



# Trent Woods Garden Club

## March 2024

Welcome to Spring (ALMOST!),

As y'all can tell, I am more than ready for spring to burst out of the earth and show her beautiful colors! I look out the window, on this gray, dreary day, and see the cheery daffodils beginning to fade and the hyacinths popping through with their pastel colors. I also am trying to overlook all the work that my garden needs to get it ready for the coming season that I adore.

Our club has a lot going on, as usual, this season. I hope you will all plan to attend our March meeting. Somer Peede, with the Coastal Regional Solid Waste Management Authority, will present a program on recycling and compost. I'm sure we all want to do as much for our planet as possible to preserve the resources that we have and to find more economic ways to feed our plants so they will thrive without breaking the bank. Personally, I have toyed with composting and maybe understand the benefits, but I really could use some guidance in that direction. Bring your notebooks and plan to take notes because I'm sure we will all learn a lot. It also gives us the opportunity to see members that, perhaps, we only get to socialize with on our meeting days.

As I hope all of y'all know by now, we have a new fundraiser to support our Sharon D. Quill academic scholarship program. It is truly an important part of our mission that we support the future collegiate endeavors of local students who are planning on majoring in the studies that promote all that this club holds dear and stands for. I hope all will look at how you might help support this fundraiser by either attending the event or making a contribution in another way. It is essential that we are successful in raising the funds at our Spring Tea. Our fundraising chairs, Deb Tallman and Rhona Beadle, as well as other club members, have worked tirelessly to make this as much a success as possible. The date of the tea, in case you missed it, is March 23<sup>rd</sup> from 2 until 4pm. We appear to have all the help we need for the actual day of our tea but, as of the last information I have, we still have tickets for the event. Just so you understand some of the contributions club members have made—the people hostessing the tables are providing everything that needs to be there to serve the tea and are buying a ticket themselves. Even though we will be setting up the day before, and making sure all of our guests are content, we are also making financial contributions by buying a ticket ourselves and providing things we need that won't come out of our tea budget. This will give us a better chance of making our monetary goal. We really can't do this without everyone's help. Please consider your contribution to achieve our scholarship need.

In early April, some of us will be attending the state garden club meeting at Lake Junaluska, NC. It's a long drive but I'm sure it will be worth our while. I'm hoping we will return home with some new ideas to energize our club. I'm sure when we've had time to assimilate the overload we will let y'all know what new ideas we can incorporate for our club.

Let's keep our fingers crossed that winter won't creep back up and wreck havoc with our fledling gardens.

See all y'all at the March meeting,

Raye Lynn Longhini, President, Trent Woods Garden Club

Member of National Garden Clubs, Inc.  
And  
Garden Clubs of North Carolina, Inc.

*TWGC Executive Board 2023-24*

Raye Lynn Longhini  
President

1st Vice President, Debbie Durham

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Recording Secretary, Marcia Sproul

Treasurer, Rhona Beadle

Corresponding Secretary, Gail McLamb

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# TWGC 2023-2025 Standing Chairs

Awards Chair-Paula Hartman – paulamhartman1947@gmail.com 252-670-3233

Beautification and Civic Development Chair- Sue Wyatt – swyatt@suddenlink.net 252-636-0278

Communications Chair-Deb Tallman - deborah\_t\_07760@yahoo.com 732-539-8846

Environmental Concerns/Conservation Chair- Maureen Loomer – bee27534@aol.com 252- 638-5502

Finance Chair- Rhona Beadle - rhonab451@gmail.com 862-266-7888

Fundraising Chair- Deb Tallman - deborah\_t\_07760@yahoo.com 732-539-8846

Garden Therapy Chair- Jeanne Garner - jag1law@aol.com 301-332-2591

Horticulture Chair-Maureen Loomer– bee27534@aol.com 252-638-5502

Hospitality/Liaison with New Bern Golf & Country Club Chair- Judy Boyd – judysboyd@embarqmail.com 252-638-6597

Memorials Chair- Frances Eder – minfrances@gmail.com 252-634-4114

Parliamentarian/By-Laws Chair-Deb Tallman - deborah\_t\_07760@yahoo.com 732-539-8846

Photographer Chair-Kathleen Marty - martykathleen558@gmail.com 207-350-6031

Scholarship, Sharon D. Quill Chair-Karen Powers – kpowers913@gmail.com 585-797-8209

Service Recognition Award Chair- Mary Florence – mflorence@suddenlink.net 252-633-2851

Yearbook Chair-Judy Lott – judylott@netzero.com 252-665-1352

Youth Gardeners Chair- Paula Hartman – paulamhartman1947@gmail.com 252-670-3233

# Trent Woods Garden Club Members' Meeting

March 14, 2024

New Bern Golf & Country Club 4301 Country Club Road, New Bern, NC 28562

10:00 am – Coffee and Social 10:30 – Meeting and Program

12 Noon – Lunch

## ***Program***

*“Compost “*

a presentation on recycling and a new program

**Presented by**

Somer Peede

of Coastal Regional Solid Waste Management Authority

## **Menu Selections**

Country Club Salad – Mixed baby field greens, portobello mushrooms, gorgonzola cheese, red onion, sun-dried tomatoes, toasted walnuts and pine nuts tossed with balsamic vinaigrette and finished with a pesto drizzle

OR

Maple Hazelnut Glazed Pork Loin with twice baked potato and chef's choice of vegetable

Please contact Judy Boyd to make a reservation by

Tuesday March 12th and indicate your choice [judysboyd@embarqmail.com](mailto:judysboyd@embarqmail.com)

Lunch cost \$25. due before start of meeting.

Meeting only \$10.

## Horticulture Share-February 2024

Gail McLamb provided this delightful posey from her garden. Maureen Loomer provided TWGC members with information about the plants that were used.



## Welcome New TWGC Member Georgia (Giga) Smith



Trent Woods Garden Club presents a

# SPRING



TEA

Saturday March 23, 2024 2-4pm

Broad St Christian Church

This event will include delicious savory and sweet nibbles, teas, lovely set tables, some delightful raffle items and a wonderful afternoon with new and old friends.

This event is a fund raiser for our Scholarship Fund

If you are interested in attending please contact either Rhona Beadle at [rhonab451@gmail.com](mailto:rhonab451@gmail.com) or Deb Tallman at [Deborah\\_t\\_07760@yahoo.com](mailto:Deborah_t_07760@yahoo.com) \$25.00 tickets are on a first come basis.

Tea service begins at 2pm

# MicroGreens

By Judi Lloyd

Sprouts, microgreens, and baby greens are very young, tender plants, used as salads or garnishes on many types of dishes. Each of the names—sprouts, microgreens, and baby greens—are all considered different products, as the plant is harvested for eating at different times. They can add color, texture, and interesting flavors to meals. Microgreens in particular are gaining popularity among chefs and more farmers are growing them. These are easy to grow. Sprouts and microgreens can be grown indoors at home. Sprouts are the youngest of the three. They are exactly as the name describes—seeds that have just germinated. They may not have any green color to them. Typically, the entire plant is eaten including the shoots, the roots, and the seed, which may still be visible. Popular seeds for sprouting include mung beans, alfalfa, sunflower seeds, lentils, peas, mustards, and others. Sprouts can be grown in a simple sterilized jar, covered with a couple of inches of water, and then by a food grade cloth. The real key with sprouts is sanitation. There is a risk of contamination with Salmonella and E. coli, which is often the result of contaminated seed. Growing them at home does not mean they are safer since seeds are often the source of infection. It is very important to purchase seeds that are sold specifically for sprouting and

## MicroGreens b Judi Lloyd (continued)

that have been tested for the presence of microorganisms. Wash hands thoroughly before setting up your sprouting operation. Microgreens are the next size up from sprouts. Many edible plants make excellent microgreens, including plants whose greens are not often consumed, such as carrots. Lettuces do not make good microgreens because they are too delicate. Common choices are broccoli, dill, basil, arugula, beets, and mustards. They each add a unique flavor and texture to any dish. The flavors are often similar to the mature version of the plant but tend to be more subtle. Growing your own microgreens at home is easy. Microgreens are grown in soilless potting media, such as a peat moss-based mix with vermiculite or perlite. To grow your own, put potting media from ½” to 1” into a sterile tray with drainage holes. Broadcast seeds across the entire tray or plant in rows and gently press into the media. Some harder seeds, like beets, will germinate more easily if they are soaked in water before sowing. Keep the seeds moist with by misting until they germinate. After germination, keep moisture in the media from below the tray with a solid tray that holds water. Avoid watering the microgreens directly because this can encourage disease to develop. Because they grow in media, do not eat the root. Instead, harvest microgreens by cutting the plant above the soil line when they are approximately 1.5-2.5” tall. Use clean scissors to cut them and gently scoop the harvested handfuls into a clean receptacle. The different plants used for microgreens vary in time from planting to harvest, but typically the process takes 7-21 days. It is easiest to sow only one cultivar in a tray but if you would like variety, consider planting cultivars that germinate and reach harvest stage in the same amount of time. Baby greens are the next size up. Plants used for baby greens are typically more familiar to us as greens- baby spinach, lettuces, kale, beet greens, and others. We only eat the leaves from baby greens and they are often used in salads. Next time you’re out at a restaurant or farmers’ market, look for microgreens and give them a try! If you like them, and enjoy growing things at home, consider growing a tray yourself, to add variety to winter cuisine.

Cited from N.C. Cooperative Extension, Caldwell County by Eli Snyder

Read more at: <https://caldwell.ces.ncsu.edu/2018/02/what-are-microgreens/>

**Bank of the Arts  
February 2024  
by Maureen Loomer**



February 2024 Seasonal Design  
By Ann Hall



February 2024  
Monthly Program  
By Amy Rose White

“A Year of Flowers – New Bern through the Seasons”

Photos taken during walks through the seasonal gardens of New Bern  
showcasing the different flowers in our area.



## Garden Therapy Schedule 2023-2024

**Jeanne Garner – ag1law@aol.com**

**301-332-2591**

**Karen Kimball - karenkimball2@gmail.com**

**603-438-1839**

Monday, March 18, 2024 10am Rhona Beadle 826-266-7888  
Monarch, 1320 Health Drive  
Pinecone feeders

Monday, April 15, 2024 10am Jeanne Garner 301-332-2591  
River Point Crest, 2600 Old Cherry Point Road  
Plant Vegetable Garden

## TWGC Annual Dues

TWGC Annual Dues of \$30. must be received by March 15, 2024

Please make your \$30 check out to TWGC and bring to our next meeting

or

send to our Treasurer, Rhona Beadle

# Garden Therapy

Photos by Kathleen Marty and Paula Hartman, article by Iris Dougherty

Several Trent Woods Garden Club members gave a Valentines party for the residents at The Home Place in New Bern January 12 at 10:00. The club members brought flowers, greenery and valentine picks for the residents to make a bouquet for their room. Cookies, homemade brownies and juice were served. The highlight of the day was Bill Wyatt! He played his guitar and sang Sweetheart and patriotic songs. All the ladies and one gent joined in singing and had a very good time. Most all that attended Thanked us and said for us to come back so time





**Bird of the Month**  
**March 2024**  
**by Michael Creedon**  
**Southern Cassowary**  
**(The Most Dangerous Bird in the World)**

Continuing our look at birds from afar, this month we look at the Southern Cassowary, or as it is also known, the Australian Cassowary, or the Murder Bird. On our trip there, that is the only bird out of the 900 species found on the continent that was on my list of birds I wanted to see. It is second on the list of the largest birds in the world, behind the Ostrich. It can reach 187 pounds and stand up to 6'3" tall, although the averages are more in the 130 pounds and 4 to 5' tall. Females are about twice the weight of the males.

This huge bird has stiff bristly black plumage, a

blue face at the end of a long neck, from which 2 long (7" ) red wattles hang. Atop its head sits a horn-like brown casque, measuring 5 to 7" high. The bill can measure up to 8" long. The three-toed feet are thick and powerful, with a lethal dagger-like claw up to 5" long on the inner toe. As with the other



largest birds of the world, Ostrich, Emu and Rhea, it is flightless. These birds are called ratites. Their diet consists largely of fallen fruit on the forest floor, mainly in tropical forests, or nearby savannah forests.



## Bird of the Month (cont.)

As a result, they are significantly responsible for distribution and fertilization of plants throughout their area, with over 100 requiring digestion by the Cassowary to germinate. In Australia, they are found in the Daintree Rain Forest in Queensland, the oldest rainforest in the world. They are largely solitary, pairing only in breeding season. In a major reversal from most other birds, the male builds the nest, incubates the eggs, and raises the chicks alone. The female will lay 3 to 4 eggs, which are sometimes raided by locals, with the chicks raised for eating as a much-prized delicacy. Outside of breeding season, they are solitary, defending a territory of 1 square kilometer..

Southern Cassowaries have a reputation for being dangerous to humans and animals and are often considered aggressive. As they cannot fly away from danger, they have adapted to using their casque and claws to protect themselves and their chicks. They can jump 6' high and deliver powerful kicks with their dagger-like claws. Don't try to outrun it, they can reach

speeds of 30 mph. However, deadly encounters with Cassowaries are quite rare. A 2003 study of 221 reported attacks, showed 150 of those were against people, with 75% of those by birds that had been fed by humans. Most involved birds expecting to be fed, or snatching food. When threatened, it will stand as tall as possible, lower their head to show off their casque, ruffle their feathers and hiss, before attacking. Most involved the bird charging, and only 15% involved kicking. Only one human death was associated with those 150 attacks. Unfortunately, being fed by people leads this shy bird into more human inhabited areas, increasing the risk of vehicle strikes, a major cause of mortality. Nonetheless, there are over 200 cassowary attacks on humans reported every year.

The Cassowary is considered endangered in Australia, with an estimated population of 800 to 1,000, and declining, primarily due to vehicle strikes and habitat loss, in addition to feral pigs competing for food, destroying nests and killing young. If you don't have any plans to visit the Daintree, do yourself a favor and find some

YouTube videos of this most unique bird.  
go to [www.trentwoodsgardenclub.com](http://www.trentwoodsgardenclub.com)  
for more pictures!





# Lemon Crinkle Cookies by the Pioneer Woman

## Ingredients

2 1/3 c. all-purpose flour  
3/4 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. ground turmeric  
1/2 tsp. kosher salt  
1 c. granulated sugar, divided  
2 tbsp. lemon zest  
1/2 c. unsalted butter, softened  
1 large egg, room temperature  
1 large egg yolk, room temperature  
1/4 c. lemon juice  
1 1/2 tsp. vanilla extract  
1 1/2 c. powdered sugar

## Directions

**1**In a medium bowl, whisk together the flour, baking powder, baking soda, ground turmeric, and salt until evenly combined. Set aside.

**2**In the bowl of a stand mixer fitted with a paddle attachment, combine 3/4 cup of sugar and the lemon zest. Rub the mixture between your fingers to release the lemon oils into the sugar. Add the butter and beat on medium speed until light and fluffy, 3 to 4 minutes. Add the egg, egg yolk, lemon juice, and vanilla, and beat on medium speed until incorporated, about 30 seconds. With the mixer on medium-low speed, gradually add the flour mixture, beating until just combined. Cover dough and chill for at least 1 hour or up to overnight.

**3**Preheat the oven to 350°F. Line a baking sheet with parchment paper. Place the powdered sugar in a medium bowl. Place the remaining 1/4 cup of granulated sugar in another medium bowl.

**4**Using a 1½-inch scoop, drop 1 dough ball (about 1½ tablespoons) into the bowl of granulated sugar and roll to coat. Place in the bowl of powdered sugar and roll to heavily coat; transfer to the prepared baking sheet. Repeat until the baking sheet has 6 to 7 dough balls, spaced at least 2 inches apart.

**5**Bake until the tops of the cookies are crackly and bottoms are lightly browned, 12 to 14 minutes. Let the cookies cool on the baking sheets for 2 minutes. Transfer to a wire rack to cool completely, about 30 minutes. 20 cookies