

Kewaunee County Garden Club Newsletter

Kewaunee County
Garden Club

Special points of interest:

> Annual Plant Sale

> KCGC Events 2017

> Garden Tours

> Strawberries (*June*)

*Spring is like Christmas,
with a new gift opening
up every day!*

Asparagus ... Springtime Favorite

The name, Asparagus, comes from the Greek language and means 'sprout' or 'shoot.' Those 'shoots' or what we commonly refer to as spears, have the potential to grow quickly. In ideal conditions an asparagus spear can grow 10" in a day! Most common Asparagus spears are green; however, it is not uncommon to find white, purple, or even red at a farmer's market or grocery store. **Green** asparagus has color because of a process called 'photosynthesis.' All are familiar with this process which when paired with sunlight produces chlorophyll in plants and makes them 'green'. **White** is green asparagus that has been denied light while growing so the chlorophyll never developed and is less bitter. It is grown by creating mounds of soil around the growing spears, hiding them from the light and resulting in their blanched, pale look. It is very labor-intensive to harvest as workers need to dig around each spear to a depth of nine inches to be able to clip it at the base. **Purple** asparagus has a high sugar and low fiber content. The purple color comes from a phytochemical. This is the same deep-purplish blue pigment found in blueberries. When cooked, the purple, as well as the red spears, turn green.

Asparagus is high in fiber, folate, potassium, and contains bone-building vitamin K along with many antioxidants, including vitamins E, A, and C. Each spear has just 4 calories and contains NO fat, NO cholesterol, and is low in sodium. Asparagus does contain methyl mercaptain, a sulphur compound which produces an uniquely pungent urine after eating this vegetable. It is a difficult vegetable to pair with wine because of the compound it tends to give wine a metallic taste. Cool-climate wines that have pronounced herbal flavors are served to counter this.

Asparagus has a delicate flavor that is best when lightly cooked. It is important to not overcook this veggie as it may end up dry, rubbery, or soggy. These are some favorite ways of preparing this vegetable:

Roasted: lay trimmed stems on a sheet pan, drizzle with a little olive oil, salt and pepper, and roast at 425 degrees for 12-15 minutes, or until tender and just starting to turn brown.

Blanched: boil water in a wide frying pan or stock pot, place asparagus in the boiling water; cook for 2 minutes or until bright green. Remove from water and immediately run under cold water.

Steamed: cut spears to fit into a steamer basket; steam until it is bright green and tender. You can also steam asparagus in the microwave by cooking on High for 3 minutes in a microwave-safe dish with a little liquid and a few dollops of butter.

Sautéed: heat a little olive oil in a large skillet over medium heat. Cut asparagus into pieces that will fit in your pan, then sauté with a little salt and pepper until it is crisp-tender, about 5 minutes.

Grilled: place asparagus stems directly on the grill or use a grill basket. Grill until crisp-tender.



Several ways to serve this versatile vegetable:

- Top with hollandaise, béarnaise, or another creamy sauce.
- Mix blanched asparagus into cold pasta salads, or add roasted asparagus to hot pasta. Chop, shave, or grate raw or blanched asparagus spears and add to a spring or summer salad.
- Asparagus is a classic and simple party appetizer—wrap roasted, steamed, or blanched spears in thinly sliced ham, bacon, or prosciutto, then drizzle with olive oil, salt and pepper, and desired spices.
- Add chopped asparagus into any egg bake, quiche, frittata, or casserole where you normally include veggies. Toss asparagus into stir-fried
- Top pizzas, flatbreads, or tarts with asparagus and bake as normal.
- Chop and add to veggie or ham-based soups. Add at end of cooking time so it doesn't get overdone.

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Garden Club Programs 2017

Tuesday, May 23

7:00 p.m.
Sue Hepp - 'Sound, Senses, and Serenity'
Algoma Youth Club

Saturday, May 27

9:00 a.m. -12:00 p.m.
Annual Plant Sale
Harbor Park, Kewaunee

Tuesday, June 27

6:30 p.m.
Joel Weichelt's Garden Tour
1326 Miller Street, Kewaunee

July 11-13

9:00 a.m.—4:00 p.m. Daily
Farm Technology Days
Ebert Enterprises, Algoma

Tuesday, July 25

6:30 p.m.
Mary Duradnik's Garden Tour
N6308 Crevice Road, Casco

Tuesday, August 22

6:30 p.m.
Mary Goodner Garden Tour/
Bird Bistro and Potluck
80 Villa Heights, Algoma

Tuesday, September 26
Open

Tuesday, October 24

7:00 p.m.
Tom Zenner—Cane Berries
Grady Lodge, Kewaunee

Tuesday, November 28

7:00 p.m.
Barb Piechocki—'Onions'
Algoma Youth Club

December—Christmas Party



Peonies For Sale ...



Heritage Double-Pink

demand little attention, and make spectacular bouquets. Even after the blossoms are spent, the dark green foliage keeps its sturdy shrublike presence and looks good all summer.

"Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvas."

-Elizabeth Murray

Peonies are the rock stars of the garden, taking center stage and flaunting their sumptuous flowers.

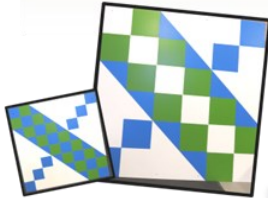
As perennials go, peonies give you the biggest bang for your buck. They flower abundantly,



Heritage Single-White

Spring

Kewaunee County Garden Club Plant Sale



Pre-order Barn
Quilt Squares at
sale or online

kcgardenclub.com/



Location: Harbor Park, Kewaunee, WI

Come early for the best selection:

Perennials ... vegetables ... annuals ... specialty plants along with 25 double pink Heritage Peonies and nine single white Heritage Peonies with yellow centers. We are calling them "Heritage" varieties as they have a lovely fragrance that is nowadays hard to find in new varieties. The peonies were donated by Janet and Dale Swoboda.

Garden Tours *(possible)*

Fox Woods Garden—Abrams

The summer fireworks show is on at Fox Woods Garden, Abrams, where owners Jim and Sharon Prochaska aim to please by creating some of the wildest, most flamboyant and biggest blooms you'll ever see. With many of the daylilies here reaching a consistent 10 to 14 inches across, the plants at Fox Woods Garden are truly spectacular.

In fact, Jim says that of the 65 or so varieties of daylilies with blooms that regularly exceed 11 inches across, nearly 40 of them can be found at Fox Woods Garden. The result is a stunning display of the most vibrant, elegant and outrageous daylilies you will ever see.

At Fox Woods Garden, the whole family has developed a passion for creating stunning, flamboyant plants. Son Doug, working especially with diploid daylilies and patterns, has developed many stunning seedlings on display in the garden beds.

Jim's focus is on the huge, massive unusual-form daylilies, with intense colors and dramatic height being his main focus.

Sharon loves her ruffles and can often be seen pollinating by hand the plants she feels will make wonderful crosses.

Last year, Fox Woods Gardens was honored as an American Hemerocallis Society display garden, one of only a handful in our area. Representatives from the national society visited the gardens and determined all of the requirements were met to qualify for this amazing honor.

Fox Woods Gardens is open Thursday through Sunday through Aug. 14, and by appointment after that. The gardens are located at 3713 Fox Woods Court, Abrams, just west of U.S. 41. 920-826-2775.



New Leaf Foods Incredible Edible Garden Tour—Green Bay

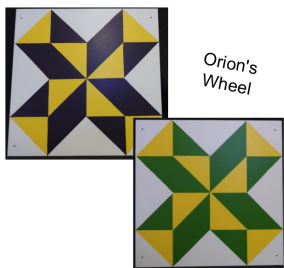
Saturday, August 5, 9:00 a.m.—1:00 p.m.

Come and learn how Green Bay is growing their own food. This urban agriculture movement is taking off in our community. Join us for the fifth Incredible Edible Garden Tour hosted by New Leaf Foods. We will highlight how people are creating a sustainable food system by growing their own. From community gardens in our neighborhoods, schools, churches, food pantries to food forests people are turning their yards and open spaces into a food oasis. Come and spend the day touring visiting the gardens of Green Bay at your self-guided pace. This event is free and open to the public.

Incredible Edible Garden Tour 2017

Every Garden Tells a Story. The purpose of the garden tours is to share and educate the community about building a sustainable food systems through urban agriculture.

Fun Garden Types



Orion's Wheel

For Sale:

Small—\$40.00

Large—\$100.00

Pizza Garden

Many pizza ingredients, such as tomatoes, sweet peppers, onions, basil, oregano, thyme, and parsley, require similar growing conditions (*good soil, regular watering and full sun*). Plant them in the same patch of soil.

A Healing Garden

Grow a healing garden for their calming and healing properties.

Lavender Cotton: The foliage repels insects, moths, and fleas. Apply the foliage to insect bites and it eases the sting.

Catmint: The dried leaves make a calming tea.

Roses: Adding a few rose petals to a plain cup of hot water is relaxing and good for you. Rose petals in black tea, with milk and honey, is excellent.

Rose hips, which form after the flowers have faded, are full of vitamin C. Eat them like crabapples.

Lemon Balm: The leaves make a soothing tea that won't make you sleepy. Put a large handful of fresh leaves in a canning jar, pour boiling water over them; let cool.

Pollinator Garden

Pollinator friendly plants, water, shelter, and no pesticides.

"Flowers are sunshine, food, and medicine to the mind."

-Luther Burbank

Container Gardening

Maximize your planting space and extend the growing season with containers filled with flowers, herbs, and vegetables. Reduce maintenance by using potting soils which provide good drainage and moisture holding capability

Often the soil around your home isn't ideal for long-term gardening success because it is usually made up of a thin layer of topsoil spread over the compacted subsoil.

Gardening in containers is simple and rewarding. While containers do need attention, the maintenance is relatively minimal to keep them healthy

Annuals are a surefire way to quickly add a 'pop' of color to containers.



Orion's Wheel

For Sale:

Small—\$40.00

Large—\$100.00

Strawberry Trivia Fun Facts

The name 'strawberry' was derived from the berries that are 'strewn' about on the plants, and the name 'strewn berry' eventually morphed into 'Strawberry'.

- Strawberries are the only fruit with seeds on the outside of the fruit.
- Strawberries are not true berries, like blueberries, cranberries, or grapes. Technically, a berry has its seeds on the inside. And, to be technical, each seed on a strawberry is considered by botanists to be its own separate fruit.
- Seeds can grow into new plants, but most reproduce through runners.
- The average strawberry has 200 seeds.
- Native Americans called strawberries 'heart-seed-berries' and pounded them into their traditional cornmeal bread. Colonists decided to create their own version, which became an American favorite ... Strawberry Shortcake.
- Strawberries are low fat, low calorie, high in vitamin C, fiber, folic acid, and potassium.
- Strawberries are believed to help reduce the risk of heart disease and certain cancers.
- Americans eat 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen per capita.
- Strawberries are the first fruit to ripen in the spring.
- There is a museum in Belgium just for strawberries.
- Strawberries are a member of the rose family.
- In medieval times, strawberries were served at important functions to bring peace and prosperity.
- Folk lore states that if you split a double strawberry in half and share it with the opposite sex, you will soon fall in love.
- Birds are responsible for distributing strawberry seeds everywhere.
- Strawberries are indigenous to every continent except New Zealand, Australia, and Africa.
- The ancient Romans thought strawberries had medicinal powers. They used them to treat everything from depression to fainting, fevers, kidney stones, bad breath, and sore throats.
- Strawberries contain high levels of nitrate. This has been shown to increase blood and oxygen flow to the muscles. Research suggests that people who load up on strawberries before exercising have greater endurance and burn more calories.
- California produces some 80% of the strawberries grown in the U.S. They grow about 2 billion pounds of the heart-shaped fruits per year. Every state in the U.S. and every province in Canada grows their own.
- The English and French also found strawberries using the beautiful heart-shaped berries to landscape their gardens. In fourteenth-century France, Charles V ordered twelve hundred strawberry plants to be grown in the Royal Gardens of the Louvre.
- Eight medium-sized strawberries contain 140% of the U.S. RDA for vitamin C. One cup of fresh strawberries provides about 88 milligrams of ascorbic acid, which more than meets the RDA allowance of 45 milligrams for the average adult.
- Strawberries are low in calories: one cup of unsweetened strawberries has only 55 calories.
- Strawberry juice combined with honey will reduce inflammation or sunburn. Rub the mixture thoroughly into the skin before rinsing off with warm water and lemon juice.
- One acre of land planted with strawberry plants produces about 50,000 pounds of strawberries.
- Fresh strawberries were once used as a toothpaste ... the juice cleaned discolored teeth.





Joel's Greenhouse



Joel Weichelt

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

**Send Membership Dues to;
Donna Hella
N4480 County B
Kewaunee, WI 54216**

