



President's Message.....Olivia Ford

Happy New Gardening Year to You All!! Since we will be visiting the Discovery Museum for our meeting this month, I have several topics to report to you.

1. This is the time of year when we need to form a Nominating Committee. It consists of 2 members from the board and 1 from the general membership. We only have 1 new position to fill at this time- Recording Secretary. If you would be willing to serve your club in this capacity for the next 2 year, please call me. It's so much nicer to have a volunteer than to have to "twist someone's arm". So, please step forward, you will be appreciated!
2. We also need a volunteer to replace Diane Middleton as Chairman of the Horticulture Committee.
3. In a few weeks, I will be sending out a survey to you all. As a club, we want to hear everyone's thoughts, ideas, and opinions before we make any important suggestions or changes. Every member's voice is important! Please fill it out and bring it to the Feb. meeting. We will also have copies at the meeting if you can't download it from your computer.
4. Also, Remember the suggestion box at the check-in desk.

Your President, Olivia Ford

Next meeting January 17
Coastal Discovery Museum

Topic: Camellias

Speakers: Donna and Fred Manske, Master Gardeners
and creators of the Camellia Garden at Honey Horn

Cost: \$10 donation payable in cash or check

Presentation starts at 10:00. Plan to arrive at 9:45



The date for the April meeting is listed incorrectly in the "Yearbook". It should read April 17.

Also, there is a change in the program for that meeting. A speaker, still to be determined, will replace the silent auction.

In Memorium*Diane**dleton**Mid-**A Tribute to Diane Middleton*

As a transplant from Virginia, I knew little about gardening here. After joining TAG and meeting Diane, I made a proposal to her: I would work in her garden if she would tell me everything about plants here. I soon found out that she was a noted author of many gardening publications and a designated expert on horticulture—from President of the Council of Garden Clubs, to Member of the Island Beautification Association, to noted author, to President of TAG for 2 years—the list went on.

During the last two summers Diane invited me to help with the flower sales at Saturday's Plantation Farmers Market. So I tried my hand at doing arrangements, and she always gave me a few extra flowers to bring home for my table. Diane shared her knowledge and love of gardening with me and everyone she knew. And she left a living memorial in all her numerous achievements for island residents.

Sally Price.

Anyone wishing to make a contribution toward a memorial to be located in the plantation in honor of Diane Middleton, please contact our treasurer, Lori Schmidt at 973-768-7586 or ljs8448@roadrunner.com



Your Brain on Houseplants

An indoor garden enhances more than just the decor

HAVING PRETTY plants in your home is a nice perk of indoor gardening, but research suggests that maintaining them can boost your health, too. "Gardening has been shown in multiple studies to be associated with a reduced risk of cognitive decline or dementia in older adults," says David Carr, M.D., a professor of geriatric medicine at Washington University in St. Louis. "Plants help you become more competent and give you something meaningful to do and take care of," notes Patty Cassidy, a registered horticulture therapist. Try these.

1. Peace lilies They help to purify air, removing toxins such as trichloroethylene, found in paint and varnish.

2. Orchids These are good gifts for hospital patients. Seeing plants during recovery can reduce pain and anxiety.

3. Rosemary The scent of this herb may assist with memory by increasing a neurotransmitter called acetylcholine.

4. Lavender Grow this plant in your bedroom, as it's said to improve sleep quality and promote relaxation.

5. Spider plants These hardy plants can help to remove formaldehyde from your home's air.

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Article published in *The AARP Magazine* and suggested by Lori Schmidt

The following is reprinted from the Clemson University HGIC website.

WINTER DAMAGE

[George M. Dickert](#), Horticulture Extension Agent, Spartanburg County, Clemson University

Woody ornamentals can be damaged by cold temperatures due to three main factors: lack of hardiness, early or late-season frosts or unprotected root systems. A lot of the damage that I have personally encountered has been due to low temperatures causing bark splitting.

In the fall, we typically see damage occur when temperatures dip unexpectedly low before plants have a chance to harden off their tissues before the cold. Fertilizing late and fall pruning can make this worse, as both practices stimulate new tender growth that is vulnerable. Similarly, when we have periods of warm temperatures that sharply contrast with cold temperatures in late winter and early spring, we see lots of damage. A common symptom that I often see caused by cold damage is bark splitting. This is when the stem or bark splits, usually near the base of the tree due to a wide swing in temperatures.



Another type of damage is known as frost cracks. These are long cracks that are typically linear along a trunk or branch, and affect not only the bark but also the wood. Once the sun goes down and temperatures drop, the outer part contracts faster than the inner tissues. This difference can cause the outer trunk to crack. Young and thin-barked trees can and should be protected by wrapping the trunk with paper tree wrap or burlap. The wrap should cover the trunk from the ground up to the first lowest branch. If you have ever seen young fruit or even ornamental trees with their lower trunks painted white, this is why. The white latex paint reflects the sun's rays and helps to prevent frost cracks.

An *important* thing to remember is to always wait and allow ample time to see the full extent of the winter damage before corrective pruning is done. A couple of tips for avoiding this type of injury include:

Avoid fertilizing trees and shrubs in the fall. Fertilizing may stimulate the tree to put on new growth, which is vulnerable to cold temperatures.

Avoid pruning trees and shrubs in the fall. Pruning is known to stimulate flushes of new growth, which is vulnerable to cold temperatures.

If the summer and/or fall are unusually dry, it is recommended to provide supplemental water. Drought stress predisposes trees and shrubs to winter injury.

For the complete article see [HGIC2350, Cold Damage](#). WWW.hgic.clemson.edu/

Healthy Eating.....Anna Broecker

BROCCOLI AND APPLE SALAD

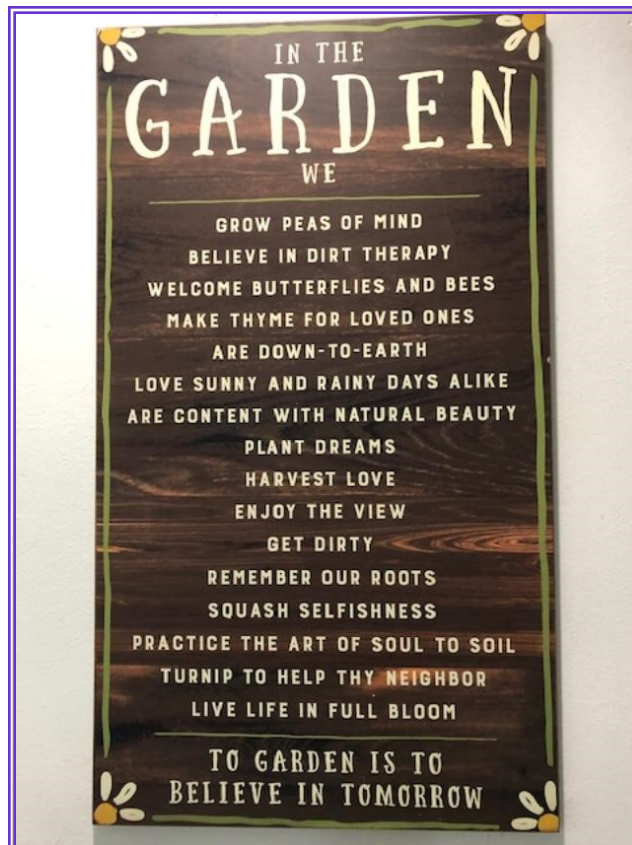
- 2 cups broccoli, small florets
- 2 cups kale, chopped fine in food processor
- 1 cup purple cabbage chopped fine in food processor
- 1 crisp apple chopped with skin on
- 1/2 cup dried cranberries
- 1 cup purple grapes cut in half

DRESSING

- 1/2 cup mayonnaise
- 1/2 cup lemon juice
- 2 tablespoons pure maple syrup



Mix all salad ingredients together and then toss with dressing. Do at least an hour ahead.
 Note: To make plant based/vegan can use vegenaïse in place of regular mayonnaise



Submitted by Sandy Stern



Coming in February
Native Plants in the Lowcountry
Speaker: Laura Lee Rose, Clemson University
Extension Service agent

Deadline for submitting articles for this newsletter is the second Sunday of the month.

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