

the GAZETTE

BIRCHWOOD GARDEN CLUB

www.birchwoodgardenclub.org

CHARTERED 1931

September Meeting Via Zoom

The Birchwood Garden Club will meet on **Wednesday, September 2, at 7:00 p.m.** via Zoom. You will soon receive an e-mail from Nancy McMaster with instructions on how to connect to the meeting.

We will continue with Zoom-based meetings until the Washington State Department of Health deems it safe to meet in large groups face-to-face. During this time of large-group meeting restrictions, rest assured that the Birchwood Garden Club will continue our strong tradition of garden sharing and fellowship.

Our program chair, Tamara Hall, has scheduled some great speakers for the coming months. The presentations cover interesting and timely topics ranging from plants for a butterfly garden to strategies for weed control to planning a kitchen garden, and more.

The Gazette has a new column featuring a favorite recipe from a member (see page 2). While we are not able to enjoy snacks together at our meetings, we can still have fun sharing a common food experience.

Watch from the e-mail from Nancy McMaster on how to connect to the September meeting. We look forward to seeing you on Zoom!



Greetings from Our President

I hope you are all staying healthy and that the confinement isn't driving you crazy. Everyday I am thankful to have grass under my feet and a garden to work in to help keep us sane around here. Fall is fast approaching and I am getting the itch to plant some more bulbs.

Well this is going to be an exciting year! We are going to Zoom our meetings until it is considered safe to meet in a public space and the museum is open for us again. Tamara has been lining up some engaging speakers and we are hoping we have as strong attendance over zoom as we have at our meetings. Even though we can't enjoy our social time the same way it will be such a joy to see everyone's face after this long stretch.

Thank you to members who have been sending in some gorgeous pictures of their gardens which can be viewed on our website. We missed the garden tours this year and, because gardening was a main activity during this pandemic there must be some wonderful gardens to investigate. We'll look forward to visiting them next year

This year Carol McBride and I are volunteering at a Victory garden and it has been extremely rewarding. It's amazing how much produce we have been taking to the food bank, close to 100 lbs. a week! It feels good to do something to help those struggling this year and I have been enjoying the camaraderie and learning tricks for a more productive garden.

Nancy McMaster will be sending out the zoom notice a few days before Sept 2 with instructions for getting help if you are unfamiliar with the process of accessing zoom.

Looking forward to seeing everyone Sept. 2nd.

Keep Well, Keep Masking,

Sheri Lambert
BGC President

Summer Squash Casserole

With our virtual meeting format, we will miss our delicious snacks. So we will be featuring favorite recipes from members. This month's recipe is from Carol McBride.

Serving Size : 8 Preparation Time :1 hour

1 1/2 quarts summer squash -- any combination you like

1/2 cup sour cream

2 tablespoons soft butter

1 cup shredded cheddar cheese

1 teaspoon salt

1/2 teaspoon paprika

2 large eggs beaten

2 tablespoons chives -- chopped

1 cup Parmesan cheese -- grated

1 cup bread crumbs



Use yellow crookneck squash, patti pan, zucchini, or any Summer squash that is handy, or use a mixture of some of each to make a colorful casserole.

Cube squash. Bring salted water to a boil in a big pot. Drop in squash and simmer squash only for a couple of minutes till barely tender. Drain thoroughly and set aside in a large bowl.

Combine sour cream, butter, cheese, salt, and paprika in a small saucepan over medium low heat and simmer till cheese melts.

Stir in egg and chives. (If you don't have fresh chives, use green onion tops)

Mix squash with sauce gently and thoroughly .

Mix the bread crumbs and Parmesan cheese together.

Butter a 13 x 9 casserole dish and "flour" with some of the breadcrumbs. Put squash mix in dish and dot the top with butter. Sprinkle the Parmesan bread crumbs evenly over the top

Bake at 350 till bubbly and brown. **YUM!**

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

Plant of the Month: Sunflower

(Helianthus annuus)

Nothing says summer like sunflowers! A fairly fast-growing flower, most sunflower varieties when planted from seed mature in only 85 to 95 days.

The largest sunflower varieties grow to over 16 feet in height, while smaller varieties have been developed for small spaces and containers and rarely grow larger than a foot tall. Sunflowers make excellent cut flowers and are attractive to bees and birds. Unfortunately, deer love to nibble on new flower heads, so sunflowers should be planted in a fenced area or in pots.

Sunflowers are heliotropic, which means that they turn their flowers to follow the movement of the sun across the sky east to west, and then return at night to face the east, ready again for the morning

sun. Heliotropism happens during the earlier stages before the flower grows heavy with seeds.



Sunflower seeds should be planted 1 to 1.5 inches deep and about 6 inches apart in full sun. Give plants plenty of room, especially for low-growing

varieties that will branch out. A light application of fertilizer mixed at planting time will encourage strong root growth to protect them blowing over in the wind.

Sunflower seeds, leaves and stems emit substances that inhibit the growth of certain other plants. They should be separated from potatoes and pole beans.

While the plant is small, water around the root zone, about 3-4 inches from the plant. Once they get started, sunflowers can tolerate drought.

At the end of the season, it's easy to harvest sunflower seeds for a tasty snack or for replanting. For a winter treat for birds, dry the whole sunflower head and simply place it in the garden.

The Birchwood Garden Club (BGC) is open to everyone in Whatcom and Skagit Counties who supports the objectives of the organization. BGC meets the first Wednesday of each month from September thru May. Annual membership is \$10 for an individual, \$15 for a family, due in September. Membership applications are available from the website: www.birchwoodgardenclub.org.

The Birchwood Garden Club Gazette is published monthly, September thru May, by the BGC. Articles, inquiries, letters to the editor, or other comments should be directed to the Editors, Ken and Stephanie Salzman, at the above address or via e-mail to: sasalzman@comcast.net

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CURRENT OFFICERS AND

STANDING COMMITTEE CHAIRPERSONS

President - Sheri Lambert

President Elect - Vacant

Treasurer - Nancy McMaster

Secretary - Ann Holland

Garden Tours – Sheri Lambert & Carol McBride

Historian – Violet Hayes

Hospitality – Carol McBride

Library Garden – Ann Holland

Museum Garden – Ann Holland

Membership – Judy Lewis

Newsletter – Ken & Stephanie Salzman

Plant Sale – Cheryl Haak

Programs – Tamara Hall

Publicity – Susan Metcalfe

Silent Auction – Sandy Gurosko

Sunshine – Cheryl Haak

Webmaster – Tom Sparks