



# Mayflower

## Summer 2021

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### FEATURE PLANT

#### ***Vaccinium corymbosum***

*Vaccinium corymbosum*, or highbush blueberry, is native to eastern North America where it typically grows in moist woods, bogs, swamps and low areas. It is a deciduous multi-stemmed shrub that grows 6 to 12 feet tall and wide, with numerous green, or often red, upright stems and twiggy branches forming a rounded, compact outline. Reddish-green spring leaves turn blue-green in summer and red, yellow, orange and purple in fall. White or pink, bell-shaped flowers in drooping clusters blossom in May and are followed by edible, blue fruit.

It grows in full sun to partial shade, but does best in full sun on wet to moist, acidic soils with a pH of 4.8 to 5.2. Its shallow, fibrous roots need constant moisture, good drainage, and the plants appreciate a good organic mulch. Flower buds for next year's crop form in September and October. These flower buds form first at the shoot tips. Plant can live 40 to 50 years. Prune as needed in late winter beginning in the third year after planting.

Although blueberries are self-fertile, cross-pollination produces the best fruit crop. It is best to plant more than one variety that will bloom at the same time. Also, remove flowers from plants in the year of planting and in the following year so as to prevent fruit set and to encourage new vegetative growth. It can take three to four years for the bush to produce fruit.



Although there is no serious insect or disease problems, birds love the fruit, so plants may need to be covered with netting as the fruit begins to ripen in order to protect the crop. Chlorosis (yellowing of leaves) may occur in high pH (alkaline) soils.

Useful for ornamental purposes as well as for fruit production, it is effective in shrub borders or as part of shrub plantings. It is particularly effective in conjunction with azaleas and rhododendrons, which share similar acidic soil requirements.

Highbush blueberry is an excellent choice for birdscaping yards and gardens. The flowers are an excellent source of pollen for our native pollinators in the spring. These shrubs are also excellent for naturalizing.

### Garden Clubs at Work

The Museum of Fine Arts, Boston held a virtual edition of its 45<sup>th</sup> annual Art in Bloom, with floral interpretations created by 27 New England-area garden clubs, from April 30 to May 3. This year's festival was themed around artworks that tell stories of women across the Museum's collections

**Wareham Garden Club's** Marisa McCoy and assistant Peter LaBouliere (*pictured below left* with their design. **Winchester Garden Club** members, Ann Mikula and Lori Wash, (*pictured below center*) with their floral creation, **Acton Garden Club's** design was by Maureen Christmas. The **Driftwood Garden Club of Marblehead** long time members Laurie Boggis and Ginny von Rueden (*pictured below right*) teamed-up to created their floral arrangement



**The Garden Club of Hyannis** has been meeting each month via Zoom. They decorated Hyannis Library for the holiday and in lieu of putting up Christmas trees at the Cape Cod hospital, members made wreaths and hung them in the lobby corridor, and then Valentine wreaths were made and hung to celebrate hospital workers. They are planning an in-club flower show to celebrate the club's 90<sup>th</sup> birthday in June.

**Bridgewater Garden Club** has been sharing information on free online library gardening lectures being held throughout the state with their members.

**Stoneham Garden Club:** Despite Covid restrictions, the Stoneham Garden Club is continuing with projects. The Garden Club, in conjunction with the Senior Center, is revitalizing the Senior Center gardens. The project will continue through the growing season, producing flowers and adding vegetables which will be shared with the Stoneham Food Pantry.

Many garden clubs held plant sales outside in May. On May 8th **Bridgewater Garden Club** held a plant sale at the Senior Center and **Boxford Village Garden Club** held a plant sale outside with perennials, annuals and herb. **Holliston Garden Club** also held a plant sale.

**Mansfield Garden Club** combined a plant sale and yard sale on May 15<sup>th</sup> in front of their town hall.

May 22<sup>nd</sup> seemed a popular date for plant sales this year as these clubs can attest to. **Haverhill Garden Club's** plant sale was on the Bradford Common starting at 8:00 a.m. until sell-out.

**Tewksbury Garden Club** was from 9-2, on the grounds of the Tewksbury public library. **Springfield Garden Club's** was held from 9-12 on the grounds of the Springfield Museum. **Dracut Garden Club's** was from 8-12 on the grounds of the historical society on Lakeview Ave and **Open Gate Garden Club of Chelmsford** was in the driveway of a member's home.

## Our Native Bittersweet

By Arabella Dane,

GCFM former President & Native Plant Trust board member

Although the native bittersweet *Celastrus scandens* is found in the Lakes Region of NH. I've been searching for it for years....<sup>1</sup> with no success. Then, on that fateful gray and snowy day in late February, there it was, growing over a birch tree between the road to Squam Lake and a bog. This native bittersweet, with its dark reddish orange berries and reflexed tan-orange arils hanging like bunches of grapes, were cascading off the terminal stems of the twisting vine. Arthur Haines of Native Plant Trust<sup>2</sup> declared that finally I had found *Celastrus scandens*, the elusive native bittersweet.

So how do you know which species of bittersweet you are growing? "They" say you can tell by where the berries are positioned and how they look.



### The Introduced Non-native Bittersweet :

If the berries/arils are orange, and are growing all along the stem in the axils of the leaves in small short-stemmed clusters and if the bright orange fruit has yellow reflexed capsule casings then you have the alien invasive invader - *Celastrus orbiculatus*. This nasty but beautiful plant tends to drop its fruit early in the winter here in NH. The omnipresent vines of invasive bittersweet, *Celastrus orbiculatus*, devoid of berries/arils were gray and bare and ugly as



they clambered up the trees along the forest edges growing up into the canopy, often causing trees to break under the weight. They make impenetrable thickets taking the sunlight and crowding out the native understory plants. *Celastrus orbiculatus* travels! A favorite bird food, afterwards the birds are seeding the plant where-ever they perch. We have been fighting the invasive bittersweet battle for years. Many say "You can't kill it." Some recommend cutting it and painting the cut stems with herbicides like Roundup during the growing season; others suggest digging the roots out. Although it will re-sprout from the tiniest of root particles. Others suggest that being vigilant and removing all small seedlings will discourage this invasive bittersweet.

### **The Native Bittersweet:**

However, if you find a bittersweet, with fruits in terminal clusters - hanging off the stem tips and the berries/arils are dark red-orange berries/arils with dark orange capsule casings, then you probably just won the lottery. Lucky for me, the berries hang on through most of the winter!

My search for and study of the alien bittersweet and of our native bittersweet is just beginning. The *Celastrus* species have male and female flowers on separate plants. When Spring comes, I am hoping to see my female *Celastrus scandens* (the native) vine in flower and to find a male plant nearby so that I can photograph the flowers and then compare them with those of its alien invasive relative that has engulfed our woodlands. The differences in the leaves of the native and the alien species of *Celastrus* confuses me still so I have my work cut out, and I gather from Arthur Haines that to add to the confusion, that the two species tend to hybridize too...



<sup>1</sup> Yes, I have seen it in the Missouri Botanic garden when it was not in bloom or not in the ripe berry/aril phase, but had given up hope of finding it here.

<sup>2</sup> Arthur Haines coordinates the Native Plant Trust's celebrated online resource Go Botany <https://gobotany.nativeplanttrust.org/>

## **The Herb of the Year 2021 -**

Every year the International Herb Association declares an Herb of the Year. For the year 2021 that herb is parsley. While most of us think of parsley as the green garnish on our plates, there is a lot more to the herb.

*Petroselinum crispum*, what we know as curly parsley, comes from the Greek words, petros for rocks and selinum for celery or rock celery, which is because it was found on cliffs and old walls. A Greek legend says that parsley appeared where the blood of the Greek hero Archemorus was spilled when he was eaten by serpents. Heroes were crowned with wreaths of parsley because Hercules chose it. The Romans introduced it to England and the English took it with them where ever they went.

Parsley can be found growing naturally in the Mediterranean and Middle Eastern areas. There are three basic kinds of parsley for cooking (*below left to right*); *Petroselinum var. neapolitanum*, which is the flat-leaf or Italian kind, which appears to have more flavor, *Petroselinum crispum* or curly leaf type and *Petroselinum crispum var. tuberosum*, which is the parsnip-rooted or Hamburg variety. The first two are the more common types, which we find in the store. The hamburg kind is little more unusual to us.

Pliny considered parsley to be one of the most important plants for medicinal value. Parsley is

## **Parsley**

Parsley seeds can be started indoors or sown directly in the garden. However, the taproot of parsley plants is delicate, so take extra care if transplanting! Sow seeds outdoors 3 to 4 weeks before the last spring frost, as parsley is a slow starter. The germination rate of parsley seeds tends to be low, so consider soaking the seeds overnight to improve your chances of success. Seeds can be sown directly into the garden if the soil temperature is above 50 degrees. Sow six to eight inches apart. Parsley likes well-drained soil rich in organic matter and full sun. In the garden it should sprout in about three weeks. Parsley is a biennial, but is often planted as an annual as the leaves tend to get bitter after the first year. Parsley is an easy plant to grow in a pot both inside and out as long as it gets lots of sunlight. When the leaf stems have three segments, parsley is ready to be harvested. Cut leaves from the outer portions of the plant when you needed them. Leave the inner portions of the plant to mature.

One method of storing parsley fresh is to put the leaf stalks in water and keep them in the refrigerator. Another method of storage is drying parsley. Cut parsley at the base and hang it in a well-ventilated, shady, and warm place. Once it's completely dry, crumble it up and store it in an airtight container. Parsley can also be frozen.



loaded with vitamins and minerals, such as Vitamin A, B and C with more C than an orange. There is also thiamin, riboflavin, niacin, calcium, potassium, zinc, iron (more iron than liver), and copper. It also has anti-fungal, anti-inflammatory and antioxidant benefits.



Parsley has a starring role in foods around the world. In France it can be found in bouquet garni used to infuse flavor in soups, sauces or stocks. In Mexico and Spain it is a major ingredient in salsa verde. The English make parsley jelly. Italian gremolata is a simple blend of parsley, garlic and lemon zest. Middle Eastern cuisine use it liberally in tabbouleh and falafel. For all the benefits, why not give parsley more use in your cooking?

## Calendar of Events

June 15, Deadline for Clubs to submit Yearbook Update Form:

**Download [Yearbook Form](#)**

June 16 - LDC Webinar, Kathy Connolly - "Create Foundation Gardens that Say 'Welcome Home' to Native Plants," 11:00 AM [Register Here](#)

July 1 - Deadline for Civic and Historic Grant Applications [GCFM Civic & Historic Grants](#)

August 20-29; "Animated Magic" Flower Show at Marshfield Fair, 12:00 noon to 10:00 pm  
View the [Schedule](#) or go to the [website](#)

**Don't Miss The  
Carlisle Country  
Gardens Tour of 2021!**

Connecting Through Nature

**Friday, June 11 - Saturday, June 12**  
10:00 AM-4:00 PM

Live, in-person  
tour! Gardens  
are open for  
visitors!

Advance Tickets until June 7 at  
[www.carlislegardenclub.org](http://www.carlislegardenclub.org)  
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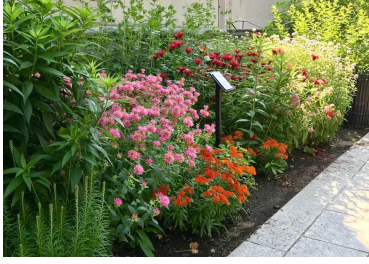
### \*\*\*\*\*HOW TO ORDER PRESIDENTS PINS\*\*\*\*\*

As a gift to incoming or past Club President  
Find details and Order Form Here: [Presidents Pins Form](#)

## NATIVE PLANT CHALLENGE

Visit a few of these local native plant gardens that are open for touring this summer.

*All private garden tours should be arranged with the home/garden owner prior to any visit.*



Small Garden Club groups are welcome.

Limit 10 people.

Thank you to the following gardeners for opening to tours

Betty Sanders, Medfield MA (Late May or June)

Suzanne Mahler, Hanover MA(July), 781-878-8039

Deborah Chud, Chestnut Hill MA (after July 10 )

Bonnie Rosenthal, North Chatham MA (July or August),  
973-557-6186 (cell)

Other possibilities:

Garden in the Woods, Framingham

Norfolk Garden Club Civic Projects

Dracut Town Hall

MHS Elm Bank Native Garden Dover

Stevens-Coolidge House & Gardens North Andover

Veasey Hilltop Native Garden, Veasey Park, Groveland MA

Norcross Wildlife Sanctuary Gardens, 30 Peck Road, Wales MA

## What to do About Mosquitoes and Ticks By Maria Bartlett

**MOSQUITOES:** We all hate mosquitoes – their nasty biting and ability to transmit serious diseases like West Nile and EEE. However, it is important to use the most eco-friendly and people-friendly methods of control. Below are some steps we can use:

### DUMP OUT STAGNANT WATER

There may be many stagnant water sites around your yard. Monitor and dump water out from bird baths, tree hollows, forgotten buckets, little puddles, tires, clogged gutters, trash can lids, tarps, canoes and boats and other out-of-the-way breeding areas. It takes only a few days for eggs laid to develop into biting insects!

### FISH FRIENDS

For larger areas that can't simply be dumped out, such as a fish pond, add more fish! They love to eat mosquito larvae and can't get enough of them. It is important to stock ponds with fish that actually eat mosquito larvae, such as mosquito fish, rather than goldfish and koi which do not. Mosquito fish also give birth to live young so don't need anything special for spawning; are self-sustaining/self-feeding. Order mosquito fish through Richmond Fisheries, 8609 Clark Road, Richmond, IL 60071, 815-675-6545.

### BTI DUNKS

If not fish, BTI (*bacillus thuringiensis, strain israelensis*) "**Mosquito Dunks**" or "**Mosquito Bits**" are used to specifically target and kill off mosquito larvae when inserted into standing water. This is one of the most popular and most effective least-toxic biological controls. It is a bacterial strain that is ingested by feeding larvae and kills them. The dunks are safe for birdbaths, rain barrels, ponds, ditches, tree holes, roof gutters, backyard drains, unused swimming pools — anywhere water collects. It is the method Dr. Doug Tallamy recommends. Purchase at hardware stores or online.

### BUG REPELLENT

Red cedar oil is relatively expensive and works but is considered to be harsher on the environment than garlic sprays.

**MAKE SURE SCREENS ARE IN GOOD REPAIR**

**TICKS:** Ticks are especially of concern due to the seriousness of diseases they carry, such as Lyme. However, be careful of nature in your choice of prevention methods:

- Ticks like moist and shady. Keep your lawn mowed and compost your leaves and other brushy debris.
- If your property abuts a wooded area, add a wide wood chip or gravel border around the edge of your yard to prevent tick migration.
  - Watch where you walk, stick to wider trails and avoid overgrown pathways in wooded or bushy areas where the ground is covered in high grass or leaf litter.
  - Raise some chickens and let them free range your yard to eat the ticks.
  - Keep the woodpile stacked neatly in as sunny an area as possible...ticks do not like dry and light.
  - Try to keep deer and mice away from your yard as they carry ticks.
  - Do tick checks on children and adults after being outside and dry clothes on high for 30 minutes in a dryer to kill ticks on clothing.
  - Wear long sleeves and long pants stuffed into socks.

### YARD SPRAYING SERVICES FOR MOSQUITOES AND TICKS?

There are many such services advertising now and the yard signs are everywhere! **PLEASE RECONSIDER** before contracting for one of these services.

Many use pyrethrum, derived from chrysanthemums, and advertise these sprays

Wear bug repellent when outdoors, especially at dawn and dusk. This protects you and saves the environment. DEET is effective but use cautiously: although registered by EPA, there is some research showing detrimental health effects, especially for children. Oil of Lemon Eucalyptus is very effective and a natural product (Repel is one brand). Again, use caution with children under 3.

STAY INDOORS AT DAWN AND DUSK or use repellent.

#### GARLIC SPRAY

If you feel you must spray in your yard, garlic sprays like “**Mosquito Barrier**” are safe and effective. This can be done every couple of weeks at dusk with a garden sprayer, making the yard smell like garlic temporarily and drastically reducing the mosquitoes.

#### RED CEDAR SPRAY

Red cedar spray is another effective product for collapsing the mosquito and tick populations. It can be sprayed around the perimeter of the yard once a month, preferably before rain.

as “natural.” Pyrethrums from mums and synthetic pyrethroids are **highly toxic** to fish, tadpoles, bees and other beneficial insects and are **NOT** organic compounds. These products should **NOT** be sprayed across a property as they kill all insects, including pollinators and other insects that serve as food for birds and other animals.

Many services are now offering alternative products which are less toxic but still carry risks for the environment as they do harm beneficial insects in addition to ticks and mosquitoes.

These products usually contain cedarwood oil in combination with other herbal oils. Garlic oil by itself seems to be the safest and is also effective.

All of these sprays are done many times during the season and these services are quite expensive. Try the other suggested methods instead!!

**PLEASE NOTE:** With widespread spraying, we inadvertently harm ourselves and overall ecosystem biodiversity. Please use environmentally safe control strategies such as these mentioned above.



**In Memorium**  
**Sandra “Sandi” M. Joyce**  
**February 4, 1938 – May 13, 2021**

Sandi was born in Waterbury, CT., graduated from Lasell College and Framingham State College and then worked in the advertising field in Boston for many years. For 40 years, Sandi owned and operated the Apple Valley Flower Shoppe in Hudson, perfecting the art of flower arranging and designing until retiring in 2013.

Sandi believes seeing her parents and grandparents grow vegetables, flowers and fruit influenced her love of gardening. She, with 4 other gardening enthusiasts, founded The Hudson Garden Club, where she twice served as President. She served first as 2nd & 1st Vice President and then as President of the Garden Club Federation of MA, (1999-2001). Sandi served on the Cindora Goldberg Awards Committee (2009-2017), the GCFM Scholarship Committee (2001-2011) and chaired the 1997 Boston Spring Flower Show, for which she received a certificate of merit. She was a Master Gardening Consultant, a Master Landscape Designer and a member of both Councils.

Sandi served for over 20 years on The National Garden Club Board and was a Master Flower Show Judge, and NGC instructor of procedure, horticulture and symposia, travelling throughout the United States and South America.

Sandi's gardens were her pride and joy and on tour many times. She was a Cub Scout den mother for many years and President of the Home and School Association. Sandi was the first woman honored to join the Hudson Rotary Club and served as President in 1987 for one term. Sandi, along with Irene Sabeau produced the “Lakeview Newsletter” for many years. She was deemed “Woman of the Year” by the Enterprise newspaper in 1974.

**Patricia Michaud**  
**August 13, 1931 – January 7, 2021**

Pat was born in Pawtucket, Rhode Island and attended Pembroke College, the women's college of Brown University. After marrying she moved to Scituate in 1952 and remained there until her death.

She loved sailing and was one of the founding members of the Blue Water Sailing Club. She was an avid golfer at the Scituate Country Club and in the winter liked to ski Loon or Tenney Mountain near their home in New Hampshire. She was also an expert weaver of Nantucket and Mattapoisett baskets.

Pat loved gardening and was known for her beautiful gardens. She was a member of the Cohasset,





Fox Hill and Scituate Garden Clubs. She was a National Garden Club 4-Star member, meaning she was a Master Gardening Consultant, Master Environmental Consultant, Master Landscape Design Consultant and Master Flower Show Judge. Pat was a beautiful floral designer who won many awards over the years. She chaired the Boston Flower and Garden Show and a state flower show at Sturbridge Village. She was a Judges Council Chairman and chairman of the Wallack Fund & Lectures. Pat served on the Federation board from 1990 to 2015. On the GCFM Board she was on the Board of Directors, and the Advisory Committee. She chaired the Bylaws Committee (1998-1999), Youth & Children's Gardens Committees (1999-2001), High School Speech & Essay Contest (2001-2003), and Awards – Civic & Historic (2009-2015).

Pat was lively, friendly, involved and a good friend to many. She will be missed.



**Marie Sisk**  
**1939 – August 20, 2020**

Marie was raised in Belmont, graduate of Mount Saint Joseph Academy, Regis College and the masters program at Boston College. She was a research scientist at Polaroid for 37 years, working for Dr. Edwin Land in Cambridge on the groundbreaking SX70 camera. She loved traveling, crossword puzzles and summers in Falmouth. Her Road Race parties each August were legendary. Marie was a founding member and President of the Walnut Hill Garden Club in Hanover and eventually became the GCFM South Shore District Director, 1999-2001. She also served on the

GCFM Board as: Environmental Study Course Chair 2001-03, Scholarship Committee 2001-03 (Applications), Awards Committee 2003-05, Environmental Studies School 2005-07 and Environmental Awareness Committee 2009-11.

**Majorie "Polly" Keppler**  
**1917 – August 2, 2020**

Polly was born and raised in Rockville Centre, NY, and lived in Winchester where she was a dedicated member of the community as an active member of the En Ka Society, and the Winchester Home and Garden Club. She was a member the First Congregational Church of Winchester for over six decades, where she was a valued leader of the Forum youth group, and arranged flowers for Sunday services.

Polly was an avid traveler both in the United States and abroad, living for a time in Thailand. She was member of the original Elderhostel Program and volunteered at Boston's First Night until she was into her early 90's.

Polly was known for her love of flowers and gardens – she was a gifted floral designer. She was an honorary member of the Landscape Design Council of MA, had been the Middlesex District Director for the Garden Club Federation of MA, and a flower show judge. She was on the flower show committee for the GCFM Essex Aggie Flower Show for many years. She also designed for "Art In Bloom" at the Museum of Fine Arts in Boston.

Polly's daughter is Jan Brink of the Nauset GC and former GCFM Gardening Consultants' Council chair.



#### **GCFM Garden Club In Memorium - [GCFM Memory Book](#)**

### **2021 Scholarship Awards**

The following students have been awarded GCFM Scholarships for 2021 – 2022

#### **Margaret F. Motley Scholarship**

Allison Carter Centerville  
UMass Amherst  
Environmental Science

#### **Landscape Design Council Scholarship**

Caitlin Camilliere Amesbury  
Conway School of Ecological Design  
Ecological Design

#### **Harold T. Bent Horticulture Scholarship**

Alexander Elton Worcester  
UMass Amherst  
Environmental Conservation focused on  
Forest Resources & Arboriculture

#### **Mary M. Conley Scholarship**

Shane Grant Walpole  
Northeastern University  
Environmental Economics

#### **Lottie S. Leach Scholarship**

Brittany Testa Leominster

#### **Margaret Bent Patterson Scholarship**

Samantha Page Williamstown  
Harvard Graduate School of Design

John Hopkins University  
Natural Resources Conservation

**F. Carroll Sargent Scholarship**  
Matthew Tengtrakool Burlington  
Harvard University  
Environmental Science

**Violet E. MacLaren Conservation Scholarship**  
Megan Laurie N. Weymouth  
Unity College  
Environmental Science

**Baker Scholarship**  
Emily Zujewski Haverhill  
University of Denver  
Environmental Science/Anthropology

**Margaret Bent Patterson Scholarship**  
Samantha Page Williamstown  
Harvard Graduate School of Design  
Urban Planning

**Evelyn R. Cole Scholarship**  
Emma Burke Harwich  
University of New England  
Environmental Studies

Urban Planning

**Evelyn R. Cole Scholarship**  
Emma Burke Harwich  
University of New England  
Environmental Studies

**Landscape Design Council Scholarship**  
Caitlin Camilliere Amesbury  
Conway School of Ecological Design  
Ecological Design

**Mary M. Conley Scholarship**  
Shane Grant Walpole  
Northeastern University  
Environmental Economics

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### **National Garden Club Scholarship Winners**

Allison Carter -The Barbara D. May Scholarship

Emma Burke -The Jean T. Ladson Scholarship

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