

Kewaunee County Garden Club Newsletter

Gardening Fitness *(trim your flowerbeds and your waist)*

Gardening is an enjoyable pas-time that is widely available to anyone who is interested. There is no need to go to a gym or spend money on exercise equipment. Your gym is the outdoors, surrounded by nature and fresh air. Your equipment is your gardening tools. Before you get started here are some helpful tips:

Warm up by stretching your muscles for 5 to 10 minutes before heading to the garden. Stretch every so often during the gardening time.

Mix it up. Use a variety of motions at a steady pace .. Weeding, pruning, digging, lifting, and hauling waste. Alternate these tasks.

Bend at the knees not at the waist, especially when lifting heavy items, and use long-handled tools to avoid back strain and pain.

Take regular breaks!

Cool down by walking, picking flowers or vegetables, or just enjoying the fruits of your 'exercise.'

Some interesting facts:

Gardening uses as much energy as sitting, knitting or sewing.

Planting seeds uses as much energy as a leisure bike ride.

Weeding your garden uses as much energy as heavy cleaning or golfing.

Gardening provides all three types of exercise: endurance, flexibility, and strength.

Gardening can help lower blood pressure and cholesterol or prevent diabetes, heart disease, depression, and osteoporosis when practiced on a regular basis. Exercise in the garden gives all major muscle groups a good workout including your legs, arms, buttocks, stomach, neck, and back.

Whether it comes in the form of digging soil, setting plants or carrying water, exercise is taking place. Weeding, pruning, or even walking around the yard can increase heart rate and tone up the body. Your brain even gets a chance to workout as you plan garden designs and absorb information from resource materials.

Gardening has a positive effect not only on your physical health but mental health as well. Tending a garden allows your creative side to shine through

leaving you with a sense of accomplishment and pride.

Gardening can stimulate all of your senses. The garden is filled with all sorts of sights, sounds, textures, scents, and tastes. It may even stimulate long-forgotten memories. These senses can easily relieve and reduce unwanted stress associated with everyday life, allowing you a much deserved break from outside distractions.

Gardening connects you with others as well as with nature. This healthy hobby is one that can be enjoyed and practiced by everyone in the family and at any age.

Gardening also benefits your health when you choose to grow and eat your own food.. When growing your own herbs, fruits, and vegetables, you know exactly what you are eating. Nothing compares to fresh food that has been grown and harvested by you and from your very own garden. And, kids that help in the garden are more likely to eat what is grown!

A happy, healthy, and hearty gardening to you this season!

Of Special Interest

- > Annual Plant Sale
- > Self-Watering and Solar-Powered Containers
- > Non-Vining Clematis
- > Poisonous Flowers

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Inside this issue:

KC Garden Schedule	2
Ag Heritage Days	2
Plant Sale	3
Self-Watering Containers	4
Solar-Powered Containers	4
Non-Vining Clematis	4
10 Top Poisonous Flowers	5
Lakehaven Photo	6
Mission Statement	6
Membership Information	6

Garden Club Schedule 2018

Gardening Rule:

When weeding, the best way to make sure you are removing a weed and not a valuable plant, is to pull on it. If it comes out of the ground easily, it is a valuable plant.

Monday, May 21	KC Garden Club Meeting Program: "Garden Math" - Sue Hepp	Algoma Youth Club	7:00 p.m.
Friday, May 25	Plant Sale Staging	301 First Street, Kewaunee	4:00 p.m.
Saturday, May 26	Annual Plant Sale	Harbor Park, Kewaunee	9:00 a.m.—Noon
Tuesday, June 5	Dana Farm* (weed/feed)	N3787 Ransom Moore Lane Kewaunee	4:00—6:00 p.m. Potluck following
Tuesday, June 26	Plant Swap/Potluck	Winter Park/Dana Farm	TBD
Month of July	Dana Farm* (open weeding)	N3787 Ransom Moore Lane	
Tuesday, July 17	Henderson Garden Tour	Sturgeon Bay	Leave @ 1:00 p.m.
Tuesday, July 24	Wagner Garden Tour	Kewaunee	6:30 p.m.
August	Dana Farm* (weed/feed with 4H Group)		Date/Time TBD
Tuesday, August 28	KC Garden Club Meeting	TBD	7:00 p.m.
September	Dana Farm* (open weeding)	N3787 Ransom Moore Lane	
Saturday, Sept. 22	Agricultural Heritage Days	KC Fairgrounds, Luxemburg	9:00—4:00 p.m.
Sunday, Sept. 23	Agricultural Heritage Days	KC Fairgrounds, Luxemburg	9:00—4:00 p.m.
Tuesday, Sept. 25	Make It/Take It Kokedama	Algoma High School	7:00 p.m.
October 9	Dana Farm* (weed/feed)	N3787 Ransom Moore Lane	4:00—6:00 p.m. Potluck following/KCGC to provide main dish
Tuesday, Oct. 23	KC Garden Club Meeting	Kewaunee	7:00 p.m.
Tuesday, Nov. 27	KC Garden Club Meeting	Algoma Youth Club	7:00 p.m.

*Dana Farm Info

There will be a message board located inside the garden shed with a "To Do" list for the 2018 season. The combo for the lock is written on the north wall of the shed.



Agricultural Heritage Days



Agricultural Heritage Days returns to the Kewaunee County Fairgrounds for its **25th annual** event. September 22 and September 23. Watch demonstrations, dig into heritage food, shop the various vendors, and look at hundreds of tractors and other farm equipment.

Kewaunee County Garden Club



Annual Plant Sale

Saturday, May 26
9:00 a.m. - Noon



*Harbor Park
Kewaunee, WI*

www.kcgardenclub.com/



Self-Watering Containers

A lot of emphasis has been placed on different kinds of containers. Here are a couple that you might like to try.

Self-Watering containers:

Crescent Garden Dot TruDrop and Viva Containers—both planters are sold by Gardener's Supply online. The containers are lightweight, premium-quality planters.

The Dot TruDrop planters are

made from premium, high-density UV resistant polyethylene so they are lightweight and ultra-durable. The self-watering system utilizes the space between the double walls as a water reservoir. Depending on the weather and type of plantings, the reservoir generally requires refilling every two to six weeks. This frees you from daily watering chores!

The planters are a natural for flowers, herbs, and vegetables;

larger planters can accommodate shrubs and small trees.

The planters are available in multiple sizes and colors. Available top diameter sizes: 16", 20", and 26"



**All gardeners
live in
beautiful
places
because they
make it so!**

Luminous, Solar-Powered Planters

Light up your landscape with this innovative solar planter. It is an exclusive from Gardener's Supply.

By day, this frosted white planter adds a contemporary accent. When dusk falls, the magic begins as it illuminates from within and casts a magi-

cal glow. Choose color-changing mode or select a single color planter.

The planter is powered by the sun so you can display it anywhere outdoors. It would certainly be a topic of conversation when displayed on your deck or patio!



**The
hardest
part to
raise in my
garden is
my knees!**

Non-Vining Clematis

If you have difficulty getting a clematis to grow, here is one you might like to try. It is a non-vining herbaceous Clematis that dies back to the ground at the end of the growing season.

The vining clematis in my garden grow as though it is on steroids! But, this one has intrigued me ... so, I really need

to try it. The flowers are blue (*favorite color*); it has continuous blooms, and a plus, it attracts hummingbirds.

Light requirements: part sun to sun

Bloom time: early summer, mid summer, or late spring.

Maintenance: easy

Very versatile as it can be used as a border, plant it in a container, or use it as a cut flower.

Like the vining clematis, keep the base and roots cool and the top warm.



Top Ten Poisonous Perennials



1. **Monkshood**—it resembles delphiniums but are longer-lived and can handle shade.
2. **Lily of the Valley**—It is a well known groundcover for its ability to handle extreme conditions. Its fragrance is a harbinger of spring and a popular scent for air fresheners, laundry sheets, and perfumes.
3. **Lenten Rose**—It is one of the few woodland perennials that prefers a slightly sweet soil.
4. **Foxglove**- Although, ingestion of this plant can be fatal at any time during the life of the plant, it is most toxic just before the seeds ripen. The upper leaves of the stem are also more toxic than the lower leaves.
5. **Ornamental Rhubarb** —This oversized rhubarb looks like it should be in the middle of a tropical rain forest. It has dark green, glossy leaves with purple undersides and rich pink plumes.
6. **Common Tansy**—This herb has yellow, button-like flowers and green ferny foliage. It is invasive.
7. **Rue**—This herb has blue mounded foliage with medium yellow flowers in summer. A milky white sap is released when pruned that can cause skin irritations for those with sensitive skin.
8. **Mayapple** —It has one or two divided leaves that spring forth from a single stalk. It looks like a big, halved umbrella. The rhizomes is the most poisonous part of the plant.
9. **Colchicum**—They are not a crocus; they are in a different family. They are sometimes called 'Naked Ladies' because their foliage comes up earlier in the year, dies back, and the flowers appear on slender stalks, leafless, in fall.
10. **Chinese Lanterns**—Many like to dry these fun, lantern-shaped flowers for fall decorations but the unripe berries and leaves are poisonous. Chinese Lanterns are very invasive.

Lakehaven Garden and Outdoor Living Show

Joel Weichert



www.kcgardenclub.org/

Nancy Lamack

Mission Statement

It is the mission of the Kewaunee County Garden Club to support the horticulture efforts of the people and communities of the county with volunteer work, education, and example.

Membership Information

Single Membership	\$10.00
Couple Membership	\$15.00

Your membership dues are due in January. If you have not paid Ann please do so before the end of March. Thank you!