



# A POSY PICKER'S PAPER

New Meadows Garden Club

Topsfield, Massachusetts

September 24th through October 24, 2013



It's National Mushroom Month!

*A very warm welcome to our new member, Margo Maione!*

**September 24**



*Our garden club year will begin with the Third Annual Old-Fashioned Ham and Bean Supper. This is becoming a nice tradition! Don't be late for dinner! It's at 6:00 pm at the Gould Barn, Topsfield! There will be an opportunity to socialize with your fellow members, hear what our committees have in store for us in the coming year, and join in a Harvest Swap. For the swap, bring something "garden related:" an apple pie, a favorite plant, a garden ornament, some jam, produce from your garden...let your imagination run wild! And please be sure your item is wrapped!*

**October 3**



And, again this year, our club will be hosting a *Hospitality Table* from 3:00 to 5:00 pm on the first entry day of the *Topsfield Fair Flower Show* in the Flower Barn at the Fairgrounds. If you would like to help set up that day, or would like to contribute drinks or baked goods, please contact Rose Ann Waite or President Judy.

**October 4- 14**



*The Topsfield Fair, together with the Garden Club Federation of Massachusetts, will present "Flowers...Here, There and Everywhere," a Standard Flower Show, in the Flower Barn at the Fairgrounds.*

*Be sure to stop by and see all the prize winning designs, including those of Georgia McHugh and Rose Ann Waite, which we will be able to view from October 4th through October 14th. They will be entering designs on both entry dates...October 3rd and October 9th.*

*And, if you have never served as a host for this special flower show, here's your chance. A few two hour shifts may still be available for you and a buddy, and in return you will receive free entry to the fair and free parking. Please contact Deb Falcinelli at [debra.falcinelli@gmail.com](mailto:debra.falcinelli@gmail.com).*

*And still more Topsfield Fair fun can be had by participating in the creation of the float representing Garden Clubs of Topsfield and the Topsfield Agricultural Commission in the Fair Parade. Many hands are needed to construct the float and fashion the items which decorate it. Workshops will be planned very soon at Martha Morrison's beautiful barn on Rowley Road in Topsfield. Stay tuned for details.*



*...more news on the following page...*



October 7



Horticulture Morning will be held at 10:00 am at the South Shore Natural Science Center, 1-89 Jacobs Lane, Norwell. The program will feature Tom Mickey who will present his program "America's Romance with the English Garden." The donation is \$5.00 at the door. This meeting is open to all members and guests.

October 15

*Our next board meeting will be held at the home of Linde Martin at 10:00 am. If you need driving directions, please contact Linde.*

October 23



The Garden Club Federation of Massachusetts Fall Conference will be held at the Sheraton Framingham Hotel & Conference Center, 1657 Worcester Road, Framingham. Our officers are planning to attend and invite you to join them. For more information, please contact President Judy.

October 24



*Our October fundraiser will be held at the Pretty Poppy, a neat boutique located at 3 Pleasant Street, Newburyport. Pretty Poppy is a women's jewelry and accessory store with something for everyone, and known for its "wallet friendly sweet sparkles." The store will be sharing its proceeds for the day with our club to benefit our programs and civic projects. So, mark your calendars, call your family and friends, and take a ride to Newburyport that day. Treat yourselves...you've been good, haven't you? Or perhaps do some holiday shopping...it's never too early to start. And our club will be providing a hospitality table for the day. Please stay tuned for additional details...we will be needing your help with this during this event. The store hours are 10 am to 6 pm on Thursdays, but will be open later for our event. If you would like to peek at the excitement in store for us, check out the Pretty Poppy's website at <http://prettypopystore.com>.*

NOTES



*Our Horticulture Committee will soon be looking for extra hands for fall cleanup at the Pine Grove Cemetery, and the Prospect Street and Linebrook Islands. Please watch for their sign up sheets, and get your gloves and clippers ready!*

...more on the following page...



And, once again this year, a big thank you goes to *Jean Bilsbury*, who has done a splendid job as our Program Book Publisher. Not many of us are aware of how much effort goes into compiling all the information it



contains and bringing it so beautifully into our hands at our first meeting of the year. Thank you so much, Jean...what would we do without you?



*It's that time of year again! The Museum of Fine Arts in Boston will soon be looking for designers to participate in their very special event, Art In Bloom. The dates are April 25th through April 28, 2014. According to our club history compiled by Historian, Barbara Shade, garden clubs have been invited to participate in this event*

*And, today we have spectacular news! Mei Schuster has agreed to be our designer this year, and carry on our club's tradition. The Museum requires that there be an assistant to the designer, so we are looking for a member to volunteer to assist Mei. Many of our members, who have represented our club in the past, can attest to the excitement surrounding this event and the satisfaction felt from being part of it. If you are interested in serving as Mei assistant, please contact President Judy.*

*And, thanks to Jean Bilsbury, our club has available for purchase a few club aprons and totes!  
Aprons are \$18.00 and the totes are \$15.00.  
Please contact Jean if you are interested in purchasing one of these from the club.*



**\*\*Newly revised, board-approved club bylaws will arrive soon in your mailbox for your review!**

...continued on the next page...

*...Bits and pieces...*



*Our May 2013 trip to the Boston Public Garden*

*Gathering for the trip into Boston.*



*The Garden on an exquisite day!*



*Listening intently to the words of guide Meg Muchenhaupt.*



*Helen Gaffey gets the best seat in the house!*



*Heidi Parisi, Nat Anderson and Mary Leahy enjoy some conversation at our 2013 Annual Banquet*



*The Bylaw Revision Committee at work.*



*Oney Shade's bench graces our booth at the 2013 Strawberry Festival...can you tell that it's another rainy day???*



*The Prospect Street Memorial Island*



*Pine Grove Cemetery Garden*



*Linebrook Road Island*

*...continued on the next page...*

## Green Thumb Corner

*Here's exciting news...September is National Mushroom Month! So, in honor of this event, here's a quick "Mushroom Primer:"*



*First of all, did you know that, even though mushrooms grow in soil, they are not plants? True, and here's why...plants contain chlorophyll, which helps them with photosynthesis, the process of turning sunlight into food. Mushrooms contain no chlorophyll, and therefore cannot photosynthesize. Mushrooms obtain their food by metabolizing dead or decaying organic matter, such as dead plants on the ground. Plants reproduce by making seeds, but mushrooms, on the other hand, reproduce through the spores they produce. These are located in the gills underneath their caps. Mushrooms launch these spores into the air by the billions, landing them into wet dirt to start their lifecycles once again. Mushrooms are classified under the Kingdom Fungi (from the Greek word sphongos, meaning sponge).*

*Now a bit of history...Ancient Egyptians ate wild mushrooms, and believed they were the plant of immortality. Pharaohs decreed them a royal food and forbade commoners to even touch them. Ancient Romans ate them as well. France was the first country to cultivate mushrooms in the mid 1600's. They made their way to England and then were cultivated in the United States in the 1800's.*

*The small town of Kennett Square in Pennsylvania calls itself the Mushroom Capital of the World. Fifty-one percent of our nation's supply is produced there. White button mushrooms are by far the most popular, accounting for more than 90 percent of mushrooms bought each year in the U.S. The process of cultivating mushrooms, from preparing the growing medium to shipping them to markets, takes about four months. Other than button mushrooms, there are other cultivated varieties known as "exotics" such as oyster, shiitake, and maitake mushrooms, each with their own unique flavors.*

*The most expensive mushrooms are **truffles**. They cost hundreds of dollars per pound. A fungus of the oak and hazel trees, they grow only underground...hence the challenge! Truffle hunters have to use trained pigs or dogs, usually Dachshunds, to sniff them out. Pigs, however, tend to eat the truffles as soon as they find them...another challenge!*

*And then there are the wild mushrooms, which are harvested wherever they grow naturally, which can be in forests, near waterways, and even in backyards. In North America alone, there are an estimated 10,000 species of mushrooms, with only about 250 known to be edible. **Since many edible mushrooms have poisonous look-alikes in***



***the wild, NO ONE SHOULD ATTEMPT TO EAT A WILD MUSHROOM WITHOUT BEING 100 PERCENT SURE OF ITS IDENTITY. IF IN DOUBT, THROW IT OUT!** Every year about 40 people in the U.S. die from eating wild mushrooms they didn't think were poisonous. It is said that Czar Alexander I of Russia, King Charles V of France and Pope Clement VII were all killed when they ate poisonous mushrooms!*

*And then there are the psychedelic mushrooms! The narcotic and hallucinogenic properties of some mushrooms have been known since ancient times. **And along comes Timothy Leary!** In 1960, when he was an instructor at Harvard University, he was introduced to the psychedelic mushroom trianactyle by a Mexican anthropologist. The experience totally disturbed Tim's rather settled view of the universe and led directly to his launching research on psychedelic drugs at Harvard. In the process, he was also introduced to LSD, and very soon found himself without a job at Harvard (no surprise). He then went on to become the advocate of a new worldwide movement based on the mind-altering properties of hallucinogens.*

*And, here, last but not least, is the good part...one serving of button mushrooms has only 20 calories and no fat! Mushrooms are filled with B vitamins, copper, potassium and selenium. Try sautéing them!*

*"Let us be grateful to people who make us happy. They are the charming gardeners that make our souls blossom ."  
... Marcel Proust...*