

From the Potting Shed

Mid-November 2023

www.mgofbc.org



The color purple...



These cauliflowers were spotted at the Teaneck farmers market recently.

MG OF BC NEWS

Desperately seeking docents for the HOH!

The 2023 Skylands Manor Holiday Open House is just around the corner. Docents are needed to manage the rooms of the Manor House during the event from Thursday, Nov. 30-Sunday, Dec. 3. Event hours are 10 am-4 pm each day. Two-hour shifts are available, but you can volunteer for more hours if you want. And, you can add up to one hour of travel time (round trip) to your volunteer shift hours.

If you're interested in volunteering as a docent, email [Sue Sheridan](mailto:Sue.Sheridan@mgofbc.org), Class of 2013, or call her at 201-664-2120 or 201-281-0639. If you can't volunteer, consider attending this joyous event. Click [here](#) for ticket information. The GPS address is Morris Road, Ringwood.

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Links are clickable and are noted in [blue](#).

Does your wardrobe call for a new MG of BC T-shirt or hoodie?

T-shirts and hoodies with our new MG of BC logo are now available for purchase. Seana Kirk, Class of 2020, has volunteered to manage the ordering process. You can view photos of the T-shirts and hoodie and the sizing information by clicking on the links on page 3.

The ordering deadline is Dec. 29. T-shirts and hoodies can be picked up at the March 19, 2024, MG of BC meeting. *Please note there are no refunds or exchanges on these items.*



Photo by Seana Kirk

Crew neck T-shirt with MG of BC logo.

T-shirt

description: The T-shirts — in heather brown, the color chosen by the Class of 2023 — are described as high-quality, 100% recycled fabric made from reclaimed material (60% recycled cotton/40% recycled polyester). You'll find sizing information by clicking on "Product spec sheet" under the photo of the T-shirts. The link to the T-shirt photo and other information is on page 3.

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(MG of BC news, continued from page 1)

Party hearty? Maybe next year 😞

The MG of BC Holiday Party Committee has canceled the party scheduled for Dec. 12 in the Bergen County Zoo Education Building. Only seven MGs (plus four on the committee) replied to the request in the November Potting Shed that you RSVP if you planned to attend. Perhaps next year you'll feel more comfortable in an indoor setting.

Thanks to those who replied! And thanks to the committee members for securing the building and researching menu choices: Suzanne Danzig, Class of 2008; Chris Kozar (2020); Janet Stofkoper (2023); and Miriam Taub (2011).

New MG of BC board members

Jean Friedman, Class of 2004, has been named treasurer of the MG of BC effective immediately. Jean replaces the late Pat Vellas (2014), who died in September.

Chris Kozar, Class of 2020, is now the hospitality chair. Chris is a recent addition to the MG of BC Speakers Bureau. She's available to speak on two topics: "Deadheading, Dead Leafing, or Pruning: Which Should I Be Doing" and "Adding Natives to Your Garden."

The MG of BC also has a new address: PO Box 284, Saddle River, NJ 07458. It's displayed in the dark green bar on the bottom of our [website](#).

Rutgers Cooperative Extension of Bergen County

Joel Flagler Agricultural/Resources Management
Agent/County Extension Dept. Head
201-336-6780

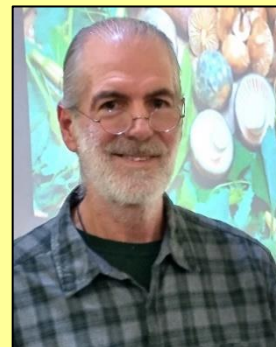
Karen Riede Horticultural Assistant 201-336-6788

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Steve Adams: The forager speaks

How about adding stinging nettles, mugwort, or poke to your holiday menu?

Steve Adams, forager and naturalist who spoke at our Nov. 14 meeting, advocates for cooking and eating greens that most would consider weeds. Cooking is the operative word since poke, for example, should never be eaten or even sampled raw. "We eagerly eat poke every year," he said.



Steve Adams

WEBINARS

All times are Eastern.

Nov. 29, 6-7:30 pm: AARP Virtual Community Center sponsors Make Your Own Evergreen Holiday Decor. Free. Click [here](#) for more information and to register. AARP membership not required.

Nov. 29, 6:30-7:30 pm: AARP Virtual Community Center sponsors Create Your Own Fun and Festive Wreath. Free. Click [here](#) for more information and to register. AARP membership not required.

Dec. 1, 2-3 pm: American Horticultural Society sponsors Around the World in 80 Plants: A Botanical Journey of Beauty and Science, Myth, and Mayhem. Fee: \$10 members; \$15 non-members. Click [here](#) for more information and to register.

Dec. 6, 7-9 pm: Native Plant Society of New Jersey sponsors Orchids of the New Jersey Pine Barrens. Free. Click [here](#) for more information and to register.

Dec. 7, 1 pm: Xerces Society for Invertebrate Conservation sponsors In the Life of Monarchs East of the Rockies: The Great Migration. Free. Click [here](#) for more information and to register.

VOLUNTEER SITE NEWS

Deck the halls at Garretson

Join Garretson Forge & Farm volunteers as they decorate the homestead for the holidays. Many hands are needed for this fun task Nov. 30 from 10 am-2 pm. Spend what time you can, and get into the holiday spirit. Garretson is located at 4-02 River Road, Fair Lawn.

- *Lida Gellman, site coordinator and Class of 1999*

And the \$1,000 grant goes to . . .



Care Plus at Bergen New Bridge Medical Center's horticultural therapy program will receive a \$1,000 grant for being voted one of the five Best Therapeutic Gardens in the United States. To raise awareness of horticulture and the benefits of gardening, the National Garden Bureau, American Meadows, Ball Horticultural Co., and Sakata Seed America award a \$7,500 grant to be split among five therapeutic gardens in North America. Voters were asked to watch videos highlighting the five therapeutic gardens and vote for the most deserving. These awards mark the 10th year that the National Garden Bureau has provided much-needed resources for worthy therapeutic gardens.

- *Lynette Stewart, site coordinator and Class of 2017*

(MG of BC apparel, continued from page 1)

Women's V-neck: It's recommended that you choose one size larger than usual for the V-neck or choose the men's T-shirt, which offers a wider fit. Cost per shirt:

- Small and medium: \$20
- Large: \$21
- XL: \$22
- XXL: \$24
- XXXL: \$27

Men's crew neck: Cost per T-shirt:

- Medium: \$17
- Large and XL: \$18
- XXL: \$20
- XXXL: \$22

Hoodie description: The charcoal heather hoodies are described as 100% recycled fabric (60% recycled cotton/40% recycled polyester) with a full zipper. The hoodies are available in men's sizes only. The size chart is located under the photo of the hoodie.

Cost per hoodie:

- Small, medium, large, and XL: \$38
- 2XL, 3XL, and 4XL: \$41

How to order your MG of BC apparel

Send the following information to Seana Kirk:

- Your first and last name and email address;
- T-shirt style and size; and/or
- Hoodie and size;
- Number of T-shirts or hoodies you're ordering; there's a limit of two T-shirts per MG or intern; and
- Payment method: Check or Venmo. See below.

Check: Mail your check, payable to Seana Kirk, for the total purchase amount to: Rutgers Cooperative Extension of Bergen County, 1 Bergen County Plaza, 4th Floor, Hackensack, NJ 07601. Attn: Karen Riede.

Venmo: Send payment to username Seana-Kirk or email address seana.kirk@gmail.com.

GARDEN CLUB MEETING

Nov. 30, 7 pm: Garden Club of Hackensack, Hackensack Recreation Center, 116 Holt St., Hackensack. Speaker: Arnie Friedman, MG Class of 2004. Topic: Beginner's Bonsai. Click [here](#) to register.

IN THE GARDEN

When gardening is a full-time job

Paul Sisko, Class of 2021, reports that he spends about two months cleaning up his 3½-acre Mahwah property. This year, he hired a part-time helper. Below left, that's Paul after pruning his 6-foot phlox.

"I can keep all these plants and flowers because I have 2 acres fully fenced in with a 7- to 10-foot-high deer fence," he explained. "That was a decision made about 12 years ago when I started to become really serious about gardening and the deer population was increasing by the month."

His least favorite job is the continuous cleaning of leaves and pine/spruce needles. "In the fall, I shred a lot of leaves with an electric shredder which chops the leaves to one-tenth the volume of what you put in the hopper. I use the shredded leaves around the garden

beds during the winter months and cultivate them into the soil in the spring."

Below center, that's Paul's battery-operated garden utility vehicle; Paul called it his most valuable tool. "I am slowly getting rid of all my gas-powered equipment and going battery, he said." At right, bee balm runners, which he removes to prevent them from spreading. The cuttings go to a hillside at the back of the property.

"All in all, I spend approximately five to seven hours a day about five days a week in the garden from April to December," he said. "Opening the gardens to garden clubs and the Open Days Program of the Garden Conservancy for the public always takes a bit more effort." In addition, Paul also opens his gardens to the MG of BC at least once a year. We await our invitation for 2024.



Photos by Paul Sisko

Let's talk leaves

From the Xerces Society for Invertebrate Conservation: Leave the leaves for winter habitat protection. Click [here](#) to read the article.

From Penn State Extension: A composting guide for home gardeners. compost. This guide helps you build

a compost pile from the ground up. Click [here](#) to read the article.

From North Carolina State University Cooperative Extension: Turn your fallen leaves into brown gold. Click [here](#) to read the article.