

# Academy Garden Club Thymes

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

NOVEMBER 2025

## Horticultural Column

### Compensation for Cold and Dark

By Harriet Wetstone

Last night for dinner with friends my assignment was the salad. I filled the bowl with arugula, added lots of carrot curls, thin-sliced purple and watermelon radishes, and last, chopped parsley sprinkled over the top.

And then I went outside to get my favorite salad garnish, orange and yellow nasturtiums. My nasturtiums were still limping along despite a few frosts, but I knew they were not for long. True enough, they were thoroughly zapped last night.

My favorite thing about gardening is growing things I can eat. I am always sad to have that over. Yes, kale and parsley will keep going for a little while, but it's time to think about indoor growing.



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SO, I plugged "growing fruit indoors" into my search engine. And up popped a new thing which must be *AI* called "search assist." And it gave me a whole bunch of information. I kid you not! It told me that you can grow a lot indoors by choosing dwarf varieties of fruit so long as you have six to eight hours of bright light or sun a day, steady 50 percent humidity, and use good, well-draining soil.

There is a good variety of dwarf fruit trees that can be grown in pots in sunny indoor spots. A Meyer Lemon tree grows three to four feet in height and diameter. Dwarf Pomegranate grows two to four feet tall and only two feet in diameter. Brown Turkey Figs will get to four or five feet tall, and Kumquat about the same size as the Meyer Lemon. Big caveat with the fig. It may need at least three years growth before it will fruit, although less if growing from a cutting from a mature tree. Petit Negra is another dwarf fig which is said to do well in pots and needs less time to begin fruiting.

I will confess that I have a habit of tossing lemon and other citrus seeds into whatever house plant is at hand. I know there are several young lemon tree saplings which may or may not result in fruit, but the leaves are fresh and fragrant, good in tea, and that is enough for now.

All these dwarf fruit trees and more are available to buy at online nurseries. Logees (<https://www.logees.com>) is my favorite. Logees is a third-generation greenhouse grower located in Danielson CT. They are a huge treat to visit. Their greenhouses are extensive and filled with an encyclopedia of plants. There is a ginormous 150-lemon tree filled with lemons and many other full size citrus trees. But there is also an endless variety of plants in pots from four inches to huge containers. Check out the section of fruits in their online catalogue!

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But if you have sunny windowsill space, or a way of using grow lights, you can create your own edible garden with little effort. I buy bunches of scallions from the market and plant them right into small pots. This gives me an endless supply of green onion for scrambled eggs, tuna salad, garnish, etc. It's also fun to plant sugar peas in a container (I use plastic containers that so many products come in, from yoghurt to cottage cheese to salad greens and dried fruit. I poke holes in the bottom and use their covers as trays). Soak the peas overnight and plant in potting soil with some vermiculite added for extra drainage. Lettuces and micro greens also work and don't need a lot of space.

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*Avocado*