

# Academy Garden Club Thymes

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

## FEBRUARY 2017

**Thursday, February 16th, 6:00 pm**

**Frankie's**

**80 Main Street, Lenox**

**Mid- Winter Club Dinner**

Please RSVP Dianne Romeo at

[tjromeo@verizon.net](mailto:tjromeo@verizon.net)

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What an enjoyable breath of summer gardens at our last meeting! Thank you again to club member Harriet Wetstone for sharing your English Garden Experiences!

The days are getting longer and spring is slowly coming around the corner. So far February could make up for the ease of the winter, but happily it is the shortest month! If it feels longer, it's okay.

At our last meeting we all voted that Thursday, February 16th, as the day for our winter dinner at Frankie's. Please note that this is on **THURSDAY**! We always meet on another day. (I won't say the name of the day so that you won't become mixed up!) Dianne really needs a head count, so please let her know your decision: [tjromeo@verizon.net](mailto:tjromeo@verizon.net)

We also discussed going to the Hudson Valley Flower Show on March 25th. Going out to lunch (we pay our own) and taking in the show will be a fun day! Please plan to be gone most of the day. If you are interested in driving, let me know. We will need a few cars, so the more the merrier.

March is a fun month with all the garden shows. It is hard to pick just one! Here are a few to help you make it through the rest of this winter



## Smith College

Bulb Show

Lyman Conservatory

March 3-19th

10-4 daily, Monday- Thursday

10-8, Friday, Saturday, Sunday

## Boston Flower and Garden Show

Seaport World Trade Center, Boston

March 22-26, 2017

10-8, Wednesday, Thursday

10-9, Friday, Saturday

10-6, Sunday

## Connecticut Flower and Garden Show

Connecticut Convention Center, Hartford

February 23-26, 2017

10-7, Thursday

10-8, Friday, Saturday

10-5, Sunday

And then there is the **Capital District Flower and Garden Show** that we are attending! It runs from March 24th to the 26th.

## Holiday Greens Sales/Fundraisers

I wonder if we could set up a table at the December House Tour that takes place the first weekend in December. We could sell Holiday Greens, Pine Cones, Hydrangea, and anything else we can think of. Or tie the greens with bows and/or raffia when we sell them.

I know this takes place over an area, but we might be able to find one common spot that people have to drive by, or advertise this with posters at the houses that are on the tour.

This is something new, but also something to think about!

Warmly,

Anne

**Anne Gannon  
President**

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## Horticultural Column by Harriet Wetstone

In this long grey winter I become obsessed with growing. I save the bottoms of my baby bok choy, lettuce and celery, and the tops of my beets, carrots, and radishes, and stand them all in flat saucers of water. I watch as fresh leaves emerge until the saucer is a miniature garden. And lately I have begun to fantasize about cold, crispy, spicy hot radishes that I love to eat in the summer, spread with soft butter as the French do.

The radish, *Raphanus sativus*, is closely related to mustard and is in the Brassicaceae family. Radishes are said to have been grown since ancient times in China, Japan, and Egypt, introduced to Europe in the 1500s, and brought to America by the colonists.

Radish seeds, which can be eaten as sprouts, were actually an important source of oil in ancient Egypt before olive trees were introduced. Some varieties are still grown for oil production today - but more for bio-fuel, as radish oil has a very strong taste.



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There is an amazing variety of radishes out there. There are summer radishes (April Cross, Cherry Belle, White Icicle) and winter radishes (Black Spanish, Daikon). There are little ones and big ones, and black, white, red purple, green, and even yellow ones.



The Sakurajima Mammoth is believed to be the largest radish. It can weigh up to 100 pounds and still have a sweet, mild flavor. And there is Green Meat, also known as Misato Green, which is green inside and out with hot spicy skin but mild flesh. And there is Chinese Green Luobo, also known as Qinluobo which is a unique shade of lime green inside and out.

We have gotten used to the gorgeous Watermelon and Purple radishes. I have read that radishes grown in hot summer tend to be hotter in taste, those grown in cool weather are milder.

Radishes are a very good source of fiber, ascorbic and folic acid and potassium, and are mildly anti-inflammatory. Thanks to [www.loveradish.co.uk](http://www.loveradish.co.uk); [www.webmd.com](http://www.webmd.com); [www.gardeningknowhow.com](http://www.gardeningknowhow.com); <https://dancinggecko.wordpress.com>

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