

# *Trent Woods Garden Club*

October 2019

Greetings, All.

Hope you all were inspired by Maureen's program at our September meeting. How many different garden plots will you plan this fall? Sorry about the failed AV equipment. Let's hope we can get the problem corrected for our next Power Point program.

Fortunately in October our own Master Judge, Ann Simpson, will put on a floral design demonstration. What a treat! We have a busy October from the general meeting to preparation of 120 Meals on Wheels bouquets (that's a bouquet in a yogurt cup) with Carol Letellier in charge; to meeting our newest Garden BEES on October 1; a Fun and Fund trip to Alluring Allusions on Oct. 24 organized by Ann Court; and onward to Ghost Walk, with chair Jane Ferree. Bank of the Arts is always the second Friday of the month. Seasonal Design is raffled at each meeting. A delicious lunch is available after the meeting. For reservations, call Judy Boyd.

Please peruse the yearbook and learn the details of all of these events. We also have an exciting new opportunity during Mum Fest, Oct 11-12. In order to bring the mums back to this annual festival, there is a competition for the best mum plants and one design category so check it out on Facebook.

So! Another busy month for Trent Woods Garden Club. We loved to meet all the guests you invited to our September meeting and hope more guests will attend this month.!

Fondly, Paula

Trent Woods Garden Club 2019-2020 Executive Board

President Paula Hartman

First Vice President	Ann G. Hall
Recording Secretary	Marcia Sproul
Treasurer	Mary Florence

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# VOLUNTEER!

Even if you volunteered years ago-Please join us again

Please contact the committee chair and sign up for a couple of activities listed below

**Bank of the Arts**

Mary Ann Hudak

**Bishop House**

June Boyd

**Floral Design**

Ann Simpson

**Tree Décor at CEMC**

Gail McLamb

**TW Christmas Parade**

We need a leader!

**Ghost Walk**

Jane Ferree

**Awards**

Frances Eder

**Blue Star Memorial**

Marcia Sproul

**Youth Gardeners**

Paula Hartman

**Garden Therapy**

Kathy Perretta

**Seasonal Design**

Gail Pethia

**Trent Woods Parks**

Sue Wyatt

**Meals on Wheels**

Carol Letellier

**Environmental Concerns/Conservation**

Maureen Loomer

# Saving the Monarch Butterfly - What gardeners can do to help

By Judi Lloyd

A monarch butterfly is an insect with a body the size and weight of a paper clip and can migrate 1,500 miles or more. Not once, but twice in its lifetime. First in autumn, when it flies to a specific overwintering site in Mexico — a trip it has never taken before. And, again in spring, when it returns north to reproduce. Just incredible.

These miraculous creatures are in trouble. Though monarch populations have been declining during the past decade, they've seen sharp declines in the last few years. Scientists now believe this is a long-term trend, rather than a short-term phenomenon caused by specific weather events, such as drought or hurricanes.

Like other gardeners nationwide, I mourned the absence of monarchs last fall. Not a single one on my aster plants, which are normally swarming with them. What can gardeners do to help?

## Create a Welcoming Habitat

Though you can't single-handedly bring back the monarchs, you can make your landscape friendly to monarchs throughout their lifecycle by creating an inviting place to lay eggs, sip nectar, or find shelter on a chilly evening.

Grow caterpillar plants. Monarch caterpillars are fussy eaters. Adults lay eggs only on milkweed (asclepias species), because that's the only plant the caterpillars will eat. No milkweed, no monarchs. Although there are over 100 species of milkweed, some of the most widely adapted and readily available include common milkweed (*Asclepias syriaca*, a favorite of monarchs), swamp milkweed (*A. incarnata*, which thrives in moist soil) and butterfly milkweed (*A. tuberosa*, which prefers well-drained soil). Seeds are available from American Meadows and Prairie Nursery.

Grow nectar plants. Adult monarchs must get all their energy by sipping nectar. Plants in the sunflower family, which includes asters, black-eyed Susans, calendula, coreopsis, purple coneflowers and zinnias, are particularly nectar-rich. Look for "single" varieties whose flowers consist of a ring of petals surrounding a central disk, rather than "double" varieties, whose blooms are filled with petals and lack a central disk. Singles tend to have more nectar.

Complete the habitat. Butterflies need a landing pad to drink and they love mud puddles. Create a few shallow divots in bare soil and keep them moist, so butterflies can sip water and get much-needed minerals from the soil. Plant trees and shrubs where butterflies can roost at night. Butterflies can't fly when they're cold, so place large, flat rocks in locations that receive morning sun to give them a place to warm up.

## Use Pesticides with Care

The pristine lawns and landscapes that many have come to associate with a well-tended home have come at a cost: A surprising amount of pesticides are used to maintain them. We need to reconsider our definition of a well-maintained yard and allow a few (nectar-rich) dandelions and other "imperfections." Here are some ways you can minimize the use of pesticides.

Identify pests before treating. Just because you see an insect near a chewed leaf, don't assume it's the culprit. Always identify what is causing the damage before spraying any pesticides — even organic ones. Remember that about 95 percent of the insects you see in your garden are either helpful or harmless!

Choose least-toxic pest controls. Whenever possible, use barriers, such as row covers, to exclude pests or traps that target specific pests. Instead of spraying, hand-pick pests, such as tomato hornworms or small populations of Japanese beetles.

Encourage natural controls. Birds and beneficial insects can go a long way toward maintaining balance in your landscape. Create a welcoming habitat with feeders and shelters.

Tolerate some damage. Keep in mind that caterpillars are butterfly and moth larvae. Overlook some feeding damage on plants as part of the process in creating a welcoming butterfly habitat.

This information came from Suzanne DeJohn, Gardener's Supply Company ([www.gardeners.com](http://www.gardeners.com))

Judi Lloyd lives in River Bend and can be contacted at [judilloyd@yahoo.com](mailto:judilloyd@yahoo.com)





**TRENT WOODS GARDEN CLUB  
CALENDAR OF EVENTS  
2019-2020**

**CLEAN SWEEP**

Lawson Creek Park, New Bern  
First Saturday of October, February,  
May, and August

**TWGC FIELD TRIPS**

**Lynn Faulks– October 24**

Locations, dates and times will be scheduled throughout the Garden Club year.

**GHOSTWALK**

Historic Downtown New Bern,  
October 25-26, 2019

**ARBOR DAY**

Cottle Park, Trent Woods, November 14, 2019

**TRENT WOODS CHRISTMAS PARADE**

Trent Woods, December 8, 2019

**CHRISTMAS TREE DECORATING**

CarolinaEast Medical Center, TBA

**BISHOP HOUSE CHRISTMAS**

611 Middle Street, New Bern, TBA

**TWGC ANNUAL HERB SALE**

New Bern Farmer's Market  
April 2020



**Floral Designers Wanted!!!**

We are looking for 6 Volunteers to present a floral design for at the January 2020 meeting. The design, container and materials used are your choice. Each designer will be given time to describe the flowers used and helpful hints on assembling a floral design. The designs will be January's Seasonal Design and auctioned off following the presentations.

Please contact D'Stone, at [dstoned6@gmail.com](mailto:dstoned6@gmail.com) or 252-633-2640 to sign up.

This meeting will be an educational, fun experience for both the designers and for our members.

# Chocolate Pecan Pie Bars

My brother in law does not like pecan pie...but he LOVES these delicious bars. Easy to make and you can bake them few days ahead and just keep them well wrapped and refrigerated. I (usually) use half semi-sweet and half dark chocolate chips. Adapted from [chocolatechocolateandmore.com](http://chocolatechocolateandmore.com)

## Ingredients

### for the crust

- 2 cups all purpose flour
- 1/4 cup brown sugar
- 1/2 cup cold butter, cubed

### for the filling

- 2 eggs
- 1/2 cup sugar
- 1/2 cup light corn syrup
- 1 teaspoon flour
- 1/4 teaspoon salt
- 1 1/2 teaspoon vanilla extract
- 2 tablespoons butter, melted
- 1 full cup pecan halves or pieces
- 1 1/2 cups semi sweet chocolate chips

## Instructions

Using a pastry blender, combine flour, brown sugar and cubed better until it resembles a cornmeal (this can also be done in a food processor.)

Press crust mixture into an ungreased 9x13 pan. Bake in a preheated 350 degree oven for 10 minutes.

While crust is baking, beat together eggs, corn syrup, sugar, flour, salt, vanilla and melted butter. Stir in pecans.

Remove crust from oven and spread chocolate chips evenly over warm crust. Spread filling over chocolate chips.

Cover with foil and return to oven. Bake for 15 minutes, remove foil and bake for an additional 30 minutes. Remove from oven and let cool before serving.



## Garden Therapy

Tuesday, Sept.17, 2019-10am

Bayview Nursing Home and Rehab Center

Sue Wyatt was hostess with garden members: Gail McLamb, Mary Ann Hudak, Mary Florence, Marcia Sproul, Kathy Peretta and Sylvia Cotton; worked with 18 residents to support them in making beautiful flower arrangements to take to their room. Refreshments were served with a special guitar music sing along by Michael Williams and Bill Wyatt. Laughter and much appreciation were conveyed to the TWGC members from the residents of Bayview. Please join us anytime to work with residents of different senior facilities.

### Garden Therapy – Schedule 2019/2020

Kathy Perretta – krperretta@aol.com

516-652-6899

**Monday Oct. 14, 2019 10am**

Trinity United Methodist Church, 2311 Elizabeth Avenue

Nosegays for Meals on Wheels – Carol Letellier

**Monday Nov. 18, 2019 10am**

Croatan Village, 4522 Old Cherry Point Road

Sylvia Cotton

**Monday, December 16, 2019 10am**

Brookdale, 1336 S. Glenburnie Road

Gail McLamb

**Monday, January 13, 2020 10am**

Good Shepherd, 603 West Street

Bird Feeders - Laura Knox / Paula Hartman

**Monday, February 17, 2020 10am**

Homeplace, 1309 McCarthy Blvd.

Marcia Sproul

**Monday, March 16, 2020 10am**

Monarch, 1320 Health Drive

Pinecone birdfeeders – Linda Nails

**Monday, April 20, 2020 10am**

River Point Crest , 2600 Old Cherry Point Road

Plant Vegetable Garden - Jack Durham

## Horticulture Corner-October

By Maureen Loomer

*Gardening requires lots of water... most of it in the form of perspiration.*

*--Louise Erickson*

*Southern Living's* Grumpy Gardener calls September "Saugust" because even though meteorological fall began September 1 (astronomical fall September 21), most of the south is still enjoying (?) summer swelter. Is anyone NOT ready for cooler weather? The Trent Woods growing season can last until early November, so we can look for color from late-blooming perennials as well as annuals.

Although I prefer to purchase plants from local independent nurseries, they rarely carry the old-fashioned, rare, or unique native perennials I love. As of this writing (Sept 26), mums are plentiful at Pinecone, New Bern, and Lowe's Garden Centers. Mums can be either annuals or perennials, depending on the cultivar. I have "garden mums" that have lived in patio containers for up to three years. I saw violas and pansies at Lowe's. I never buy them this early; it's just too warm to keep them from getting scrawny (if I can keep them alive!). I usually put some in my street-side containers in December or January. Lowe's has gorgeous New England asters, and I was tempted by the cornflower blue color. I passed them by for some beautiful Autumn ferns and "color wheel" Stoke's asters I found at Pinecone to add to my woodland garden.

October is the perfect time to put in perennial plants IF your choices are hardy enough to tolerate the coming winter. This month, I will transplant the Sweet Shrub (aka Carolina Allspice, *Calycanthus floridus*) that I purchased from Niche Gardens in Chapel Hill. It has grown from 4 inches to about 30 inches, so I am confident it is ready to go from the pot I started it in to ground in the same southwest corner.

I found an article reminding us that fall is a good time to plan for monarchs and ALL of next year's pollinators by planting now <https://monarchbutterflygarden.net/fall-planting-plants-monarch-butterflies/>. The author mentions my favorite genus, allium. I have already ordered more allium bulbs for both the shed garden and the patio garden from Raleigh grower, Plant Delights Nursery. I also ordered more Sea Hollies for the "cutting" garden, and golden rods for the woodland garden from Bluestone Perennials in Ohio.

I am cleaning up dead stems and leaves as the flowering season ends, including cutting off the bare milkweed stems. My presentation "Welcome to My Garden" included references to my milkweed garden. Starting ten years ago with only *Asclepias tuberosa*, my garden now also includes *A. syriaca*, *A. verticulata*, *A. incarnata*, and *A. curassavica*. I find *tuberosa* (commonly called "butterfly weed") to be the most drought- and sun-tolerant species, but I grow **all** my milkweeds in containers so I can control their hydration.

Some years my milkweeds put all their energy into making more leaves and few flowers. Not a problem because while monarchs and some other butterfly species **MUST** lay their eggs on milkweed (the larvae cannot eat anything but milkweed leaves), the adult butterflies can nectar from almost any flower. They do prefer to nectar on flowers with umbrels (milkweed, yarrow, lantana, etc.). You will see in my presentation photos that my milkweed garden is right behind my walled herb garden and shed herb garden, which contain thymes, coneflowers, bee balm, lavender, mints, and alliums. Leaves for larvae AND nectar for adults.

My over-crowded blue flag irises are still very green, so even though they look a bit ragged, I will wait a few weeks to cut down and divide them. I'll replace half of them with crocus and hyacinth bulbs, and move the extras to the new "wet wilderness garden".

Email me with suggestions for this column or if you can present at a meeting!

Until next month....

# Bank of the Arts

## September 13, 2019

Theme:

Safe from the Storm-Memories of  
Florence

Arrangement:

Weathered driftwood with Bird of  
Paradise and Papyrus to convey  
hope and resiliency after the  
storm.

Designers:

Ann Simpson and Mary Florence



New TWGC Member

Let's all  
welcome  
Michele Rose  
to TWGC!





## Bird of the Month

### Blue Jay

Everyone on the east coast of the US has seen or heard a Blue Jay. This writer has always enjoyed watching these smart birds teaching their young to use and enjoy various types of feeders. Normally a ground feeder, they will use tube feeders, especially if their favorite nuts are in there!

Blue Jays are omnivores dining on insects, nuts, seeds, grains, occasionally eggs and dead vertebrate animals. The Blue Jays favorite tree is the Oak tree, they love acorns! They will cache food to eat later. Their caches can number 3-5000 acorns in one fall.

The male and female will build a cup shaped nest of twigs and grass, lined with rootlets. The nest can be found 10 to 20 feet off the ground in the crotch or thick branch of a deciduous or coniferous tree. Male and female share nest building, but the male does the majority of material gathering and the female does most of the nest construction. The female broods the 2-7 eggs and is fed by the male. Blue Jays mate and migrate for life.

Blue Jays have a very complex social system. You will often see extended family and flock mates assisting in raising young. More so they have a complex call and body posture language. For example, the Jay's jeering call is always accompanied with a fully raised crest. Blue jays are also excellent mimics sometimes clearing a feeder of other birds by imitating a red shouldered hawk.

A lovely bird with bright blue above with black markings and white or grey below this large songbird has a broad rounded tail. It is slightly larger than a robin. With their crest either at attention or relaxed, and a strong black bill the Blue Jay is a great bird to watch in any backyard.

# Horticulture

Common Name: Sea Holly, Family: Apiaceae, Genus: Eryngium, Species: Aquaticum. This perennial herb has various strains and is deer and rabbit resistant. Pollinator attractant may be a host for Black Swallowtails. Possible culinary and medicinal applications as an anti-inflammatory. Prefers full sun, well drained soil and is a tap root plant.

Presented by Maureen Loomer



September 2019

Seasonal Design

Sunflowers, asters and greens remind us of those hazy lazy days of summer.

Designer:

Gail Pethia

