



Bonner County Gardeners Association

Education ~ Community Service ~ Camaraderie

February 2013

Please contribute to The Garden Gate. Informational articles, garden tips, announcements, and digital photos are welcome. For questions or comments please email lauriebrown54@gmail.com When emailing, please put "MG" in the subject line.

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President's Message

Welcome to February. We are over half way from the Winter Solstice to the Spring Equinox, and I expect all of Us are dreaming of the time when the grass begins to green and plant buds start to pop open!

February's flower is the sweet violet - *viola odorata*, named for its sweet scent, and one of Emeritus Valle Novak's favorite flowers. *Viola odorata* is also commonly known as wood violet, English violet, or garden violet. Leaves are dark green, heart shaped, and toothed on the margins. The purplish-blue flowers appear to peek out from under the leaves. The leaves and flowers both grow from a basal rosette.

V. odorata is an ancient heirloom that thrives in part shade and naturalizes easily including in lawns. These hardy plants can self-pollinate (cleistogamous – of or relating to a flower that does not open and is self-pollinated in the bud). They bloom from early to late spring. An interesting quirk about sweet violets is their flirty scent comes and goes as Ionone is present in the flowers. Ionone temporarily desensitizes the scent receptors, and until the nerves recover, the violet scent is undetectable.

Kingdom: Plantae
Order: Malpighiales
Family: Violaceae
Genus: *Viola*
Species: *V. odorata*

*Malpighiales are a large order of flowering plants that includes 40 families, more than 700 genera, and almost 16,000 species. Well-known members of this order include Violaceae (violet family), Salicaceae (willow family), Passifloraceae (passion-flower family), Euphorbiaceae (spurge or croton family), Rhizophoraceae (mangrove family), and Erythroxylaceae (coca family).

Sweet violets are native to Eurasia. There are many myths and legends where this charming plant and its flowers are woven into the stories.

Many moons before white people came to North America, an Iroquois warrior fell in love with a fair young maiden of an enemy tribe. With the help of the birds, he wooed her to his side. They ran away together. Unfortunately, one of the maiden's people saw them leaving and sounded the alarm. They were pursued over mountains and plains and eventually caught. When her people learned that she had willingly deserted for an enemy warrior, they killed them both and left their bodies where they fell. From this spot sprang up the first violets. From that time forth the wind and the birds collected the seeds and scattered them throughout the land.

V. odorata plays a leading role in the love story between Josephine and Napoleon Bonaparte. Josephine's favorite perfume was made from violets. She had violets planted in the public gardens of

France. Napoleon carried a lock of Josephine's hair and violet flowers in a locket he kept with him always. After Josephine died, Napoleon picked bouquets of violets for when he visited her gravesite.

Viola odorata crops up in many Greek and Roman myths. The Greek word for violet is *Lo*. *Lo* was the daughter of King Argos. Zeus fell in love with *Lo*. Zeus changed *Lo* into a cow, to protect her from his wife Hera, and created the sweet violet for her to eat.

Another myth mentions that sweet violets sprang forth where Orpheus laid his enchanted lute.

This amazing plant is edible and used in a variety of culinary dishes; stuffing for poultry or fish, soufflés, cream sauces, desserts, teas, syrups, liqueurs, and candies. The French are renowned for their violet syrup. Candied violets are still made commercially in Toulouse, France and are known as *Violettes de Toulouse*.

Sweet violets have been used in aromatherapy, perfumes, and cosmetics for centuries. Sweet violet leaves have a fresh earthy scent, while the flowers are sweet smelling. I remember my grandmother daubing violet water onto her temples to treat headaches and to refresh her energy.

V. odorata has many medicinal uses. It is used as an herbal remedy for various respiratory ailments, congestion, coughs and sore throat. Recent studies have shown the presence of glycoside of salicylic acid in sweet violet leaves, which explains its efficient use in cases of headaches and body pains. Syrup made from the flowers has anti-septic, anti-inflammatory, laxative, and expectorant properties. It is touted to help with insomnia, dizziness and exhaustion. *Viola odorata* is being researched for cancer treatment. My research found few side effects associated with sweet violets. Heavy usage can cause vomiting and/or the laxative qualities to express themselves.

There is a lot of information on sweet violets – *viola odorata* on the world wide web.

In closing, the Greek used sweet violets to create love potions. Possibly Cupid tips his arrows in a sweet violet love potion! Sounds plausible to Me.
Jan



February Gardening To Do List

From Backyard Gardeners located at:
http://www.backyardgardener.com/Gardening_Month/zonenese01.html



Zone 3

- Order seeds
- Cut back on feeding houseplants (do not feed dormant houseplants)
- Water cymbidiums weekly until they bloom
- Sow seeds for tender perennials

Zone 4

- Order seeds

- Sow seeds indoors for hardy spring-blooming plants
- Cut back on feeding houseplants (do not feed dormant houseplants)
- Sow seeds for cool-weather vegetables
- Sow frost-tolerant perennials indoors

Zone 5

- Order seeds
- Sow seeds for hardy spring-blooming plants
- Cut back on feeding houseplants (do not feed dormant houseplants)
- Sow seeds for cool-weather vegetables
- Sow frost-tolerant perennials indoors



BCGA Membership Meeting, February 6, 2013

Present: Penny Barton, Howie Fennimore, Linda Gjording, Jenna Bertus, Jan Wilfert, Jon Bair, Zoe Bolton, Barb Pressler, Ann Warwick, Butterfly Burke, Bob Blair, Gray Henderson, Barb Moore, Ellie Lizotte, Bonnie Pick, Nancy Hastings and Gail Swan

Meeting was called to order @ 9:00am by President, Jan Wilfert

Jan minutes were approved as written.

Treasurer's report: \$2195.66 and \$34835 (TM acct)

New Business

Discussion: should mileage be paid for any/all of the membership class instructors at .55c a mile; Form will be developed to give to instructors and give them the option of reimbursement

Door Code for BBC: in future, will be limited to officers; printer code will be available to all with signature by an officer; we are requested to limit internet usage to one device at a time to avoid slowing down of connection

Box Store Bulletin Boards: Bonnie Pick will check with stores in the area to see if we can supply a board for notices regarding gardening information

Gray Henderson: a student in this year's class, Gray has volunteered to help people understand their soil limitations and problems; there is a 1982 Bonner County soil survey on line and also a web-site available: www.websoilsurvey.nrcs.usda.gov; contact Gray at timberwolf1941@gmail.com

Program Updates

Membership Course: kudo's to Jan Wilfert for spearheading the course this year; she was instrumental in getting enough students (9) to take the class and has been coordinating and finding facilitators for each class; we have had a speaker for every class this year

Trisha Murphy: a committee has been formed to look into how to invest the generous gift from Trisha; committee to meet on Monday, Feb 25 at 9AM at the office

Pot-Lucks: great get-together at Jenna & Dave's-many went snowshoeing; 21 people there for fun & lots of visiting; next is at Janae Dale's on Sat, Feb 16, also snowshoeing if weather cooperates; starts at Noon

Home Hort: we have 8 classes lined up for the spring series, beginning on March 20 and ending on May 8; a flyer will be emailed to the current list

and also included in the Garden Gate; copies will also be taken to various venues in the area

Home and Garden Show: will be April 13 & 14 with set-up on Friday eve after 5pm so we don't block the rear entrance for other people setting up; Ann Warwick is coordinating since Ellie will be unavailable; so far, there are several presenters lined up:

Jon Porter—microgreens

Jan Wilfert—gardening tools

Marion Newsom-Banks—nocturnal gardens

Ann Warwick—worms

1 or 2 more demonstrators are needed and also folks to "man" the booth; contact Ann Warwick to help with all of this

City Baskets: baskets are a go once again this year; a tentative date to plant them is Thursday, April 4; confirmation and more details to follow; Nancy Hastings is coordinating

Continuing Education: Dr Tripepi will be giving a class-date to be determined

School Gardens:

The students would like to start seeds indoors for their raised beds; Janae felt it could be an appropriate use of "Gift" funds to purchase and donate a small grow light for the students and have a plaque made with Trisha's name on it as a small memorial; this will be discussed at the TM committee meeting on Feb 25

Garden Tour: Penny Barton is in charge- date for the tour is Sunday, July 7

Garage sale:

Don't forget to save items for the 2013 garage sale; Bob Blair has kindly offered his barn at 330 East Bronx Rd to store items in until date of the sale

Farmers Market:

Sandra Gevurtz has expressed a possible interest in chairing a presence at the market

Healing Garden: Gail Locke has taken over committee chair for the garden

Jail Garden: Penny shared that the jail garden donated 6381 lbs of veggies to local charities last year

Day at the Fair Grounds: Rhonda Livingston would like MG's to present some short classes, for a total of 45", for this event to be held on March 9; Penny Barton will follow up on what the expectations are

Meeting adj @ 10:45



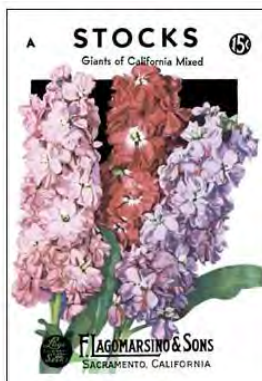
"Every gardener knows that under the cloak of winter lies a miracle ... a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream."

- Barbara Winkler



Event Calendar - 2012			
Event	Date	Chair(s)	Notes
Membership Meeting	Wed 3/6	Jan Wilfert	BCGA Offices at 804 Airport Way, Sandpoint; 265-2070; 9am

2012 Event Chairs and Contact Info			
Event	Date*	Chair(s)	Contact
Membership Meetings	Ongoing	Jan Wilfert	610-4829 or 66haven@gmail.com
Continuing Education Program	Ongoing		
Membership Committee	Ongoing	Zoe Bolton	264-1210 or zbolton@gmail.com
Home Horticulture Series	Spring & Fall	Don Childress, Janae Dale and Gail Swan	Don – 255-7928 or dwclrsc@televar.com ; Janae – 265-2205 or dalejanae@gmail.com , or Gail H 263-0180 C 290-4126 or gswan8274@hotmail.com
Home and Garden Show	April	Ellie Lizotte and Ann Warwick	Ellie – 264-5462 or hopeellie@aol.com ; Ann – H 263-2844 C 691-1900 or w.redguy@frontier.com
School Gardens	Spring/Summer	Janae Dale	265-2205 or dalejanae@gmail.com
Farmers Market	Spring/Summer		
Mickinnick Trailhead – meet the 1 st and 3 rd Wed of each month at 9am at the trailhead	Spring/Summer	Jan Griffiths	jan@looptravel.com , 290-1973
Healing Garden	Spring/Summer	Valle Novak	
Potlucks	Summer	Becky Reynolds, Ann Warwick	Becky - rplace@directv.net or 264-3214; Ann – H 263-2844 C 691-1900 or w.redguy@frontier.com
Garden Tour	July	Penny Barton	H 265-9733; C 610-1493 or one-cent@gotsky.com
Bonner County Fair	Aug	Lynn Pietz and Jon Bair	lynnpietz@hotmail.com or 265-3563



2013 Spring Home Horticulture

**2013 Spring Home Horticulture Workshop Series
Registration Form**

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Phone Number: _____

Email Address: _____

- March 20 Landscape Design With Native Plants
Presented by Gail Bolin
- March 27 Greenhouse Construction and Usage
Presented by Nancy and John Hastings
- April 3 Pruning
Presented by Gail Locke
- April 10 Basic Gardening I
Presented by Kit Cooley
- April 17 Basic Gardening II
Presented by Kit Cooley
- April 24 Mushrooms
Presented by Deborah Halcrow
- May 1 Berries
Presented by Jon Bair
- May 8 How and When to Harvest
Presented by Janae Dale, Ann Warwick, Mikey Haven

Classes \$10Each

Please make checks payable & return to:

Bonner County Gardeners Association

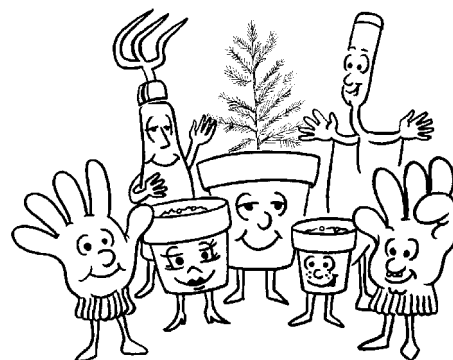
804 Airport Way

Sandpoint, Idaho 83864

Or pay on-line with Pay-Pal

@ www.bcgardeners.org

Workshop Series



**Presented and Coordinated by
Bonner County Gardeners Association**

Classes are held Wed eve's from 6pm –

8pm

at the Ponderay Event Center

401 Bonner Mall Way, Ste E, Ponderay, Idaho

Email inquiries to bcgardeners@gmail.com

Or call message line: 208-265-2070

Dates and Topics

March 20 **"Designing Your Landscape With Native Plants"**

Presented by Gail Bolin, current President of the Native Plant Society and Vice President of the Master Naturalists. Gail has a Masters Degree in Environmental Science and is the owner of "Earth Wise" consulting company and specializes in native plant landscapes and wildlife habitat restoration

March 27 **"Making the Most of Your Home Greenhouse"**

Presented by Nancy and John Hastings, owner's of "All Seasons Garden and Floral"

John & Nancy have been growing veggies for over 15 years in their local greenhouse & will focus on the special considerations our area presents when constructing & using a residential greenhouse.

April 3

"Pruning"

Presented by Gail Locke

Pruning insures safety, increases yield and maintains the health and appearance of your plants. Several techniques will be demonstrated. Learn when, how and what to prune, and how to maintain your equipment. Bring your tools for evaluation.

April 10

"Basic Gardening I"

Presented by Kit Cooley

Get started growing your vegetables. This first session will look at planning, choosing location, preparing soil, seed selection, and will include starting seeds, both indoors and out

April 17

"Basic Gardening II"

Presented by Kit Cooley

Review seed starting, then cover transplanting, irrigation, weed and pest control and general care and maintenance. Other topics include options for protected plantings, container gardening and preparing for harvest and seed saving.

April 24

"Mushrooms"

Presented by Deborah Halcrow, a past President of the

Coeur D'Alene Mycological Society.

This class will concentrate on springtime mushrooms-where to find them and how to identify them-particularly Morels. Learn the difference between the good and the bad ones.

May 1

"Berries"

Presented by Jon Bair

Journey through nature's bounty of berries. Learn the varieties that do well here in North Idaho, and also techniques for a successful harvest. Jon will also touch on native berries.

May 8

"How and When to Harvest Your Garden"

Presented by Janae Dale, Ann Warwick, and Mikey Haven

These MG's will teach you tricks to know when your produce is ready to harvest and what to do with your produce to keep it through the winter. They will also teach you how to have a continuous harvest of some veggies.

Fees cover the cost of venue, publications, materials, and the support of non-profit activities of the Bonner County Gardeners Association.



Bonner County Gardeners Association

Classes are \$10 Each

All classes will be held Wed eve's from 6 pm – 8 pm

at the Ponderay Event Center
401 Bonner Mall Way, Suite E, Ponderay,
Idaho

ALL CLASSES WILL START PROMPTLY @ 6pm;

Check-in STARTS @ 5:30;
PLEASE BE ON TIME

Please check the classes you wish to attend and send with check to Bonner County Gardeners Association

804 Airport Way

Sandpoint, Id., 83864

You may also bring your registration form & check to this address

Or

You can pay on-line with a credit card via "Pay-Pal"

at www.bcgardeners.org