“Dear March, come in! How glad I am! I looked for you before.” Emily Dickinson welcomed the arrival of March. We may again sigh with despondency as we watch yet another snowfall cover our gardens, but stormy still and windy, we need March to come in like a lion so it can leave like a lamb. Ah, March, the month of mud. But it brings so much hope, as long as your name isn’t Julius, that is.

Starting on the 7th, there’s the Boston Flower Show to get our sap running, then we spring forward on the 9th and the days quickly grow longer and longer. There will be no more big snowstorms after St Paddy’s day on the 17th, so traditional wisdom holds; the spring Equinox is on the 20th and, how can I forget, the Red Sox are back, Judy is in her barn honing her tools and the birds are getting frisky. (Do birds frisk?) Spring is coming, spring is coming.

There are lots of signs of a coming spring in our club too. We haven’t been hibernating all winter, but have been busy nurturing new plantings.

We’re extending our Garden Therapy outreach - look for Dolores’ article in this newsletter in which she tells all about our new programme for seniors. The club’s outreach to juniors is growing too. We’re supporting an exciting new activity at the high school, where we’re partnering with the students to create a school-wide composting programme and then to build a sustainable garden in one of the courtyards. Read all about it here. We’re also exploring after-school activities, perhaps a garden club, at the junior high, so our Junior Gardeners will be able to continue with their love of all things garden after they leave Deer Hill. Give us the child when (s)he is seven and we will mold the gardener!

“Ah! passing few are they who speak, wild stormy month in praise of thee. Yet though thy winds are loud and bleak, thou art a welcome month to me.” William Cullen Bryant.

Can February March? No, but April May.

Linda

25 March - “London’s Chelsea Flower Show”

Maureen Bovet brings a unique background in horticulture, garden design and European history to her photo show of all the wonderful garden scenes of the Chelsea Flower Show held each May in London England. 9:00 a.m. coffee; 9:45 a.m. meeting at the Second Congregational Church, 43 Highland Avenue

Hostesses: Medwid, Moody, Nicynski, Nowak, O’Brien, Pelletier, Power, Ranney, Richardson,Rightmire

3 - GCFM: South Church, 41 Central St., Andover, MA 10:00 a.m. Horticultural Morning

4 - Executive Board Meeting: Lightkeepers, 9:30 a.m. Hostesses: Joan Carlo, Barbara Dillon, Martha Gjestebj

10 - Junior Gardeners: Deer Hill School Cafeteria, 2:30-3:30 p.m. “Books in Bloom”

11 - Horticulture & Design: Lightkeepers 9:30-11:30 a.m. “Seeds and Bonsai” This annual seed exchange/starting workshop will include starting a plant destined to become a bonsai specimen

12 - Garden Therapy: Golden Living Center, 2:00-3:00 p.m. “Irish Eyes Are Smiling”

12-16 - Boston Flower and Garden Show: Seaport World Trade Center, Boston

18 - Craft Workshop: Lightkeepers, 9:30 a.m. “Japanese Flower Wrapping” by Tania McCann

24 - GCFM: Espousal Center, Waltham; 10:00 a.m.-noon, Back to Basics III; Principles in Floral Design
Announcements

The March Horticulture and Design workshop will be our annual seed exchange and seed starting workshop. Please bring containers to start seeds in as well as a package of seeds to share. Try to bring something unusual as it is fun and rewarding to grow just a few seeds of something different. Growing mix will be provided as well as small packets to carry some seeds home to start. Think about starting a few seeds for the plant sale in May. In addition, we will be exploring the world of Bonsai with some information on the origins and the principles of growing these miniature plants.

4th Annual Backyard Farm & Garden Spring Lectures

(Free Lecture Series) Saturday, March 1st

**Snow Date:** March 22nd (an email will be sent to pre-registrants if the event is postponed)

**Location:** Marshfield Senior Center, 230 Webster St., Marshfield, MA

**Registration:** Pre-registration via internet (TownOfMarshfield.org/lecture2014.htm), phone (781) 837-1433, or walk-in on day of event. Pre-registration provides reserved seating and automatic entry for door prizes.

**EVENT SCHEDULE**

9:30-10:00 a.m.  Registration, light refreshments, vendor booths open for browsing
10:00 a.m.         First Lecture Session:
A.    Butterfly, Bee, and Hummingbird Gardens
B.    Backyard Chicken Keeping
C.    Building a Greenhouse/Hoop-house
11:00 a.m.          Break, time to browse vendor booths
11:15 a.m.         Second Lecture Session:
A.    Shade Gardens
B.    Chicken Breed Selection and Coop Design
C.    Drip Irrigation for Backyard Gardens

LAST DAY to pre-register is 2/27; after that please register Saturday in person at 9:30 a.m. at the event.

**Link to pre-registration, brochure and detailed information:** TownOfMarshfield.org/lecture2014.htm

Books In Bloom Our flower show, Books in Bloom, is scheduled to be at the Paul Pratt Library from Friday, March 28, through Sunday, March 30. The theme of the show is “The Sea.” Arrangers may interpret the cover of the chosen book, a scene from the book, the cover itself, or the book as a whole. There are few restrictions as long as the arrangement can be related back to the theme. This is a fun show, meant to release your creative juices and brighten the day. The space allowed for each arrangement is 30” long by about 28” wide and will be situated on the top of the book cases in the main room of the library. There are some guidelines that need to be followed. These will be available at the general meeting on February 28th and can be sent to participants via email by contacting Judy Dickstein at judy617@comcast.net. Please select a book from the library to be reserved for you for the show. The deadline for entering is March 15th as we will need some time to reserve books and acquire the appropriate protective materials for the library shelves. Arrangements are to be made at home and taken to the library early Friday morning. All arrangements will need to be removed by 5:00 p.m. on Sunday afternoon. What better way to encourage spring than by arranging flowers and sharing them with others?

Craft workshop: Tuesday, March 18th @ 9:30 a.m., Lightkeepers, Japanese Flower Wrapping: Tania McCann (one of our newest members) will demonstrate how the traditional arts of origami, ikebana and flower wrapping are combined to create beautiful and unusual flower arrangements. We will learn how to make a “wrap” and also a decorative container out of recycled plastic bottles. Tania will supply the Japanese paper and flowers. There will be a fee for this workshop. Please contact Barbara Canney barbaracan@me.com to attend, or sign up at the general meeting.
Announcements continued

Field Trip to Art In Bloom at the Museum Of Fine Arts on Monday, 28 April. There will be many exciting exhibits and Art In Bloom entries to view along with our club member’s (Cynthia Chase) entry. We will carpool from Feng Shui parking lot at 8:30 a.m. Drivers are needed. Rates are for groups of 10 or more:
- Admission, Tea, Carpool - $65
- Floral Demo (your choice) $55 extra
Please contact Claire Tinory, 781.383.1595, or 617.686.1595 (cell). Make checks payable to CGCC and mail to 180 Pond Street, Cohasset, MA 02015, before April 1st and let Claire know if you can drive and how many passengers.

MFA’s 2014 Season of Color

Books in Bloom - At The Paul Pratt Memorial Library
March 29 - 30, 2014
by Judy Dickstein

- The Theme of this years Books In Bloom is “The Sea.” This means that the book chosen must (a) Have the word “Sea” in the title, or (b) relate to the sea in some way.
- Participants will be members of The Community Garden Club of Cohasset.
- Each participant will select an appropriate book to interpret. Submit the name of the book to Arienne Lima.
  Arienne.lima@gmail.com.
- Participants should select their book and sign up by Monday, March 3, but the deadline is March 15 for entering as time is needed for reserving books and acquiring protective materials for the shelving.
- All material used in the arrangement must be fresh. Props are allowed but must not overwhelm the arrangement.
  - Exhibit space will be limited to 30" wide by 28" deep and will be located on a shelf above the books in the main library space.
  - Prohibited items include the use of standing water, sand, cut fresh fruit or vegetables, menu food, roots, live animals and artificial plant material.
  - All arrangements are to be completed prior to taking them to the library.
  - Exhibits will be on display from Friday, March 28, to Sunday, March 30.
  - All exhibits must be delivered to the Paul Pratt Memorial Library between 9:00 a.m. and 9:30 a.m., Friday, March 28, and removed between 4:00 p.m. and 5:00 p.m. Sunday, March 30.
  - (Any exhibit not removed by 5:00 p.m. will be discarded)

Contact Judy Dickstein with any questions at judy617@comcast.net or phone 781-383-7058.

NEW COMMUNITY OUTREACH - Elder Center
by Dolores Roy

Some time ago Cohasset Elder Affairs contacted Linda Fraker to see if the club might be able to present some programs in conjunction with the lunches that are held at the Cohasset Senior Center on Tuesdays, Wednesdays and Thursdays. At Linda’s request, a committee of Maureen Adams, Barbara Canney, Lee Drew, Carol Graham and Dolores Roy put their heads together and planned three flower arranging programs: April 17, June 12 and October 19.

The purpose of the programs is to teach very basic techniques; give helpful hints; show what can be done using supermarket flowers; and, hopefully, provide a pleasant and entertaining hour.

The programs will be held after lunch on Thursdays from 1:30 to 2:30 p.m. One or two club volunteers will demonstrate a seasonally appropriate arrangement suitable for the container being used that day. Each attendee will be given a container, oasis, flowers, and greens to create something similar to the demonstrated arrangement. Attendees will be asked to sign up two weeks in advance of each program. The charge for each program will be $3.00.

Club members, we will need volunteers—just three or four for each program. Volunteers will help set up, provide assistance during the program and clean up. The time commitment will be from 1:00 to 3:00. You can sign up for one program or two or all three. It’s a great way to way to add service hours; but more than that, it is a way to meet and get to know some very nice people you might never meet otherwise. Think about it. When the sign-up sheet goes around at the general meeting, we hope you will write in your name to help make this new community outreach a success.

If you have questions, please don’t hesitate to contact me at 781.383.0838 or droy142555@aol.com.
Forcing Bulbs
by Hortense McCarthy
One of my favorite things to do in January and February is to bring spring into my home by forcing branches and bulbs. Just cut a few branches of Forsythia from the garden, put them in a vase with lukewarm water and in a couple of days you are rewarded with bright yellow blossoms. For the more patient of us, the same can be done with branches from a Japanese cherry tree. They will take about 3 weeks to bloom. At this time of the year you can also find inexpensive Hyacinth bulbs at nurseries. Look for small vases or vessels around the house which have an opening which is just big enough to rest a bulb in it. Fill it with water just up to the bulb. Do not let the bulb sit in water: it will rot. You can almost see by the hour the roots growing and stretching out in the water and the green elongated leaves emerging. Soon your kitchen will be filled with the fragrant scent of Hyacinths.

Please welcome a new member: Maura Cosentino, 11 Mohawk Way, Cohasset, 781-383-0101, cozfamily@me.com. Please make the addition to your yearbook. Thanks.

Community Outreach - High School
by Linda Fraker
Our club is supporting a very exciting programme at Cohasset High School. One of the seniors at CHS, Dakota Achin, plans to create a sustainable garden in the Cohasset Middle School courtyard as an Independent Study Program. The courtyard currently consists of a few scruffy picnic tables, a single tree and scruffy grass. Dakota plans to make it a beautiful and more functional place for students and teachers. He will use gardening practices that not only cause no harm to the earth, but actually enhance it, by planting native plants that are both suited to this environment and will encourage beneficial insects. As if this were not enough, another really encouraging aspect to the project is that Dakota plans to start a school-wide composting programme so that eventually “home grown” compost can be incorporated into the garden.

Another student, Will Lucas, will partner with Dakota and a team of students will work on the garden both over the summer and in future years. Carolyn Connolly, Principal, will oversee this project. Diane Benson and Eric Eisenhaure have volunteered to give advice and guidance.

We are delighted to be able to support CHS in this wonderful venture. The board has approved a budget to enable the school to begin the project and purchase tools and materials, and looks forward to assisting as the project continues over the next year or two. If you have any interest in becoming involved and lending a hand, let either Diane Benson or me know.
A little bit of spring and smiles from our January 8th “Ring In the New Year”

“You are my Valentine”

Garden Therapy
by Dolores Roy
Photos by Gail Saccone

On February 12th twenty residents of Golden Living Center made or received flower arrangements in celebration of Valentine’s Day. Red, white and pink carnations, lavender mums and greens filled bright red tubs. Each arrangement was finished with a pink and red bow and a sparkly valentine. The residents and volunteers joined in singing “Happy Valentine’s Day To You.” A song may become a part of our monthly visits! Thank you to volunteers Maureen Adams, Nancy Auenson, Jeanne Boutross, Julie Hess, and Gail Saccone.

“A Rose is a Rose”
Our own Eric Eisenhauer shared his hands-on knowledge of successful rose cultivation.
Kathy Gray led the children in making a heart-shaped pave arrangement for Valentine’s Day. Julie Hess led them in the second portion on Books In Bloom prep.

Gail Saccone is getting her granddaughter started at a young age of 2 1/2.
Our February general meeting was a lecture by Mr. Masato Shinomiya, Staff of Food Education Division, Aichi Prefectural Government, with a title of “Do you know about Correct Food Labeling?” Mr. Shinomiya’s assignment is, through his daily paroling of the food industries and markets, to confirm all regulations are adhered to for the benefit of consumers.

In Japan the Japanese Agricultural Standards (abbreviated as “JAS”: Nihon Norin Kikaku) are standards and criteria for the agriculture industry maintained by the government. Packing and labeling of food is subject to regulation both to prevent false advertising and to promote food safety.

Mr. Shinomiya summarized for us the regulations on packing and labeling. He tested us at the end of his lecture by distributing questionnaires.

Once a product has passed examinations conducted by government-backed rating bureaus the JAS seal is appended to the product.

1. JAS regulation requires all the manufacturers and dealers indicate their perishable foods with the following:
   a) Common name
   b) Name of the place of origin, (for domestic products: name of the prefecture, and for imported products: name of the country)
(2) A frozen product must be indicated as having been “defrosted” or “thawed”
(3) If the product is aqua-cultured the label must indicate this
(4) Processed food packaging must clearly indicate:
   a) Common names of the contents
   b) Names of all raw materials and ingredients used
   c) Places of origin of the ingredients (Prefecture in Japan - in the case of domestic products or names of the countries of origin if imported)
   d) Weight, volume or quantity of all the contents in the order of amounts (both quantity of solid and total quantity including packed liquid is noted)
   e) Sell-by date or “Best before date”
   f) Method of preservation, for example, “Keep in a refrigerator once unpacked”
   g) Name of country of producing the contents for imported, processed foods
   h) Name and address of the manufacturer, for imported goods, the name of the importer

He then explained the Food Sanitation Law that requires specific labeling on foods containing any one of the following seven food products that may cause allergic reactions when ingested: wheat, buckwheat, egg, milk, peanut, shrimp and crab. Another 18 products are advised to indicate on labeling as allergic foods: abalone, squid, salmon roe, orange, kiwi fruit, beef, walnut, salmon, mackerel, soybean, chicken, banana, pork, apple, matsutake mushrooms, peach, yam (dioscoreaceae) and gelatin.

Mr. Shinomiya’s information was very timely and helpful for us considering our current national issue of TPP (Trans Pacific Partnership) negotiations focused on our agricultural trade with other countries.

Takako Kohri,
Recording Secretary