



NEVER DONE!

THE GARDEN CLUB OF HARVARD
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President Ponderings

MaryAnn Piasecki

This past month Flintlock Farm in Harvard gave a very generous donation to the Garden Club. We received bales of Promix, hoses, spray nozzles, pots, tomato cages, many houseplants such as Diplemania, Clivia, Thyme, 48 lavender starter plants, plus other indoor and outdoor plants. Jessie and I filled our cars and her trailer with all the items and moved them to various houses for caring until our plant sale.

My new “plant” wards are bringing me much enjoyment this winter along with many other benefits. The American Forest newsletter published a report on the 5 benefits of indoor plants that read as follows :

1. **Purify the air:** Research conducted by NASA shows that indoor plants play an important role in air quality improvement. Aside from helping us breathe by recycling carbon dioxide into oxygen during photosynthesis, plants have the ability to lower levels of chemicals like carbon monoxide and formaldehyde that are commonly found in indoor spaces. NASA recommends having one plant per 100 square feet of indoor space.
2. **Increase humidity:** During transpiration, plants release moisture from the small pores in their leaves, increasing humidity levels around them. In fact, plants are known to release about 97 percent of the moisture they take in. According to a study from the Agricultural University of Norway, having indoor plants not only soothes dry skin and decreases the likelihood of common colds, but also helps prevent respiratory disease.
3. **Sharpen your focus:** Indoor plants can also improve your memory and concentration. The College of Agriculture and Life Science at Texas A&M University found that, “Work performed under the natural influence of ornamental plants is normally of higher quality and completed with a much higher accuracy rate than work done in environments devoid of nature.”
4. **Accelerate the healing process:** Researchers at Kansas State University found that the presence of plants in hospital rooms can speed up recovery of surgical patients. In their study, patients who had plants in their rooms had lower blood pressure, asked for less pain medication, felt less anxious and were released sooner than those without any indoor plant exposure.
5. **They make you happier:** Indoor plants have proven benefits to your mental health and overall outlook on life. Another study conducted at Texas A&M University found that, “people who spend time outside every day are less likely to be depressed or stressed, and thus have fewer burdens on their mental health.” Natural aesthetic beauty is soothing to people, and keeping plants around your home or office is a simple way to lower your stress and anxiety levels.

Cooking Demonstration Speaker : Liz Barbour



Edible landscaping is the newest gardening trend that answers the old question of how to utilize your limited garden space so it can be productive and beautiful at the same time.

Chef and gardener Liz Barbour of **The Creative Feast** has been including edible plants throughout her small cottage garden from the very beginning of its design.

Join her for a **slideshow tour through her edible gardens** and learn how she has introduced vegetables, herbs, fruit trees, edible shrubs, and herbs to blend beautifully and deliciously throughout.

Enjoy a **cooking demonstration** of 2 seasonal recipes. She will be demonstrating these two recipes:

- Winter Vegetable Soup
- Artisan Grilled Cheese Sandwich

She will send the ingredients for these recipes before her presentation, and we will send them out to you!

On the next page you'll find instructions on how to access two separate Zoom meetings: first the HGC business meeting AND around 10:00 am the Liz Barbour program.

How to access Liz Barbour's presentation

Info: Theresa Ledoux

For access to Liz Barbour's presentation, members must register **before January 25** at: <https://us02web.zoom.us/meeting/register/tZAqcuGhqTqiGNwszFP1wVpwkUaxwCcuCRSV>

Immediately after registering, an email will be sent to each registered member with a unique link to Liz's zoom account, which can be accessed starting at 9:45 AM on January 25. We anticipate that Liz's presentation will begin at approximately 10:00 AM.

The procedure on the morning of the 25th will be:

- 1) Members will log into the GCH zoom at 9:30 AM for our business meeting (MaryAnn will send out the meeting link)
- 2) After the business meeting is over, members will leave the GCH zoom meeting and log into Liz's zoom account, using the unique link sent to them. **Don't forget to register before January 25.**

If members need any help negotiating this, please contact Theresa Ledoux (ledoux3@gmail.com) and she will be happy to register your name and email address. However, each member will be responsible for logging into Liz's zoom on January 25.

Bloom 'N Art: Spring 2021



Do you remember March 14, 2020? It's the day we opened the Bloom 'n Art exhibit. We were full of enthusiasm but the minute we entered the library we were told the library had to close its doors at 1:00 pm and so had we. No Sunday viewing, no Monday viewing.

Right then and there we made plans for 2021...by then the pandemic would certainly be over, wouldn't it?

And here we are, January 2021 and Covid-19 is still wreaking havoc in our community.

But we never give up. We will go on! The art teachers agreed to participate and send students' artwork.

Now we need your help!

It will be different...no live exhibit, but a slideshow, a video, a movie.
More details will follow.

We are glad for the students who will show us their art and we are proud our club is determined to preserve Shirley Boudreau's legacy.

Please let us know if you want to be part of Bloom 'n Art 2021!

Let us know if you want to be an arranger.

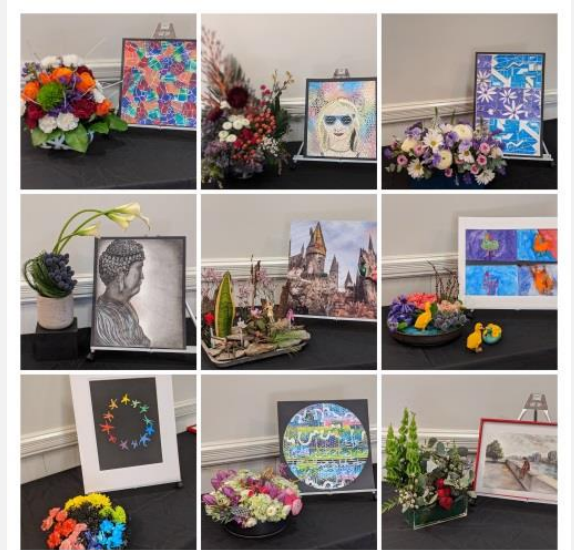
SignupGenius:

<https://www.signupgenius.com/go/4090b49a9a629aaf85-bloom1>

or email:

Marijke Vallaeys : mvallaeys@gmail.com

AnaMaria Nanra : chinni806@yahoo.com





Nature Trail Walks on Conservation Land

Info: Pam Durrant

Brehm Land, January 7

(Bill L., Judy W., Deborah O'R., Kathy J., Pam D., and Maria D.)

The trail on BREHM land had been newly blazed and cleared by Bromfield seniors. The young people knew that the shortest distance between two points is straight up, resulting in some steep climbs; it was good exercise and fun discovering a new trail!



BlackPond/Smith Conservation Land January 14

(Bill L., Karen S., Pam D., Judy W., Marijke taking the pictures)

How beautiful...a narrow path with vernal pools on the left, the wetlands deep below on the right.

We wanted to stay on that spot, at the end of a path where we heard the water of **Black Pond Brook** gently burbling into the marsh.

Info about Stony Brook Watershed, through Elizabeth Brook, Bennet's Brook, and **Black Pond Brook**. The latter two watersheds are both sub-watersheds of the Merrimack River Watershed, which is now listed as one of the most imperiled in the nation due to development pressures.(note by Pam Durrant)



Bromfield House - Your Ideas for its Future Use



The Bromfield House is a highly visible property located in the center of Harvard (39 Mass Ave, across from the Library), with a history tied to generations of Harvard residents. The 2 acre property has long been used as school district offices, but with the opening of the new elementary school, the Town will no longer require the 3,500sf house for that purpose.

The Bromfield House Committee is seeking ideas from residents on future uses for the property. Any and all creative (and fiscally feasible) ideas will be examined. The only limitation is that the town is not willing to rehabilitate the building itself.

Please submit your idea by January 27th, 2021. The Committee will compile the submissions and present them to the town for an open comment period from February 11th to March 10th.

https://docs.google.com/forms/d/1jMfYW7Bg2Q8B8nqy7Gf3RdEtHGoZuXn2-ncMVqJI6G4/viewform?ts=6001947c&gxids=7628&edit_requested=true

ZOOM

Book Club

Info: Helen Jean Berry

February 1

Plants Go To War by Judith Sumner

Let Helen know if you are interested in joining.

Officers for 2020-2021

President: MaryAnn Piasecki
Vice President: Jessie Panek
Recording Secretary: Abby Besse
Treasurer: Pauline Carroll

Committee Chairs

Corresponding Secretary: Stephanie Hooper
Historian: Carlene Phillips
Hospitality: Carol Hartman
Membership: AnaMaria Nanra
Newsletter: Marijke Vallaeyes
Nominating: Margaret Murphy & Janice Rusiecki
Programs: Theresa Ledoux, Janice Rusiecki
Publicity: Marty Green

Projects

Annual Luncheon: Maria Day
Civic Beautification: Kathy Jackson Garden
Therapy: Mary Maxwell
Garden Tour: Suzan Osborn & Carlene Phillips
Graduation Flowers: Jessie Panek
Holiday Greens Workshop: Deborah Dowson & Denyse Cox
Horticulture: Connie Grabowy
Library Books: Joanne Williamson & Helen Berry
Library and Meeting Flowers: Kathleen Turnbull
Nature Trails: Pam Durrant
Plant Sale: Abby Besse & Mary Jane Ellison
Webmaster: Betsy Howard
Yearbook: Marijke Vallaeyes
Bloom N Art: Marijke Vallaeyes & AnaMaria Nanra