

December 2015

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# Seed Pod

## *The Official Newsletter of the* **Men's Garden Club of Asheville** *[mensgardenclubofasheville.org](http://mensgardenclubofasheville.org)*

### **President's Corner**

***Ken Roth***



Seed Pod December

As our garden club closes out another year it presents a good time to reflect on our accomplishments. The greenhouse came alive in March with several planting days devoted to the annuals for our spring selling season. The effort was rewarded with another record year of sales for the club which culminated at Black Mountain in mid May when everything being sold by 2:30.

Our container garden contest was once again a huge success with many schools participating. Being a judge and seeing the ideas expressed in each class is truly a rewarding experience.

The summer saw us finish almost everything we set out to do at the Smith-McDowell House culminating with a rededication of the grounds in August. September at the MGCA added yet more dollars to the record year. None of this could ever be accomplished without the help of many hands on many days doing many things. We continued our other beautification sites around town as well as the two scholarships we award each year. Funds generated from our sales allows these two programs to continue.

So thank you all. This is a club truly built on fellowship. Our goals remain the same and I look forward to the coming year.

Anne and I want to take this time to wish everyone a healthy and happy holiday season.

Ken Roth

[www.mensgardenclubofasheville.org](http://www.mensgardenclubofasheville.org)

<https://www.facebook.com/pages/Mens-Garden-Club-of-Asheville/147346425328933>

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**The Last Board of Directors Meeting was held on November 9, 2015**

Anyone who would like to read the minutes of board meetings should contact the Secretary, Ray Carter, at [MGCminutes@mail.com](mailto:MGCminutes@mail.com)

Any member who wishes to attend the board meetings is welcome.

*The next Board meeting is December 7, 2015, at The Botanical Gardens of Asheville*

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**Member News**

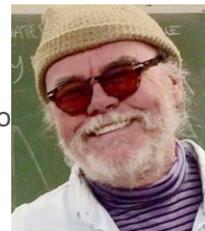
**Gerry Hardesty**

Two new members joined in October and were introduced only by name in the November Seed Pod:



**Peter Fitzpatrick**

Peter is originally from New York where he was involved in design and advertising. He relocated in the 70's to Florida and operated an Art Studio and was involved in ceramics. In 2000 he moved to Mills River and operated a ceramics studio in the Asheville River Arts District for several years. He is now retired and has rejoined MGCA, being a member 2004-6.



Email: [vreelandgardner@yahoo.com](mailto:vreelandgardner@yahoo.com)

Sponsor: Ralph Lambert -- joined October 15

**Mathew York**

Mathew is originally from the UK, lived in Australia and Canada before immigrating to Dallas, Texas. His wife, Caroline and two boys, 15 & 17, are native to Canada. They all moved to Asheville in the spring of 2013 for the promise of the mountains and a more balanced life. They live on Web Cove Rd. and are working to carve out a home in the forest. Mathew is a business consultant.

Email: mathewjyork@gmail.com

Sponsor: Tom Mills -- joined October 15



### **Joining in November:**

#### **Steve Bledsoe**

Steve is originally from Alabama, but in 2000 relocated to Asheville as a job change. He is now retired from manufacturing engineering. He is a hiker and gardener.

Email: steve.bledsoe@att.net

Sponsor: Ray Carter



#### **Gary Anderson**

Gary retired from a career in International finance and corporate mediation/negotiation as two separate phases of his career from southern California. Gary and his wife Linda settled in South Asheville after ten years of living in Sweden, Switzerland and Brussels. He has been involved with Master Gardeners since 1998 and currently heads up the steering committee of the local Master Gardener program. In addition to gardening, both he and his wife are woodworkers making furniture.

Email: andergp@ix.netcom.com

Sponsor: James Wade



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#### **Sorrel**

*by Nate Dow*

Club member **Nate Dow** contributed this article.

Sorrel is a leafy perennial herb belonging to the Polygonaceae family, more commonly known as the buckwheat family in the US. Wild sorrel plants are commonly found in moist grassland areas all over the world. Sorrel is also cultivated as a leafy vegetable or culinary herb.

Sorrel will happily grow in most climate zones ranging from **USDA zones 3 to 9**. Here in Asheville's temperate climate of zone 6/7, sorrel is one of the first edible greens to appear in the spring, and one of the last to remain growing in the fall. It also seems to prefer acidic soils, for which Asheville and the surrounding areas are known. It will tolerate full sun to part shade, and will generally grow well without much human intervention. Although it prefers to be kept moist during the first year of growth, its roots quickly dive deep in the ground--four feet or more by some accounts--which allow it to access moisture and protect it from harsh winter conditions.



The leaves of sorrel have a sour flavor, almost like a mixture of lemon juice and a sour candy apple. Its leaves' zesty flavor can be added to soups for an extra "zing," or as a base for lemon-y sauces or pesto. Cooking the leaves makes the flavor a bit more mild, although, much like spinach, it cooks down considerably.

A lot of leaves are necessary to use it as the centerpiece of a meal.

Sorrel is also a very healthy food to consume. One cup of chopped sorrel has 4 grams of fibre, 3 grams of protein, 5000 IU (106% DV) of Vitamin A, 64 milligrams (106% DV) of Vitamin C, plus a decent amount (10% DV or higher) of iron, magnesium, potassium, and manganese. That same cup only has 30 calories, making sorrel a highly nutrient-dense vegetable.

One thing to keep in mind about consuming sorrel is its oxalic acid content, which is what gives the plant its characteristically sour taste. For most people, consuming foods with oxalic acid poses no health risks. However, it may be wise to enjoy sorrel in moderation--perhaps no more than a few times per week, just to err on the side of caution. Boiling sorrel and discarding the water before consuming also reduces its concentration of oxalic acid by as much as a third.

Sorrel may deserve a spot in your vegetable garden, as it easy to grow, exceedingly hardy, remarkably palatable and highly nutritious. It is also an edible perennial plant, meaning reduced work for you and less disturbance to your garden soil.

(This article was written by a club member. We also often use the "Buncombe County Master Gardeners" website: <http://www.buncombemastergardener.org> as a source for articles.)

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**Name This Flower:**



Be the first one to name both these flowers and get a free flower from the greenhouse.



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**Announcements, Volunteer Opportunities and Meetings:**

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*At the Horticultural Center*

*Ted Faber*



Activities at the greenhouse are ongoing and require members' help. It takes a village to raise a plant. We have fun from 9am to 11am and get some work done as well. **Please join us!!!**

There are about 400 chestnut seedlings from the American Chestnut Foundation in the greenhouse.

These are to be distributed to growers in NC.

All the efforts and sales at the greenhouse go to support our scholarships and community projects. The days provide an opportunity to get to know members better and to discuss gardening concerns and experiences.

**You'll be glad that you came!**

Contact Ted Faber at 707-4887 or [tedfaber@charter.net](mailto:tedfaber@charter.net) with any questions.

Picture above courtesy of club member James Wade.

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***Articles and pictures for the Seed Pod***

**If you have a special interest in some subject in gardening, we need an article from you. Please send pictures of your garden to Ralph Lambert.**

We also would welcome articles written by spouses/partners/significant others/organizations with which you are affiliated. So please ask the most important people in your life if she/he would like to contribute an article.

Contact **Ralph Lambert** [r.c.lambert1955@gmail.com](mailto:r.c.lambert1955@gmail.com) for items for the **Seed Pod**.

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## ***Door Prizes and Special Projects***

*Len Pardue*

At the November meeting of MGC-A, door prize winners received packets of seeds donated by Sow True Seed of Asheville. The business is located at 146 Church Street just south of downtown Asheville and on the web at <http://sowtrueseeds.com/> . The club



thanks all the door-prize donors in recent months and encourages club members to check them out. They include the Screen Door, Reems Creek Valley Nursery, Jesse Israel and Sons Garden Center, B B Barns Garden Center, Wild Birds Unlimited, Ace Hardware South Asheville, Carolina Native Nursery in Burnsville, Thyme in the Garden, and Rose's Garden Shop.

Caps, sweatshirts and polo shirts emblazoned with the club's name and/or logo would make terrific holiday gifts. Prices range from \$12 to \$25 for polo shirts with club logos. Contact Len Pardue or Cecil Beumer for additional information.

### **Bigger sizes needed?**

Anybody want an XXL shirt? Please email Len Pardue ([eljeep129@gmail.com](mailto:eljeep129@gmail.com)) with your request. He will inquire about our options. The shirts are short-sleeved and color is forest green. We have offered a choice between shirts with the club name printed on the shirt (\$20) or with the club logo instead (\$25).

### **To order Club paraphernalia or volunteer for the Special Projects Committee .**

Contact **Len Pardue** [eljeep129@gmail.com](mailto:eljeep129@gmail.com) or **Cecil Beumer** [cecilbeumer@aol.com](mailto:cecilbeumer@aol.com)

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### **Facebook and Pinterest:**

*Louis Gire*

The Club's Facebook Page is continually being updated. Please notify Louis Gire (636-0982 or [girelouis@gmail.com](mailto:girelouis@gmail.com)) if you have something of interest you think should be on our **Facebook** page or **Pinterest**:

<https://www.pinterest.com/ashevillegarden/facebook>

The site contains gardening-related pictures with a small amount of information. If members have “before and after” pictures of their gardens, Louis would like to see them to potentially use on the site. No identification will be made. Please send copies to Ralph for the Seed Pod.



<https://www.facebook.com/pages/Mens-Garden-Club-of-Asheville/147346425328933>



### **Beautification sites**

*Dick Rothenberg*

Among the other things we're doing for our 75th anniversary, there is a need for continued maintenance of the work so many of you have done or contributed to at the Smith Mc Dowell House among other sites. To participate in this work on the SM House, please contact Bob Thatcher:

[btman15@att.net](mailto:btman15@att.net) (828-667-9563)

For work at our other beautification sites, please contact our Director for Beautification Sites,

Dick Rothenberg: 680-9820 or [RSR4702Fountains@Yahoo.com](mailto:RSR4702Fountains@Yahoo.com)

List of Sites and those responsible for each:

**Asheville Community Theater** (Walt Leginski, 828-505-1097, [wleginski@yahoo.com](mailto:wleginski@yahoo.com))

**Azalea Park/Soccer Fields** (Denny Frache, 828-645-2714, [lfrasche@aol.com](mailto:lfrasche@aol.com))

**Beaver Lake** (Nelson Sobel, 828-255-0473 [gnsobes@charter.net](mailto:gnsobes@charter.net))

**Reuter Center** (Joe Barrett, 828-242-2099 [joe-barrett@hotmail.com](mailto:joe-barrett@hotmail.com))

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**American Chestnut Foundation fall planting:**



THE  
AMERICAN  
CHESTNUT  
FOUNDATION®

The American Chestnut Foundation contributed two chestnut trees for the plantings at the Smith-McDowell House for our 75th anniversary project. In cooperation with the American Chestnut Foundation, the Men's Garden Club has been taking care of hundreds of Chestnut seedlings at our greenhouse location for almost 2 years now. The 400 Chestnut seedlings we currently have in the shade house are designated for an orchards in NC. These are fourth generation Graves seedlings (Carolinas American chestnut pollen x potentially resistant, Meadowview hybrids).

Andy Keith  
417-576-5773

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Following are the officers and directors for 2016 who will be installed at the January luncheon meeting:

**OFFICERS:**

President	James Wade
Past President	Ken Roth
President Elect	Dick Powell
Secretary	Ray Carter
Treasurer	Ed Smith

**DIRECTORS:**

Membership	Gerry Hardesty
Horticulture Center	Ted Faber
Beautification Sites	Dick Rothenberg
Education Support	Ross Jones
Special Projects	Cecil Beumer
SeedPod	Ralph Lambert
Historian	Milford Shaver
Plant Sales	Randy Marrs

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**The Club meets on the first Tuesday of each month except for the August picnic and the December awards/ installation banquet and special events. Please mark your calendars in advance and be sure to respond with your reservation!**

*Speaker and Topic:* The December meeting will be a pictorial review of the the club's 75-year history.

RSVP: Only for lunch at \$15 per person to Dick Powell at [wdpowelldds@yahoo.com](mailto:wdpowelldds@yahoo.com) or 828-252-2121

**The regular, monthly luncheon is held at *First Baptist Church* in Asheville.**

The cost is \$11.00 for members and guests.

We gather for conversation and meeting those members whom you've not met before at 11:30.

Lunch will be served at 12:00 noon.

**Announcements will be made during lunch** so that the speaker can begin promptly.

**A word about reservations:** If you make a reservation for lunch, the Club pays for it. Thus, it costs the Club \$11 for every "no show". Please tell Ed Smith if you have made a reservation but cannot be at the lunch.

In addition to members and their guests, the general public is invited both to lunch and to the talk afterward.

**Looking ahead:** the **December luncheon** will be a plated lunch to be held on **Saturday**, December 5, 12 noon to 2:00 pm .at the Renaissance Hotel, Land of Sky Room (great view from top) The cost will be between \$15 and \$20 (The final amount will be announced later.) There will be some options for entrée as in the past. Those will be announced when the menu is finalized.

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**CORPORATE MEMBERS**

**B.B. Barns Landscape Co.**

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Arden, NC 28704  
Landscape - Hunter Stubbs  
828-384-9190  
stubbsbb886@bellsouth.net  
www.bbbarns.com



**Biltmore Farms, Inc.**

Development – George Cecil  
1 Town Square, Asheville, NC 28803  
828-274-2000



**1889 White Gate Inn**

173 East Chestnut Street  
Asheville, NC 28801  
Dr. Ralph Coffey  
828-253-2553  
www.whitegate.net  
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