



Trent Woods Garden Club

September 2021

Welcome Back TWGC Members!

After a long hot summer, I am looking forward to seeing you all at our first meeting of the 2021-2022 year on September 9th. Our own Ann Simpson will be leading us in a hands-on flower arranging program. So don't forget your vase, soaked oasis, clippers, flowers and greens. Be prepared to take your creation home with you!

I want to thank Judy Lott for all her hard work in producing the TWGC 2021-2022 handbook. It came out great! You will be able to find out who's who in TWGC and I hope you will all volunteer your time for at least one of our projects.

Speaking of projects, TWGC is hosting the District 11 Fall Meeting in October. Please contact Paula Hartman, Frances Eder or Deb Tallman if you would like to help. A fun charity fund raiser will be a White Elephant Silent Auction at the Fall Meeting. Please contact Deb Tallman if you have something nice to donate.

Glad you are all back,

Gail xoxo

Member of National Garden Clubs, Inc.

And

Garden Clubs of North Carolina, Inc.

TWGC Executive Board 2021-2022

Gail McLamb,

President

1st Vice President, Rhona Beadle

2nd Vice President, Raye Lynn Longhini

Recording Secretary, Deb Tallman

Treasurer, Mary Florence

Corresponding Secretary, Ann G. Hall

Historian, Marcia Sproul

TWGC General Meeting

September 9, 2021

At New Bern Golf and Country Club

10:00 AM Social time

10:30 AM Meeting begins

Luncheon will be served, the choices are:

Grilled Chicken Salad – Mixed greens topped with grilled chicken, cucumber, bacon bits, onions and tomatoes

or

Beef Tips over Rice – With chef's choice of vegetable

Please contact Judy Boyd to make a reservation by

Tuesday Sept 7th and indicate your choice at

judysboyd@embarqmail.com

Cost \$18. due before start of meeting.



Beautification Committee

Photo's of our beautification projects from the summer.

Thank You to Maureen Loomer, Sue Wyatt and Jack Durham for watering all spring and summer! The flowers in Cottle Park were planted by the Girl Scouts and maintained by TWGC.



Garden Therapy Schedule 2021-2022

Contact Chairs: Kathy Perretta – krperretta@aol.com 252-633-3665 or
Arline North– arlinednorth@gmail.com 774-212-7991 to volunteer

September 12, 2021 10am

Bayview, 3003 Kensington Road

Oct. 18, 2021 10am

Meals on Wheels

Trinity United Methodist Church, 2311 Elizabeth Avenue

Nov. 15, 2021 10am

Croatan Village, 4522 Old Cherry Point Road

December 13, 2021 10am

Brookdale, 1336 S. Glenburnie Road

Monday, January 17, 2022 10am

Good Shepherd, 603 West Street

February 14, 2022 10am

Homeplace, 1309 McCarthy Blvd.

March 14, 2022 10am

Monarch, 1320 Health Drive

April 18, 2022 10am

River Point Crest , 2600 Old Cherry Point Road

Is there such a thing as beneficial insects?

By Judi Lloyd

When you ask a vegetable gardener about insects in their garden, the typical reaction is to cringe and tell you their tried-and-true way of getting rid of them! Most people think of insects as foes, rather than friends. But did you know that there are many insects that can actually help us keep the “bad” insects at bay? These helpful critters are called “beneficial” insects. They can help reduce the populations of problem pests in the garden. But in order to do so, we must provide them with habitat to do so. Beneficial insects include parasitic wasps, ground beetles, lady beetles, lacewings, and others.

Parasitic wasps control pests by laying eggs on or in the bodies of pests, and as the eggs hatch they feed on the pest, slowly killing it. One example of this is the Braconid wasp that lays its eggs in a tomato hornworm. Once the larvae hatch inside the hornworm, the spin white cocoons attached to the hornworm and will emerge as adults several days later. Parasitic wasps also lay eggs in aphids. Ground beetles will feed on slugs, and they also will eat weed seeds.

There are many plants that host or attract beneficials but several plant families are particularly attractive to beneficials. One of those plant families is the carrot family, Apiaceae. Plants in this family that are particularly attractive are dill, fennel, cilantro, Bishop’s flower, and Queen Anne’s Lace. These plants tend to attract parasitic wasps and flies. It is important to let them flower if you want to attract the beneficial insects, and fortunately their flowers are very attractive! Interplant these among your vegetables to keep beneficials on duty. Plants in the daisy or aster family (Asteraceae) and the verbena family (Verbenaceae) are attractive to both beneficial insects and to the human eye! These plant families have many of our popular flowers.

Good flowers for beneficials in the aster family include sunflowers, marigolds, yarrow, calendula, coneflower, and coreopsis. Asters are especially attractive to beetles and lady beetles. Plants in the verbena family attract a variety of beneficials. Good plants in this family include lantana, hybrid verbena, and lilac vervain. Certain plants in the legume family (Fabaceae), such as sweet clover, hairy vetch, and fava bean, are grown as cover crops to protect soil and add nutrients to the soil when another crop is not growing. They are also attractive to a number of beneficial insects. For the best habitat, intersperse a mix of attractant plants in your vegetable garden, or consider dedicating a bed to be for a “beneficial insect mix”. Besides planting flowers, a diverse landscape including well-managed lawn, trees, shrubs, and perennials that provide flowers throughout the season can help sustain beneficial insects. Undisturbed areas such as a perennial landscape or forest edge provide a place for overwintering. Mulch in the vegetable garden provides habitat for ground beetles. Beneficial insects also need water. An easy way to provide it is in a shallow pot saucer with pebbles in it for the insect to land on. While having a healthy population of beneficial insects will reduce your need to apply pesticides, there is still a possibility that you will need to apply a pesticide to control insects or slugs during the season. Be aware that pesticides can harm beneficial insects in addition to pests. Before spraying, make sure the insects you see are pests and not beneficials. To reduce the effect on beneficials, apply pesticides only when needed. Choose pesticides with little residual activity, such as insecticidal soap or horticultural oil. Apply pesticides in the evening and avoid contact with flowers that attract beneficials will also reduce the exposure beneficial insects have with the pesticide.



Bird of the Month
Tufted Titmouse
by Michael Creedon



It's been a quiet summer here in Eastern N.C., at least as finding unusual backyard visitors goes. So we have been enjoying our regular backyard denizens.

One of the most regular visitors is the Tufted Titmouse. Any-

one with a backyard feeder has watched this active and agile flyer come take a seed or a nut, fly to a nearby branch and hammer it



while it is held in

place with its feet. The large black eyes, small round bill and brushy crest give these birds a quiet but eager expression



The name derives from the Old English, Tit and Mase, basically meaning small bird. The word Mase eventually became obsolete, and it morphed into mouse, as the quick moving bird reminded them a small rodent.

Found only in North America, they are sedentary, ie, non migratory. They mate for life, and remain in their territory throughout the year. A very vocal bird, calling to keep in touch, warn of predators and to defend its territory. In addition to your feeders, they will forage for insects, spiders, seeds, fruits and suet.



They nest in cavities created by woodpeckers, natural cavities, knotholes and the like. The nest is built of twigs and grasses, lined with feathers and hair. The hair is sometimes plucked right off its owner, be it a raccoon, squirrel, rabbit, dog, or even a human. The young often spend



their first winter with their parents, sometimes remaining next year to help with the next brood.

In the off season, they will forage with mixed flocks, such as chickadees, nuthatches, kinglets and the like. With their inquisitive noisy nature, they often act as the “Sentry”, alerting other species of danger. In fall and winter they will hoard their food, storing it in sites not more than 150’ from the source.



For a small bird, they are quite long lived, the oldest at least 13 years old.



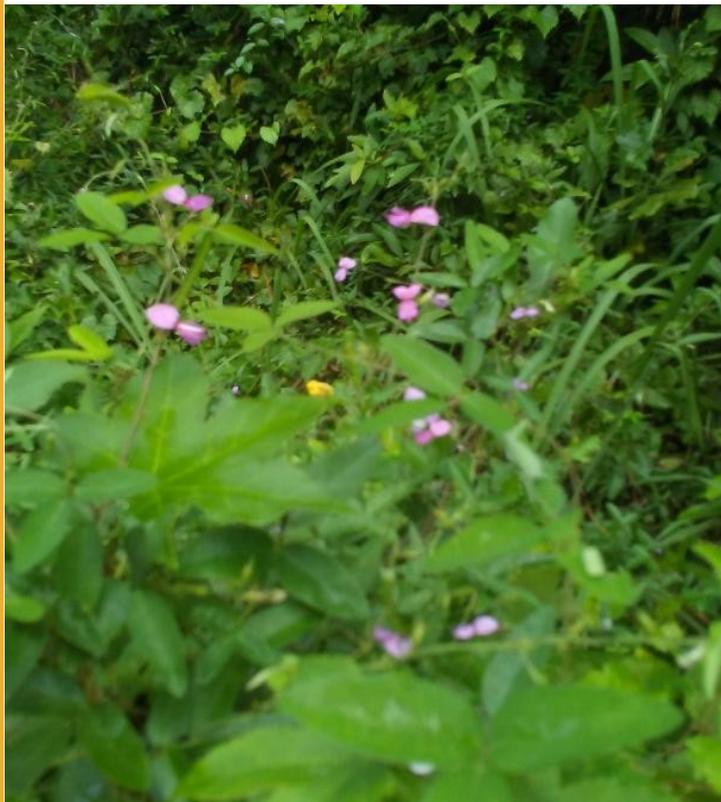
The Black-crested Titmouse was originally considered a sub-species; and are found only in central and southern Texas.



Horticulture Corner-September

By Maureen Loomer

If any of you have ever lived down south of the Mason-Dixon line, you know that late September still means summer heat. - Scott Porter, actor

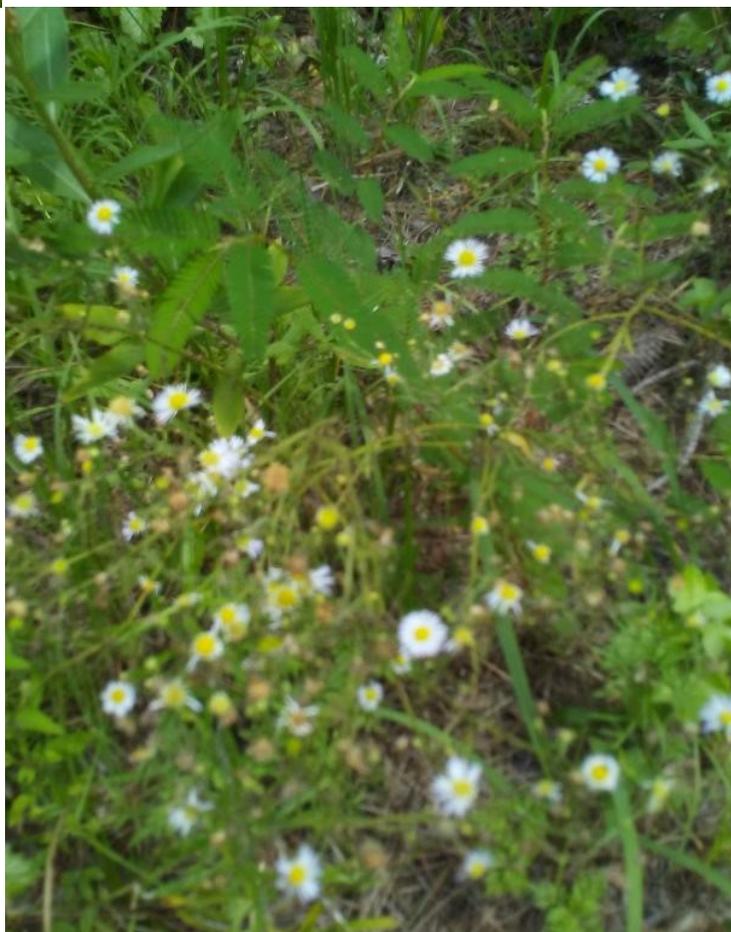


Garden chores (later!): By August's end I have made peace with a gentile shabbiness in my garden. The beds and shrubs are a little less groomed, the lawn just a bit over-grown, and the porches a little bit cluttered. I'm resting up for the chores to come-dividing irises, pruning back Spirea and lantana, harvesting the last of the peppers, basil, and other herbs. Well, that's my story and I'm sticking to it!

To lawn or not to lawn: Last week's *Wall Street Journal* (https://www.wsj.com/articles/so-long-traditional-lawn-the-new-turf-trends-from-wildflowers-to-fescue-11630087268?mod=life_work_featured_strip_pos1) ran a piece on alternatives to traditional lawn turfs, a subject I have discussed before. Replacing lawn

with woodland, meadow, or wildflowers has some ecological advantages (water and wild-life), but may present some challenges as well (neighborhood cohesion, pest species). You might find this article of interest <https://www.lawnstarter.com/blog/north-carolina/raleigh-nc/5-hot-landscaping-trends-raleigh/>

They ate Little Joe, and other creatures' comforts: Happily, my autumn sedums are returning even after Bambi and Friends ate them down to the ground. Guara and echinacea are growing back, too. Once again, my efforts to grow Joe Pye Weed have been thwarted as those plants were pulled completely out of the ground and chewed up. I shed a tear for them when I see piles of deer "scat" on my runs. This has also been a banner year for the dragonflies and skinks that inhabit the swamp behind my property. Thanks to them, the mosquitos have not been too bad.



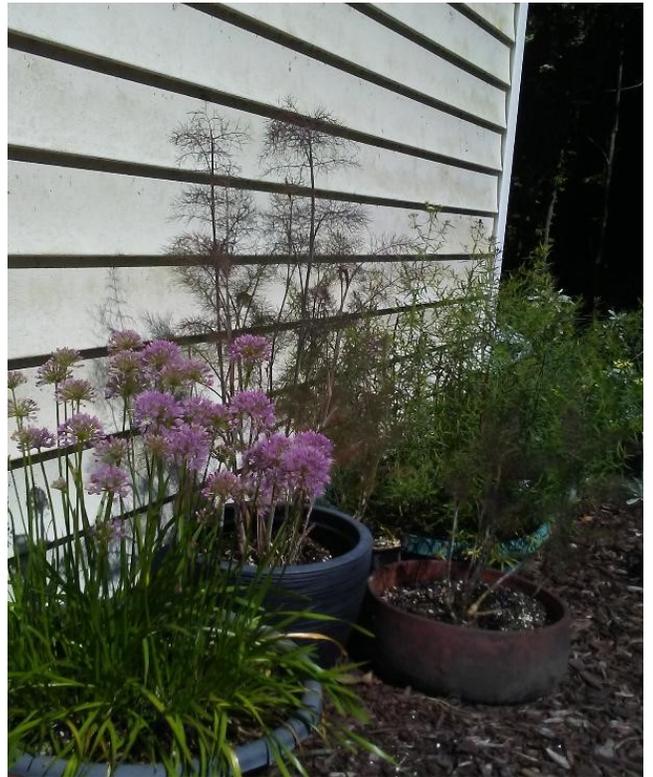
Horticulture Corner-September (continued)

By Maureen Loomer

Every bit of bronze fennel and some of the rue has been consumed by black swallowtail larvae. I expect it will grow back to nourish another brood before frost. Meanwhile the monarch larvae are feasting on the Asclepias, with a strong preference for the *curassavica* species this year. I grow *tuberosa*, *syriaca*, and *incarnata*, too.

A request from your Horticulture Chairman: In the past several years, I have found talking one-to-one with members more effective in learning about their interests than asking for group participation. With this in mind, I would like to ask willing members to join me for brief individual interviews for publication in this column. The column segment would be titled "Meet the Gardener". The format would consist of me asking what researchers call "open-ended questions" including *What is your gardening history and what are you doing now? What is your idea of a perfect garden? What do you think influences how you approach gardening? What is your biggest gardening success/failure/challenge? What gardening goals could TWGC help you achieve?*

Participation in this kind of semi-structured interview lets the membership get to know the participant's interests in a way that might not be possible through our current meetings and activities. I would like to interview one member at least every couple of months. I will be issuing invitations starting at the September meeting. Please consider participating!



Running and walking through Trent Woods

Our town sidewalks and parks are a blessing for residents seeking to enjoy some outdoor fitness and recreation away from our gardens. Although we have had a temperate summer for eastern North Carolina, do not forget to protect yourself from heat, sun, and seasonal pest insects. Since insect repellants usually negate sunscreen protection, I wear long sleeves and long pants treated with Repel (available at Tractor Supply) when working in my garden. Running in the summer is uncomfortable in long sleeves, so I use Avon Skin-So-Soft Bug Guard Plus SPF 28 (available on-line thru Walmart). Check out the naturalized areas around the sidewalks. You'll find coreopsis, zinnias, and others. Be careful of ticks hiding in tall grass. Hope you like the photos!

Speaking of sidewalks, please remind your neighbors to use and teach their children pedestrian courtesy. Keep single file to allow two-way traffic, pass slower walkers/runners on the left, and yield right of way to disabled pedestrians. Bicycles, scooters, and skateboards NEVER own the right of way over pedestrians. Be alert!

The Watering Committee has had the usual challenge (heat, deer, and bugs) keeping the plantings going at Town Park, Cottle Park, and the Blue Star Memorial. Shout-out to my fellow committee members Sue Wyatt, Jack Durham, our fearless leader Marcia Sproul, and back-up member Amy White!

Cream Puff Cake (by unknown)

This dessert is light and fluffy and not too sweet.

INGREDIENTS

- 1 cup water
- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- Pinch of salt
- 1/4 tsp good vanilla
- 4 eggs
- 2 packages (8 ounces) cream cheese, softened
- 3 packages (3.4 ounces) instant vanilla pudding
- 4 cups milk
- 12 ounces whipped topping - (Cool Whip)

INSTRUCTIONS

Begin by preheating your oven to 350 degrees Fahrenheit. Spray a 9x13-inch baking pan with baking spray and set aside.

In a medium saucepan, bring the water to a boil. Then add the butter and bring to a boil again. Remove from heat and stir in the flour and salt until it is just combined and forms a ball.

Transfer the dough to the bowl of a stand mixer fitted with the paddle attachment. Add one egg at a time, mixing thoroughly between each addition. After the final egg addition, continue to mix on high for 4-5 minutes until the mixture is smooth.

Add the dough to the prepared baking dish. Spray your fingertips with some baking spray and then gently press the dough into an even layer on the bottom of the pan. Bake for 20-25 minutes. The dough will rise, especially up the sides of the pan. Cool completely.

In a large bowl, whisk together the instant pudding, vanilla and milk. Set aside. In the bowl of stand mixer, beat the cream cheese 3-4 minutes until it is smooth. Then mix in the prepared pudding mix. Beat 3-4 minutes until smooth.

Spread the cream cheese and pudding mixture into an even layer on the cooled crust. Then top with a layer of whipped topping. Chill overnight or for 2-3 hours before serving

...in my Garden



Paula Hartman shared this photo of New Bern lilies growing in front of the Captain Roberts memorial --the man who brought the lilies to NB



Views of Mary Jo Eichinger's garden

Trent Woods Garden Club Awards

Garden Club Of North Carolina Awards 2020-2021

First Place

National Garden Week

Asheville Garden Club Garden Therapy

Alta Kornegay Garden Therapy

Pat Olejar Holiday Decoration

Sylvia Gatzy Award

Ruth Yarbrough Publicity Press Book

Website Award

Publications Award

Mary Jane Knight Youth Program

Second Place

Club of the Year

Peggy Polak for Youth Education