

BURBANK-VALLEY GARDEN CLUB

OVER THE GARDEN WALL

Member of the San Fernando Valley District, California Garden Clubs, Inc.,

Pacific Region, and National Garden Clubs, Inc.

*Newsletter Number 194 **October 2023** Editor: Ingrid Nonnast*

Agenda October 5, 2023 Meeting

9:30 a.m. Doors Open
10:00 a.m. Business Meeting
11:00 a.m. Speaker, **Andrea Polk**
 "San Fernando Valley Agriculture
 from Shallow Sea to Suburbia"



President's Message

As we begin to feel the hint of cooler weather, many of us have begun spending more time in our gardens. It is a wonderful time of the year to build or refresh raised beds, amend the soil, prune our trees and shrubs or plant new trees/shrubs, bulbs, spring annuals and winter vegetables. Our first of the season speaker, Mike Wronkowski, from Green Thumb Nursery, gave members some great advice on tree planning, planting and care. Our trees are valuable resources we all treasure for their beauty, ability to filter our air, give us shade or offer us a place of respite after a challenging day.

During our September meeting we had over 50 members present including 5 new members. Please welcome, Jan Kidwell, Debra Freedman, Judy Shalhaub, Terry and Alan Rhodes. Please engage these new members in a warm welcome. Be sure to add their contact information to your new Yearbooks (page 22). It was very exciting to see everyone enjoying the company of friends, making new friends and sharing their gardening experiences.

This month our speaker, Andrea Polk, will take us back in time, reminding us of the rich agricultural history of the San Fernando Valley which was once filled with agriculture crops and citrus trees, not to mention wide open spaces. Looking to our past informs our present, allowing us to plan for the future. We hope you will join us as we walk down memory lane!

Looking forward, during our November meeting we will be hosting a Plant Sale. It has been a few years since we last had a fundraising Plant Sale event. In preparation for the fundraiser we need your help in providing us with plants to sell. Think about propagating some of those tree and shrub trimmings you have from your work in the garden. Or maybe you are starting winter vegetables from seed and want to share those seedlings in support of our fundraiser. Anyone interested in working with Kathy to ensure this event is a great success, please contact Kathy Itomura at (818) 642-1003. We hope it will be a spectacular event. Invite your friends and neighbors to join in the fun!

Robin

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October 5, Meeting—"San Fernando Valley Agriculture from Shallow See to Suburbia"

Andrea Polk, Speaker

Andrea Polk graduated from San Fernando Valley State College with a degree in History, American History, Land use in the County of Los Angeles and Music History.



Andrea Polk will be speaking about the major agricultural growth in the San Fernando Valley after ample water was brought to the Valley in 1913, and the eventual decline of agriculture.

Our September Speaker

Mike Wronkowski really knows his trees and brought samples of trees especially useful in our warming world, including Cercidium 'Desert Museum,' Australian Willow (Geijera), and Redbud (Cercis). Mike works at Green Thumb Nursery in Santa Clarita and is an outstanding person to consult with when you are ready to plant a climate appropriate tree.



Newsletter Contributions Wanted

Share with members: information, pictures from your garden, maybe some pictures from latest trip, good stuff. Cut-off date for submission: 15th of every month. Contact newsletter editor. inonnast@charter.net

In My Garden

By Charlene Gallagher

Love October, the smell of fall, tree leaves covering the ground and the crunch they make as you walk through them, the colors of autumn and last, but not least, Halloween...the mystery, the magic, the costumes, spooky stories. trick or treat, what fun.

Having researched this period of time thru history, I have found there is more to it than candy corn, chocolate candy bars, costumes. Who knew it was a celebration of the harvest that had been collected, an end of summer and beginning of the cold winter ahead, also a religious connotation "all hallows eve."

My favorite are the storied witches, who were actually nursing people with ailments and birthing babies, mainly among the poorer class. These healers knew the vast array of herbs and how to use them to ease pain and heal people. They were mostly women, but some men also were healers. They were the midwives and doctors for the peasant class, who couldn't afford a doctor. Medical practitioners began to feel their importance and felt threatened by their popularity and successful practice, hence "the witches," as they were called, were persecuted, burned at the stake or drowned as their fate. They were accused of practicing magic and aligned with the devil in their practices. It became a time of hysteria and, of course, this condemnation traveled from Europe to America.

Many of the herbs that were used are common in our gardens. Chew on a basil leaf and wonder what this herb was used for in their healing practices.

Here are some of the many herbs we commonly know today. I will titillate your thought process as to herbs and their medicinal properties, only a few, as the herb world is fascinating and immense. So, sit back with a "cupper", feet up and, if you like, open up your mind to the "world of healing arts of: "the witches"".

Oh, least I forget
Happy Halloween!!

Here is how some of the herbs were used:

For stomach pains: wormwood, mint, balm, hay, rose, lavender. mixed together.
Sorry, don't have the recipe.
coriander reduce fever
lavender to relax... help sleep...headaches
garlic for wounds
mint stomach complaints, probably indigestion.
just a few...but they also used:
rosemary, poppy, lemon, sage, fennel, caraway, coriander, thistle, turnip, cinnamon, nutmeg, elderberry, caraway.

The list could go on the mystery deepens!



Maddy. My Rescued Monarch Butterfly

By Deborah Jerd

For the September issue of the Garden club newsletter, I wrote about my little butterfly, Maddy. This little creature brought me such pleasure and inspiration. When I met Maddy, she was on my porch, using her full life force, to escape from the chrysalis that persistently remain attached to the bottom part of her body. Normally a chrysalis would be hanging from something, very strongly attached, so that when the butterfly pulls in the opposite direction to emerge, there is leverage there for her to fly away and for the chrysalis to remain behind. Maddy's chrysalis was not attached to anything because I had pulled it from the upper door frame, so that she would not emerge and fly into my house, whereupon she would be facing my cats. I set the chrysalis in a container. The first few videos that I took of her were of her trying to be released fully from this chrysalis. The problem with not emerging quickly is that the wings dry in place very quickly after the beginning of emerging from the chrysalis. I finally removed the last part of the chrysalis with some tweezers after seven hours. This little butterfly faced this hardship all day long. Her wings remained crinkled and not fully expanded, making it impossible for her to fly.

She spent the first night in a box in my car, and then the next day I fed her sugar water, soaked in a paper towel, and brought her into the bedroom to live. I fell in love with her, and was inspired by her strong will to live. I prayed for a miracle that her life would be better than it was that first day. I fed her many times a day. When I left for work in the morning, I set her near the window for the fresh air and I left the lights on to have brightness in the room. Her little body was strong, and she became a little friend to me for the next two months. She lived a full monarch's life span of two months and one day. My prayer was answered in that she remained strong enough to live the full length of her time. Many people are naturally inspired by butterflies because of their transformation from a caterpillar to a beautiful colored flying, playful creature.

Although Maddy couldn't fly, I had to not feel sorry for her, because this was the life that she was given. I wanted my heart to be joyous in caring for her. I valued the sanctity of this little life worth living; my dear little Miss Butterfly, Maddy for short;

Mon Petit Mademoiselle Papillion.



We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." — Maya Angelou

Happenings

October 16, 2023 9:30 a.m.—12:00 noon

San Fernando Valley District
District Meeting
Sepulveda Garden Center
16633 Magnolia Blvd.
Encino, CA 914036
Everyone Welcome!



HAPPY OCTOBER BIRTHDAY!

October 1	Anna Torres
October 3	Laura Duran
October 3	Terry Davis
October 10	Lois Russo
October 13	Sandra McFarland
October 24	D Jean Collins



Welcome New Members

Debra Freedman 818 215-5637
851 N Florence St
Burbank, CA 91505
debra_freedman@yahoo.com

Jan Kidwell 818 850-9676
6548 Denny Ave
North Hollywood, CA 91606
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Terry and Alan Rhodes 760 713-3772
814 California St
Burbank, CA 91505
almost4.10@gmail.com

Judy Shalhoub 818 590-3320
827 E Tujunga Ave
Burbank, CA 91501
judyrd33@gmail.com

Changes/Additions to 2023-2024 Yearbook

Mimi House—Change email address to:
mhgardenbee@gmail.com

Joan Chandler—add cell phone:
818 281-7184

**2023-2024
Executive Board**

President:

Robin Gemmill

1st Vice-President, Programs:

Rosalia Gomez

2nd Vice-Pres., Membership:

Janet Jack

Susan Law

3rd Vice-Pres., Ways & Means:

Kathy Itomura

Recording Secretary:

Anne White

Corresponding Secretary:

Nancy Bryant

Treasurer:

Ingrid Nonnast

Parliamentarian:

Terry Davis



PLANT SALE COMMITTEE PARTY

Many thanks to the November Plant Sale Team: Judy Kenehan, Anne White, Robin Gemmill, Claudia Ackley, Mimi House, Rosalia Gomez, Shirley Thomas, Terry Rhodes, Margarita Codina, Joyce Davis, Ana Maria Barilla, Marie Parker, Jan Kidwell, Joan Chandler, Susan Law, Molly Whitman, Judy Shalhoub, Vonda Neundorf, Ann Foose, Nancy Bryant.

All signed up at our September meeting and will either be growing plants for our November 2 meeting or selling them - or both!

Does this intrigue you? If so, it is not too late to join us - Come to the Plant Sale Committee kick-off meeting at Kathy Itomura's house on Sunday, October 1, at 2 pm.

RSVP to Kathy, 818-642-1003 or email kkitomura@gmail.com. We will have refreshments and a garden tour. Get to know your team members!