

The Community Garden Club of Cohasset



February 2020 Edition

President's Message



My grandmother used to say that February was the shortest and yet longest month of the year. She also said it is a time for planning and keeping busy, reflecting and looking forward. 🌻 Our community garden club calendar is full. We have flower arranging with our seniors on February 6th at Wilcutt Commons, a horticultural design workshop on February 11th to start prepping our seeds for the plant sale, garden therapy at Sunrise Assisted Living on February 12th, and Junior Gardeners on February 20th. Our next monthly meeting is February 25 with our own Dana Roberts talking about "How to Think Like a Florist." 🌻 🌻 Come join in on all of these fun activities. It will make the month fly by. 🙏

If you're yearning to put your hands in some dirt, we will be looking for POLLINATOR PLANT PARENTS to nurture our PLUGS for our PLANT SALE, which will happen on MAY16th. 🌻 🌻 🌻 Mark your calendars. There is always lots of fun. 🌻 🌻 🌻

Also don't forget if you need to get away, the Philadelphia flower show is February 29th. Busy hands are happy hands! We look forward to seeing you through the month of February ❤️ ❤️ ❤️

Sue Reagan
President



FEBRUARY 2020 CALENDAR OF EVENTS

Happy Groundhog Day.



- 2 **Groundhog Day**
- 4 **Executive Board Meeting:** Lightkeeper's Cottage, 9:30 a.m.
Hostesses: K. Farrington, S. Toomey, C. Groebel
- 6. **Senior Center** Willcutt Commons, 91 Sohier St., 1:30-2:30 p.m. "Hearts & Flowers"
- 11 **Horticulture Design Workshop:** Lightkeeper's Cottage, 10 a.m.
- 12 **Garden Therapy:** Sunrise Assisted Living of Cohasset, 2:00-3:00 p.m. "Hearts-a-Bloom"
- 14. **Valentine's Day**
- 20 **Junior Gardeners:** Deer Hill School Cafeteria, 2:40-3:40 p.m. "Mixed Floral Arrangement"
- 25 **Monthly Meeting:** Second Congregational Church, 43 Highland Ave.
Coffee: 9:00 a.m. Meeting: 9:30 a.m. Flower Arrangement: Lee Drew **Hostesses: (Food, Set-up and Clean-up):** J. Nowak, S. Liporace, R. Lualdi, A. Mackey, T. Massa, A. Moody
Program: "How to Think Like a Florist" presented by Dana Roberts. Dana will share some "tricks of the trade" used by professional florists. With years of experience working with Hingham restaurants Tosca's and Stars, she will show us how to work quickly and efficiently when putting designs together and how to get creative when the unexpected happens.
- 29 **Philadelphia Flower Show:** Philadelphia Convention Center, PA

Garden Therapy at Sunrise Assisted Living of Cohasset



“Winter Jewels” arrangements were created this month with the residents. Many of them like their creations displayed on their dinner tables. Thank you for your help. Pictured left to right: Sheila Toomey, Theresa Littauer, Dolores Roy, Maureen Harmon, Mary Sullivan, Julie Hess and Ann Helbock.



"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."
- John Boswell

Jenifer Stockbridge presented “Living with Essential Oils”



Jenifer, pictured above left, talked about the benefits of using essential oils for wellness in the winter and beyond. We learned about oils used to help with everything from depression, anxiety, sleep and mild coughs to oils used in household cleansers. Jenifer is a knowledgeable source of information and would gladly help anyone with questions.



Conservation Corner “Go Native”



gcfm.org logo

Being a garden club, after all, let's think about conservation as it pertains to our gardens: what to plant and what NOT to plant. We've all heard about the importance of planting native plants, but why, you might ask. The Native Plant Trust www.nativeplanttrust.org (previously known as the New England Flower Society) discusses this issue in depth. Their premise is that “All life on earth depends on plants.” Yes, plants provide three things: food, oxygen, and habitat, all essential conditions for us humans and all other organisms on Earth. Did you ever see the movie *The Martian* with native son Matt Damon? In it, the main character is stranded on Mars and needs to find a way to survive. He knows that he needs food to eat, but fortunately he's a botanist. Spoiler alert: To that end, he turns to his botanical skills and grows edible plants in a makeshift lab. Voila: Survival!

According to the Native Plant Trust, “Native plants are the cornerstone of Earth's ecosystems and the base of the food chain that leads to our dinner tables. They evolved in and define particular locations, where they provide the habitats—food and shelter—that specific insects, birds, mammals, and other animals need. Together, native plants and animals form a web of mutually beneficial interactions that is greater than the sum of its parts: an ecosystem. By conserving native plants in the wild and using them in designed spaces, we protect and enhance the integrity, resilience, diversity, and beauty of our planet.” Words to live and plant by!

The what-NOT-to-plant part is equally important. According to the Invasive Plant Advisory Group, “invasive plants are non-native species that have spread into native or minimally managed plant systems, where they cause economic and environmental harm.” Surprisingly one third of our flora in New England are non-native and 10% of those plants are invasive! Yikes! They grow and reproduce faster than their native counterparts and often resist predators, diseases and other plants that could control their spread, thus monopolizing the light, water and other nutrients that are required by all plants. For a lengthy list of local invasive plants, please see https://massnrc.org/mipag/docs/MIPAG_FINDINGS_FINAL_042005.pdf beginning with page 8.

February is a bit early to start digging in that rich, dark soil in our gardens, but not too early to start planning for them, so come spring/summer, let's remember that it's always better to “Go Native!”

Susan Sardina
Conservation Chairman



January Monthly Meeting

Picture left: Thank you, to Ann Collins for the beautiful arrangement that adorned our food table at this month's general meeting.

Right: Renee Portanova spoke about her gardening projects at local prisons that provide therapeutic and horticultural training to the inmates.





CGCC Cohasset Academic Awards and The President's Award (new for 2020)

Applications for **The Community Garden Club of Cohasset Academic Awards** for graduating Cohasset seniors are available at the CHS Guidance office. The application deadlines are available from Guidance as well. A copy of the student's transcript and an essay are required as part of the application. Financial need is a consideration. Completed applications should be submitted to the Guidance Department.

In addition, this year the board has approved funding for one or more awards called "**The President's Award for Continuing Education.**" The award(s) recognizes the children and grandchildren of current members whose child or grandchild resides in a town other than Cohasset and would therefore not be eligible to apply for the Cohasset "Academic Award." The student must be a graduating senior who plans to continue his studies after high school. The field of studies is not limited to colleges or universities but may include any accredited programs in the arts, sciences, or trades.

The President's Award application is the same as the one for CHS and requires a transcript, letter of acceptance to a program of studies, and an essay. Financial need is a consideration. Copies of this application will be available at the General Meetings in February and March or by contacting Maureen Flaherty.

The deadline for submission is TBD but usually in April and should be submitted to Maureen Flaherty or Denise Perez-Botts. The final selection of recipients will be made by the President in May and awarded in June.

GCFM Scholarships

The Garden Club Federation of Massachusetts, Inc. offers scholarships for undergraduate students (including high school seniors who will be freshmen in the fall and graduate students who will be attending accredited colleges and universities).

Applications are due MARCH 1.

Scholarships are available for students majoring in

- horticulture
- floriculture
- landscape design or architecture
- conservation
- forestry, agronomy
- city planning
- environmental studies
- land management
- botany
- biology
- and allied subjects.

Applicants must have maintained a legal residence in Massachusetts for at least one year, have a minimum "B" average (3.0 on a 4.0 scale), have good character, and have financial need.



There are eleven (11) scholarships available. Only one application is required per student. It should be noted that the Ruth Cleveland Scholarship is available to graduate or undergraduate students pursuing the study of the arts and/or sciences and that three of the scholarships require that the student attend the University of Massachusetts. For more information go to gcfm.org and look under Education.

Our Sister Club The Garden Club of Nagoya, Japan

At the time we went to press, we had not yet received the current letter from Japan. We know it will prove to be another fascinating adventure.



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