

The Bloomin' News

March, 2014, Vol. VI, 80

Les Leckron , Chairman

Joanie Opperman, Editor

Member of FLORIDA FEDERATION OF GARDEN CLUBS



Chairperson's Message – Les Leckron

Here's good news about your volunteering and being active in our Garden Club! **"Doing Good is Good for You:** 2013 Health and Volunteering Study reveals that 76 percent of U.S. adults who volunteer report that volunteering has made them feel physically healthier, and 78 percent report that volunteering lowers their levels of stress, leading to feeling better than adults who do not volunteer." Thanks to every one of our club members for their contributions to the betterment of our community. The upcoming Spring Tree and Plant Sale is really an outreach program for our community. We provide plants and trees at reasonable cost so more families can afford them and improve their properties while helping our environment. The plant sale is also a good time to recruit new members! There is a lot of work coming up to have another successful Plant Sale. We have a good leadership team for the sale so make sure you lend a hand when you can! Thanks to the Tree Farm "regulars" who keep things going all year long. Thanks also to the "hit and miss" volunteers (like me); some of us just can't be there on Tuesday and Thursday mornings, so whenever you can, support is appreciated. It's a Labor of Love – but remember – **Doing Good is Good For You!** Keep it Growing!

MARCH IN THE GARDEN

This has been a pretty mild winter with a couple freezes which caused some plant damage. The long range forecast does not predict damaging cold weather after March 1st.

Pruning should be completed this month except avoid pruning spring-flowering trees, shrubs and vines until they finish blooming. Most of us in cold areas will have at least some cold damaged foliage to trim. Prune the limbs of cold damaged shrubs and trees into healthy wood.

Most shrubs and perennials in the ground more than two years should be pruned, thinned out, shaped and shortened. Perennials killed back to the ground should be identified with a stake and cut back.

When pruning woody shrubs, such as CREPE MYRTLE or HIBISCUS, remember—strong branches will not grow from weak ones. Prune CREPE MYRTLE stems back to points at least ½" in diameter.

Once you have pruned, clean the beds. Remove dead plants, weeds and debris. Apply fresh mulch such as compost, pine bark or cypress mulch. A good mulch will conserve water and keep the soil cool. A 3" to 4" mulch layer will also keep weeds down and soil from splashing on plants.

All beds, shrubs and trees should be fertilized this month if not already done. Use a good all-around fertilizer, with minor elements. Broadcast at the rates recommended on package. Most spring blooming plants will benefit from an application. CREPE MYRTLE, HIBISCUS and BIRD OF PARADISE can be fed every 2 weeks until they bloom.

Where needed, repair lawns with sod, plugs or seed. Rake out brown grass blades left by cool winter weather.

Lawns should be fertilized or given a Weed N Feed product in early March. The quality of the fertilizer will help determine the quality of your lawn.

New leaves on plants will bring out aphids and other insects, so be prepared to spray. Summer Oil will kill aphids and other insects. Be sure to read & follow label.

ROSES should be sprayed with fungicide weekly and fertilized monthly. As a general rule, the sooner you solve problems by spraying, the less you will need to spray.

BLOOD LILIES, CALADIUMS, CANNA, CRINUM, DAHLIAS, DAY LILIES, GLADIOLUS, SOCIETY GARLIC, SPIDER LILIES and RAIN LILIES can still be planted.

Garden shops will have a good stock of annuals. Plan for banks of color to enhance your yard. Plant 6 to 12 or more plants of the same kind and color for large splashes of color. Plants for spring planting include: AGERATUM, BALSAM, CELOSIA, COSMOS, GERANIUMS, IMPATIENS, MARIGOLDS, PETUNIAS, SALVIA, VERBENA and ZINNIAS.

Potential New Members, YOU Are Welcome

We are always looking for new members and have great opportunities for learning at our monthly meetings, at the Tree Farm and at special events. We have facilities to start plants from seeds/clippings. We meet at 7:00p.m. on the 2nd Monday of each month at the Garden Center on Sisson. For information, call RoseMarie: 385-9051.

TGC site: <http://www.nbbd.com/npr/tgc>
TMGC site: <http://www.nbbd.com/npr/tmgc>
National Garden Club: www.gardenclub.org
Florida Federation of GC: www.ffgc.org

COMMUNITY CALENDAR –

March 1 Botanical Fest Plant & Garden Sale Exotics, Palms, accessories, tours. Fla. Institute of Technology, 150 W University Blvd, Melbourne (321-674-6152)

March 1-2 Florida Azalea Festival in historic downtown Palatka & Memorial Park

www.flazaleafest.com

March 5-May 18 Epcot International Flower & Garden Festival. Disney World, Lake Buena Vista

www.disneyworld.disney.go.com

March 8-9 (8-5) Marian County Master Gardener Spring Festival, Extension, 2232 N.E. Jacksonville Road, Ocala (352-671-8400)

March 15 Sumter County Master Gardeners Spring Plant Sale – vertical & hydroponic gardens, bonsai, \$1, free parking, Wildwood Community Center, 6300 Powell Road (352-793-2728)

March 15-16 Spring Plant Sale, Leu Gardens, 1920 N Forest Ave, Orlando (407-246-3622)

Free, www.leugardens.org

March 18-19 “Native plants in the Garden”, free Tropical Ranch Botanical Gardens, 1905 SW Ranch Trail, Stuart (772-283-5565) www.trbg.us

March 29 Florida Wildflower & Garden Festival, W Indiana Avenue, DeLand (386-738-0649)

www.floridawildflowerfestival.com

March 29-30 EGAD in Bloom, Eau Gallie Art District Flower & Garden Festival, Free.

Highland Ave & EauGallie Civic Center, Melbourne (321-574-2737) info@eaugalliearts.com

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### **A SIMPLE PINEAPPLE – Pat Kern**

I love pineapple juice! Also great when mixed with other juices, like orange. Pineapple is a member of the Bromeliad family. It is extremely rare that Bromeliads produce edible fruit. The pineapple is the only available edible Bromeliad today. It is a multiple fruit. One pineapple is actually made of up dozens of individual flowerets that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower. Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Color is relatively unimportant in determining ripeness.

Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit. The more scales on the pineapple, taste is sweeter and juicier

This delicious fruit is not only sweet and tropical, it also offers many benefits to our health. We find it



enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today. Pineapple is valuable for easing digestion, arthritis or sinusitis. The juice has an anthelmintic effect; it also helps get rid of intestinal worms.

Pineapple is high in Manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of recommended daily amount. It is particularly helpful to older adults whose bones tend to become brittle with age.

Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means “breaks down protein, which is why pineapple is known to be a digestive aid. It helps the body digest protein more efficiently. Bromelain is also considered an effective anti-inflammatory. Regular ingestion of at least ½ cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief.

In Germany, Bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.

Orange juice is a popular liquid for those suffering from a cold because it's high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations. Individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. Pineapple has very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable addition for frequent fliers and others at risk for blood clots.

An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts in the morning often makes a difference. It's also good for a healthier mouth. The fresh juice discourages plaque growth.

**Florida Native Plant Society – Sea Rocket Chapter**

The Sea Rocket Chapter's meeting are held on the 4<sup>th</sup> Wednesday of the month; 7:00p.m. to 9:00p.m. at the Enchanted Forest, 444 Columbia Blvd (Hwy 405). The public is welcome. For info: 264-5185  
<http://www.nbbd.com/npr/SeaRocket/>

**Just a Friendly Reminder!!!**

Our yearly Membership Dues are due by April 15<sup>th</sup>, 2014.

Please give to Jim Ratliff, Treasurer or mail:  
Jim Ratliff, 4190 Hemlock Lane, Titusville FL 32796

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**WELCOME TO OUR NEWEST MEMBER!!!**

Please welcome Elwira Blazewicz  
2825 S. Washington Ave, #673  
Titusville 32780  
646-263-2488  
[elblazewicz@yahoo.com](mailto:elblazewicz@yahoo.com)

**Titusville Garden Club – Day Group**–from the Prez  
**March 1** – TGC Corporation Filing due  
**March 5** – “Flora, Fauna & Habitats at the Seashore”  
Speaker: Leslie Peters, Canaveral Nat’l Seashore  
**March 14** (4-7pm) & **March 15** (9am-1pm)  
FANTASTIC SALE, Garden Club, 5275 Sisson Road  
March 19 – Board Meeting @ 10:00a.m.

**Kirk’s Coco Castile Soap – Emily Leithauser**

Will help keep pests out of your garden. Use as an all-purpose fungicide and insecticide that won't harm the environment. This is a safe, effective way to get rid of fungi, aphids, mealy bugs, spider mites & more. \*Kirk's (Original or Fragrance Free) \$3.28 Place Kirk's soap in wrapper on concrete hard surface. Gently hammer the soap until it crumbles. Pour chunks in wide mouth gallon container & fill with hot water. Let it sit for 1 week. Run mixture thru blender & dissolve any lumps. Pour thick mixture back into gallon container for storage where it will thicken. Dissolve 1 cup of soap concentrate in 1 gallon of warm water. Fill garden sprayer & spray plants til they are dripping. This mixture will help you kill aphids, powdery mildew, suppress black spots and fungus. Kirk's garden spray is a non-burning spray so experiment with stronger & weaker solutions.  
courtesy St. Petersburg Times [www.sptimes.com](http://www.sptimes.com)

**Titusville Men’s Garden Club**

**Meets 2<sup>nd</sup> Monday of each month at 7:00 p.m.**  
Garden Center, 5275 Sisson Road, Titusville. FL

**Our next meeting is March 10<sup>th</sup>, 2014!!**

Instead of a speaker this meeting, we will spend our time talking and planning for our annual Spring Sale.

**\*Men’s Garden Club Tree & Plant Sale**

**Searstown Parking Lot**

**U.S. 1 - Titusville**

Friday, April 11th -- 10:00a.m. to 7:00p.m.

Saturday, April 12 -- 8:00a.m. to 2:00p.m.

\*Brevard Botanical Garden Spring Plant Sale  
3695 Lake Drive, Cocoa (633-1702) – April 12 (9-2)

\*Brevard Tropical Fruit Tree Sale – April 26 (8-4pm)  
Field next to Melb Auditorium on Hibiscus  
[www.brevardtropicalfruitclub.org](http://www.brevardtropicalfruitclub.org)

**TWIGS & BERRIES – Steve Korpacz**

Closing soon! All plants & supplies ON SALE!  
300 Cheney Hwy (Hwy 50) Phone:747-7260

The Bloomin News  
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**THE TITUSVILLE MEN'S GARDEN CLUB**  
**Titusville Garden Center, 5275 Sisson Road, Titusville, FL 32780**

**INVITATION TO JOIN THE TITUSVILLE MEN'S GARDEN CLUB**

**Next Meeting: 2nd Monday of each month Begins at 7:00 p.m.**

**Who We Are:** A non-profit club that enjoys gardening and contributing to our City's beautification and our environment.

**What we Are:** As a part of the Florida Federation of Garden Clubs, we are a partner of the Titusville Garden Club.

**What We Do:** We educate and help each other to enjoy gardening, teach and learn to enjoy plants. We assist others to propagate, grow and distribute trees and plants to non-profit organizations. We participate in voluntary efforts to help Titusville's "Tree City" initiative to plant 2,000 trees per year.

**Where We Meet:** We meet on the second Monday of each month at 7:00 p.m. at the Garden Center, 5275 Sisson Road (south of SR 50 / north of SR 405). We also meet at our Tree Farm near the Titusville Water Maintenance Facility. Members adopt trees and plants to grow and have fun.

**How We Operate:** We presently sponsor an April and an October Tree and Plant Sale. The sales receipts are used to support the Club, purchase materials, and donate plants to the City and other worthy non-profit causes. Some members grow plants to landscape their own homes (all are welcome to do so). With permission from a plant's adoptee, members may take plants for personal use. Dues are \$25.00 annually, due in April.

**Send application below to Titusville Men's Garden Club, P. O. Box 1783, Titusville, FL 32780.**  
**Phone RoseMarie @ 385-9051**

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**First Name:** \_\_\_\_\_ **Last Name :** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Street:** \_\_\_\_\_ **City** \_\_\_\_\_ **Zip** \_\_\_\_\_