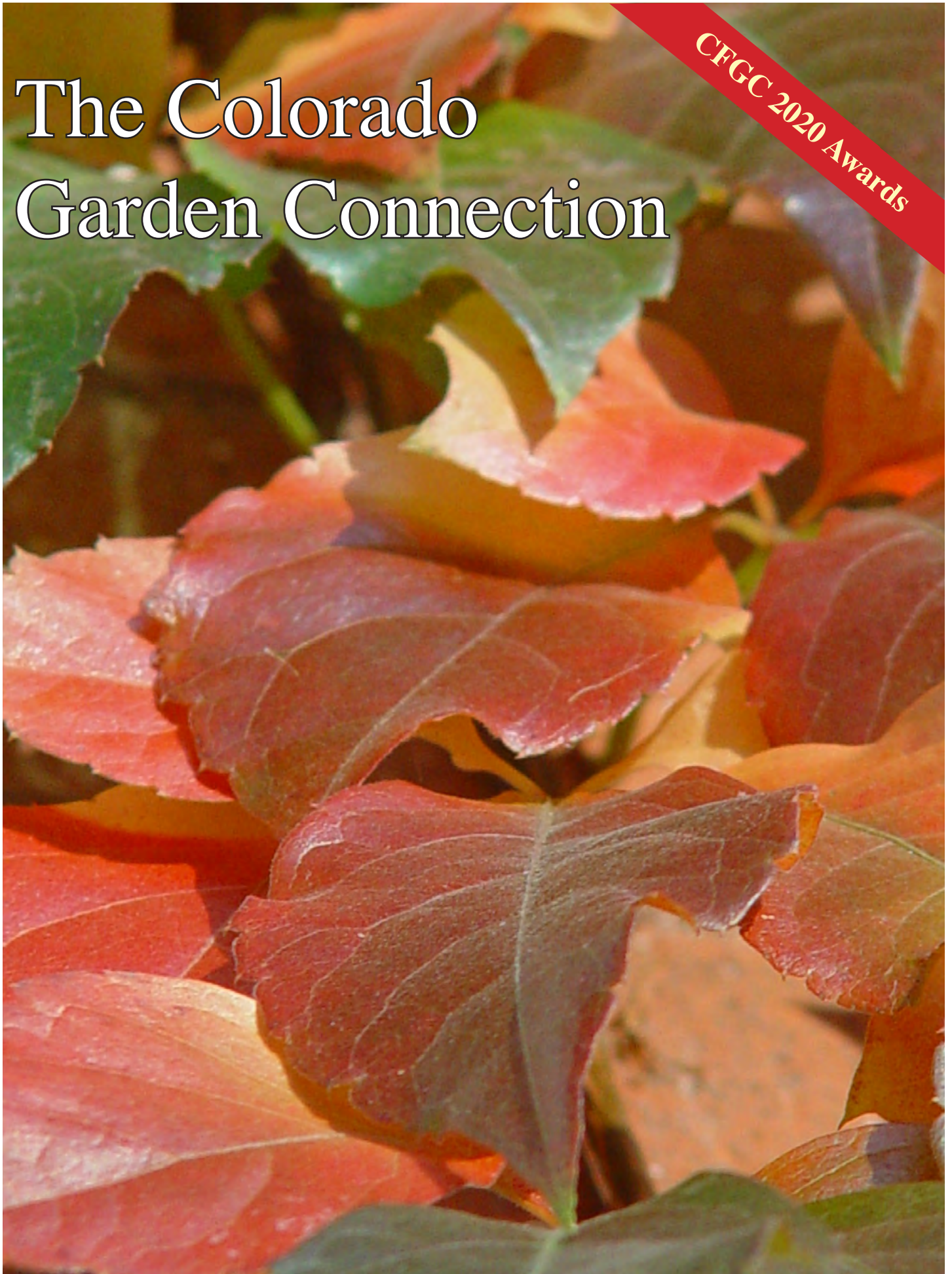


# The Colorado Garden Connection

*CFGC 2020 Awards*



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**Cover:** Virginia Creeper in Autumn colors.

**Centerfold:** A field of purple flowers taken during a Home Garden Tour in Colorado Springs.

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**The Colorado Garden Connection Submission Policy:**

The Colorado Garden Connection, the dues-supported magazine/newsletter of The Colorado Federation of Garden Clubs, Inc., welcomes all points of view relating to horticulture, gardening, floral arranging and landscaping. Please submit articles, letters, graphic materials, if possible via e-mail, to editor at [cbpelto@centurylink.net](mailto:cbpelto@centurylink.net) and/or [smpelto@centurylink.net](mailto:smpelto@centurylink.net). The editor(s) reserve the right to edit any submission for suitability and space. Names may be withheld from publication for good reason, however, the author’s full name, address, phone number, and where possible, e-mail address, must accompany every submission. We welcome your letters, articles, poetry, graphic artwork and other such items for inclusion in this newsletter. No hard-copy submissions will be returned without SASE. Uncopyrighted materials may be reprinted in other Colorado Federation of Garden Clubs, Inc., publications. The deadline for the next quarterly submissions appears in the events section.

**Visit Our Web Site:** [coloradogardenclubs.org](http://coloradogardenclubs.org)

Check it regularly for late news and changes to the Calendar and Events.



## Caring, Sharing, and Protecting

As I look out my kitchen window viewing swirling snow after having several days of 90+ degrees of sunny and hot weather, I can only wonder what else is in store for the rest of this year. I do know I no longer casually state, "What Next!" As we all know, this has been a challenging year with the Coronavirus, rising unemployment, horrible wildfires, and terrible rioting. Through all this turmoil, I have found the comfort of a simpler lifestyle, a happier appreciation of gardening, and a greater thankfulness of friends and family. Never have my plants, shrubs, and veggies been so healthy and fruitful!



Caring has taken on, for me, a deeper meaning. Caring for our family members is a given, but caring for our fellow gardening friends has become so much more important. I miss my garden club buddies and think of them often. I feel it is so important to keep in touch. I recently received a "thinking of you" card from one of my friends, and it so lifted my spirits. What a fantastic way to reach out to your gardening friends. Likewise, sending an email or making a phone call will make that person's day a happier one.

Along with caring for our friends and family, it is so necessary to care for our environment and forests. The wildfires are frightening and leave so much devastation. Work with your garden club members to support Colorado forests by giving to the Penny Pines program. Research other avenues to plant trees and shrubs. The personal reward will stay with you forever.

Sharing is so rewarding, and the benefit is knowing you have enriched others with the knowledge provided. It is a bit more difficult to find speakers for garden meetings due to social distancing and the need to be safe. When you find that versatile

speaker, share with other clubs, even better, invite other clubs to join your club for the presentation. Having a virtual meeting gives you the capability to reach other clubs, and sharing is so beneficial.

Protecting ourselves and our families are foremost in our minds daily. It is also vital to care for our friends. Have meetings but be conscious of social distancing. Be sure and use the correct sanitation measures. Make sure masks are worn and make it fun with a contest of who has the craziest or funniest mask.

We also must continue to protect our land and environment. Be water-wise with natural plants, trees, and shrubs. Help our environment by adding native trees where needed. Assist in city projects for communities.

Take care of yourself, family, and friends. Enjoy this life we have positively and blessedly.

Margie Soileau,  
CFGF President

## From the Editors

My Dear Fellow Gardeners,

And now for something completely different.....

Years ago, when all I wore was green, I used to deal in dirt and plants for cover and concealment. Since joining CFGC, I now deal with plants for color and culinary purposes.

Back in the late '70s, I was invited to attend a 'spa' operated out of Benning School for Boys, a.k.a. Fort Benning and The Infantry School. The 'spa' was called The Ranger Course: eight weeks of limited food, little sleep and lots of 'exercise'. I went in at 170 pounds and came out looking like an escapee from Auschwitz.

Ever since that experience, I've been what is called a 'Foodie.' Today, I thoroughly enjoy cooking and consuming good food. While still in the Army, I'd pack pasta and pesto into the field, to break the monotony of C-Rations and the early—miserable—forms of MREs, a.k.a. "Meals Refused by Ethiopians". I became known

as Chef Combat. Killer Kuisine was my specialité. It was fun coming up with enticing dishes from Mix-and-Match C-Rat meals. For instance, you can make a decent Chicken Cordon Bleu from cans of Turkey Loaf, Ham Steak, Cheese Spread and Crackers. A dash of Tabasco sauce brightens the dish.

Now that we've entered the Harvest Season, I've decided to add a new feature to the Connection. I'll be providing recipes for various garden grown plants.

I invite others to provide recipes for dishes made primarily from plants they or their associates have grown.

On another different note, we're adding a 'Help Wanted' section to the Connection. If you have such an item to share, please provide the complete text.

Chuck Pelto  
Pueblo, CO

**Garden Gadgets**

**Grafting Tools**

When most people think of grafting, they'll think of crooked politicians on the take.

People who knit will think of joining of two knitted fabrics using yarn and a needle.

Not so with gardening folk.

To such as us, grafting involves the propagation of various woody stemmed plants, whereby tissues of plants are joined so as to continue their growth together. The upper part of the combined plant is called the scion while the lower part is called the rootstock. The success of this joining requires that the vascular tissues grow together.

It requires good plant material—root and scion—to begin with. As well as skill. To enhance that skill, good tools are an important part of the process. As I've found, the proper tools on hand improve the speed of the operation and the probability of success.



Here is one such tool for grafting of plants. A set of pliers especially constructed for the purpose of grafting.

Depending on the make and model they can:

- Cut various forms for grafting, e.g.,  $\Omega$ -Cut & U-Cut & V-Cut.
- Be a multitool with screwdriver, wrench, shears, etc.



Some come as kits with:

- Grafting Tape
- Color Coded Bands
- Labelling Tags
- Replacement Grafting Blades
- Tool Box for holding everything

I've done some grafting myself, before I found this sort of tool. I wish I'd had it back then. It would have been very helpful, as I didn't have the clever, convoluted cutting blades. All I had was straight shearing cutters. The increased cambium surface area would improve success.

**Culinary Corner**

As I mentioned in From the Editor, we're adding a new feature to the Connection. One dealing with enjoying the 'fruits' of our labors in the garden.



To kick things off, here is a recipe for a soup from a popular garden vegetable, Borscht, a savory soup of Slavic origin.

This is how I make it:

Makes six servings.

**Ingredients:**

- 6 Ea Beets - Thoroughly Cleaned
- 2 Qts Beef Broth
- 3 Ea Leeks - Sliced Thin, White Parts Only
- 1 Ea Onion - Chopped Fine
- 2 Tbls Red Wine Vinegar
- 1 Tbl Fat - I use left over bacon drippings
- 1 Ea Bay Leaf

Salt and Pepper to taste

**Directions:**

Melt the fat in a pot.

Saute the leeks and onion in the fat until turning golden. Add all the other ingredients and simmer until the beets are soft.

Puree the onion, leeks and beets. A handheld blender works well. Or remove the solids and use a food processor. If the latter, return the material to the pot.

Continue simmering until the proper thickness is reached. Or add a thickening agent. If the latter, I recommend arrowroot. It has no flavor, such as corn starch or flour.

If served cold, I recommend adding a dollop of sour cream and garnish with freshly chopped parsley.

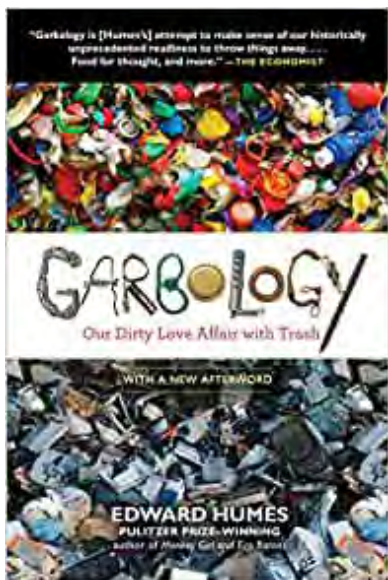
If you wish you can add beef to make a complete meal of it. When I add beef, I use stewing beef that I canned myself in rich beef broth.

Serve either hot or cold with good rye bread, butter, and Bread and Butter Pickles as sides.

### Book Review

**Garbology: Our Dirty Love Affair with Trash**  
by Edward Humes

Garbology is really a book about waste: not only the stuff we discard in our garbage cans but also the wasteful cost to individuals, society, and the planet of making, transporting, selling, and disposing of stuff. According to figures available when this book came out (2012), each American produces on average 7.1 pounds of trash a day. This adds up to 120 tons per person in a lifetime.



Very few U. S. municipalities have found efficient methods to deal with this garbage deluge. Burning it pollutes. Using the methane it generates as an energy source has not proven to be very economical. Sending

it to a landfill for burial is generally the way we get it out of our sight and thereby out of our minds. Surprisingly, stuff in a landfill does not decompose in the way most of us believed. On the contrary, layer upon layer of trash can preserve or even “mummify” what’s under it. Archaeology students at the University of Arizona at Tucson in a Garbology Project excavating in a landfill discovered readable 50-year-old newspapers, decades-old steaks and hot dogs still intact, even grass clippings still green after 20 years!

If nothing else, Garbology can inspire us gardeners to redouble our efforts against single-use plastic. Americans throw out sixty million plastic water bottles a day. Plastic bags are generally not really recyclable despite labels to the contrary. Let’s make conscious choices to reduce waste in our daily lives, and we can start to make a dent in this huge problem.

Lynn Cleveland



**CFGF Facebook Chairman:** This volunteer position is available and needs that perfect individual to post garden club activities, events, and other interesting miscellaneous items. Please contact Margie Soileau at [margie@soileau.org](mailto:margie@soileau.org) to volunteer.

**RMR Facebook Chairman:** This volunteer position is available and the duties entail posting Colorado garden club activities and events on the Rocky Mountain Region Facebook page. Please contact Margie Soileau at [margie@soileau.org](mailto:margie@soileau.org) to volunteer.

*“What does the letter ‘A’ have  
in common with a flower?  
They both have bees coming  
after them.”  
- Kim Roblin*







Minutes of Meeting  
CFGC Board of Directors  
September 8, 2020

Audrey Coyle, NGC Tree and Shrub Chair.

The Board of Directors of CFGC met on September 8, 2020 via Zoom. A quorum was present. President Margie Soileau welcomed everyone and called the meeting to order at 10:30 a.m. CFGC Chaplain Jerry Brown offered the invocation. Margie introduced Officers, District Presidents, and Past Presidents who were present. Nancy Griffin introduced the Emerson House Trustees. The minutes of the June 23rd Board meeting were approved as published.

Northern Front Range District President Michele Gustin said their District has 7 active clubs. The 2021 State Convention will be hosted by their District.

**Financial Report.** Treasurer Kathy Petersen provided CFGC's balance sheet and profit & loss statements. CFGC had \$12,837 in checking, \$38,156 in restricted funds, and \$119,432 in Vanguard. Kathy noted that the Vanguard funds had increased \$11,000 since June. The final figure for 2019's Colorado Gives Day proceeds is \$9,498; \$1,000 was added since the last report. The report was filed. (See Balance Sheet and Profit & Loss for details.)

The High Line Canal Conservancy is working to preserve and improve the 71-mile-long green space along the historic canal and would like garden club input on their plans. To learn more, contact Margie Soileau, Victoria Schmidt, or Lynn Cleveland.

Assistant Treasurer Sue Parker reported that 8 clubs, representing 158 members, have paid their dues so far. CFGC has 17 clubs. The deadline for dues this year has been extended to the end of September. It is very important that clubs pay before then as CFGC must remit dues to NGC on time to avoid delinquent status.

**Blue Star Markers.** Audrey Coyle reported that, after a delay while the studio was closed, the marker for Pikes Peak National Cemetery has been completed and is on its way. A dedication ceremony will be set next year.

Membership Chair Victoria Schmidt is concerned that membership is declining during the pandemic. Most clubs are trying to maintain meetings via Zoom and otherwise. Victoria would welcome suggestions for increasing membership.

**Emerson House and COVID-19.** Margie noted that in recent months, CFGC has not used the building except rest rooms on work days. It has been decided that the building is not off limits for CFGC users, but all appropriate health and sanitation precautions should be taken. Simple guidelines will be posted in the building.

Awards Chair Michele Gustin announced this year's CFGC and Heart Warmer awards. Congratulations to all the winners! (See separate list.)

**Birds and Butterflies Photo Contest.** Remember to submit your photos to Audrey Coyle.

Southern District President Audrey Coyle reported that SD decided to extend its officers into this year for continuity, and take up the issue again in 2021. No District meeting was held this year, but After Hours GC is still ready to host the District Meeting in 2021.

**Zoom Account.** CFGC's new Zoom account is for the use of all of CFGC, including Districts and Committees. Contact Margie Soileau if you wish to use it.

NGC Tree Planting project: "Each one, plant one." Be sure to take photos of the trees you plant this year! Each club should send their tree report, with photos, to

**Announcements:** Please submit stories and photos about your club to Colorado Garden Connection Editor Chuck Pelto. Webmaster Lorayne would also like more content for our blog. Write up your community projects! CFGC's Facebook chair position is vacant. Would you care to volunteer?

Final thought from Audrey Coyle: It doesn't require a mask to plant a tree!

Lynn Cleveland  
Secretary



## Colorado Federation of Garden Clubs 2020 Awards

Here are the prizes awarded to Colorado Federation of Garden Clubs clubs and individuals for this year.

<b><u>Name</u></b>	<b><u>Club</u></b>	<b><u>President/Awardee</u></b>	<b><u>Monetary</u></b>
#2 Special Achievement	Boulder	Jana Murphy	
#6 Conservation	Boulder	Jana Murphy	\$50.00
#8 Garden Therapy	1st Dig and Dream	Victoria Schmidt	\$50.00
	2d Boulder	Jana Murphy	
#12 Garden Club Program	1st Douglas County	Carol Ihli and Debra Beck	\$25.00
#26 Newsletters	Boulder	Jana Murphy	
#27 Website	1st Boulder	Jana Murphy	
	2d Dig and Dream	Victoria Schmidt	
	3rd Loveland	Leone Person	
#28 Social Media	Dig and Dream	Victoria Schmidt	
#30 Working with Youth	Boulder	Jana Murphy	\$50.00
		Total	\$ 175.00
#24 Lyn Verretta Heart Warmer Award	Boulder	Connie Farnbach	
	Cheyenne Mtn.	Rinda Dunson	
	Dig and Dream	Sue and Ben Parker	
	Douglas County	Cindy Foster	
	Floral Art Study	Sissy Gibson	
	Greeley Morning	Pam Dorsett	
	Happy Transplants	Debbie Martin	
	Harveyette Harvesters	Mimi Michael	
	Loveland	Susan Whitfield	
	Queens of Spades	Carolyn Bradish	
# 25 Yearbooks			
a. under 20 members	1st place Queens of Spades		
	2d place Greeley Morning		
b. 21-29 members	Happy Transplants		
c. 30-44 members			
	1st place Cheyenne Mountain		
	2d place Top O' the World		
	3rd place Boulder		
d. 45-69 members			
	1st place Dig and Dream		
	2d place Loveland		



### Tending to Emerson House

Joyce Cassidy, an Emerson house trustee and her garden club went to Emerson house to help with tending the front and back yards.



*Gail Fischer and Jan Greenwood in the back row, front row includes Joyce Cassidy Tory Hurst, and Sydney Denius.*

### Consider Canning

Speaking of food, here's a lesson learned from the last nine months of Lockdown Living.

Last May our primary freezer—we have three—died. We'd had it for 20 years. The alarm came on and nothing we did could quiet it.

The food was still frozen solid, so there would be no loss if we acted quickly. However, everyone else who was cogent about food supply for their household had already bought up all the available freezers. Ordering one in, we found the industry had been caught 'flat footed'. We were told nothing would be available until September, at the soonest. [NOTE: None are available at this time of late September.]

In our plight, God smiled on us and we found a slightly smaller chest unit at an estate sale. So no loss of frozen goods.

Thinking up this situation, I've come to appreciate the value of canning food for preserving it.

All you need is a standardized canning jars with lids and rings, a good pressurized canning pot, raw material, recipes and a little knowledge of food safety when canning.

Back after my time in the Army, when I worked for a Fortune 500 company managing a computer lab, there were no convenient eateries near the office. So I took up preparing my lunches by mass production—16 pints—of tasty soups and stews. Making several batches of several different recipes gave me variety in my lunch-time dining at work.

When I did the math, I found that a pint of a Progresso-grade soup would cost me less than a dollar. Compared to several dollars for an equivalent can of Progresso soup. That's a lot less than spending several dollars for a lunch at a fast food place. Much less than at a restaurant. And over the span of years, the savings is impressive. Not to mention the time and automotive usage saved going to and fro.

It is also convenient when you're pressed for time or energy to prepare an evening meal.

You can find a canner on Amazon. Or at a thrift store. Or occasionally at an estate sale. Jars, lids and bands can be had at good supermarkets. For recipes, the options are limitless.

And storage doesn't require much electricity.



### Fort Logan Crew Works at Visitors Center

Members of the Douglas County Garden Club performed some gardening at the Fort Logan Cemetery Visitor's Center.



*Gail Fischer and Jan Greenwood in the back row, front row includes Joyce Cassidy Tory Hurst, and Sydney Denius.*

