

The Sprout



A Publication of The Men's Garden Club of Villa Park

www.homegardening.org

Volume 77 – Issue 1

January 2016

Next Meeting: January 26, 2016

From the President...

Hello everyone! As the Club's new President, I wanted to take a moment to introduce myself to those of you who might not know me. I joined the Club in 2013 and last year served as the Club's Vice President and Chairman of the Ways & Means committee. I'm looking forward to helping lead the Club in a new role this year.

We hope to have a few new and exciting things going on this upcoming year. There have been many requests for a Club outing and we're planning our first trip sometime late January/early February to Starved Rock to go birding. Because the success of the trip partly depends on the weather, we'll have to wait until further into January to plan the exact date. Transportation and lunch will be arranged and partially funded by the Club. A signup sheet went around at the holiday party for those who might be interested in more information as the details of the trip firm up. For those who would be interested in going but didn't get a chance to sign up at the party, please feel free to email me directly at hlinich@hotmail.com. Also, spouses or significant others are invited and welcome to attend.

We're also going to be collecting and compiling recipes from members for a first ever Club cookbook. Our theme is 'cooking the seasons' to allow readers to make the most of what is in season in their garden at any given time. We'll be collecting recipes for the next few months and hope to have the cookbooks available in time for the 2016 holiday season. We'd love to represent all of your best recipes in the book! Recipes can be submitted in a variety of ways: bring a copy to a meeting, email them to me at the above address or write them down on papers to be provided before each general meeting. Feel free to submit as many as you'd like! If you have any interesting facts or stories behind the recipes (uses a fresh

ingredient in an interesting way, has been passed down through generations, etc) please include that information as well so we can put together the most interesting book possible.

If anyone has suggestions or feedback on ways that we can continue to make our Club great, please don't hesitate to contact me. I'm looking forward to seeing everyone at the January meeting!

Heather Mayer, President



You know it's going to be a cold winter if you see a squirrel storing Sterno!

Budget Approval

Included with this issue of *The Sprout* is a copy of the budget, which was approved by the board in December.

This budget will be presented to the attending members for their approval at the February 23rd meeting.

If you have any questions, you may present them at this meeting. The benefits of membership are derived from participation.

Calendar of Events

January 19 — MGCVP Board Meeting
7 pm at 320 Wildwood,
Villa Park

January 26 — Social Media and Gardening
7:30 p.m.

February 16 — MGCVP Board Meeting
7 pm at 320 Wildwood, Villa Park

February 23 — To Be Announced 7:30 p.m.

March 15 — MGCVP Board Meeting
7 pm at 320 Wildwood, Villa Park

March 22 — To Be Announced 7:30 p.m.

Renewal Time

In the midst of celebrating during our Christmas Holiday Gathering I was very happy to receive renewals for the 2016 membership year. Our total is 42 members, which is higher than what our total was at this time last year.

January begins our new membership year. If you are unable to attend our meeting on January 26th, then renewals can be mailed to:

Marlene Kastle
230 E. Harrison Street
Villa Park, IL 60181

Membership is \$20. If you would like print copies of The Sprout, then dues are \$33. Again, please let me know if any information in the directory needs to be changed.

This year we are welcoming Roma Moye as a new member! Roma, Terry Moye's wife, has been interested in the monthly competitions so we look forward to her entries. Welcome, Roma!

Thanks to all those who have taken care of their membership for 2016. We are off to a terrific start! Remember, your renewal must be turned in by March 1st in order to have your information printed in the yearly directory.

Marlene Kastle, Membership

Hospitality

Happy New Year! Thank you to everyone who donated their dishes and/or effort to the 2015 Christmas party! It was great fun and very delicious.



At the January meeting, we'll be passing around a sign up sheet for members to volunteer to bring treats to the meetings throughout the year. Now is a good time to think about which month you might be interested in signing up for.

There is no one formally scheduled to bring treats to January meeting, so as always, anyone is free to contribute!

Stay warm!

Rosemary Gerstner and Ann Marie Arthurs, Hospitality

Please remember that the latest information on the Club can be found on the Web site! This would include event cancellations.

<http://www.homegardening.org>

Cooking with Winter Herb Savory

2015 was the year of Savory and these two recipes are perfect for winter time and made with Winter Savory. I have the herb in a pot by the back door and just clipped a few branches from the pot to cook with fresh. Winter savory is an evergreen, like rosemary, but unlike rosemary you can let it stay outside for winter. It is nice to see some green poking out from under the snow.

Creamy lemon butter beans

1 tbsp olive oil
1 red onion, finely chopped
1 stick of celery, finely chopped
½ – 1 large red chilli (depending on how much heat you want), finely chopped
1 14-ounce can butter beans, rinsed and drained
2 sprigs of winter savory
1/2 cup vegetable stock
Salt & freshly ground black pepper, to taste
Finely grated zest of ½ an unwaxed lemon
1 tbsp whipping or real cream
2 tbsp grated parmesan
A squeeze of lemon juice

Heat the oil in a saucepan, add the onion and cook gently for a couple of minutes. Add the celery, stir and sauté for a few minutes more, until both the onion and celery are softened. Add the chili, butter beans and sprigs of savory and stir everything together. Pour in the stock, bring to the boil then turn the heat down to medium and let it all simmer for about 15 minutes – until there is not much liquid left in the pan.

Test the beans for seasoning – add salt and/or pepper to taste. Then turn the heat down to low and add the lemon zest and cream. Stir these in and allow the cream to heat through. Just before serving, stir in the parmesan and a good squeeze of lemon juice.

Tuscan Bean Soup - Serves 6

The beans are more than just an addition to this soup, they also form the basis of the cooking liquor so no meat stock is required in this soup. (Continued page 4)

Treasurer's Report

After Deductions and Deposits:

Checking Account

\$ 1707.46 Balance as of
1/4/2016

Savings Account

\$18090.90 Balance as of 1/4/2016
\$ 19,798.36 Total as of 1/4/2016



Tim Sweeney, Treasurer

Online Gardening – Three Ideas

The program in January is about using online garden resources. I love garden planning resources myself and I found several online that are easy to use and fun too!

First: If you do not have much space but love to grow herbs and vegetables, you should try square foot gardening. This website lets you plot and plan your square foot garden with videos explaining the concept and how it works. And best of all it is free!! <http://www.sfgplanner.com/#home>

Second: I don't know about you, but I always check the Old Farmers Almanac to see about predictions for winter and frost and seasonal things. They have a wealth of information in their databases and now they are available on line. They have planning software and they will send you email reminders of what to do in the garden each month. I love this because it reminds me when to plant thing and when to harvest, as someone who is somewhat inexperienced with flowers and vegetables the reminders are a great help. You can find them all on this website: <http://www.almanac.com/gardening>

Third: Keeping a garden Journal.

There are several downloadable resources for garden journals. Some cost money so pay attention when you are looking at them, but choose one that is easy for you to use and if you are a paper person print or buy one or make your own. You can also use an online garden journal.

Keeping a journal allows you to recall why and how you did something and is a perfect place to record successes and failures so that what you want can be repeated and what you do not can be corrected. They are always worth the effort and time. If you are not convinced of that, check out these articles from the Illinois Extension about journaling in your garden.

<http://web.extension.illinois.edu/ccdms/yg/100529.html>

<http://extension.illinois.edu/firstgarden/fundamentals/journal.cfm>

(this one has free downloadable sample pages you can use)

<http://blogs.extension.org/mastergardener/2013/06/04/simple-ways-to-start-a-garden-journal/>

<http://blogs.extension.org/mastergardener/2013/10/17/7-steps-for-keeping-a-consistent-and-useful-garden-journal/>

Here are some online journals that I have looked into (It is not a comprehensive list.)

<http://www.greenthumbjournal.com/>

<http://www.nwedible.com/garden-planner-journal/>

<https://myfolia.com/>

<https://www.growveg.com/garden-planner-intro.aspx>

https://www.etsy.com/listing/221889823/garden-journal-blank-digital-pdf-for?ref=shop_home_active_15

Marcy Lautanen-Raleigh

Tuscan Beef Soup continued

12 oz dried cannellini beans, soaked overnight	4 ripe, well-flavored tomatoes (or use tinned)
2 sticks celery	2 carrots
2 leeks	11 oz kale or brussel sprout tops
2 cloves garlic	Handful of winter savory
2 sprigs fresh thyme	6-8 tbs olive oil
Salt and pepper	

To serve

6 slices of stale country bread (2-3 days old) 7 oz savoy cabbage Red Onion Best olive oil

Pour off the water in which the beans have been soaking, place them in a large saucepan and cover with fresh water to a depth of 2" above the beans. Bring to the boil and boil hard for 10 minutes, drain. Cover the beans with fresh water and add a small handful of winter savory if you have it. Bring the water back up to boiling point then reduce the heat and simmer for approx 1½ hours until the beans are tender but still whole. Drain the beans and pass three-quarters of them through a sieve into a bowl with 2 pints (1.2 litres) of fresh water. Reserve the rest of the beans separately.

Finely chop the carrots, celery and leeks. Heat the oil in a large saucepan and cook the vegetables until soft. Meanwhile peel, de-seed and chop the tomatoes then add them to the vegetables along with the garlic and thyme. After 5 minutes add the cabbage, salt and pepper and cook for a further 10 minutes before adding the bean puree. Cook slowly for an hour adding tepid water if the soup becomes too solid, although it should be a very thick soup.

About 5-10 minutes before the end of the cooking stir in the whole beans to heat them through. Finely chop the Savoy cabbage and sauté in a little oil. Serve the soup ladled over a slice of bread and topped with cooked cabbage. Offer finely sliced red onions and olive oil at the table.

Marcy Lautanen-Raleigh

Board Report — December 8, 2015

Call to Order and Pledge of Allegiance: 7:05 p.m.

Secretary's Minutes: Minutes approved as circulated.

Treasurer's Report: Distributed and placed on file for audit.

Budget discussed and numbers assessed. Some items were combined and placed under one category.

Garden Walk banner needs replacing. Cost estimate: \$500- \$700. It was suggested to use Velcro on banner and Velcro on numbers to be able to change the dates of the Garden Walk each year.

Contingency: Allow for \$600 for a projector

Frank moved to approve the 2016 Budget.

Note: 2016 Budget will appear in the January Sprout. Members will have the opportunity to review it before they vote on the budget in February.

President's Report: Rose will send letters to our 2015 sponsors and invite them to renew their sponsorship. Rose will also contact Dapper's Restaurant to solicit them for a new sponsorship. Mary Ann will provide Rose with the statistics of the average number of hits on the website.

Vice President's Report: Tentative subject/title for January meeting is "Social Media and Your Garden." Heather will inform Mary Ann the definite title by January 4, 2016.

Garden Walk: July 17, 2016 Gardens are needed for the Garden Walk for 2016.

Hospitality: November Donations: \$5.00

Christmas Party: Tuesday, December 13, 2015 — Club provides Nardi's Fried Chicken

Members are asked to bring a side dish or dessert. (There was low attendance in November due to Thanksgiving Holiday. Not many there to sign up).

Mary Ann moved to change the date of November meetings to the 2nd Tuesday for board meetings and the general meetings to the 3rd Tuesday as we do in December. Motion passed.

Membership: There are 35 members so far for 2015 includes new members and renewals.

Competition: Wayne will have updated competition forms for 2016.

Publicity: Will send follow-up e-mail to news agencies to inform them they can still run the Awards Night article she sent. She thinks December would be a good time to run it. No one ran the articles, yet.

Plant Sale: May 6 and 7 Members are needed to take charge of the plant sale in 2016.

Vouchers: Frank moved to approve the vouchers. Motion passed

New Business:

Birding Trip for possibly January 2016 Bald Eagles: Starved Rock. Heather believes this will be the best time to see eagles there. Carpool/ Rent bus or van. Will be partially subsidized by MGCVP.

Cookbook: *Cooking with the Seasons*. Marcy showed us a plasticized cookbook from West Chicago Historic Society. It had historical references. She liked the idea and thought it would be great for MGCVP. Marcy will contact the West Chicago Printing Company to obtain more information in order to determine if they will be our printing company for our cookbook. Members will be asked to share their best recipes and give information on where they got the recipe. The recipe from Grandma, she wants the story about Grandma and her recipe.

Transfer of gavel to 2016 President: Rose handed the gavel to Heather Mayer, 2016 President. Rose commended Board and Committee members for their excellence and dedication to their jobs.

Adjourn: 8:25 p.m.

Now is the time to pay dues for 2016.

"The Sprout" is published monthly. Members are encouraged to contribute articles for the next issue which are due by the fourth of the month. **Editor's email address: mdaugherty15@comcast.net**

The Club meets monthly on the fourth Tuesday at 7:30 pm at 320 Wildwood, Villa Park.

Board meetings are held on the Tuesday preceding the regular monthly meeting, location noted in the meeting calendar. Contact **Heather Mayer (773) 368-3868** to have business placed on the Board agenda.

Officers:

President:	Heather Mayer	(773) 368-3868
Vice President:	Frank Wawrzyniak	(773) 320-0278
Secretary:	Doris Thomasma	(630) 832-0812
Treasurer:	Tim Sweeney	(630) 750-0057

Committee Chairmen:

Awards:	Wayne Matousek	(630) 833-8488
Garden Walk:	Frank Wawrzyniak	(773) 320-0278
Historian:	Al Dekker	(630) 653-4690
Hospitality:	Rosemary Gerstner	(630) 915-5515
	Ann Marie Arthurs	(630) 776-9482
Membership:	Marlene Kastle	(630) 464-9733
Monthly Competition:	Diane Matousek	(630) 833-8488
Publicity	Marcy Lautanen-Raleigh	(630) 248-7278
Web Site:	Mary Ann Daugherty	(847) 455-0427

The Sprout/Publications:

Editor:	Mary Ann Daugherty	(847) 455-0427
Distribution:	Jim Daugherty	(847) 455-0427

Master Gardeners:

Marlene Kastle	(630) 464-9733
Debbie Klein	(847) 259-9092
Gail Uphoff	(630) 903-6937

Club Address: 0 S 450 Euclid Ave., Villa Park IL 60181