

The Tiller

The Gardeners Club of Green Bay, Wisconsin



April 2023
Volume 41, No. 4



Trellis Making and Preparations for May 19-20 Plant Sale At the Home of Members Veronica and Rob Geurts 3054 Big Timber Circle Green Bay, WI 54313 Saturday, April 29, 2023, 10 a.m.-12 Noon

In preparation for our May 19-20 plant sale, we are making trellises to sell. If you have 14- to 16-inch pots, please bring them. If they are in rough shape, please paint them. We will also have pots of various sizes for members to take home to plant with their plant donations to sell at the plant sale. If you have a variety of extra pots you can share, please bring those that day.

There will be other easy, sitting tasks as well for those who cannot handle standing for any period of time such as preparing seed packets and cutting window blind slats for use as plant labels. Please bring a pair of scissors if you plan to work on these tasks.

Veronica and Rob have set up tables and chairs in their heated garage. To be sure there are enough chairs for seating, please bring a folding or lawn chair. If it's been raining, they would prefer people park in the driveway. If it's been dry, you can park on the lawn. There's room on the road, too. Members, feel free to bring a friend or guest.

Other Notes. As you prepare plants for the sale, please remember to allow enough time for plants that are divided and potted to recover for them to look presentable for the sale. If you need help getting plants dug up, please let Veronica and Rob know so they can help you.

Here's another way you can help—cutting willow branches will be during the week of April 24. Stay tuned for more details.

Please help in any way you are able. Fund-raising activities have not taken place since 2019 because of the pandemic. Our treasury needs funds to continue our organization and to continue with supporting community institutions through financial support and contributions of labor and plant materials. Our latest three-year project is at the Bay Beach Wildlife Sanctuary, and this is our second year on the project.

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Co-Presidents: CJ Janus and Patti Nellis

From our Co-Presidents . . .

Hello Garden Club Members!

Happy Spring!

Our May plant sale is rapidly approaching. We ask you to contribute in any way possible to make this a success. Some members are growing plants from seeds, dividing perennials, providing houseplants, donating garden art, books/magazines . . . anything garden related. Also, your help is needed on May 18 for setup, May 19 and 20 for the sale, and cleanup at the end of the sale on

May 20. Please help in any way possible (the cashier positions are sitting down jobs!) And shifts are just two hours long.

We hope everyone can join us for a few hours on May 18-20! We've circulated the sign-up sheets at the last three meetings—if you've been unable to attend, please email or call Veronica Geurts (our VP and Queen of our Plant Sale!). Thanks so much!

CJ Janus, co-president
(and Patti Nellis, co-president)

Volunteers Needed—More Information from CJ

Our club has received four requests for volunteers in the last few weeks. Chappell Elementary School requested a club volunteer to give three 15-minute presentations to second graders for their Organization Info Fair. I did that since I've been a Reading Coach volunteer there for about six years.

Lincoln Elementary asked Mary Watts and Ritalyn Arps back to help students plant in an after-school program. They really enjoyed it last year and will go again next month.

The YMCA on Huron Rd. has asked for help with their aquaponics system and seed table racks with grow lights which they purchased last year for their garden class. They grew 4,000 plants last year! Carl Christensen is interested in going to see what they need. Anybody else? **Please email CJ by April 22.**

Brown County Shelter Care asked for volunteers to help maintain their large yard of perennial beds and raised beds for vegetables. This is a residential facility for youth ages 10 to 17, many whose parents are in jail. The youth stay a minimum of 30 days and can be there up to 3 – 4 months at a time. Staff make meals with the youth using the produce they grow. Like everywhere, they are short staffed, and could really use help weeding and filling in with more perennials. Evenings 5-8:00 would work well and other times also. **Please email CJ by April 22** if you'd like to be on the volunteer list I send them. You can choose your day, time, and frequency! They are located off University Avenue, across from UWGB.



Schroeder's and Ivy Trails have renewed their advertising in our **Tiller** this year. When shopping there, please let them know how much we appreciate their support!



Schroeder's
FLOWERS
1530 SOUTH WEBSTER
GREEN BAY, WI 54301
(920) 436-6363
FAX 920-433-9685
1-800-236-Grow
www.schroederflowers.com
info@schroederflowers.com



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The Gardeners Club of Green Bay Officers and Chairpersons

Co-Presidents

Patti Nellis, 920-288-7166
pattinellis@gmail.com

CJ Janus, 920-362-5609
cj.janus@gmail.com

Vice President

Veronica Geurts, 920-471-8649
vageurts48@yahoo.com

Secretary

Agnes Schussman
920-327-1138

Treasurer

Sue Rohan, 448 Gwynn Street,
Green Bay, WI 54301
920-336-3004
drfeelgood@new.rr.com

Past President

Jill Leisgang, 920-883-9437
jmleisgang@gmail.com

Membership and Public Relations

Rose Borowitz, 920-632-2068
rrborowitz@gmail.com

Sunshine

Open

Tiller Editor and Website Manager

Shirley Winnes, 920-499-4441
sawrrw@hotmail.com
saw301@att.net

Photographer/Historian

CJ Janus, 920-362-5609
cj.janus@gmail.com

Civic Projects and Fund Raising

Veronica Geurts, 920-471-8649
vageurts48@yahoo.com

Refreshments

Barbara Kamps, 920-366-3091
barbaraayres@isu.edu



Club and Member News ...

Jill Leisgang has resigned as treasurer. Sue Rohan who has been a member for over 20 years, has served as treasurer previously, has been persuaded to take on this role, and approved by the Board to complete the year as our treasurer. Please identify yourself if you feel qualified to serve as treasurer for 2024, and it is hopeful you could serve in the position for more than one year.

Welcome New Members!

Diana and Rick Buss
2379 Horse Road
Abrams, WI 54101
920-366-4622
dlbuss3@gmail.com

Barbara Giese
617 Victoria Street
Green Bay, WI 54302
920-676-1943
giesebarbara58@gmail.com

Jackie Johnson and Paddy Meagher
N6935 Hwy 55
Seymour, WI 54165
920-246-7377
scentedgardens@msn.com

From Last Month's Meeting:



This is Dillon Weist who presented information on sustainable gardening at our April 1 meeting.

Refreshments at Club Meetings

If you wish to have refreshments at our meetings, please volunteer—you can assist Barb Kamps, our new refreshments coordinator, by calling or e-mailing her to volunteer (see bottom left for her number/e-mail). To simplify carrying in quantities of liquid refreshment, we ask you to bring your own, be it water, coffee, soda . . . which you can enjoy while visiting with members and guests.

Articles for next month's Tiller are due by May 10. Send to Shirley Winnes at saw301@att.net or to sawrrw@hotmail.com.



Meeting Minutes - 4/1/2023

Our meeting was held at the GBBG at 10 a.m. with 11 members, five guests, and two speakers attending. Dillon Weist, who is lab assistant and garden manager of the organic gardens at NWTC, presented a program called New Lines on the Sustainable Front. We had a presentation from Renee Diedrick from Brown County Shelter Care. She asked for volunteers to help them in their yard with perennial beds and raised beds for vegetables. This is a facility that houses youth aged 10-17 for short periods of time. They are looking for volunteers to help with maintaining the gardens once or twice a week. Several members raised their hands.

The minutes were approved after one correction—the Larry Meiller public radio show is on Fridays 11 a.m. to 12:30 p.m. and not on Saturdays. Veronica Geurts gave the treasurer's report in Jill Leisgang's absence.

Debbie Schumacher slipped on the ice and broke her ankle. She has snapdragon seedlings in her basement and would like a volunteer to take care of them while she is recovering. Barb Kamps will be doing this. A get-well card for Debbie went around for members to sign. (*Editor's Note: See Deb's note below.*)

Plant sale: Veronica Geurts has pottery, planters, and more that can be used to plant for our sale. She passed a sign-up sheet for times that we can help and what we can donate. Patti Nellis brought seed packets for members to make for putting seeds in that were collected over the past year. They will be sold at our plant sale. Agnes Schussman brought some labels made by Shirley Winnes that will advertise our garden walk that we can tape on our pots and items being sold.

Veronica Geurts and CJ Janus delivered packs of 25 rack cards at eight different locations to promote our club and our two fundraisers with many more that need to be distributed.

CJ asked for a show of hands on why our members joined our club asking whether it was for volunteering, for programs to learn about gardening (education), or a combination of education and volunteering. The majority of members indicated they joined because of the combination of both education and volunteering.

CJ presented a slide show on the work that has been done at the Wildlife Sanctuary and what needs to be done. A \$1000 donation in Barb Vandersteen's memory has been made for native plants that would work at the sanctuary.

Bus trip to the Gardens of the Lakeshore on June 21st. Club members will get a \$10 discount by contacting Susan Broberg. (*Editor's Note: See p. 7 for complete information.*)

Refreshments: Barb Kamps has volunteered as chairperson of the Refreshment Committee. She will be requesting members to volunteer to bring a refreshment at future meetings.

Our next meeting will be making garden trellises at Veronica and Rob Geurts' home. Agnes Schussman brought muffins for today's meeting. Adjournment was at 12:30.

Agnes Schussman, Secretary

A message from Deb Schumacher:
A quick note how appreciative of the whole group for sending the get well card. That was really nice of everyone. ☺

"We might think we are nurturing our garden, but of course it's our garden that is really nurturing us."

Jenny Uglov, English biographer, historian, critic and publisher

Getting to Know our New Members . . . Jackie Johnson and Paddy Meagher

We currently live in Seymour but we're putting an addition on our cabin in Forest County, so we'll be spending much more time "up north".

My specialty is herbs. I've been working with and studying herbs for more than 30 years. My second interest is Wisconsin native plants, how to grow them and their historic uses. Paddy has enjoyed veggie gardening for years and now is experimenting with container gardening.

Years ago, a decision was to not plant anything that can't be used for food or medicine. We've adhered to that with the occasional exception of "purple" things. We also leave as much 'natural' as possible. Up north we're in a forest situation which we love and are planting accordingly.

Last year we were hit by the tornado in June that damaged our roofs on barns and house, took out 11 mature trees, and destroyed the gardens. We still have some of the debris piles, downed fences, etc. This spring and summer will give us the opportunity to mow down what hasn't been working!

Editor's Note: Jackie has volunteered to contribute articles to the Tiller, and her first article follows.

Nigella – The Underused Beauty

By Jackie Johnson ND
Planhigion Learning Center

If you haven't met this underutilized beauty found in many English cottage gardens . . . let me introduce you to Nigella.



A member of the *Ranunculaceae* (buttercup) family, the two most common of the approximately 14 species are the *Nigella sativa* and the *Nigella damascena*. Common names include: Love-in-a Mist, Fennel Flower, Black Cumin, Devil-in-a-Bush, Black Seed, Persian Jewel, and Roman Coriander.

Nigella is an annual plant that will self-sow once it is established, but not to the point of being invasive (darn). In our Zone 4 climate, it comes back every year without reseeding. It prefers full sun with maybe a little shade. It is native to the Middle East, Northern Africa, and southern Europe but naturalized in Asia

and India, and brought to North America by colonists in the 1600s. It's not fussy about soil but does not like wet feet.

This is one beautiful plant with nothing unattractive about it—from its airy fern/fennel like foliage to the delicate flowers surrounded by those whimsical leaves. It usually is a pale blue, but also can be pale pink, purple, or white. It grows from eight inches to three feet tall, depending on conditions, and each plant has a spread of about eight to twelve inches. In the fall, even the pods are beautiful, and are regularly used in dried arrangements.



If you deadhead the plant during the summer, it will flower longer, but you may miss out on those cool pods. If you let it go to seed (pod), and want to harvest, take them when they're fully formed and still greenish, and dry them. I've even put them in a vase and placed it (carefully) in my car (on hot days) with good results. It is a short-lived but fast-growing plant, lasting only up to two weeks. Once established, they're pretty maintenance and bug free.

Ok, so what is it about this 'pretty flower' that intrigues me? Its history is impressive, but it seems to have been forgotten by many over time.

It has been a big culinary plant in the Middle East and India for thousands of years. The seeds from the pod of the *N. sativa* are used. Some describe the smell of nigella as a cross between pepper, oregano and onion with a peppery flavor. Others feel it has a slight strawberry scent and a peppery nutmeg flavor. They have been used often in breads, fish, and vegetable dishes, and as a substitute for poppy seeds in candy, liquors, and cakes. If you like eggplant, try nigella, the pairing is wonderful. (They also complement one another in a cottage garden planted next to each other.) To bring out their full flavor, the seeds should be dry cooked (in a pan). In India "black seed" is part of the five spice "Paanch" which includes cumin, fennel, fenugreek, mustard, and nigella and is used in many Indian dishes and often on flatbreads.

The name "Love-in-a-Mist" comes from the legend of Holy Roman Emperor Frederick I who was seduced by water nymphs while passing by a river. In an attempt to get close to them, alas, he drowns. It is said that Nigella sprang up on the river bank as his soul left his body to honor his attempt.

In the language of flowers, Nigella means intrigue and perplexment and was included in tussy mussies as a sign of fascination by the giver. In magic, it is said the flower will bind people together . . . not only in love . . . but sometimes in the dance of bitterness.

continued on the next page

Nigella – The Underused Beauty, continued from p. 5

Medicinally, the seeds were used by our notable herbal ancestors:

- ☼ Dioscorides used it for headaches, to increase milk production, and as a diuretic.
- ☼ Hippocrates used it for digestion problems (flatulence, diarrhea and constipation) skin problems, dementia, and congestion.
- ☼ Pliny wrote about it as an anti-inflammatory and for scorpion bites.

Traditionally used as a digestive aid, the seed was ground, mixed with honey, put in the palm of the hand where it was licked up. An old saying states it's good for everything but death.

It's an ancient plant—found in King Tut's tomb and also mentioned in the Bible. In ancient Egypt, plumpness was a sign of beauty, and Black Seed was indulged in by the women to attain "plump". Cleopatra was believed to have used Black Seed oil to stay young and beautiful.

Today there has been some research on the values of Nigella for man in the areas of high blood pressure, epilepsy, diabetes and asthma, and basic experimentation on mice as an anti-oxidant, anti-histamine, anti-spasmodic, anti-fungal, and as an anti-inflammatory. It shows some promise for opiate addictions, but it seems like research on this plant is in the wind so watch for new and conclusive studies in the next few years.

This is a lovely and exotic looking plant that would be an eye-catcher in anyone's garden. If you like Middle Eastern and Indian cooking, it might be one for you to consider including in your culinary garden.

*Nigella Seed Torte

Crust

1 cup crushed graham crackers
1 cup flour
2/3 cup melted butter
½ cup chopped walnuts
Press in 9x13 pan. Bake 10-15 minutes at 375 degrees. Let cool.

Custard

1 envelope Knox gelatin
1½ cups hot milk
½ cup sugar
1½ tsp cream of tartar
¼ cup nigella seeds
4 T cornstarch

Combine ¼ cup water and the envelope of gelatin and let stand. Cook the rest of the custard ingredients over medium heat until thick. Add the gelatin mixture to the custard after the custard is done.

5 egg whites
½ cup sugar
1 tsp vanilla
1½ tsp cream of tartar

Beat 5 egg whites until stiff, adding ½ cup sugar, 1½ tsp. cream of tartar and the vanilla while beating. Add to the custard after the custard is cooled. Put custard on crust & refrigerate.

When serving, add a layer of (real) whipped cream.

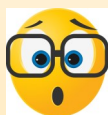
*If you can't find Nigella seeds and still want to try this, you can substitute poppy seeds.

Lighten Up!

Two friends were talking and one of them was dismayed because she bought bulbs to plant, but she was so busy and was leaving on a trip. Her friend offered to her to leave the bulbs on her front porch and she would plant them for her. So when she went to her friend's home, she found a bag and proceeded to dig and plant them. At the time, she thought to herself, these are the strangest, dried up bulbs I've ever seen.

Then, her friend came home from her trip and apologized for not leaving the bulbs on the front porch for her to plant.

"But I found a bag and planted them?" her friend queried.



"Ohh! I left a bag of cat poop on the front porch to throw out!"

A true story from *Chicken Soup from the Gardener's Soul*.

De Pere Community Direct

Deb Schumacher recommended the following site for De Pere residents—it is a private group, but you can join to view or participate in discussions. Deb says there are a number of discussions concerning seed growing

<https://www.facebook.com/groups/892438434233739/discussion/preview>

Go Public Gardens Days is a nationwide celebration of all public gardens. The campaign brings a special focus from the Friday before to the Sunday after Mother's Day (May 12-21, 2023).

There are still openings for this trip—see bolded information below on how to get a discount!



Travel to the Gardens of the Lakeshore

June 21, 2023

Sponsored by C&M Presents

There is no better way to celebrate the first day of summer than surrounded by beautiful blooms, fragrant blossoms, whimsical characters and tranquil waters! You'll find all of the above on our "Gardens of the Lakeshore" tour this summer.

We will be boarding our Deluxe Discovery Motorcoach and enjoying continental breakfast and coffee as we head toward Lake Michigan. Our day will include stops at "West of the Lake Gardens" in Manitowoc, "Bookworm Gardens" in Sheboygan, and the fabulous "Christopher Gardens" in Sheboygan County which only opens its doors for private groups. All will be blooming and waiting for us to enjoy!

Our journey also takes us to some fantastic private and semi-private gardens featuring lavender and hosta where you will learn from the pros and be able to purchase directly from them as well.

Chef Susan Beno wants you to know that she has a very special seasonal luncheon planned you are sure to enjoy.

Of course we'll have some seasonal treats and surprises for you along the way as well!

Come join us for a very special trip on the longest day of the year. We'll make the most of every minute on our Garden Adventure in the great outdoors of Wisconsin in the summertime.

Our motorcoach will board at the Hoffman Road Park and Ride beginning at 8 a.m. for an 8:30 a.m.

departure. Our planned return time is 5:30 p.m.

\$129 per person (**The Gardeners Club of Green Bay members can get a \$10 discount off this trip by contacting Susan Broberg at (920) 471-7951 directly, not using the website, and identifying they are with the club.**)

See www.candmpresents.com for more trips—July 20, 2023 - Off Door County's Beaten Path.

C&M Presents
2488 Wildwood Drive
Green Bay, WI 54302



What's Coming Up?

Plan ahead for our future meetings!

Our fund-raising plant sale is **May 18** for setup, then **May 19 and 20** for the sale.

In June we return to meeting the fourth Wednesday of the month, **June 28**, at 5:30 p.m. We have a tour at EZ Swap Pots, a business in Seymour, and Debbie Schumacher has invited us to view her gardens after the tour.

July 22 will be the garden walk which we are sponsoring for fund raising. Note to members: We will have a separate date in June to visit the gardens at no cost so that you don't have to miss them when you are working at one of the gardens on July 22. June date to be set—stay tuned!

August is grape-tasting—we will visit the vineyards of Rick and Diane Buss in Abrams at 5:30 p.m. on **August 23**.

Remember, anything can happen, and programs or times may need to be changed. Always check the **Giller** and your email for up-to-date details.



The Gardeners Club of Green Bay

Shirley A. Winnes
Tiller Editor
301 David Drive
Green Bay WI 54303

Affiliated with The Gardeners of America
National website: www.gardenersofamerica.club
Local website: <http://gardenclubgreenbay.weebly.com>

* **The Gardeners Club of Green Bay** was begun *
* in 1967 and became chartered in 1968 by *
* the Men's Garden Clubs of America (now The *
* Gardeners of America, Inc). *
* Purpose and objectives of our club: *
* • to educate its members and the public *
* and to promote interest in horticulture per- *
* taining to home gardening, *
* • to acquire and disseminate horticultural *
* knowledge in regard to materials, plans, *
* and ideas in connection with home gar- *
* dens to and for the benefit of individuals *
* and communities, *
* • and to encourage and promote civic inter- *
* est and pride in individuals and communi- *
* ties, and to encourage and promote pride *
* in individual or private gardens, commun- *
* ity plantings, and parks. *
* Membership is extended to serious gardeners *
* who have a concern for the above objectives *
* of the organization. Membership categories *
* and dues for 2023 are *
* 1. \$25 per individual, *
* 2. \$35 per family, *
* 3. lifetime: \$200; \$10 annual local dues. *
* In addition to the **tiller**, members receive a *
* national newsletter. *
* At the national level, a photography contest is *
* held each year, \$1,000 scholarships are *
* presented, Youth Gardening and Gardening *
* from the Heart programs are implemented, a *
* national convention is held, and much more. *
* At the local level, members are involved with *
* community institutions through financial *
* support and contributions of labor and plant *
* materials. Silver Trowel awards are given to *
* recognize contributions to community *
* beautification in the areas of residential, *
* commercial, industrial, institutional, civic, *
* and individual. *

Events of Interest to Gardeners

GBBG - Earth Day Milkweed & Monarchs Workshop, April 22, 1-3 p.m., Charlene Breitlow, local monarch expert. Join Charlene Breitlow as she guides you through a hands-on family-friendly workshop on how to sustainably plant, grow, and harvest milkweed. She will also teach the importance of milkweed to monarchs and the importance of monarchs to humans. Take home some milkweed seeds to start your very own pollinator garden at home or to add to your existing garden! \$10/Garden Member Family; \$13/General Public Family

GBBG - T.I.L.L. Talk: Spring Ephemerals Photography, April 26, 12-1 p.m., David Hakamaki, Cutting Edge Photography. Some spring blooms can be very beautiful, albeit very short-lived. Once they bloom, the race is on to capture their ephemeral beauty. In this Tap into Life and Learning (T.I.L.L.) Talk, David Hakamaki, international speaker and professional photographer, will show you ways to capture the beauty of spring blooms. David will assist with camera settings to properly expose the scene and plants, compose the scene to accentuate the blooms, add additional lighting to spotlight important features, and get you ready to print your creative art. *Dress in layers, as part of this talk will be outside! A camera and tripod are encouraged.* Free

GBBG - Bonsai for Beginners Workshop, April 29, 12-5 p.m., Steve Swiecichowski, Bay Area Bonsai Society. Welcome to the world of nature in miniature! Join Bay Area Bonsai Society members for a fun and informative day as we discuss the art of bonsai and provide helpful tips on how to grow bonsai in our area. Each workshop participant will be guided through the process of shaping, potting, and caring for a bonsai tree. *Participants will take home a bonsai tree with pot and soil and receive a one-year membership to the Bay Area Bonsai Society.* \$99/Garden Member; \$109/General Public

GBBG - Uses of Native Plants: Wisconsin Roots, May 4, 6:30-8 p.m., Jackie Johnson, ND, Author/Educator. What is a native plant? Why would we want to plant them? Are they colorful and hardy or difficult to deal with? How have they been used by humans in the past and can some still be for food and/or medicine? We'll try to answer these questions and give you some easy ones to start with and ones you CAN use! \$11/Garden Member; \$13/General Public

To reserve your spot at GBBG, visit their website at gbbg.org or call 920-490-9457.