

Kewaunee County Garden Club Newsletter

May—June 2020



Plant A 'Victory Garden'

Perhaps it is time to repeat history as a result of the COVID-19 pandemic. During World War II, Americans were urged to plant 'victory gardens' because of food shortages. Daily news reports indicate the need for food to feed those that are unemployed or furloughed who desperately need food. Our mailboxes contain letters from organizations asking for donations to feed the hungry. Is it any wonder that more people are thinking about gardening.

Whether you plant a garden for your family, for the food pantry, or for a neighbor, it is the best of both worlds. You are never alone when you are outside in a garden. There are chirping birds, creeping bugs, blooming flowers, barking dogs, meowing cats, toads, rabbits, squirrels, and other living things.

There is a need to be in 'touch' with the earth and things that grow. We spend a lot of time on our computers or cell phones, washing our hands ... so getting outside and digging in the dirt, planting vegetables and flowers, watching them grow, harvesting and consuming or giving them away, is a stress reliever. A big plus is vitamin D from the beautiful sunshine and using your hands certainly benefits one's mental health.

If you do not have enough room in your backyard to start a victory garden, there are other options.

1. **Planters** or **Containers** are great when you don't have a lot of space.
2. **Strawbale Gardening** has gained in popularity.
3. Turn a portion of your **lawn** or use a '**weed patch**' for an instant garden.
4. **Community Garden** plot or plots. Meet other gardeners even while social distancing!

Nurseries and garden centers have been designated as essential businesses in most places. Most centers in our area are well-stocked and open for business. The beauty of planting your own victory garden is that you plant what you like and the amount you plan on using. It indeed is a victory ... feeding the hungry, enjoying nature, and having a healthy mind all at the same time.

Happy Gardening!

Inside this issue:

Programs and Events	2
Plant Giveaway	2
Dana Farm Clean-up	3
Dandelion Health Benefits	4
Dandelion Health Benefits	5
Garden of Hope	6
Flowchart for Plant Giveaway	6
The Promise...	7

Programs and Events

Saturday, May 23	Plant Giveaway	9:00—12:00 p.m.	Harbor Park
Tentative Dates:			
Saturday, June 6	Garden Tours (<i>possibly 3</i>)	TBD	Madison Stoughton Burlington
Tuesday, June 23	KC Garden Club		
Tuesday, July 28	KC Garden Club		
Tuesday, August 25	KC Garden Club		

Other possible programs during the summer: Dan Fager from Footbridge Apiaries or a Hemp Farm visit



KCGC Members: Bring clearly marked planted pots on Saturday, May 23 between 7:00—8:00 a.m. to Kewaunee Harbor Park.

The Marketing Committee is in need of 5 more volunteers to help with the giveaway. If you are available to help, please contact Barb Smith. You will be required to bring and wear a mask and gloves; a KCGC apron will be provided for the event.

KCGC members will be allowed to pick **two plants maximum** prior to the sale. The plants must be chosen and moved before 8:00 a.m.

Please let Barb Smith know **what plants** and **how many** you are planning to bring for the Plant Giveaway prior to May 23. She will place a list of all plants to be given away on the website.

There will be a donation box for customers in the Gazebo.

There is no set schedule for this project. Whenever the weather is warm enough for you to venture out to do some gardening, bring some tools ... start digging and weeding!

There are five different areas that are in need of a good cleaning and repair.

1. Clean-up under the **pine trees** either by picking up or raking the same.



2. **Gardens at the Cabin.** Clean out the debris in the shade garden inside the stone wall by the cabin. Dig out the Dames Rocket.
3. A birch tree was removed from the **pollinator garden**. Clean up around the area and place soil/compost in its place. The stone edging around the pollinator garden needs to be re-built.



4. **Gardens at the Entrance.** Rake the leaves from the Sedum bed and the bed by the stone wall/driveway.



We may think we are nurturing our garden, but of course, it is our garden that is really nurturing us.

-Jenny Uglow

Dandelion Health Benefits

It is safe to consume the flowers, greens, stems, and roots of the dandelion plant. However, it is vital that you check for an allergic response before you drink the tea. *(Make a batch of the tea, and soak a cotton ball in the beverage. Place the cotton ball on the inside of your wrist and wait for 15 minutes. If the skin on your wrist starts to turn a reddish color and exhibit signs of inflammation, then you are allergic to dandelion and should avoid drinking the tea.)*

When brewing the tea, it is recommended that you steep the roots for 15 minutes for a mild brew and 30 minutes for a potent beverage. Use mild brews for therapeutic use, and a stronger version for treating conditions like constipation.

From root to flower, dandelions are highly nutritious plants, loaded with vitamins, minerals, and fiber. Dandelion greens can be eaten cooked or raw and serve as an excellent source of vitamins A, C, and K. They also contain vitamin E, folate, and small amounts of other B vitamins. Dandelion greens also provide a substantial amount of several minerals, including iron, calcium, magnesium, and potassium.

The roots of the dandelion are rich in the carbohydrate inulin which is a type of soluble fiber found in plants that supports the growth and maintenance of a healthy bacterial flora in your intestinal tract. Dandelion root is often dried and consumed as a tea but can also be eaten in its whole form.

Dandelions are full of potent antioxidants, which may explain why this plant has such broad applications for health.

Antioxidants are molecules that help neutralize or prevent the negative effects of free radicals in the body. Free radicals are a product of normal metabolism but can be very destructive. The presence of too many free radicals contributes to disease development and accelerated aging. Therefore, antioxidants are essential for keeping your body healthy. Dandelions contain high levels of the antioxidant beta-carotene, which is known to provide strong protection against cellular damage and oxidative stress. They are also rich in another category of antioxidants called polyphenols, which are found in the highest concentration in the flower but are present in the roots, leaves, and stems as well.

Include some fresh dandelion greens in your garden salad and enjoy all the health benefits!



Photo provided by:
Mary Novak

Dandelion Health Benefits *(continued)*

Few people realize the health benefits of the pesky dandelion. The flower, leaves, and roots all can be harvested and used in various ways. With that said, instead of using toxic weed killers to remove dandelions, try harvesting them instead of killing them!

The greens of the dandelion help resolve urinary tract and liver issues, while the roots have a regenerative and detoxifying effect on the liver. Crush the roots and leaves in a food processor and then add them to a coffee grinder to turn it into a powder. Add the powder to a crockpot with some water and let it simmer for 45 minutes to an hour. Drink one cup of dandelion tea three times daily for the best results. Leftover tea can be stored in the refrigerator for up to three days. There are several health benefits of drinking dandelion tea.

Boosts Immune Function:

There are various reasons for weakened immune functions, including mineral and vitamin deficiencies, autoimmune disorders, and digestive disorders. Since most of the immune system resides in the digestive system, you can improve your immune response by changing your diet and drinking dandelion tea.

The roots of a dandelion possess potent antimicrobial and antiviral properties. The antioxidants found in dandelion root powder help bolster the immune system by reducing inflammation in the intestines, allowing more nutrient absorption from the food that is eaten. Studies show that consuming dandelion root powder in a tea, reduces a viruses ability to replicate while preventing the spread and growth of harmful bacteria.

Cancer Fighting Properties:

Drinking dandelion root tea helps to prevent cancer cells from forming while diminishing the spread of the disease in the body. Drinking the tea helps to reduce the presence of polyps in the intestines that may lead to the formation of colorectal cancer. The antioxidant properties on the tea also help to scavenge free radicals from the bloodstream preventing oxidation of healthy cells.

Balance Blood Pressure:

Drinking dandelion tea will help the body regulate blood pressure. The polyphenols found in dandelion greens and roots act as a diuretic, flushing excess water from the body, reducing the patient's blood pressure.

Reduce Cholesterol Production:

The bioactive compounds and polyphenols in the tea help to reduce inflammation and elevated blood sugar levels associated with excess LDL production in the liver.



Regulate Blood Sugar Levels:

Dandelion root and greens contain the bioactive compounds chicoric and chlorogenic acid. These compounds help to regulate blood glucose levels, resulting in lower fasted blood sugar readings in patients with prediabetes and diabetes type 2. In some cases, drinking dandelion tea in conjunction with diet changes can cure a patient of prediabetes.

Enhance Bone Health:

Adding dandelion greens to your tea infuser helps to enhance the levels of vitamins and minerals responsible for maintaining optimal bone health. Dandelion greens are a rich source of vitamin K and calcium; two critical nutrients needed for strong, healthy bones.

www.kcgardenclub.org

*A garden
is always
a series of
losses set
against a
few
triumphs,
like life
itself.*

-May Sarton

Garden of Hope

Walking into a garden of flowers
brings sunshine to the soul
and gives us many powers
to help us focus ...without a toll.

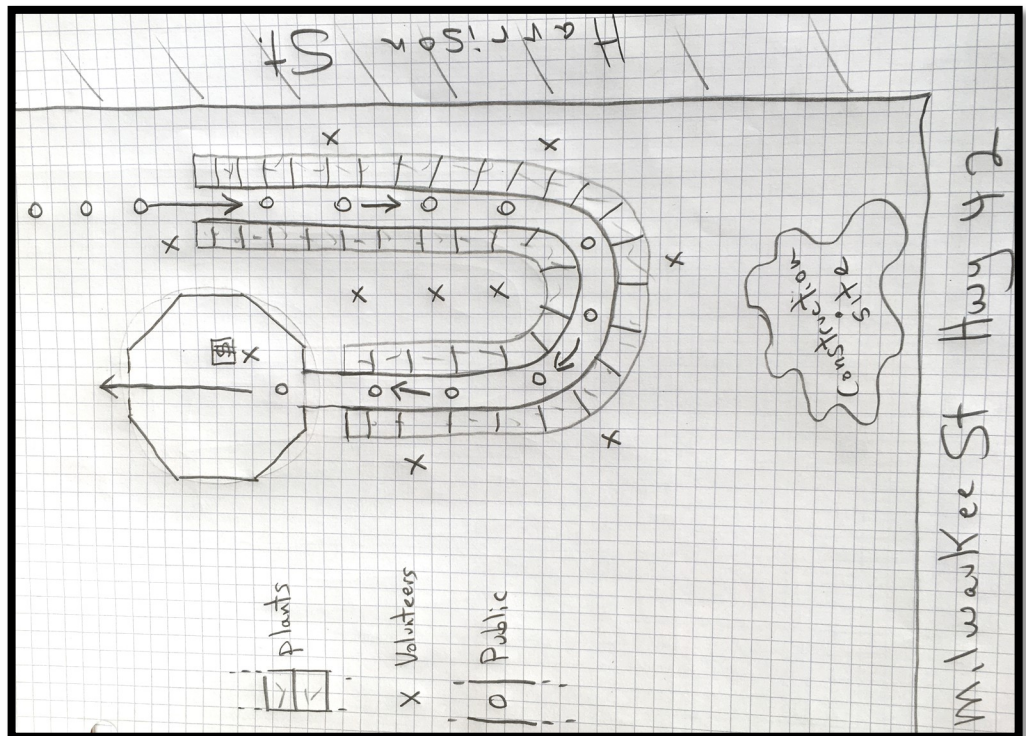
Listening to the wind through the trees
and savoring the fragrances
you can almost hear children's glees
while Mother Nature prances.

The crocus, daffodils, and tulips
are dancing in the breeze
while perennials and hosta pips
are just about to sneeze!

The wonders of germination
will never, ever cease
gives us much hope and determination
for our life to be at ease.

Okay ... this is my first attempt at writing poetry ... perhaps the last!

Flowchart for Plant Giveaway at Harbor Park





The 'Promise' ...

