

# Academy Garden Club Thymes

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

**MAY 2017**

**Tuesday, May 9, 7:00 PM**  
**Lenox Academy Building**

**Program:** *Fermentation*

**Presenter:** Michele Kaplan

**NOTE:** Please **RSVP** and bring a **small canning jar** with you!!

**Refreshment Hostesses:**

Nancy Crosson, Joan Hajduk

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Hello,

This coming month we will be learning about Fermentation/Probiotics. A very timely topic! Not only will we learn about this, but we'll also learn how to make it. Bring a small container and take some home!

Probiotics is a term we are hearing more and more. It is hard to read any magazine and not see an article about their benefits. Current research supports the claim that probiotics contain beneficial healthy bacteria to promote gut health. This is one claim among a list of many! Research, over time, could find there are many more claims proven true. We are very lucky to be at the forefront of this important topic.

Next month I and all of us really, will be asking how you are going to contribute to our garden club. Please take some time and think about what committee you would like to serve on, or what the best fit is for you. There will be a sign-up sheet for the Monument to be weeded and deadheaded all summer long. Make sure you look at your vacation schedule ahead of time!

We will also be talking about the **Apple Squeeze** and what we will be doing. I know this is very early for everyone, but if we want to contribute to the community with scholarships, and even with planting the Monument, we need to raise funds!!

Now both of those thoughts are just a "heads up", but please keep them in mind.

Again- please RSVP . . . and bring a container!!

Warmly,  
Anne

**Anne Gannon**  
**President**

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**Horticulture Column** by *Harriet Wetstone*

As you all know, Edward Neumuth spoke to us last month about song birds in the garden. He was totally endearing in his obvious passion for song birds and his eagerness to share his birds with us.

I loved this presentation and it got me to thinking about how to attract more birds to my garden. We hear a lot about attracting pollinators, so crucial to both flower and vegetable gardens, but what about attracting birds? We know they love berries, but what about flowers? So off I went to explore on the Internet, asking my Ouija, I mean key board, all about birds and flowers.



It is said that having many different kinds of annuals, perennials and native wildflowers is important: The more native plants, the more seeds, but also the more insects you invite to create a balance between predator and prey.

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## Horticultural Column *by Harriet Wetstone-cont'd.*

To attract finches and cardinals, chickadees and titmice, have lots of sunflowers, purple coneflowers, black-eyed Susans, asters, cosmos, zinnias, coreopsis, marigolds and poppies. If you also have plants like liatris and globe thistle or sorghum, all the better! Sorghum? I had to look that up to see what it looks like. It has great red, yellow, orange plumes which later are filled with seeds! No wonder birds love it.

How about robins? Robins eat worms and bugs, but also love fleshy fruits - so elderberry, crabapples, or hollies will attract them. And also having water available is important; apparently eating worms and bugs is thirsty business. Actually water is very important - bird baths, running water, sprinklers - for attracting many kinds of birds.



And bluebirds (my favorite – I was I thrilled to have them right outside my window this winter eating winterberry!). According to the Michigan Blue Bird Organization, bluebirds love elderberry and viburnum and dogwood shrubs as well as flowering dogwoods and other berry offering shrubs.

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I think we are familiar with hummingbirds sipping nectar, and know we can supply humming bird syrup, but even better would planting those pink purple and red tubular flowers like columbines and delphiniums and hollyhocks, penstemon, and coral bells and cardinal flowers.



Did you know that some birds actually eat flowers? I didn't, but it turns out that cedar waxwings do indeed eat buds, flowers and young leaves. They especially like fruit tree blossoms, and, in fact, that might be beneficial for producing fewer but better fruit. Turns out that house finches are very fond of forsythia, as are cardinals!

(Thanks to: [gardeners.com](http://gardeners.com), [gardeningknowhow.com](http://gardeningknowhow.com), [whatbird.com](http://whatbird.com), [birdsforever.com](http://birdsforever.com), [georgiawildlife.com](http://georgiawildlife.com))