

# Academy Garden Club Thymes

A NEWSLETTER FOR THE MEMBERS OF THE ACADEMY GARDEN CLUB OF LENOX

JUNE 2017

Annual Meeting

Tuesday, June 13, 6:00 PM

Berkshire Botanical Garden  
Education room

Potluck

Last names A to M - Appetizer

Last names N to Z - Dessert

Beverages will be provided

Please bring your own place setting!

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Ladies,

Our garden club year is coming to a close. What a wonderful year of programs we had, such a selection of interesting topics! We can **thank our hard working Program Committee: Jan Chague, Chair, and members Sue Hoffman, Colette Lemanski, Dianne Romeo and Theresa Michney.** With the variety of topics, it would have been hard to say there was nothing to interest you!

And with the passing of this year, and another starting this September, it's time to sign up at this meeting for the committee that interests you. While it is the interim year, and most are staying where they are, there is always room for more members on the various committees.

Please bring your dues with you to this meeting. Your dues payment in June will allow us to start the next year with some money in the bank for our needs. Dues are remaining at \$30 for an active member and \$40 for an associate member- what a deal!!

If you are unable to attend this meeting, please send your dues to Ginny Akabane, 100 Hubbard, Lenox, MA 01240.

A few reminders:

**The Gilded Age, Garden & Flower Show**

Lenox Town Hall

Saturday August 19 - 10 am to 5 pm

Sunday, August 20 - 10 am - 1 pm

**PLEASE ENTER SOMETHING IN THIS SHOW!!!!**

This event is co-sponsored by our club and the Lenox Historical Society!!! By entering you are supporting our club and their society.

A Garden Show application form can be found at the end of this newsletter. If you need more information on the show, go to [www.lenox250th.org](http://www.lenox250th.org) and scroll down to The Gilded Age, Garden and Flower Show.

**The Town Monument:** This will need to be weeded and deadheaded all summer long. There will be a sign-up sheet at our meeting and I am hope it will be filled out! We are all busy, busy, busy, yet you can find the time to do this at least once during the summer.

And, lastly, I know I have been harping on this all year long, but we need to be ready in September for the Apple Squeeze. Our location this year is better than last year, **thank you Jan Chague**, and we should thank her by being ready with something to sell!

Our club will not be able to provide the funds for wonderful speakers, scholarships and the planting of the Monument without raising the needed funds. Tjasa Sprague came up with an idea for Flower Head Wreaths. We can all wear these at the booth. Children will love them! The best part is that they can add their own touches, so it is personalized for each child. This sounds like a **home run** to me!

I know I did just say lastly, but . . . it would be nice if we could somehow jump onto the whole **Stockbridge Christmas-on-Main Street** thing. We could sell our pine cones, greens, bows, who knows what else? This is when people will be looking for these items. I think the Apple Squeeze is just a tad too early for that type of thing. Let's continue to think and talk about this source of income.

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And, we all need to give a big **thank you to Pat Neri**. Every single month she delivers this newsletter to your email box. Imagine if you did not have this monthly reminder for our meetings! This is an absolute necessity for our club to function as successfully as it does.

That's all folks,  
Anne

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## Horticultural Column by Harriet Wetstone-

Those of you who have read some of these columns know that I have a weakness for edible plants; however, edible plants that self-sow (those lovely volunteers that simply show up every year) and are also purple - well, my plate runneth over!

For years my garden has been blessed with purple shiso, a self-sowing herb that is very popular in Japanese cuisine. Shiso, also known as 'perilla frutescens', has a cinnamon/clove fragrance and flavor and can be used in salads, in sushi, and in making pickles. It will not only flavor radish pickles, it will also color them. Shiso is a member of the mint family and if you cut them for a bouquet, they will quickly grow roots. Those plants even winter over. Check out Johnny Seeds at ([www.johnnyseeds.com](http://www.johnnyseeds.com)) for different kinds of perilla.

Fine Gardening website ([www.finegardening.com](http://www.finegardening.com)) has had several articles on self-sowers. Red orache (*Atriplex hortensis* var. *rubra*) also known as summer spinach, is one I have not heard of before. It is said to have tiny seedlings emerging in early spring in a deep purple color which softens to reddish purple as they grow. Young seedlings can go right into the salad bowls. Those that are left to grow will get as tall as 5 feet, adding a nice vertical accent to your garden. Red orache has an added bonus in that its insignificant flowers mature into beautiful seed stalks that provide winter interest as well as an attraction to birds.

I am very fond of many of the Alliums, the wonderful Purple Sensation is just sensational, but I can't eat it, and as far as I can tell it doesn't self-sow. However, the nodding onion (*Allium cernuum*) has a lovely pinky purple head and it does self-sow. Interestingly, Chicago is said to be named after this allium. Chegagou is Algonquin for "the land of smelly onions". Who knew!

Yet another edible self-sower is Sweet Rocket (*Hesperis matronalis*), which is an upright, multi-branched perennial or biennial with white, lavender or purple flowers which are very fragrant. Sweet rocket is often mistaken for phlox. The way to tell the difference is that phlox flowers have five petals, and Sweet Rocket has only four!



**Sweet Rocket**

I have a ton of one or the other which are about to bloom and then I will know which I have. (I am sure most of you already know). They grow in woodland edges, meadows, along roadsides and in open areas. It is said that the young leaves can be tossed into salads, they are not bitter, but add an extra tang. If you use the leaves, pick them young, before the flowers come. Thank you to ([www.ediblewildfood.com](http://www.ediblewildfood.com)).

Happy summer! See you in September.

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Courtesy of Lenox Historical Society

## *The Gilded Age Garden and Flower Show*

*Lenox Town Hall*

**August 19 and 20, 2017**

Co-sponsored by Lenox Historical Society and  
Academy Garden Club of Lenox

### Entry Application

Select your class or classes. Applications must be submitted by July 15, 2017. Send applications to Lenox Historical Society, P.O. Box 1856, Lenox, MA 01240 or bring it to the Historical Society in the Academy Building, 65 Main Street, Lenox on Thursday, Friday or Saturday between 11:00 am and 3:00 pm. All ages and experience levels are encouraged to participate.

Drop off arrangements on Friday, August 18, 2017, between 4:00 and 7:00 pm at the Lenox Town Hall, 6 Walker St. General questions about the show, call 413-637-2684 or 413-281-8221.

#### Division 1 – Design Classes

Elegant Cottage Entrance \_\_\_\_\_

Wine Tasting on the Terrace \_\_\_\_\_

What Would Edith Do? \_\_\_\_\_

Farm Table \_\_\_\_\_

#### Division 2 – Horticulture Classes

Vegetables \_\_\_\_\_

Fruits and Berries \_\_\_\_\_

Cut Specimens \_\_\_\_\_

Container/Houseplants \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Please check one: \_\_\_\_\_ Adult \_\_\_\_\_ High School \_\_\_\_\_ Middle School \_\_\_\_\_ Elementary School

Any questions about the application, call 413-441-7902.

Date Received (office use only): \_\_\_\_\_