

Bloomin' Times

April 2024



Photograph by
Joe Da Rold

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CLUB NEWS

NEW CLUB BROCHURE

Dear Members,

It is a pleasure for me to congratulate our President Sharon Shiraga for creating the beautiful new club brochure. Allow me to give you a bit of club history, without the need of the Archives. I joined R&H in the fall of 2015, and the need for a new brochure was being discussed then. But everyone maintained they were not up to the task. My excuse was that I was too new to do justice to a club brochure and my interests eventually took me to the newsletter.

Years went by, Flower Shows and House Tours went by with strikingly designed programs. The need for a brochure was frequently brought up, but still no brochure. Sharon shared her design talents with a new DTH logo in 2018, but she was busy co-chairing that event and mentoring the Juniors.

This year, as if she did not have enough to do being President, she took on the task. The elegant publication to the right is pure Shiraga. It is intended to provide information to non-members about our exciting and award-winning garden club. Be sure to hand them out to friends who might join. It's a great way to support the club and thank Sharon.

Sharon, it's fantastic! Thank you!

Joe

Rake & Hoe Garden Club

Sharon Shiraga, President

NEWSLETTER COMMITTEE

Regina Kelley, "Profiles"

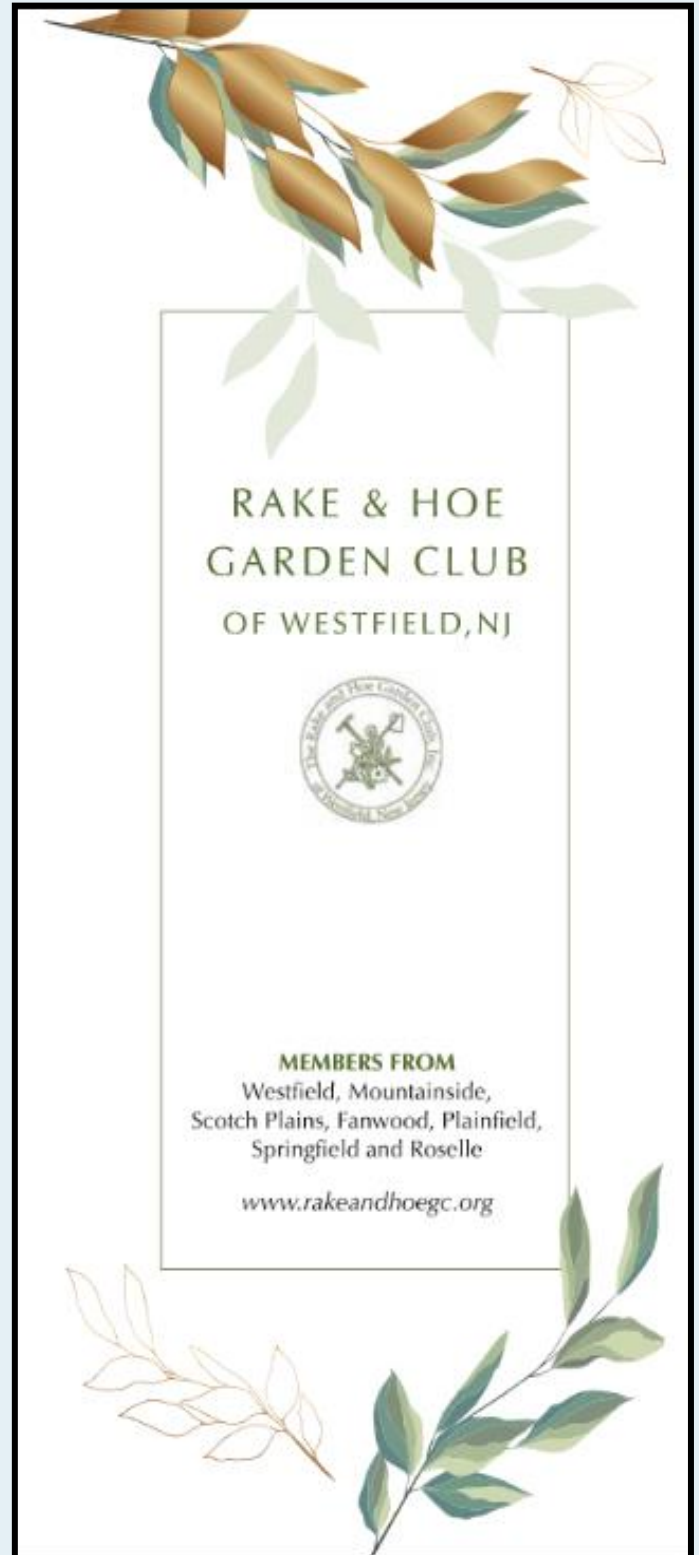
Jeanie Pelikan, Photography

Richard Pelikan, Photography, "Jersey Gems"

Mabel Woloj, "Native Plants"

Joe Da Rold, Editor, Photography

"Native Plants," "Garden Limericks"



CLUB NEWS

UPCOMING EVENTS

April 6 — Flower Show School, *Course 1*
“*Procedure*”, will be seen via
Zoom

April 9/10 - Flower Show School, *Course 1*
‘*Horticulture and Design*’
at Holly House.
“*You don’t want to miss this.*”
Sharon S.

April 10 — Judged Tray Table Design
General Meeting. The entire membership
is invited to participate. It must be delivered
and in place by 11:30. SRCC

April 10 — Wind Chimes
Juniors Meeting, 3:30 pm
Home of Betty Clark

April 24 — Spring Plant Exchange
Home of Barb Spellmeyer, 10:00 am

April 29— Bowman Wildflower Preserve
Meet at Inge’s home to car pool to
New Hope.
Sign-up required. A guided tour will be
provided for 15 or more.

Member Birthdays in April

April 23 — Jane Christiani

April 25 — Carolyn Seracka



RECENT EVENTS



Eggshell
Wreath
Making

“*Getting a
jump on
decorating for
Easter.*”

*General
Meeting
3-13-24*

*March
Lunch
Hostesses*



*Juniors
Meeting
3-13-24*



*Herb and
Spice Blends*

NATIVE PLANTS

by Mabel Woloj and Joe Da Rold



“FOOD, GLORIOUS FOOD!”

R&H member Nancy Smith writes about the CSA concept: “We have participated in the Dreyer Farms CSA Box for a number of years. We have found it to be a great way to make sure our kitchen is always stocked with delicious veggies!” Each week you receive a variety of fresh & local produce. Their boxes come in three sizes so you can pick the size that best suits your family. Their program runs for 28 weeks, from May through the week before Thanksgiving.

Dreyer Farms offers add-ons for essentials like eggs and milk, microgreens, and flowers. Additional products like local honey are added on special weeks. Along with your veggies you get special recipes and ideas for what’s in your box that week.

Q
A

Q. What is a CSA?

A. One of the most popular and fastest-growing models of farm-to-community commerce is the Community Supported Agriculture (CSA) program. It’s a model of farming, distribution, and marketing that began in Japan in the 1960s. A farm offers a certain number of memberships aka “shares” to the public. Members receive a CSA box of seasonal produce throughout the farming season. The customer picks up their box at a given time and place, either directly from the farm or at community locations.

CSA PRO & CONS

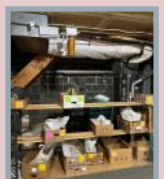
The CSA programs generally operate the same throughout the country. But each program is unique. The descriptions by Nancy and Mabel illustrate some of those differences. Nancy adds that at Dreyer’s, if you choose to pay in full at the beginning of the season, you get the bonus of picking your own flowers, herbs, and cherry tomatoes for 10 weeks in the summer. Mabel points out that through the CSA program, we are helping local farmers.

The cons might be a deal-breaker for some: you cannot choose what you get and if there is a bad year for the farmers (weather related) you’ll receive less produce that season.

The Purple Dragon CSA



This co-op distributes the produce in bulk to the group’s coordinator, who places the produce in boxes for the other members to pick up at Autumn Harvest, a Health Store in Scotch Plains, that generously lets the CSA use its basement. The biweekly program supports local farmers and provides produce throughout the entire year, unlike most CSAs that run only 6 to 7 months. <https://www.purpledragon.com/> They offer the choice of a ½ share at \$35 or a full share at \$70 . They also offer fruit shares, juicing and gourmet boxes too. The full share is for a family of 4. I get ½ share and it’s enough for 7-10 days. You pay the week before the delivery. The produce is so good, my husband eats broccoli now. He never, ever liked it. And the apples are always fresh and crispy. *If you are interested, contact Mabel Woloj: gmwoloj@gmail.com*



JERSEY GEMS

by Richard Pelikan

Seventh in a series of articles by Richard Pelikan, featuring overlooked places of interest to visit.

The Jersey Shore

I doubt there is anyone among us who would not agree that the Jersey Shore is one of the Gems of New Jersey. It encompasses 130 miles of the Atlantic Ocean shoreline from the ecosystem of Sandy Hook to the pristine Victorian homes of Cape May, including over 60 designated beaches. The beaches of the Jersey Shore each have an identity of their own. Some beaches have extensive boardwalks with noisy and crowded amusements, arcades, attractions, and festivals, while others just focus on a quiet time enjoying the surf and the sand without the mayhem of the more popular beaches. People from all over the tri-state area flock to the Jersey Shore for bathing, amusements, surfing, fishing, great food, etc.

It wasn't until the first boardwalk was constructed in 1870 in Atlantic City that the Jersey Shore first became recognized. The boardwalk served as a separation of the hotels from the beach. Other beach towns, e.g., Asbury Park, Point Pleasant Beach, Wildwood, Seaside Heights, and Ocean City soon followed and included shops, food stands and bars on the boardwalk to attract the now developing tourist industry. Atlantic City hosted the first Miss America Beauty Pageant in 1921 to persuade visitors to extend their Labor Day holiday. If you like to collect shells, there are times when you can come across some great shells that wash up from the ocean, especially after a storm. The Jersey beaches are for all ages; some are more family oriented; some are more youth oriented.



The first NJ beach we visited when we moved to NJ was Seaside Heights. We enjoyed the “Coney Island Style” atmosphere including a vintage 1910 carousel with wooden horses and a working Wurlitzer organ. The town recently had the carousel restored and moved it to another location on the boardwalk to be reopened in 2024. Ocean Grove is a quiet beach town known for its grand auditorium and organ, its religious retreat during the summer and its Victorian architecture. Asbury Park became famous for the performances of Bruce Springsteen and his band at the Stone Pony. Even today people gather there for the music.

Margate has a peculiar 6-story sculpture of a large elephant named “Lucy” that has rooms inside, which was renovated a few years ago. It's listed on the National Park Registry of Historical Landmarks. Spring Lake is known for its stately mansions and is acknowledged as the “Irish Riviera” for its predominant Irish-American population. Long Beach Island (known as “LBI”) includes many beach towns which face both the ocean and the bay. Island Beach State Park, a magnificent natural unspoiled stretch of the Jersey Shore, is at the south end of Seaside Heights. The Wildwood beaches are another popular tourist destination with family entertainment and boardwalks. This is only a small sampling of the diverse nature of the Jersey Shore towns and beaches. Everyone has their particular favorite.



The Jersey Shore is not without its problems, mostly at the hands of Mother Nature. Hurricane Sandy did much damage to some Shore towns, particularly Seaside Heights which lost much of its amusement Casino Pier to the ocean. Other towns have suffered severe beach erosion as climate change has taken its toll. Some areas try to replenish the beaches and dunes by adding sand retrieved from offshore. The Jersey Shore is still one of Jersey's most well-known treasures and something we can all boast about.

GARDEN POTPOURRI

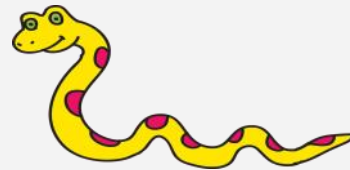


The Pelikans

GARDEN LIMERICKS

I bought my first house, a starter
In the cupboard was hiding a garter
Online searching suggests
Garters eats garden pests
Now the garden's the garter's larder.

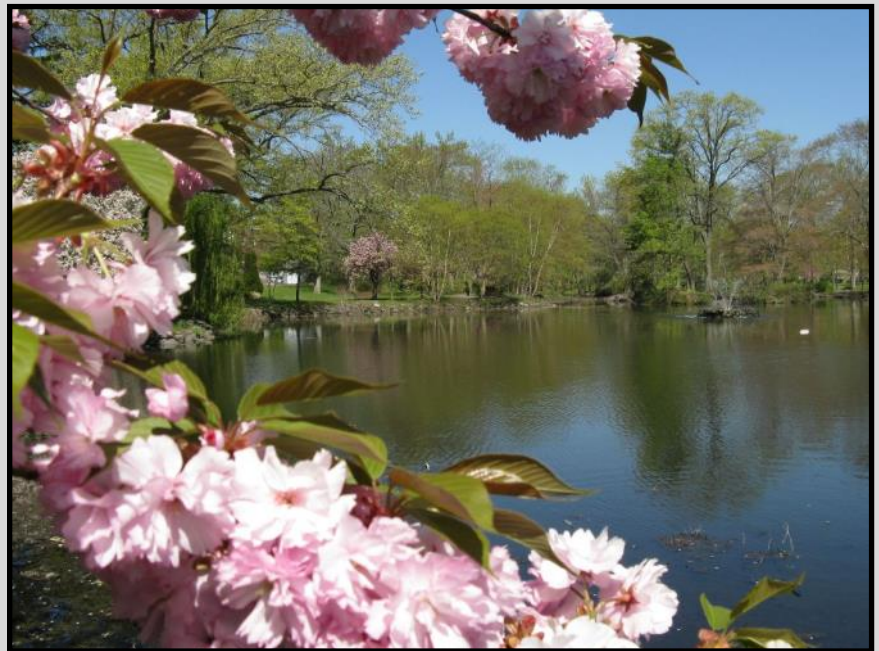
jdr



Joe Da Rold



Nina Sylvester



The Pelikans

GARDEN POTPOURRI

What Spring Is Supposed to Look Like

Photographs Courtesy of Natureworks Horticultural Services



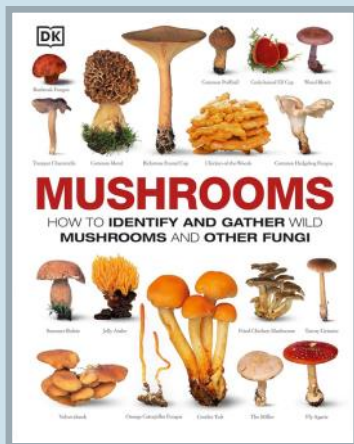
SPRING 2024



MUSHROOMS, MOSS & LICHENS

The theme for this issue of Bloomin' Times is **MUSHROOMS, MOSS & LICHENS**.

The book cover shown below is just one of several useful books on mushrooms, shown for your interest. However, the photos on the following pages were all taken by R&H members. They include: Maryfran Annese, Inge Bossert, Tracy Criscitiello, Joe Da Rold, Sue Feldman, Margot Partridge, Martha Savage, Carolyn Seracka, Donna Sevchuk, Sharon Shiraga, Barb Spell-meyer, and Mabel Woloj. If I overlooked giving credit to anyone, I apologize. jdr



Porcelain (Death Cap) Mushrooms

MUSHROOM-IANA

“Some mushrooms can feed you, some can heal you, some can kill you, and some can send you on a spiritual journey.”

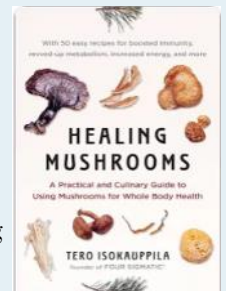
CULINARY



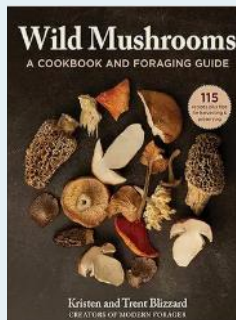
What is the healthiest way to cook a mushroom? Researchers concluded that the best way to cook mushrooms while still preserving their nutritional properties is to grill or microwave them, as the fried and boiled mushrooms showed significantly less antioxidant activity.

MEDICINAL

Our ancestors have used mushrooms for thousands of years, especially as a potent anti-inflammatory and for cauterizing wounds. Chinese alchemists described several medicinal mushrooms. First Peoples of North America used puffballs for cauterizing wounds. Only recently has modern science rediscovered what the ancients knew long ago—that mushrooms can be deep reservoirs of powerful medicines.



FORAGING



Everything you need to know to make mushrooming a lifestyle choice, from finding, storing, preserving, and preparing common and unusual species. Packed with content and lore from more than 20 skilled foragers around the country, *Wild Mushrooms* includes practical information on transporting, cleaning, and preserving their finds. Learn the best ways to locate, clean, collect, and preserve your mushrooms. The book also discusses safety and edibility.

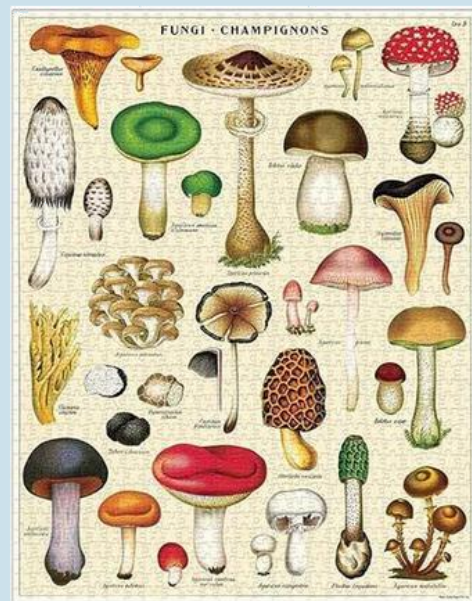
MUSHROOMS, MOSS, AND LICHENS



| NATURE PUZZLE |

**Cavallini & Co. Vintage
Puzzle, Mushrooms (1,000
pieces)**

*Recommended by National
Geographic to keep your
memory sharp.*



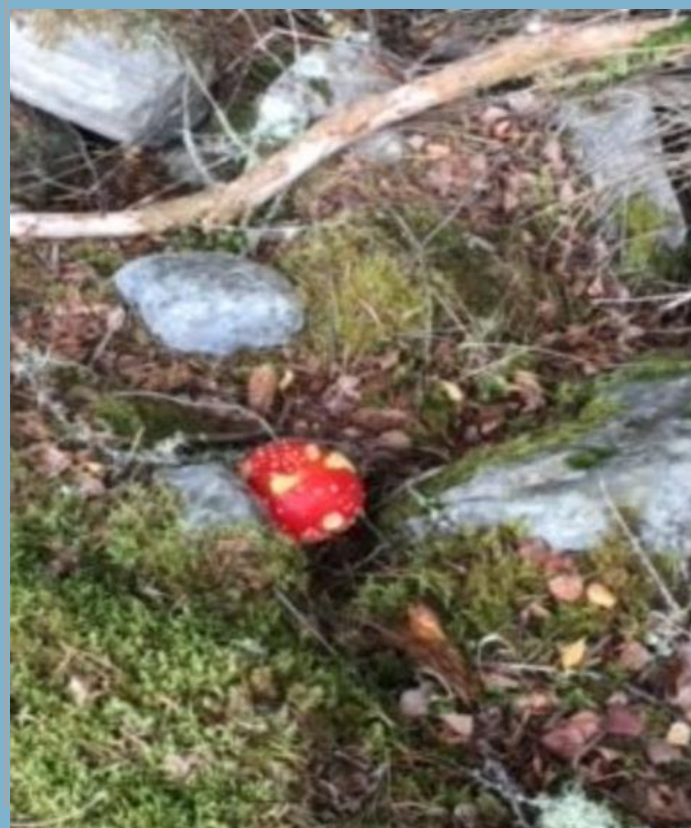
MUSHROOMS, MOSS, AND LICHENS



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