

The Green Thumb

arlington organic garden club

January 2005

October Potluck and Business Meeting

Special Guest Jay Mertz from Rabbit Hill Farm

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Thursday, October 28 is our annual business meeting and ~~picout~~ potluck. Bring a dish to share, and join us for a great time!

The club will provide a ham, so please bring side dishes, salads, or desserts. We could use some vegetarian dishes for the herbivores among us. If you're bringing your favorite dish, bring along the recipe so we can post it on the website or include it in January's newsletter.

Items to be discussed at the business meeting include:

- Nomination & election of new board members
- NULGS subcommittee
- Club support for Community Gardens of Arlington

- Club support for Children's Garden

The feast and meeting will begin at 7pm, at the Bob Duncan Community Center. As usual, the meeting is open to the public so bring a friend if you'd like.



Reminder:
Dues are due in January

Texas Garden Clubs Inc. Event November 10

The Arlington Council of Garden Clubs is hosting this year's annual Garden Club Event. There will be more than 20 regions represented.

AOGC will have an

information table there as well as participate in the children's garden table.

The cost to attend this November 10th luncheon with speakers is \$25.00.

If you need a registration form, please contact Susan Horn at 817-548-1005, or by email at susanich@earthlink.net.



Susan Horn

Our thoughts are with viii

Please keep club members Wayne and Esther Chambliss and Robbie and Joe Pritchard in your thoughts and prayers as they deal with the loss of loved ones.

Wayne has recently lost his father, and Robbie lost her sister. Our thoughts go out them and their families.

Marjoram

Marjoram has always been one of my favorite herbal scents and with Angie's encouragement, I did some digging to learn more about this delightfully scented herb. It is a tender perennial with a woody stalk liking well-drained soil and part sun to full sun. Here in Texas, it will prefer to avoid the hot west Texas summer sun.

Marjoram is a member of the oregano genus, and both are members of the *Lamiaceae* family (the mint family). Much confusion follows when trying to distinguish marjoram from oregano because they are all related. There are three types of marjoram. Wild or winter marjoram (*Origanum vulgare*, which is common oregano) is the most used medicinally.

Sweet marjoram (*Origanum marjorana*) and pot marjoram (*Origanum onites*) are most used in cooking. This Grecian herb was named 'joy of the mountains.' It was believed to sanctify marital bliss and so marjoram wreaths were used at weddings and adorned the wedded couples crowns. Aphrodite, the Greek goddess of love, favored this herb. It was also considered comforting and was planted on graves. Placed in Greek homes, it was believed to repel snakes.

Ancient Greeks used marjoram as a diuretic, combined with vinegar for spleen cleaning and blood toning, and with wine to help with nausea, increase the appetite, and stopping stuttering. When considered a folk remedy, it was used for asthma, indigestion, rheumatism, toothache, and conjunctivitis. More recently, marjoram is believed to have antioxidant and antifungal properties. As with most home remedies, it is suggested to only make mild teas from this herb. It may cause irritation to women who are pregnant or on their monthly cycle.

In aromatherapy it has a character that is comforting, soothing, warming and strengthening. Marjoram is thought to counteract negative traits such as anxiety, hysteria, hostility, withdrawn, mental strain, tantrums, anger, irritability, over-activity and weak will.

For culinary purposes it's used with poultry, in stuffing, cottage cheese, tomato dishes, vegetables and orange marmalade. I tried finding the cheese ball recipe that uses marjoram since the holidays are forthcoming, however it was in an old cookbook belonging to my mother. If I find it soon, I'll post it on the website. It's delightfully delicious.



OAK RAIN BARRELS



These wonderful Oak Rain Barrels add old world charm to your garden and catch 50 gallons of rain water. Our Rain Barrels come with a faucet that a 2 gallon watering can or bucket will slide under and a hose attachment that a soaker hose can be attached to. The top of each barrel has been drilled and fitted with a 10" catch that is lined with screen for mosquito control.

Your plants will love the nitrogen filled rain water that you collect. Food crops especially benefit from rain water.

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Check with Lucy

To order contact Lucy at 817-572-0145
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Java for your Garden

David Barnett

I noticed at the last AOGC meeting that many of our members were interested in where, and how, I acquired the free used coffee grounds. This has prompted me to write this article to help spread the "word" of used coffee grounds and their uses. Now, I realize that coffee can be a geopolitical issue; however, regardless of that fact, I strongly believe coffee grounds are a good thing for our planet and certainly our gardens! At the Starbucks store that my wife and I call our second home, there is a round brass-looking bin with a sign that reads, "Free Grounds for your Garden". (You can't miss it, just look for the bin that also contains garbage from the people that can't read.) On the silver

plastic re-cycled coffee bag, there are directions on how to use the grounds in your garden or compost pile. The bags range in weight from five to eight pounds.

The benefits of these coffee grounds are twofold:

1. They provide an unlimited source of nutrients for your garden and lawn, not to mention your compost pile.
2. In addition, the coffee grounds go to the locations listed above instead of into the city's landfill.

Used coffee grounds are a perfect addition to compost or flowerbeds for the following reasons:

1. They hold moisture.
2. They are free and

unlike many other natural garden products, they smell good. (A great plus here for those of you that have ever survived a good whiff of Bioform Dry).

3. They contain Nitrogen-Phosphate-Potassium (N-P-K) and other trace minerals.
4. They are easily stored (just look in my garage).
5. They help keep slugs away from plants like Hostas, etc.
6. They add acidity to the soil.

This year alone the world production of coffee beans will yield approximately 8,000,000 tons of coffee. I don't think my flowerbeds or garage can hold that many bags of

used grounds, however, I can try!

If you have a coffee house or a breakfast café near you, ask them if they would like to participate in recycling used coffee grounds. Some establishments will gladly fill a Rubbermaid container for you. All they require is that you provide them with your own container along with your name, address, and phone number. Once the container is full, they will contact you and you can go reap the benefits of coffee grounds! Or you can go to the nearest Starbucks Coffee Cafe 4-5 times per week, like my wife and I do, and carry out a lot of the silver plastic bags of black gold for FREE!!



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the Dirt Doctor's Ground Crew and receive 12 issues of the Dirt Doctor's Dirt as well as a membership card that can be used for discounts at organic suppliers.

Sign up on www.dirtdoctor.com
or call 866.444.DIRT.



Gardening Word Search

T N P S M S A E S M T B T I L Q Q C C L W N D I G L M G P F
H I W E B A B U T T E R F L Y V O T I Z V E C R I A Y U T J
E E R V J S X W B H L Y A W I N A O H I A C A M E V U I N V
Y O E I L Y D G F F J G K P S Z E A O L Y S A L N A R I M L
K F D T Z L O E G S J E M Z V G J O W B S Z U F H S X N R X
E U E A V O H Y E H Y Z Z Z N T B Q U H J K C X S A Q W T A
L R V N D J S Z R W W P M A A R W W O M N P A H M N Z I E U
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N Q O A A V N B V B I O O Z T X P Z F S M F B A J N O G F D
E O T S O P M O C L E V O H S E E W P G O X J V O D Y F J V
D U C Y R R O D Z I L Y L S R N H U T K W T X D L E Z R L Z
F S R N F V Z T F V P F I E J O P T Y T R Z N Z O E R T N U
X N D H K K E L A O Y Y K R X C G R T V L G E D Z F Q V T Z
D D V E J Z R G A M K N H U Y R D P T D D N E N O R Z X P P
O R G A N I C W E N O F R N M S Y O Z D B G R Z D A H Y C P
R T X Q H U F O U T T T F A M D Q S T A Y L G Y Q I E I V R
I H G Q P A T R M H A A D M K K G R D H U H T O Y L B W A K
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S H C K V Z G S R E X Z H L D S O T N A L P D E T T O P P Y
D I G C T P J T A H I H G G Y I W M S I E T O R E P N R W V
A N G Z A O I I P Z J A L C N M M R A P S O L U D V H H R B
L W D K K B O N H L C D U O E B E U M C A Y A E T H R O Y D
A C Y E H G I G M L A Y L Q M W N Z G G E O W U J L A G H V
K R Q L S A T S Q U H D E L O Q J B J H O O L N H G K W A F
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G A H X Z X U T M N I D K Y I H H M K E O E N E V O Q T O J
I S E H G G Q D E M P T J G D C R J A U T G W O N X L W H X
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G C B C Q S G H U D E G O L B M P J L Y M A C K V D R U O G
V O R G C F N Q F D A C Z H V T M U P U L W X N K V O G Q D
Z Y P J K V Y N L I S L S S I W D N P X V I C B Y P R J D Z
V N B F J C X D M R T F T N N D O L R A X U A F Y V N G O H

- ANOLE
- ANTIQUE ROSE
- BEGONIA
- BUTTERFLY
- COMPOST
- DIATOMACEOUS EARTH
- FLOWERS
- FOLIAR FEED
- GOODFOOD
- GOURD
- GRASSHOPPER
- GREEN
- HERBS
- LADYBUG
- LANTANA
- LAVASAND
- MANURE
- MULCH
- NATIVES
- ONION
- ORANGE OIL
- ORGANIC
- POTTED PLANT
- SHOVEL
- SNAKE
- TOMATO
- TROWEL
- VEGETABLE
- WEEDS
- WORMCASTINGS

*perennials
herbs
old fashioned annuals
old garden roses
native shrubs and trees
organics
gardenware
design
installation*

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dallas 214. 823. 9421
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The Ladybug's Calendar



Tuesday, October 26, 7 pm – Organic Garden Club of Ft. Worth: Stephen Haydon, "Landscaping with Native Plants" (www.organicgardenclubfw.org).

Wednesday, October 27 through Saturday, October 30 – American Association of University Women annual Book Fair. St. Stephen United Methodist Church, 1800 W. Randol Mill Road. Wed. 5-8 (\$2 admission; admission *free* other days); Thurs. & Fri. 11-8; Sat. 10-5.

Thursday, October 28, 7pm – Arlington Organic Garden Club: Annual Pot Luck and Business Meeting. Special guest Jay Mertz of Rabbit Hill Farm.

Thursday, October 28, 7pm – Dallas Organic Garden Club: annual seed swap (www.dogc.org).

Friday & Saturday, November 5 & 6 – Texas Gourd Society 9th Annual "Show and Sell" in Austin, see www.texasgourdsociety.org for more information.

Wednesday, November 17, 7pm – Denton Organic Society monthly meeting, speaker TBA.

Sunday, November 21, 2-5pm – Arlington Gourd Patch.

Tuesday, November 30, 7 pm – Organic Garden Club of Ft. Worth: John Davis "Invasive Exotic Plants" (www.organicgardenclubfw.org).

BOOK FAIR

OCTOBER 27-30, 2004

St. Stephen United Methodist Church
1800 W. Randol Mill Road, Arlington
(across from Randol Mill Park & National Guard Armory)

Wednesday	Thursday	Friday	Saturday
Oct. 27	Oct. 28	Oct. 29	Oct. 30
5:00-8:00PM	11:00-8:00PM	11:00-8:00PM	10:00-5:00PM
\$2.00 Donation at door	FREE ADMISSION		



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Biodegradable Plastics

Angie Brown

There are companies out there making "plastic" out of corn and other biodegradable materials. Unlike petroleum-based materials, these "green" plastics break down into natural compounds and can be composted in your backyard pile. Among products being manufactured from these materials are bags, cutlery, cups, golf tees and packing peanuts.

Not all biodegradable plastics are all-natural though: many biodegradable plastics, especially older ones, are made from a mixture of petroleum and starch. They just break down into smaller pieces of plastic so be sure to ask if you are not clear on the source of the material.

Experiment at Home by making your own biodegradable "plastic":

Place a tablespoon of corn starch into a paper cup. Add two drops corn oil, and one tablespoon of water and stir.

Sources:

Illinois Farm Bureau and *Organic Style Magazine*

arlington organic garden club

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Phone:
(817) 795-3300



E-mail:
board@aogc.org

Web:
www.aogc.org

About arlington organic garden club...

Membership dues: \$20/year (individual or family) – membership year begins in January.

Join/renew at any meeting, or send check to return address above.

Meetings are last Thursday of the month (January – October, except June garden show on third Saturday)

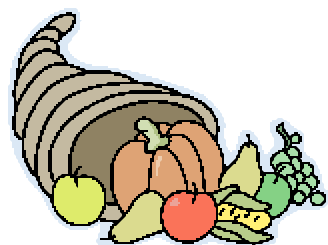
- Doors open at 7 pm for refreshments, meeting begins at 7:30 pm
- Open to the public unless meeting is designated “members only”
- Awesome prizes are raffled off at each meeting!
- Meeting Location: The Garden Room, Bob Duncan Community Center, 2800 South Center Street (Vandergriff Park)

If you would like to serve on the AOGC board, please contact any of the current board members, or send email to board@aogc.org

Newsletter deadline: Third Thursday of each month

Please send newsletter submissions to Angie Brown, angie@aogc.org (include “Newsletter Submission” in the subject line, please), (817) 795-3300.

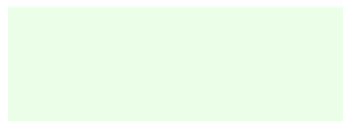
Want the newsletter but live too far away to go to meetings? Subscribe to the newsletter for \$10/year (to cover printing and postage). Send a note to us (see return address) along with payment and the newsletters will keep coming.



Next Meeting . . .
Thursday, Oct. 28

Annual potluck and
business meeting.
Special guest Jay
Mertz of Rabbit Hill
Farm.

Bring a dish to
share (ham will be
provided).



address correction requested