIII – Officers-Eligibility

F. Officers shall be elected for a term of two years, or until their successors are elected. No elected officer shall serve more than one term in the same office except the Recording Secretary ~~who may serve non-consecutive terms~~ and the Treasurer who may serve no more than five ~~consecutive~~ terms.

Rationale: To allow the Recording Secretary to serve for no more than five terms like the Treasurer.

Article XVI -- Committees

Section 1. –Standing Committees

D. State Presidents ~~shall not~~ may serve in another capacity on the NGC Board of Directors during their term. ~~except and~~ They may serve as Chairmen or Vice-Chairmen of future NGC Conventions or Fall Board Meetings. State Presidents may not serve as Committee Chairmen or Vice-Chairmen.

Rationale: To clarify that State Presidents may serve on an NGC Committee as a member although not as a Chairman or Vice-Chairman, except for future Conventions or Fall Board Meetings. State Presidents have also served on the Board as advisor.

ARTICLES IX—DUTIES OF OFFICERS

Section 1. – PRESIDENT

G. Serve as a member of the Internal Audit Committee and the Performance Evaluation Committee.

Rationale: To include service on the Performance Evaluation Committee as a duty of the President.

Section 2. – FIRST VICE-PRESIDENT

E. Serve as a member of the Finance Committee, a member of the Internal Audit Committee, a member of the Performance Evaluation Committee, and ex officio a member of the Permanent

Home and Endowment Trustees.

Rationale: To include service on the Performance Evaluation Committee as a duty of the First Vice-President.

Section 4. – SECOND VICE-PRESIDENT

B. Serve as a member of the Budget Committee, and a member of the Performance Evaluation Committee.

Rationale: To include service on the Performance Evaluation Committee as a duty of the Second Vice-President.

Section 12. – PERMANENT HOME AND ENDOWMENT TRUSTEES DIRECTOR

D. Serve as a member of the Budget

Committee. and the Performance Evaluation Committee.

Rationale: To include service on the Performance Evaluation Committee as a duty of the Permanent Home and Endowment Trustees Director.

ARTICLE X – NOMINATING COMMITTEE

Section 1. STRUCTURE

The Nominating Committee shall be composed of a Chairman, Vice-Chairmen and two members from each Region. ~~There shall be one Alternate for each member position.~~ The Vice Chairman shall be a member of the Board of Directors and shall attend each meeting



penny pines

SAVING FORESTS \$68 AT A TIME

Since launching a partnership with the United States Forest Service, an agency of the U.S. Department of Agriculture, National Garden Clubs Inc. and member affiliates across the nation have raised funds on local and state levels for Penny Pines, a program dedicated to sustaining national and urban forests.

What began in California in 1941 as a statewide conservation program, Penny Pines has expanded to all 50 U.S. states. The conservation effort entails the planting of replacement seedlings that

are indigenous (not only pine trees), to forested areas damaged by insects, fires or natural catastrophes. The plantations provide soil and watershed protection, soil stabilization, as well as beauty and shade for recreation.

Garden clubs dig in to replant disaster-struck forests

In the June 1, 2019 through May 31, 2020 NGC administration year, members of NGC donated \$71,944 to U.S. state and national forests. This amount translates to 1,058 Penny Pines plantations.

of the Nominating Committee as non-voting member.

B. Members

1. To be eligible to serve as a Member or ~~Alternate Member~~, each member shall have served ~~two years as an officer of a State Garden Club~~, a minimum of two years as a member of the NGC Board of Directors and shall have attended two of the previous five NGC Conventions prior to assuming that position. The Member or ~~Alternate Member~~ must reside within the Region represented.

2. The States from which the Members and ~~Alternate Members~~ are selected shall be determined in rotation, as established

in the NGC Standing Rules and must include each State Garden Club within the geographic areas designated in Article IV.

3. The Member and ~~Alternate Member~~ shall be elected by the Governing Board of the State Garden Club during the even-numbered year prior to service.

Rationale: It is difficult to obtain a member plus an alternate member to serve on the Nominating Committee. Removing alternate member and lessening the requirements to serve may resolve the issue. ■

Donations to Penny Pines during this period came from garden clubs from across the U.S., with garden clubs in Florida leading the way with the most plantation donations.

Penny Pines plantation seedlings vary in composition and size, depending upon the region and type of trees selected. However, plantations may consist of up to 200 seedlings each, which means that more than 200,000 trees were planted by the monetary contributions from garden club members. Under the conservation agreement, members of the USFS plant the trees and the plantations are offered the same protection from fires, insects and disease as provided to other forested areas.


Become a part of the effort to keep our forests beautiful by donating \$68, or multiples

of \$68, to NGC's Penny Pines program. It's a simple, easy way for individuals and clubs to play an active role in the restoration of our forests!

Download the Penny Pines donation form at gardenclub.org/penny-pines ■

Heather White

2019-2021 Chairman, Penny Pines
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 **Photos courtesy of the United States Forest Service, San Bernardino National Forest, California**



NGC 2021 smokey bear and woodsy owl poster contest

This year marks the 50th birthday of Woodsy Owl, America's symbol for environmental conservation. Woodsy Owl helps parents, teachers and natural resource professionals encourage children to actively observe, explore and care for the world around them. The friendly icon challenges children to "Lend a Hand, Care for the Land!," and provides insights into how to take an active role in recycling, reusing and reducing waste; planting and caring for trees; using resources wisely; and not littering.

In honor of Woodsy Owl's golden birthday, students are encouraged to create and enter a poster featuring the icon in the NGC 2021 Smokey Bear and Woodsy Owl Poster Contest. The contest is offered each year by National Garden Clubs Inc. to elementary school students in first through fifth grade. It is the collaboration of NGC and the United States Forest Service, an agency of the U.S. Department of Agriculture – a partnership that spans over 50 years.

The Smokey Bear and Woodsy Owl Poster Contest encourages budding young artists to create a colorful poster that showcases their talents, as well as an understanding of critical messages from the icons of the U.S. Forest Service – Smokey Bear, which encourages personal responsibility for fire prevention, and/or Woodsy Owl, which

promotes exploration and stewardship of the natural world.

In 2019, the U.S. Forest Service marked the 75th birthday of Smokey Bear; Woodsy Owl has been the organization's antipollution and environmental steward since 1971.

The winner of the NGC 2021 Smokey Bear and Woodsy Owl Poster contest will be honored with a recognition ceremony in Washington D.C. at a date to be determined.

For more information, including contest forms, guidelines and submission deadlines, visit gardenclub.org/smokey-bear-woodsy-owl-poster-contest ■

Patricia Smith

*Chairman, Smokey Bear and Woodsy Owl Poster Contest
Psmith75@bellsouth.net*





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FROM THE NGC Member Services DEPARTMENT



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