



THROUGH THE GRAPEVINE

December 2011
Tuesday, December 6, 2011
Holiday Luncheon



Many thanks to Joan Kowalski and Kathy Clark for a lovely luncheon.



The luncheon was attended by 105 members and guests.



The food from Napoli's Italian Cafe was delicious.



The music from the Grapevine High School Jazz Choir was inspiring.



Mark Woolverton, Director of Development at GRACE, receives donations from GGC members in the amount of \$1,046.00 collected at the Holiday Luncheon and presented by Pam Braak, Treasurer

DID YOU KNOW?

In January, the Grapevine Garden Club will be EIGHTY years old? At the Holiday Luncheon, Mayor *pro tem*, Shane Wilbanks, read a proclamation celebrating the actions of the GGC to make the City of Grapevine a lovelier place in which to live through a myriad of civic projects.





WHEREAS, the Grapevine Garden Club, Inc. was formed in 1932 by a group of civic-minded citizens for the purpose of beautifying the City of Grapevine, to plant trees and shrubs for future generations to enjoy; and

WHEREAS, the Grapevine Garden Club's current membership of 172 remains true to the purpose and interests of its founding members to promote interest in gardens and horticulture; to further the protection and conservation of wild flowers, shrubs and trees; to stimulate appreciation and protection of birds; to promote highway and city beautification; to actively support environmental concerns; and to encourage education in all these objectives; and

WHEREAS, the Grapevine Garden Club participates in numerous projects with the Grapevine Parks and Recreation Department, including, Tree City, USA; annual Arbor Day ceremonies, school garden and wildscape plantings, and distribution of redbud trees to third grade students; and

WHEREAS, the Grapevine Garden Club, through its money-raising endeavors, has provided funds for donations to civic projects such as the Botanical Gardens Education Pavilion, Town Square Park, landscaping at Liberty Park's Torian Cabin, Installation of Habitat landscapes, and the granting of yearly scholarships to graduating seniors; and

WHEREAS, the Grapevine Garden Club, in their 80th anniversary year, is championing a fundraising campaign to build a Greenhouse in the Grapevine Botanical Garden where children and adults will have the opportunity to learn about plant propagation and horticulture.

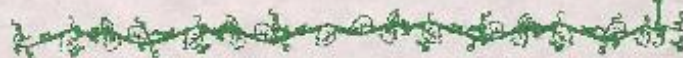
NOW, THEREFORE, I, William D. Tate, Mayor of the City of Grapevine, Texas, do hereby proclaim the week of March 18-24, 2012 as

Grapevine Garden Club Week

in the City of Grapevine, with the realization that all citizens enjoy and appreciate these beautification projects and continue to support the endeavors of this worthy club.



Mayor, City of Grapevine



President's Message

We have enjoyed a wonderful first half of the Garden Club 2011-2012 year and I have many things for which to be grateful. Among them are our members who have graciously volunteered their time and expertise. Thank you to all who serve the club and so greatly contribute to the quality of this organization. To every member, I wish the best for a warm and safe holiday season.

☞Karen Rice



Monthly Beautification Award: Yard of the Month

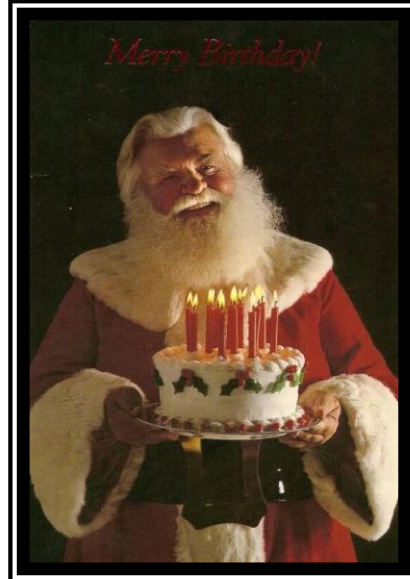
Keep Grapevine Beautiful named Ed and Joetta King as the Yard of the Month winners for November. Their yard is landscaped throughout with drought resistant plants and flowers, and they utilize drip irrigation in approximately ¼ of the yard. A large lava rock bed that does not require irrigation is decorative throughout the year with bluebonnets in the spring. Water features and seating areas are placed selectively throughout the yard to enjoy the view.



Congratulations Joetta and Ed!

DECEMBER BIRTHDAYS

Sandra Cavanaugh
Laurie Evans
Edward King
Susan Lively
Mike Meek
Joyce Quam
Judy Reed
Margaret Richter
Kathleen Thompson



New Members

Michele Burger
Dan Burger
Ann Fuller
Malissa May
Sarah Soper

Save the Dates!

Date	Event	Location
February 27, 2012	Spring District II Convention	Fort Worth Botanical Gardens
March 22 – 24, 2012	Spring Texas Garden Club Convention	Grapevine
May 4, 2012	Redbud Tree Program	Grapevine Colleyville ISD
May 12, 2012	Grapevine Garden Club Sale of Heirloom Plants	Grapevine

Grapevine Botanical Gardens Docent Training

Twenty-two Grapevine Garden Club members and friends attended the Docent Training on November 15, 2011.



*Barbara Thompson,
Docent Chair*



Bicentennial Post Oak Tree



*Barbara Atkins,
"If a child can do
this craft...I can!"*



Every Kiss Begins with...Mistletoe?

And you thought Kay Jewelers had the corner on this market, didn't you? There are several theories on the origin of the tradition of kissing under the mistletoe. One theory dates back to ancient Norse mythology. The Reader's Digest version of the story is that the son of the goddess, Frigg, was killed with a spear made of mistletoe. When the son, Baldr, was brought back to life, Frigg declared that from that point on mistletoe would bring love rather than death into the world. People kissed under the mistletoe to remember Baldr's resurrection, bringing the promise of happiness and good luck in the following year.

Folklore abounds when it comes to mistletoe. Another legend dates back to the ancient Babylonian-Assyrian Empire where mistletoe was hung outside the temple for the goddess of beauty and love. Mistletoe was also seen as a supernatural healing plant, and the Greeks believed it to be an aphrodisiac that promoted fertility. It was even put under the beds of newlywed couples to bring good luck.

In Scandinavia, mistletoe was considered a plant of peace. Under the peace-promoting plant, enemies could declare a truce or warring spouses would kiss and make up. In Europe, branches of mistletoe were hung from ceilings to ward off evil spirits.



In England, young men would kiss women standing under the mistletoe and would pluck a berry from the bush after each kiss. After all the berries were gone, it was bad luck to continue kissing under that bush.

With all that love, peace, and kissing attributed to the mistletoe, you'd think everyone would be clamoring to have one or two. But this is where the romance ends, my friends.



The Old English (Anglo-Saxon) word for mistletoe was misteltan – "mistel" meaning "dung" and "tan" meaning "twig"; i.e., "dung-on-a-twig." Not so lovely anymore, is it? Mistletoe produces a white berry that is part of the diet of many birds. The seeds are coated with a sticky, gelatinous substance. When the seeds are excreted in bird droppings, the seeds stick like glue to twigs and limbs until they germinate.

When the mistletoe seeds germinate, root-like structures called haustoria penetrate the bark and grow into the xylem (the water conducting tissue of the tree limb.) Mistletoe is a parasite that lives off the tree as its host. The water and nutrients needed for its growth and development are taken from the tree's sap.

Small limbs infested with mistletoe can be pruned. Limbs must be cut at least twelve inches beyond where the mistletoe attaches to the limb in order to completely remove the embedded root system.

When mistletoe is growing on large limbs or on the tree's trunk, pruning is no longer practical. Just cut the mistletoe off flush at the point it attaches to the limb or trunk. Only mature plants (two to three years old) produce berries. You may reduce the spread of the plant if you can remove the mistletoe plant before it reaches maturity and produces seeds.



Another option is to cut off the mistletoe plant, and then wrap the area with a few layers of black plastic for one to two years. This may be an effective control of the plant, since mistletoe also requires chlorophyll and sunlight in order to survive. Once again, the size of the tree and location of the mistletoe will determine how practical it is to try this technique. Safety first!

There is currently no herbicide recommended for the control of mistletoe in trees. Because the mistletoe's haustoria basically become intertwined with the tree's vascular system, chemical controls could cause injury to the tree.

Some trees seem to be more susceptible to mistletoe. Cedars, junipers, pecan, live oak, and magnolia trees are rarely infected with mistletoe. However, water oak, Spanish oak, elm, and hackberry trees are frequently infested with this parasite.

So does having mistletoe mean the kiss of death for your tree? Not necessarily. Mistletoe may not kill a tree outright, but heavily infested limbs are stressed, and this can increase the tree's susceptibility to other problems. Now that the trees are dropping their leaves this winter, the evergreen mistletoe will be very visible. Hopefully you can safely remove it, and you and your trees can kiss this parasite goodbye!

✂ Toni Moorehead, Master Gardener

<http://signaturegardens.blogspot.com>

Photos for this article taken by Toni Moorehead.

HERBS and SPICES

Shared by Pat Abramson, speaker at our general meeting, November 22, 2011

CALENDULA (calendula officinalis, "Pot marigold"):

Flowers possess anti-inflammatory properties and promote healing by increasing cell division. Dry flowers are steeped for teas to use topically as compresses for wounds, sunburn, minor cuts, abrasions, or bee stings. Make infusion of dried, ground petals and add to teas for ulcers. It is also used as an inexpensive saffron substitute. Boil for hair highlights.



CAYENNE PEPPER (Capsaicin): Used for creams to reduce the pain of osteoarthritis. It is believed that rubefacients (circulatory stimulants like capsaicin) may inhibit the transmission of nervous impulses, which lessens the sensation of pain. (Be careful, as it may burn sensitive skin.)

CHIA: Seeds were eaten in large quantities by early Native Americans. Chia is highly nutritious. One tablespoon of seeds sustained a person for 24 hours.

CINNAMON: Current studies show that eating ½ tsp two times a day can significantly lower blood sugar (for help with diabetes and cholesterol levels).

HONEY: Contains vitamins and iron in large amounts; strengthens white blood corpuscles to fight bacterial and viral diseases.

CINNAMON and HONEY combo:

Arthritis:

Externally—

- Alleviate with this topical treatment, per Canadian researchers:
- 1 part honey to 2 parts warm water with 1 tsp of cinnamon powder
- Make paste and massage for two minutes.

Internally—

- Take 1 c hot water with 2 T honey and 1 tsp, cinnamon powder two times a day.
- Try before breakfast for one to two months: 1 T honey and ½ tsp cinnamon for relief of arthritis pain.

*Immune System—*Daily use of this combo strengthens the immune system.

*Cancer—*Japanese and Australian herbalists suggest 1 T honey with 1 tsp cinnamon for one month three times a day for advanced stomach and bone cancer.

COMFREY: Contains rosmarinic acid, an anti-inflammatory, and the compound allantoin which promotes healing and stimulates growth of healthy tissue. German researchers use comfrey for sprained ankles. Soak in bath with teabag from dried comfrey roots. Steep leaves for soaking broken bones. Make compress/poultice from leaves.

CRUCIFEROUS VEGETABLES (brassicas such as kale, Brussels sprouts, cauliflower, cabbage, broccoli, and radishes) help with rheumatism, arthritis, pulmonary disease and congestion, and protect the body against free radicals (antioxidants and detox phytonutrients).

DILL: Helps indigestion and ulcers. Inhibits the secretion of stomach acids and may help protect a ruptured stomach lining from irritants.

FENNEL: Relieves digestive discomfort (seeds offered in Indian restaurants at checkout). Infusion: 1 tsp dried seeds to 1 c hot water.



fennel

FLAX: Rich in plant estrogens. Canadian researchers use flax to treat menopausal and post-menopausal symptoms since flaxseed mimics the bone-preserving ability of HRT. Oklahoma State University tests indicate reduced bone loss in post-menopausal women. Flax is said to lower cholesterol and risk of heart disease. Helps with calcium absorption. (1.5 oz of fresh ground seed per day is suggested, but women who cannot take estrogen should consult a doctor before using.) Flax is also used to leach toxins from soil.

GARLIC: Studies show one clove per day lowers heart attack likelihood by 14%. It is said to help prevent prostate, esophageal, stomach, and bladder cancer.

Caution: May impair blood clotting after surgery. Don't take if you have a bleeding disorder. Plant one garlic clove any time, tip side up. It makes a whole bulb in six months. Because it repels aphids, grow with fruit trees and roses. Organic growers use garlic as a leaf and soil spray with ground cayenne pepper.

GINGER: Used in creams to relieve osteoarthritis pain. Relieves stomach complaints and eases nausea, morning sickness, and motion sickness. **Caution:** Ginger may cause heartburn. To keep ginger fresh indefinitely, peel, chop, place in jar with some sherry. Use sherry in cooking.

HORSERADISH/WASABI: Root has antibiotic properties and Vitamin C. Chop fresh and add to water. Use as a compress as it produces heat. Potent herbal diuretic.

LAVENDER: In soap, lavender is good for oily skin. (*See cautions below.*)

LEMONGRASS: Medicinal tea for digestion/fever/anti-inflammatory action. Juice or chop, freeze, add to teas. Knot and toss in soups.

MILK THISTLE: Speeds hepatitis recovery. Helps prevent liver damage from powerful drugs. One of the best antidotes for certain types of mushroom poisoning. It is said that anyone who drinks alcohol and takes medication regularly may benefit from milk thistle. **Caution:** May have side effects such as headache, nausea, stomach distress.

MUSTARD: Mustard plasters (4 oz ground seed with warm water) are used for fingers affected with Raynaud's disease, as well as sciatica.

PARSLEY: High in chlorophyll, Vitamins C, A, B, calcium, and iron. Avoid during pregnancy. (*See cautions below.*)

PEPPERMINT: Contains volatile oils that relieve digestive discomfort. Continually harvest "aerial parts" to dry, place in sterilized jar, and make a tea with 1 tsp dried flowers to 1 cup hot water.



parsley

ROSEMARY: Said to be good for rheumatism. (*See cautions below.*)

*St. John's
Wort*



St. JOHN'S WORT: Prescribed four times more often than pharmaceuticals in German health system. Used as astringent, for nerves, coughs, and urinary problems.

SAGE: Has significant antioxidant, anti-inflammatory and cholinesterase-inhibiting action, all of which may help prevent and treat Alzheimer's, according to British researchers. (Antioxidants contribute to the health of the arteries that supply blood to the brain. They also help prevent arterial narrowing, which contributes to the disease and leads to stroke. Recent research points to chronic inflammation as a culprit in the development of Alzheimer's. Current drugs used to slow the progress of Alzheimer's inhibit the brain enzyme acetyl cholinesterase. Sage is a natural cholinesterase inhibitor.) Still used in deodorants. Leaves are used as a toothbrush. It is one of several herbal tobaccos. Chinese traded green tea for sage and considered it valuable for many uses. (*See Rodale's book of herbs.*)

SEAWEED: (KELP, KOMBU, etc.) natural source of iodine

SENNA (cassia Senna): Being studied as an alternative preparation (as a laxative) for colonoscopies; can also be added to a regular detox program.



STEVIA: Natural sugar. Try concentrate, individual packets, or granules. No calories. Marketed under brand names such as Stevia In the Raw®, which measures cup for cup like granulated sugar.

SUNFLOWER SEEDS: Contain pain-relieving and anti-inflammatory properties. Similar to ibuprofen; good for arthritis. Also helpful for low sperm count.

TURMERIC: Being used to treat irritable bowel syndrome. Has a GI-soothing action.

VALERIAN: Said to relieve tension and aid sleep.



valerian

YAM: Wild yam was used as a chemical component for the first prescription birth control pills. The root contains diosgenin, which can be converted to synthetic progesterone. The pharmaceutical industry has used yam root as a basis for steroids, cortisone, and anti-inflammatory drugs to reduce the swelling caused by rheumatism, and hydrocortisone cream to treat eczema. (Wild yam is not what we know as sweet potato.)

BE CAREFUL WITH THE FOLLOWING

Blood thinners: Aspirin, **GARLIC**, and Vitamin E—Avoid two weeks before surgery. Inform your doctor if you are taking any of these regularly.

PARSLEY: Avoid during pregnancy. While breast-feeding, avoid **SAGE** (including stuffing made with sage), and **ROSEMARY** (causes uterine cramps, may cause miscarriages and also dries milk supply).

LAVENDER: Too much can cause gynecomastia (early development of female characteristics in young boys). Lavender contains natural estrogens, an excessive use of soap, shampoo and hair gel containing lavender oil is both estrogenic and anti-androgenic (suppresses male sex hormones).

