



From the Potting Shed October 2019

Master Gardeners of Bergen County

SAVE THE DATE

MG meeting – Tuesday, Oct. 22

1 Bergen County Plaza, Hackensack
1st-floor meeting room

Refreshments at 7 pm; announcements
at 7:20 pm; program to follow

Anne Meore presents: Horticultural therapy - a multifaceted and unique healing discipline

Anne Meore, a registered horticultural therapist, will help us understand what horticultural therapy is (and what it isn't). She will broadly touch on the concepts that underlie the efficacy of this discipline and explore the many and varied settings in which horticultural therapy programs can be found.

Anne is garden projects coordinator for Bon Secours Charity Health System, Suffern, NY, and is responsible for designing and managing therapeutic garden spaces and conducting horticultural therapy programming at Good Samaritan Hospital, namely the therapeutic, accessible [Garden of Hope](#).



Anne Meore

She holds an advanced degree in guidance counseling, a license in social work, and a certificate in horticultural therapy from the NY Botanical Garden. Anne is also a registered horticultural therapist with the American Horticultural Therapy Association. She has been an instructor in the Edible Academy at the NYBG since 2010 and is a faculty member and program adviser of the hort therapy certificate program in the School of Horticulture at NYBG.

She owns [Planthropy, LLC](#), which serves populations with special needs through hort therapy programming and therapeutic garden design.

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From the President's Desk

By Carolyn Gretchen

Another very successful Bergen County Fall Harvest Festival has been completed. Class of 2019, your projects were educational and excellent. Special thanks to Karen Riede for her major efforts assisting the class members with their projects; contacting local non-profits that are offered free space to promote their organizations; and overseeing the Master Gardener tent. And, thanks to the MG of BC volunteers.



Along with the official start of fall, the Rutgers Master Gardeners Association will hold its annual fall conference Saturday, Oct. 5. Breakfast and lunch are included in the registration fee. Just a reminder, there are no walk-ins this year. You must be signed up in advance, and you must register your car to park there. Instructions are provided during the registration process. Click [here](#) to register. The registration deadline is Oct. 1. The conference theme is so appropriate, "How Did Climate Change My Garden?" We will hear the latest from the Rutgers experts.

Traditionally, each county's Awards for Excellence are highlighted at the conference. Our two winners, Donna Faustini and Miriam Taub, are unable to attend this year due to personal commitments. Therefore, we will honor them at our Oct. 22 MG meeting. Mark your calendars for that special date. If you attend the conference, their write-ups will be in the program booklet.

In our own gardens, it's time to clean and dream. Before you do anything, step back and dream a little of the changes you'd like to see in your garden for next year. It's easier to do now before the garden is bare. If you are taking cuttings of favorite plants to grow indoors, now's also the time. Summer annuals have lost their luster. Compost them, provided they are disease-free. Be sure

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to wash out your pots and store them for next year. It's also a good time to divide your perennials, but they must be watered. Last chance to plant your tulip and lily bulbs for a splash of color in the late spring and early summer.

Days are getting shorter, and temperatures are getting cooler. It affects our gardens and ourselves. Enjoy the time we have left for the garden!

Help fight hunger

Please bring a canned, jarred, or boxed non-perishable grocery item to our Oct. 22 meeting to be donated to the Center for Food Action, Bergen County's non-profit food bank. (You can also donate funds online.) See the list of most-needed food items on the [CFA website](#). Every little bit helps.

SPOTLIGHT ON . . .

Lourdes Osorio, Passaic County MG and creator of the 'Native Plant Channel'

Lourdes Osorio, Passaic County MG Class of 1996 (that county's first MG class), recently created the [Native Plant Channel](#) on YouTube as a tool to inspire fellow gardeners to improve what she terms our "out-of-balance ecosystem" one garden at a time. A resident of Woodland Park, Lourdes noted that she lives next to

Garret Mountain Reservation "home to a huge deer herd that travels through my garden causing me a great amount of grief!"



Lourdes Osorio in her garden.

Lourdes tells the Potting Shed about her gardening style and how the Native Plant Channel came to be. Visit her [channel](#) for a tour of her garden; tours of other

native plant gardens; and recommendations for deer-resistant plants. Her goal is to create one video a week during the growing season and one or two a month over the winter months.

How did you get started with native plants?

As a gardener for over 25 years, I have evolved and learned so much about ecosystems and native plants.

Like most gardeners, I began with an interest in creating a beautiful, colorful garden. Then gorgeous butterflies began appearing, and I wanted to encourage even more of them. I studied their needs and learned that a garden should include host plants for their caterpillars to feed on so I added these, which for the most part, are native plants.

Tell us about the pollinators you attracted.

Witnessing that "if you plant it they will come," butterflies and many other pollinators made my garden not only a place of beauty but also one that supported many living things that were fascinating to watch. Learning about declining populations of pollinators and the threat this poses to humans through the work of [University of Delaware professor] [Douglas Tallamy](#) and others made me realize how important it is to use native plants and to encourage others to do so.

What are the challenges and rewards of creating a native plant garden?

I was faced with the challenge of trying to grow natives in an area with heavy deer pressure, a huge problem that has caused many frustrated gardeners I know to give up on their gardens. My experience in my own garden showed me how effective one garden can be in offering a sanctuary for a variety of insects vital to human existence.

What made you want to create the Native Plant Channel?

My experience influenced me to create the Native Plant Channel as a tool to encourage gardeners to improve our ecosystems by planting native plants while providing frustrated gardeners information on deer-resistant natives so that we can improve our out-of-balance ecosystems one garden at a time.

Bergen County Rutgers Cooperative Extension Office

Joel Flagler Agricultural/Resources Management Agent & County Extension Dept. Head 201-336-6780
Karen Riede Horticulture Consultant 201-336-6788
Cooperating Agencies: Rutgers, the State University of NJ, U.S. Department of Agriculture, and Bergen County Board of Chosen Freeholders. Rutgers Cooperative Extension educational programs are offered to all without regard to race, religion, color, age, national origin, gender, sexual orientation, or disability. Rutgers Cooperative Extension is an Equal Opportunity Employer.

VOLUNTEER SITE EVENTS



Photo by Sue Sheridan

This comfy scene was created by the MG of BC's Decorating Committee last year based on the theme "After the Hunt."

Volunteers needed Dec. 1-9 for Skylands Manor Holiday Open House

By Sue Sheridan

Join other MG of BC volunteers during the Skylands Manor Holiday Open House, a fund-raising event sponsored by the Skylands Volunteer Association to benefit the [New Jersey Botanical Garden](#).

This year's theme is "A Fantasy Holiday." The MG of BC's Decorating Committee will be decorating the Manor House dining and breakfast rooms re-imagined as a journey from the icy halls of a snow queen's castle to the welcome re-emergence of spring.

Volunteers are needed in two-hour shifts to aid the committee in assembling and decorating trees, stringing lights, and placing theme-based decorative items in both rooms. Volunteer docents are also needed during the event to answer questions and ensure the safety and security of both attendees and the decorative items in each room.

Depending on the quantity and size of the decorations, there may be opportunities to earn volunteer hours by transporting decorations before the event or taking them down at the conclusion of the open house, but this will be decided at a future date. A separate request for help will be sent at that time.

The Holiday Open House is an opportunity to get started on, or to add to, your 2019 volunteer hours. It's a great way to meet other Master Gardeners, and it's fun.

Event timeline

- **Drop off materials:** Sunday, Dec. 1 after 1 pm (approximate time).
- **Setup:** Monday, Dec. 2 and Tuesday, Dec. 3: 10 am-4 pm; Wednesday, Dec. 4, 10 am-noon and noon-2 pm (two shifts).
- **Event:** Thursday, Dec. 5-Sunday, Dec. 8: 10 am-4 pm.
- **Take down:** Monday, Dec. 9, 11 am (approximate time).

Again, volunteer shifts for setup/take down and docent duty are two hours each.

To volunteer for setup/take down or as a docent, call Sue Sheridan, Class of 2013, at 201-664-2120. Sue will coordinate shifts.

OUT AND ABOUT

Allendale Autumn Festival

The Allendale Garden Club will participate in Allendale's annual Autumn Festival from 10 am-4 pm Saturday, Oct. 5. Allendale's main street, West Allendale Avenue, will be closed to motor vehicles to allow pedestrians to stroll among displays from vendors, local businesses, and community organizations.

The garden club's exhibit will focus on preserving the monarch butterfly population and will include educational materials and a living display of monarch butterfly chrysalises. Milkweed seeds and instructions for planting will be distributed free. Milkweed plants may be available.

Art in Van Saun Park

Bergen County's 55th annual free Art in the Park show and concert will run from 11 am-3:30 pm Saturday, Oct. 12 in Van Saun Park, Area F, Lot 4, Paramus. Rain date is Oct. 13.

More than 100 exhibitors will display and sell photography, paintings, collages, prints, and other artwork. This is a juried show, and cash prizes will be awarded to the winners. [Dean Shot and the Solid Senders](#) (a blues band with horns) will entertain from 12:30-3:30 pm.

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Frelinghuysen Arboretum

Frelinghuysen Arboretum is located at 353 E. Hanover Ave., Morris Township. All events are in the Haggarty Center. Visit the [website](#).

Harvesting herbs

Fall is the time to harvest and winterize the herb garden. Discover techniques for storing herbs and best practices for protecting perennial herbs. This lecture will be held from 7-8 pm Thursday, Oct. 3.

Cost: \$12 members/\$15 non-members. To register, call the arboretum at 973-326-7601.

Non-stop plants: A garden for 365 days

[Margaret Roach](#), author of “A Way to Garden,” originally released in 1998 and fully updated for its 21st anniversary edition, will speak from 2-3:30 pm Sunday, Oct. 27. Her lecture is part of the arboretum’s “Great Speakers” series.

Cost: \$30 members/\$40 non-members. Books will be available for purchase and signing by the author. To register, click [here](#). Then scroll down to Oct. 27 in the left column.

Garretson Forge and Farm

Celebrate 300 years of [Garretson Forge and Farm](#) at its annual Harvest Festival from 10 am-4 pm Sunday, Oct. 13 at the farm, 4-02 River Road, Fair Lawn.

This event will feature Civil War re-enactors; 19th century open-hearth cooking; organic herbs and late-summer vegetables from the gardens; children’s activities; and tours of the homestead and gardens. Garretson’s organic, hard neck garlic — perfect for fall planting — will be available.

Please join us in celebrating a slice of history in our community. For more information, write to info@garretsonfarm.org.

- Lida Gellman

Hackensack River Greenway through Teaneck

The Hackensack River Greenway through Teaneck has scheduled two cleanups to remove trash and invasives from the Greenway from 10 am-noon on the following dates:

- Sunday, Oct. 6 at Andreas Park, Teaneck. Meet at the Carriage House at the northern end of Andreas Park, off River Road and across from Ogden Avenue.
- Saturday, Oct. 19 at Upper Brett Park. Meet at the upper trail entrance. Park on Riverview Avenue, Teaneck, and walk to the southwest corner of the park. This event will take place with Hackensack Riverkeeper volunteers.

Bring gloves, rakes, and loppers if you have them. Check the home page of the [website](#) for schedule changes or cancellations due to weather conditions.

The Hermitage

Join best-selling author [Susan Holloway Scott](#) as she discusses her latest historical novel “The Secret Wife of Aaron Burr” at 7:30 pm Wednesday, Oct. 16 at the Hermitage, 335 N. Franklin Turnpike, Ho-Ho-Kus.

Mary Emmons was an enslaved woman in the household of Theodosia Prevost and her husband, Aaron Burr. Mary left no letters, journals, or portraits to explain her relationship with these families. Her legacy was the two children she bore to Burr while he was married to Theodosia, children whose descendants’ heritage was recently confirmed through DNA testing. Scott re-creates the world of 18th century America, and deftly imagines the inspiring life — and the challenges — of Mary Emmons.

Cost: \$10 per person. Books will be available for purchase, and a book-signing will follow. For reservations, call the Hermitage office at 201-445-8311 or send an [email](#) to the Hermitage. Seating is limited. Proceeds will support the Hermitage Museum.

NJ Botanical Garden/Skylands

An array of family friendly activities are scheduled for the Harvest Fest from 10 am-5 pm Saturday, Oct. 19. Among them are pumpkin and face painting; games; applesauce making; booths; exhibits; and many free activities for youngsters. For adults, there’s a beer garden; food; all-day music and dancing; a plant sale; and free garden tours.

Admission is free; parking is \$5 a car. The NJBG is located at 2 Morris Road, Ringwood. Visit the [website](#).

CONFERENCES & WORKSHOPS

Pruning basics for trees and shrubs

A two-hour workshop on pruning will be held from 1-3 pm Saturday, Oct. 5 at Thielke Arboretum, 460 Doremus Ave., Glen Rock. Topics are hand tools for pruning; proper pruning 101; and pruning practice.

Cost: \$15 members/\$20 non-members. *Bring hand pruners.* For more information and to register, click [here](#).

2019 tree symposium at Frelinghuysen

Learn about the great tree men and women of America; the many botanical taxa of maples; bringing back the American chestnut and dogwood; and hazelnut breeding at Rutgers. The 2019 tree symposium will be held from 10 am-3 pm Saturday, Nov. 9 in the Haggarty Center of the arboretum, 353 E. Hanover Ave., Morris Township.

The schedule of presentations and topics are:

- **10 am. Great tree men and women of America.** Taught by Frank Goodhart. This presentation will be a chronology of those who contributed to horticulture and forest preservation in America from early colonial times to the early 20th century. Frank is a member of the Bernards Township Shade Tree Commission.
- **11 am. Maples.** Adam Wheeler, horticulture manager at [Broken Arrow Nursery](#), Hamden, CT, will outline new, unique, and exceptional maples. He'll showcase a diversity of options well-suited for Northeast gardens.
- **1 pm. Bringing back the American chestnut.** Mike Aucott will discuss the importance and tragic history of this iconic tree and the challenges and strategies under way to re-establish it in the North American forest. Mike is an instructor at the College of New Jersey and member of the American Chestnut Foundation.
- **2 pm. Dogwood and hazelnut breeding at Rutgers.** Tom Molnar will discuss his research, a major aspect of which is developing and characterizing genetic resistance to eastern filbert blight, a fungal disease that is the primary limiting factor of hazelnut production in eastern North America. Tom is an associate professor in the plant biology department of the Rutgers School of Environmental and Biological Sciences.

Cost: \$40 members/\$45 non-members. To register, click [here](#). Then scroll down to Nov. 9 in the left column. Bring your lunch; beverages will be provided.

The wonder of plants



Bruce Crawford, director of [Rutgers Gardens](#), offered succulents and kalanchoes for sale after our September meeting with the proceeds going to benefit Rutgers Gardens. Bruce spoke about the wonder of plants. From October-April, you can visit Rutgers Gardens from 8 am-6:30 pm daily.

BEYOND THE GARDEN GATE

The following letter to the editor, written by Jane Nicholson, Class of 2017, appeared in The Record Sept. 20. Go Jane!

Providing a haven for Monarch butterflies

Regarding "Monarch butterflies get migration boost in Bergen" (NorthJersey.com, Sept. 8): As representative for the Trustees of the Garretson Forge and Farm, I would like to amend and clarify some of the statements made in the article. Most importantly, our annual Butterfly Festival was not the "brainchild" of our extraordinary presenter, Linda Flynn. The Festival was conceived by our member, Paulette Reilly, in 1998. This is Garretson's 21st annual Butterfly Festival and Release event. Additionally, since 2005, we have maintained a "Monarch Way Station" which is certified by Monarch Watch. Throughout these years we have served to support the protection of the Monarch butterfly by educating our visitors on the need to grow the milkweed plant, the sole source of nourishment for the Monarch caterpillar. To this end we will be welcoming visitors to our Fall Festival on Oct. 13 where milkweed seeds and plants will be available to home gardeners so they, too, can provide a haven for these beautiful creatures.

Jane Nicholson, Wood-Ridge. The writer is Trustee, Garretson Forge and Farm.

FARMERS MARKETS

Allendale Farmers Market, 500 W. Crescent Ave.; through October; Saturdays, 9:30 am-2:30 pm.

Englewood Farmers Market, Depot Square Park, North Van Brunt Street and Demarest Avenue; through October; Fridays, 11 am-6 pm.

Fort Lee Farmers Market, Plaza at the Fort Lee Community Center, 1355 Inwood Ter.; through October; Sundays, 8 am-2 pm.

Hasbrouck Heights Farmers Market, Central Avenue and Boulevard; through October; Tuesdays, noon-6 pm.

Oradell Farmers Market, 618 Veldran Ave. (post office parking lot); through November; Sundays, 10 am-3 pm.

Paramus Farmers Market, Petruska Park north parking lot, 475 Farview Ave.; through October; Wednesdays, 2-7 pm.

Ramsey Farmers Market, Main Street train station; through November; Sundays, 9 am-2 pm.

Ridgewood Farmers Market, train station parking lot, Godwin and West Ridgewood avenues; through October; Sundays, 9 am-3 pm.

River Vale Farmers Market, 406 Rivervale Road; through October; Thursdays, noon-6 pm.

Rutherford Farmers Market, Park Avenue and Glen Road; through October; Wednesdays, 11 am-6 pm.

Teaneck Farmers Market, Beverly Road and Garrison Avenue; through October; Thursdays, noon-6 pm.

HORTICULTURE GRAPEVINE

Deadline for the Horticulture Grapevine is the 25th of the prior month. Submit information about garden club meetings that are open to the public to [Miriam Taub](#).

- Oct. 3** **7:30 pm, Garden Club of Harrington Park**, upstairs in the Harrington Park Library, 10 Herring St., Harrington Park. Speaker: Marc Zukovich, owner of [Sterling Horticultural Services](#). Topic: Winter garden, a slide program on how to liven up your garden in the winter and how to protect plants from harsh winter conditions. Q&A and refreshments to follow.
- Oct. 7** **11:30 am, Tenafly Garden Club**, Davis Johnson Park and Gardens, Tenafly. Speaker: Mary Jo Sichak, Passaic County MG. Topic: A garden safari.
- Oct. 7** **7 pm, Sundial Garden Club**, Meadowbrook Elementary School, 50 Piermont Ave., Hillsdale. Speaker: Sonia Uytterhoeven, head of horticulture, [Greenwood Gardens](#), Short Hills. Topic: Gardening with perennials. Visit the club's [website](#).
- Oct. 8** **7 pm, Ramsey Area Garden Club**, Lutheran Church of the Redeemer, 55 Wyckoff Ave., corner of Woodland Avenue, Ramsey. Speaker: Eva Kundera, writer, photographer, and recipe developer. Topic: Recycling and the art of reducing plastic waste - did you know that nearly 90% of what we recycle is not recyclable?
- Oct. 9** **7 pm, Oakland Senior Center**, 20 Lawlor Drive, Oakland. Speaker: Tom Bender, horticulture expert, Thielke Arboretum. Topic: Native deer-resistant plants and winterizing your garden.
- Oct. 9** **7:30 pm, Wyckoff Area Garden Club**, Wyckoff Public Library, 200 Woodland Ave., Wyckoff. Film: "The Life and Gardens of Beatrix Farrand," one of the first female landscape architects in America. Refreshments at 7 pm. Visit the club's [website](#).
- Oct. 10** **7 pm, Garden Club of Teaneck**, Rodda Center, Room 2B, 250 Colonial Court, Teaneck; enter on Palisade Avenue. Use upper parking lot for handicap accessibility. Speaker: "Bobcat" Bob Saunders, instructor of cooking and healing with wild plants and mushrooms. Topic: How to choose and cook weeds.

- Oct. 14** **7:30 pm, Garden Club of Bergenfield**, Cooper's Pond, 133-153 W. Church St., Bergenfield. Topic: A discussion of gardening issues of the past season.
- Oct. 15** **7 pm, Backyard Garden Club**, sponsored by the Friends of the River Vale Free Public Library, River Vale Library, 412 Rivervale Road, River Vale. Speaker: Sarahfaye Mahon, science educator at Paramus Catholic High School. Topic: Wetlands - beautiful and beneficial.
- Oct. 15** **7:45 pm, Glen Rock Garden Club**, Municipal Annex, 678 Maple Ave., Glen Rock. Speaker: Tom Bender, horticulture expert, Thielke Arboretum. Topic: Fall plantings and easy-care spring bulbs.
- Oct. 16** **7:30 pm, Bergen-Passaic chapter, Native Plant Society of New Jersey**, NY-NJ Trail Conference headquarters, 600 Ramapo Valley Road (Route 202), Mahwah. Speaker: Ken Chaya, urban naturalist and NYBG instructor. Topic: Insects - their natural history and plant interactions.
- Oct. 16** **7 pm, Hasbrouck Heights Garden Club**, Hasbrouck Heights Public Library meeting room, 2nd floor, 320 Boulevard, Hasbrouck Heights. Speaker: Barbara Bel, a former "medieval gardener" at the Cloisters. Topic: Medieval gardens with historical references, poetry, paintings, cookery, etc. Refreshments at 6:30 pm.

The Master Gardeners of Bergen County doesn't share or sell its email/ mailing list/ membership directory to non-members or to other organizations. Our membership information is confidential and for use by members for official MG use only. Please don't share our list with non-members or use it for any unauthorized or commercial purposes. When sending an email to the MG list, address it using the "bcc" option instead of "to" in order to keep the list of recipients from being visible.

Please share photos of your volunteer work or of your garden. When submitting photos, please identify everyone in the photo by first and last name. Submit photos to janet-schulz@hotmail.com.