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The Colorado Garden Connection



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Cover:

Golden Blossoms at Abbuquerque Botanic Garden

Centerfold:

Blue Columbine Close-Up from Colorado Springs Garden Tour



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How to Contact Us "Officially" & Other Information:

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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@pcisys.net and/or smpelto@pcisys.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

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

From the Editors

My Dear Fellow Gardeners,

Unfortunately, this issue of the Connection is a little late. However, it makes the subject of the upcoming holidays more timely. How is your gardening passion incorporated into the holidays?

Do any of you grow your own pumpkins for pies and jack-o-lanterns for Halloween? Could you write a little article and send a picture?

For Thanksgiving, I usually go out to the yard and gather some pretty fall leaves and stems with berries to use in an arrangement for the dining table. How many of you make your own Thanksgiving arrangements? Got pictures?

Then there's Christmas and Hanukkah. What's on your wish list? A special gardening tool, a book you've heard about, a gift certificate to a nursery? An African violet pot? If you get something special for the garden, write a review for the Connection to give other folks' family members ideas.

And I'm very curious about how folks share their gardens during the holidays. Do you make preserves and sauces? Special herbed vinegars? Birdhouses from gourds? I'm not good at planning ahead for garden crafts. I'm thrilled to see a blossom on a plant, never mind making something else out of it, but my mother would dry flowers and make arrangements for church. She always made sure the poinsettias at the Christmas Eve service were placed to show off the "blooms" in the best way possible.

So what are your traditions? Do you always buy a poinsettia in the latest color? Do you hope the Christmas cactus will bloom? Right now I'm wondering if I can gather enough honeysuckle vine to make a wreath. At least I'm thinking about it now. One year I was wandering around in six inches of snow cutting ivy and honeysuckle for a wreath.

Happy Holidays, everyone! Keep those phones handy and send us little articles and pictures!

Chuck & Susan Pelto
Pueblo, CO

Garden Gadgets

A while back I described a vertical hydroponics system to grow all kinds of plants inside, all year round. It was a high-end system that stood five feet in height and could support as many as 24 different plants. But it was pricey.

Here's a different approach that is a pittance in cost, takes up window sill space instead of floor, allows greater flexibility and you may have most of the materials to make it.

Wine Bottle Hydroponics is a technique where you used empty wine bottles to grow herbs and other non-root vegetable plants.

Take an empty wine bottle. Get some coco coir — coco-nut husk sponge—plugs. Fill the bottle with nutrient solution. Insert the plug. Add seed. Set the wine bottle on a sunny window sill and watch.



Going over the offerings for the coco coir and reading the reviews, there are some things to watch out for. And avoid in the first place. Like mold.



Seems that a lot of the sponge material has issues with mold in it. The mold will inhibit or kill the seedlings. The way to mitigate that problem is to sterilize the sponges by boiling in water for up to an hour.

When I did that, I noticed little bubbles surrounding the sponges before the water came to a full boil. I presume that was the mold being destroyed. After the water boiled and there were no more little bubbles around the sponges, I repeated the process, just to be sure.

I then dried the sponges in a cleaned dehydrator.

Once dried, I selected a 1.5 liter dark green wine bottle for my nutrient reservoir. I wanted the additional nutri-

ent-water to reduce maintenance. Use dark green or brown bottles to prevent sunlight affecting the nutrient solution.

The sponges I got were too narrow for the neck of the bottle, so I wrapped them with part of a new paper towel to they would fit.

I added the nutrient fluid made with 2 teaspoons of Miracle-Gro and 1 teaspoon of epsom salt in a gallon of water. I had to use very hot water to dissolve the Miracle-Gro completely. Those blue crystals just won't dissolve well in cold water. Let the solution cool to room temperature before assembling the hydroponic bottle.

Leftover nutrient solution is stored in a dark place.

Corked the bottle with the sponge-paper towel assembly. Added several Basil seeds to the small hole in the sponge and set the bottle on a sunlit window sill.

I'm placing a fan in the vicinity of the bottle, as I've noticed that without wind, the herbs tend to grow leggy. I hope this will make them more robust.

At this writing, I may not be able to tell you how they are doing. Germination takes some time.

Culinary Corner

So we were shopping at Sam's Club a couple of weeks ago and saw a new offering in the frozen food section. Something called Gotchu, a Korean dish that looked interesting. It's a noodle bowl filled with veggies. It looked appetizing and out of curiosity we bought a package, just to try it.

And we're very glad we did. It's delicious.

A mixture of whole wheat-esque noodles, lots of home-growable vegetables and some marinated beef in a sweet and spicy Korean-fermented chili sauce called Gochujang.

I looked up the recipe and have been making it for ourselves. For even though it's Sam's Club, it's better and less expensive to make it ourselves from scratch.

But 'from scratch' making the fermented chilis is a bit time consuming, like six months of fermenting the

chilis. So we opted to get the Gochujang as a paste from Amazon and looked up recipes for making the sauce for the Gotchu ourselves.

As with most sauces, there are a plethora of recipes. But we settled on the simplest one:

Ingredients for the Sauce:

Combine equal parts of....

- Gochujang Paste
- Rice Vinegar
- Sesame Oil
- Corn Syrup

Considering the spicy nature of the Gochujang paste, it might not require refrigeration. But better be safe, as the corn syrup may develop mold.

Ingredients for the Bowl: However much you want of....

- Noodles - Traditionally Soba, a.k.a., buckwheat noodles, but I wasn't too pleased with their flavor, let alone the price, so we decided on Whole Grain Wheat linguini.
- Thinly sliced carrots - We bought baby carrots. Not the barrel-shaped peeled, as they're too large, but the ones that looked like they were picked WAY to early. Which is the right size for using chop-sticks, which I favor for eating oriental dishes. It's the traditionalist in me.
- Thinly sliced bell pepper - Red for the contrast in color.
- Thinly sliced cucumber - I like the small ones available at Sam's club. They're seedless.
- Bean Sprouts - Canned, as grocery stores don't carry the raw any more for concerns over E. coli contamination.
- Sliced Mushrooms
- Baby Spinach Leaves
- Thinly Sliced Red Cabbage - Red for the color. But you can use regular cabbage.
- Thinly Sliced or Small Pieces of Meat - Your choice. I recommend cooked and then marinading the meat in the sauce or a good barbeque sauce, before assembly.
- Throw an egg on it, if you wish.

Assembly:



You can precook to soften the carrots, mushrooms and bell pepper, cabbage, etc., if you wish.

- Put the cooked and drained noodles in the bowl.
- Drizzle the sauce over the noodles. It's spicy, so go lightly with it. You can always add more to suit your taste.
- Put the other ingredients around the layer of noodles.

We usually serve it with deep fried egg rolls, for contrast of textures and difference of flavor. The egg rolls are served with Nuc Cham, Thai sweet chili sauce, for dipping.

Nothing Gold Can Stay

by Robert Frost

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf,
So Eden sank to grief,
So dawn goes down to day
Nothing gold can stay.



To Autumn

by John Keats

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-
eaves run;
To bend with apples the moss'd cottage-
trees,
And fill all fruit with ripeness to the core;

To swell the gourd, and plump the hazel
shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,

For Summer has o'er-brimm'd their clammy
cells...

Where are the songs of Spring? Ay, where
are they?

Think not of them, thou hast thy music
too,—

While barred clouds bloom the soft-dying
day,
And touch the stubble-plains with rosy hue;

Then in a wailful choir the small gnats mourn
Among the river shallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly
bourn;
Hedge-cricket's sing; and now with treble
soft

The red-breast whistles from a garden-
croft;
And gathering swallows twitter in the skies.

Minutes of Board of Directors Meeting

COLORADO FEDERATION OF GARDEN CLUBS, INC.

September 13, 2022 via ZOOM/In Person at Emerson House

Present: Nancy Griffin, President; Victoria Schmidt, Vice President; Susan Pelto, Secretary; Margie Soileau, Treasurer; Debbie Martin, Sue Parker, Ben Parker, Joy Kancir, Chuck Pelto, Deb Trujillo, Carolyn Grant, Audrey Coyle, Jeannie Falleta, et al.

The meeting was called to order at 11:26 am by Nancy Griffin, President.

Nancy welcomed everyone. She explained who gets invited to the Board of Directors meeting and introduced officers. She announced that Jeanne Ricci will also serve as a Parliamentarian starting in December.

Margie Soileau presented the Financial Report. There were no questions.

Membership Report: Sue Parker gave the membership report. She thanked all club presidents because we have received all reports and dues by September 1. CGFC has 377 memberships in 18 clubs.

Correspondence: None.

Officer Reports:

President: Nancy reported our next Board meeting will be held on December 7, 2022. Refreshments and a gift exchange will be included, whether at a restaurant (The Wine Experience) or Nancy's house. Other business meetings will be held via Zoom the day before.

CFGFC 2023 Annual Convention information: Please Nancy know if you want to serve on the committee.

2024 NGC Annual meeting in Colorado: Please let Nancy know if you want to part of that committee.

VP & Chair of Ways & Means:

Victoria Schmidt reported that we received reports on

landscaping and our investments. We have applied for a Garden and Home Show grant, but will not participate, due to lack of volunteers to help support it.

The Annual Convention brought in an extra \$425 due to significant donations to help the convention happen at Denver Botanic Gardens. We voted that we increase the convention budget to \$1500 from \$750.

Tech Committee: We will be purchasing a laser printer. The current printer is too slow.

Colorado Gives Day is coming up on December 6, and you will be receiving material on that.

Margie Soileau moved to accept the March 8 meeting minutes. There was a second and the motion passed.

Treasurer's Report: Margie Soileau gave a Financial Report on the June Annual meeting.

Historian/ Awards Chair: On behalf of Michele Gustin, Nancy passed out awards from the Rocky Mountain Region Conference. Dig & Dream, Queen of Spades, Loveland, member Connie Ellefson, Manitou Springs, Happy Transplants, and the state all won awards.

Nancy announced NGC's Zoom Environmental Studies School Course 1. A small fee is charged.

2024 State Convention: Audrey Coyle, Chair, announced the theme "Colorado Gardening is a Gamble: how to beat the odds." It is a two day convention at the Monarch Hotel in Central City. Southern District is the host.

RMR: Audrey Coyle announced the RMR Convention will be held in Colorado Springs, August 25-26, 2023. Friday night will be at the Flying W Ranch. Saturday Lunch will be at the Patty Jewett Golf Club.

Northern Front Range District Chair, Victoria Schmidt: The Northern District needs a nominating committee.

The Executive Committee recommended increasing the Convention line item budget from \$750 to \$1500 because of increased prices across the board. Discussion. The recommendation was approved.

Unfinished Business: None

Committee/Chair/School Reports: None

Trustees: Debbie Martin thanked the Trustees for all the work they have done at Emerson House. Carol Hall has taken on the task of organizing work days by Garden Clubs at Emerson House. She also thanked all the Garden Clubs that have come to help with maintenance. Front sprinklers have been fixed. Two trustees are still needed.

Nancy thanked those who brought food for the potluck.

Submissions need to be in for the Connection on September 27.

Cheyenne Mountain: Save the date, May 19 at the Peele House, special speaker on Sex in the Garden.

The meeting was adjourned at 12:32 pm. Following the meeting, David Rudin spoke on Birding Along Colorado's Front Range.

Submitted by Susan Pelto, Secretary.

Publicity 101

by Susan Pelto

Every club should have a Publicity Chair for a variety of reasons, one of the most important of which is to support the Membership Chair with articles that describe how lively and interesting your club is. Yes, getting used to it is a certain amount of work, but it is worth it.

Ideally, the Publicity person for your club should be someone who plans ahead, sees the potential in everything and has a positive outlook. Being well organized is also an asset. If he or she likes to take pictures that's great, but they can be aided by someone who is constantly whipping out his or her cell phone to take snaps of what's going on. The Publicity Chair doesn't have to think of herself as a writer, because announcements and press releases are pretty cut and dried compared to writing a novel or a poem. The Chair just needs to be willing to write the report and submit it in a timely manner.

The Publicity Chair and the rest of the officers need to develop an orientation towards publicity. This means they need to adopt a point of view where they see the

club's activities as exciting, important, interesting and worth telling other people about. Most of us were raised to be modest, but club publicity is about the club.

The main reason for active publicity is to recruit new members, but if your club has enough members (yeah, right), you still want publicity so that when you need to find a new meeting space, ask for some money for a special project, etc., others in the community know who you are and will be willing to help. All the officers need to have this point of view, especially the meetings and the membership chairs so they can help the publicity chair and be aware of all the information that's required.

What to write about? Meetings, awards, projects, fundraising activities. You might be thinking that it's just a regular meeting, but, we just came out of pandemic restrictions. A regular meeting is a big deal and something to crow about!

The Publicity Chair will be providing two sorts of articles or items to the media: items announcing upcoming events and items bragging about what has already happened. In either instance the written piece needs to answer the questions who, what, when, where, why, and how. All of these questions should be answered in the first paragraph. Fill in details in following paragraphs. You don't need to be flowery, or "interesting" just descriptive. Try to avoid cliches and redundancies, e.g., "prestigious award." Is there an award that isn't considered prestigious?

Let's look at the easier one first: what's already happened. Let's say your club had a plant sale, it did very well and you want to make the community aware of this because it will make people want to come next year, and it will make them want to join the club so they can have fun helping with the sale. Write an article that tells people where the sale was, the name of your club, what items were sold, how the club obtained the items, when the sale was, why the club held the sale, what the proceeds will be used for and finally, contact information. Include a few pictures of happy customers admiring plants set out in a nice display while club members give advice on how to care for them.

Unfortunately, in this day and age with privacy concerns, writing up announcements for an upcoming event can be a little trickier, especially if your club

The Publicity Chair needs to assemble a list of outlets where articles and announcements need to be sent. Once the club has one, updating it shouldn't take much and it can be passed from Chair to Chair. This list needs to include the local newspaper(s), the CFGC Connection, the NGC Gardener, your club's website, and websites where local events are listed. Most publicity handbooks will tell you to list radio and TV stations also, but when was the last time you heard local club meetings announced on the radio? (I think it was 1979 for me.) For each outlet, you'll need to try to get the name of a contact person, the email where articles should be sent, a phone number, and the deadline that they want articles by. I know we live in the computer age with instant messaging, but our local paper wants event announcements something like 6 weeks in advance. Another local paper only publishes once a month. The Connection, for example, is only published every 3 months, so you need to get us your article about 4 months ahead if you're planning an event just before we publish again. In other words, don't wait until the last minute, or even 2 weeks out, to do your publicity.

Different outlets have different purposes and therefore not all of them need the same articles. The Connection and your club's website are good for what's going to happen and what has happened. Your local paper may or may not be willing to publish something about what you've done, although announcing you've gotten an award or grant for a special project is the kind of positive story they seem to be looking for.

Our city probably has 10 websites listing upcoming meetings and events. All of the listing formats are different, so write up your announcement so that it's easy to cut and paste into their forms. Know in advance who the contact person for the announcement will be because the outlets all want the information so they know the listing is legit. If you've got a lot of local events websites, the ones that want a separate entry each month may be too much work. Keep track of where your meetings are posted in case you need to make changes.

Submit the article or announcement before the deadline required by the outlet. Always give a name and phone number or an email in case the outlet wants to ask more questions. Upcoming event sites will ask you to fill in an online form. News outlets will want an email. In the heading say "For Immediate Release" and at the end say "for more information contact..." Follow their submission guidelines if they have them on their website. Do not use fancy fonts, do not use backgrounds, do not put anything but the article/ photographs with captions in the text. Make it easy for the editors to cut and paste the article into their newspaper program. They'll be more likely to accept it if you do.



Obituary of Elfriede Goeben

Elfriede M.L. (Alfonsin) Goeben found eternal rest on November 3, 2022.



Beloved mother, grandmother, wife, daughter and friend to everyone, Elfriede was born on October 20, 1926, in Euerdorf, Germany, a country she always loved, to Jakob and Maria Metzger.

She was passionate about gardening, bridge, travel and volunteering. In Indianapolis she organized city-wide blanket drives, served the needy through the St. Vincent de Paul Society and established gardens through the National Garden Club.

During her "retirement" she founded two clubs in Colorado Springs. She began her garden career in New Jersey with the Marlton Garden Club, continued in Indiana with the Shamrock Garden Club and then ended belonging to three clubs in Colorado - Pikes Peak Designers Guild, Cheyenne Mountain Garden Club and After Hours Garden Club. The latter two were the clubs she founded. She was also a Master Landscape Designer and Environmental Consultant. Garden clubs were an important part of her life. Her efforts were recognized by being named a Member of Honor by National Garden Clubs.

We will all miss her. God bless and keep her pleasantly working and enjoying in His Garden.

*Every garden is unique
with a multitude of choices
in soils, plants and themes.*

*Finding your garden theme is as
easy as seeing
what brings a smile
to your face."*

- Teresa Watkins

Calendar

Coming Events of Interest:

- **Deadline for submissions for the Winter 2023 issue of the Colorado Garden Connection**, December 21, 2022.
- October 12, 2022 CFGC Harveyette Harvesters Work EH Gardens
- October 24, 2022 CFGC Trustees meeting – EH
- November 14, 2022 CFGC Judges Council
- December 1, 2022 CFGC Ways & Means - 1PM, Ex BD- 2:30 pm, both Zoom
- December 6, 2022 COLORADO GIVES DAY
- December 7, 2022 BOD meeting followed by Holiday Tea in Aurora
- January 9, 2023 CFGC Judges Council Meeting
- March 8, 2023 CFGC Ways & Means, Ex BD & BOD meeting, Location TBD
- March 27, 2023 CFGC Trustees Meeting
- April 1, 2023 CFGC Southern District Meeting, Douglas County GC to host
- April TBD, 2023 CFGC Northern Front Range District Meeting
- April 10, 2023 CFGC Judges Council Meeting
- April 24, 2023 CFGC Trustees Meeting
- May 2-5, 2023 NGC Annual Convention, White Sulphur Springs, WV
- May 16, 2023 CFGC Budget Meeting – EH & Zoom
- May 22, 2023 CFGC Trustees Meeting
- June 7-8, 2023 CFGC 2023 Annual Convention, Southern District Host,
Audrey Coyle, Chair CFGC Judges Council Meeting at Convention
- June 26, 2023 CFGC Trustees Meeting
- July 10, 2023 CFGC Judges Council Meeting
- July 24, 2023 CFGC Trustees Meeting
- Aug. 25-26- 2023 CFGC to Host the RMR meeting in Co. Springs (Flying W Ranch &
Patty Jewett Golf Club)– Audrey Coyle, Chair, Margie Soileau, RMR Director
2021-23
- May/June 2024 CFGC to host the National Garden Club Annual Convention in Colorado

For additional information on events without a Point-of-Contact (POC), please check the CFGC web-site at coloradogardenclubs.org. Or, if no access to the internet, call or write Joy Kancir at 303-814-0679 or 2195 Pine Wood Road, Sedalia, CO 80135-8043.