

January 2013 *The Orchid Grower*

Orchid Growers' Guild of Madison
Website orchidguild.org



NEXT MEETING JANUARY 20th

“Getting Ready for the 26th Orchid Quest at Alliant”

Orchid Quest is just around the corner and the next meeting will be on preparations for this show. Information on box lunches and Banquet is on page 10.

TWO RADIO PROGRAMS TO WATCH FOR: *All About Living with Carol Koby*



Meeting Dates

January 20, 2013 - Meeting Room
February 17 - Meeting Room
March 17 - Meeting Room
April 6 - Spring Orchid Sale
April 21 - Meeting Room
May 19 - Meeting Room
June Picnic - 24th
September 15—Meeting Room
October 20—Meeting Room
November 17—Orchids
December 15— Meeting Room

Meetings start at 1:30 pm at Olbrich Gardens unless otherwise noted

Up-Coming Events

February 2-3— Orchid Quest 2013
Feb 8 – 10, 2013 - Kansas City Orchid Show
February 16-17, 2013— Batavia Orchid Society Show
March 2-3 —Northeastern Wisconsin Orchid Society Show
March 16-17 — 38th Annual Illowa Orchid Society Spring Show
April 6-7 — Illinois Orchid Society Show

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OGG members will again be participating in a radio program with Carol Koby. The show will air Saturday, January 26 (AM 1550 WHIT), from 10:00 – 11:00 AM. Carol will interview our keynote speaker from the Smithsonian, Tom Mirenda. Heidi Maenner, Judy Stevenson and Jill Hynum will also be present in the studio to answer questions about our 26th annual Orchid Quest show.

Chuck Acker on *Garden Talk*

Chuck will be the featured guest on the Larry Miehler radio show (WPR 90.7 FM), Friday, January 25, 2013 for a call-in program on orchids. As usual, this will be carried live from 11 AM – 12:30 PM and then rebroadcast at 7 AM Saturday, January 26, 2013.

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THANK YOU

The editors would like to thank Gary Lensmeyer, Cleo Kiergaard, Judy Stevenson, Jill Hynum, Chuck Acker, Wayne King, and Lynn West for their contributions to this newsletter

ORCHIDS & TRADITIONAL CHINESE MEDICINE, Part I

By Denise Baylis and Gary Lensmeyer

Medicinal use of orchids for preventative and healing purposes is unfamiliar to most of us, yet conventional wisdom implies that the common vanilla orchid has some medicinal value. Non-western societies have a long tradition of utilizing a variety of orchids in their health-care related activities. This 2-part series of articles will describe some of them and their intended uses.

China has over 1,200 native orchid species. Approximately one fourth of the species have horticultural merit and are typically used as ornaments, in medicine and even as food for humans. The demand for orchid species is rather high, especially those plants with medicinal value. For example, the overt collection of *Gastrodia elata* for its rhizomes and *Dendrobium candidum* (=officinale) for extracts, has caused wild populations to diminish, some to the brink of extinction.

Modern medicine requires rigorous testing of potential drugs for efficacy and toxicity before their introduction into pharmacopeias and routine medical practice. Strict investigation has been uncommon for botanicals used in traditional Chinese medicine (TCM). Subjective experiences appear to be the guiding light that proved a medicine effective or not. For proponents of TCM, the body is a small universe containing an array of opposing forces—yin/yang, cold/warm, passive/active, and more. Reliance on 'The Five Element Theory': wood, fire, soil, metal and water was intertwined in this philosophy. Medicines supposedly balance the oppositional forces as discerned by the practitioner. TCM focuses more on prevention rather than on treatment of disease.

Roughly 5,000 years ago, the legendary emperor Sheng Nong (Divine Farmer) described the benefits of *Bletilla striata* and a dendrobium species. Shen Nong is credited with identifying hundreds of medicinal (and poisonous) herbs by personally testing their properties. He was crucial to the development of TCM as well as Chinese agriculture. "The Divine Farmer's Herb-Root Classic", which was compiled several thousand years after Shen Nong, documented the discoveries attributed to him. It is considered to be the earliest Chinese pharmacopoeia and lists the various medicinal plants that were discovered by Shen Nong and includes 365 medicines derived from minerals, plants, and animals.

Examples of a few of the orchid-based medicinals are described be-



Emperor Sheng Nong
(Divine Farmer)

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low. Also listed are websites displaying photos of the plant.

Jin-xian-lian (*Anoectochilus setaceus*, *A. koshunensis* and *A. formosanus*) are used in southern China to treat nephritis, cystitis, and pneumonia. In Chinese medicine, Jin-Xian-Lian is considered to treat some infections or diseases related to 'fire'. Experimental studies show that Jin-Xian-Lian decreases blood glucose levels and is hence used to treat diabetes. Another recent study appeared to show it potentially prevents tumor growth.

http://www.google.com/imgres?imgurl=http://farm4.static.flickr.com/3088/3210845599_8a88fe54e6.jpg&imgrefurl=http://www.flickrriver.com/photos/tags/anoectoch

Tian-ma (*Gastrodia Elata*) has been incorporated into TCM for at least 2,000 years and is now grown commercially. Its tubers or rhizomes together with other herbs are used to 'calm the liver wind' [wind blowing on the brain to cause dizziness, convulsion, hypertension or stroke], and treat allergies and relieve headache and fatigue. Many herbal formulas for treating hypertension, epilepsy, dizziness, migraine, deafness, tinnitus, gas and cramps include this preparation. Experimental studies show that the main effective substance has anti-delirium and anti-convulsive effects. It may lower blood pressure and protect the central nervous. However the tubers also include vanillin and the fungus *Armillaria mellea* (required for maturation and growth). In animal studies all three compounds appear able to increase sleeping time and prevent convulsions. Vanillin is the active principle of vanilla plants. However, nine other orchid species are known to contain vanillin, including *Gastrodia elata*.

<http://patrickpascal.blogspot.com/2012/11/gastrodia-elata-farms.html>

Bai-ji (*Bletilla striata*) is associated with the lung, stomach and liver meridians. The tuber

is peeled and dried in the sun, then cut into slices or ground into a powder and is ingested to stop bleeding from any cause (vomiting blood, coughing blood, nose bleeds, bleeding from trauma, tuberculosis, ulcers). Experimental studies showed that 'Bai-Ji Jiao', the main effective substance in Bai-Ji, shortens coagulation time, inhibits the degradation of fibrin, and promotes thrombosis and the closure of the wound.

<http://en.wikipedia.org/wiki/Bletilla>

Shi-hu (*Dendrobium nobile* and other dendrobium species). Historically, remedies made from *D. nobile* (one of the 50 fundamental herbs in TCM and the oldest and most widely used orchid in Chinese herbal treatments) have commonly been used to help boost the immune system. Five dendrobium species are included in the Chinese pharmacopoeia and are taken to cure "deficiencies of the yin," (coldness, moistness etc.) such as kidney and stomach disease, as well as, low grade fever, swelling, impotence, insects in the ear, menstrual pain, hyperglycemia, and to perfume clothing. Its primary use has been for rehydration: severe thirst, dry mouth and dry cough. Additionally, the plant is effective in treating conditions related to dry, hot weather, such as sunstroke and to enhance skin quality. Dendrobium keeps the skin moist; constant drinking of dendrobium tea is believed to result in soft, beautiful skin.

http://en.wikipedia.org/wiki/Dendrobium_nobile

As you can see, orchids have been used for many centuries in health care. Next month we will highlight additional medicinal orchids. Do keep in mind that the information we present is for educational purpose. Consult with a licensed health care provider before taking any botanical remedy or dietary supplement.

"An orchid in a deep forest sends out its fragrance even if no one is around to appreciate it. Likewise, men of noble character hold firm to their high principles, undeterred by poverty."

– Confucius (551–479 BC)

“Bloomin’ On” at OGC

Welcome, fellow orchid enthusiasts to the first column in the series of “Bloomin’ On”. Each month, we hope to highlight both a species and a hybrid orchid. Descriptions, culture and photos will be discussed. Practical information and experiences of both commercial growers and hobbyists will be shared. To help us, Orchids Garden Center & Nursery (OGC) has opened their plants to us, as well as, sharing their expertise. We are most fortunate to have OGC near us for plants as well as a generous resource.

A recent trip to OGC lead me to discover two interesting orchids which were new to me. *Gomesa crispera* and Potinara Kayla’s Smile ‘Sunshine’. They seemed appropriate to be featured this month.

Gomesa is a genus of thirteen species found in central and southern Brazil. The plants are characterized by flattened, oblong pseudobulbs with two apical, rather soft leaves. They look like small oncidiums and don’t take up much space. The *crispera* form occurs in southern Brazil. Mature plant size is about 6 – 8 inches.

Arial roots that seem to jump out of the pot appear as the plant matures. When this happens the plant can be repotted, directing those roots into the planting medium. They are typically grown at cool temperatures because their natural habitat is usually at higher elevations (500 to 1500 meters) but are also grown successfully at intermediate temperatures by OGC. A general rule of thumb: the higher the elevation at which the orchid grows naturally, the cooler the temperature required for optimal home/greenhouse cultivation. *Gomesa* is an epiphyte and must go dry between waterings. Roots will rot if kept constantly wet although humid air conditions are beneficial. Bright, but not direct light is best and nights should be a bit – about 10 deg F - cooler than



A typical blooming size plant



A typical spike

day temperatures.

You can expect *Gomesa crispera* to produce an 8 inch spike around late spring and have a full set of open flowers about mid-summer and last through fall.

One other orchid that grabbed my attention

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was the hybrid Potinara Kayla's Smile 'Sunshine'. It represents the marvels of a com-



Close up, one can see that the sepals and petals are green yellow, spreading with crisped edges. The small citrus-scented flowers are green-edged with yellow and the lip bends downward

plex intergeneric breeding between *Brasavola*, *Cattleya*, *Laelia* and *Sophranitis*. One could imagine that such breeding would result in outstanding orchids displaying desired qualities of the four genera. In reality, these



Potinara Kayla's Smile 'Sunshine' in sheath

results occur in only a very small portion of the highly variable offspring. Usually, with potinara, extensive breeding and selection are

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required and only the best plants are cloned. Kayla's Smile 'Sunshine' is one of the successfully-cloned offspring of a cross between Slc Sunset Beach x Blc Susan Stromsland. The hybrid was originally made in 1993 by Chuck Acker and was named after his young niece, Kayla. Culturally, the medium-sized potinara is grown similar to *Cattleya*. At OGC, intermediate temperatures are used, with nights at 55-58 deg F and days of 65 deg F to whatever it gets in the summer (approx. 85 F). Culturally, the orchid thrives in bright from a strong eastern or western exposure and likes to dry out slightly between watering. Although this potinara does fine with drier air than most



Potinara Kayla's Smile 'Sunshine'

other orchids, try to provide at least 50% humidity. Summering outdoors between May and September is highly beneficial to this variety.

The plant produces sheaths in the fall of year and buds form around late February. The flowers open to a beautiful yellow/orange with a hint of red in the lip. Approximately 3-5 flowers appear per sheath.

Happy growing!

Gary Lensmeyer and Cleo Kiergaard

Disclaimer: The authors are non-commercial hobbyist growers.

OGG Holiday Party

The OGG Holiday Party was a great success with a potluck array of fabulous foods followed by an encore appearance of Santa Chuck, assisted by his elf Linnzi. Those members who chipped in \$10 each for a chance to pick an orchid plant valued up to \$75 had a challenging time deciding whether to go for the unknown plant hidden behind the green bag or the tempting one in plain sight and labeled! There were a few plants that made the rounds before the game was over but everyone seemed to be pleased. By the way, Meg McLaughlin came away with the \$75 bulldog orchid plant.



Photograph by Denise Baylis
 "Santa Chuck" aka Chuck Acker



Photograph by Jill Hynum
 2012 OGG Award winners Denise Baylis, Bob Lasseter and Judy Stevenson



Santa Chuck addressing OGG members

It was also time for the **Annual OGG awards**. Winners received a \$25 gift certificate to Orchids. This year's winners were:

- | | | |
|-----------------------|------------------------------------|-----------------|
| Class 0 | (1-2 years of growing experience) | Robert Lasseter |
| Class 1 | (3-5 years of growing experience) | Rich Narf |
| Class 2 | (6-10 years of growing experience) | Judy Stevenson |
| Class 3 | (>10 years of growing experience) | Sandy Delamater |
| Exhibiter | (set-up/take-down) | Denise Baylis |
| Milo Gilbertsen Award | | Sandy Delamater |

More Holiday Party...

Photographs by Jill Hynum unless otherwise noted



Keith Nelson



'Decisions, decisions, decisions....'
Lorraine Synder and Linnzi examining a plant



Dawn Weckler and Jerilyn Gjertson



Planning a raid?
Terri Jozwiak, Annette Minter, seated



Nancy Thomas and her pick



Photograph by Denise Baylis
Is this the one? Jill Hynum querying Santa
Chuck, Linnzi in the background

December OGG Ribbon Judging

First Place

Wayne King	<i>Coryanthes Macrantha</i>
David Kohlwey	Epic Volcano Trick (Cattlanthe Trick or Treat x Epidendrum stamfordianum)
Gary Lensmeyer	Cycnodes Wine Delight (Cycnoches lehmannii x Mormodes sinuata)
Audrey Lucier	Oncidium Sweet Sugar (Oncidesa Aloha Iwanaga x Gomesa varicosa)
Meg McLaughlin	Dendrobium Bigibbum x Dendrobium Music Beauty
Sue Reed	Paph Greensleeves x Acker's Peak
Sue Reed	Phrag Saint Ouen (Phrag. Hanne Popow x Phrag. Besseae) [pinkish flower]
Melissa Williams	<i>Sophronitis coccinea</i>

Second Place

Audrey Lucier	Oncidium Twinkle (cherophorum x sotoaum)
Sue Reed	Phrag Saint Ouen (Phrag. Hanne Popow x Phrag. Besseae) [reddish flower]



Clock-wise from top left: Paph Greensleeves x Acker's Peak shown by Sue Reed; *Sophronitis coccinea* shown by Melissa Williams; Dendrobium Bigibbum x Dendrobium Music Beauty, shown by Meg McLaughlin; and Cycnodes Wine Delight shown by Gary Lensmeyer



Epic Volcano Trick shown by David Kohlwey



Reddish and pinkish examples of Phrag Saint Ouen (Phrag. Hanne Popow x Phrag. Besseae) shown by Sue Reed



This *Stanhopea Ronsard* (*wardii* x *oculata*) was a tiny seedling I received as a gift plant from Oak Hill Gardens at the 1997 Chicagoland Orchid Festival. I repotted a few months ago in sphagnum and kept it moist with rainwater in the greenhouse. It has 10 flowers and two buds on three spikes. —Wayne King

ORCHIDS OF LATIN AMERICA

National Museum of Natural History,
Washington, DC

Opens January 26, 2013 - April 21, 2013

The 2013 orchid exhibition at the National Museum of Natural History, *Orchids of Latin America*, will explore the rich crossroads where orchid botany, horticulture, and Latin American cultures meet. Featuring orchids from the Smithsonian Gardens Orchid Collection, the exhibit looks at the importance of orchids in Latin American folklore and cultural traditions, explores how that region is a hotbed for scientific research on orchid biology and evolution, and highlights conservation efforts to preserve them and their habitats for future generations.

OQ Weekend Boxed Lunches: \$14.20

There are three deli sandwiches to choose from:

1. Smoked turkey & baby Swiss
2. Ham & aged cheddar
3. Roast vegetable & havarti dill

Please note: The OGG website lists Roast Beef & Provolone as an option. However, this is no longer included in the Alliant Catering Menu.

Anyone ordering a sandwich can select from three different bread choices:

1. Wheat
2. Vienna
3. Multi-grain, NO MARBLE RYE

In addition, each box lunch comes with:

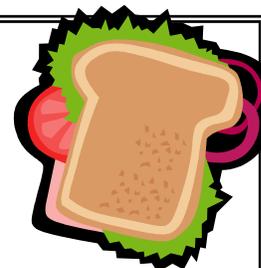
1. Individual bag of chips
2. Whole apple
3. Home-baked gourmet cookie
4. Choice of soda or bottle water

The banquet begins at 5:30 PM. Dinner is in Mendota Room #8. The meal is \$25.00 including gratuity.

- Wine (Red or White) is available for \$5.00/glass extra
- Menu: Chicken Scaloppini with Linguini (dressed with sautéed spinach & sun-dried tomatoes)
- Baby Spinach Salad
- Assorted Cookies & Dessert Bars

Reservations and payment for dinner are due January 29, 2013. Please make the check out to 'Orchid Growers' Guild' and mail to Judy Stevenson, Orchid Growers' Guild, PO Box 5342, Madison, WI 53705.

6:00 PM Keynote speaker, Tom Miranda, will speak on "Orchid Travels in Costa Rica. It should be a great meal, a good talk and a great time to relax from a busy, full-packed work day. — Judy



Up-Coming Events

February 2-3— Orchid Growers' Guild Show, "Orchid Quest 2013"

Feb 8 – 10, 2013 - Kansas City Orchid Show, Kansas City, MO, bethdoug@kc.rr.com

February 16-17, 2013—Batavia Orchid Society Show, DuPage County Fairgrounds, 2015 Manchester Rd., Wheaton, IL, mrollinger@mindspring.com

February 21-24, 2013 - "East Meets West," Pacific Orchid Exposition, San Francisco, CA, info@orchidsanfrancisco.org

March 2-3 —Northeastern Wisconsin Orchid Society Show, Holiday Inn Neenah Riverwalk, 123 East Wisconsin Ave., Neenah WI, orrrwitt@aol.com

March 16-17 — 38th Annual Illowa Orchid Society Spring Show, Wallace's Garden Center & Greenhouse, 2605 Devils Glen Road, Bettendorf, IA, cheken@nbson.net

April 6-7 — Illinois Orchid Society Show, Chicago Botanic Garden, Lake Cook Road, Glencoe, IL, goldrosey@att.net

April 19-21—Spring MAOC, to be held in conjunction with the Ann Arbor Orchid Society Orchid Festival, Ann Arbor, MI

April 30-May 4, 2014— Orchid Society of Minnesota is hosting the Spring 2014 AOS Members' Meeting and Show, Mid-America Orchid Congress Meeting and Slipper Orchid Alliance, "Orchids A Growing Obsession", Doubletree by Hilton 1-494 at Hwy 100 in Bloomington

September, 10-14, 2014— 21st World Orchid Conference, "Orchids: Gold in the Green Age", Johannesburg, South Africa