

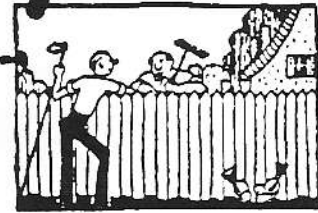


The Garden Spray

Bulletin of the Men's Garden Club of Minneapolis, Inc.

Affiliated with The Gardeners of America and the Minnesota State Horticultural Society

August 1993, Volume 51, Number 8



MGCM August Doubleheader

Sunday Garden Tour & Potluck August 15 – 1:15 p.m.

Buses will leave the historic Stevens House in Minnehaha Park at 1:15 for tours of gardens in Prior Lake, Burnsville and Edina. We'll return to Stevens House to tour the grounds (which were planted and are maintained by MGCM) and to share a potluck picnic supper. Cost is \$5.50 plus a dish to share at the potluck.

Mail this coupon to Treasurer Mel Anderson, 5701 35th Ave So, Mpls., Mn 55417 to reserve a seat on the bus for you and your guests.

Please reserve seats for the following people for the Sunday Garden Tour:

Enclosed is a check for \$5.50 per person

Member: _____

Flowers, Food & Foto Show

August 21 & 22
Minnesota Landscape
Arboretum

Saturday

Entries: 7-10 AM

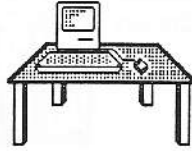
Judging: 10:30-Noon

Open to Public: 12:30-4:30 PM

Sunday

Open to Public: 11:00 AM-4:00 PM

Rules for entry for the Foto Show appeared in the May *Garden Spray* and for Flower and Vegetable entries in the July *Garden Spray*. Call Andy Marlow (933-5759) for copies.



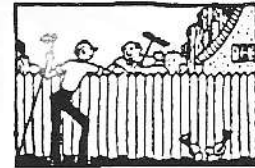
The Editor's Desk

Andy Marlow

August is the month when all our hard work through the summer should pay off—and be shown off. Annual flowers are in full bloom, many perennials hit their peak and the bounty from the vegetable garden begins to fill refrigerator, pantry and the neighbor's back step. Bring a few of those blossoms and some choice selections from the vegetable garden to our annual Show at the University of Minnesota Landscape Arboretum. Show off what you have done. The crowd at the Arboretum is particularly appreciative of our efforts. Give them a chance to see it.

The Arboretum is a great place for our show. We fill up the auditorium without too much crowding, and the preparation area, though small, has everything needed for preparing exhibits. I have learned more about showing, and about gardening, in that prep area than I have learned in any single place, except the basement of Lake Harriet Church. Come, be a part of the group.

Arboretum Director and MGCM member Peter Olin ruffled more than a few feathers in city government of the communities surrounding the Arboretum with his call, in the Arboretum newsletter, for protecting this state treasure from excessive development around it. Peter's points were well made and struck a cord among Arboretum members, and the various city governments heard about it. The Arboretum is a unique natural and educational institution, but its value could be considerably diminished without proper safeguards. I'm glad Peter spoke his mind.



Coming Attractions

August 3 - 7:30 p.m.
MGCM Board Meeting
Don Powell's House

August 16
Afternoon Garden Tour
Depart from the Historic Stevens House
in Minnehaha Park

August 21 & 22
Flower, Food and Foto Show
Minnesota Landscape Arboretum

September 7 - 7:30 p.m.
MGCM Board Meeting
Bob Stepan's House

September 14 - 6:00 p.m.
MGCM Dinner Meeting
Lake Harriet United Methodist Church

October 5 - 7:30 p.m.
MGCM Board Meeting
Greg Smith's House

October 12 - 6:00 p.m.
MGCM Dinner Meeting
Lake Harriet United Methodist Church

The Garden Spray is published monthly by the Men's Garden Club of Minneapolis, Inc., for its members and friends. The Men's Garden Club of Minneapolis is a not-for-profit, equal opportunity organization.

Editor.....Andrew J. Marlow
Staff.....Chuck Carlson,
Mary Maynard, Phil Smith



The President's Report

Lee Gilligan, President, MGCM

What a great time of the year! The flowers are blooming and, finally, growing. Fresh vegetables are ready for the table—or, better yet, just pick and eat.



(photo by Dr. Bill Jepson)

At our house, it's also fresh blueberry pie and blueberry pancakes. The currents and gooseberries are prime, and the birds are in complete agreement with that. The robins are busy keeping all the other birds out of their "private berry patch." They are quite the

burglars.

I'll be seeing all of you at our two big August events; the Sunday Garden Tour and the Flower, Food and Foto Show. Make sure you take advantage of the opportunity to participate in your club's really fun events. This year, if you haven't entered before, you can win one more award than anyone who has—the Robert L. Smith trophy for best showing by a rookie exhibitor. Wouldn't that look nice next to the Best of Show ribbon on your mantle. Love to see it!

IT'S EASY TO SHOW - IT'S FUN TO SHOW ---SO, SHOW UP AND SHOW!

MGCM Meal Policy Change

by Eldon Hugelen
MGCM Secretary

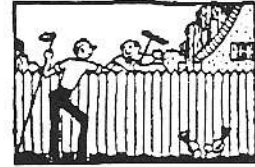
"You say you brought a couple of colleagues home from the office for dinner, and the cook had a busy day and planned for the two of you to eat leftovers."

That isn't quite the case with our MGCM meetings and the meal reservations, but some members just show up. We're glad to see you all there, but "with reservations."

Our policy regarding meal reservations is either send a card saying you're coming and need a reservation, or be on the permanent reservation list, which gives you a reservation for all Club functions during the year. In both cases, not showing up obligates you to pay as if you did show up.

The Board of Directors decided that \$1.00 will be added to the cost of a meal for which no reservation has been made. That is, instead of our regular \$7.00 meal price, \$8.00 will be charged to those who have not made a reservation. This will be effective with the September meeting and will continue through December of this year. At that time, the Board will evaluate the policy.

A change of plans? In all cases, just a quick call to the Secretary before the Monday during the week the meeting is scheduled will get you off the hook. (The current Secretary is Eldon Hugelen, 431-3114 or 431-4334.)



Monthly Program Report

by Andy Marlow

"You had to have been there" is a cliché, but is very apt for the July Garden Tour of MGCM. Here you will get just a thumbnail sketch of each stop. To appreciate the tour fully, "you had to have been there."

After enjoying a box lunch amid the splendor of the Lake Harriet Rose, Perennial and Rock Gardens, we boarded a deluxe coach (the nicest bus we've ever had) for a trip to four unique gardens that kept the fifty or so of us looking and sniffing until nearly dark—and nary a drop of rain fell on us.

The Wiederhoeft garden in Richfield is a small corner lot with an intricate series of terraced beds that take advantage of every inch of available space. And most of that space is devoted to daylilies (okay, hemerocallis) of every size and color. A couple of large trees shade the lot, but didn't seem to diminish the blossoms. Shade loving plants, such as hosta and astilbe, complemented the daylilies, as did a gigantic Joe Pie weed in the center of a large bed on the south side. A pleasant little herb garden by the back door added just the right touch of practicality to a wonderful display of vibrant color.

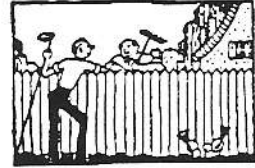
Clyde Thompson's formal Edina front yard gives not a hint of the friendly, informal collection of undulating flower beds and cozy alcoves that lie behind the house. There's a goodly mixture of sun and shade, much of the latter provided by a mature locust tree in the center of the back yard. Clyde shares the gardens with

his neighbors, and it's hard to tell where his plants leave off the neighbor's begin. He has an impressive planting of "spirea sorbaria," a shrub-like plant that grows very vigorously and has the texture (and leaf shape) of a well-behaved sumac. Other highlights were the dark lavender "rose malva" and the deeply shaded corner with collections of both hosta and ferns.

We may have had our last tour look at Phil and Wanda Smith's Tyrol Hills home. They are picking up and moving to Montana (part of the movie "A River Runs Through It" was filmed in their new front yard). Meanwhile we were treated to a spectacular display of delphiniums in shades of white, rose and blue, blue, blue. Phil said they were a week past the peak of bloom, but you could have fooled this observer. Snapdragons were the stars among the annuals, adding tall, bright blossoms to many of the garden beds. At least two dozen large, mature clumps of hosta provided the perfect background along the east and north sides of the house. (And, yes, they did sell their estate-like home after only three days on the market.)

Nearly luminescent lobelia glowing in the twilight welcomed us to Dave and Delores Johnson's garden. A huge display of potted coleus near the work shed greeted us as we crossed the street from the bus. Beds of impatiens were starting to "pillow," forming waves of color. Roses

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Fragrance Garden Notes

by Chuck Carlson, Chair
Fragrance Garden Committee

The Fragrance Garden is doing well with many of the annuals in bloom. The lilies were in full bloom on my July 16th visit. The ones we moved all survived and are blooming their hearts (bulbs) out. I also noticed we have a new rose. One of the Explorer series, William Baffin. It was generously planted by Henry Orfield. Thanks Henry.

We have two tours coming to the garden in August. The Edina Seniors and The Dassel / Cokato Community Education group. Each will bring from 30-45 garden lovers. At least I hope they are. The dates for the tours are; Thursday August 12 at noon and Tuesday August 17 at 12:45. Anyone wishing to be a greeter and a representative from the club is welcome. As of now two of us will be there, but we would like more.

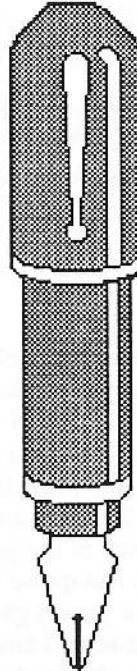
Chester Groger guided another group, The Lily of the Valley Garden Club of Bloomington, on a tour of the garden. Chester reported all went well and they enjoyed the garden. Thanks Chester.

The garden maintenance volunteers for Aug. 7 through Sept 10 are:

- 8/7-13 Duane Johnson & Joe Stenger
- 8/14-20 Mary Maynard & C. Stellmach
- 8/21-27 Walt Gustafson & C. Benson
- 8/28-9/3 M. Lindbloom & M. Anderson
- 9/4-10 Chester Groger & ?????

We still need a few good maintenance volunteers. Please call Chuck Carlson for an assignment. Thanks!!!!
Until next time, Happy Gardening.

Board Notes



At their July meeting, the MGCM Board of Directors:

- discussed the subsidy provided for MGCM members attending the TGOA/MGCA National Convention.
- referred to the Public Service Committee a request the MGCM involve itself in some way in planting/maintaining the plantings on the Nicollet Mall.

• discussed the possibility of another fund-raising garden tour if 1) good gardens are available, 2) there is

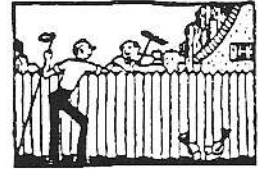
adequate promotion in the mass media and 3) an enthusiastic group of members is willing to do the work.

- adopted a new policy requiring members who show up for a meeting without a dinner reservation to pay an extra \$1.00 for their meal (a total of \$8.00). See story on page 3.

Tour Report

(continued from page 4)

continued their bloom. And, the array of tuberous begonias, potted and planted in the ground, was almost too much to take in. The large fruit and vegetable are was packed with edibles-to-be, although the peas were pretty much finished for the year and the lettuce looked edible right now.



Chuck's Chestnuts

by Chuck Carlson

The Chestnut

"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden. Though an old man, I am but a young gardener." This quote is attributed to Thomas Jefferson. So, you can see we are associated with some of the greats of the past. I really liked this quote since I can now see myself as a young gardener which, of course, is what I am.

I found this in the *Reader's Digest* as a "Point To Ponder" by May Sarton:

"Making a garden is not a gentle hobby for the elderly, to be picked up and laid down like a game of solitaire. It is a grand passion. It seizes a person whole, and once it has done so he will have to accept that his life is going to be radically changed. There are seasons when he will hesitate to travel, and if he does travel, his mind will be distracted by the thousand and one children he has left behind, children who are always in peril of one sort or another.

However sober he may have been before, he will soon become an inveterate gambler who cuts his losses and begins again; he may think he intends to pare down on spending energy and money, but that is an illusion, and he soon learns that a garden is an ever-expanding venture. Whatever he had considered to be his profession has become an avocation. His vocation is his garden."

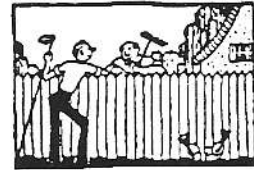
Do you know anyone who fits this description? I think we all can see some of ourselves in this article. I also wondered why May used the masculine in this article? Don't women get just as carried away with gardening?

The Word

The word this month is **juxtapose**. One may juxtapose flowers or vegetables or many other things. It just means to put things side by side or close together. Now you can juxtapose your snaps or other tall growing plants so they won't tip in the wind.

The Tip

Have you ever run out of markers for your seed trays? Well, if it happens there's probably a supply in your kitchen—the handles from plastic knives, forks or spoons or, if you like, a cut-up a plastic food container. But, remember to use a marker which will adhere to the plastic. I also once used popcycle sticks covered with a clear plastic tape to make them waterproof.



Native Uses of Native Plants: Milkweed

by Mary Maguire Lerman,
Coordinator of Horticulture Programs
Minneapolis Park and Recreation Board

COMMON NAMES: Common Milkweed, Silkweed, Showy Milkweed, Cotton Tree

SCIENTIFIC NAME: *Asclepias syriaca*

NATIVE NAME: *ini niwunj*, which means "man-like"

The attractive Monarch butterfly which migrates north to Minnesota each summer, feasts on the leaves of the milkweed plant when in a larval stage. To other insects, the milkweed is often fatal because they can become entrapped in the blooms. Although milkweed is not listed as a wildlife food, at certain times, parts of the plants are edible for humans. There are also medicinal and utility uses attributed to the milkweed which is frequently found in alleys, along roadsides, and in dry pasture areas.

Common milkweed is a tough perennial that usually grows three to five feet tall. The leaves are arranged in opposite pairs along the sturdy stem. All parts of the plant exude a milky sap (latex). The showy white to pink flowers later develop into seed pods that release many seeds that are carried by the wind on parachute-like silks.

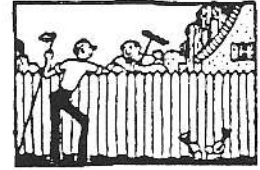
Both the stalk and the silky coma (parachute-like attachment of the seeds) of the pods are useful. J.A. Moller in *Tilloch's Magazine* noted that, "Its chief uses were for beds, cloth, hats, and paper. It was found that from eight to nine pounds of the coma of the seeds occupied a space of

from five to six cubic feet, and were sufficient for a bed, coverlet, and pillows. The shortness of the fibre prevented it from being spun and woven alone, it, however, was mixed with flax, wool, etc. in certain stuffs to advantage. Hats made with it were very light and soft. The stalks afforded paper in every respect resembling that obtained from rags. The plant is easily propagated by seeds or slips. A plantation containing thirty thousand plants yielded from six to eight hundred pounds of coma." This milkweed coma was once investigated for its possible replacement of Kapok in lifesaving gear. The empty seed pod is decorative and stems of the pods are frequently used in dried floral arrangements. I also enjoy using single pods as hanging decorative ornaments. Using a darning needle, draw a piece of thread or fishline (black) through the curved top of the open pod. Small dried flowers or ornaments can be glued in the pod cavity. You may also consider spray painting these pods different colors.

The roots of the milkweed are also used as charms. Frances Densmore noted that, "the root was combined with the root fibers of *Eupatorium perfoliatum* and applied to whistle for calling deer."

Named for the Greek God of medicine, Aesculapius, the milkweed has several medicinal qualities attributed to it. According to Frances Densmore's notes, "the root is tonic, diuretic, alterative, emmenagogue, purgative, and emetic". She further comments in *How Indians Use Wild Plants for Food, Medicine, and Crafts*, regarding its uses:

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Native Plants: Milkweed

(continued from page 7)

"Take 1/2 a root, break it up and put it in a pint of boiling water, let it stand and get cold. Whenever the woman takes any liquid food, put a table-spoon of this medicine in the food. Dried and powdered. Was put in the broth a woman drank.

This remedy was used to produce a flow of milk."

Bradford Angier in his, *Field Guide to Edible Wild Plants*, adds that Indians would use the milky latex to rub on warts and ringworm infections in order to eradicate them.

Finally, milkweed has many edible uses. Frances Densmore states that "the flowers were cut up and stewed being eaten like preserves. It is said that this plant was sometimes eaten before a feast, so that a man could consume more food."

Lee Peterson in, *A Field Guide to Edible Wild Plants*, notes that "the flowers can be dipped into boiling water for one minute, covered with batter, and fried to make fritters." Before blooming, the flower buds can be cooked in water like broccoli as can the young shoots, top leaves, and small, hard, young pods." Peterson warns to cover these plant parts "up to six inches with boiling water and cook for 15 minutes, using several changes of water. The first few changes of water should be fairly rapid with just over minute between each change; be sure to use boiling water when making each change, as covering the plants with cold water and bringing them to a boil tends to fix their bitter flavor."

Huron Smith states that the Ojibwe Indians use the "flowers and buds in soups. One always finds a riot of milkweed close to the wigwam or house of the

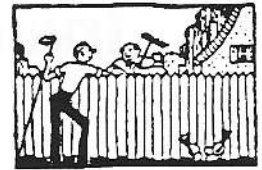
Indians, suggesting that they have been cultivated. Meat soups are thickened with the buds and flowers of the milkweed and it imparts a very pleasing flavor to the dish. We, too, have found that the flowers do become somewhat mucilaginous like okra when cooked."

Ben Charles Harris in, *Eat the Weeds*, reports that milkweed has a very high ascorbic acid content, almost five times higher than that of dandelion. He further comments that "This Cinderella weed has produced food not only in its shoots and pods, but in the seeds which contain 20% of edible oil. The seed oil has been found to be similar in quality to soy bean oil. The meal residue following the processing of the seeds is now used for stock feed." Oliver Perry Medsger, in *Edible Wild Plants*, has this contribution:

"We have tested this plant several times and find that it needs more cooking than some greens but, when well prepared, is much like spinach. In Canada, the tender stems and tops are prepared and eaten like asparagus. A good brown sugar can be made from the flowers. Fremont found the Indians of the Platte River country eating the young pods, cooking them with buffalo meat. It is also reported that the Indians ate the pods and stems of the Butterfly Milkweed, *Asclepias tuberosa*, a common milkweed from the Great Plains east to the Atlantic Coast. This plant has tuberous roots which were also cooked and eaten by the Indians."

If you want to give milkweed a try, here is Jack and Miriam Darnall's recipe from their workbook, *Wild Plants to Eat*:

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Mary Maguire Lerman to Represent City in Japan

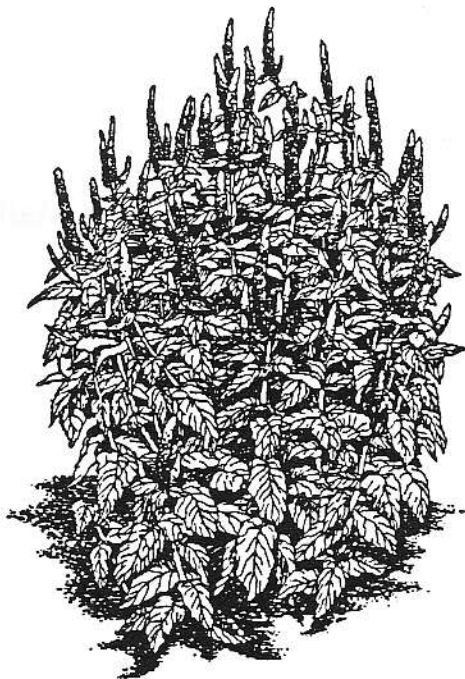
by Andy Marlow

MGCM member Mary Maguire Lerman is one of three distinguished citizens representing Minneapolis Mayor Don Fraser at the Third Quadrennial World Conference of Mayors for Peace through Inter-City Solidarity in Japan on August 4 through 9. Delegates will discuss municipal peace policies and commitments for peaceful co-existence through inter-city solidarity.

Minneapolis is a sister city of Hiroshima, Japan. In addition to Lerman, the Minneapolis delegation includes City Council Member Tony Scallon and

Marjorie Wunder of the Hiroshima Nagasaki Commemoration Committee. A send off celebration for the delegates was held July 24 at the Lake Harriet Rock Garden. MGCM members Jack Kolb and Kent Petterson and their wives attended.

Mary Lerman is Coordinator of Horticulture Programs for the Minneapolis Park and Recreation Board. She coordinated the renovation of the Rock Garden, the centerpiece of which is the International Peace Bridge, a gift from the people of Hiroshima.



Veronica "Sunny Border Blue"

Native Plants: Milkweed

(continued from page 8)

Milkweed Stalks (or Pods) and Onions in Sour Cream

1 pound peeled milkweed stalks (or pods)
1 cup sour cream
8 wild onions or 1 medium onion
1 teaspoon lemon juice
4 tablespoons oil
1 teaspoon salt

Simmer onion in oil until golden brown. Stir in the milkweed stalks (or pods) which have been finely chopped. Cook over medium heat for 10 minutes or until tender. Add the sour cream, lemon juice and salt. Cook (do not boil) until sour cream is heated through. Garnish with chopped parsley.

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