



New Mexico Gardener

Quarterly Newsletter of New Mexico Garden Clubs, Inc.

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THE LANGUAGE OF FLOWERS

BY
**ELIZABETH
JARDINA**
PHOTOS
JACOB FOX
PRODUCED BY
**JESSICA
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*Growing in Harmony in the
Land of Enchantment—
Christine Longthorp*

President's Message

Greetings to New Mexico Garden Club members,

Welcome 2021, A new year with renewed hope. Our winter weather is unseasonably warm with record breaking temperatures, therefore lulling our gardens into signs of Spring. I can anticipate more bugs this year as the cold hasn't killed them off! Time will tell.

I am encouraged by the number of clubs having virtual meetings and I plan to join you all when you would like me to. Just send the ID and password and I will be there. There are many speakers who are able to share via this method or there are recorded programs. If you need help in this area please let me know.

This month I plan to record a design program using household and thrift store items for home use. Club presidents can use this to recruit new members by invitation and also to reacquaint members who have just not paid their dues and who are in the waiting game. I hope to make it fun and entertaining –not all serious and educational. Most of you know my sense of humor and I will pepper it...

As we look forward we realize that the only States in the country that are not open for group meetings are Oregon and us so it limits our choices for the Annual Convention again. Following the Governor's mandate the NMGC Board has decided to cancel the Annual Convention that was scheduled for April in Las Cruces. We have also had to pass on hosting the South Central Region meeting this time. We will be in line in 2025 to host it again. This is so sad for us as we had a wonderful program planned and good old New Mexico hospitality "Cruces" style.

Our new plan is to have a combined Annual Convention and Fall board meeting the last week of October 2021 in Las Cruces. District V will be hosting and by then I pray that most of us will feel safe to travel and be together again. With all of our support District V will be able to use all their resources saved from 2020 and have a fabulous time with those ingredients we have traditionally enjoyed. Details will follow soon. I will be calling each chairman this next month to see how you are doing and help in any way I can. There are a few vacancies that I need to fill so please step up if you can to keep our organization healthy and strong. We are die hard gardeners who need the shared love of nature to sustain us. All around are people planning to plant vegetable gardens and beautify their patios as home is now an office as well. We collectively have so much knowledge to impart so it is a time ripe for new members so that we can teach and encourage.

I have included a few little inspirational messages to keep you smiling and an article on the language of flowers to enjoy. Keep up the good work and please invite me to your meetings, meanwhile let's put this year in a positive light and make plans to see each other again really soon.

Fondly,

Christine Lenthorp, President

" Self-care is about listening to yourself. be attentive, and if a regimen isn't working anymore don't hold on to it".

Social Media Chairmen, Cindy Hill & Suzy Andrego

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TAKE A MOMENT AND "LIKE" US on FACEBOOK!!



And "FOLLOW US" on INSTAGRAM!!

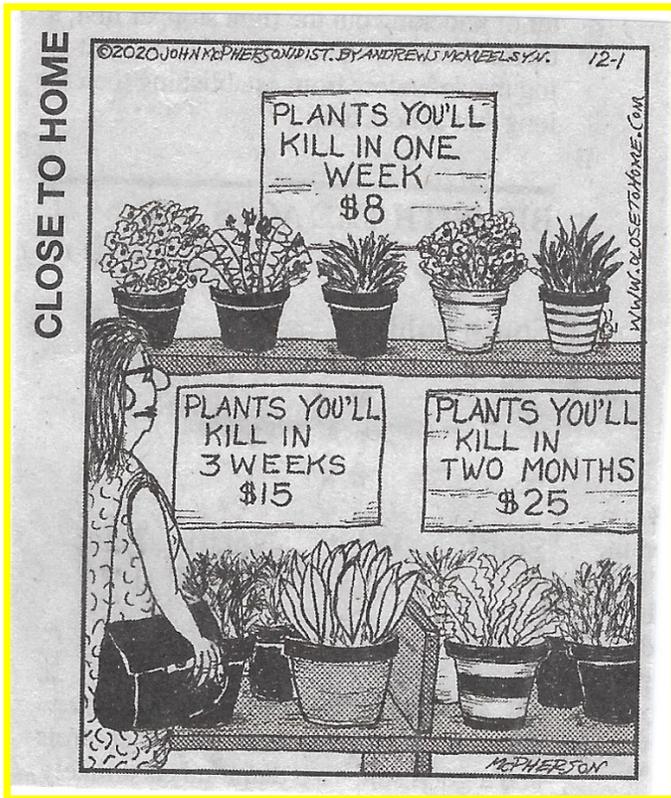


Message from Our First Vice President, *Debra Sorrell*

Spring brings new hope, new life and excitement for being outdoors again. We will begin to see little treasures popping up in our gardens and pots and will receive them with glee and anticipation of the beauty to come. What a wonderful, encouraging reminder of our blessings as gardeners!

I know that, for many of you, this has been a tough winter. Actually, a tough year! We are all so anxious to go back to our normal lives.....with our families and friends around. It is important to reach out in new and different ways. Garden Club is a great place to explore our interests, expand our knowledge and share with like-minded people. Many clubs around the state have resorted to Zoom in order to get their clubs together. That's such a wonderful idea! It's very easy to operate, even for those who don't do much with a computer. I would encourage you to "attend" those meetings if they are available to you. You can learn a lot and get to see everyone!

I am praying that we will begin to see the light at the end of this pandemic "tunnel" very soon. I will be so happy to travel the state with our President and view the joy of having club meetings again! It will be so nice to see you all. Until then, stay safe and healthy. And, PLANT SOMETHING NEW to get excited about!



Support New Mexico Garden Clubs Scholarship Program ... Purchase your pin today for ONLY \$25.00





**Message from Our Second Vice President,
Joyce Zaugg**

It has been almost a year since my local club, the Los Alamos Garden Club, has met in person for our monthly meetings. We have remained active despite the Covid-19 virus. Our community project (maintaining the Los Alamos Memorial Rose Garden) drew many of us outside to prune, mulch, and weed. We all wore masks and practiced social distancing.

Board members met under similar conditions in members backyards. We met during the summer for social gatherings---always outdoors. When September rolled around we started holding our monthly meetings and programs via Zoom. We even managed to have our annual holiday luncheon via Zoom where we all shared our holiday traditions and foods. I mention these activities in this difficult time we're going through as a testament to all our club's resilience, determination, and adaptability. We know as gardeners that our strengths are patience and willingness to experiment with the known and unknown. We're problem solvers at the least. I look forward to reading this Spring edition of the New Mexico Gardener to learn how all the clubs around the state are coping with the virus.

Now for the numbers: We have 472 members and 23 adult clubs.

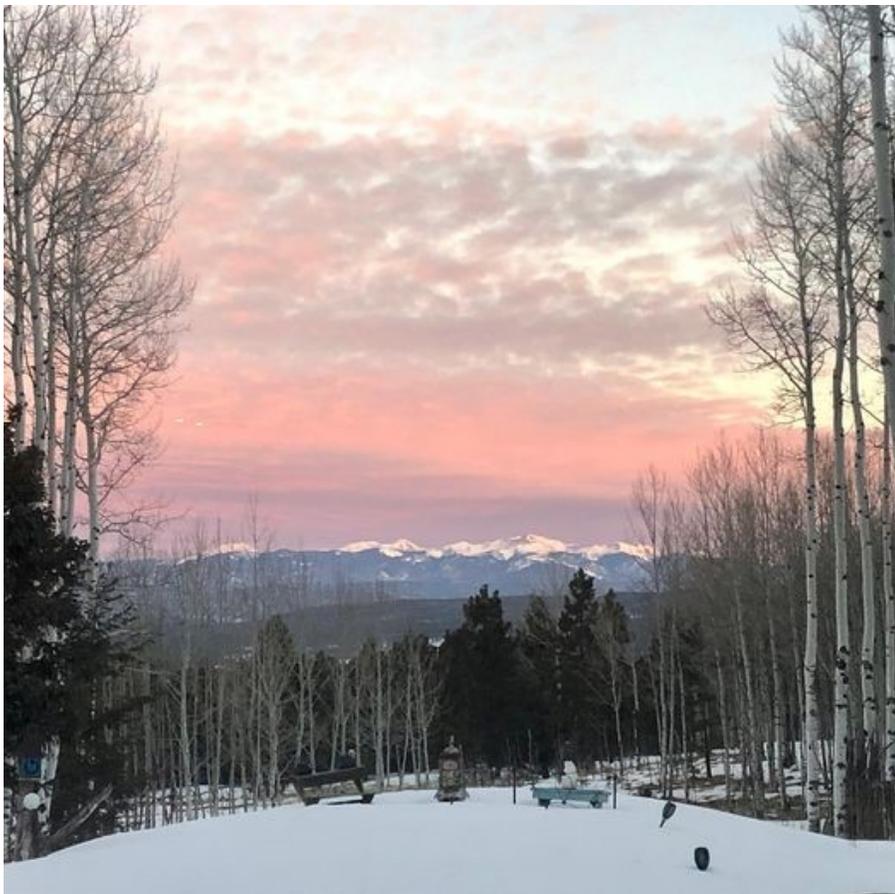
El Jardin Encanto	33 members	Desert Daubers	9 members
High Desert Design	33 members	Evergreen	6 members
Moriarty	11 members	Flowering Desert	10 members
New Mexico Floral Artists	13 members	Mesilla Valley	16 members
Petal Pushers	27 members	Socorro	14 members
Uptown	33 members	Sunshine Valley	0 members
Valley Gardeners	37 members	Artesia	19 members
Floral Designers	12 members	Home	25 members
Los Alamos	25 members	Lincoln	31 members
Summit	22 members	Morning	22 members
Amor de la Tierra	12 members		
Angel Fire	52 members		
Santa Rosa	14 members		

In the next month or so I will be sending all the clubs a copy of their 2020 rosters to update.

***Remember that your dues of \$8.00 per members
needs to be sent to me by June 1st, 2021.***



Message from District III Director, *Johnese Turri*



**Hello from Black
Lake, NM**
**Some photos of my
daily view to enjoy
while we wait to be
able to see each
other in person
again.**



Message from Our District IV Director, *Ellie Nordgren*

Here we go again, no in-person meetings due to COVID-19. Some of our clubs have been having Zoom meetings. Thank goodness we are able to keep in touch this way, but there is nothing like the human connection. Also, there are Webinars available, wonderful gardening websites to visit and YouTube videos to watch. You can turn to more beautiful and inspiring thoughts by tapping into these resources.



Spring means "New Beginnings" and we sure could use them now. Wishing you all health and happiness.



Message from Our District V Director, *Renate Reisel*

Lincoln garden club had no formal meetings however they are keeping up with a variety of Projects sending get well wishes and encouraging notes including package of seed too members, their cook book they were working on is on hold but the club is eager to finish the book once they return too there regular meeting's and activities.

Morning garden club members were busy with Cleaning up the Christmas greenery outside from the Historical society museum also keeping up with the flower bed at the Museum Archives center and the two butterfly gardens at Cahoon park with cleaning and planting spring bulbs.

Home garden club enhance there flower beds at our local Zoo with a variety of colorful pansies also checking regular on the native plant area the club maintains at Bitter Lake National wildlife Refuge. The club has no formal meetings but at this time offered zoom meetings and the speaker was Allan Savory with the information about agriculture and a second video was about healthy soil.

Artesia garden club also continues with all there beautiful activities maintaining all there flower beds they started last year keeping in touch with members by calling or checking by email and encouraging members to stay healthy and safe.

I am very happy to get information from club presidents in our district encouraging club members to send applications for Awards.



Message from Our Corresponding Secretary,

JJ Huddleston

Though 2020 has been a most unusual year and 2021 will most likely continue to be unusual, I know garden clubs have continued to work, meet (virtually) and beautify their villages, towns, and cities. I encourage all Officers, District Directors, and Chairpersons to start drafting their most unusual annual reports. The report should cover the timeframe **1 June 2020 to 31 May 2021**. Here are some ideas of what to include:

Officers – how did the stay at home orders affect you doing your job? Did you implement new procedures to get the work done? What did you do during this year of no board meetings?

District Directors – how did your clubs meet? What programs did you continue or change? How did you create new paradigms for gardening during the pandemic (and what were those changes)?

Chairpersons – did clubs and/or members reach out to you to get information on your area of responsibility? Did you submit articles to the Gardener to keep clubs aware of and interested in your chairmanship?

Annual reports will be due to me by June 15, 2021. Please send your annual report as a Word document to jjhuddleston78@gmail.com. Thank you and stay safe.

TIPS FROM THE PRESIDENT



Tip From Spring Gardens

Something I have done over the years that brings pleasure is to create pressed flower plates for tea parties. This is perfect time to start and the possibilities are endless.

I use pansies mostly because they are easy to press flat and maintain their color—plus they have cute faces. I'll need regular paper plates and the clear plastic plates both the same size. I press my pansies between tissue paper and under a heavy flat rock or pile of books. Don't use wax paper as it doesn't absorb the moisture. Leave for about a week and then remove and glue them on to the center of the paper plate. You can paint or draw in the stem and leaves if you feel creative.

Then place the clear plastic plate on top gluing the perimeter and trimming it with cording, string or rickrack braid. I make these when I have pressed flowers and use them for serving plates for cookies; etc. This is a lovely garden-related plate for the gift of baked goods to a friend. They can be wiped clean and used a few more times also. Fall leaves are also fun, and I am sure your imaginations are running with ideas. Happy Pansy days!

AWARDS UPDATE from Chairmen, Nancy Hartwick & Nanette Tanner

A hearty thank you to all New Mexico Garden Club members both applicants and judges who participated in the awards process for 2020. Applications were submitted to the National Garden Club, South Central Region and The New Mexico Garden Club. The awards program continues to thrive and the awards Co-Chairs and certificate expert Cynthia Shafer are working hard to bring you this year's results. We hope that you participate next year and remember you can easily review the Awards Handbook online at www.newmexicogardenclubs.org, then click the tab Awards, and then click NMGC Awards Handbook under Award Guidelines.



We would also like to take this opportunity to ask all the clubs within New Mexico Garden Club's to help support the awards program. This year has been a difficult one for all and we would like to continue the tradition of awarding very small cash awards to winners this year. So please help us to continue this tradition and make a donation of any size, perhaps in honor or memory of some one. All contributions will be noted in the Awards

Result Booklet. We cannot do it without you! Remember 100% of any donations received are returned to the clubs and its membership. "Donations to the awards program can be made to either Awards Co-Chairpersons, Nancy Hartwick, 2710 Sydney St., Roswell, NM 88201, Nannette Tanner, 180 Mira Monte, Alto, NM 88312 or to Laurie Hixson, NMGC Treasurer, 307 Potrillo Dr, Los Alamos, NM 87547 label "Awards Fund".

" Just living isn't enough," said the butterfly.

"One must also have sunshine, freedom and a little flower"

..... Hans Christian Anderson.



NMGC Photography Chairman, Debra Sorrell

Hello NMGC members!

I wanted to let you all know the latest about the 2020 Photography Awards. **We ARE going to have photography awards despite the crazy last year we have had.** Taking pictures seems to be one activity that anyone could do.....even in a quarantine! I'm hoping that's exactly what a lot of you did.



Because we will not be having the Spring Convention this April, I want to extend the deadline for entering your photos to March 15, 2021.

This will give everyone plenty of time to browse through your photos and select what to send me. Remember that there are 6 categories.....Bird, Butterfly, Horticulture, Insect, Landscape and Wildlife. Each photographer may enter one photograph in each category. Please enter them via email with a cover sheet as described in the Awards Handbook. Include a small description or comment to add to the book! All photos must have been taken in the state of New Mexico (easy this year). I can't wait to see what comes in!! So far, I have gotten only 7 entries. That isn't nearly enough!!

Also, look on the NMGC website for the 2019 Photography Awards Book! All winners from last year are in the book.....except for the Best Photo of the Year. Our President, Christine Longthorp, is saving that award to present in person at our next big meeting.

I hope to be hearing from many of you very soon and GOOD LUCK!

While Waiting for Snow Melt

Get ready for the spring birds. Make a nesting wreath for their shopping needs. I used an 18" grapevine wreath. Materials used are: Aspen fiber moss, Spanish moss, raffia, feathers, cotton balls, cottontail (bought in Council garden shop), and I plan on adding evergreens later. Other materials to use are: dryer vent lint, yarn, fur after your brush your cat or dog, cotton string, pine needles, small twigs. Use your imagination and get to creating a beautiful out door wreath for the birds to shop at for the spring/summer nests. You can refill as they shop.



Ginny Longbotham, Petal Pushers President

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Floral Dictionary

Sources vary on what different flowers symbolize—this is art, not science—but these are some of our favorite interpretations.

1 DAISY

Telegraphs playfulness and happiness.

2 BLUE IRIS

"I believe in you"; wisdom, hope, faith.

3 HELLEBORE

Protection, anxiety relief. Feeling cheeky? They also mean scandal.

4 ROSE

A fully opened rose represents beauty; a peach one stands for friendship.

5 LILY White lilies symbolize purity and innocence; pink indicates prosperity.

6 CARNATION

Linked to affection; deep pink heats up that message.

7 TULIP

Symbolizes happy years. Purple is associated with royalty: "You are my queen," anyone?

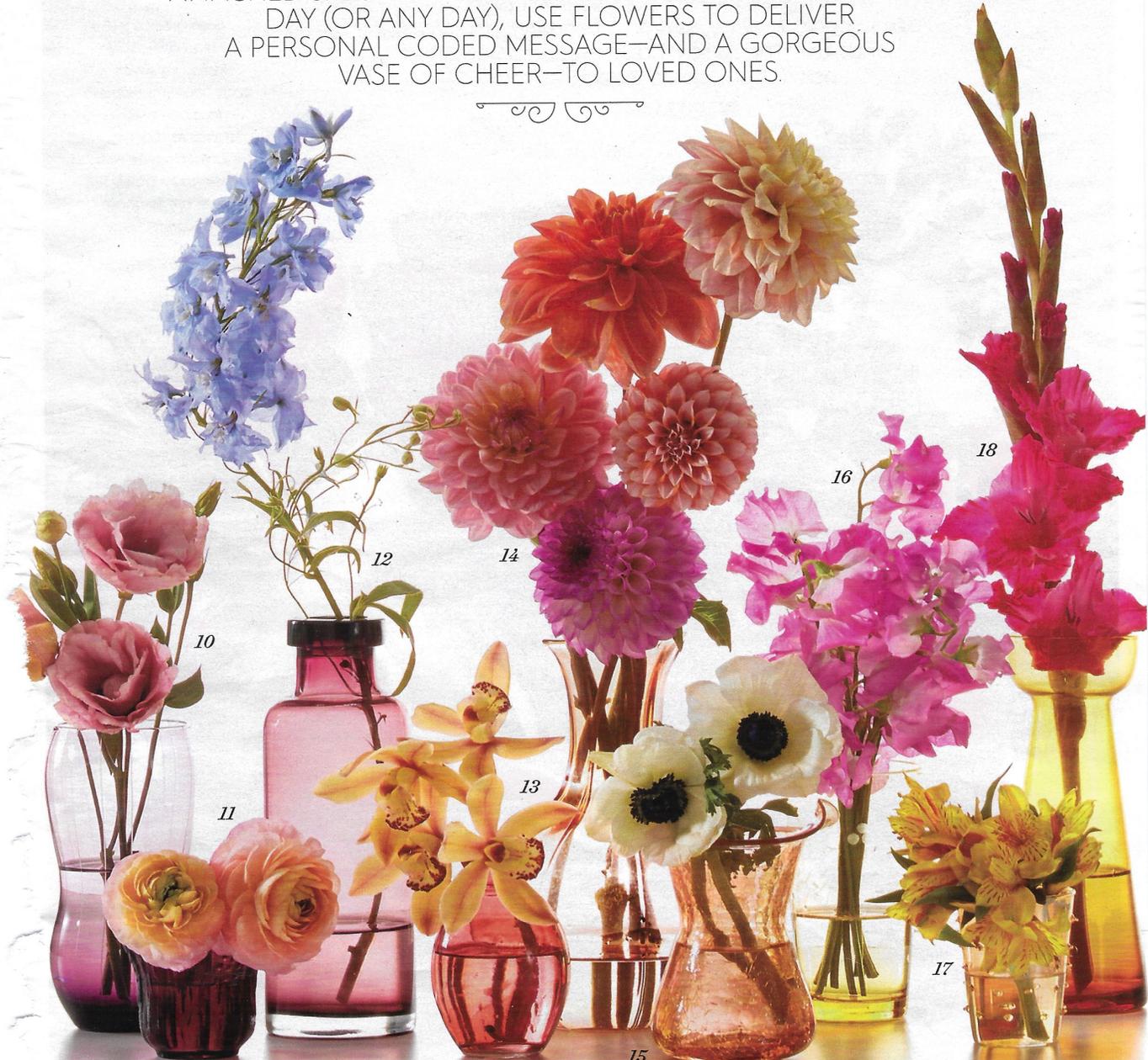
8 CHRYSANTHEMUM

Cheer, longevity, and happiness, even during what may be difficult times.

9 BLUE SALVIA

Stands for healing and thoughtfulness, spiked with wisdom.

THROUGH THE CENTURIES, VARIOUS CULTURES HAVE ATTACHED SPECIAL MEANINGS TO FLOWERS. FOR VALENTINE'S DAY (OR ANY DAY), USE FLOWERS TO DELIVER A PERSONAL CODED MESSAGE—AND A GORGEOUS VASE OF CHEER—TO LOVED ONES.



10 LISIANTHUS

A public show of affection. Sometimes used in proposals, so gift wisely.

11 RANUNCULUS

Victorians would send these to their crushes, but they're also right for a charming friend.

12 DELPHINIUM

Lightness, brightness, and everything delightful.

13 ORCHID

Meaning romantic love, this flower tends to have racy connotations.

14 DAHLIA

Dignity, confidence, and strength; a bouquet says gratitude.

15 ANEMONE

Anticipation and optimism. In white, they're linked to sincerity.

16 SWEET PEA

Pleasure and gratitude: "Thank you for the time we spent together."

17 ALSTROEMERIA

Friendship and devotion, fitting for a long-lasting cut flower.

18 GLADIOLUS

Named for their swordlike leaves, they connote strong character and splendid beauty.

What's in a rose?

Different colors symbolize different things. White roses represent honesty and respect, pink speaks to sweetness and friendship, and red sends love. Thorns say that love can come with pain (as any gardener can tell you).

Even greenery can send a message. Rosemary, which adds bright fragrance to a bouquet, stands for fidelity. Geranium leaves, with their fuzzy-crinkly texture, are symbolic of comfort



SPELL IT OUT
When gifting a bouquet, include a tag that identifies the symbolism behind each flower.

Modern Love

A mixed arrangement of flowers expresses an entire paragraph of emotions. Hot pink carnations say you are unforgettable, red roses symbolize love and passion, and ranunculus mean charm. Pink and white tulips tell someone they have beautiful eyes. Bundle flowers tightly and trim stems so that the outer flowers sit on the vase edge for a contemporary-looking dome-shape arrangement.

Pick a Posy

To make a small bouquet—aka a posy—use four or five kinds of flowers at most. Choose a relatively large central flower for your focal point. Holding it in one hand, use your other hand to build the arrangement around it.

Secure the stems with ribbon or twine to make it extra special for gifting.

We tied these posies with synthetic Wired Ombre Ribbon (midoriribbon.com) that won't show water marks from the bundled stems.

READ UP

For a deep dive into floral symbolism, plus bouquet inspiration, check out these books.

Floriography
by Jessica Roux,
\$20; simonandschuster.com

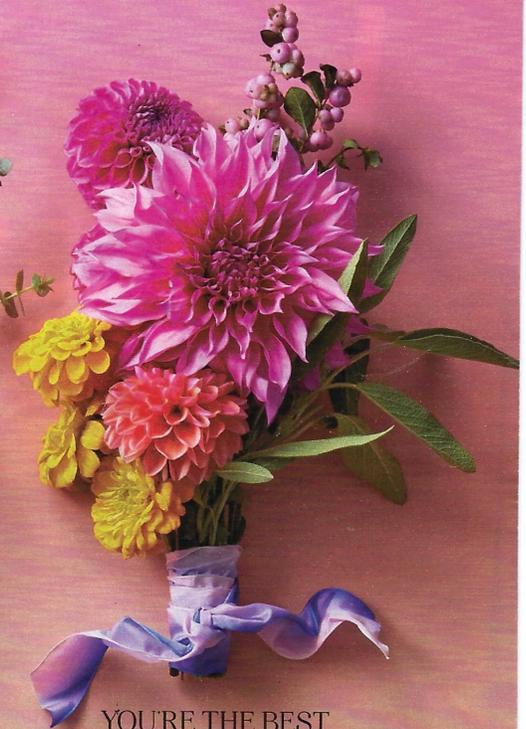
The Language of Flowers by Odessa Begay, \$28;
harpercollins.com

The Posy Book
by Teresa H. Sabankaya, \$25;
www.norton.com



GET WELL SOON

Sunflowers say be strong, mint is associated with protection from illness, delicate chamomile daisies send relaxing vibes, and eucalyptus (used in medicinal rubs and bath salts) means healing.



YOU'RE THE BEST

Dahlias are the center of this posy for a person who's always there for you. Zinnias—yellow and magenta—reveal you're missing closeness; the sage stands for gratitude; snowberries send good thoughts.



GOOD LUCK

A pink puff of hydrangea speaks to success, hellebore relieves anxiety, Queen Anne's lace signifies protection and warmth, and bells of Ireland say that luck will always be with you.



FOREVER FRIENDS

Pink-blush alstroemeria represents enduring fondness. The trio of yellow emphasizes your bond: freesia for trust, roses for care, and gerbera daisies for friendship. ■

Ah winter.....

By Member Dorothy Duff

What is a gardener to do? It is cold and windy. There will be more freezes. Sure you can work on hardscape but how do you satisfy that gardening lust? Solution? A propagation frenzy. As a result of being COVID confined coupled with access to a computer, plus a host of gardening shows and YouTube demos my head is a buzz. The problem with gardening shows whether on TV or the internet is that



they are full of ideas. Not that gardeners are ever short of new ideas. But growing your own plants is very satisfying way to 1) stay busy when you are home much of the time, 2) save a lot of money and gas going to nurseries and 3) open up to a world of plants that otherwise would not be available to you. I have also become aware of just how much plastic we use in gardening. So I set two goals: First to grow more if not all of my own plants and second to restrict adding to my current plas-



tic collection. As a result I began scouring the home to see what I could use in starting seeds that would be an “up cycle.” You would be amazed at how you can create your own seed starting kit from things around the house.

Here are some examples: Quart strawberry containers with tops work well for many seeds. A paper towel in the bottom blocks the holes and keeps the seed medium in and covering most of the slits in the top helps retain moisture. You can use a large plastic take out container (no top) make some holes in the bottom for drainage and put it in a plastic bag



Ah Winter (continued)



(we have lots of those) to retain moisture until germination. You get the idea. Of course as gardeners you have a lot of those 6 packs for plants you brought home from nursery. They can be reused. All of the above need to be cleaned and sterilized in a weak bleach solution before using (my least favorite job).

I have always started vegetables and annuals from seed but this year I challenged myself even more. In the fall I took cuttings

from my favorite perennials and this spring I am starting perennials from seed. While many perennials started from seed may not bloom the first year hybridizers are creating varieties that will bloom the first year if started early. No greenhouse? Not a problem but you will need several bright windowsills or a rack with lights. It is at this time of year that my very patient husband thinks we are actually living in a greenhouse.

So December/ January is a good time to start slow growing annuals and perennials. Next it will be time to start more annual flowers and vines saving the warm season vegetables to start in March. We grow cool season leafy greens year round. So window sills are full. A rack with lights is filling up fast.

I find propagating plants somewhat addictive. For sure it beats cleaning the house especially when you see the little green heads pop out of the soil. So being home more is not so bad if you can find a way to keep gardening. But beware those TV gardening shows can be a great way to relax....but get off that sofa and start propagating.

What I have presented here is the next best thing to being with all my New Mexico Garden Club friends. The friendship, camaraderie and best of allthe laughs are what I miss most. What a

very strange year it has been but hopefully we can see the light at the end of the tunnel or at least anticipate planting the seed which with time will come into full bloom.



Penny Pines Report. *Mary Ann Moreno*

Penny Pines is a National Garden Club project that started in the 1940'S Garden Clubs and members continue the Penny Pines Project in our state as FIRE is a frequent visitor and devastates our National forests. Have a Penny Pines Jar or basket ready at your next Garden Club Meeting, and ask for donations. Your goal is \$68.00 dollars which will buy a 200 Tree Seedling Plantation. You need to fill out a form, so call or email for a form, and I will send you one, right away.

Designate on the form which region the Forest Service will plant the seedlings. Send your check and form for \$68.00 made out to National Garden Clubs, Inc., To: National Garden Clubs Head Quarters, 4401 Magnolia Avenue, St. Louis, MO 63110

National Forest Regions in NM are: Carson NF, Taos, NM. Cibola NF, Albuquerque, NM. Gila NF, Silver City, NM. Lincoln NF, Alamogordo, NM., Santa Fe, NF, Santa Fe, NM.

A member of Mesilla Valley Garden Club is honoring her Son, who passed away in California. A comforting thought that 200 trees planted in his name, will grow and thrive, nurturing wild life and helping the Environment .

We should all HONOR a loved one with a Penny Pines Plantation. Do it soon as spring is coming, and it will be time to PLANT TREES.

Call me or email for a form, I will send it out to you. 505-266-8498 or jbmamore-no@gmail.com

Yours' in trees & flowers.

Mary Ann Moreno, Penny Pines Chairman



Time to get Planting, by Dorothy Duff

What you need:

The Container (to hold the planting mix) Get creative!! Plastic containers with tops work well. You can use containers without tops and place the container in a plastic bag to retain moisture. Be creative! Look around the house or even in the trash and see what you can reuse for seed starting. Here are some examples:

Food Tray-needs holes

Veggie Box

Plastic box with top

Toilet paper rolls



You can also reuse plant containers such as six-packs.

Preparing your container

1. Create a few drainage holes if there are none and block some holes if there are too many (paper towels work well)
2. Clean and disinfect the container. Seedlings are more vulnerable to diseases.

The Planting Mix: You will get the most consistent results using a product made for seed starting/seedlings. You can also use a light weight potting mix but if possible sift out any large particles as you do not want anything to impede germination



Some common brands of seed starting mix

Seeds: Have some fun going online and looking at the online seed catalogs. Here are just a few of our favorites. Choose vegetables you like to eat and flowers that can lift your spirits

The process

1. Take your clean container and fill with planting mix (be sure you have made holes or covered holes as needed).
2. Read on the seed packet about the depth at which the seeds should be planted. Place the seed on top of the planting mix in the container using 2-3 seeds per container or section (in a 6 pack)
3. Add planting mix to cover seeds so they will end up at the proper depth as indicated in the instructions on the seed packet
4. Water the container but be sure to water gently so not to disrupt the seed placement. Close the top of the container or place in a plastic bag to help retain moisture but do not make it air tight.
4. Place in a **warm area** or on a germination mat. Light is not required for germination for many plants but the seed packet will indicate if light is needed. For instance, lettuce needs light to germinate.
5. Check frequently after about 4-5 days, and then check daily.
5. As soon as you see sprouting remove the container from the germination mat to **bright light** but protect from harsh winds or intense sun
6. Watch them grow
7. After the seedlings develop a few true leaves you want to “harden off.” This means you gradually expose the plants to more sun and weather elements so they “toughen up” and are ready to later move to the garden.

Veggie container



6-pack



Open container/ holes



toilet paper rolls

**Most important
ingredient.....FUN !!**