

FEDERATED GARDEN CLUBS  
OF VERMONT INC.

MEMBER OF THE NEW ENGLAND GARDEN CLUBS, INC.  
MEMBER OF NATIONAL GARDEN CLUBS, INC.

VERMONT LEAF



OCTOBER 2021



Margery Salmon and Jo Fretz – Co-Presidents

“Gardening, Rejuvenation for our Spirit” – Theme 2021-2023

GREETINGS FROM YOUR NEW STATE CO-PRESIDENTS!



Fall is off to such a lovely start with the colors of mums, asters and now the trees. The weather in September was warm and inviting to continue working outside with beginning clean-up and fall walks. Hope you have been able to enjoy these last beautiful days.

State meetings in October.

October 5, 2021. Executive Board meeting at 1:00 via Zoom.

October 19, 2021. FGCV Fall Board meeting at 1:00 via Zoom.

These meetings have been delayed this year due to our health issues.

Last week Jo and Margery attended most of the NGC Fall Board meeting via Zoom. The three workshops held were acquainting the new presidents about NGC projects that they sponsor. A leadership workshop addressed how to encourage new membership in our clubs. Another workshop was on using National's website to benefit our clubs. Please check out the national website ([National Garden clubs.org](http://NationalGardenClubs.org)) as it has many ways and valuable information to help to help the local clubs. At the Board Business meeting many votes to adopt changes to their By-Laws and Standing Rules were taken. Hopefully the workshops synopsis will be sent out to us so we can share with presidents and their members. A lot go good ideas for increasing our memberships were offered.

One simple project sponsored by NGC is Pennies for Pines. It is a project in cooperation with the National Forest Service. You pass a container around at your meetings and people put in change. When you get \$68.00 you send it in to NGC and they send it on to the Forest Service. Go to NGC website and get the form they provide. It will have the address where to send the check and you can designate what national forest you want the money to go to. With all the forest fires in our country, it is an easy way for gardeners to help replant the burned-out areas. It is fun to see how many checks you can send by the end of your club year. Each check plants 200 trees. Maybe some of your clubs already participate in this worthwhile project. That is wonderful if you do and if not, a new project to consider.

### Membership

15 Vermont Clubs

Membership  
725 members

### Annual Meeting

**SAVE THE  
DATE**

**2022 FGCV  
Annual  
meeting**

**Tuesday, June  
7, 2022  
The Castle  
Ludlow, VT**

**2022 Fall NEGC  
Meeting  
Woodstock, VT**



We are planning to attend the NE Regional Meeting in Wells, Maine on October 12-13. The NE meeting was held in Woodstock, VT last year and maybe some of you attended. So far, they are still planning to hold the meeting in persons but require masks and other strict health safety rules.

Our Vermont State By-Laws and Policies and Procedures have been changed to bring them more up to date. They are posted on our new website. Check them out! We encourage you to get acquainted with our new website. ([www.Federated Garden Clubs of Vermont](http://www.Federated Garden Clubs of Vermont)). It is nicely done and a great place to announce upcoming club activities you want others to know about. Send announcements, etc. to Sue Hinkel at [rerob@mac.com](mailto:rerob@mac.com).

That's all for this month.

Any questions, concerns, or ideas to share, email us.

Margery Salmon. [salmonm@vermontel.net](mailto:salmonm@vermontel.net)

Jo Fretz. [dfretz39@gmail.com](mailto:dfretz39@gmail.com)

## ENVIRONMENTAL NOTES

I am adding a new item to the Leaf. National and Regional are emphasizing ways to make us better stewards of our earth. We would like to encourage clubs to think about how they may promote ways to make a small difference. Here is some "food for thought".

Recently in the Rutland Herald, Mother Earth wrote about plastics polluting our oceans. She spoke about small ways to reduce plastics in the kitchen. Use glass containers for storing food in the fridge. Think about how much plastic used in our kitchens!!! Is it healthy to heat food in plastic? Do you carry a water bottle instead of buying water in plastic? Those plastic bottles are reported to be floating in huge areas in the oceans. Just think about how much plastic you use. Try to think of one or two ways you could change. Do some research online to help you have a better understanding. Small ways of change can make a difference.

I encourage all clubs to have a program at your meetings on the environment and how we can help it in some small way.

The program for the Regional Meeting is the director of the Ecology School in Saco, Maine. We plan to share anything we learn with our members. Any ideas members would like to



share on environmental issues are welcome. Please send to me at [dfretz39@gmail.com](mailto:dfretz39@gmail.com). We are all learning what avid gardeners can do to be good stewards of our earth.



### Middlebury Garden Club

The Middlebury Garden Club, taking advantage of being able to use outside venues, has managed to keep busy this summer.

In May our member Marijke Niles gave a Zoom lecture on berry bushes. We followed this up with a visit in July to Marijke's Perennial Gardens Plus in Starksboro where we got to see and sample the growing berries.

We began June with a plant swap for our members and ended with a wonderful tour of the vegetable gardens at the Golden Russet Farm in Shoreham.

We had a nice social event in July at the outdoor deck of the Edgewater Gallery by the Falls in Middlebury where members enjoyed appetizers and wine.

In August we visited two member's gardens in Middlebury, while September brought us to Understory Farm in Bridport to view their beautiful flower growing operation. On the beautiful day of September 21, we visited the Shoreham gardens of our member and local artist JoAnn Carson.

See attached pictures.

In her studio she also had a painted picture of her gardens.



## GREEN MOUNTAIN GARDENERS

Green Mountain Gardeners of the mountain towns of Landgrove, Londonderry, Peru and Weston, VT.

Last winter and spring saw the Green Mountain Gardeners mostly at home sharing programs via zoom, often in collaboration with the local women's club. We used this "down time" to good effect, however, by redesigning and updating our website: [www.greenmountaingardeners.net](http://www.greenmountaingardeners.net). We'll finish up the text for that this fall. As soon as summer hit, however, we swung into action and reinvigorated some of our usual annual events.

In late spring, we do garden clean-up at community locations around our towns where we have planted gardens—local museums, town government buildings, post offices, a local medical center. In addition, two local groups, the Londonderry Beautification Committee, and the Friends of Main Street, both of which include several garden club members, planted colorful large and small planters around our towns in boxes on the bridges, in barrels at intersections and in front of businesses. The Green Mountain Gardeners additionally help by setting up a schedule of volunteers to water those containers.

We also spent a great deal of time planning Mountain Garden Walks, our biannual garden tour, which drew over 260 people Saturday, July 17<sup>th</sup> for self-guided tours of six beautiful properties in Londonderry and Weston. Every member of our small club was involved in the myriad details of planning the tour and hosting at the gardens. While the tour was originally scheduled for 2020 and had to be postponed because of COVID, the extra year enabled the gardens to grow to perfection and the club to include a number of special touches to the tour, like a raffle for a house portrait by renowned local artist Doris Ingram, who also drew sketches of each of the properties to illustrate the tour booklet. Many visitors remarked on the interesting variety of properties on the tour, which included two working farms as well as more formal properties designed by local landscapers.

Proceeds from the tour support the club's Lib Thieme Scholarship, an award made annually to a local student for college or vocational studies in environmental sciences, landscape design, conservation, agriculture, or ecology. The scholarship is named after one of the group's founding members and avid gardener, Elizabeth Thieme. Chair of the Scholarship Committee, Eileen Widger, said, "The success of this year's tour will add over \$4,000 to our fund and will allow us to continue to offer a substantial award to a deserving young person in support of his or her education."

In August, we supported the Londonderry Arts and Historical Society's annual fundraiser with a beautiful assortment of flower arrangements. The theme for the fundraiser was "dine-around-a-barbecue," and GMG did its part by providing twenty seasonal bouquets, large and small, for the buffet tables, check-in area and picnic tables. Flowers came from members' gardens and were particularly ample this year thanks to our rainy summer. The historical society said the



décor contributed immeasurably to the enjoyment of the 100 plus guests.

This fall will see our gardeners in September enjoying a hike to enjoy the foliage at Magic Mountain and afterwards enjoying cocktails and hors d'oeuvres on the deck of the ski area, our Annual Meeting and luncheon in October, and then in November and December a program on holiday decorating, a wreath sale, and construction of small table decorations for the homebound. We look forward to staying safe but enjoying a wonderful schedule of events.

Linda Saarnijoki  
Co-President  
Green Mountain Gardeners  
lindasaarnijoki@gmail.com



## Manchester Garden Club

### The Garden Club of Manchester Programs & Events Summer 2021

We began the spring season with a very successful Plant Sale at the **Southern Vermont Arts Center**. It was followed by a series of events captured on many cell phones.

No better way to bird watch than with GCM member Martha Pfeiffer to guide us to many sightings, followed by a Bird Walk Breakfast. (May 2021)





Several exhibits from our **Roaring Twenties Flower Show** staged at the Wilburton Inn. Members dressed in style at the Opening Reception to celebrate the 100 Anniversary of GCM at last and 1 year late. (June 2021)



What's new at the Dene. The Dene at **Hildene** leads a summer program for BBA and LTS high school students. (July 2021)



It was a picture-perfect day for a road trip to King's Garden and boat ride at **Fort Ticonderoga**. (Aug 2021)



**Rosemary Shortbread Cookies**

- 3 sticks butter
- ¼ cup sugar
- ¼ cup powdered sugar
- 2 T finely chopped rosemary
- 1 tsp lemon zest
- 2 ½ cups flour
- ½ cup cornstarch
- ¼ tsp salt

Cream together butter, both sugars until light. Mix in rosemary and zest.

Sift together flour, cornstarch, and salt. Mix into batter til well-blended.

Divide dough into 2 logs and wrap in plastic wrap. Refrigerate until firm, at least 1 hour.

Preheat oven to 325. Slice dough into ¼ inch thick rounds. Bake for about 14 minutes, until they begin to brown on the edges. Cool slightly, and remove to wire racks to finish cooling.

### Lemon Verbena Ice Cream

2 cups whole milk  
 4 1/4 inch thick slices fresh ginger  
 1 cup fresh lemon verbena leaves  
 1 cup sugar  
 2 cups sour cream or crème fraiche  
 2 T lemon juice  
 1/8 tsp salt

Bring milk to simmer, add ginger, let steep until cool.

Process lemon verbena and sugar in food processor until leaves are finely ground, about one minute. Stir into cooled milk. Strain mixture and refrigerate until chilled.

Whisk the sour cream to smooth it out. Gradually whisk in lemon verbena milk, then lemon juice and salt. Freeze the mixture in an ice cream maker according to manufacturers. Serve slightly softened.

Homemade herb cookies (a happy smiling cookie) and ice cream were just 2 of the many tastings we enjoyed at the **Cooking with Herbs** program presented by Becky Moore, GCM Member and Joanne Prouty. (August 2021)



GCM Annual Meeting, guided tour, awards, and luncheon at **Rogerland** in Arlington, Vermont. (September 2021)

Not to be forgotten are the Clean-up Days at the Manchester Village Green, Litter Pick-up along River Road and Jane Child and Ginny Freeman's photo journey through New Zealand. Considering the restrictions of the last year, we managed to offer a number of programs and events by Zoom and lately, in person.





What's new at the Dene. The Dene at **Hildene** leads a summer program for BBA and LTS high school students. (July 2021)

### Brattleboro Floral Arts and Garden Club

The Brattleboro Floral Arts and Garden Club is pleased to announce the debut of its new website: [www.brattleborogardenclub.org](http://www.brattleborogardenclub.org) The design is simple and attractive and will hopefully encourage new members to join.

We invite you to check it out and let us know what you think. Thanks!

### National Gardener

One last comment. The National Gardener has just been published on the National website. It is FREE and all you have to do is go on the National website and sign up. It will then come to your email each time it is published.

