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Volume I, September 2020



# MAYFLOWER

Fall 2020

## Welcome to the New Mayflower!

Keeping in touch has taken on a new meaning this fall. The Mayflower is coming to you in a new format that we hope will allow us to provide current and interesting articles and information to our member clubs. This issue features Award and Scholarship winners, special projects that were completed while following Covid guidelines, and a spotlight on a very special member of our Massachusetts garden community. We hope you enjoy this new look for the Mayflower and invite you to share ideas on future articles and areas of interest.

[Visit our Website](#)



### Plant Profile - Inkberry *Ilex glabra*

*Ilex glabra* is commonly called inkberry or gallberry. Its name comes from the Latin *Quercus ilex* for holm oak in reference to the foliage similarities. Its common name probably came from the fact that it was used by Civil War soldiers to make ink to write home. A North American native it can be found in the coastal plains from Nova Scotia to Florida to Louisiana.

It is a slow-growing, upright, broadly-rounded, broadleaf evergreen shrub in the holly family. Its dark green leaves

have smooth margins with marginal teeth near the tip. The leaves are spineless, fat and glossy. Dried and roasted inkberry leaves were used by Native Americans to brew a black tea-like drink, which is why the shrub is sometimes called Appalachian tea. The flowers are greenish-white, non-descript and appear between May and June. Gallberry honey is highly rated in the Southeastern U.S. and results from bees feeding on

inkberry flowers. If pollinated the female flowers give way to pea-sized, jet black berries. This plant does have both male and female flowers, so you need both varieties if you want berries. The berries contain toxins, which may cause gastrointestinal side effects and even be fatal in large doses. The sharp leaves usually keep dogs from eating a lethal dose.

The plant grows 5 to 8 feet tall and as wide. It takes full sun to part shade and prefers medium to wet acidic soil. It does well in zones 5 to 9. It blooms on old wood. Prune to shape in early spring just before new growth begins. Remove root suckers regularly if you don't want it to spread, as it colonizes easily. It has shallow roots, so a 2-3 inch layer of mulch is a good idea. Leaf spot is an occasional problem and spider mites may appear, especially in dry conditions. It is susceptible to chlorosis (yellowing of leaves) in high pH soils.

White-tailed deer may browse the leaves and twigs, although the plant is somewhat resistant to damage by deer and rabbits. Birds love the berries. Inkberry works well as a hedge in its shorter forms. Works well in wet areas and tolerates air pollution. This plant has a high flammability rating and should not be planted close to your house.

## Dracut Garden Club Civic Grant Project

The Dracut Garden Club has been hard at work this year



The Dracut Garden Club has been hard at work this year putting the finishing touches on a new welcome garden at the front of the Dracut Town Hall, a project that has been in progress since spring 2019

Club President Kathy Gauthier said the site was selected for a number of reasons and she pitched the idea to the town manager. "I kept looking at this beautiful Town Hall that we have, and in the front there was nothing. There was no landscaping at all," she said.

The club started planting shrubs and larger items last fall, along with tulip and daffodil bulbs donated by a local paving company. At the end of May and the beginning of June, it was time to start planting perennials, and in early summer, club members planted "fill-ins" to round out the space.

The club had a lot of help from the Department of Public Works, whose staff helped prepare the site, transport boulders to be installed in the garden, and put in a walkway and concrete pad for a bench.

Though the COVID-19 pandemic threatened to disrupt the plans, the club felt it was important to see the project through, especially because of grants it received from the *GCFM Historic and Civic Development program* and the *National Garden Club Plant America program*.

The club tried to select plants native to the area as part of the GCFM Native Plant Challenge, and also planted varieties that

bloom at different times of the year to keep the garden interesting and inviting throughout the seasons.

Club member Rebecca Goguen, owner of Garden Solutions, LLC was an integral part of the project, providing the design plans and managing the purchases of plant and supplies throughout the spring.

The club officially unveiled the garden, along with a special engraved boulder, on July 29<sup>th</sup>. Town officials, members and several members of the GCFM board attended, masks in place!

Congratulations to this wonderful club for all their hard work - especially during a pandemic, heatwave and drought!

Pictured below Left: L-R-Nicole Guiliano, Leigh Cameron and Kathy Gauthier, and, back, Eileen Kane, Christopher Leonard and Martha Boisclair. Below Right, Rebecca Goguen and Kathy Gauthier



### Garden Features

- perennial plants (those that return each year on their own), many of which will be plants native to Massachusetts
- plants that will attract pollinators
- plants to provide visual interest throughout the seasons
- a handicapped accessible pathway, inviting visitors to meander through the garden
- a stone bench inviting visitors to relax and enjoy the sights and sounds
- a boulder with Welcome Garden plaque





### GCFM Scholarships 2020-2021

**The Margaret F. Motley Scholarship** - Brian Curley  
UMass Stockbridge Sustainable Horticulture

**The Harold T. Bent Horticulture Scholarship** -  
Sydney Hussey, UMass Amherst, Sustainable Horticulture

**The Lottie S. Leach Scholarship** - Allison Carter  
UMass Amherst, Environmental Science

**The F. Carroll Sargent Scholarship** - Brian Zhang  
UMass Amherst, Food Science/Plant & Soil Science

**The Violet E. MacLaren Conservation Scholarship**-  
Shane Grant, Northeastern University, Environmental  
Economics

**The Baker Scholarship** - Angela Luckey, American  
Public University, Environmental Management & Policy

**The Ruth I. Cleveland Scholarship** - Madison Bates  
John Hopkins University, Environmental & International  
Studies

**The Margaret Bent Patterson Scholarship** -  
Sarah Ducharme, UMass Amherst, Horticulture Science

**The Evelyn R. Cole Scholarship** - Emma Burke  
University of New England, Environmental Studies

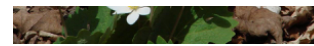
**The Landscape Design Council Scholarship** -  
Rachel Newman, UMass Amherst, Landscape  
Architecture/Sustainable Horticulture

**The Mary M. Conley Scholarship** - Regina Peters  
UMass Lowell, Biology/Ecology

Congratulations to all our scholars.

#### National Scholarship Winners-

**Barbara D May Scholarship** - Emma Katherine Burke  
**Jean T. Ladson Scholarship** - Angela B. Luckey



### GCFM Club Anniversaries 2020

#### 5 Years

Franklin Garden Club

#### 15 Years

Holden Garden Club  
Millis Garden Club  
Shrewsbury Garden Club

#### 30 Years

Powisset Garden Club

#### 35 Years

Nauset Garden Club

#### 50 Years

Greenleaf Garden Club  
Medfield Garden Club  
Seaside Garden Club

#### 60 Years

Community Garden Club of  
Cohasset

#### 70 Years

Attleboro Garden Club

#### 75 Years

Beacon Hill Garden Club  
Hopkinton Garden Club

#### 90 Years

Billerica Garden Club

## GCFM Awards for 2020

The GCFM Garden Clubs do an amazing job creating beauty in our towns, educational programs for adults and youth, and informing our communities about gardening, environmental issues, and much more. The following clubs were selected for GCFM Awards this spring.

#### II C – Continuing Civic Projects Award

**Small Club - Garden Club of Norfolk** – An herb garden established in 1988.

**Medium Club – Hopkinton Garden Club** – Projects around town since the late 1990's.

**Large Club – Framingham Garden Club** – Expanding the Nobscot Pollinator Garden begun in 2010.

**III B – Conservation Award - Chelmsford Garden Club** – A butterfly garden certified by the North American Butterfly Association.

**V B Garden Therapy Certificate - Greenleaf Garden Club of Milford** – Garden therapy sessions since 1968.

**VI C – Historic Preservation Certificate - Framingham Garden Club** – “*Artifacts in Bloom*”, with the collection of the Framingham History Center,



**IX B – Bridging the Generations Award Greenleaf Garden Club of Milford** – Programs for both seniors and young gardeners.

**IX C – Helen Friedberg Award - Garden Club of Norfolk** – The program, “*Herbs in the Garden and Kitchen*”.

**XI A – Publications Award - Garden Club of Norfolk** – “*Native Plants*”, flyer to give information on adding native plants.

**XI B – Margaret K. Bell Newsletter Award**  
**Garden Club of Norfolk** – small club award  
**Greenleaf Garden Club of Milford** – medium club award  
**Village Garden Club of Dennis** – large club award

### **XIII A Special Achievement**

**Dorothy Creamer – Marblehead Garden Club** member since 1965, has contributed greatly to the club serving as president, working on projects, liaison with other organizations, and more. she continues to share her knowledge with the club.

**Geri Taylor – Lakeville Garden Club** Geri, a founding member, has worked with the junior gardeners for 30 years encouraging gardening and community service. She has served in various positions including president and has opened her garden for tours.

**Garden Club of Norfolk** – The club assembles baskets of holiday greens and goodies for families served by the Norfolk Food Pantry.

**XVI A – Mitzi Belitsky Award - Garden Club of Norfolk** – worked with two Brownie Troops on a Monarch Guardian program. They raised Monarch caterpillars, kept journals and planted butterfly friendly plants - 22 out of 24 girls raised Monarchs.

*Thank you to all who submitted award applications. All of us are doing incredible work in our communities and state. Please apply for an award – you deserve to be recognized.*

**National Garden Club Plant America Awards**  
**Dracut Garden Club**  
**Driftwood Garden Club**  
**Fox Hill Garden Club**  
**Westboro Garden Club**

GCFM is frequently adding new information and resources to the website so that you know the latest.  
Here are some features:

Check out the Grow Native Massachusetts Evenings with Experts, now Webinars, by clicking here:  
<https://grownativemass.org/Our-Programs/evenings-experts>

See the state Awards list and forms here [GCFM Awards](#)

Curious to see what gardeners and clubs have been up to?  
Try the new feature, [FORUM](#)

To get in touch with an officer or committee chair go to  
[GCFM Executive Board and Committee Chairs](#)

To find what's on the calendar go here [Events](#)



## **Saving Forests \$68 At A Time**

For more than 75 years, the Penny Pines Reforestation Program through the U.S. Forest Service has given local community groups a way to help sponsor reforestation projects.



When the Penny Pines Program started in 1941, a Sports Woman's Club in California was working with a group of school children on a reforestation program. At that time, pine seedlings cost one penny each and one acre consisted of 680 seedlings. For \$68.00, seedlings for ten acres could be purchased. Site preparation and planting costs were

met through regular Forest Service appropriations.

The Penny Pines program was so successful that money contributed to purchase seedlings soon far exceeded appropriated funds available for site preparation and for the actual planting job.

In 1964, the original cooperative agreement with interested groups was rewritten to provide that funds contributed under the Penny Pines program be used for reforestation, rather than solely for purchasing seedlings.

Over the following years, thousands of acres of Penny Pines Plantations have been created to reforest areas destroyed by fire, disease and severe weather. Plantations are planted on burned and brush covered areas to provide soil protection and stabilization, watershed protection, future harvestable timber as well as beauty and shade for recreation. Damaged areas are replanted with trees indigenous to the area, not just pine trees. Under a conservation agreement, the Forest Service will do the planting, using Penny Pines donations together with Federal funds, and will provide to the plantation the same protection from fires, insects, and disease given other forested areas.

This program made its debut with the National Garden Club in May 2003. The program took on special meaning in Massachusetts when in 2008 the Asian long horned beetle destroyed acres of trees in the Worcester area. A short time later, a tornado devastated the Springfield area, destroying close to a third of the area's trees. GCFM garden clubs banded together to contribute acres of Penny Pines trees to these areas.

This year, 22 Massachusetts clubs donated over \$2,200.00 to the GCFM Penny Pines project. The Framingham Garden Club and the Wareham Garden Club were the lead contributors, contributing over \$200 each. That's a lot of pocket change!

Click here to find the [GCFM Penny Pines Program](#). From Forms - go to the Penny Pines Sheet

## Backyard Carbon Sequestration by Maria Bartlett

The US has over 40 million acres of lawn plus millions more acres of conventionally cared for gardens. That's a lot of room for carbon sequestration! Carbon sequestration helps combat climate change. Start this fall to build your yard as a carbon sink!

1. The first step is to build a polyculture lawn, which increases biodiversity, helps manage and conserve water, and stores carbon.

- Commit to not using synthetic fertilizers, herbicides and pesticides. Reduce usage over 3 years, reducing 20%, then 30% then 30% so your lawn has time to build up its natural sustainability.
- This fall, aerate, add sifted compost and overseed with a low maintenance grass seed mix that includes turf fescues and white Dutch clover. Water until it is 4" high then mow to 3". You are trying to build a POLY-CULTURE lawn which builds soil biology. This lawn may have flowers, creeping Charlie, violets and clover. The clover fixes nitrogen, helps with water management, and its roots, two feet deep, help store carbon and bring nutrients up to the surface where the grass's shallower roots can access them. The whole lawn stays greener all through the summer. Rain soaks in and helps sustain the water table, instead of running off as with conventional lawns.

The soil will improve, gradually developing a higher percentage of organic material, thus storing more carbon. As it does so, what was literally dead soil will become alive with earthworms, microorganisms, fungi, arthropods and other tiny critters, who, amazingly, help carbon stay in the soil.

- Dig any broadleaf weeds such as dandelion, plantain, and especially thistle that get too far out of hand. In summer, mow 3 inches. Leave the clippings on the lawn.
- In the fall, run the mower over the fallen leaves to chop them up...and feed the soil.
- Next spring, repeat the overseeding with white clover mix and screened compost.

2. Reduce the size of your lawn.

3. In the rest of the yard, minimize tilling and digging, grow native trees/shrubs and perennials, don't leave soil bare for extended periods, and don't use pesticides or synthetic fertilizer.

Maria Bartlett - Environmental Awareness Committee



Meet the Presidents - Arabella Dana

## MEET THE PRESIDENTS - Arabella Dane



Arabella Dane was president of the Federation from 1995-1997. She brought to her presidency a love of horticultural and nature. She is an NGC Master Flower Show Judge and has entered many shows as well as working behind the scenes. It was Arabella, who over 40 years, developed the *Plantopedia.com*, which is used in classifying plants for flowers show. This allows flower show backroom typists to find botanical names and spellings for plants that are used in flower arrangements. She sits on the board of National Garden Clubs as a Flower Show School Accrediting Chair for the South Atlantic and Pacific regions. Arabella has also been a trustee for the Native Plant Trust, formerly the New England Wildflower Society. She and husband Nat, who

also served as chair of the Board of Trustees, have been members for a long time. They were recently featured in the Spring/Summer edition of the Trustees newsletter. Both Arabella and Nat feel very strongly about protecting our environment, and Arabella also takes a very practical approach to things beginning with our homes and garden clubs.

She is a member of the North Shore Garden Club, which is a GCFM club and also a Garden Club of America club. Arabella is also on the Boston Committee of GCA, which raises money for projects. This past year she was given an Achievement Medal by GCA.

She is a former board chair of the American Horticultural Society, which put in a native plant garden along the banks of the Potomac. She also is National Garden Clubs' representative to the American Public Garden Association. She has enjoyed writing article on plants and pollinators for publications to educate people on their importance.

Arabella's other passion is photography and she is very good at it. She is Membership Chair for the Photography Society of American and National Garden Clubs has made her Chairman of their Photography Committee. She has created a photography contest at the Boston Flower & Garden Show and also for National Garden Clubs. Working with the NGC Flower Show Committee, she has developed a photography section to flower shows, and of course the photographs feature nature in all its glory. Arabella was influenced by the work of Ansel Adams, and believes that the photographs can advocate for nature. Arabella said, "Yes, I take photographs because I love plants. But it goes much deeper than that. I want to illustrate the problems and inspire everyone to solve them. It's pointless to stand by and watch the plants we love, and need, disappear when we can save them. Instead of being sad about the state of the environment let's be happy we've done some good in the world."

Arabella is a lady with a smile, a belief and action, who is making a difference.

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