

The Green Thumb

August 2004

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August meeting – Cindy Baird, Paradise Valley



AOGC is pleased to have Cindy Baird of Paradise Valley Natural Skincare (www.soapessentials.com) speak at our August 26th meeting at the Bob Duncan Community Center. Cindy and her family have been handcrafting all-natural beauty products here in Texas for over six years. Cindy has participated in several of our Natural Urban Living Garden Shows and will be speaking on natural products including soaps, household linen sprays, cleaning products, creams and their benefits.

Doors open at 7 pm for refreshments and socializing, and the meeting will begin at 7:30. Hope to see you there!

Belated Thank You

In last month's kudos for the Natural Living Garden Show, I forgot to thank several of our members who helped out with the show and/or the show preparations. Please don't think this oversight was due to lack of appreciation: one of the victims was my own husband! Thank you all!!

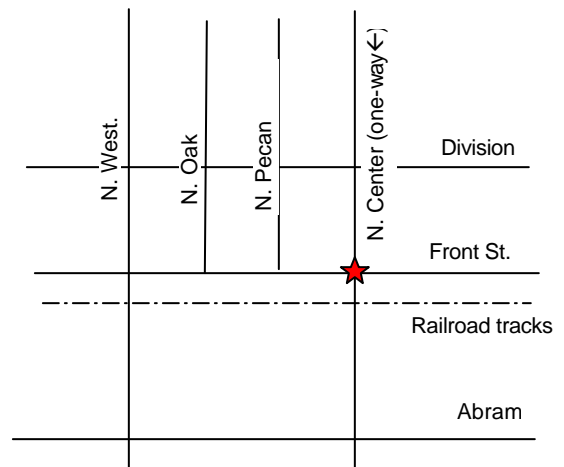
Angie Brown

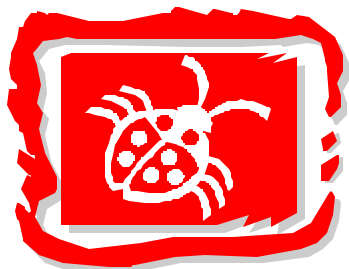


Front Street Festival

Arlington Historical Society is hosting a festival at Front Street and Center Street downtown, for the dedication of Knapp Heritage Park. The celebration kicks off with a Vintage Car Show, followed by performances by Theatre Arlington, Creative Arts Theatre & School, Dance Theatre Arlington, Johnnie High's Country Music Revue and Holland K. Smith. And of course there will be food, too! Festival hours are 10am to 6pm; Dedication Ceremony is at Noon.

AOGC will man an information table at the festival, handing out information about our club and about organic gardening. If you can work a shift please **sign up at the August meeting**. This will be a great opportunity to show the community that Arlington has an organic garden club!





Robbie Pritchard Voted VP of Arlington Council of Garden Clubs

Congratulations go out to AOGC's own Robbie Pritchard. Robbie has just been elected to hold the office of vice president of the Arlington Council of Garden Clubs. This is the first time our club has had a member on the Council's board. Way to make us proud Robbie!

Ladybug Spotlight

Thanks to Bob and Donna Ressler for helping the gals at the Children's Discovery Garden. You are much appreciated!

Children's Discovery Garden at Fielder House

Recently Esther Chambliss sent a letter to Johnny's Selected Seed Company explaining what we are doing with the Children's Discovery Garden. She included a copy of this summer's newspaper article on the garden, a Children's Discovery Garden flyer, and pictures of the garden. A week went by and then on Saturday the 14th, waiting in the mailbox was a package from Mark Philbrook from media services of Johnny's Selected Seeds. With hands shaking and shouts of joy, the box was opened and inside was a gardener's answer to a prayer. After reading a nice letter from Mark, thanking us for writing to them and telling them about our Children's Garden, Esther began to look at all the seeds that he had sent – flowers, herbs and vegetables – all the types that children will love to see!

If you are near the Fielder Museum, please stop by and see the garden. Plans for a fall garden are underway and those wonderful seeds are already being put to good use (planted Swiss Chard multicolor bright lights the very next morning – Esther just couldn't wait to get those seeds into the ground!).

A very special thank you goes out to the great people at Johnny's Selected Seeds!

If you would like to help with the Children's Discovery Garden, our little garden could use the following items:

lattice board	spade fork	shovel garden spade
pruning tools	a bow rake	garden hoe
spike aerator	hedge shears	soaker hoses-watering timer
fence T-post	watering cans	organic fertilizers
1' PVC pike plus elbow and t-joints		concrete blocks 8 x 8 x 16
welding wire 4' x 50'	poultry netting 4' x 25'	

Any help is greatly appreciated and benefits educating our next generation of gardeners! Please contact Nancy Hagwood, Esther Chambliss, or Robbie Pritchard if you would like to donate any of these items. Thank you, The Children's Discovery Garden

p.s. We donate food from our garden to the Arlington Life Shelter and the winter garden will be planted according to their needs for various produce items.

Broadway Plaza at Pecan Park

The August 7 planting at Broadway Plaza/Pecan Park was an enjoyable hour spent playing in the dirt. The rosemary plant is doing well. Volunteers added some color in pots and in a permanent bed.

Volunteers who participated in either of our volunteer days at Broadway Plaza are invited to a Volunteer Appreciation Brunch on Saturday, August 28 at 10:30 am in the upstairs living room in Building 2. As you recall, that's where we gave our 2nd talk.

If you are interested in future volunteer days at Broadway Plaza, please contact Susan Horn at 817-274-8460.

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

arlington	817. 451. 2149
colleyville	817. 488. 3525
dallas	214. 823. 9421
cedar hill	972. 291. 7650



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garden shops
www.redentas.com

Club Notes (continued)

Upcoming AOGC Meetings

Thursday, September 30

Water Gardening
Nature's Touch Landscape, Inc.
Ice cream social & plant swap during
refreshment time

Thursday, October 28

Annual Potluck & Business Meeting
Special guest Jay Mertz of Rabbit
Hill Farm

Board Members Wanted

Just a reminder, October is the time we elect board members. Activities performed by the board include scheduling speakers; creating the monthly newsletter; writing newsletter articles; performing membership activities (keeping the roster current, printing membership cards, printing name tags, making a membership directory); serving as a liaison to other local clubs; working on the website; organizing the garden show; setting up and finding volunteers to man tables at other shows (Fielder House, Howard Garrett's Show, etc.) and anything else you can think of. If you are interested in serving, please let us know at the August or September meeting. Thanks!

Plant Swap

Take a look around your yard, and get ready for a **plant swap** at our September meeting. Members are asked to bring plants and cuttings to trade. Are you just building a yard and don't have any to bring? I hear home-made cookies are sometimes considered a fair trade! ☺

The Ladybug's Calendar



Tuesday, **August 24**, 7 p.m. – Organic Garden Club of Ft. Worth: *Soil Amendments Promote Vegetable Growth* with Malcolm Beck, Founder of Garden-Ville at Botanic Garden (www.organicgardenclubfw.org)

Thursday, **August 26**, 7 pm – Arlington Organic Garden Club (see page 1)

Thursday, **August 26**, 7 pm – Dallas Organic Garden Club: Earth Kind Roses by Cynthia McKenney of A&M at King of Glory Lutheran Church (www.dogc.org)

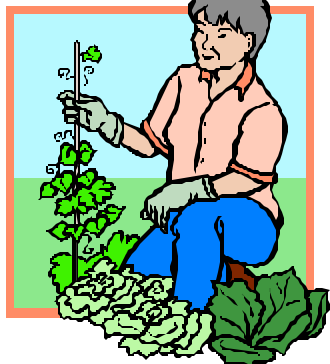
Thursday, **September 23**, 7pm – Dallas Organic Garden Club: Don Lambert, Director of Gardeners in Community Development at King of Glory Lutheran Church (www.dogc.org)

Wednesday, **September 15** – Denton Organic Society: Howard Garrett

Saturday, **September 25** – City of Arlington Front Street Festival, 10 am – 6 pm. AOGC will have an information table at the festival. See "Club Notes" on page 2.

Ladies of the Garden is offering their Fall 2004 design class on Monday, Tuesday, or Thursday evenings. The class is eight weeks long, and begins **August 30** (and Monday evenings through October 18), **August 31** (and Tuesday evenings through October 19), or **September 2** (and Thursday evenings through October 21). Call Lucy Harrell at 817-572-0148 or email lucygeorge5208@sbcglobal.net. For more information, please see www.organicgardeningt看.com/page24.html.

Community Garden Coming to Arlington



There is an effort underway to start up a community garden in Arlington, similar to the gardens already established in Coppell (recall, Amanda Vanhoozier from Coppell was our March speaker). This effort is being led by Stephen Smith of the Arlington Conservation Council (ACC), who solicited volunteers for the steering committee at our July meeting. A kickoff meeting was held Monday the 16th. Seventeen people attended, and both AOGC and ACC were well-represented.

Please help spread the word about the gardens, especially if you have gardening friends who live in apartments, senior communities, or other places where they cannot have a garden. We would love to have their input.

This effort is in the very early planning stages. The committee is looking for suitable sites for a community garden, preferably someplace with access to water and not too far off the beaten path (it should be in a fairly visible location, both to increase community awareness/interest, and to reduce the likelihood of vandalism). If you know of such a location, or would like to be part of this exciting endeavor, please contact Stephen at buggy188@juno.com, or get with AOGC's own Dale Denton, who is co-chair of that committee.

Featured Herb – Horehound-Marrubium Vulgare – Esther Chambliss



The name horehound comes from the Old English term 'harhume' meaning a downy plant. Horehound is a bushy perennial herb that forms a 12" to 18" wide clump of wooly grayish green ruffled heart-shaped aromatic leaves. It blooms in midsummer with small white flowers along the upper stems of the plant. Horehound self-sows from its seeds and spreads well, clip the stems prior to flowering to keep it in its place in your garden. Horehound will grow in full sun in poor, well-drained soil. The Romans valued this herb and the seventeenth century English settlers brought plants with them to the new world. This fresh herb has been used for centuries in teas to soothe sore throats and made into a candy for coughs.

Horehound Candy

1c horehound leaves
1 quart water
1 1/2 lbs brown sugar

1 tsp crushed anise seed
1 1/2 lbs granulated sugar
butter

Boil horehound leaves and anise seed in the water (spring water or well water was used) for 20 minutes and strain through cheesecloth. Add the sugar to the remaining liquid and cook over a low heat slowly until sugar is dissolved. Once the sugar is dissolved, bring to a boil over moderate heat until the syrup hardens when dropped from a spoon into cold water. Remove from heat and pour into a buttered pan and when cool, mark into small squares. A glass or stainless steel pan is best.

Horehound Tea

1 good handful of horehound leaves
1 quart water (spring or well water was used)
2T granulated sugar
1 lemon
1tsp anise seed (optional)

Put leaves into an unchipped enamel kettle. (If desired, add the 1 tsp of anise seed at this time.) Add water and simmer for 20 minutes. Remove from heat, strain while pressing the leaves to remove as much liquid as possible. Add the sugar and the juice of the lemon and cool.

Note: anise seed has a soothing effect on the throat.

Comfrey as Green Manure

The herb comfrey makes an excellent fertilizer for your other garden plants. Comfrey's deep roots bring potash and potassium up from within the soil, and its leaves are high in nitrogen, for a final analysis of 3.5-.5-5.8.

Comfrey can be cut and used for mulch around tomato and pepper plants, or it can be brewed into a tea (smelly!) that can be used as a liquid fertilizer. It is also a good compost activator.

If you want to grow comfrey in your garden, be warned! Wild comfrey (*Symphytum asperum*) seeds freely and is invasive. Russian comfrey (*Symphytum x uplandicum*) is a sterile hybrid that does not seed. In any case, wherever you plant it make certain you will be happy with it for the long haul: it is extremely difficult to get rid of. Digging around its tenacious root system will likely result in a host of new plants.

www.futurefoods.com/comfrey.html

PS - Comfrey also soothes fire ant bites: simply crush fresh leaves and rub them against the affected area.



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.

Our rain barrels are \$140.00

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or e-mail: lucygeorge5208@sbcglobal.net
Barrels may also be purchased at GREEN MAMA'S
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When driving up to Wisconsin recently, my husband and I couldn't help but notice a strange crop growing out of the corn fields near Paw Paw, Illinois: a large grouping of wind turbines, 63 of them to be exact. On our way back home, we stopped to take some photos: it's hard to describe how surreal it was to look up 200+ feet and hear the quiet "whump. . . whump. . . whump" of the giant turbines juxtaposed against the gentle rustling of the crops in the field.

Wind power is also available to Texans, through several different electric companies (in North Texas, contact Green Mountain Energy at <http://www.greenmountain.com>). According to the American Wind Energy Association, Texas has 17 wind farms which together have a capacity of 1,293 MW (megawatts), second only to California's 2,043 MW. Texas also ranks second in terms of wind energy potential, (estimate of how much energy *could* be generated through wind power) — North Dakota is first; Kansas is third.

References:

AWEA: The American Wind Energy Association
(www.awea.org)

NRC: US Nuclear Regulatory Commission (www.nei.org)

CEED: Center for Energy and Economic Development
(www.ceednet.org)

EIA: Energy Information Administration (www.eia.doe.gov)

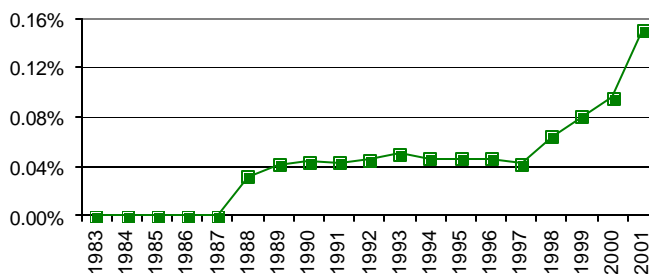
ORNL: Oak Ridge National Lab
(www.ornl.gov)

Wind power has a comparable cost to other forms of power generation: approximately 4-6 cents per kWh; 3.3-5.3 cents per kWh (1996 figures) after factoring in a federal Production Tax Credit (according to AWEA). Costs for fossil fuel power generation generally run a bit lower, in the 2 cents per kWh range for nuclear and coal, 3.5 cents per kWh for natural gas (according to the NRC), although these figures do not factor in the environmental costs of pollution from coal plants, and long-term radioactive waste disposal for nuclear plants.

As of January of 2004, total installed wind capacity in the US was 6,374 MW; although growth has accelerated in the past few years, it is still only a tiny fraction of energy production in the United States. In comparison, some coal-fired plants generate over 3,000 MW — *for just one plant* (reference CEED), and the Comanche Peak nuclear plant in Glen Rose has two reactors, each generating approximately 1,100 MW (reference EIA).

Although generation costs are comparable, marketers of wind power generally charge as much as 2 cents per kWh more to cover their marketing costs, and because wind power is often sold on a piecemeal basis instead of in one giant block. The premium paid by the consumer, however, is much lower because wind energy typically makes up less than 10% of the electricity bought or produced by the power company.

Wind Energy Production in the US
as Percent of Total Energy Production



Unlike many other power generation methods, wind power has no hidden costs. It is environmentally friendly, and does not generate greenhouse gasses, particulate pollution, or radiation (as an interesting aside, a resident living near a coal-fired plant is exposed to approximately 100 times more radiation than a resident living near a nuclear plant, according to ORNL). No extra energy (and associated pollution) is expended on drilling or mining for fuel, or for fuel transportation. Wind power does not deplete our natural resources or cause a dependence on foreign oil. There is no waste generated. And perhaps most importantly, wind power is renewable and can be harnessed with minimal impact to the environment, and to our health!



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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.

address correction requested



Next meeting. . .

Thursday, August 26

7:00 pm refreshments, meeting starts at 7:30

Speaker: Cindy Baird, Paradise Valley

Refreshments: Diane Feldman, Patty Royal



Club Information

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.

When one tugs at a single thing in nature, he finds it attached to the rest of the world.

- John Muir, Naturalist -