



# Kewaunee County Garden Club Newsletter

March– April 2025

## Gardening 2025

No matter where gardening is taking place, gardening is a way to relate to the Earth and bring people together. As gardeners, a good motto to have is ... plant, grow, and share what you know!

With our mailboxes getting higher and higher with seed catalogs and prices getting even higher, gardeners need to be very selective as to what is essential to purchase. The focus should be on what draws you to a garden. Do you prefer the muted, earthier palette of dusty pinks, lavender, soft peach, and soft whites? This softer palette shows tranquility and works well in traditional or cottage gardens.

**Native plants** are growing in popularity. They adapt to local climate and soil conditions and provide food for native butterflies, insects, birds, and other animals. Native plants promote biodiversity and stewardship of our natural resources. Native plants do not require fertilizers. Native plants can significantly reduce water runoff and, consequently, flooding. They provide shelter and food for wildlife. Besides, they are beautiful and awaken our senses!

**Drought-Resistant Flowers** are a consideration if you are looking for a low maintenance garden. With the very hot summer of 2024, people are expressing the need for hardy, drought resistant perennials. Some that tolerate hot temperatures and less rain are Russian sage, catmint, agastache, yarrow, and coneflowers.

**Pollinator-Friendly Designs**—The nectar rich flowers and habitats support beneficial insects. Flowers that are great for the environment and that are beautiful: black-eyed Susan, bee balm, blazing star, and zinnias just to name a few.

**Hummingbird Attractors**—who isn't fascinated by these tiny creatures. You are not just growing beautiful flowers, you are also nurturing birds and other pollinators. Hummingbirds love lantana, petunias, cardinal flowers, salvia, and delphiniums.

If you prefer a more **monochromatic garden** area, choose one or two tones like shades of purple which create an elegant, beautiful, and appealing garden area. You might consider purple fountain grass, purple coral bells, lavender, blazing star, and white roses to compliment and to help the purple stand out.

**Bold Color Pops**—They can be used in the garden or in containers. Bold as in orange, bright red, magenta, deep purple foliage, or electric green grasses. Classic perennials and shrubs could include coneflowers, coral bells, roses, hydrangeas, black petunias, hibiscus, or sunflowers.

**Mix Vegetables and Flowers** into a garden space. Broccoli, squash, and tomatoes benefit by planting French marigolds near them. Brings in beneficial insect.

*“The  
flowers of  
spring  
are  
nature's  
most  
fragrant  
smiles.”*

*—unknown*



## Programs and Events 2025

**Tuesday, March 25**—'Growing Bulbs in Water' with Jean Rankin at ESI Hub at 6:30 p.m.

**Tuesday, April 22**—'Climate Change and Gardening' - Joint Meeting with HCE at the Kewaunee County Highway Department at 6:30 p.m.

**Saturday, April 26**—Annual Bird City Algoma World Migratory Bird Day celebration at the Algoma High School from 9:00 a.m. to 2:00 p.m. Family friendly ... live raptors, presentations, items for sale, food and refreshments. This year's theme: 'Shared Spaces: Creating Bird-Friendly Cities and Communities'.

**Tuesday, May 20**—'Bugs' with Barbara Piechocki TBD

**Saturday, May 24**—KCGC Plant Sale at Lakehaven Hall grounds, Kewaunee

**June** (date and time TBD) - Dana Farm Clean Up

**Tuesday, June 24**—'History of Photosynthesis' with Joel Weichelt, 1326 Miller Street, Kewaunee at 6:30 p.m.

**Tuesday, July 22**—Garden Tour with Mary Ouradnik, N6308 Crevice Road, Casco

**Tuesday, August 26**—'Irrigation System' with Kathy Pederson, N2740 Lakeshore Road, Kewaunee at 6:30 p.m.

### Summer Trip Possibilities:

Chicago Botanical Gardens

Rotary Botanical Gardens, Janesville

Olbrich Gardens, Madison

Epic, Verona

**September 20—21**—Ag Heritage Days, Luxemburg Fair

"Spring is when you feel like whistling even with a shoe full of slush."

"There is one good thing about this world...there always is sure to be more springs."



# World Migratory Bird Day 2025



Together, We Can Make Our  
Community Bird-Friendly.  
Learn How!

## Algoma High School

1715 Division Street

**Saturday, April 26, 2025**

**Doors open at 9:00 a.m.**

**Until 2:00 p.m.**

**Hosted by:**

Bird City Algoma Committee

[www.birdcityalgoma.com](http://www.birdcityalgoma.com)

### Raptor Education Group, Inc (gym)

- **Live Bird Booth** featuring up-close encounters with live birds of prey along with educational outreach materials, coloring pages, and touchable objects like wings and skulls.

### Vendor Area:

- Displays and Information from Local Organizations
- Items for Sale
- Food and Refreshments
- Kids' Crafts and Storytelling

### **Presentations:** *(Little Theater)*

**9:30 a.m. – 10:30 a.m.:** 'Birds Up Close and Personal'

John Walch, Professional Wildlife and Nature Photographer

**11:00 a.m. – Noon**

**Mabel Kirst**, Lake Michigan Bird Observatory, Community Conservation Assistant.

**Matt Murphy**, Algoma City Administrator

**12:30 a.m. – 1:30 p.m.** 'Invasive Species'

**Valerie O'Connor**, Invasive Species Coordinator, Glacierland Resource Conservation and Development, Inc.

**Debbie Kiedrowski**, Friends of Crescent Beach, Crescent Crew Leader

Live  
Raptors

## Gardening: A Healthy Hobby

### These are some of the benefits of gardening ...

Gardening gained popularity during the COVID-19 pandemic. People spent more time at home and turned to gardening as a connection to nature, stress relief, and food provisions. Gardening can be both challenging and gratifying. These are some of the benefits of gardening ...

- 1. Gardening builds strength, promotes sleep, and helps one maintain a healthy weight**  
In the garden, you perform functional movement that mimics whole body exercises: squats and lunges while weeding. Carrying bags of mulch and other supplies works large muscle groups. Digging, raking, and using a push mower can be physically intense activities. More calories are burned than a workout in the gym.
- 2. Gardening may help protect your memory as you age**  
New evidence shows that gardening activities may spur growth in your brain's memory-related nerves. Analysts found that horticultural therapy, using gardening to improve mental health, may be an effective treatment for people with dementia.
- 3. Gardening is a mood booster**  
When people spend time in a garden, their anxiety levels drop and they feel less depressed.
- 4. Gardening can improve your balance and flexibility**  
Some suggestions for more flexibility when gardening ... use a small stool or raised beds if you suffer from lower back pain. A shovel or rake can be used to support knees when squatting. Smaller pots are lighter and easier to move than large ones. Buy smaller bags of mulch or soil that are easier to carry.
- 5. Improves diet**  
Different veggies have a variety of health benefits. **Peppers** contain capsaicin, which has anti-inflammatory properties and can reduce heart disease. **Tomatoes** are high in vitamin C, potassium and contain lycopene, an antioxidant that may reduce prostate cancer risk. **Broccoli** protects your body's cells from damage.
- 6. Getting outdoors is good for physical and mental health**  
People tend to breathe deeper when outside, which helps clear out lungs, improves digestion, improves immune response and increases oxygen levels in the blood. Sunlight lowers blood pressure and increases vitamin D levels in the body.
- 7. Gardening brings people together and strengthens social connections**  
Social connections are important because they help lower stress, improve resilience, and provide support during difficult times in life. A strong sense of belonging lowers risk of depression and anxiety.
- 8. Gardening can cultivate feelings of empowerment, connection, and creative calm**  
If you are looking for a way to combat inequities in the food system, you can begin with this powerful act: Grow something of your own.
- 9. Gardening is just plain FUN!**

# Kewaunee County Garden Club Annual Plant Sale 2025

[www.kcgardenclub.org](http://www.kcgardenclub.org)



**Saturday, May 24<sup>th</sup>**

**9:00 a.m. – Noon**

**Lakehaven Hall, Kewaunee**  
(on the grounds)

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- Annuals
- Perennials
- Native Plants
- Tomato Plants
- Crafts
- Garden Kits (**Free**)

# Garden Kit Container Ideas

It is time to do some 'spring cleaning' around the house. If you haven't used an item/items for years, consider donating them to the garden club to be used in the kids and adult gardening kits. The gardening kits are very popular and a great way to get attendees interested in gardening, especially the young folks. **Please get your containers to Sue Hepp no later than April 10.** If you prefer, donations are always welcome to help defray the cost of purchasing gloves and garden tools.

- Stuffed Animals (*medium-size*)
- Old Shoes (*large or small*)
- Old Boots (*large or small*)
- Cookbooks/Gardening (*hard cover*)
- Photo Frames
- Bread Boards
- Oven Mitts
- Baseball Mitts
- Goggles/Sun Glasses
- Puzzle (Box)
- Barbie/Ken Toys
- John Deere Tractors/Wagon
- Telescope (*toy*)
- Cheese Grater
- Potato Masher
- Pillows (*small*)
- Train (*caboose or engine*)
- Children's Books (*hard cover*)
- Kitchen Towels
- Kitchen Shears
- Wooden Cooling Racks
- Fishing Poles (*small*)
- Ballet Slippers
- Tall Juice Cans (*empty*)
- Dustpan
- Garden Plaques
- Old Garden Tools
- Garden Weathervane
- HOLLOWED OUT Tree Branch (*thick*)
- Kitchen Pots/Pans
- Bird Feeders
- PVC Piping (*large diameter*)
- Old Mailboxes
- Teapot (*medium*)
- Old Jeans (*kids*)
- Pitchers (*juice or water*)
- Pillows (*small*)
- Musical Instruments (*toy*)
- Sand Pails



Kewaunee County Garden Club



Little Bluestem



Big Bluestem



Switchgrass



Prairie Dropseed

**Officers:**

**President:** Tom Zenner

**Vice President:** Cheryl Eberle

**Secretary:** Sue Hepp

**Treasurer:** Ann Brunner

**Marketing Committee:**

Tom Zenner

Barb Smith

Cheryl Eberle

Nancy Lamack

Joel Weichert



<https://www.kcgardenclub.org>

**Native Grasses 2025**

**Little Bluestem** (*schizachyrium scoparium*)

Has clumps of medium-textured arching foliage between 2' to 4', and red-dish fall color. It flowers in late summer and seedheads persist over winter.

**Big Bluestem** (*Andropogon gerardi*)

Reaches height up to 8' and is known for distinct turkey-foot flowers in late summer and bronze fall color. Both Bluestem grasses have short underground creeping stems called rhizomes, which allows plants to increase in size over time.

**Switchgrass** (*Panicum virgatum*)

It grows in erect clumps of medium-textured foliage between 3' to 6' and features open, airy flowers and seedheads.

**Prairie Dropseed** (*Sporobolus heterolepis*)

A native grass that is shorter than the above grasses, 1' to 3'. Prairie Dropseed features fine textured foliage, flowers, and seedheads.

ALL prefer sunlight for a least six hours per day!