



# THE HIBISCUS LEAFLET

March 2019

Coral Gables Garden Club, Coral Gables, Florida

## Hi, Ho, Hi, Ho... And off to work we go, again.



Members, Beth Werner, Connie Cabeza, Betsy Tilghman, Michele Wiseheart and Joan Wright enjoyed the trip to the Kampong.

## April is Earth Month in Coral Gables

The Sustainability Board of the City of Coral Gables is planning to proclaim April as "Earth Month."

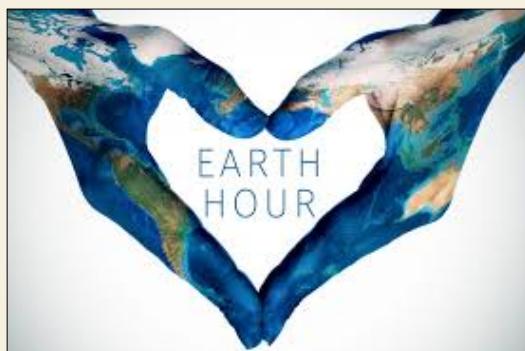
**BUT** the first event of Earth Month is actually occurring on Saturday, March 30, 2019!

"Earth Hour" is a worldwide movement organized by the World Wide Fund for Nature.

The event is held annually to encourage individuals, communities and businesses to turn off all non-essential electric lights for one hour from 8:30 - 9:30PM as a symbol of commitment to the planet.

It was started as a lights-out event in Sydney, Australia in 2007. Since then it has grown to engage more than 7000 cities and towns across 187 countries to raise awareness of energy consumption and its effects on our environment.

- Marlin Ebbert, Environmental News



As you open this Leaflet we will be in the midst of our Spring Tour preparations.

You have picked out your summery hostess outfit and chosen your sun hat. Your kitchen is filled with the aroma of cookies baking. The butterflies are rehearsing and promise to flutter for several hours non-stop. Althea is anxious to greet us, and has prepared a seat beside herself for visitors to her garden. Birds are chirping, gardens are blooming and sunny skies are anticipated. All the makings for a wonderful day. It is our work day – and a splendid one it will be! See you there!

-Betsy Tilghman, President

### CLUB HAPPENINGS:

#### The Fruit & Spice Park, Homestead, FL

Don't miss our next adventure, Wednesday, April 3rd at noon - a trip to our western reaches, The Fruit and Spice Park in Homestead. This unique 37-acre public facility is owned and operated by the Miami-Dade County Park and Recreation Open Spaces. The Park hosts over 500 varieties of fruits, vegetables, spices, herbs and nuts and other commercially important plant specimens from around the world.

Please contact Beth Werner to reserve your spot!  
[betwerner@gmail.com](mailto:betwerner@gmail.com) or call 305-815-3872

#### It's almost time for Spring Cleaning!

Remember when you are cleaning out closets or your garage to save all of your electronics and hazardous waste to bring to our Spring Recycling Day at City Hall on Saturday, April 27th from 9am - noon!

#### Change of Venue - March Board Meeting

The March 13th Board Meeting will be at the home of Susan Rodriguez, 900 Coral Way. This is a change of venue from what is listed in the Yearbook.

#### Welcome Ellen Oppenheimer

A warm welcome to new transfer member, Ellen Oppenheimer. Ellen is a Miami native and a friend to many of us. She lives in Hagerstown, MD for the summer months where she is an active member of the Crossroads Garden Club.



## Almost time to Rock and Roll...Are you signed up?

**SRINGTIME** in Althea's Neighborhood is right around the corner. We are almost there, ladies. Members need to do the following:

- ~ **Continue to Sell or buy tickets and give them to friends.** Jo Anne Mathews and Marlin Ebbert have extras. Please turn in all unsold tickets and all money right away.
- ~ **Show up for your shift on time.** You should already be signed up for your shift. If you have issues email [lucyreinhardt@me.com](mailto:lucyreinhardt@me.com) or call her.
- ~ **Each member must bake 2 dozen cookies** (please deliver in disposable container, they will be plated by the hostesses at the reception.) Questions call Denise West
- ~ **Bake** cakes, breads, pies, muffins, tarts, bars, cupcakes, cookies, specialty desserts (non-refrigerated), candies, preserves, honey, granolas. **Wrap decoratively in clear wrap and ribbons** and list major Allergens that may be in the ingredients (milk, egg, fish/shell fish, tree nuts, wheat, peanuts, and soybeans). Questions call Cari Gardner

~ Teresa Zohn, Chairman



Susan Rodriguez gathering plants for our Garden Tour Plant Sale.

## Garden Therapy Brings Smiles...

March 6th - What a wonderful day at the Riviera Health Resort, bringing flowers and smiles to the residents. Thank you Victoria Cabeza for a really feel-good afternoon! And thank you to all our volunteers! Pictured: Joan Wright, Rosita Perez, Denise West, Jo Anne Matthews, Victoria Cabeza, Carmen Cason, Maria More, Charlotte Henderson, Betsy Tilghman, Judy Mangasarian, Mercy Arrieta and Phyllis Hernandez.



## Planting for our Winged Friends

As I write this, I'm surrounded by the calls, chirps and general chattering of so many birds. It is music to my ears as I'm sure it is to yours. I get to hear all these winged beauties, Painted Buntings, Woodpeckers, Cardinals, Warblers, Orioles, Mockingbirds and of course Blue Jays. I have them because of the plants, shrubs and trees in my small yard. For Buntings and Orioles plant native Fire bush and or flame vine. Mockingbirds love American Beautyberry and won't go to a feeder. Cardinals and the others need shrubs and bushes for protection, the flame vine acting as a hedge works nicely for them. Small fruit trees, native Stoppers, small guava trees, all provide cover and resting places for them. Migrating birds, many of them spectacular and the Mockingbirds, visit my small palms for the immature seeds. The palms are of the Phytospermia species and often available at the plant sales at Fairchild. The steps to make your yard a welcome spot for birds of all feathers is easy to do and the rewards will be music to your ears!

~ Susan Thomas, Horticulture Chairman

## Espalier...The Art of Pruning



Espalier is the act of training and pruning the branches of a tree - often a fruit tree - to grow flat against a wall or fence or upon a trellis as shown in the photo above. Growing a tree by this method also reduces the shade area and makes the space underneath the tree available for planting. ~Marlin Ebbert

## Plans For Arbor Day 2019 Under Way With Gusto

Arbor Day 2019 is just around the corner. If you have not been to one of our Arbor Day Programs, jointly hosted by the Garden Club and the City of Coral Gables, mark your calendars now! It is a great day.

Katy Sobrado, Arbor Day Chairwoman and our own resident Florida Master Gardener/Clinical Psychologist, is taking the lead on planning this year's event in coordination with the City of Coral Gables Landscape Beautification Advisory Board (LBAB). She will present the Children's Program to Carver's 225 kindergarteners and talk about the importance of trees and having a relationship with nature. This year the program is focusing on fruit trees!



*Jaboticaba*

giveaways we do for the children since it is so easy to grow these tomatoes in south Florida. Since we have 3 times as many students as we usually do, please let Katy know if you are able help us with this project.

Katy has a few committee volunteers signed-up, however, there is still plenty to do. Such as: 1. Help distribute prizes and cookies to the children and help Katy with set-up. 2. We are also looking for a few more prizes! These can really be anything fun for a kindergartener as long as it is eco-friendly and related to nature. In the past we have given out a variety of children's books, seedlings, seed packets, gardening tools/items, etc. 3. If anyone has (tropical) fruit trees that will fruit this April, please talk to Katy. She is particularly interested in finding any rare fruits (ice cream bean, Jaboticaba, sugar apple, jackfruit, breadfruit, rare avocados) and [canistel](#) or eggfruit. She might use some of the fruit/branches etc in her presentation or as a prize...or even make avocado ice cream if someone wants to help or knows a local chef/gelateria! 4. As our Arbor Day Program grows, Katy has a lot of information she would like to organize. She would also like to work on a multi-media presentation that will take quite a bit of time. If you have these technical skills and have time over the next 6 weeks to help, let Katy know! 5. Katy will take a couple of fun research trips to various tropical fruit farms and nurseries in the Redlands, let her know if you would like to join her (Fairchild Farms, Richard Lyons Nursery, Pine Island Nursery, etc).

Thank you to everyone who pitches in to make this program possible, particularly committee volunteers and LBAB Board and Garden Club members Nita Norman and Lucy Reinhardt. If you are unable to volunteer, we encourage you to attend! It is such a fun and feel-good day, and a great way to support Carver and show the city and local officials the importance of conservation education. Please email Katy ([katysobrado@gmail.com](mailto:katysobrado@gmail.com)) if you would like to volunteer or donate prizes.



*Inga or Ice-Cream Bean*

Thank you to everyone who signed up to bake cookies or volunteer for the committee! We will be sending out emails to the group with more specific details as time gets closer.

If you are volunteering at or attending the Arbor Day the program, please bring your cookies with you that morning. If you will not be at Arbor Day, Denise West has generously signed up to be the "Cookie Captain," and will accept deliveries Thursday, April 25 at her home.

Dorita Downey has graciously volunteered (for the 3rd year in a row!) to take the lead to save, dry, and pack the Everglades Tomato Seed

Packages. This is always one of the most popular



*Canistel or Eggfruit*

### Arbor Day 2019

Hosted by the City of Coral Gables and the Coral Gables Garden Club

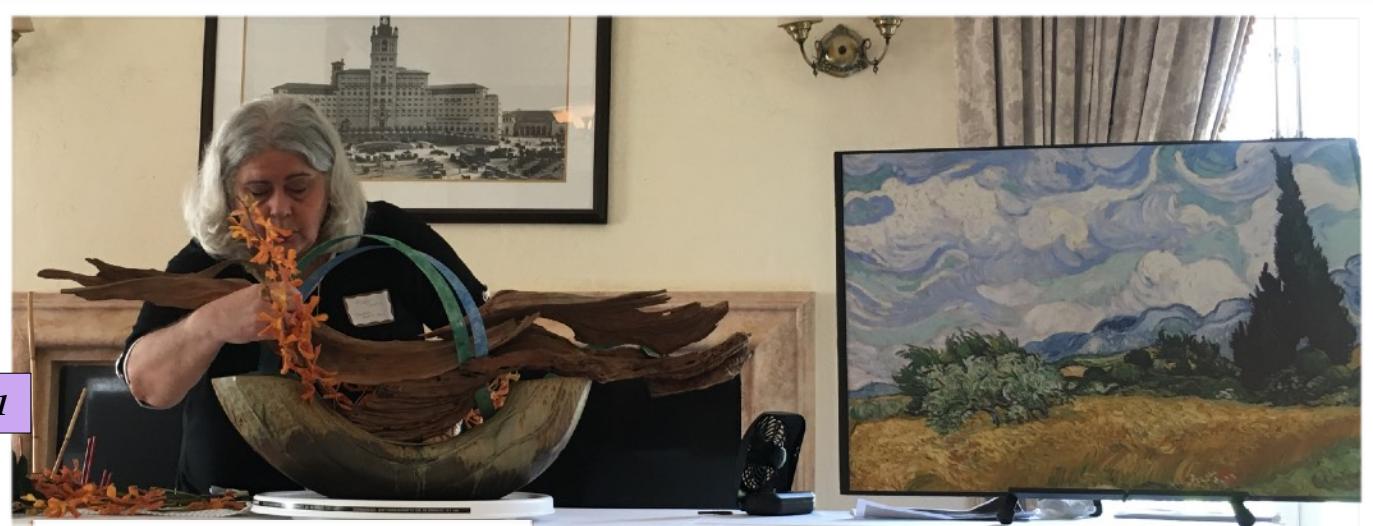
**Date:** Friday, April 26

**Volunteer Setup:** 8:30am

**Program begins at :** 9:30am

**Where:** Carver Elementary School, 238 Grand Ave., Coral Gables

## *A Full House Enjoys Floral Designer, Mayfair Hydro*



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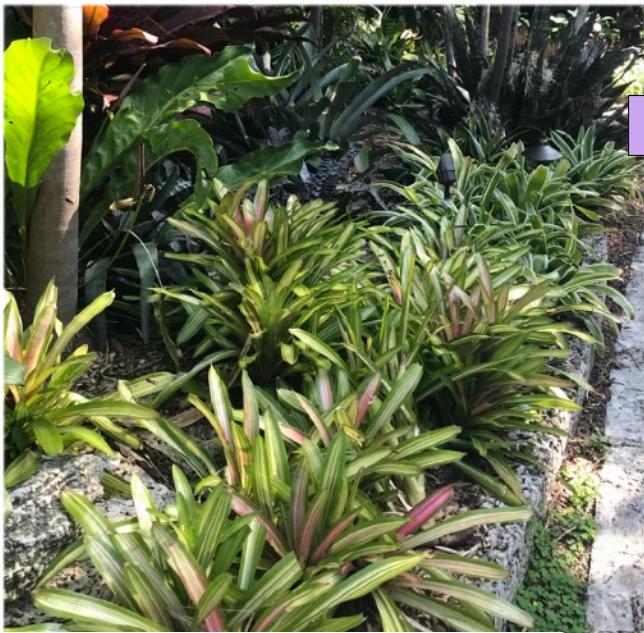
*At our February Meeting, the Laguna Room was filled and we had to bring in more chairs. All came to see and learn from Mayfair Hydro and she did not disappoint.*

*Photo 1: Mayfair Hydro with her first arrangement. She did three.*

*Photo 2: Jeannett Slesnick, Marie Harley, Sally Morris, Cynthia Trescott.*

*Photo 3: Sandra Deery, from the Coral Pines Garden Club came to assist Mayfair Hydro, Teresa Zohn, Nancy Gray. Photo 4: Judy Mangasarian introducing the program to a full room.*

## Field Trip to David Fairchild's Kampong



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Thank you Beth Werner for a wonderful Field Trip on February 16! And what a pleasure to see our bromeliads flourishing (Photo 1) - we had planted them after Hurricane Irma with grant monies from NGC. Photo 2: Kitty Winkler, Mary Frances Irvin. Photo 3: Michele Wiseheart, Sandy Milledge.

Photo 4: Beth Werner, Chairman. Photo 5: Connie Cabeza, Betsy Tilghman, Michele Wiseheart.

It was a lovely Saturday at the Kampong! Our excellent tour guide was Norma Craig who guided us through the house, laboratory and grounds of Dr. David Fairchild's former home. We had a nice turnout of ten garden club members and one guest. David Fairchild was a plant pathologist who purchased the Kampong property on Biscayne Bay in 1916 and built the house in 1928. He married Marion Bell, the daughter of Alexander Graham Bell. He was a noted expert on tropical plants and travelled the world looking for plants that were economically viable to raise in the U.S..

The wooded property occupies 7 acres which stretch from Main Highway to the bay. There are 60 mango trees and 25 avocado trees on the property in addition to many other tropical fruit and flowering trees.

After our interesting tour we ate a picnic lunch on the shaded patio and admired the view. We all enjoyed our Kampong visit!

~ Beth Werner, Field Trip Chairman

## The New Recycling Mindset...Reduce, Reuse and then Recycle

~ Submitted by Betsy Tilghman

Remember the old days? You put everything in one garbage can and it was gone – both from your view and from your consciousness. Your papers and mail? Gone too in that can – no worry about identity theft, and the need to open and sort through for possible “at risk” correspondence to shred. When I go through my mail now, I have three piles – one for shredding, one for recycling, and a third for papers I think are not satisfactory for recycling – gold embossed! stickers! plastic coated! And then our glass, tin and plastic – clean them up well or they are destined for the dump. But you know, it is even more complicated than this, and because recycling takes time out of our busy lives and yet is so important, we need to understand the rules so that we can be effective.

Here are a few highlights to peak your curiosity from a group of informative articles, whose links are provided below.

•“In 1950, the world produced about 4 billion pounds of plastic a year. Today, we produce about 600 billion pounds. Every year, about 20 billion pounds of it ends up in the ocean. Over 90% of produced plastic has never been recycled, and it typically takes more than 400 years to break down naturally.”

•“One product of natural-gas refining is “virgin resin,” the plastic feedstock manufacturers use to make pretty much any plastic you can name. It’s now often cheaper than all but the lowest grades of recycled plastic.”

•If your neighbors put out contaminated bins (think plastic bags, dirty containers) the whole truck load is compromised.

•Compostable and biodegradable items can contaminate recyclables. Don’t put them in your recycle bins!

•“While we might wish that plastic bags could be sent to processors with our other recycling, they shouldn’t be. They create a nightmare for waste managers by plugging up machinery. So remember to dump your recyclables out of the plastic bag when putting them in the recycling bin.”

•Coral Gables accepts plastics numbered 1-5 and 7. Not 6. No bags. All cardboard should be broken down. The City has just reclassified cardboard into a new category – stay tuned for updates! More free recycling bins can be had by calling 305-460-5346. Other recycling questions or suggestions? Visit [www.coralgables.com/recycling](http://www.coralgables.com/recycling). Download their recycling flyer. And many technological advances are underway to help us recycle better. Remember – always best to Reduce first, then Reuse and finally Recycle!–

•Coral Gables Earth Month will be full of programs! Follow this link to what will be happening in April throughout the City. More to follow, especially CGGC sponsored events! <http://www.coralgables.com/earthmonth>

<https://recycleoftenrecycleright.com/> <https://www8.miamidade.gov/global/solidwaste/recycling.page>

<https://www.wsj.com/articles/compostables-meant-to-cut-plastic-waste-are-struggling>

<https://www.wsj.com/articles/help-were-drowning-in-recycling-cue-the-internet-of-trash>

<https://www.nytimes.com/2018/05/29/climate/recycling-wrong-mistakes.html>

<https://www.nytimes.com/2018/05/29/climate/recycling-landfills-plastic-papers>.

### May Luncheon - Mark your calendars!

Our May Luncheon is set for Wednesday, May 1st (there is a typo in the Yearbook) in the glorious Granada Ballroom of the Biltmore Hotel. Kay Lores, our Luncheon Chair, is working hard to make this a fabulous event. And the Biltmore is cooking up a beautiful meal for us. Please join us as we celebrate the end of the year, thank our outgoing officers and welcome our new slate and new members. Guests are welcome at this lovely event. Invitations will be going out soon.

~ Kay Lores, Chairman

### Floral Workshop:

We had a nice turn out for the Mechanics and Tools workshop. The Hand Book for Flower Shows is in our library, where the description of the design types are listed starting on page 73. Additionally, on the FFGC.org web site, go to Educational Opportunities, then Floral Design Study Series, then to Floral Design Unit Descriptions and you will see examples of designs. Also, You Tube, has several demonstrations of floral design techniques. ~ Donna Box, Chairman

### The Miami Metropolitan Flower Show is this month!

Friday, March 29th from 10-5 and Saturday, March 30th from 10-4. The Flower Show is at Simpson Park and is free and open to the public. Designs and horticulture must be placed between 11 and 3 on Wed. the 27th. Judging is Thursday the 28th. The deadline to reserve a design theme is March 13th. Please refer to the program emailed to you in February, and if you have any questions please call Mayfair Hydro at 305-378-1775. Let's win some awards!!



### March 25, 2019 Meeting

Coral Gables Congregational Church  
3010 De Soto Blvd - Fellowship Hall

**Workshop:** Elements and Principles of  
Floral Design.

**Program:** Business Meeting

**Lunch Committee:** Ana Lam\*, Donna Box, Beth Werner, Haydee Pichardo, Victoria Garrigo, Sherry Jordan

**Buffet Centerpiece:** Sandy Milledge