

# The Columbia Underground

Newsletter from the Columbia Garden Club  
A century club, established in 1919  
Member of National Garden Club  
Federated Garden Clubs of Missouri  
Central District



## Calendar

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### March:

- 7-12-** Environmental School #3
- 14-** CGC Monthly Meeting
- 18-registration money due for district meeting

### April:

- Plant America Month per NGC
- 7-**FGCM District meeting in Eldon
- 30-** CGC Plant Sale

### May:

- 2-5:** FGC State Convention, St. Joseph, MO
- May **16-19:** NGC Annual Convention, Orlando, FL
- June **12-18:** Bloomin' Bus Tour

### Membership form

If you are interested in joining Columbia Garden Club, complete the information below and mail it to:

Carolyn Oates, 6302 S. Old Village Road, Columbia, MO, 65203.

Include a \$25 check payable to "Columbia Garden Club."

Name: \_\_\_\_\_

Preferred phone: (circle) cell or home \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

\_\_\_I approve of the above information being printed in the annual club yearbook.

For questions about membership, feel free to contact Linda Antal at 573-819-4502 or lga4588@yahoo.com

# Notes from President Betty:

Hello!

It's March! Now it's time to get serious about Spring. What are you doing to get ready? Are you planning a new garden or revamping one? Are you ready to get outside in the dirt? (Sorry, I mean mud!) I have to walk around a bit in my backyard because our dog needs to be supervised when he's out. My ground is unbelievably soft and mushy. I don't remember it being this yucky in the past. Right now, I am just in the planning phase. I've always had maps of each garden and plant lists, but after last year, the addition of Natives and changing one area to a rain garden, and not getting every plant marked, my organization or lack there of, is already driving me crazy!

As you start looking around your gardens, please keep in mind the plant sale. It is April 30 so plants will need to be brought to the church on Friday the 29th. Some popular items from past sales are Hosta, cone flowers, rudbeckia, Solomon's seal, astilbe, iris, day lilies, all kinds of sedum, and many more. The plants that members bring are the backbone of our sale. They are "free money." So please, look your perennials over and see if they are ready to be divided. Be sure to put a marker in each plant with the name of the plant. You can use a popsicle stick, section of miniblind, write on the pot, etc. We will be glad to help you with prices so they can be in sync. (It's not good to have 5 pots of the same thing marked with 5 different prices.)

Thank you all for understanding about our Zoom meetings and attending when you were able. As of right now, March is looking good to go back to in person meetings. Hope to see everyone there!

(I still need one yard for the garden tour, and I could use one more person to help with the "3-toed turtle" educational display.)



# February Program notes:

**The Columbia Garden Club held a Zoom meeting at 1 p.m. on February 15, 2022.**

**Guest Speaker:** Diana Cooksey introduced our speaker, Melinda Hemmelgarn. Melinda is a registered dietitian, the host of The Food Sleuth radio show on KOPN 89.5 FM on Thursday evenings at 5 p.m., a board member of Beyond Pesticides, and an avid home gardener.

Melinda's presentation was entitled "From Artist's Palette to Cook's Palette—appreciating and protecting our nourishing gardens." Gardens have the power to mitigate climate change, serve as pollinator rescue sites, provide a medicine chest for human health, are a school of diverse learning opportunities, and have many other community benefits. Gardens equal self-sufficiency, food security, and improved human immunity.

A plant-based diet is best: 70% of our immune system is in our gut. Fresh fruits and vegetables provide the most bio-available (usable) form of vitamins and minerals. Food first, before bottles of medicine and vitamins. Food IS medicine. We also need the fiber that vegetables and fruit provide in our diet. Additional benefits include working out in the garden and socializing with others in the garden.

Gardening can be very bio-diverse; more varieties of produce can be grown compared to what you find in stores. To protect nutrients, keep produce away from heat, light, and oxygen—think about how produce shipped from far away is exposed to those elements! Extra produce from our gardens can be frozen or canned for future nutritious meals.

Melinda supports pesticide free gardening. Consider not pulling dandelions as they are one of the first sources of food for bees in the spring. Gardens protect pollinators. Visit the website at USGA to view a pesticide map. Drifting clouds of pesticides can travel for miles; many states have suffered, especially grape, tomato, garlic, and nut crops. A healthy lawn as advertised by many lawn companies is **not** always a good lawn as most companies use chemicals. In Columbia, "The Lawn Company" has chemical-free lawn treatments. In purchasing products, look for labels that are "OMRI" approved for organic use. When purchasing fruit, look beyond "perfect" fruit; apples with scabs are actually good; those apples have more nutrients. Blemished fruit is acceptable for consumption and may be beneficial. Elderberries are great to eat—just the berries; do not eat the stems.

Resources: Melinda suggested: [www.beyondpesticides.org](http://www.beyondpesticides.org), [www.panna.org](http://www.panna.org), [www.rodaleinstitute.org](http://www.rodaleinstitute.org). Also videos by Dina Falconi. Melinda's email is: [foodsleuth@gmail.com](mailto:foodsleuth@gmail.com) and phone 573-449-3720.

In her closing: "...there is no better way to care for the planet, its people and the generations who come after us than to be fully conscious of each and every decision we make about our food choices. Our gardens protect future generations, food, natural resources, and wildlife."



# February Business meeting minutes:

- Betty Connelly called the meeting to order at 2:05 p.m. with 14 members present.
- **Inspiration:** Mary Nesladek shared - fom Alexander Pope, "All gardening is landscape painting. Before you begin your masterpiece, reduce it to paper. Consider such matters as design, climate, sunlight, and, above all, your own tastes. Thoughtful preparation will pay more dividends than a wheelbarrow full of fertilizer, so remember: Plan your work, then work your plants."
- **Treasury report:** Carolyn Oates submitted a balance of \$10,266.92.
- **The minutes** of the previous meeting: Marie Pasley moved to approve the minutes Melissa Kouba seconded. Motion carried.

## 1. Calendar reminders/old business:

- Environmental School 3 will be March 7-10.
- The National Garden Club has declared April as Plant America Month.
- FGCM Central District Spring Meeting "Living Your Dream" will be Thursday, April 7 in Eldon. Checks made out to CGC for \$15 need to get to Carolyn Oates by March 18. Carpooling will be arranged. Some Ways & Means are needed for this meeting.
- The State convention will be in St. Joseph May 2-5. We need another member as a delegate.
- The National Convention will be May 16-19 in Orlando, FL. Karen Blackmore will be attending.
- One more garden is needed for the garden tour in June.
- The Bloomin' Bus Tour-Colorado Gardens will be June 12-18, 2022. Details are in the Winter 2022 The garden forum (pages 8-9). For questions about this tour, contact Carolyn Oates.

## 2. New business:

-Linda Antal shared the brochure she designed to showcase CGC. Members present agreed to order 150 brochures printed through MBS at a very reasonable price. Brochures will be used for publicity at the plant sale, flower shows, and possibly nurseries, etc.

--Mary Nesladek brought up the idea of "spontaneous" get-togethers when we find interesting things growing or blooming such as tulips, flowering trees, etc. This would be at places such as Shelter Gardens, Stephens Lake or other public places. This would be an opportunity for some field trips to enjoy the beauty and get to visit with our garden club members. Melissa Kouba volunteered to collect anyone's ideas and get email notices to members.

Yearbook addition/ Returning member:

Elizabeth "Ibby" MacLeod Burggraaff  
707 Thilly Ave. Columbia 65203  
573-442-3414(home) belgraaf@gmail.com

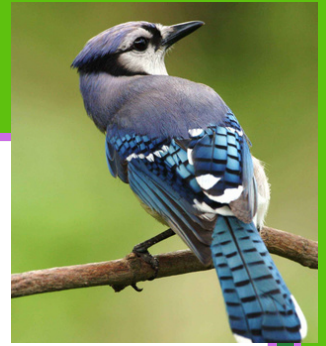
Meeting adjourned at 2:40 p.m.

Notes Respectfully submitted by Mary Nesladek



# Editor's Hints:

## The Birds,



Did you participate in the Great Backyard Birdcount?

Did you know that we've lost 29% of North American birds in the last 50 years?

Did you know that since 1970, we have 2.9 billion fewer birds, (about one-third fewer).

Did you know, the hardest-hit and most steeply declining group of species are grassland birds, which have shown a loss of 54% in the last five decades.

What has caused these declines? Many things. Large-scale land-use changes have removed or degraded much habitat. We've lost timber, small fields, shrubby fencerows, and small fields used for habitat, and old fields with shrubs for nesting. Pesticide use has had an untold effect on the food source of all birds. Even if a bird is granivorous (only eats seeds), it feeds insects to baby birds.

What can we do to help? Lots. Here are seven simple actions you can take for birds:

1. Grow native plants, shrubs and trees. Native plants attract and sustain native insects and provide a perennial and long-lasting buffet for birds right around your home with little to no maintenance. It's a win-win for the birds and your water bill. Nonnative plants did not adapt to Missouri's climate and conditions, so they hold little to no ecological value for native insects and therefore, do not provide the food that birds need. Remember, even if birds are granivorous, they feed insects to their young. It takes 7,000-9,000 caterpillars to raise just one clutch of chickadees!
2. Reduce window collisions. Collisions are the second-largest contributor to bird death. Try opaque stickers on the exterior of windows so birds don't think the window is a passageway.
3. Drink bird-friendly coffee. One-third of birds that breed in Missouri leave the U.S. for up to eight months of the year in the nonbreeding season during migration and winter. Most of the winter ranges of these migratory birds overlap with the Coffee Belt, the world's coffee producing region located near the equator. The conservation of tropical habitats in these regions is essential, given that they sustain Missouri breeding birds for over half the year. Deforestation to make room for agricultural commodities like coffee grown in sun, is a major threat to migratory birds. Bird-friendly coffee leaves a canopy of native trees over coffee shrubs to produce a higher-quality and better-tasting coffee grown in shade. This native tree canopy maintains foraging habitat for our migratory birds over top of the shade-grown coffee. The Smithsonian Migratory Bird Center provides an online resource to find bird-friendly coffee near you.
4. Reduce Pesticides. Remember again that all our Missouri birds are insectivores for part of their life (except goldfinches, which feed their young exclusively seeds) and young birds are fed insects. If you give your yard a pesticide bath, you're removing the insect food source. Remember that native plants are best for both insects and birds in your yard, and you don't want to remove the insects — that's the point.
5. Keep cats indoors. Cats are the number one cause of bird death in the landscape. But it's not the cat's fault. They are a natural predator. Catios, or enclosed outdoor patios for our cats are enclosures that keep our cats away from cars, disease, or potential predators — and are also safer for birds and other wildlife.
6. Reduce plastics. Even though we're in a landlocked state, plastics still impact wildlife through litter, landfills, and eventually end up in our waterways and the ocean. Plastics take thousands of years to decompose. Albatrosses and other seabirds are ingesting micro-plastics floating in the Pacific Ocean's trash islands and feeding them to their young, thinking they look or smell like fish. Some of these birds starve. Try to purchase multi-use plastics or glass products to minimize single-use or throw-away plastic products.
7. Record your bird sightings. When you go outdoors, report your bird sightings through eBird or Merlin. They are easy to use. eBird has amassed one billion bird detections and it's growing in popularity each year. eBird users have reported so many detections on migration routes and wintering grounds that it's allowing conservationists to protect migratory (and non-migratory) birds through their full annual cycle in targeted locations.

# Editor's Hints:

## And The Bees.

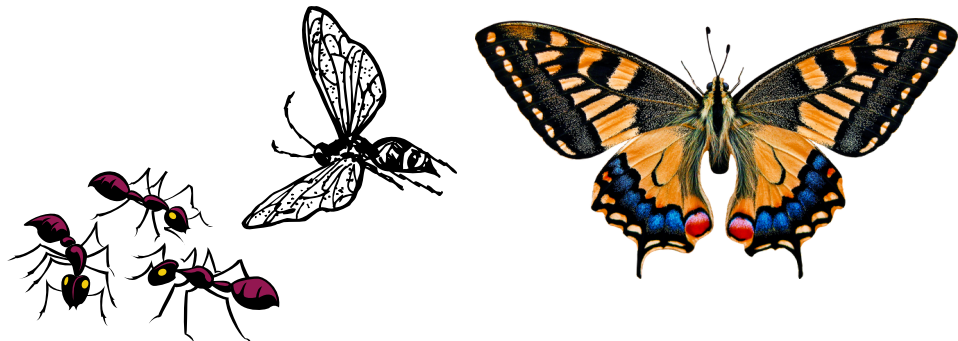
Queen bumblebees, the only winter survivors of their colonies, arise from under-ground in early spring to rebuild their nests. They may appear half awake as they clumsily bob about, sipping on nectar and loading up on pollen. Some bees are even known to sleep inside crocuses as the flowers close at night.



## And Other Pollinators!

When people think about pollinators, they usually think of honeybees. Most people don't know that our common honeybee is actually an import from Europe, arriving on our shores in the 1600s. Fewer people know that most of Missouri's animal/insect pollinators are native to the state, and that they represent an incredibly important resource for both native and introduced plants, including most Missouri crops. Missouri pollinators include:

- ants
- bees
- beetles
- butterflies
- flies
- hummingbirds
- moths
- wasps



### Pollinator food and cover

Like other wildlife, pollinators need cover and food. Much of what you would do for ground-nesting birds and small game would also benefit pollinators. In fact, you may already have pollinator habitat and not even realize it.

Patches of native grassland, wetlands, and forests that contain a diversity of flowering plants provide refuge to these species. In addition to nectar-rich flowering plants, good pollinator habitats provide locations for overwintering and larval development. These areas consist of bare soil, residual stems of last year's plants, and new plant growth.

Editor's resources: Missouri Department of Conservation and Midwest Living