



The Mayflower

GARDEN CLUB FEDERATION
OF MASSACHUSETTS



The President's Message

Nature has used winter for rest and retreat. Many animals go into hibernation, sleeping and recuperating to emerge energized and refreshed come spring. Plants follow this cyclical cycle too, retreating and shedding their leaves during winter before budding again when the sunshine reappears. If someone were to write a book about your garden this year, how would it go?

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Continued on page 2

Clubs at Work

The growing season slows down this time year, but our clubs stay as busy as ever. From fall and harvest events to annual greens sales, fundraising and community events kept GCFM clubs engaged in their communities. Several clubs also celebrated notable anniversaries.

Read more on page 3.

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Environmental Awareness

So much has happened recently in the world regarding climate change--and we're talking about action-oriented commitments and plans. From several international initiatives, down to the Massachusetts report card and timeline to reduce greenhouse gasses, GCFM Environmental Awareness Chair Maria Bartlett highlights the most important recent developments.

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Read more on page 10.



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Floral design by Mary B.

Nurture Nature: A Message from your President (cont.)

Nature has used winter for rest and retreat. Many animals go into hibernation, sleeping and recuperating their tired bodies, only to emerge energized and refreshed come spring. Plants follow this cyclical cycle too, retreating and shedding their leaves during winter before budding again when the sunshine reappears.

If someone were to write a book about your garden this year, how would it go? What surprises were there? Good productivity, I hope. What worked, what didn't? What do you wish you had done and what disappointed you? What was your greatest success in the garden? Which plant was a champion or what shrub or tree was a showstopper? Our commonality is the garden. Usually the club's biggest fundraiser is a plant sale. So, pride in our gardens and sharing ideas about what we love is expected.

Winter is a time when trees become bare and most of the grass, plants and flowers die off. But winter is also a time of preparation—as roots and tree saps respond to soil and temperature changes to prepare for growth that comes in the spring.

As we approach the dead of winter, it is a good time to take stock in our garden and think about how you might make changes. Many people look at seed catalogs and start planning their garden beds. Some browse through garden books for ideas on garden design. It seems to me that living in New England might hamper our growing season and keep us indoors, but we cannot seem to stop thinking about the plans we have as soon as spring arrives. I know I always wonder how my garden will look compared to the past summer. What will sprout proudly and become a keeper in my garden? I love the suspense.

This past fall was a busy season of District meetings with the presidents and treasurers. I learned a lot and I think they did as well. Many sessions were good sharing opportunities and the presidents getting to know other presidents from other clubs in their districts. The newsletters I receive are a wonderful resource for me to get an inside peek into your club activities and community contributions. Please keep sending them. I enjoy them immensely.

I am discovering many talented people out there and am getting to know them better. Keep up the good work.

So as we approach the quiet of winter when activities subside outside, I hope everyone will take the time to rest and relax and dream. Those who are fortunate enough to migrate south, may you enjoy the lush vegetation that the warm weather offers. Those of us left behind, the hardy ones, will brave the chilly weather, winds and snow. Nature needs that blanket of white for protection and moisture as it melts.

Now might be a good time for garden clubs to take stock in their club activities and reevaluate what is working and what is not. It's time to question what you can manage and what you must table for a year or two until you get the right people filling the roles to get the job done. It's okay not to have a lot of committees. Manage what you can and do it well rather than lots of committees and none of them running well.

As much as I do not necessarily look forward to New Year's, it comes despite my feelings. I anticipate good things happening at GCFM and I hope the garden clubs have a good time planning their spring events. I hope to continue to impart all of the GCFM updates in the weekly Monday Memo. We will continue to keep our website current. I hope some of you are considering taking classes that are offered by GCFM. I hope to visit your club meetings as often as I am invited.

We will be planning the Annual Conference over the next few months which will take place on June 13, 2024 in Andover, MA. I hope to see every club president in attendance and many club members as well. More details on that to follow.

If you have a good speaker, it would be wonderful for us to know about how well they were received in your club. We are ramping up for our annual Speakers' Program for March and we'd like to introduce some new presenters. Please email me if you have a recommendation.

Take time to reflect and enjoy the quiet. Wishing you the very greenest new year you can have. May your garden be abundant come spring and may the winter not seem so long. Stay warm!

Marjorie Dienhart, President

Gardening Study School

Gardening School, Series 12, Course 2 will be held from April 25 through 27 from 8:00 am to 1:00 pm via Zoom. Dr. Judith Sumner will speak on "Plant Diseases & Garden Pests" and "A History of Useful Plants, 1620-1900." Kathi Garipey's subjects are **Irrigation and Water** and **Lawn & Lawn Alternatives. Growing Fruit and Growing Vegetables** will be taught by Joann Vieira.

Registration deadline is April 8. The chairman, is Linda Jean Smith. More information and registration forms may be found [on the GCFM website](#).

2023 Cindora Goldberg Award

The Cindora Goldberg Award was established in 2002 as an annual award in tribute to the memory of Cindora A Goldberg, a distinguished National Garden Club flower show judge and designer. This award honors the ability Cindora had to continually see and create in an innovative manner.

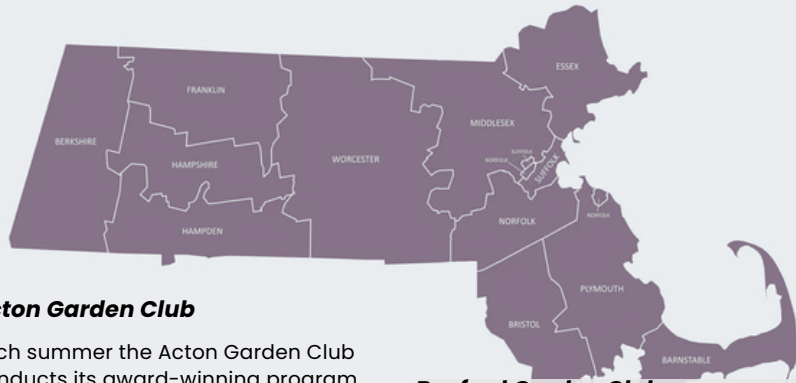
This year's winner skillfully exemplifies the qualities we associate with Cindora's designs. The design, exhibited at the Worcester Art Museum's Flora in Winter 2023 was an impressively innovative interpretation of a three-dimensional wall-art object, *Torso*, by James Tillet. In this design the simplest and fewest elements were used to maximum effect. New Zealand flax and *crededia* creatively complete the design.

This design truly reflects the imagination and skill that was continually exhibited in Cindora Goldberg's designs.

It is my pleasure and honor to award the Garden Club Federation of Massachusetts' **2023 award to Ruth Evans of Framingham Garden Club.**

*Minal Akkad, Chairman
Cindora A Goldberg Award Committee*

Clubs At Work



Acton Garden Club

Each summer the Acton Garden Club conducts its award-winning program, the "Acton's Looking Good Campaign" to acknowledge Acton businesses whose landscapes enhance the Town's beauty. A committee of Acton Garden Club members survey the town, searching for gardens and landscapes deserving of recognition. Criteria for judging include design, color, texture, creativity, scale, and maintenance and awards are granted in various categories.

The Recipients of the "2023 Acton Looking Good" Award were honored on October 3rd at the Acton Garden Club meeting with a plaque and photograph of their landscape and a reception at Acton Town Hall.



The Recipients of the "2023 Acton's Looking Good Awards" are:

Best Retail Plaza - Roche Bros/TJ Maxx

Best Stand - Alone Business - Acton Funeral Home

Best Use of Small Space - Ernie's Auto Body Shop

Best New Garden - Tavernier Place

Continued Excellence - West Acton Village

Best Use of Container Gardens - Anita's Shoe Boutique



Boxford Garden Club

The five presidents of the Boxford Garden Club came together to attend the Tri-town joint meeting on November 9. It is the 1st time they have been together in years. The Tri-Town meeting is for Boxford Garden Club, New Meadows Garden Club of Topsfield and the Topsfield Garden Club.



Brockton Garden Club

Former presidents and current board members of the Brockton Garden Club Claire Lineberry and Peg Kearney attended a STEM event held Tues Oct 17th at the Brockton Public Library with over 200 in attendance. The STEM event—a three-hour program that runs after-school and into the evening—is a free annual program for kids and families from K-12 at the Brockton Main Library.



The Brockton Garden Club was invited this year since the theme was climate change. Peg Kearney and Claire Lineberry helped teach anyone interested to plant little seedlings and stem plants, and learn how all plants help keep the air clean. Information about the club was available, too.

Burlington Garden Club



The Burlington Garden Club enjoyed helping Atria Longmeadow Place residents fashion beautiful Fall arrangements. Planters on the Town Common were dressed in winter finery with a lantern, greens, pinecones, and a festive bow. Members decorated tinsel covered trees for homebound seniors through the Council on Aging/Meals on Wheels program.

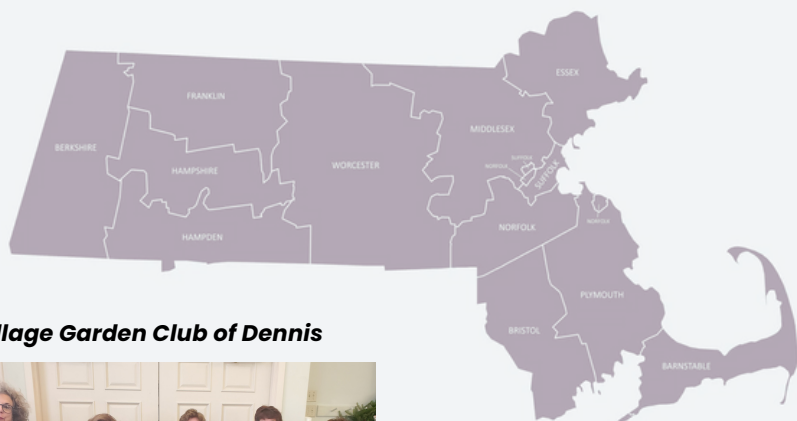


Chatham Garden Club

The Chatham Garden Club and the Atwood House Museum hosted a "Festival of Trees" on December 2nd. All 25 Christmas trees, decorated by members of the garden club, were sold. The highlight of the event was an evening of music, food, and drink amid a magical display of Christmas trees.



Clubs At Work



Village Garden Club of Dennis



The Village Garden Club of Dennis got together on November 29th to decorate a large assortment of holiday wreaths to be hung across the village on many community buildings. What better way to help our community decorate for the holidays than sharing our talented members' creations to be enjoyed by all residents. The town of Dennis certainly looked merrier for the season.



Driftwood Garden Club of Marblehead

In early autumn, eight members of the Driftwood Garden Club of Marblehead visited glorious gardens and gilded-age mansions in the Hudson Valley of New York. They toured the grounds of the



Vanderbilt Mansion followed by a guided tour of Beatrix Farrand's private garden. Beatrix was a woman trailblazer in landscape gardening and architecture whose work defined American taste in gardens in the first half of the 20th century.



Also included in the tour were Stonecrop Gardens in Cold Spring, NY, (pictured above) and Boscobel House and Gardens in Garrison, NY, which offered stunning views across the Hudson River to West Point Academy. Admission to Lyndhurst Mansion, Tarrytown, NY, covered two floors of the opulent mansion and access to the expansive grounds. DGC members enjoyed hidden treasures in Union Church of Pocantico Hills in Tarrytown, where nine stained glass windows by artist Marc Chagal create a powerful combination of light and color.

Even in the rain, New York Botanical Garden in Bronx was a magical place to visit. Club members enjoyed the outdoor gardens as well as explored the Conservatory containing plants from around the world.

A favorite tour was of Kykuit Estates in Sleepy Hollow. The estate, with sweeping river views, was home to four generations of Rockefellers. The gardens, stone hardscapes, sculptures, and outbuildings were spectacular.

Falmouth Garden Club

Gary Bowden of the Cape Cod Pollinator Pathway Project inspired the FGC to register the many local gardens that the club implements and maintains on the pathway: The Colonial Garden, the Herb Garden, Memorial Park, and the Blue Star Byway Memorial Garden located at the Museums on the Green are now officially listed on the Cape Cod Pollinator Pathway. In addition, many of our members registered their personal gardens on the CCGP.



Our September meeting, featuring Neal Sanders, provided much needed laughter along with some valuable horticultural information. In October, we were inspired by Jana Milbocker who taught us about the Magic of the Winter Garden. November's monthly meeting featured a team of in-house designers who demonstrated their skills using ECO Designs along with the annual Bizarre Bazaar- a truly unique experience in which members donate their unused garden-related items for an in-house "yard sale" of sorts.

The Falmouth Garden Club continues to fulfill its civic obligations by participating in the local Meals on Wheels program with decorative tray favors throughout the year and offering a Junior/Senior garden program in which local school children work with nursing home residents to create seasonal floral projects.

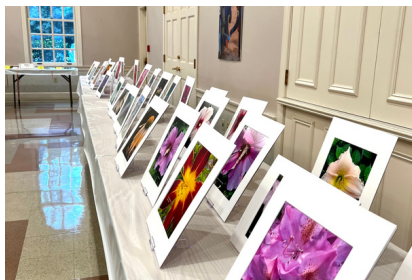
Clubs At Work



The annual Wreath Sale and Holiday Market featured beautifully decorated wreaths, holiday greens arrangements, and select handmade items created by FGC members. This fundraiser supports the many programs that the Framingham Garden Club offers to its members and to the community.

Framingham Garden Club

The Framingham Garden Club had a tremendous start to the year with an in-house judged horticulture show and its first annual photo exhibit of closeup and macro floral images.



Continuing our 90th anniversary celebration as a federated garden club, a "Books in Bloom" presentation was held in collaboration with the Framingham Public Library. This was an evening event that was both live and virtual, attracting over 150 community members. Books written/published 90 years ago were chosen by the library and members presented the book summaries and their floral interpretations to the community.



This was followed by placement of the books/floral designs throughout the library for the following 2 days for those not able to attend the presentation.



Our beautification committee worked hard to clean up three major public gardens in the city over a two day period, in October. Our Senior Class teams taught two classes at each Senior Living Facility and received much gratitude from the residents as they produced wonderful fall designs.



The Holiday Greens sale produced creative wreaths, baskets, swags, and centerpieces with all members participating in the event. The end of the 90th anniversary culminated with the publication of a Cookie Book of 90 tried and tested cookie recipes that will be highlighted at our Holiday celebration in mid-December.



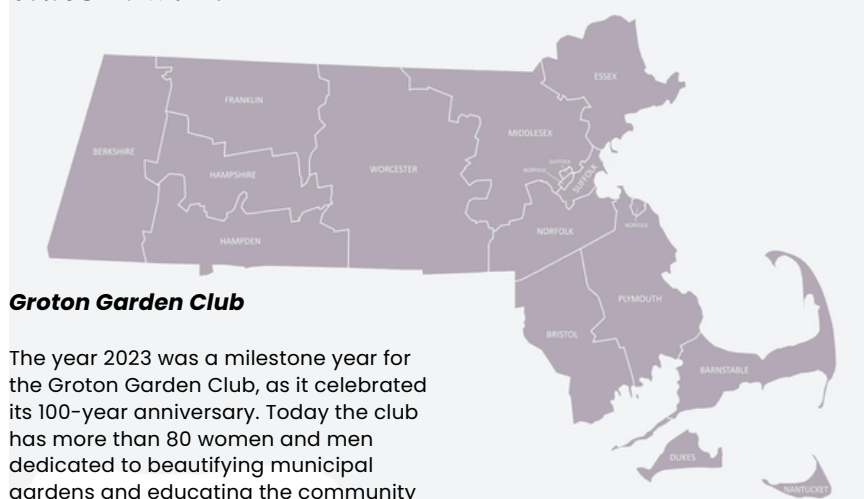
Greenleaf Garden Club of Milford

2023 marked the third annual GGC Wreath Sale, and another successful fundraising season for the Greenleaf Garden Club of Milford. For the first two years, the sale was held on Black Friday after Thanksgiving, with a spillover date on Small Business Saturday. The sale was also held outdoors, at a local park entrance that afforded a lot of vehicular traffic exposure. The weather was always cold and often windy. It did little to inspire leisurely shopping as the wind sometimes whipped wreaths off tables and shepherds hook displays.



This year, we co-located at an indoor craft festival at a local, community craft fair the weekend before Thanksgiving. The weather that day was very rainy but with a roof overhead, purveyors stayed warm and dry. Additionally, 75% of our wreaths were pre-sold before the actual greens sale, making it all that much easier for the community to simply hang their wreaths and kick off the holiday season.

Clubs At Work



Groton Garden Club

The year 2023 was a milestone year for the Groton Garden Club, as it celebrated its 100-year anniversary. Today the club has more than 80 women and men dedicated to beautifying municipal gardens and educating the community about gardening topics.

Here is a look back at the projects and activities taken on through the years. This list showcases the more recent work of the club.

- The club celebrated its 50th anniversary in 1973 with a house and garden tour. In 1976, to celebrate the nation's bicentennial, plantings were added to town commons, the post office, the town hall; and a float was part of the bicentennial parade.
- A major project during the 1970s was the landscaping of the new Nashoba Hospital and Mental Health Building in Ayer. Done in stages, the planting included trees, shrubs, perennials, and spring bulbs.
- Garden Therapy Programs at the Hale Nursing Home were well received.
- The Club continued to maintain municipal gardens and holding its annual plant sale, bulb sales, and flower shows to raise funds.
- New projects in the 80's included The Marion Nash Memorial Garden at the Nashoba Hospital in Ayer, landscaping at the Petapawag Canoe Launch, and Knops's Pond.
- The club was also instrumental in the formation of the Friends of the Trees.
- Members gather in December to make seasonal decorations for the Council on Aging's Meals on Wheels program. To share their creativity, floral arrangements are provided to the Groton Public Library.
- To brighten the lives of cancer patients, the Club supports the Virginia Thurston Healing Garden in Harvard, MA, through garden maintenance and winter container arrangements.

- The Club also presents an Annual Public Lecture bringing a speaker to our community to discuss current horticultural topics.
- The Garden Club maintains 10 municipal gardens in various areas throughout the Town of Groton. There is a long and varied history of design, installation, and maintenance of these gardens.
- The Garden Club culminated its 100-year anniversary with the project 100 Native Plantings for 100 Years. This whole club project brought an awareness of the importance of native plants to the community. The club was awarded a grant for this project.

The Club published a book entitled *Gardening for 100 Years 1923-2023* for each member, which is also available at the Groton Public Library. Learn more at www.grotongardenclub.org.

Hopkinton Garden Club

The Hopkinton Garden Club enjoyed Christine Dustman's program of hands-on landscape design.



She encouraged considering plantings as objects - variety of shapes and sizes - before considering specific plants, shrubs, or trees.

Paeonia Designs, Stacey Lee, demonstrated a wide variety of sustainable floristry with three designs given away at end of class.



Hull Garden Club



As part of ongoing efforts by the Hull Garden Club to beautify our town, members worked diligently at weeding, planting, and decorating town signs and traffic islands for fall.



L to R: HGC Members Nancy Deforest-Courier, Lynne Furze, Theresa Albano and Maria Gianquitto.

Clubs At Work



The Hull Garden Club elves were busy assembling seaside-themed holiday wreaths for their annual sale, one of the club's biggest fundraisers. Volunteers decorated over 225 wreaths for sale and donations after Thanksgiving.

More Hullanian elfin magic by the Beautification Committee of the Hull Garden Club sending a warm welcome to all entering Hull.



L to R: Dr. Roxanne Mihal, Nancy DeForest Courier, Anne Walsh, Sally Herrmann

Garden Club of Hyannis

To honor local firefighters serving the Cape community, The Garden Club Hyannis Outings Committee headed by Angela Lipinski and Nancy Bailey, organized a "Thanks for Giving" outing to express their heartfelt gratitude with homemade goodies like cakes, pies and

pastries, gift cards, and of course, lovely flower arrangements. On November 16th, The GCH teams visited firehouses serving Barnstable, COMM (Centerville, Osterville and Marston Mills,) Hyannis, and Yarmouth to share thanks to the men and women dedicated to protecting Cape residents throughout the year. The firefighters were honored and delighted to receive the visits.



Also, in November, Nancy Costa led the Club's Design team, and conducted Floral Design 101 Workshop. Nancy said "Step into your yard for materials and inspiration" and instructed beginners how to create an oval design as a fall centerpiece for the table or mantel.



At the end of the month members of The GCH's Civic group decorated the Hyannis Public Library for the holidays. In the spirit of good cheer, other GCH members decorated Cape Cod Hospital. Nancy Bailey and Simone Perrier organized 7 teams of elves who trimmed trees in the Hospital's Lobby, ER, Day Surgery unit, Cancer Center, Oncology Department and Cafeteria.



And lastly, another team of elves made a visit to Cape Abilities in Dennis to decorate Christmas wreaths and baskets for the organization to sell during December.

The Garden Club of Mansfield

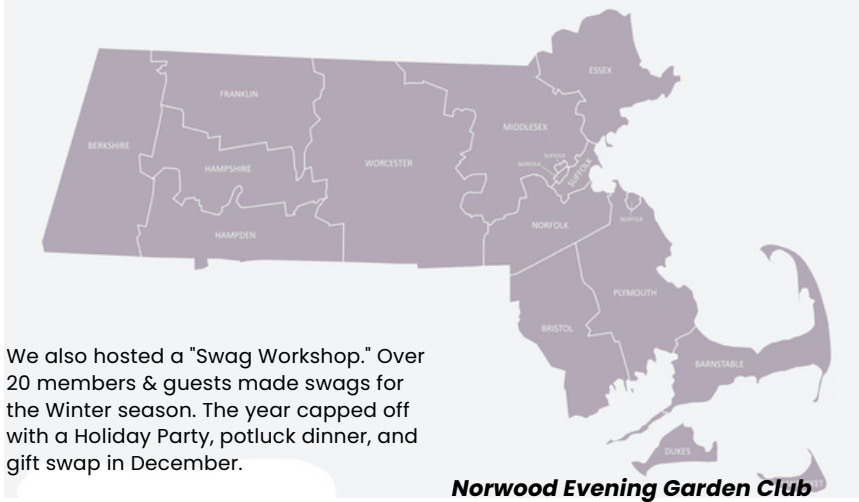
In Fall 2023, the club hosted a "Fall & Pumpkin Festival". Families brought their kids to the event for activities, and for selecting a pumpkin of their choice.



The club planted over 1000 bulbs in our town gardens this Fall.



Clubs At Work



We also hosted a "Swag Workshop." Over 20 members & guests made swags for the Winter season. The year capped off with a Holiday Party, potluck dinner, and gift swap in December.

Nauset Garden Club



The Nauset Garden Club celebrated its 40th anniversary with a self guided tour of the Cape Cod Museum of Art Exhibit, *The Endless Imagination of Bob Staake*. A delicious lunch was served at the Encore Bistro and Bar. There were about 40 members in attendance. Members were recognized for their years in the club with a long stem rose and a beautiful card created by one of our talented members. Also recognized were former Presidents of our club over the years.



Former presidents, Mary Finan, Jeanne Berdik, Jan Brink, Carol Alper and Sharon Davis with Cindy Doherty, at the end, in charge of the program.

Norwood Evening Garden Club



Since 2009, the Norwood Evening Garden Club has been contributing organically grown produce to Norwood's local food pantry. The club wrapped up another successful year donating 647 pounds of vegetables during the growing season. Special thanks go to the Master Gardeners and Master Gardener Interns who helped work three 400 sq. ft. plots this season.



Mary Ellen Heike having just pulled radishes from the garden.

Plymouth Garden Club



The Plymouth Garden Club held a mum planting at the Plymouth Public Library September 10th, 2023.



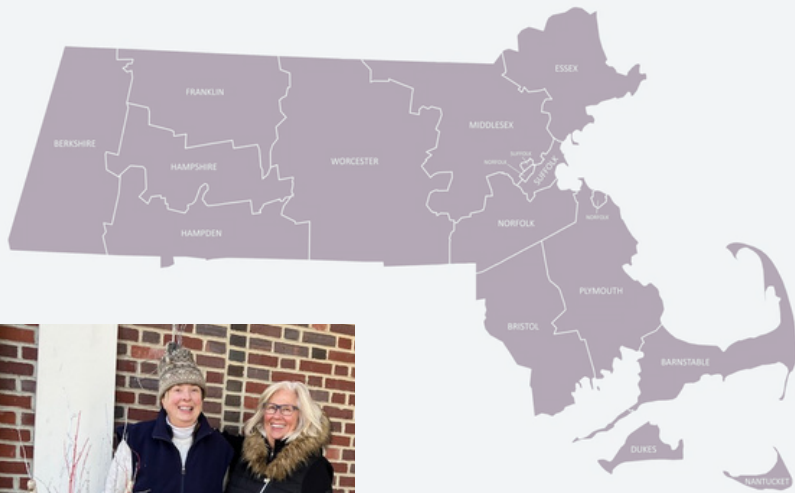
Bed tenders L to R: Dawn Barrett, Crystal Payne, Paula Butterfield, Joanne Lee, Suzanne Carchedi, Gail Conner, Noreen Casey, and Ellen Sexton.

New Meadows Garden Club of Topsfield

New Meadows Garden Club of Topsfield provided decorations for the Topsfield Library for the holiday season. This is one of several we provide throughout the year for the library.



Clubs At Work



L to R: Jane Cullinan and Jane Bell



Design by Nancy R.



Design by Jane A.



Design by Carol N.



Design by Beate B.

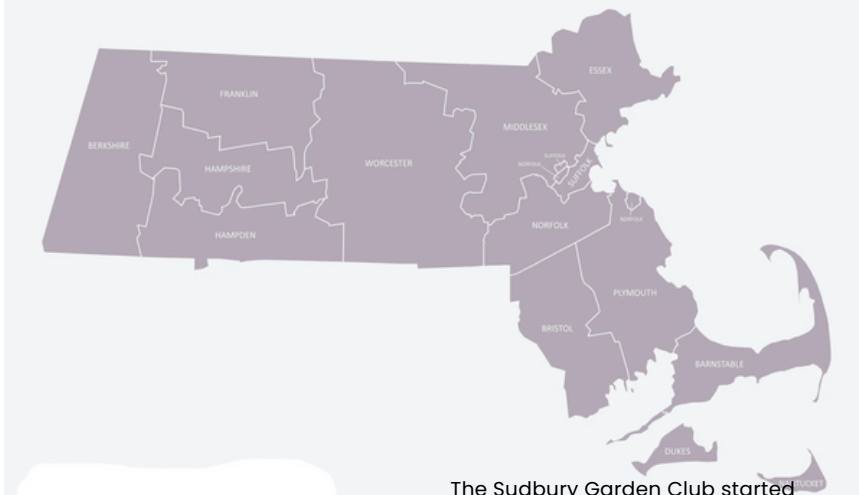
Springfield Garden Club

Springfield Garden Club had our fall Floral Design Study Group on November 16th and with the help of Suzanne Reed and Jamie Hall, we made some amazing designs. We do this in the fall and spring, and the next one will focus on preparing for the annual Festival of Flowers at the Springfield Museums.



Design by Helen G.

Clubs At Work



Sudbury Garden Club



The Sudbury Garden Club is celebrating 50 years of leading the decorating of Longfellow's Wayside Inn, in Sudbury, this holiday season. Ten area garden clubs gather on the Tuesday after Thanksgiving each year to deck the halls including Framingham, Holliston, Hopkinton, Hudson, Marlborough, Natick, Northborough, Pinefield, Thursday, and Wayland.



The Sudbury Garden Club started decorating the Inn in 1973 and has done so every year, moving from real greens and berries to artificial greenery. As well as leading the efforts, we decorate several rooms, the staircases, hallways, outdoor posts and bring in local Girl Scouts to decorate some outdoor trees. Thousands of customers will have a chance to enjoy the traditional look of the Christmas decorations over the holidays.

Waltham Garden Club

House in Bloom at Gore Place, Waltham is a collaborative effort between the Waltham Garden Club and the historic Gore Place to showcase not only the exquisite mansion. Floral designs were placed throughout the mansion to entice visitors to roam and discover. It was a creative treat for designers and the over 300 attendees alike. Being able to design for and in the 1806 country estate of Christopher and Rebecca Gore is a phenomenal opportunity for our club and a wonderful way for us to give back to this unique community resource.



Design by WGC President Courtney Ogg-Mancuso



Design by Kathy Montesanti

Waltham's mayor, Jeannette McCarthy, helped us bring fall to the large planters on Waltham Common with mums and ornamental pepper plants along with a display of pumpkins, gourds, and squash. The Waltham Garden Club had a tremendous amount of help from the city's Consolidated Public Works department as well as many member volunteers.



The Waltham Common also houses a display of Leola Fraim hostas, named in honor of Leola, who was a founding member of our club (1941). The Waltham Garden Club will be back in the Spring of 2024 to refresh the planters and help welcome Spring to our community.





Be in the Know: Updates

By Maria Barlett

So much has happened recently in the world regarding climate change! It is vitally important that we follow and engage in the discussions and participate in the decisions. Our children and grandchildren will thank us!

INC-3

The United Nations set up the Intergovernmental Negotiating Committee on Plastic Pollution to develop a legally binding global treaty on plastic pollution along the lines of the very successful 1987 Montreal Protocol reducing ozone pollution. The third of four meetings was held in Nairobi from November 13th to 19th and all nations agreed that the situation is dire and a "zero draft" was produced. Further/final negotiations will take place in Ottawa, Canada in April 2024. The issues involved are complex but the world cannot continue to accumulate the amount of plastic waste currently generated or the projected increase for the future. Production and use must decline. We cannot recycle our way out of this problem. As you know, plastics are made from fossil fuels and their production increases GHG emissions resulting in climate change.

[Read the full report.](#)

The Fifth US National Climate Assessment

This is the preeminent report on the current and future global climate change impacts and risks to each of the 10 US regions. It is a congressionally

mandated interagency effort, peer-reviewed by experts at the National Academies of Science, Engineering, and Medicine, and provides the scientific basis for decision-making. Released on November 13th, the report is intended to be authoritative, timely, relevant and policy neutral; valued by authors and users; and accessible to all.

Not surprisingly, the report found that the effects of human-caused climate change are already far-reaching and worsening across every region of the US. The good news: efforts to adapt to climate change and reduce emissions have expanded since the last report in 2018 and US emissions have fallen since peaking in 2007. However, without deeper cuts in the global net GHG emissions and much more accelerated adaptation efforts, severe climate risks to the US will continue to grow. If you did not like last summer's heat, floods, wildfires, and droughts, that is only the beginning if we do not move into high gear! The

[Read the full report.](#)

COP28

This is the BIG United Nations-sponsored meeting, taking place annually, this year in Dubai on November 30th to December 12th. It generated a lot of controversy as it tried to resolve the overarching conundrum of needing the "full, fast, fair, and funded" phase down/phase out of fossil fuels versus the drive by producing nations and energy companies to continue to extract/produce/sell oil, gas and coal. Particularly problematic: the president of COP28 was Al Jabar, of the United Arab Emirates, a major producing nation.

The good news:

- All nations agreed to establish a Loss and Damage Fund to help poorer nations address climate change. The US pledged \$3B to the Fund.
- Al Gore announced the new accountability tool, climate TRACE, that can track/record every last bit of GHG emissions across the world.
- Oil and gas companies committed to ending all methane emissions by 2030.
- All committed to triple renewables and double energy-saving efforts by 2030.
- Most surprising and encouraging of all was the first-ever explicit call for "transitioning away from fossil fuels" by speeding up that shift before 2030. Mention of fossil fuels appeared dead but the agreement was rescued through efforts led by US Climate Envoy John Kerry dealing directly with reluctant Saudis.

Actual results will, of course, depend on everyone fulfilling the commitments made!

[Read the full report.](#)

MA Climate Report Card

Released on December 1st, it reports on the progress Massachusetts has made toward our goals of reducing GHG emissions 33% by 2025; 50% by 2030; 75% by 2040; and 85% by 2050 compared to the 1990 baseline. The deepest reductions will need to occur soon between 2025 to 2030 and there are challenges ahead in meeting these goals.

The full report is interesting reading. [Access it here.](#)

This article helps highlight important aspects of the progress: <https://www.gazettenet.com/State-keeping-pace-with-climate-goals-53225610>



Environmental Awareness

Be A Better Gardener: Growing Climate Resistant Crops

By Thomas Christopher

Last summer was exceptionally hot and desperately dry in my area of western Massachusetts. Streams dried up as neighbors' wells failed, and I struggled to keep my vegetable garden alive without draining all the water from mine. The spring of 2023 was also unusually warm and dry here – although what qualifies as unusual is increasingly difficult to say.

Worrying that I might be facing another difficult summer and that, with the ongoing warming of our climate in the Northeast, a combination of heat and drought might become the rule, I contacted Jon Traunfeld, Program Director at the University of Maryland's Home & Garden Information Center. In 2022, Jon wrote an informative and provocative series of posts for a University of Maryland blog, "Maryland Grows." Jon, who earned a Master's Degree in Agricultural Extension Education from the University of Tennessee, has been active in helping home gardeners make their plots more resilient to climate change.

What Jon recommended to me was far more innovative than just applying more irrigation. He suggested that I explore vegetable cultivars that are more tolerant of heat. Most tomatoes, for example, a vegetable garden standby, typically stop bearing fruit when daytime temperatures rise above 85° F and nighttime temperatures over 70° F for sustained periods of time. Jon and his extension colleagues have tested a

number of tomatoes that continue to bear fruit even during hot spells, such as Heatmaster and Florida 91. He also had suggestions for a variety of heat-tolerant lettuces such as Merlot and Cherokee that are slower bolting. Jon also noted that many seed companies are now offering selections of heat-tolerant vegetable cultivars, and suggested I consult those.

Diversifying where I grow vegetables was another response Jon suggested I try. A plot that receives full sun throughout the day has long been the standard choice for vegetable gardeners. Jon said that a location that enjoys some shade in the afternoon (typically the hottest part of the day) can be more successful during the summer heat. Leafy greens, which are typically more shade tolerant, respond especially well to this treatment. Planting lettuces on the north side of a house was an experiment that worked well for Jon during the fierce summer of 2022.

A more fundamental change that Jon recommended was updating the types of crops I grow. He's found that callaloo, *amaranthus viridis*, a green popular with Caribbean gardeners; and Chinese spinach, *amaranthus tricolor*, a favorite of tropical Asia. Both provide more heat-tolerant alternatives to our traditional garden spinach, *spinacia oleracea*. Or we can look closer to home at traditional favorites of the southern United States such as collards, *brassica oleracea*. The [Heirloom Collards Project](#), a fellowship of gardeners, chefs, farmers, and artists, has assembled a large and diverse collection of collard varieties that Jon recommended.

Jon also recommended I try growing sweet potatoes, another southern crop that is succeeding in northern gardens as our growing seasons lengthen and warm.

According to Jon, improving the soil is another key to making your vegetable garden more climate resilient. Boosting the organic content of your soil with liberal doses of compost is fundamental to this. The organic matter glues soil particles together into stable aggregates that resist the erosion caused by the record rainstorms we are experiencing and keeps the soil porous, allowing it to absorb rainfall more readily. Compost also acts like a sponge to absorb and retain moisture in the soil.



Vegetable cultivars that are more tolerant of extreme heat are being developed.

Another good practice is planting fast-growing cover crops such as buckwheat to keep the soil covered between vegetable crops. Nitrogen-fixing cover crops such as hairy vetch may be sown into vacated beds in the fall. Cover crops not only prevent erosion but also add organic matter to the soil and reduce weed invasion. Tucking plants in with organic mulches such as straw can reduce a need for irrigation by half, and as they decompose also enrich the soil with organic matter.

The implicit message in Traunfeld's blog posts is that change is coming, and while gardens need to adapt, so do gardeners. Personally, I'm looking forward to the new flavors this will bring to my table. The adoption of new crops and exposure to other gardening traditions can even help to bring our diverse communities closer.

To read Jon Traunfeld's blog posts, log onto [Maryland Grows](#). To listen to the rest of my conversation with Jon Traunfeld, log onto the Berkshire Botanical Garden's ["Growing Greener" podcast](#).

Obituary



In Memory of Jeanne-Marie Parkes

By Linda Jean Smith

Jeanne-Marie Parkes passed away on October 11, 2023 at the age of 89 after a brief illness. She was born in Burlington, New Jersey. After attending schools in Burlington and graduating from Smith College, she worked the civil service at McGuire Air Force Base where she met her future husband and moved to a life at various Air Force Bases including: Chatauroux, France; Saint Louis; and the Azores Islands. Jeanne-Marie had two sons, four grandchildren, and one great-grandchild.

Jeanne-Marie and her husband, an Air Force Major, settled in Hull, MA where she became interested in gardening and joined the Hull Garden Club. She was a very active member of the club for many years serving as their president from 1976-78 and was an honorary member for life.

Jeanne-Marie served in so many positions of GCFM. She was South Shore District Director, Vice President, and President from 1985-1987. She became a Master Flower Show Judge winning many top awards in flower shows. There is also a flower show award named for her, the Jeanne-Marie Parkes Creativity Award.

She was instrumental in getting the GCFM Environmental Council started and remained a master consultant until her passing. She remained active with GCFM having served as a scholarship trustee and protocol. Jeanne-Marie co-authored a pamphlet for GCFM entitled,

"Who We Are," explaining the organization and its purpose for which she won a publication award.

After her GCFM presidency, Jeanne-Marie went on to serve National Garden Clubs, Inc. from 1985 until her passing. She was a New England Region Director from 1997 to 1999.

There is also a region award in her honor, the Jeanne-Marie Parkes Award, for an educational exhibit to encourage environmental awareness. She was honored to have a winning Hosta named after her, The Parkes Hosta during her term.

Jeanne-Marie also chaired the Golden Circle Committee, served as NGC Protocol Chairman, co-authoring a protocol handbook for NGC, was on the NGC Nominating Committee, and was currently serving as a PH&E Trustee. She has received several Presidential Citations for her work for NGC.

Jeanne-Marie was a gregarious, vivacious, and lively spirit, and a fun friend for everyone. She was a "go-getter" that got things done, and was always there to help others with encouragement. Everyone loved Jeanne-Marie and we will all miss her.

New England Regional Symposium Held in Massachusetts

On November 1 and 2, 2023 a New England Regional Symposium was held in Milford, MA at the Doubletree Hotel. Participants were from the six New England states and New York. The Symposium was chaired by Yvonne Capella and Nancy Donaldson. It was very important to have this Symposium as about 30 judges from Massachusetts, most of whom were Masters, needed to refresh by the end of this year. Without this symposium, they'd have had to travel out of New England. Most of those judges did refresh, and credentials will be extended to December 31, 2026.



The design instructor was Francis Thrash from Virginia, and the horticultural instructor was Pam Braun from Tennessee. Thrash demonstrated two types of designs; panel design, and low-profile or coffee table designs, which are seen by looking down on them. More than half the designs for the Point Score Exam were done by current Student Judges. They came to the Symposium and wanted to show their appreciation to the Judges Council for doing the designs for the Flower Show School. Horticultural instructor, Pam Braun, spoke on succulents and container gardens. Both of them are certified NGC instructors with extensive credentials.



Topsfield Flower Fair

The Topsfield Fair was held Sept. 29th – Oct. 9th. It is America's oldest County Fair. In its 203-year history, the fair has been canceled only three times: in 1918 for Spanish flu, 1943–1945 for World War II, and 2020 for the COVID pandemic. It began in 1818 as a one-day cattle show by the Essex Agricultural Society to promote agricultural interests and grew from there.

In the early days it was in different locations, but moved to Topsfield in 1910. Since then, the fair has grown to include rabbits, horses, tractors, 4-H, wine, chickens, fruits & vegetables and flowers.

This year's flower show was entitled, "Wandering Through Essex County." Pat Fleming, of the Hamilton-Wenham GC, was again the show's chairman. The standard flower show is run by GCFM and has been a part of the Fair for almost 50 years.

DAY 1 Design Results

Class 1: ANTIQUING IN ESSEX: Line Mass Design – Novice Class*

1. Donna Shapleigh, Hudson Garden Club & Georgia McHugh Novice Award
2. Lisa Harrison, Hamilton/Wenham Garden Club
3. Lorraine Walsh, Community Garden Club of Cohasset
4. HM Nancy Walke, Danvers Garden Club

Class 2: PICNIC AT THE CASTLE HILL CONCERT – Alfresco Table for Two

1. Debbie Stashis-Douglass, Danvers Garden Club
2. Kirsten Alexander, Hamilton/Wenham Garden Club
3. Maryanne Wood, St. Albans Garden Club, Vermont
4. HM Catherine Fochtman, Acton Garden Club

Class 3: CATCHING THE SUNSET AT HALIBUT POINT: Reflective Design

1. Kathy Leva, Lexington Field & Garden Club & Pauline Bowden Award
2. Julianna Kallas, Hamilton/Wenham Garden Club, 90+
3. Joanne Kennett, Hamilton/Wenham Garden Club
4. HM Judy Colburne, North Reading Garden Club

Class 4: SAILING OFF OF CAPE ANN – Abstract Design

1. Fran Lucas, Peabody Garden Club
2. Suzanne McCance, Reading Garden Club, 90+
3. Althea Cranton, Hamilton/Wenham Garden Club
4. HM Pat Fleming, Hamilton/Wenham Garden Club



Design by Kathy Leva

DAY 1 Horticulture Results all blue ribbon winners

- **Section A: Long Hill Meadows Flowering Perennial**
 - Class 4: Any other (October Daphne) – Nancy Costa, GC of Hyannis, Award of Merit
- **Section B: PLUM ISLAND PLUMAGE Flowering Annuals:**
 - Class 6: Dahlia – Cathy Felton, Hamilton-Wenham GC, Award of Merit
- **Section C: WITCHES BREW Fruit and Vegetables:**
 - Class 10: Capsicum (pepper) – Joanne Kennett, Hamilton-Wenham GC, Award of Merit
- **Section E: WOODLAND WALK, Needled Evergreen:**
 - Class 18: Abies (fir) Kathy Leva, Lexington Field & GC, Arboreal Award



Pauline D. Bowden Award

The floral designer receiving the highest scoring Blue Ribbon at the Topsfield Fair each year is awarded the Pauline D. Bowden Award. It is a Silver English teapot.



L to R: Kathy Leva and Marjorie Dienhart

This award was presented to Kathy Leva, President of the Lexington Field and Garden Club at the Flower Show Judges Symposium on November 2 in Milford by GCFM President Marjorie Deinhart.



Donna Shapleigh with her award-winning design.

DAY 2 Design Results

Class 1: ANTIQUING IN ESSEX: Line Mass Design – Novice Class*

1. Stacy Giggie, Danvers Garden Club
2. Joy DiMaggio, Thursday Garden Club of Sudbury, 90+
3. Meredith Smith, Temple Shalom, West Newton
4. HM Kirsten Alexander, Hamilton/Wenham Garden Club

Class 2: PICNIC AT THE CASTLE HILL CONCERT: – Alfresco Table for Two

1. Meredith Smith, Temple Shalom, West Newton
2. Pat Fleming, Hamilton/Wenham Garden Club, 90+
3. Shannon Fitzpatrick, Framingham Garden Club
4. HM Nancy Walke, Danvers Garden Club

Class 3: CATCHING THE SUNSET AT HALIBUT POINT: – Reflective Design

1. Carrie Podmostka, Danvers Garden Club
2. Cathy Felton, Hamilton/Wenham & North Shore Garden Clubs
3. Pat Fleming, Hamilton/Wenham Garden Club
4. HM Deborah Riva, Danvers Garden Club

Class 4: SAILING OFF OF CAPE ANN: – Abstract Design

1. Suzanne McCance, Reading Garden Club
2. Margot Yie, Beth Shalom
3. Laura Lindop, Piscataqua Garden Club, NH
4. HM Abbie Ann Lavoie, Winter Garden Club of Marblehead

DAY 2 Horticulture Results all blue ribbon winners

- **Section A: Long Hill Meadows Flowering Perennial**
 - Class 4: Any other (October Daphne) –Nancy Costa, GC of Hyannis, Award of Merit
- **Section B: PLUM ISLAND PLUMAGE Flowering Annuals:**
 - Class 6: Dahlia – Cathy Felton, Hamilton-Wenham GC, Award of Merit

• **Section C: WITCHES BREW Fruit and Vegetables:**

- Class 10: Capsicum (pepper) – Joanne Kennett, Hamilton-Wenham GC, Award of Merit

• **Section E: WOODLAND WALK, Needed Evergreen:**

- Class 18: Abies (fir) Kathy Leva, Lexington Field & GC, Arboreal Award

DID You KNOW?

You can access a virtual tour of this year’s flower building from the Topsfield Flower Show, as well as the vegetable building. The flowers in the latter are changed three times during the course of the festival.

TOPSFIELD FAIR – FLOWER BUILDING 2023



Click the picture above to access the webpage.

National News Nook



DEADLINES

Smokey Bear

January 20, 2024

Local winning posters must be received by the State garden club or poster contest chairperson.

Youth Pollinator Garden Grants

Youth Pollinator Garden Grants of \$200 are available. Contact Vickie Stedman, Chairman, vcsted@comcast.net

Opportunities from NGC and NEGC

Plant America with an Espoma Grant!

National Youth Poetry Contest

The National Garden Club Youth Poetry Contest deadlines are coming up. NGC’s Poetry Contest enables our youth to embrace their creativity through the art of writing by encouraging them to express and explore their creative thoughts through different types of poetry.

For details go to

www.gardenclub.org/Youth & Scholarship/Contest & Activities

Entries must be sent to your state youth chairman.

NGC 2024 POETRY CONTEST
CELEBRATING OUR GREEN WORLD



**"I SPY WITH MY LITTLE EYE,
SOMETHING GREEN OUTSIDE"**

WHO'S ELIGIBLE?
ALL kids Grade K– Grade 9
who are either
NGC Youth Club members
or
ANY kid when sponsored
by a local affiliated NGC garden club

For details go to
www.gardenclub.org
Youth & Scholarship/Contest & Activities
OR your state garden club's website!

**CLUB ENTRIES MUST BE SENT
TO YOUR STATE YOUTH CHAIRMAN:
OBSERVE YOUR STATE DEADLINE**

For more information email:
James Pavelka, NGC Poetry Contest Chairman
jamespavelka@comcast.net

For more information email James Pavelka, NGC Poetry Contest Chairman, at jamespavelka@comcast.net.



Her Shirley Farm Landscape Project Part Seven

By Juliet Silveri

Birds watch and wait in the surrounding trees as I fill the birdbath with water in the mornings. The water is heated and always available. As soon as I leave the garden, they descend, and so I watch them from my kitchen window as they gather, drink, bathe, fight, and swirl around the birdbath, some waiting their turn, some chasing others away. Mostly bluebirds now, with some blue jays and chickadees and sparrows.



In the spring I had pruned back many of the red-twig dogwood (*Cornus stolonifera* 'arctic fire') branches, and new ones sprouted and grew quickly, vibrant red now against the green of the juniper and small spruce behind. A bird haven, and winter interest, as planned, have come into being in this garden. This year I added a *Clethra alnifolia* 'vanilla spice' and a couple of agastache 'rosie posie,' both providing sustenance for hummingbirds, bees, and other pollinators—as soon as they are big enough, probably summer 2024.

In September and October, the gardens flourished, with the torrential rains nourishing and helping to establish the new roots of both my many *ilex crenata* 'green lustre' and 'hoogendor,' and all my newly planted perennials. The annuals from last year's "Spring into Summer" mixture, mostly towering cosmos, grew back from the seed they spread last year, and I removed them little by little, leaving some for their towering impact from afar, but removing enough to give room and light to the perennials. As I pulled them up, I planted them in a rough square area close by, which refuses to grow grass, and there they flourished also, and created a cutting garden.



***Cornus stolonifera* 'arctic fire' in front of a juniper and a spruce.**

The picture of the upper garden shows the foundation being created for the chairs and soon a small table, so they don't sink into the dirt and mulch. There is phlox 'glamour girl,' *Physocarpus* 'panther,' *Weigela florida* 'my monet purple effect,' and *Salvia* 'may night.' There is *Caryopteris incana* 'sunshine blue' on the other side of the chair. All thriving.

Foundations being built for chairs and small table; *Caryopteris*, phlox, and *Physocarpus* stand out.

My entryway this summer became a mystical fairyland of *Actea racemosa* swaying and waving its candle-like white blooms above and across my front path. There are several planted on each side, and they have grown to seven or eight feet tall in just two seasons. Near the door, chard in a planter makes a bright display of reds and oranges (pictured left).

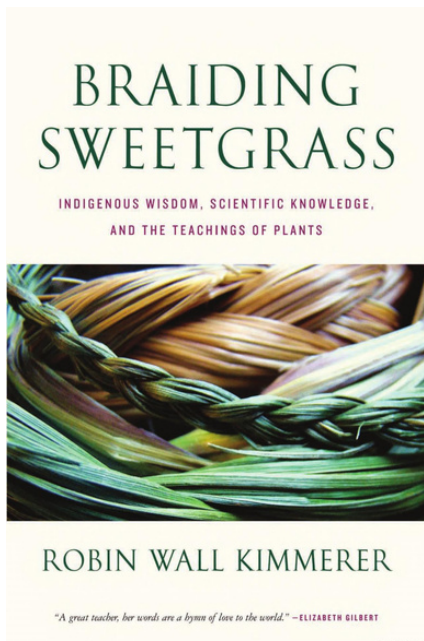
Actea racemosa and chard add wild charm to my front walkway.

The *ilex crenata* produces a black berry that is hard to see, and I think the birds have eaten all of them, along with the red ones off my lone *ilex x meserveae* 'blue princess.' As we go into the winter, the murder of ravens continue to march across my yard daily, hunting insects and cawing to each other, sometimes as they fly loudly from tree to tree, way up high. They relax me.



My house had been a silly yellow color since I moved in. The house is now painted a light luminous gray—it melts perfectly into the landscape, yet seems to shine when the light hits it. Before choosing the color, I had painted large swatches of several grays on the back of the house—the shade of gray was important. Any shrub or perennial now shows up in front of the house against the gray, and gray does not clash with any color of flower or foliage.

Most things I have created in my landscape followed a plan and succeeded. My gardens are in their infancy, and have not yet become the outdoor rooms they will be. But already I find it difficult to take in all the beauty I see. The rush of having to accomplish so much in life has almost robbed me of the ability to observe—but I have lately found the ability to slow down and take a moment to look, listen, and feel my surroundings. For now—I will let my garden rest, as we all rest, enjoy the beauty of winter, and prepare for the spring to come.



*Book Review:
Braiding Sweetgrass*

The book reviewed this month is Dr. Robin Wall Kimmerer's work *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*, published by Milkweed Editions in 2013. Dr. Kimmerer, born in New York State in 1953, is a professor of botany and plant ecology at the State University of New York College of Environmental Science and Forestry in Syracuse, New York.

She teaches plant science but also teaches "traditional" ecology, based on the study of plants and their relationship to people gleaned by indigenous societies. Her interest in the latter stems partly from her membership and family ancestry in the Potawatomi Nation.

In this work, she writes about meadows, forests, the importance of maple trees. The indigenous peoples tapped those trees for the syrup, which sustained them during harsh winters. The people theorized that when one gathers one take only half of the crop to allow for the future of the plant and to sustain other forms of life. Also, that if one sees a blackberry bush, one should leave it and pick from the next, since if there was only one bush, it needed to seed for the future.

Dr. Kimmerer taught these concepts to her undergraduate students and to her

own young daughters and taught them to thank the Earth which sustains us.

She writes, "for years I taught General Botany in a lecture hall with slides and diagrams and stories of plants that could not fail to inflame the enthusiasm of 18-year-olds for the marvel of photosynthesis." The author found enthusiasm from a few students but most seemed bored. "Suddenly I understood their boredom. I was teaching from memory, drawing on images of plant lives I had witnessed."

Most of the students knew little of gardens, supplanted by produce in supermarkets. The author changed her approach and brought the students to a Three Sister garden to study. The garden contained the traditional corn, beans and squash, planted next to each other. One of the students, an art major said, "look at the composition. It's just like our art teacher described the elements of design in the studio today. There is unity, balance, color. It's perfect. Corn is the vertical element, squash the horizontal and it's all tied together with these curvilinear vines, the beans."

The book has more to say about The Three Sisters, and so much more about our relationship with plants, animals and with culture. I hope you will consider reading it.

Phyllis Foley

Fun Facts

- The Three Sisters gardening method is credited to the Haudenosaunee, what the French named the Iroquois Nation, of Upstate New York.
- The corn stalks provide a pole for the beans to climb.
- The squash spreads over the ground as a living mulch and pest deterrent.
- The beans restore nitrogen to the soil for other plants.

Cornell University's College of Agriculture and Life Sciences has [a practical guide for planting your own companion garden.](#)

A Note from Your Editor

Here's hoping your holiday was warm, cozy, and above all else, healthy. Our family had all the winter illness hits on repeat, disrupting schedules and immune systems alike.

As we worked on this edition of the Mayflower, we received many questions about how events will be shared with members.

The **website is the best way to promote club events** moving forward for two reasons.

First, the quarterly frequency of the Mayflower will not accommodate many events in a timely fashion. We'll inevitably miss events or announce far too early; digital publishing on gcfm.org is the best way to share your club's happenings.

Second, we want to make sure we're bringing the most value to the members with each Mayflower. The value of promoting a sale in the Berkshires, for example, is not there for the majority of club readers in the eastern region of the state. We'd rather share the transferrable lessons learned from your events and fundraisers so other clubs may learn and grow, too.

Emily Alston

New England Garden Club Tote Available

NEW ENGLAND GARDEN CLUBS, INC.
Now available in time for the holidays!
NEGC Tote



Take everything you need to meetings with this customized tote. Multiple pockets provide a space for all of your necessities.

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Salem, NH 03079

Questions? Contact Sue Miner at 603-303-6385 or fmmotion@aol.com

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