

November 2024 Newsletter

Happy November ...

Here come the holidays!

First on the docket is Thanksgiving! Today, folks celebrate Thanksgiving for a multitude of reasons. For some, it remains a way to express gratitude for the harvest, for family, or to a higher power; for others, it's a holiday built upon simply being united as a family and sharing a special meal.

A bountiful feast featuring turkey has become the traditional Thanksgiving fare, with over 90% of Americans eating the bird on this holiday. But did you know that turkey was a one time a rare treat? During the 1830's an 8 - 10 pound bird cost a days wages!

Even though turkeys are much more affordable today, they remain a celebratory symbol of bounty. In fact, astronauts Neil Armstrong and Edwin Aldrin ate roast turkey in foil packets for their first meal on the Moon.

The turkey may or may not been offered when the Pilgrims hosted the inaugural feast in 1621.

Other common Thanksgiving traditions in the United States include volunteering for those less fortunate by donating food or time to homeless shelters or those in need. Sometimes, communities hold "turkey trot" runs or parades.

NOVEMBER MEETING:

Date: November 13, 2024

Time: 9:30 AM - Set-up

10:00 AM - Business Meeting

10:30 AM - 11:00AM - Social time and snacks

11:00 AM - Program - See below

12:30 PM - Clean-up

Location: Our Savior Lutheran Church
745 Front Street South
Issaquah, WA

Program: Linda White (President of ELWD) will do a Fall Workshop. Linda will bring the flowers and containers. WE ALL NEED TO REMEMBER TO BRING CLIPPERS AND GREENS FROM OUR YARD!

Horticultural Corner: Debbie D. about Christmas Cactus

When it's your turn to do the "Horticultural Corner" presentation here are a few ideas to discuss:

- ** Latin name of the plant
- ** How to grow it
- ** Shade or sun
- ** Short history of the plant
- ** Where did it originate
- ** How best to use it in your garden
- ** Use in flower arranging (if any)
- ** Bring a sample if you have it

HOT AGENDA TOPIC:

With the garden club's membership to Bellevue Botanical Garden we get four (4) Garden d'Lites tickets. We will be raffling them off so bring your wallets!! Raffle tickets will be \$1.00 for one ticket or \$5.00 for six tickets ...

Snack Committee:

NOVEMBER 13 MEETING

Hostess: Debbie D.

Crew: Gloria W.

Marie W.

Joy J.

Joan F.

DECEMBER 11 MEETING

Hostess: Sandra R.

Crew: Potluck in December and everyone brings something and helps set-up and clean-up!

Last Name A - L - bring a SAVORY TREAT

Last Name M - Z - bring a SWEET TREAT

Attention coffee and tea drinkers - remember to bring your own cup - it saves on club provided supplies as well as recycling and/or garbage (THANKS)

OCTOBER MEETING SUMMARY:

NEW BUSINESS -

ISSAQUAH FOOD BANK DONATIONS (GEORGANN):

** The Food Bank now has a list on their website of items that are needed and they only accept donations on designated days

** Georgann volunteers at the food bank and is willing to collect and take our donations

** Some suggested items are:

Canned tuna
Canned chicken
Pasta sauce
Hamburger Helper
Rice

Horticultural Corner:

Gloria W. Presented about Crocosima

- ** Native to the grasslands of Africa
- ** There are 400 cultivars
- ** Plant in the sun to part shade in the spring after the last frost
- ** Full sun yields more flowers
- ** Makes a good cut flower for the home but not for flower shows
- ** Blooms August through September
- ** Plants are hardy and easy to maintain - cut back in the fall and divide every 3-5 years
- ** Are known to be rabbit and deer resistant

Program:

Lexie did a wonderful hands on workshop for making Waxed Amaryllis Bulbs. She sent out as well as talked through directions for the project and set-up a station where everyone would prepare their bulb and dip it in wax. Lexie also provided items to be used for decorations of both the waxed bulbs and gift bags. Everyone left with a bulb ready to grow and enjoy during the holidays.

TROUGH AT ISSAQUAH POST OFFICE:

On Sunday, October 20th four of our garden club members (Georgann, Sandra, Lexie and Lois) met at the Issaquah Post Office and cleaned up the large metal trough near the entrance. Old plants were removed (and some rehoused), 4 bags of potting soil were added as well as new plants (some purchased thanks to Georgann and others from our yards). It looks great!! Thanks to all that helped ...

And on this topic, at the meeting we will be passing around a monthly sign-up sheet for volunteers to help water and keep the trough tidy.

SAVE THE DATES:

November 2024 - Joan H. will provide the date when we will go the nursing home next door to the church and do floral arrangements for the tables in the dining room. Gale will be buying the flowers. Everyone attending is reminded to bring your clippers as well as greens from your yard.

November 11, 2024 - Dianne T. announces that there will be an activity at the Blue Star Marker in Issaquah in commemoration of Veteran's Day.

February 24, 2025 - General Membership Meeting

May 18, 2025 - General Membership Meeting

EDUCATIONAL CORNER:

7 Gardening Tasks You Should Do Now to Prep Your Garden Before the First Frost

Many gardeners often have a specific clean-up routine they follow or a list of tasks to complete before winter. Putting in the time and effort in autumn means less work in spring, and also helps protect your plants from winter weather damage.

Consider the needs of your garden before embarking on late season clean up, to make sure you prioritize important tasks. We consulted with an expert who gave us some tips on winter prep in the garden. David McCary of Seattle Sustainable Landscapes says the first thing to do is figure out the specific needs of your plants, climate, and garden.

Read on to find out which gardening tasks you need to complete before the first winter frost.

Meet the Expert

[David McCary](#) is a garden and landscaping expert and owner of Seattle Sustainable Landscapes.

Divide Perennials

Autumn is the best time to divide spring and summer-blooming perennials. Waiting until spring to divide them increases the possibility that the young growth might be damaged when you divide them, which can affect the plant's appearance the entire season.

This is especially true of leafy plants like [hostas, which need special care in the fall](#). If you have the time, divide your perennials in autumn so they will form new growth after the dormancy of winter and have a fresh start in spring.

Consider Mulch

Some gardeners choose to mulch at the end of the season, while some prefer to mulch only in spring.

"Mulching is a wonderful way to add nutrients to the soil and add a protective barrier that helps mitigate harsh temperature changes. It is like insulation for your plant's roots," McCary says.

Natural, undyed mulches are best as they break down and add nutrients; some mulch mixtures contain compost. Although you can add mulch over fallen leaves, don't add too much material so the plants get suffocated at the base, McCary explains. A light layer of mulch offers sufficient winter protection for most plants and shrubs. Recently planted shrubs or trees might benefit from an extra inch or two of mulch.

Check Irrigation Systems

If you use an [irrigation system for your lawn or garden](#), you'll want to take special care to prepare it before cold temperatures arrive. McCary says it's important to winterize your irrigation system to ensure no damage occurs during the winter months. This can include exposure of parts to winter weather or salt damage, undrained water freezing that may damage hoses, and other potential hazards.

Care for Mature Trees

Though deciduous trees enter a state of dormancy in winter, making sure they're in healthy condition ensures they will be in good shape come spring. If there are exposed roots, add some soil and a light layer of mulch to protect them. Prune off any damaged or diseased branches.

If you've had a particularly dry summer, [water your mature trees regularly in autumn](#), as this will help protect them from damage caused when dry soil freezes around the roots.

Consider Wildlife

Before cutting back all of your plants or shrubs, McCary says to consider the wildlife. Many gardeners often prefer to do a thorough deadheading of perennials. However, many seed-bearing annual and perennial flowers provide important autumn and winter food for birds.

Consider leaving some flowers intact for the birds, including coneflowers, sunflowers, rosehips, tall phlox, asters, marigolds, black-eyed Susans, Joe Pye weed, cosmos, globe thistles, and sedums.

Clean Tools

Give your [garden tools](#) a good end-of-season conditioning. At the very minimum, clean them of dirt and debris, and oil any metal blades to prevent rust damage. You can wait until spring to do any sharpening. Store your tools away from extreme temperatures and moisture if possible.

Leave Plants Intact for Winter Interest

Waiting until spring to deadhead or shear some of your perennials not only provides some seeds for birds but can add some sculptural winter interest to your winter garden landscape. Sturdy plants like globe thistle, tall phlox, larger upright sedums, and asters provide a bit of visual texture and beauty to the garden during the snowy, icy days of winter.

Be sure to deadhead or clean the plants up early in spring to make way for the new spring growth.