

A POSY PICKER'S PAPER

New Meadows Garden Club

April 30th through June 30, 2020



It's a very stressing time for all of us, don't you think? Please check out the Green Thumb Corner to see how plants can come to the rescue.

The objectives of the New Meadows Garden Club shall be to foster knowledge of home gardening, decorative arrangements and an interest in civic projects.

► **Please note that, regrettably, dates and locations for events may have to be changed or cancelled due to the current Coronavirus (COVID-19) outbreak in our area. Please be safe.**

May 19

Our next board meeting will be held at the home of Linda Flynn at 10 am.

► **Subject to cancellation.**

May 20



*****Attention all Committee Chairs and Co-Chairs! If you will have an annual Committee Report for this abbreviated garden club year, please submit it to Secretary Joline Yeaton by May 20th for inclusion in her Annual Report to be distributed electronically in June.**

May 26



Our regular membership meeting will be held at the Valley View Farm, 278 High Street, Topsfield at 11 am. This will be our conservation meeting and will feature all that the Mulholland Family farm has to offer, from a close-up look at the resident goats to the locally popular cheese making operation. Carpooling is requested.

► **Subject to cancellation.**

June 9



Our club's Annual Meeting will be held at the Ipswich Country Club at 12:00 pm. Our Hospitality Committee Co-Chairs, Gerrie Bunker and Linda Flynn, are planning a very special luncheon for us at this beautiful venue. More details will follow soon.

► **Subject to cancellation.**

June 13

Topsfield's Strawberry Festival has been cancelled.

June 15



Membership Chair, Janet Hanson, will mail membership renewals to all members in the middle of May. Please renew your membership with your dues payment as soon as possible. Dues payments are due by June 15th.

...more news on the following page...

NOTES



► *A reminder from Treasurer, Marsha Stevens! The club's fiscal year will close on June 30th and she is now looking for any receipts members may have, which are eligible for reimbursement by the club. She needs these very soon, so she can close her books at the end of our garden club year! So please get them to her as soon as possible.*

At this very uncertain time in our country, state and communities, for the safety of all, it has become necessary to cancel club events that were to take place the last few months, and may be necessary for some time to come. For this reason, details on some routine events for our club at this time of year have not been included and information that has been included in this issue of our newsletter may become inaccurate as time passes. Please stay tuned to communications you will receive from the club to remain up-to-date.

Please keep yourselves safe and healthy.

...Bits and pieces...



*Barbara Shade's cheery springtime benches,
planted with tulips and pansies from Nunan's.
Enough to brighten anyone's day, don't you
think?*

...The Green Thumb Corner follows...

Green Thumb Corner

Feeling anxious and struggling with the complete disruption the spread of the Coronavirus has caused in our lives? Maybe some carefully chosen houseplants can come to your rescue. Studies have been done on the effect houseplants have on our environment down through the years, including some done by NASA way back in 1989. Who knew that, in addition to cleaning toxic chemicals from the air in our homes introduced by particle board used in furniture and kitchen cabinets, flooring glue, paint, carpet glue and even water and stain resistant coverings used in curtains, carpets and upholstery, certain plants and



flowers have other health benefits as well, which include the ability to reduce stress, soothe headaches and calm certain ailments. Matter-of-fact, there is a study out of Harvard Medical School in cooperation with Massachusetts General Hospital that the presence of a bouquet of fresh cut flowers in the home increased compassionate feelings and decreased worry, depression and anxiety. Sounds good to me!

So here's a short list of plants and flowers you might want to surround yourselves with at this very trying time, and maybe even beyond...

- Aloe Vera is a great choice because, in addition to it's health benefits, it is a succulent and very easy to care for. Just make sure it gets some sun. Many of you know that a piece can be cut from the plant to treat burns. The plant is also among the most powerful plant air purifiers, removing formaldehyde and benzene from the air. It is also believed that this plant relieves anxiety and worry, and promotes a more restful night's sleep!
- Jasmine is one of my favorites because of it's delicate scent, but this plant is not just another pretty face! We all know how important sleep is to our physical and mental well-being, and Jasmine has been proven to promote a better night's sleep. So it is the perfect plant for a bedroom. In addition, it is thought that this plant eases anxiety.
- Lavender is known for its calming and delightful scent, and is commonly used as an essential oil. The plant has been proven to lower stress and anxiety, improve sleep and lower heart rate, so might be a nice addition to your home.
- Rosemary can serve a dual purpose in your home. If you need some for a special dish you are preparing, just snip a piece! In addition your plant will also improve the air quality in your home as it reduces stress, anxiety and sharpens your memory!
- Gerbera Daisies, with their brightly colored blooms, will surely promote happiness in your home, whether you buy them as cut flowers or as a potted plant. In addition, they are extremely effective at purifying the air in your home. Be sure to place your potted plant where there is lots of light!
- English Ivy is a real powerhouse at lowering airborne mold in your home. It is said to remove mold by more than 90 percent in less than a day, especially benefiting those who suffer from allergies and asthma, and, in addition, promotes a good night's sleep.
- Areca Palm is a natural humidifier, adding moisture to the air in your home while removing harmful toxins. Breathing in the purer air may lower anxiety levels and blood pressure! And the plant is extremely easy to care for...just don't over-water it!
- Snake Plant is perfect for those who suffer from eye irritation, headaches or breathing problems from various chemicals that exist in our indoor air according to a NASA study. And they are different from many other plants in that they absorb carbon dioxide during the day and release it at night, making this a perfect plant for a bedroom! Best of all these plants don't need a lot of light or water to survive.

The bottom line here is to remember that plants can be our best friends during very stressful times!

...more on the following page...

Need another stress reliever? Why not print this page, get out your colored pens, pencils or crayons and enjoy a little art project while practicing social distancing at this very serious time in our lives. A nice cup of tea or better yet, a glass of wine, might make a nice accompaniment. And maybe even compete with those you are sheltering in place with for a special reward for the best creation!

