

The Community Garden Club of Cohasset

October 2019 Edition

President's Message



October's the month
When the smallest breeze
Gives us a shower
Of autumn leaves.
Bonfires and pumpkins,
Leaves sailing down -
October is red
And golden and brown.

[Can Teach Songs](#)

October is such a beautiful month here in New England. We are blessed. 🍂 It is another busy month for the Community Garden Club. 🌻🌻 There are so many fun things to attend, participate in and sign up for.... if you haven't had a chance, please join us at our craft workshops on Tuesday, October 8; Thursday, October 17; and Tuesday, October 29. Kate Farrington has again done a fabulous job of coming up with innovative and creative crafts for our Yuletide marketplace! Learn how to create with oyster, mussel, and clam shells.... it's amazing what a creative eye can do with these gifts of the sea.

Also, please join Cynthia Chace and the first of her Flower Design Workshops on Tuesday, October 15. So many of you have voiced a yearning for more knowledge of floral design. Cynthia, a very accomplished floral designer, has won many first prizes in flower shows and participates regularly in Art in Bloom. 🏆🥇🏆 She is here to share her knowledge and to quell your fears of design competition. 🌸🌻🌸 We have a wonderful speaker coming on October 22. Joann Vieira, a longtime steward of the famed Davenport Collection of Heirloom Apples, will present "Forbidden Fruit: New England's Love Affair with Apples," which will include a tasting of the many varieties that we have here in New England. 🍏🍏🍏

I am looking forward to seeing each of you during this beautiful month of October. *Sue Reagan*

OCTOBER CALENDAR OF EVENTS

1 Executive Board Meeting: Lightkeeper's Cottage, 9:30 a.m. Hostesses: Dolores Roy, Barbara Canney, Maureen Adams

4-14 Topsfield Fair Flower Show

8 Craft Workshop: Lightkeeper's Cottage, 9:30-11:30 a.m. "Yuletide".

9 Garden Therapy: Sunrise Assisted Living of Cohasset, 2:00-3:00 p.m. "Spooky Blossoms"

15 Flower Design Workshop: Lightkeeper's Cottage, 9:30 a.m. "Learn How to Enter and Compete"

16-18 GCFM Flower Show School: Course 1: The Doubletree by Hilton Milford, MA

17 Junior Gardeners: Deer Hill School Cafeteria, 2:40-3:40 p.m. "Fairy Wood Houses"

17 Craft Workshop: Lightkeeper's Cottage, 9:30-11:30 a.m. "Yuletide"

17 Senior Center: Willcutt Commons, 91 Sohier Street, 1:30-2:30 p.m. "Trick or Treat?"

22 Monthly Meeting: Second Congregational Church, 43 Highland Avenue; Coffee: 9:00 a.m.; Meeting: 9:30 a.m. **Flower Arrangement:** Whit Leffel Hostesses: (Food, Set-up, and Cleanup): Susan Gilmore, Claire Cardelle, Catherine Bradley, Joan Brown, Maura Cosentino, Sarah Duffield, Retta Dwyer

Program: "Forbidden Fruit: New England's Love Affair with Apples," Joann Vieira: Joann, longtime steward of the famed Davenport Collection of Heirloom Apples, provides interesting facts about the rich history of apple cultivation in New England. She will share tips on how to grow these cultivars today, and why it's important to preserve them. The talk will conclude with an exciting taste-testing of some of the wonderful heirloom varieties that are still in cultivation today.

24-25 GCFM Landscape Design School: www.gcfm.org (see below)

29 Craft Workshop: Lightkeeper's Cottage, 9:30-11:30 a.m.



The Garden Club Federation of Massachusetts, Inc.

THE COURSE YOU HAVE BEEN WAITING FOR! DON'T DELAY

Flower Show School **Coming Right up!!!!**

Course 1

Growing, Staging, Exhibiting and Judging

October 16, 17 and 18, 2019

LOCATION: Double Tree by Hilton, 11 Beaver Street, Milford, MA 01757

Still time: Contact Jill Malcolm directly ASAP if you are interested
508-429-4395



Not to be missed if you want to learn floral design from the experts! Course 1 In October, Course 11, April 14,15,16, 2020. Go online to gcfm.org for all the information.

Landscape Design School

St. Brigid's Keilty Hall

2001 Mass. Ave., Lexington, MA

Course 2 Series 16

October 25 & 25, 2019 (Coming right up)

Landscape Design School is a series of four courses presented by distinguished lecturers on landscape design, history, theory, methods and analysis. In Massachusetts, one course is given each year in sequential order. The course also serves as a refresher for LDC Consultants and Master Consultants.

CGCC subsidizes 1/2 of tuition.

This year we explore the following subjects from Stewards of the Land:

- Ch. 3 Landscape Design Process
- Ch. 4 Site Design and Landform
- Ch. 5 Plants in the Landscape
- Ch. 11 Structures in the Landscape
- Ch. 13 Plant Selection
- Ch. 19 Landscapes as a Learning Experience
- Ch. 23 Landscape Design in Early America
- Ch. 35 Preservation of Historic Sites and Structures
- Ch. 34 Community Landscape Management



Want to Know More? See course trifold with our FAQs at LDCMA.org or email Maureen O'Brien at Maureen.t.obrien@outlook.com or Georgia Papavasiliou at Loganniko@verizon.net.

Craft Workshops for Yuletide Marketplace





Mark your calendar for **Thursday, December 5th, for our Biennial Yuletide House Tour.** Lots of preparation goes into this popular event and we need every member to help with house decorating, hostessing, marketplace, crafting and more. Come join the fun. Meet other members. Learn new skills.

Check out the calendar in this newsletter and be on the look out for emails from Diane Benson to keep informed as to where you can be of help. There are sign-up sheets at the general meetings. You can also contact Yuletide Chairman, **Kelly Conetta, at 781-923-1526 or email her at mkellyconetta@yahoo.com.**



The flyer is framed in red and features a decorative border of holly leaves, pink stars, and pinecones. The title 'Yuletide 2019' is written in a cursive font. Below the title, the event details are listed under three headings: TOUR, SHOP, and DINE. At the bottom, there is an illustration of a large, multi-story house on a rocky island with a flagpole and trees. The text at the bottom provides the event name, date, time, and location.

Yuletide 2019

TOUR
5 DECORATED HOMES
IN THE COASTAL TOWN OF COHASSET

SHOP
THE MARKETPLACE AT WILLCUTT COMMONS
FOR HANDMADE GOODS
COMPLIMENTARY COFFEE, TEA AND DESSERT

DINE
\$25 BUFFET LUNCH WITH OUR
HOSPITALITY PARTNERS
ATLANTICA & RED LION INN


The Community Garden Club of Cohasset Holiday House Tour
December 5, 2019 . 10:00 AM - 4:00 PM
Willcutt Commons, 91 Sohier St, Cohasset, MA

Garden Therapy at Sunrise Assisted Living of Cohasset



The residents at Sunrise enjoyed creating "Indian Summer Bouquets" with L to R standing: Dottie Guiney, Sue Reagan, Ann Helbock, Joanne Pecca, Emelia Buckley and Barbara Canney



Junior Gardeners at Deer Hill School



The Junior Gardeners had fun planting fall flowers in the Deer Hill School courtyard.

Thank you to Dana Roberts, Kelly Conetta, Dottie Guiney, Kathy Gray, Maureen Adams.



Conservation Corner



Happy fall! Once again I return to the wisdom of the Eco Mamas for some tips on how to save the planet! Let's talk about food waste. Here in the U.S., if you include restaurants and grocery stores, we throw away a full 40% of our food. Insane, no? That's not only creating garbage (waste) but also wasting money. We spend \$165 billion a year on food, while 40 million people (including 12 million children) do not have food security. They're hungry.

Food waste is also a serious eco-problem. The more we consume (purchase), the more has to be planted, grown, harvested, transported, cooked and potentially thrown away. All of that takes energy! A study by the University of Vermont found that 30 million acres of land and 4.2 trillion gallons of water are wasted each year on food that doesn't get eaten. We need to start eating the food we buy!!! One study by a coalition of experts on climate change solutions ranks reducing food waste as Action Item #3 out of 80.

As you would imagine, fruits and vegetables are the most wasted foods, followed by dairy, then meat, then "leftovers". Things get hidden in the back or bottom of the fridge and forgotten. You never get around to fixing that dish you were planning to. You go out to eat more often than planned. Whatever the cause, it's a serious problem.

Here are some tips on how to reduce our food waste:

1. Organize the fridge to be able to see the items that need to be eaten first. You could put it in a bin labeled "Eat first." If you can see it, you are more likely to remember to eat it!
2. Eat leftovers for lunch. Whether from a restaurant or last night's dinner, let them be lunch.
3. Have a leftovers night dinner to use up what's in the fridge. So what if you and other family members have different dinners? It's better to use it than to throw it away.
4. Wash fruits and vegetables only when you're ready to use them. Otherwise, they will spoil more quickly and get thrown away.
5. Cut items that require more prep time right after you get home from the grocery store, and store them in an air-tight container so that they're ready to be used and not ultimately thrown away because you don't have time to prep them. If you don't need much of an item, buy it pre-chopped so you don't waste the rest.
6. Put ripe fruit in the fridge rather than on the counter to help it last a bit longer.
7. Put vegetables in a bin or on the shelf where you can see them. Remember: out of sight, out of mind.
8. For slightly over-ripe produce, try making soup, stir-fry or a smoothie.
9. Be creative with your leftovers. Try a vegetarian pasta or lasagna with that past-peak zucchini and carrots.
10. Use your freezer for items that are beginning to turn. Then don't forget they're there!
11. My favorite tip: Shop your pantry and fridge first!
12. To thine own self, be true! If you know you won't really get around to cooking/using something, don't buy it no matter how enticing it is. It's better to buy prepared items than to throw them away because you never get around to using them.

See you next month in the Conservation Corner!

Susan Sardina



CGCC Members around Town and in the Shows



Dana Roberts filled the planter at Willcutt Center with beautiful fall colors!



Dana Roberts



Dana's Creative Design entry won First Place at the Marshfield Fair. Congratulations!

Whit Leffel & Diane Benson spruced up the POW Memorial Islands at the corner of Main St. and Ripley Rd. along with the help of Whit's dog, Windsor.



Discovering my Garden

To me, fall conjures up a palette of autumn colors, warm days and cool nights, and time to mess around in the gardens and find those lost plants I forgot I even had. I have dug up my cramped iris bulbs, unraveled their spidery roots, and tucked them back into the ground with more room to grow next year. I have almost forgotten the sight of their glorious, deep purple blossoms because they have become too cramped to find the energy to bloom anymore. Of course, I had a bushel of bulbs left over, so I dried them out and put them in a crate in the garage with plans to find new homes in the spring. Then I dug up and separated the tiger lilies that have spread for over twenty years. I potted those up and put them under a pile of leaves to save for the plant sale next May. By the way, I just learned that I should have put the pots back in the soil for the winter. Oh, well. Live and learn.

Then, I discovered my cherished fall anemone. It couldn't find light to bloom beneath my ever-spreading milkweed crop towering over the fragile leaves. Also, I found a painter's palette and miniature rose bush shrub squeezed by the dense mass of hostas that grow the entire twenty-five feet of garden. I can't wait to see how my echinacea looks now that I divided the huge clump into three plants and neatly given them a home of their own in place of the lilies. I look forward to the spring when hopefully all the digging, moving and planting pay off with a strong and healthy garden and a spring of less work to sit back and enjoy it. B. C.

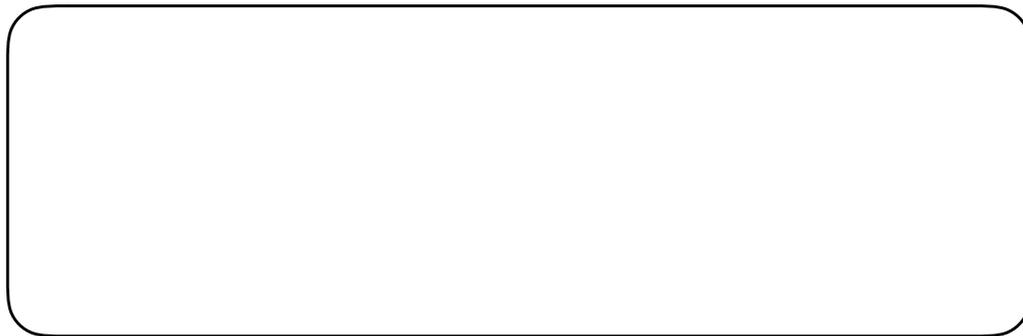
Our Sister Club The Garden Club of Nagoya, Japan

Our September general meeting was a lecture by Mr. Katsuhiro Natsume, Deputy President of The Japan-Iceland Society. The title of his program was "Iceland, just like a brilliant diamond!!" Iceland is said to be a country where insular existence has spurred a rich and vibrant culture.

Mr. Katsuhiro was the Ambassador to the Republic of Iceland until his retirement in 2011 from the Norway Embassy of Japan. His career as a diplomat covered five countries altogether.



Best Regards,
Takako Kohri
Recording Secretary



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