



# The Garden Spray

Bulletin of the Men's Garden Club of Minneapolis, Inc  
 2007, Volume 65, Number 07



## MINNEAPOLIS MENS GARDEN CLUB PUBLIC TOUR

One of the oldest and best of Minnesota's Twin Cities Garden Tours is returning in 2007. The Minneapolis Men's Garden Club (MGCM) presents our Distinctive Gardens Tour July 14 and 15, Saturday and Sunday.

Our club sponsors this tour as a fundraiser to support our efforts toward awarding academic scholarships to students of horticulture in Minnesota. Over the past 15 years we have awarded \$42,000 in scholarships. Not one penny of the money raised goes to anyone but the students we support, who in turn support gardening in Minnesota. Please support this effort with your ticket purchase!

Please see page 6 for more details.

## Upcoming Events

| Date             | Location | Event                        |
|------------------|----------|------------------------------|
| July 14-15th     |          | Public Tour                  |
| August 12th      |          | Club Tour                    |
| August 18th-19th | Arb      | FFF Show                     |
| Sept. 11th       | LHC      | Steven Risen -<br>Minnetonka |

LHC = Lake Harriet Church (4901 Chowen Ave. S., Minneapolis)

WLC = Westwood Lutheran Church

ARB = University of Minnesota Landscape Arboretum



# Thoughts from the Prez

by Margaret Landry

## Is your Flower Garden Gourmet-, Hard Times- or Health Fanatic-Oriented?

**Gourmet.** Cooking and garnishing with flowers has gone in and out of fashion for centuries, in many different cuisines including but not limited to Roman, Chinese, Indian and Middle Eastern. Many flowers have a delicate flavor and work best in simple dishes; some flowers have a stronger taste such as calendula (aka Poor Man's Saffron), chrysanthemums, garden sorrel). Rose petals are sweet with a variety of flavors ranging from strawberry to mint to spice. Some flowers can be used as thickening in soups and stews.

How many edible flowers do you have in your garden?

**Health Fanatic.** I've been reading a lot lately about natural foods and weeds... There's a big difference in nutrients between wild and cultivated foods. Why not eat your weeds? Lots of common weeds are not only edible, but high in nutrition!

Burdock root and leaves – add to stews and soups (baking soda helps break down tough fibers)

Chickweed leaves – add to salads (before seeds develop)

Dandelion leaves and flowers – add to salads, steam or sauté, batter & fry young flowers

Plantain young tender leaves – blanch, sauté

Purslane leaves, stems – add to salads, blanch, sauté

Shepherd's purse leaves – blanch, sauté

FFI, see James Duke's Handbook of Edible Weeds.

**Hard Times.** A neighbor of mine commented on the number of native and hybrid daylilies I have growing on the boulevard and how well off I'll be in hard times since the daylily is a great food source. Of course there's a regulation against growing crops on the boulevard, so it's a good thing the daylilies look good. As food, small shoots (under 6") can be sautéed in garlic and oil, eaten raw in salads, or steamed and buttered, added to stir fries. Faded flowers can be added as thickening or sweetening in soups. The roots of many lily varieties are edible, including the native daylily. FFI, see *Stalking the Wild Day Lily* by Darryl Patton.

**CAUTION.** Not all flowers, not all parts of flowers, not all weeds are edible. Consult a credible resource for plant identification and to determine edibility, and eat in moderation. Avoid contaminated plant materials – roadside, animal waste, herbicides, etc. You know what you have and haven't used in your yard! If your resource doesn't indicate it's ok to eat the plant material raw, cook it!

*Quick Pickled White Asparagus with Rose Petals*  
Boil 1 pound diagonally cut asparagus 5-7 minutes. Drain. Pack asparagus in glass jar with 1/2 cup rose petals. Boil 1 cup white wine, 1 cup water, 1/3 cup honey, stirring until honey is dissolved. Pour hot liquid over rose/asparagus mixture to cover. Put lid on jar, shake to release trapped air. Chill overnight and up to 2 weeks. If you like this concept, you can try other combinations: daylily buds and dill flowers;

(cont. on pg. 3)



(cont. from pg. 2)

chive blossoms and green asparagus; lavender and carrots; sage flowers and broccoli; horseradish flowers and green beans.

### *Greek Horta*

Wash carefully 1 \_ pounds of dark leafy greens, your choice: dandelion greens, mustard greens, beet greens, endive, nettles, chicory, purslane, amaranth, wild spinach, broccoli rabe...

Bring a large pot of salted water to boil, add greens slowly, boil for 4-15 minutes. Remove with tongs, squeeze out water, drain in colander.

Drizzle with olive oil, lemon juice, add salt and pepper. Your doctor will sing your praises if you eat this daily!

Regards,  
Margaret

## *A Note from the Editor*

Editor's Note:

If two things define the summer of 2007 so far, its drought and rabbits. I just heard that Lake Superior is at its lowest level in some 80 odd years. Not hard to believe for gardens as we've been trudging hoses around the yard to keep our plants alive and thrivin' at an extraordinary rate this year.

And the rabbits! What is going on with them this year. It seems every garden I visit has sections browsed to nubs by the legions of furry creatures that have cropped up. We have been using a product for deer called, Plant Skydd, but Mary Maynard just recommended something called, Deer Scram, that I need to give a try.

Ah, well. Such is life in garden. The positives of a mild winter are balanced by the negatives of Malthusian rabbit population growth.

I hope everyone is coping and finding time for some relaxing in the shade.



## June Meeting: Club Committees

The June Meeting featured MGCM members from three key committees: Kay Wolfe and Robert Kean from the Perennial and Trail Gardens; Margaret Hibberd, Dave McKeen, Bob Voigt and Mary Maynard from the FFF Show; and Chuck Carlson from the Foto Section of the FFF.



Jerry Shannon



Margaret Hibberd and Mary Maynard



Robert Kean talks about the  
Perennial and Trial Garden

## June meeting cont...



Dave McKeen

(cont. on pg. 10)



## MGCM PUBLIC GARDEN TOUR JULY 14 AND 15TH

Unless you've been out of touch for awhile, you too are aware that our public tour is fast approaching. As I field phone calls and e-mails from both media and the public requesting information and tickets, the excitement is building. I hope you too are looking forward to this event.

The Scholarship Committee will be awarding three \$1,000 horticulture scholarships this year; our goal from the tour is to cover tour expenses and the scholarships, as well as make a little extra for the club. We also would like to attract a few new faces to our club. How can you help?

1. Attend the tour; your ticket purchase goes toward our goal.
  2. Invite others to tour with you.
  3. Talk it up with friends and family, and provide them with information about obtaining tickets.
  4. Put up informational posters in public places such as church, coffee shops, markets and yes, neighborhood garden centers. (You can put your own together or request them from me ASAP, as I have a few left.)
  5. If you haven't already, volunteer to Dave Johnson (Fridley) to be a garden host for one of the afternoons.
  6. If you can't attend the tour, donations are always appreciated. We have already received a few.
- The tour includes seven gardens, which will be open

Noon-5 both Saturday and Sunday. There will be a bus tour of five of the gardens on Saturday. Cost is \$10 for a drive yourself ticket, and \$20 for the bus tour by air conditioned motorcoach boarding at the SE corner of Southtown Center (by the bowling alley) at 11:45. Beverages and a restroom facility are included in the bus tour.

A big thanks to all the gardeners who offered to be on tour: Leroy and Carol Cech of Burnsville, Jerry and Lee Shannon of St. Paul, Lloyd and Patti Weber of Fridley, Janet and Janice Robidoux of Coon Rapids, Don Untiedt and Jim McKee of Plymouth, Dave and Delores Johnson of Golden Valley and Bob and Phyllis Redmond of Minneapolis. They will do a fine job of showing the public what the MGCM is all about. More detailed information about the tour is on our website. If you need tickets or posters, contact me ASAP (you need bus tickets in advance; drive yourself tickets can be purchased at any of the gardens):

Denise Rust  
(763)560-7747  
dk\_rust@hotmail.com



## MGCM BOARD MEETING MINUTES

June 5, 2007

**PRESENT:** Margaret Landry, Larry Larson, Dave McKeen, Denise Rust, Elaine Spiegel and Don Trocke.

**ABSENT:** Sharla Aaseng, Kris Deters and Elizabeth Hamilton.

**TREASURER'S REPORT:** \$6,946 in checking and \$5,669 in a CD, with \$3,667 cleared at the May plant sale.

**OLD BUSINESS:** A digital data projector for slide shows at meetings would cost \$1,000 - \$1,500. Last year we rented one three times at about \$140 per rental. Board approved buying a projector contingent upon cost, allowing up to about \$800.

Our regular caterers are retiring after the June meeting. A young couple starting in the catering business will survey our setup at the June meeting and decide if they might like to start in the fall.

An update was given on the July 14-15 public tour.

**NEW BUSINESS:** Current status of arrangements on an August 12 club tour were shared. Eight club members worked at Valleyfair on June 2. We don't know yet what the club will make on this.

The Scholarship Committee chose three women to be recipients of the club's \$1,000 scholarships this year; they are from Maplewood, Owatonna and Rochester and will be invited to the Holiday Party in December.

**THE NEXT BOARD MEETING** will be Tuesday, September 4 at 7:00 PM at Elaine Spiegel's.

## REMINDER—ENTER FOTO CONTEST THIS MONTH

Entering the annual Foto contest forces you to make some choices. Should you enter some or even all of your images in digital form or stick with prints? Should you email the digitals or mail us a CD-ROM disk?

Even if you don't own a digital camera, you can order a disk with your film development, and you can choose to avoid the cost of printing that 4 by 6 inch or better yet 5 by 7 inch print. Once you have a digital form of an image, you need to decide whether to merely crop or enhance the image or to extensively and obviously manipulate it and therefore prepare it for Class 14, Digitally Manipulated Images. Print or file, you also need to determine the class each photo goes into from our 14 classes.

And, should you select one or two images to print and enter in the new People's Choice category, to be voted on by anyone attending the Flower, Food and Foto Show at the Arboretum on August 18 and 19 (the winner to be rewarded with a \$50 gift certificate to a garden center)? If you do, we encourage you to also enter some of the traditional 14 classes, where the recognition includes presentation of your images at the Arboretum and at a club meeting, a garden book prize and certificates of appreciation.

We hope you send us your prized images this year. The judges and the viewers enjoy the range and depth of the beautiful pictures and educational impact of the places and gardens we all get to "visit" through this contest. Check out or print the rules at the club Website and start making your choices.

The Photography Committee



### SAVE THE DATE

#### **Drive yourself Club Garden Tour – August 12- 12:00 to 4:45 p.m.**

4 Member Gardens plus Chuck Carlson's Church Gardens:

- o Dave Johnson (Fridley)
- o Chuck Carlson (Fridley)
- o Denis Rust (Brooklyn Park)
- o Jonathan Uecker ( Anoka)

Dinner will be served at a Mississippi River park following the tour. Cost: \$12.00 per person.

Maps, garden descriptions and registration form will be published in August Spray.



**Caterer's Last Day:** The Men's Garden Club sends a heartfelt thanks to Don and Ellie Rahman for the sustenance they've offered at club meetings. Best of luck in your endeavors!

## CLUB FINANCIALS

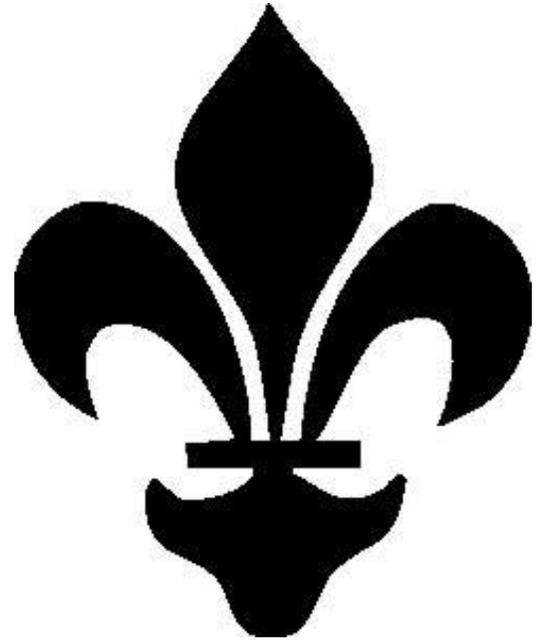
as of 6-14-07  
Checking 7,484.04  
CD 5662.59  
cash 100.00



## Garden Trivia

Q - The fleur-de-lis is a well-know design motif originating from France. What does 'fleur-de-lis' mean in French and what flower is the design based on?

A - 'Fleur-de-lis' is a shortening of 'fleur-de-louis' meaning the Flower of Louis - the name of a variety of French kings who now have design styles named after them. The favorite flower of one of these monarchs was the iris, which the popular 'fleur-de-lis design is based on.





## They Have Flowers Up There?

The garden of Jerry Shannon, long-time member of the Minneapolis Men's Garden Club, is featured in a story on gardening in a changing climate. A public TV station from Los Angeles (I think that is in California or Oregon or somewhere) interviewed several garden club members including the Shannon's, Kay Wolfe and Elaine Spiegel on the the subject of gardening in a changing climate. Rumour has it the crew was amazed at how many flowers were already growing in the Shannon's garden - even at this early stage of global warming!





# Men's Garden Club of Minneapolis, Inc.

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### Club Officers:

**President: Margaret Landry**  
3252 40th Ave. S., Minneapolis

**Vice President: Larry Larson**  
15225 Wild Wings, Minnetonka

**Recording Secretary: Denise Rust**  
7933 Girard Court, Brooklyn Park

**Membership Secretary: Sharla Aaseng**  
1025 20th Ave. S.E., Minneapolis

**Treasurer: David McKeen**  
2834 Vernon Ave. S., St. Louis Park

**Past President: Kristine Dieters**  
1736 Lexington Ave. S., Mendota Heights

### Directors:

**Elaine Spiegel**  
4814 West 41st. St., St. Louis Park

**Elizabeth Hamilton**  
8219 Russell Ave. S., Bloomington

**Don Trocke**  
10625 Bush Lake Rd., Bloomington

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**First Class Mail**

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