



Sow and Tell

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Member of the National Capital Area Garden Clubs, Central Atlantic Region, District III

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PRESIDENT'S MESSAGE



WOW! Our Tea today was awesome! What fun everyone had catching up with one another. The food would put any "Tea House" to shame; it was delicious! The setting was lovely with all the tea pots, flower baskets and tea cup arrangements. Both the cicadas and weather behaved themselves. It was a perfect "end of the pandemic event!" Thank you to Lura Marshall and Carolyn Staska for making the tea happen; to Lura for organizing the food and decorations and to Carolyn for arranging for the facility and getting it ready for us. Thank you to their teams who prepared all the food, made the flower arrangements, and cleaned the pavilion for us. Everyone out did themselves!

June is here! This month we will meet via Zoom, hopefully for the last time. I do appreciate everyone accepting this way of meeting until we could return to some normalcy. Thank you! As of this writing, Vienna Presbyterian Church has not been confirmed as our meeting place for next year but I am HOPEFUL it will be confirmed soon.

Five Hills Garden Club is composed of a group of outstanding women. When we put our minds and hands to it, we can make most anything happen. I am grateful for each of you!

Best wishes for the summer! May your gardens be beautiful and your flower arrangements, lovely. May you get the opportunity to encourage others in these skills.

Shelia

Next Zoom Meeting
Tuesday, June 15th
10 am

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Program For February 16th Meeting Going into Summer with a Refresh

Submitted by Val Plisko

As we approach the summer season when it is too hot outside for folks and flora, our own Ronnie Levay will walk us through how to condition plant materials and then create a floral design with a grocery store mixed bouquet, leaves and twigs on hand, and a simple vase.





HORTICULTURE & DESIGN

Horticulture & Design
Submitted by Jane Schmeidekamp

Horticulture: Photograph or press a leaf specimen in a book or within wax paper sheets. Describe the shape, texture, color and any other characteristics.

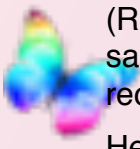



Design: Make a design with vegetables. List all ingredients.

 YARD SALE – Selling Plants, Bulbs, Baked Goods & just about anything else 

Tis the season – Yard Sale season, that is! After being locked up for 14 months, the deal shoppers are out in abundance ... second only to the Brood X Cicada's.



If the past is any indication, Five Hills members know how to throw a yard sale. Here's the plan –

 Our yard sale is scheduled for Saturday, September 18, 2021 – 8:00 a.m. – Noon. (Rain Date: Sept 25). Once again, Noreen Linnemann has offered her yard for the sale, andt we need all members to help, because we want this fundraiser to break records! 



Here's how you can help

DONATE, DONATE, DONATE – We need

- Yard Sale Items (kitchen items, books, clothes, garden tools & gardening books, toys & games, you name it, we'll sell it).
- Baked Goods – We need baked goods to feed those hungry shoppers.
- Plant Sale – Start separating and potting your plants now, so they are all set for the sale

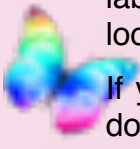
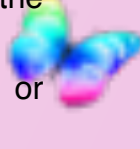
 HELP, we need some bodies 

- Friday, Sept 17 4:00 - ? -- Before the sale we need help pricing & setting up
- SALE DAY – We have two shifts – 6:30-9:00 & 9:00 – 12:00. We need monitors, cashiers, & people to man the Plant/Bake Sale table.
- 11:30 - ? We need as many people as possible to help clean up, and haul the leftovers to any charity that will take them. If there are enough of us loading up and dropping off, this will be a quick job.

 SUPPLIES – Can you lend us 

- Clothing racks
- Tables (4-6' to display items)
- Hangers
- Plastic, or paper shopping bags

An electronic Sign up Genius will be coming out in a day or two for everyone to view, and fill in the gaps. More details on how to package baked goods, how to label plants, etc., will be sent out via the Five Hills mailbox, so please be on the lookout.

 If you can lend us the items listed above, or want to sign up to work the sale, or donate, please let me know. 

Joy Salpini
Five Hills Ways & Means
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Three Cheers for Membership

Our membership chair Andy Bothwell and our two newest members Eve Anderson and Patricia Schulz all were fortunate to win a lovely teacup arrangement at our tea.



Ladies,

Many thanks to you all for such a successful tea party.

So many people let me know and wanted me to let you know just how great it was! So know that we all did a great job. We really lucked out with weather and cicadas. Carolyn, the shelter was perfect. All the food was well received. So well received in fact we have been asked that the recipes from yesterday be shared in the next newsletter.

Lura Marshall

SCONES

3 cups Flour
 1/3 cup Sugar
 1/2 tsp. Baking Soda
 3/4 tsp. Salt
 3/4 cup Firm Butter (cold)
 3/4 cup Cinnamon Chips
 1 cup Buttermilk
 2 1/2 tsp. Baking Powder

Cinnamon/Sugar mixture

In large bowl, stir together the flour, sugar, baking soda, and salt. Cut butter into the dry ingredients until it resembles coarse corn meal, with pastry blender. Stir in the cinnamon chips. Make a well in the middle of the mixture and add buttermilk all at once. Stir the mixture with a fork until dough pulls away from the side of the bowl. Gather dough into a ball with your hands, turn out onto a lightly floured board. Roll out into a rectangle approximately 14" by 8" or 1/2" thick. Cut dough into 1/4's lengthwise, then cut into 1/4's widthwise. Cut each small rectangle in 1/2 on the diagonal, to make triangles. Place on cookie sheet about 1 1/2 inches apart and sprinkle with sugar/cinnamon mixture.

Bake 425 degrees for 10 1/2 minutes or lightly browned.



Black Forest Ham and Gruyère Tea Sandwiches

modified slightly from the Alice's Tea Cup cookbook

For the mustard spread:

- 4 tablespoons soften butter
- 2 tablespoons Dijon mustard
- Dash of Worcestershire Sauce

For the sandwiches:

- 14 slices whole grain bread
- 28 slices Black Forest Ham
- 14 slices Gruyère cheese (Swiss)
- Fresh baby arugula (or micro greens)
- Dates, cut in half lengthwise

1. For the mustard spread, combine the butter and mustard until thoroughly blended.

2. For the sandwiches, spread a thin layer of the mustard spread on one side of each slice of bread. Place several leaves of arugula on top of spread.

3. Place a layer of ham, then cheese, and then ham on slices of bread. Top with one leaf of green and half of date.

4. Place the sandwiches on a sheet pan, covering with a barely damp paper towel. Seal the sheet pan with plastic wrap and refrigerate until the sandwiches are cold and firm.

5. To serve, cut off crusts from each sandwich then cut into quarters - triangles, squares, or soldiers. Serve chilled.

Lura Marshall



Submitted by: Barbara Tozzi

Coronation Chicken Salad Sandwiches

This recipe was used for Queen Elizabeth's coronation. It was served at an English Christmas tea at the Freeman house in 2018. Ann Stuntz was kind enough to share it.



1 T salted butter
 1 cup chopped yellow onion (I used sweet onion)
 6 T Major Gray's chutney
 1/4 C tomato puree
 1/4 C water
 2 T curry powder
 1 T fresh lemon juice
 1/2 t salt
 1/4 t ground pepper
 1 bay leaf

1/2 C mayonnaise (I used about 1/2 Cream Fresh)
 3 C roast chicken (I used poached chicken breast) finely chopped
 1/2 cup chopped toasted slivered almonds
 3 T finely chopped dried apricots
 2 T finely chopped green onion (green tops only)
 2 T finely finely parsley
 2 T dried currants

12 slices potato bread

In a large saute pan, melt butter over medium heat. All onions and cook until tender and translucent, 5 to 7 minutes. Add chutney tomato puree, water, curry powder, lemon juice, salt, pepper and bay leaf. Bring to simmer, stirring occasionally until sauce is thick like ketchup, 8-10 minutes. Pour sauce into a large bowl and let cool completely.

Remove bay leaf and discard. Add mayonnaise to cooled sauce, stirring to combine. Add chicken, almonds, apricots, green onions, parsley and currants, stirring to blend.

Cucumber Tea Sandwiches

Large Seedless English Cucumber
 Loaf of Rye Bread
 12 oz Cream Cheese (I used whipped Cream Cheese to blend easily with the Boursin Cheese)
 1 Boursin Cheese Round (can use Alouette as well)
 Dill and Parsley Sprigs

Peel most of the skin off and thinly slice the cucumber to make rounds. Salt and let drain on paper towels in a colander to remove much of the juice.

Cut rye bread with a cookie cutter into desired shape (I used a flower shape for the two halves and used a smaller cutter to cut out a flower design on the top half). (The crusts and leftover bread I saved to make a breakfast casserole).

Blend cream cheese and Boursin cheese and spread thinly on both halves of the bread. Place two rounds of cucumber on the bottom half of the sandwich, garnish with dill and/or parsley sprigs and place the other half on top. Easy peasy!

Picnic Apricot Salad

Serves 8-12

2 packages (3 ounces each) of apricot gelatin (Available at Amazon)
 1 can (20 ounces) of pineapple tidbits
 ¼ cup buttermilk
 12 ounces Cool Whip

Drain pineapple, retaining juice.

Mix gelatin and pineapple juice in saucepan. Cook over low heat until gelatin dissolves, stirring constantly. Remove from heat.

When cool, add buttermilk. Let stand until thickened, then fold in Cool Whipped and Pineapple tidbits.

Spoon into 9 X 11 dish. Chill overnight

Submitted by Valerie Warriner

Turkey-Apple Tea Sandwiches

Serves: 8

4 slices honey wheat bread
 8 slices smoked turkey
 1 red apple
 1 recipe Cranberry Spread (recipe follows)
 8 leaves baby spinach

Using a serrated knife, cut and discard crusts from bread slices, creating a perfect 3-inch square. Cut each square diagonally into 4 triangles. Cover bread with damp paper towels to prevent drying out while preparing other ingredients.

Using a sharp chef's knife, cut 8 triangles the same size as bread triangles from turkey.

Using a sharp chef's knife, cut 8 very thin vertical slices from apple.

Spread a layer of Cranberry Spread onto each bread triangle. On cranberry side of 8 bread triangles layer a spinach leaf, a turkey slice, and an apple slice. Top each with a remaining bread triangle, cranberry side down.

Cranberry Spread

Serves: ½ cup

⅓ cup mayonnaise
 3 tablespoons jellied cranberry sauce with cranberries
 1 tablespoon yellow mustard
 ⅛ teaspoon salt
 ⅛ teaspoon ground black pepper

In a small bowl, combine mayonnaise, cranberry sauce, mustard, salt, and pepper, whisking well.

Helen Mertz - From Tea Time Magazine



Deneen Wilson



Linda Campbell

Candace Dibblee



Trish Phillips



Eastern Redbud Tree

Submitted by Elizabeth Huebner

One of the most beautiful flowering trees in North America is the Eastern Redbud. Every spring, not long after plants and large trees begin to bud out, you have seen these bright pink-flowering trees while driving around or have one in your yard.

The Eastern Redbud (*Cercis canadensis*) is a flowering deciduous tree native to Eastern North America with high wildlife value. Also known as American Redbud, it grows up to of 30' tall (10 m) and 25' wide in full sun and well-draining soil. It is a versatile tree, as it can grow in full sun in a yard or in full shade as an understory tree.



Photo courtesy of Winnie Frost (GFGC)

Eastern Redbud Facts

- Is Native in the Eastern United States /Southern Ontario, Canada. From New Mexico to Florida, North to New York/Ontario/Wisconsin
- Can be hardy to zone 4 – 9
- Is an understory tree, meaning it can grow in full shade, under the canopy of a forest
- But is versatile, in that it can grow well in full sun and many soil types.
- Has major value for pollinators in early Spring
- Flowers and young seed pods are edible.
- Is a member of the legume family
- Native Americans used this tree medicinally



A crooked branch and rough bark of a mature Redbud tree.

It is a deciduous tree reaching a maximum height of 30' with 25' spread. They have irregular branching canopy structures and often have crooked trunks, but still get rounded crowns. Mature bark on the trunk has flat scales that are somewhat rough, while the younger growth has smooth bark. Frequently the tree obtains 'multiple' trunks, as the trunk divides low to the ground. The crown will generally be rounded.

Eastern Redbud Leaves

The alternate leaves are heart shaped and approximately 5" long and wide. In the fall the leaves turn a bright yellow color, making an attractive display. However, the leaf size varies depending on the climate where the tree is located.

Eastern Redbud Tree (continued)

Flower/blossom description

The flowers of Redbuds are unique in that they occur directly on the bark. Mostly on branches and young twigs but also on the trunk.

The flowers will bloom before any leaves have grown, making this unique for flowering trees. It is really stunning when you see a particularly nice specimen, or a string of them growing along a woodland edge or roadside. When you drive through Virginia in April/May, you will be treated to Redbuds all along the highway. Especially along Georgetown Pike in Great Falls, VA.

After the flowers have faded, pods will form that are approximately 3" long and 1/2" wide (7 cm x 1 cm). These will be light green. They turn brown in the fall and dry out. There are 2-10 seeds in each pod.

Establishing Eastern Redbud Trees

Establishing Saplings that you purchase from a nursery / store

This is a common tree that is widely available. There are even special varieties at specialty nurseries. But planting saplings purchased from a nursery should be done in early Spring or late Fall in a location and soil type that is appropriate and preferred by this tree.

The soil should be kept moist but not soggy, which is why early Spring or Fall is the best time to plant. This tree should not be transplanted after establishment, as this tree has a taproot. Transplanting anything with a taproot is tricky to say the least, as the root is often damaged during the operation.

Mulching saplings

If you are planting a tree that is several feet tall (or more) in the Spring, you should apply a layer of mulch. Place a ring of mulch about 2-3" deep around the tree from the edge of the dripline in towards the trunk.

But keep an area around the trunk free of mulch about 3" wide. If the mulch is too close to the trunk the bark can rot, killing the tree.

Maybe get some trees for free? Grow your Redbuds from Seed!

If you know where some Redbud trees are growing, you can venture out in Spring and try to find some seedlings (assuming you have permission).

Redbuds self-seed quite vigorously, and young sprouts are easy to move and transplant. If it is less than 6" tall, you can probably bet that it was germinated this year. Just dig up the seedling (get all the root). Wrap it in a moist towel and go plant it in your yard.

This tree can be grown from seed relatively easily. It does require a small amount of special treatment though and is best to be winter-sown.

Eastern Redbud Tree (continued)

Eastern Redbud Growth Rate

This is a fast-growing tree. You can expect a growth rate of 2' per year or more in optimum conditions.

Fauna Associations

Certain birds will eat the seeds such as cardinals, quail, and other songbirds. Deer will browse this tree, eating new foliage and twigs in the winter. But most references write that it is generally not a 'preferred' source of food.

But besides that, this plant is the larval host for the Henry's Elfin butterfly. Since this tree blooms early, it is a great and important nectar sources for all pollinators such as bees and migrating hummingbirds. So, in addition to being attractive, it serves a great ecological purpose. More reason to grow this tree over non-native flowering trees such as the dreaded Bradford Pear.

New Blue Star Planting



Have Fun, Apply for Awards!

Submitted by Carolyn Staska





Mardi Gras Masked Meeting

NCA-PUP2(a) - Zoom Meetings
GC: Five Hills Garden Club, DIII
Title: Mardi Gras Zoom Celebration

- The regular meeting date for Five Hills Garden Club is the third Tuesday of the month
- In February it fell on "Fat Tuesday", the day before Ash Wednesday or Mardi Gras, so we decided to celebrate by dressing up
- It could be masks, hats, jewelry - anything if it included some representation of plant material
- The choices ranged from real flowers and vegetables to dried and silk flowers and leaves
- Members participated enthusiastically!

Shown are TOP: Ann Carter, MIDDLE: Eve Anderson, Karen Batten, Nancy Peters and BOTTOM: Anna Nelson & Patricia Schult, Val Pliska, and Muriel Turner



Shown are ABOVE: CLOCKWISE: Aileen Lindemann, Carolyn Staska, Betty Ann Delaney, Lure Marshall, Linda Campbell, and BELOW: CLOCKWISE: Andy Bothwell, Sheila Crossard, Trish Phillips and Elizabeth Hurlburt



Shown are TOP: Lucie Brown, Barbara Hopewell, and Jane Schmedemann (middle); MIDDLE: Vickie Whinner and Julia Smith, and BOTTOM: Carol Baber and Ray Seeger





NCA-PUP1(a) Member Engagement

GC: Five Hills Garden Club, DIII
Title: Monthly Book Club

**Club Read Book "Lab Girl" by Hope Jahren,
 Who is a Geobiologist Who Studies Soil, Seeds, Flowers & Trees**

ABOUT THE BOOK

- Growing up in Minnesota, she played in her father's lab at a community college where he was a science teacher
- She earned her PhD in Soil Science from the University of California, was an assistant professor at Georgia Tech, then at Johns Hopkins
- From there she was a full professor at The University of Hawaii where she was when she wrote this book
- "Lab Girl" is her memoir of those days including working with Bill, her brilliant lab partner
- This is a very readable book that both entertains and invites us all to be scientists and protectors of our environment
- She is currently at the University of Oslo in Norway

COMMENTS FROM CLUB MEMBERS

Our participating members gave very positive feedback of the book discussion

- "This was a great book in general - it had something for everyone; not too long, easy to read, Latin names for those interested, a lot about her life for those interested in that—a nice mix"
- "We had a good size group for discussion - everyone liked the book and the real characters as much as the fascinating research discoveries"
- "It was such an interesting book I found it hard to put down - loved her descriptions of trees, starting with seeds struggling to survive as well as how tree leaves are smaller and lighter green on top compared to bigger green leaves on the bottom - we had a great discussion"
- "It was a great book, not just about gardening but personalities and behaviors-made for a lively discussion"

Activity Was So Well Received that Club may Develop a Book Club Group!





Hope Jahren (b. 1969)

"I was never going to turn into one of these bearded professors with the pipe, walking around campus, that everyone thinks is the world expert... I had to learn how to reward myself and I think I am better off for that. All I have ever wanted is one more day in the lab with the people I care about. And every day that I get that, I am grateful!" -from an interview with the Guardian