



The Spade



The Newsletter of the Gardeners of Greater Cleveland

December 2024

Visit us on the web at www.gardenersofgreatercleveland.org.

Vol. 93 No. 10

Monday, December 9th Menu:

Appetizers, beer, wine & coffee will be served in the Penthouse prior to dinner. Dinner will consist of roast beef with mushroom gravy, baked salmon with capers, honey glazed carrots and roasted potatoes.

What's inside:

- **November Speaker Summary, Carol Poh**
- **Agriculture Program Expands at Olmsted Falls High School, Steve McIntosh**
- **November Election Results**
- **December Holiday Party**
- **New Member Information, January Program**
- **Holiday Recipe, Bob McMahan**
- **Committees & Members**
- **Team Captains List (NEWLY REVISED 12/1/2024)**



Hi Everyone,

With another year in the books, we as a club have accomplished a great deal throughout 2024. Our Spring Plant Sale was a success, we provided scholarships to 3 incredibly deserving students, and the Willott Iris Garden was as beautiful as ever. After receiving support from the club, Trinity Cathedral's urban farm was able to increase their growing capacity as they work to provide healthy food to those in need. As always, the garden at the VA Hospital's Spinal Cord Unit provided a beautiful and delicious landscape for those receiving treatment. Personally, some of my favorite events from this past year were the bonsai class I was able to take at the Gardeners of America National Convention in Wooster and hearing various presentations from our members at our monthly meetings.

I am pleased to announce that our club has approved setting aside \$2,000 to fund youth gardening projects through a grant process similar to our scholarship program. This will be a fantastic way to expand our reach and support the next generation of gardeners. Please let me know if you would like to serve on the committee to develop the application and to review and award the grants.

I am looking forward to another year as president of our club and want to thank you all for your support and for everything you do to make our club such an amazing group to be a part of. I hope you all have a wonderful holiday season and I look forward to seeing you at our Winter Plant Sale on December 6th & 7th and at our annual holiday party. Have a great December everyone!

Steve McIntosh



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NATIVE PLANTS FOR NUTRITION AND HEALTH

by Carol Poh



November's guest speaker, Geoffrey Rapp, brought a wealth of lifelong learning and experience as a naturalist to his fascinating talk on "the edible and medicinal value of the native plants of Ohio." A former secondary school teacher of science and math, Geoff is an herbalist, an Ohio Certified Naturalist, and the founder of Fantastic Foragers in Hinckley, Ohio. His company makes and sells herbal products that, as his product brochures state, are "a natural extension of our passion for the world of wild foods and medicinal plants. Every one of our products is made using only plants or plant-derived materials." Wherever possible, the company collects its materials "from the wild or from our own herbal gardens."



Ohio's 1,800 species of native plants attract pollinators and are important sources of food for wildlife. Many are also edible, meaning suitable as human food, as well as medicinal, possessing therapeutic properties. Herbal products make use of naturally occurring chemicals that have been used for centuries by Indigenous peoples, traditional medicine practitioners, and herbalists.

Geoff presented a slide show illustrating some of the plants he has utilized for his Fantastic Foragers health and skin care products. Among them are: Stinging nettle, Sweet violet, Grape, Nodding onion, Sassafras, Flax seed, Staghorn sumac, Elderberry, Chicory, Yellow trout lily, Jerusalem artichoke, and False Solomon's seal. He then discussed a few examples of specific plants and their applications:



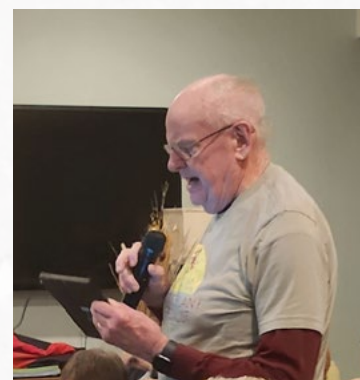
Stinging nettle (*Urtica dioica*) is a nutritious food, high in minerals (especially iron). Its leaves can be cooked as an herb and added to soup. They can also be used in the treatment of anemia, arthritis, eczema, hay fever, and hemorrhoids.

The leaves of the **Dandelion** (*Taraxacum officinale*) can be eaten in salads and are high in vitamins A and C.

Jerusalem artichoke (*Helianthus tuberosus*), also called sunchoke, is a species of sunflower whose tubers (roots) can be eaten raw, cooked, or pickled. They are high in potassium and iron.

You can use the leaves of **Red clover** (*Trifolium pratense*) in salads and soups or eat the young flowers raw in salads. Medicinal uses include the treatment of hot flashes, osteoporosis, and arthritis.

Geoff brought along some of his most popular products for purchase, drawing a "flash mob" to the front table at the conclusion of his talk. This writer bought a jar of Itchn't (itch not) salve* and can testify to its prompt relief of a pesky skin rash.



More information can be found at fantasticforagers.com

*Contains: Jojoba, Beeswax, Astragalus, Burdock, Clove, Marsh mallow, Plantain, and Stinging nettle.



The Spade

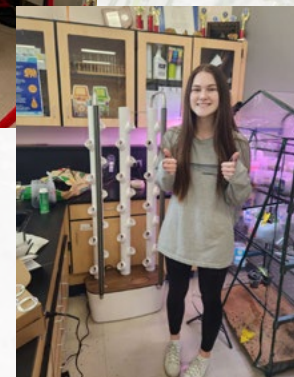
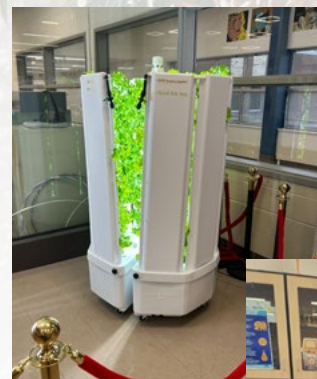


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AGRICULTURE PROGRAM EXPANDS AT OLMSTED FALLS HIGH SCHOOL, Steve McIntosh



A couple of years ago, our club, with a matching donation from National, provided science teacher Jessica Jones \$500 for hydroponic equipment that she incorporated into her classroom lessons. Since then, Jessica has created a course titled, Urban Agriculture and Sustainability and was awarded \$40,000 from a Grow Ohio Grant. Using these funds, Jessica and her students have added a composting component to their program and have expanded their hydroponic operation which provides fresh greens and herbs to students of Olmsted Falls HS. In 2025, her class will break ground on an outdoor learning garden which will add another dimension to the agriculture program and encourage the next generation of area gardeners. Gardeners of Greater Cleveland has allocated \$2,000 to fund area learning garden projects through a grant program that will begin in 2025. Anyone interested in helping out with this project should reach out to Steve McIntosh by the end of December.



NOVEMBER ELECTION RESULTS

All the current Chairs agreed to be nominated for another one-year term: **Larry Kell and Tom Seglin**, Awards Committee; **Jonny Prell**, Communications Committee; **Larry Kell**, Finance Committee; **Debbie Daniels**, Income Projects Committee; **Jonny Prell**, Membership Committee; **Bob McMahon**, Program Committee; **Ed Tuhela and Fred Robinson**, Scholarship Committee; **Garrett Ormiston**, Service Projects Committee, and **Deb Kramarz**, liaison for Holden Forest & Gardens. **Bob McMahon** was elected to serve as the club's National Director for The Gardeners of America. The membership voted by affirmation to re-elect the above Chairs and the new National Director. Bob McMahon officially installed the Board members whose terms will start January 1, 2025.

December 9th Holiday Party

5:30 PM Penthouse: Social Hour & Awards Presentation

Beer, wine, soft drinks, water, coffee, and appetizers will be provided.

7:00 PM The Bistro: Buffet Dinner

Roast Beef with Mushroom Gravy, Baked Salmon with Capers, Honey Glazed Carrots, Potatoes O'Brian, Salad and Rolls.

Members dinner are free paid for by the Club. Guests must be paid in advance. Contact Hiedi Winston.

NEW MEMBER, JANUARY MEETING, REMINDER

We have a new member, referred by Ed Tuhela, Her name is **Laurie Burk** who will be at our Holiday Party. Please introduce yourself!

Since our January speaker canceled, we are planning a 'gardening trivia game'.

Fred Robinson would welcome any visitors, phone calls, and cards from fellow members. His address Legacy Willoughby; 37603 Euclid Avenue, Room 228; Willoughby, OH 44094. Fred's cell phone number is 440-358-1464 and his landline phone number is 440-527-8505.



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CRISTMAS KRINGLER RECIPE, BOB McMAHON



Ingredients For The Crust:

- 1 cup flour
- 3 TBSP water
- ½ cup butter, softened

Combine flour and butter with a pastry blender, then add the 3 TBSPs of water to make the pastry. Divide into two portions and pat each half portion onto a 3"X13" strip of cardboard covered with aluminum foil. Place on a cookie sheet so that the strips are separated by at least a couple of inches and set aside.

Ingredients For The Cream Puff Layer:

- 1 cup water
- 1 cup flour
- ½ cup butter
- 4 jumbo eggs
- 1 tsp almond extract

Combine 1 cup water and ½ cup butter in a 4 quart saucepan. On high heat setting, heat the mixture to a FULL ROLLING BOIL (IMPORTANT!!: such that the bubbly mixture rises several inches high for about 15 seconds with the lid on). Remove from heat, add the flour and almond extract to the water-butter mixture, and beat until smooth using a wooden spoon. Then add ONE EGG AT A TIME (I have each egg broken into a separate small dish in advance, ready to add), beating until the mixture is smooth after each egg (this takes some effort!). After adding the four eggs separately and making sure the mixture is smooth, spread the cream puff mixture evenly over both crusts.

Bake in a 350-degree oven until the tops have puffed up and are light brown and crisp, about 40 to 50 minutes, depending on the oven. Take out the Kringle to cool—the cream puff layer will settle and form a layer over the crust. Spread with the butter frosting and sprinkle with toasted thinly-sliced almonds (toast the almonds 7 to 9 minutes in a 350-degree oven until lightly browned), gently pressing the almond slices into the frosting.



Ingredients For the Butter Frosting:

- 2 cups powdered sugar
- 1 TBSP softened butter
- ¼ tsp almond extract
- 2 to 3 TBSPs cream

Mix the above ingredients until it is smooth and of spreading consistency (using the cream for this).



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GENERAL MEETING INFORMATION:

- WHEN:** 2nd Monday of each month, September through June
- WHERE:** 1 Bratenahl Place
Bratenahl, Ohio
- SCHEDULE:** 5:30 PM - Social
6:15 PM - Dinner
7:15 PM - General Meeting
7:30 PM - Program



OFFICERS:

- PRESIDENT:** STEVEN MCINTOSH
- 1ST VICE PRESIDENT:** DEBBIE DANIELS
- SECRETARY:** MELISSA SUPLER
- TREASURER:** HIEDI WINSTON
- ASST TREASURER:** LARRY KELL
- PAST PRESIDENT:** BOB MCMAHON

2025 DIRECTORS:

- ROBERT MCMAHON
DEBBIE DANIELS
ED TUHELA
FRED ROBINSON
GARRET ORMISTON
JONNY PRELL
LARRY KELL

STANDING COMMITTEES

- Awards: Larry Kell, Tom Seglin, Co-Chairs
- Communication: Jonny Prell, Chair; Steve McIntosh (*The Spade* Newsletter, Website / Social Media);
- Finance: Larry Kell Chair; Hiedi Winston
- Income Projects: Debbie Daniels, Chair; Bob McMahon, Melissa Supler
- Membership: Jonny Prell, Chair; Larry Kell
- Programs: Robert McMahon, Chair
- Scholarship: Ed Tuhela, Fred Robinson, Co-chairs; Deb Kramarz,
- Service Projects: Garrett Ormiston, Chair; Bob Rensel, Steve McIntosh

SPECIAL COMMITTEES

- Cleveland Holden Forest & Garden Council: Deb Kramarz & Joyce Nesbit
- National Organization: Larry Kell, Past President; Bob McMahon, National Director;
- Youth Gardening: Steve McIntosh, Chair; Larry Kell
- Willott Iris Garden: Sandra and Robert Pindell, Ron Hartmiller
- Friends of the Greenhouse: Joyce Nesbit
- 1 Bratenahl Place & Bratenahl Place Bistro: Tom Segelin
- Horticultural Show: Vacant
- Nominating: Bob McMahon, Debbie Daniels, Melissa Supler
- Wellness/Memorials: Team Captains
- Archive Committee: Steve McIntosh, Chair

Team 1

Team Captain: Ginnie Dawson
ginniedawson@gmail.com / 216.849.2781

- Dave Dawson
- Joyce Nesbit
- Carol Poh
- MaryAnn Thesing
- Rachel Laughlin
- John Barber
- Harold Davis

Team 2

Head Team Captain: Ron Hartmiller,
r_hartmiller@yahoo.com / 216.671.1408

- Garrett Ormiston
- Hank Doll
- Lou Drasler
- Herb Klein
- Bob Rensel
- Eddie Lagucki
- Deborah Dockery

Team 3

Team Captain: Andy Kosiorek,
kosiorek@cox.net / 216.226.4503

- Kathy Kosiorek
- Jodith Janes
- Larry Kell
- Hiedi Winston
- Bob McMahon & George Roscoe
- Paul Bilyk
- Susan Post

Team 4

Team Captain: Deb Kramarz,
deborahkramarz@aol.com / 216.731.6324

- Fred Robinson
- Steve McIntosh
- Bob & Sandra Pindell
- Tom Segelin & Julie Giroux
- Kathy Talty
- Sharon Yarnell
- Cyndi Konopka

Team 5

Cathy Ross: estrogen05@yahoo.com
216.970.2854

- Patrick Boggins
- Jonny Prell
- Kelley Adkins
- Debbie Daniels
- Melissa Supler
- Ed Tuhela
- Lisa Skufca

Team 6

Keith Biehl: 440.539.2019 (NO EMAIL)

- Davd & Diane Circle (440.628.8063 Home)
- Paula & Ron Koenig (440.212.5700)
- Deva Simon (440.915.0161)
- Scott Blanchard (330.322.8111)
- Timothy Homan (216.219.0746)
- John Tilsky (440.256.1414)

Team 7

Team Captain: Hiedi Winston,
hwinston@naipvc.com / 440.752.2617

- Fred Burkhalter
- Julie Shaw & Tom Davis
- John Schinker
- Deah Stark
- Sherry Doughten
- Dave Tomashefski
- Susan Brownstein
- Laurie Burk