



# Charlevoix Area Garden Club

A PUBLICATION OF THE  
CHARLEVOIX AREA GARDEN CLUB,  
MEMBER OF  
MICHIGAN GARDEN CLUBS, INC.  
& NATIONAL GARDEN CLUBS, INC.

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

Editor: Sarah Leonard

January/February 2016



Jim Kolka, Cheryl Coates, Shari Haynes

## *Welcome New Member Cheryl Coates*

Cheryl Coates was born in Connecticut but has lived around the country because her job as a sales manager took her to many locations. She concluded her career in Vermont in 2014 and moved to Charlevoix, where she has many friends. She is passionate about animals and has a dog and a cat. She also enjoys needlework and gardening. Cheryl was sponsored by her next door neighbor Shari Haynes. Welcome Cheryl!



## *Message from Our President*

Our 2016 year got off to a wonderful start with multiple soups provided by the hostesses for 32 members attending on a snowy day. Our speaker from the Traverse City Botanical Garden was unable to drive up from Traverse City due to the bad roads but hopes to be able to speak to us at a future meeting. Rhea Dow stepped in to give us a brief overview of her experiences at the Botanical Garden.

The National Garden Club Inc. National Convention will be held in Grand Rapids this May and our member, Marge McGoff, is chairman of the convention! I hope many of us will be able to attend to support Marge's efforts and enjoy the seminars and possibly the tours that are planned. If you are interested in looking at the tentative schedule, go to the state web site, [michigangardenclubs.org](http://michigangardenclubs.org), username 5members, password membermgc. We will be talking about the convention at upcoming meetings with opportunities for our CAGC members to participate in the convention offered.

Looking forward to a wonderful year,

Carolyn Navarre



**2016 CAGC Board:** Carolyn Navarre (President), Mary Lynn Heid (First Vice President), Joan Nowak (Second Vice President), Ellen Kendall (Treasurer), Shari Haynes (Corresponding Secretary), Carol Vial (Recording Secretary), Marilyn Wise (Director). Not shown, Janet Gilbert and Kris Jones (Directors).



## Conservation Hint

Winter is a perfect time to thumb through garden catalogs and plan or just dream about ways to make improvements in your yard, garden, or patio in the new year and avoid toxic solutions.

Consider companion planting using nasturtiums to attract caterpillars and egg laying adults that otherwise might go for your lettuces or cabbage. This trap cropping also gives you a peppery tasting flower for your salads. Marigolds deter insect pests as well as deer. Cosmos, tansy and Queen Ann's lace attract beneficial insects. And herbs and fragrant flowers can camouflage vegetables, making them harder for destructive bugs to find, says Sally Cunningham in "Great Garden Companions".

Petoskey News Review columnist Cydney Steeb reports that her two favorite herbs for attracting bee pollinators are anise hyssop and catnip. Dill is another herb she plants liberally to attract butterflies and honey-bees and repel aphids, spider mites, squash bugs, cabbage loopers, and deer. Dill is also a dainty touch in floral arrangements and has a "light, fresh scent".

-Submitted by Carrie Minch



## March Newsletter Deadline

Submission deadline for the March combined issue of the CAGC newsletter is February 26th. Send your information and articles to: [sawleonard@gmail.com](mailto:sawleonard@gmail.com).

## Help Wanted!



I'm asking for help at the Bergmann Center, an adult facility for special needs adults. CAGC has assisted Bergmann Clients with their garden for over twenty years. This year's CAGC committee is small and Clients will need more help planting the raised garden planters and boxes. Please consider volunteering two hours on Monday mornings in May and early June to get their garden planted. Contact Rhea Dow, [rheagarden@aol.com](mailto:rheagarden@aol.com).

-Submitted by Rhea Dow

## Check out this app!

For our tech-savy garden members, Joyce Herbert read where AARP magazine members rated a flower recognition app called "Like This Garden" very highly. See why. Check out the details! And it's free:

*"LIKE THAT GARDEN - taking a walk in Paris - or Grand Rapids - and you notice a beautiful flower you've never seen before. Take a photo of it with your phone and the "LikeThatGarden" app will let you know the bloom's name"*

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

or

<https://www.likethatapps.com/LikeThatGarden/index.html>



**"Search Visually:** LikeThat Garden uses JustVisual's patented visual search technology to identify flowers with just a picture! Use your mobile phone camera to find a flower just like that! Simply take a picture of a flower or use a photo, and instantly get search results of your search as well as similar looking flowers for inspiration and ideas. Get access to thousands of different species with one amazing app. It's as simple as: Snap It, Explore It, Find It. Get this free mobile app!"

-Submitted by Joyce Herbert via Kathie Libert

## DONATIONS

A donation was received from Jonathan and Lynn Friendly for the Depot Garden in honor of Joan Nowak.

A donation was received from Joan Nowak for the Depot Garden in memory of her cousin, Marge Keane.

A donation was received from Linda Weston in honor of CAGC's "fantastic, dedicated and wonderful members" to help bring a special speaker to share with the greater Charlevoix Community.



## February Meeting

February 9, 2016

1:00 PM

"Traverse City Botanic Gardens"

Karen Schmidt from the Botanic Garden at Historic Barns Park will give us an update of the progress of the Botanic Gardens (this is a change from original schedule).



## Soup recipes from January Meeting

### Lemony Chicken and Dill Soup (Jen and Earl Kilander)

Serves: 8

#### Ingredients

##### Soup

- 2 tbsp. olive oil
- 3 medium carrots
- 3 stalk celery
- ½ medium onion
- 3 clove garlic
- 8 c. low-sodium chicken broth
- 3 boneless, skinless chicken breasts
- 2 bay leaves
- 3 sprig fresh thyme
- Kosher salt and Freshly ground black pepper
- ⅓ c. orzo
- 4 c. packed fresh baby spinach
- 3 tbsp. fresh dill
- 1 tbsp. finely grated lemon zest
- 2 tbsp. fresh lemon juice

##### Garlic Toast

- 1 lb. baguette
- ¼ c. olive oil
- 2 clove garlic
- salt and pepper

**Directions** 1. Heat oil in a Dutch oven over medium-high heat. Add carrots, celery, onion, and garlic and sauté until onions are soft, 4 to 6 minutes. Add broth, chicken, bay leaves, and thyme. Season with salt and pepper. Cover and bring to a boil. Reduce heat and simmer until the internal temperature of chicken reaches 165 degrees F, 24 to 26 minutes. 2. Discard bay leaves and thyme sprigs. Remove chicken to a bowl and shred, with two forks, into bite-size pieces. Stir pasta into broth and cook until tender, 8 to 10 minutes. Add spinach, dill, lemon zest, lemon juice, and shredded chicken. Season with salt and pepper. 3. Serve with **Garlic Toast** (see below). 4. **To make the garlic toast:** Arrange the baguette slices in a single layer on a baking sheet. Stir together the olive oil garlic and brush over bread. Season with salt and pepper. Bake at 375 degrees F until crisp and golden, 8 to 10 minutes.

Pasted from

[www.countryliving.com/food-drinks/recipes/a190/lemony-chicken-dill-soup-recipe-cx0315/](http://www.countryliving.com/food-drinks/recipes/a190/lemony-chicken-dill-soup-recipe-cx0315/)



## March Meeting

March 8, 2016

1:00 PM

"Flowers to Table"

Suzanne Acharya, owner of Esperance, will discuss using flowers and produce from our gardens and markets to beautify our tables.



## Flower Show - Charlevoix: Where Magic Happens

The schedule writing committee for the flower show met on Jan. 13th at the Historic Depot to go over the layout for the show. It was 15 degrees (and the Depot doesn't turn the heat on very high) and they had to shovel their way into the building but nothing stops these gals. So much goes into writing a schedule and planning the layout of the show that 5 meetings of the committee of Rhea Dow, Patti Aikin, Joan Nowak, Marge McGoff and Audrey Etienne have taken place with additional input from Shirley Polakowski and Lois Lewis.

One of the six design classes is called "A Magical Morning at Grandma's Cottage" and involves a design on a breakfast tray. These will be displayed on a bed. In the picture, Patti and Rhea are checking out the headboard for how it fits in the entry room of the Depot. Good news! It does fit and will hold each of the individual trays designed by the four designers.

The show has six design classes and horticulture. This means there is a spot for everyone in the club to enter the show. Cut a hosta leaf, pick one of your roses, create a design (we will help you) and sign up for the show. The finished schedule will be available to you in April so you can plan ahead and be ready for the show on July 13th.

## *Beet Soup* (Carol Vial)

1 small onion, chopped  
1 piece of fresh ginger(approx. 1in.), finely chopped  
1 big beet(approx. 1 lb.), peeled and cut into small pieces  
1-2 carrots, peeled and sliced  
1 stalk of celery, sliced  
2Tbs, butter  
3 1/2 cups beef broth  
1/2 cup sour cream  
1 tsp. brown sugar  
1 1/2 tsp. salt  
Pepper, coriander, and dill to taste  
several drops of Tabasco  
1-2 Tbs. lemon or lime juice  
Horseradish

Sautee the onions and ginger in butter for 1-2 minutes, then add the veggies. Stir and sautee another 3-4 minutes. Pour in broth and bring to a boil. Lower heat and simmer approx. 15-20 minutes until all vegetables are no longer hard. Remove from heat and add the sour cream(caution: it may curdle if soup is too hot) and the spices and lemon juice. Puree and reheat and adjust spices, if necessary. Serve with a half teaspoon of horseradish in each individual bowl of soup.  
Makes 4 servings.

## *Chicken Brunswick Stew* (in a crockpot) (Kathie Briggs)

2 1/2 c chopped onion  
3 skinless boneless chicken breast halves  
1 14 oz can cream-style corn  
1 14 oz can diced tomatoes, undrained  
1/2 can chicken broth  
1/2 bottle chili sauce (12 oz size, use half)  
1/8 c butter cut into small pieces  
1 T Worcestershire sauce  
1 T cider vinegar  
1 t. dry mustard  
1/4 t freshly ground pepper

optional: add 1/4 t hot pepper sauce that contains whole peppers packed in vinegar. (we do not add this because we like things mild)

Place onion in crockpot, top with chicken. Add all ingredients and stir well. Cover with lid and cook 7-8 hours on low. Remove chicken, shred and return to the stew.

Serving: 1.5 cups @ 6 pts per serving.  
Cal. 302, Fat 7.5g, Fiber 4.6 g.

## *Creamy Potato-Leek Soup* (Jen and Earl Kilander)

Weight Watchers Recipe

**Smart Points 6 , Serves: 6**

We caramelized the leeks first to give the soup a more robust flavor.

### **Ingredients**

1 1/2 Tbsp unsalted butter  
1 pound(s) uncooked leek(s), trimmed, chopped\*  
4 cup(s) reduced-sodium chicken broth  
1 tsp table salt, or more to taste  
1/2 tsp black pepper, freshly ground or more to taste  
1 pound(s) uncooked Yukon gold potato(es), cubed  
1/2 cup(s) light sour cream  
3 Tbsp chives, fresh, snipped

### **Instructions**

Melt butter in a large stockpot over medium heat; add leeks and sauté until leeks turn translucent and start to caramelize, about 10 minutes.  
Add broth, salt and pepper to pot; increase heat to high and bring to a boil.  
Add potatoes and reduce heat to low; simmer, partially covered until potatoes are tender, about 20 to 25 minutes.

Puree soup in pot using an immersion blender (or working in small batches, puree the soup in a blender, careful not to splatter the hot liquid). Adjust seasonings if necessary, stir in sour cream and garnish with chives. Yields about 1 cup per serving.

### **Notes (from Weight Watchers)**

\*To clean the leeks, remove the outer, tough dark leaves and trim the root end. Split the leeks in half lengthwise and soak them in cold water for 10 to 15 minute to remove any grit and dirt.

If you prefer soup with a thinner consistency, add up to two more cups of broth (could affect **PointsPlus** value).

Vegetarian: substitute vegetable for chicken stock.

Enjoy this soup hot, room temperature or cold.

### **Notes (from Earl and Jen)**

Our recommendation is to buy 4-5 of Mary Chavez' *Egyptian Walking Leeks*. They are prolific. I bought 5 plants at our plant sale and had more than 5 lbs in October. Clean, cut and caramelize these and your kitchen will smell glorious. The soup is wonderful and you won't be able to wait to get hungry again.

Nutrition: Per Serving (1 Cup) 158 cal, 6 g total fat, 709 mg sodium, 24 g total carb, 4 g sugar, 3 g fiber, 3 g protein.

Pasted from

[www.weightwatchers.com/food/rcp/recipepage.aspx?recipeid=397901](http://www.weightwatchers.com/food/rcp/recipepage.aspx?recipeid=397901)

