



www.actongardenclub.org

The Monthly AGC 'Dirt'

December 2022

December 6th monthly meeting will be held at St. Matthew United Methodist Church, 435 Central Street.

9 AM Business Meeting

9:45 AM Holiday Greens Workshop – Holiday Centerpiece Workshop will be conducted by Cathy Fochtman and Thelma Shoneman

We would like to offer you something a little different this season. Join us in designing a stunning pot-et-fleur in a long lined wooden box. The plant will be a 4" poinsettia and cut greens will be arranged in same variety groupings. Berries, shiny balls and white-tipped pinecones will finish it beautifully. Bring your own greens and your pruners. **If you have extra greens, please bring them to share.** It is also handy to bring a brown paper bag for your cuttings.

Please submit payment to Cathy Fochtman for \$15 cash or check made out to "Acton Garden Club", memo "Holiday Workshop" to cover purchase of supplies. There are 6 slots remaining!

If you missed the signup or have questions, call or email **Cathy Fochtman**, lcfochtman@gmail.com to register **by Friday, November 25th**.

12 noon Light Ladies Holiday Luncheon provided by the Executive Board members

Membership

Please welcome our newest member, Kelly Clayton. Kelly and her husband **Ron** live here in Acton.

Kelly's background is in Marketing and obviously puts it to good use because she heard about the club through word of mouth. In spite of the digital age that is still the best way to get word around. Kelly would like to help out on Daffodil Run or the Herb Garden.

Please put Kelly's info on page 86 of your year book.

Kelly Clayton, 31 Hosmer Street, Acton, cell phone number: 802-238-7719,
kelly.a.clayton@gmail.com

Acton's Looking Good winners



L to R: Christine Haufler and Lucinda Sears, The Bee's Knees

Lucy Goldstein, West Acton Villageworks

Megan and Mark Pesce, Great Road Dunkin'

Paul Swydan, The Silver Unicorn

Not pictured, winners Kitchen Outfitters and Acton Pro-Tech Gas at Rt 27 and 2A

The categories these merchants won for are:

Kitchen Outfitters. Willa Breese, Linda Lischer

Silver Unicorn, Paul Sweden, (Michael Klinger)
The Bee's Knees Lucinda Sears, Christine Haufler

Great Road Dunkin' Megan and Mark Pesce

Acton Pro Tech, Vinny Coutone

West Acton Villageworks. Matthias Rosenfeld

Best use of containers

Best Stand-alone business

Best Curb Appeal

Best New Innovative Garden

Best intersection

Best Retail Plaza

GARDEN AS IF THE EARTH MATTERS!

Planting for Biodiversity and Climate Resilience
Speaker: Anna Fialkoff, Wild Seed Project

Thurs., Oct 13, 7pm
Acton Town Hall, Room 204 & Virtual

The Acton Garden Club

Organized in 1934

ENERGIZE Acton.org
Don't just garden. Garden smart.

ACTON CONSERVATION TRUST

Part of the Acton Garden Club Shirley Towle Lecture Series
Please register at EnergizeActon.org or use the QR code.

Link for video of Shirley Towle lecture

Acton TV has posted a video of the Shirley Towle lecture from Oct 13th on their website.

[Garden as if the Earth Matters - Planting for Biodiversity & Climate Resilience - YouTube](#)



11/1/22

Gena Manalan makes a fascinating use of fall guards, flowers and greens in this arrangement greeting patrons at the circulation desk at the Acton Memorial Library.

Emerson Health

5 Surprising & Healthy Uses for Mint



Mint has much more to offer than its distinctive scent and flavor. Found at many of our local farm stores, peppermint, one of hundreds of varieties of mint, may be especially healthy.

1. FEEL ALERT

Are you looking for a caffeine-free boost? Studies show that peppermint tea and aromatherapy can reduce daytime sleepiness and improve memory and concentration.

2. ADD HEART-HEALTHY ZEST

Fresh mint can awaken your taste buds with its sweet, cool flavor — without the heart risks of added salt or sugar. Toss it into smoothies, low-fat yogurt, salads, fruit cups, and dishes featuring beans or lamb, or add it to iced tea or lemonade for a refreshing drink.

3. EASE GUT-RELATED SYMPTOMS

According to some research, capsules containing peppermint oil can offer short-term relief from gas, bloating, and abdominal pain caused by irritable bowel syndrome. When purchasing, make sure the label says they are “enteric-coated.” You can swallow these capsules whole.*

4. SOOTHE PAIN

Gently rub peppermint oil on your forehead or temples to help relieve tension and migraine headaches. Taking capsules can also reduce menstrual cramps.*

5. SUPPORT BREASTFEEDING

Applying cream, gel, or water with peppermint oil after breastfeeding may help relieve nipple pain and skin cracking.* It is important, however, to wipe it off well before you start breastfeeding again.

**Talk with your healthcare provider before starting any supplements or skin treatments, especially if you take medications or are pregnant or breastfeeding.*

Shopping days left 'til Christmas.

I sent out a request for “what is your favorite plant identification app.” It would be fun to walk through the Arboretum and be able to identify an unfamiliar bloom.

Thanks for coming to my rescue.

Tanaz Hashemi uses **google lens**. It's not 100% accurate, but it's pretty good. It works on other things too. It's free.

Jodi MacDonald uses **Picture This**. [PictureThis - Plant Identifier on the App Store \(apple.com\)](https://www.apple.com/itunes/feature/picturethis/)

There is a stripped down free version but I bought the complete version. I think it was either \$19.99 or \$29.99 - sometimes, but I can usually tell. I like that it has a feature to save plants to a "My Garden" folder.

Helen Webster uses “**Picture This**” The one Jodi recommended.

Ann Marie Testarmata uses **PictureThis** and enjoys having it. **About \$29.00 a year.**

Alan Cushing: Got **PlantNet** for his phone so at least if I am not smart, my phone can be. It has no fees and I only pay one time in 10(?) maybe it can't figure out what I have. But it's helped me figure out a lot of **weeds and regular plants too. It has different references like "Leaf", "Fruit", "Bark", etc. Tried bark on**

NYTimes 11/12/22

Are Trees Talking Underground? For Scientists, It's in Dispute.

<https://tinyurl.com/54t79hzk>

Pam Nelson sent these clever definitions of gardeners.

Gardener/gar-de-ner/noun

A person who tries to keep plants alive in and around their homes. Gardeners are divided into the following categories based on their level of expertise:

Novice Gardener: Someone who hasn't gardened long enough to kill one hundred plants.

Experienced Gardener: Someone who's gardened long enough to kill one thousand plants.

Master Gardener: Someone who's qualified to tell others how to kill ten thousand plants.

A handy resource.

An interesting laminated **Acton Nature Guide** is available at the **Kitchen Outfitters** for \$10. It includes native birds, butterflies, invasive plants, pond life, mammals, insects & invertebrates, trees & wild flowers. The guide was developed by the **Town of Acton Natural Resources Department** with the support of **Acton Boxborough PIP STEM**.