

Virtual meeting – Nov. 22

Announcements at 7:20 pm; program to follow.

Click [here](#) to join the meeting at 7:15 pm.

Meeting ID: 926 9258 8641; password: 692429

Anne Meore: Therapeutic Gardens - The Natural Restorative Environment

Anne Meore has been the garden projects coordinator for Bon Secours Charity Health System, Suffern, NY, since 2011. It's there she's responsible for designing and managing therapeutic garden spaces and conducting horticultural therapy programming in the accessible and therapeutic Garden of Hope at Good Samaritan Hospital. Anne designed the Garden of Hope. She last spoke to the MG of BC in October 2019 about horticultural therapy.



Anne Meore

Anne's presentation will delve into a variety of gardens and the design features that promote the atmosphere of the "therapeutic" setting. She'll also explore populations and benefits to those populations.

Anne holds advanced degrees in guidance counseling and social work. She also earned a certificate in permaculture design and a certificate in horticultural therapy from the New York Botanical Garden. She's a licensed social worker in New York and a registered horticultural therapist with the American Horticultural Therapy Association.

She provides therapeutic garden consultation, horticultural therapy programming, and lectures on the importance of the "people-plant" relationship through her business, [Planthropy LLC](#).

In-person meetings return!

Come January, we'll return to in-person meetings at Bergen County Plaza in Hackensack. Building and room number TBD. Looking forward to seeing you all again!

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From the President's Desk

By Melody Corcoran, Class of 2016

Hügelkultur is a style of raised-bed gardening that has been used in Germany and eastern Europe for a very long time, possibly centuries.



The word hügelkultur is German and can be translated as mound or hill culture. Instead of the typical raised bed made of boards and filled with soil, a hügelkultur bed is essentially a mound of soil, wood, and compostable materials built on top of an underlying pile of wood, preferably wood that has already begun to rot and decompose.

The rotting wood base provides nutrients, holds moisture over an extended period, and reduces the need for watering. The mounded form also provides a much larger planting area in the same footprint as a conventional raised bed.

To build a hügelkultur bed, a ditch about 12 to 18 inches deep is dug. The length of the ditch is up to the gardener, but it is recommended to be no more than 4 feet wide so that all areas can be easily reached. The bed is best oriented north to south so that sun-loving plants can be placed on the south side and plants that like less sun can be placed on the north side.

Logs and large branches are used to fill the ditch. Spaces between the logs and branches need to be packed well with soil, compost, grass clippings, and twigs and such. Then more layers of wood, soil, cardboard, compost, etc., are added and packed tightly until the desired height is reached – anything from 2 to 6 feet. The shape of the mound is usually like an inverted "U" with the bottom of the mound wider than the top. The bed will shrink over time as the components decompose.

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Decorators and docents needed at Skylands Manor Holiday Open House

By Sue Sheridan, Class of 2013

The MG of BC committee decorating Skylands Manor is moving along with its plans to transform several rooms of the house into the gala celebration "Christmas Eve at the Clauses'."



Elves resting up for their appearance at the Holiday Open House.

This year MG of BC volunteers are decorating the entry, foyer, ladies parlor, staircase, and the center and elevator halls of the house. In addition, a group of MGs has volunteered to decorate the dining room. They will join with the current decorating committee to ensure a fun, festive, and inspiring event to all who attend. A number of new MGs and MG

alumni have stepped forward to volunteer at the drop-off, setup, and at the event itself. Thank you to all!

Volunteer decorators and docents needed

We are still in need of volunteers to decorate Monday, Nov. 28 and Tuesday, Nov. 29 by putting up trees, stringing lights, and helping install the various elements of the decorating theme.

In the past, shifts were kept to two hours, but we now offer those volunteers the opportunity to stay for the day, or as long as there's work to do. You can make your own schedule. Each of the setup days runs from 10 am-4 pm, and you should include round-trip travel time in your total volunteer hours.

We are also in need of docents for the event. Docents help by ensuring the safety and security of both attendees and the decorative items. Docents answer questions, provide guidance, and, frequently, directions as attendees move through the rooms. It's a big house!

The event itself runs from 10 am-4 pm, Thursday, Dec. 1-Sunday, Dec. 4. Docent shifts are normally two hours in length, plus travel time, starting just before 10 am, but you can work more hours.

Historically, the MG of BC has provided most of the docent volunteers as many other groups that decorate cannot provide docent coverage for their rooms. In light of this, docents may be asked to cover rooms other than

those decorated by the MG of BC. However, volunteers will enjoy themselves whatever room they are in.

To volunteer as a decorator or as a docent, please contact me, Sue Sheridan, at 201-664-2120 (home), 201-281-0639 (cell), or at swsheridan78@gmail.com. I will coordinate the volunteer schedule.

Please consider volunteering for this wonderful event. If that's not possible, please consider attending the event with friends and family. A good time will be had by all!

Let's have a blast Nov. 19!



The garden as seen from River Road looking west.

Harriet Steiner, Class of 2019, has volunteered to be site coordinator for the Mary S. Topolsky Garden, part of the Hackensack River Greenway Through Teaneck. Volunteers are needed at a one-day cleanup of the garden, 640 River Road, Teaneck, Nov. 19 from 10 am-2 pm.

Come prepared with your rakes, pruners, loppers, shovels, and gloves to clear out invasives, assess what's there, and suggest what plants should be installed in the spring. The garden is wheelchair accessible, though the path needs to be repaired.

Said Harriet: "This is a very beautiful little garden that needs to be restored not only to honor Mary Topolsky who designed it but also for all who want to stop by and enjoy the beauty of the garden and peacefulness of the water. The garden runs right down to the Hackensack River where you can sit and enjoy the view. Bald eagles nest across the river and the eagles are frequently seen flying overhead."

Come dressed to clean up the garden. You can park on Kipp Avenue across River Road. There are no restrooms or potable water on site so plan accordingly. Spend as much time as you can. "Please come and make this happen," Harriet said. No registration is necessary; just show up prepared to work and have fun with your Master Gardener friends. Contact [Harriet](#) if you have any questions.

VOLUNTEER SITE NEWS



Photos by Joseph Cooper

‘Bulb-apalooza’ at McFaul Environmental Center: Our last task of the season was planting allium bulbs. Above left photo: Ben Weiner, Class of 2020, at left, and Paul Sisko (21) at right, use augers to dig the required 7-inch holes, while Melody Corcoran (16) holds the bulbs. In center photo, Melody plants the bulbs, root side down. Above right: Ben covers the bulbs with soil. The bulbs were left over from the “Bulb-Apalooza” organized by the Bergen County Parks Department Oct. 16. The free, family event was intended for volunteers to beautify the nature preserve with 600 allium and hyacinth flower bulbs that will bloom in the spring. When the volunteers ran out of time, we finished it.

- Joseph Cooper, Class of 2008 and site coordinator

Bergen New Bridge revives plant sale



Lenore Liebeskind, MG alum, works on an arrangement.

By Lynette Stewart, Class of 2017

“Attack of the Killer Tomatoes” was the Halloween theme of the recent plant sale held by the Horticultural Therapy Department at Bergen New Bridge Medical Center. This was the first plant sale since the Covid pandemic.

seedlings kept popping up in our plantings: A tomato made its way into the food scraps given to our worm farm. The worm castings used to fertilize the plants contained the tomato seeds.

MGs Donna Faustini, Class of 2021, Rose Santos-Martinez (17), Theresa Schneider (16), Lynette Stewart

Long-term-care resident Anthony explained how mysterious tomato

(17), Janet Troy (15); MG alum Lenore Liebeskind; and horticultural therapist Ilona Robinson transplanted, decorated, and designed arrangements. Many of the plants sold were propagated in the greenhouse by the medical center residents. Seedlings and little killer tomatoes were given to those who made a donation. Sale proceeds are spent on supplies needed for the greenhouse.

If you like helping others and love plants, it’s a nice place to be. To volunteer for the hort therapy program, see the Bergen New Bridge Medical Center information on the [volunteer site](#) section of our website. Contact me, [Lynette Stewart](#), site coordinator, for more information.



Photos by Lynette Stewart

Many of the plants were sold were propagated in the greenhouse.

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(Volunteer site news, continued from page 3)



Photo by Miriam Taub, Class of 2011

At Teaneck Creek Conservancy: After more than two years of an ecological restoration project, some of the trails at the park have been reopened to visitors and volunteers. Above is Dragonfly Pond, most of which had been hidden from view before the restoration. Join volunteers from 9-11 am, Wednesdays through November to work in the reopened sections and the Fycke Lane area. Text Paula Leibowitz, site coordinator, at 201-568-5034 for more information. Visit the Teaneck Creek [website](#).

Volunteer site schedule through year-end

See the volunteer site section of our [website](#) for more information.

Bergen New Bridge Medical Center: Open year-round. Click [here](#) for registration instructions on our website. Instructions apply to both new volunteers and former volunteers who haven't yet supplied their Covid vaccination cards.

Butterfly and Native Garden: Open until late November/early December.

Davies Arboretum: Generally, closed by mid-December depending on the weather.

Garretson Forge & Farm: Open through Dec. 8. Other days may be scheduled through December on an as-needed basis.

Hackensack River Greenway Through Teaneck, Mary S. Topolsky Garden: "Blast" cleanup Nov. 19. See story on page 2. Volunteers welcome!

Hermitage: Volunteering in the gardens continues through November, weather permitting. Dates will be announced for special winter events, such as winter sowing and collecting sap for maple sugaring.

McFaul Environmental Center: Closed.

New York-New Jersey Trail Conference HQ: Volunteering in the native gardens is done for the year.

Teaneck Creek Conservancy: Open through November.

Thielke Arboretum: Open for volunteering all year, weather permitting. Site is closed if temperature is below 20 degrees; wind is excessively high; rain; or if there's snow or icy conditions. **New volunteers:** Click [here](#) for registration instructions. You must receive a response from a lead steward by email or text (email preferred) before you volunteer for the first time. Since steward leaders cancel as needed due to inclement weather, all volunteers must be in communication with the steward leader before each volunteer session.

Van Saun Park (zoo): Closed.

Washington Spring Garden in Van Saun Park: Closed.



Photo by Liz Gil, Class of 2019

At the Hermitage: Volunteers worked in the garden near the manor house's summer kitchen. Liz Gil, Hermitage site coordinator, said that the back entrance of the main house is always a priority. "The hot summer and drought were particularly difficult in this spot that relies chiefly on the rain for moisture," Liz reported. From left, Bernadette White, Class of 2021, Patricia Crossley (22), and Maggie Raywood (21).

WEBINARS

For your convenience, all times are Eastern.



Nov. 2, 7-8 pm: Penn State Extension sponsors Know Your Natives: Shrubs. \$5. Click [here](#) for more information and to register.

Nov. 3, noon: Smithsonian Gardens sponsors Revolutionize Your Tree Pruning: Learn to Prune Better and Speak for the Trees. Free. Click [here](#) for more information and to register.

Nov. 8, 4-5 pm: AARP Virtual Community Center sponsors Try Your Hand at the Art of Flower Pressing. Free. Click [here](#) for more information and to register. AARP membership not required.

Nov. 9, 7-8 pm: Penn State Extension

sponsors Know Your Natives: Underappreciated Plants. \$5. Click [here](#) for more information and to register.

**Friends of the Frelinghuysen Arboretum sponsors virtual tree symposium
Nov. 1, 8, 15, and 22 at 7 pm**

- Nov. 1: Native Trees for Small Spaces
- Nov. 8: Conifers
- Nov. 15: Bonsai in Your Garden
- Nov. 22: Figs - the Ideal Container Fruit Tree

Members: \$30 for all four programs or \$10 each; non-members \$45 for all four programs or \$15 each

Click [here](#), then scroll down to the tree symposium section for more information and to register.

Nov. 9, 8-9 pm: Iowa State University Outreach and Extension sponsors Native Seed Saving. Free. Click [here](#) for more information and to register.

Nov. 10, noon: Smithsonian Gardens sponsors Creating Hypnotizing Horticultural Displays. Free. Click [here](#) for more information and to register.

Nov. 17, 1:30 pm: AARP Virtual Community Center sponsors an Introduction to Trees and Forests. Free. Click [here](#) for more information and to register. AARP membership not required.

(President's desk, continued from page 1)

The entire construction is covered with 2-3 inches of soil and watered very well. Planting a cover crop right away will hold the soil in place. Fall is the best time to build one of these beds because that gives the bed time to settle in before planting a garden in the spring.

Most anything can be grown on a hügelkultur bed: Vegetables, flowers, herbs, etc., in any combination. The entire surface of the bed needs to be planted to maintain the integrity of the structure. A well-built hügelkultur bed needs very little watering and should last many years.

When harvesting or removing spent plants, the plants should be cut off and not pulled out; instead, the roots are left to decompose and to help maintain the structure.

There is a lot of information online about hügelkultur. The hügelkultur section of the [Farmer's Almanac](#) is a good place to start. If you have the space and some old logs you need to get rid of, why not give hügelkultur a try?

FARMERS MARKETS

Fair Lawn Farmers Market, New Song Church, Fair Lawn Avenue and Craig Road. Wednesdays, 11 am-3:30 pm through Nov. 23. Click [here](#) for flyer.

Ramsey Farmers Market, Main Street train station. Sundays, 9 am-2 pm through November. Click [here](#) for dog rules, a list of vendors, and other information.

Ridgewood Farmers Market, train station parking lot, Godwin and West Ridgewood avenues. Sundays, 9 am-3 pm through Nov. 21.

Teaneck Farmers Market, municipal parking lot, Garrison Avenue and Beverly Road. Thursdays, 10 am-4 pm through November. Click [here](#) for Facebook page.

HORTICULTURE

How to make a cutting of a Pelargonium (geranium) in a few easy steps

By Janet Schulz, Class of 1988

This time of year decisions need to be made about some of the annuals we grow in our gardens. With inflation and the price of plants we try to save as many as we can. Most are not worth the trouble but some are not only worth it but also easy to propagate so we have more plants and are thus able to save more money.

Pelargoniums, the proper name for the plant we call geranium, is one of the easiest to winter over in a bright, sunny window with minimal care. During the growing season it needs full sun and likes to grow on the dry side so don't give it too much water. They can get quite large, and some of us don't have room to bring them inside.



There are many ways to overwinter geraniums but for this article I chose the method of making cuttings.

If the plant is growing in a container or large pot, before bringing the plant inside be sure the pot is clean and insect-free. If it were on a table chances are there are no pill bugs or other ground insects like ants in the pot. But

to be sure you might want to submerge the entire container in a large pot of soapy water, drain well, and place in a sunny window.



Cuttings can be done any time of year. You can take many cut-



tings from the same plant always trying to leave a growing "eye" just below where you are making the cut. Cut a piece off the plant about 4-5 inches long (above left). Cut off any flowers or buds and remove the lower leaves leaving two to three leaves (above right).



Place prepared cutting on a dry surface for at least 24 hours allowing the end to dry and callus over. It is not necessary to use rooting hormone. Now it is time to place the cuttings in growing medium. Fill pot with dampened growing medium (at left).

Make a hole — or holes if making multiple cuttings — and stick the cutting(s) in the growing medium. (at right).

Water well and place under grow lights or in a well-lit area, not direct sunlight. In a matter of weeks your plant will be rooted at which time you should move it to a sunny window.



Photos by Janet Schulz

November to-dos in the garden

Bruce Crawford, manager of horticulture, Morris County Park Commission, has a ton of chores to keep us busy all month long. His to-do list covers vegetables, turf, garden, houseplants, and seed collecting. See the attachment that came with this month's Potting Shed.

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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FLOURISHES AND FLOPS

Fall bloomers in Terri Pegg's garden



Marshy Point "Humdinger" is a prolific, double pink evergreen azalea that blooms without fail every spring and fall. It's beautiful and isn't fussy or demanding although it loves an acid soil rich in organic matter.

- Terri Pegg, Class of 2014

Jean Friedman's perennial garden



On behalf of my wife, Jean Friedman, Class of 2004, I have sent this picture of her perennial garden in our backyard in mid-summer. I think she is very happy and proud of it. Now that we have deer fencing, she can have her dream of a flowering perennial garden. She has done a great job. Before the deer fencing, we lost all our hosta, day lilies, and so much more. Even our roses just limped along as the deer chewed away the buds and hips.

- Arnie Friedman, Class of 2004

Maggie Raywood's lily disaster

I wanted to add a variety of lilies to a garden I tend, so last fall, with the encouragement of the homeowners, I purchased a range of lilies spanning several types: Oriental, Asiatic, and Orienpet. I planted about 70 new bulbs in all and was so excited when most of them poked their little stems up out of the soil this spring. I eagerly anticipated a long season of bright color, adding height to enhance the homeowners' garden beds.



No sooner did the stalks start to develop leaves and buds than every single stem was overwhelmed with scarlet lily beetles. I was floored. I squished them as



best I could, but by the time I saw them, it was too late, and the damage was done. A particularly revolting characteristic of this pest is that they cover their larva in their own excrement to protect them (below).

There were already several tall lilies in the garden, specifically Stargazers, so I never dreamed that I would have such an infestation. I think the numbers of this particularly destructive pest are on the rise, and planting so many bulbs at once just gave them an absolute lily buffet.



After doing some research, I cut the stalks off completely and gave the remaining section of stalk and the surrounding soil a good spray of neem oil.

Lesson learned! I will see what happens with them next year.

- Maggie Raywood, Class of 2021

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(Flourishes and flops, continued from page 7)

Tammy Laverty's spicebush from seed

I had good luck this year growing a variety of native plants from seeds. Pictured is a spicebush *Lindera benzoin* and cardinal flower *Lobelia cardinalis*. I put the spicebush plants in the ground, but the cardinal flowers I plan on giving to my cousins on Long Island. If not soon, I'll overwinter them till spring.



- Tammy Laverty, Class of 2015

Leslie Maltz's vegetable garden



We had a wonderful veggie garden this year. Since we had little rain, we relied on irrigation. Basil, five kinds of tomatoes, garlic, cucumbers, peppers, eggplant, and lettuce. All were very successful except for multiple varieties of lettuce that all tasted extremely bitter. I suspect the tags were mismarked. I'll be planting next year's garlic shortly.



- Leslie Maltz, Class of 2009

MEETINGS AND WORKSHOPS

Nov. 3, 7:30 pm: Garden Club of Harrington Park, upstairs in the Harrington Park Library, 10 Herring St., Harrington Park. Speaker: Marc Gussen, director of the Closter Nature Center. Topic: Hydroponics - A Gardening Alternative to Dirt.

Nov. 8, 7 pm: Ramsey Area Garden Club, Lutheran Church of the Redeemer, 55 Wyckoff Ave., corner of Woodland Avenue, Ramsey. Instructor: Kathleen Peters, club co-president. Topic: Demonstration of floral arrangements for the Thanksgiving holiday.

Nov. 12, 2-4 pm, Bergen-Passaic chapter of the Native Plant Society of New Jersey. Program: Preparing the Garden for Winter. Attendees will meet in a Glen Rock garden to discuss preparation for winter and looking ahead to spring. Registration required to obtain address of the garden. Send an email to bergenpassaic@npsnj.org.

Nov. 15, 6-7:45 pm: Hasbrouck Heights Garden Club, second floor, Municipal Building, 320 Boulevard Hasbrouck Heights. Speaker: Ray Vorisek, proprietor of Heights Flower Shop. Topic: Decorating for the Holidays. Refreshments at 5:30 pm.

Nov. 17, 7 pm: Garden Club of Hackensack, Hackensack Recreation Center (M&M Building), 116 Holt St., Hackensack. Speaker and topic: TBD.

Nov. 20, 2 pm: Garden Club of Harrington Park, upstairs in the Harrington Park Library, 10 Herring St., Harrington Park. Instructor: Gerri Gibney, club president. Program: Thanksgiving centerpiece workshop. \$22 club members; \$27 non-members. Registration required; send an email to themerchantmouse@aol.com or call 201-768-2615. Bring pruners.

Dec. 1, 7:30 pm: Garden Club of Harrington Park, upstairs in the Harrington Park Library, 10 Herring St., Harrington Park. Instructor: Gerri Gibney, club president. Program: Annual "make it and take it" holiday workshop (make a tabletop tree or a wreath). Bring pruners and "doodads" for decoration.