



Columbia underground

President's Message

January is a month of new beginnings arriving white, windy, and wicked five days into the New Year. As I sat in the comfort of my warm home, I watched the snow swirl around in the wind and drift into some lovely natural landscapes. Please take a moment to appreciate the beauty of our gardens during this time. The winter months are great to assess any changes we would like to make to create winter interest in our grounds for the future. I personally am looking to add more evergreens to my landscape to provide shelter for the birds from the harsh winds and predators.

Our speaker this month will lift our spirits with a presentation on growing Holland tulips. Debi Kelly, Horticulture Specialist for MU Extension and State Extension Master Gardener Coordinator will provide an interesting history of tulips, their breeding and culture. Her photos will bring a bit of color to what may be a grey day. Stay tuned to weather reports or an email blast if inclement weather affects our January meeting.

In our future meetings, please take a moment to look around and welcome unfamiliar faces you may not have seen before. We have been truly fortunate to acquire new members in the last few months. Each person brings another breadth of knowledge or surprise element to our club. We have a busy year ahead of us with various projects and interesting programming so let us invite more people to join in the fun!

Stay safe as the digging out and clearing up process begins after this snowstorm. Check on neighbors or family members during this time, too. I am always amazed how quiet it gets after it snows. If you are brave enough, get outside for a minute and enjoy the peace.

Donna

Happy New Year!!

New Member

Melissa Menard
Melissa@houseofbrokers.com
573-673-6300



December Meeting Minutes

Columbia Garden Club December 9th Meeting and Home Tour

After touring the beautiful homes of Melissa Kouba, Carolyn Oates, and Diana Cooksey members enjoyed appetizers and fellowship with fellow garden clubbers at the home of Diana Cooksey.

President, Donna Puleo called a brief meeting to order. Guest, Melissa Menard was in attendance and joined CGC.

Minutes were approved as written.

Carolyn Oates, treasurer gave the treasure report with no corrections.

Donna Russell handed out the CGC yearbook for 2025.

Marie Pasley, Food Bank chair reported that we would start back volunteering at the Food Bank on January 28th, 11 to 1pm. She requested that members please attend and help with this worthwhile project.

No other committee reports.

January 13th meeting will be a talk from Debi Kelly, BoCo Horticulture Specialist on Holland Tulips.

Meeting adjourned. Acting secretary, Marie Pasley

Boone County Nature School Update

Several community groups (Master Naturalists, Master Gardeners, and COMO Garden Club) were invited to come together with native plant experts to assist in planting a front entrance bed for the pollinators, students and guests to the school. This project is intended to demonstrate the beauty of a planned native bed as well as being a hands-on educational tool for the students. Planning has been underway, but is now on pause since there is a possibility of hiring a full-time manager for the 20 acres directly surrounding the school grounds. This manager would be involved in the initial plans and installation of a native bed in this area and all the area around the building. Ongoing maintenance would also be a part of this person's responsibility.

The school staff and MDC will be finding a collaborative way forward. I will keep MMN, MMG, and CGC groups informed. I will continue to maintain communication with teachers and MDC. If anyone is interested in future involvement, contact me for updates. (Koubamelissa@gmail.com)



Gardening Tasks for January

After amaryllis have bloomed: remove spent flowers and set the plant in a sunny window to allow the leaves to fully develop. Keep the soil evenly moist and fertilize occasionally with a general-purpose houseplant fertilizer.

Allow ice to naturally melt off trees and shrubs as it can cause branches to easily break. Prune off broken or damaged branches promptly to prevent the bark from tearing.

Sow seeds of broccoli and cabbage indoors now to transplant into the garden in early March.

Check seeds for viability by placing 10 seeds on a damp paper towel and keep them warm and moist. If fewer than half the seeds sprout, order new seeds.

Now is a great time to start a garden journal, so get out the gardening journals we made last August and get started. Make a resolution to keep records of your garden this year.

Make tools easier to spot by applying brightly colored paint or tape to the handles.

From Missouri Botanical Garden website.

Perennial of the Year 2025

The Perennial Plant Association has voted *Pycnanthemum muticum*, the 2025 Perennial Plant of the year. Commonly called mountain mint or short-toothed mountain mint or clustered mountain mint, this plant is a clump-forming aromatic perennial that typically grows 1-3' tall. It is native to Missouri where it typically grows in grassy open places, meadows, fields, low woodland areas and occasionally in dry upland woods. It is only found in the far southeastern corner of the State.

This plant is a vigorous grower that may spread by rhizomes in optimum conditions, but it is not invasive as are many of the true mints. This densely leaved mountain mint features dark green leaves which have a strong mint-like (spearmint) aroma when crushed. Leaves can be used to make mild tea. Native Americans used this plant for treatment of fevers, colds, stomach aches, and other minor physical ailments.

Zone—4-8

Height— 1-3 feet

Spread—1-3 feet

Blooms—Pink Blooms from July to September

Sun—Full sun to Part Shade

Water—Medium—Can tolerate drought

Clustered mountain mint is a great plant for pollinator gardens. It attracts butterflies, wasps and bees. Because of its scent, deer and rabbits do not like it.



Christmas Homes Tour—Melissa Kouba Photos—Elaine Keely



Christmas Homes Tour—Carolyn Oates



Christmas Homes Tour—Diana Cooksey



Weed ID

Prickly Lettuce-*Lactuca serriola*

Prickly lettuce is in the aster family. It can grow up to 5' tall. Sometimes this winter weed can be a biennial. It has creamy yellow aster-like flowers. Butterfly larvae feed on this plant. It is an excellent plant for attracting beneficial insects, so some people leave it alone. All parts of the plant emit a milky sap when cut. To control, hoe or pull plants as you see them, cutting below the crown before they set seed.



Butterfly Corner

Mourning Cloak

Although most butterflies overwinter as eggs, caterpillars, or pupae, the Mourning Cloak overwinters as an adult. Adult mourning cloaks have long lifespans for butterflies, often surviving for 10 months. Adults overwinter, then mate in spring. They overwinter beneath loose bark and other tree cavities. They fly around on winter days, but need to be warm to fly. Mourning cloaks can truly shiver, rapidly contracting muscles with only minimal wing movement. This can raise their temperature 15–20 degrees in just a few minutes.



Plant Sale and Flower Show

While you are flipping through the seed catalogs the next couple of months, be thinking about what you can plant to bring to the Plant Sale on April 26 and also what you can plant that will be blooming in time for the Flower Show which is September 20.



Environment and Conservation Column

Need a GREEN New Year's Resolution (or more than one)?

- Quit fast fashion
 - Fast fashion has disastrous impacts on our planet and on people working in the supply chain
 - Most pieces are not made to last and are often made with unsustainable fabrics like polyester or conventional cotton
- Try composting
 - The City of Columbia operates a compost site near the Bioreactor Landfill. We collect yard waste that residents dispose at one of our Yard Waste Drop-off Centers. The decomposition of these materials occur over the next 2-4 months to produce compost that is dark and nutrient-rich.
 - The city also conducts free compost workshops to learn the why, what and how of home composting. Compostables make up 34% of the materials that go into landfills. Composting is easy and rewarding, and it isn't just for gardeners! Composting is a step everyone can take to reduce their carbon footprint. Attend a free workshop and start diverting kitchen scraps and yard waste while producing a nutrient-rich soil amendment. Composting is nature's way to recycle.
- Eat Locally and Seasonally
 - Visit a farmers' market
 - Check the grocery store looking at signage for local sourcing, check labels.
 - Use a seasonal produce calendar to understand what is in season and when it is at its peak
 - Plan meals around what is available
 - Grow your own, pesticide and costs both reduced and increases biodiversity in your own yard
 - Benefits include: provides freshness and improved taste, less preservatives retain more nutritional value, support of the local economy and reduces waste by using less packaging
- Try eco-friendly travel to reduce your environmental impact by making conscious decisions to protect the planet
 - Choose low-impact transportation options like public transit, trains, and cycling or walking instead of car or airplane
 - Accommodations that use renewable energy sources, recycle and offer locally sourced food.
 - Avoid tours that exploit wildlife or damage habitats. Choose experiences that educate about local ecology and conservation efforts.
 - Minimize waste during travel by reusing items, recycling and being mindful of water use. Bring your own water bottle (national parks all have water bottle fillers)
 - Use eco-friendly toiletries that are made of natural materials, come in minimal, non-plastic packaging and are biodegradable (bar soaps and shampoos)
 - Pack a BPA-free reusable water bottle and avoid buying bottled water. Many beverage sellers will fill your bottle with products they sell.

Environment and Conservation Column

- Use a solar charger to generate your own sustainable energy. (We use our panels when camping)
- Give unused items in your home a new life!
 - Rehome items by either selling them, giving them to people who need them or recycling them.
 - Unused items are wasted resources that could be enjoyed by other people so letting them go reduces waste and helps others save money
- Change your outdoor light bulbs to a warm color (yellow, orange, red).
 - Light pollution is the human-made alteration of outdoor light levels from those that occur naturally. When we over-light, fail to use timers and or sensors, or use the wrong color of light, we can negatively affect many parts of our world. This includes migrations of birds and pollinators, nocturnal feeding and mating habitats. It increases bird- structure collisions. Not only does it destroy critical habitat, but it wastes energy and money and actually decreases safety.
See: darksky.org
- Begin meat-free Mondays. (or any other day of the week, or days!)
 - Meatless Mondays can help the environment by:
 - * Reducing greenhouse gas emissions (about 15%)
 - * Reducing water usage (save 133 gallons of water)
 - * Reducing demand for resources (land, water and energy)
 - * Reducing waste byproducts (methane, animal waste)
 - * Reducing carbon footprint (by 8 pounds)
 - * Reducing emissions equivalent to driving 348 miles
- Try to ditch plastic when grocery shopping!
 - Bring reusable bags
 - Choose eggs in cartons rather than plastic containers
 - Buy milk in a carton or glass bottle rather than a plastic bottle
 - Buy chunks of cheese rather than pre-grated or pre-sliced which come in plastic
 - Pick up butter in cardboard and foil, not the ones in plastic containers
 - Choose ice-cream in carton containers instead of plastic
 - Choose food in cans or jars because metal and glass can be recycled
 - Try shopping at farmers' markets and bring your own bags/containers.

Contributed by Melissa Kouba



January Meeting

Columbia Garden Club will meet on Monday, January 13, 2025 at 1:00 at Trinity Presbyterian Church. Our program will be "Growing Holland Tulips" presented by Debi Kelly, Horticulture Specialist for MU Extension and State Extension Master Gardener Coordinator. Melissa Kouba and Jane Jacobs will provide hospitality.

Upcoming Events

January 11—Garden Planning Workshop—CCUA-2:00-

<https://www.columbiaurbanag.org/events/2025/1/11/garden-planning-workshop>

January 15—Grow Native Master Class-Seeded Tree Islands for Beauty, Shade, and Native Diversity—Zoom-4:00- <https://grownative.org/event>

February 1-March 9—Missouri Botanical Garden—Orchid Show

February 2—Discovery Garden Club Winter Garden Forum-1:30-

<https://bit.ly/WinterGardenForum2025>



A Winter Solstice Blessing

*May you find peace in the
promise of the solstice night,
That each day forward is
blessed with more light.
That the cycle of nature,
unbroken and true,
Brings faith to your soul
and well-being to you.
Rejoice in the darkness,
in the silence find rest,
And may the days that follow
be abundantly blessed.*

Columbia Garden Club

President: Donna Puleo

1st VP: Diana Cooksey

2nd VP: Linda Antal

Secretary: Diane Linneman

Treasurer: Mary Nesladek

Parliamentarian: Carolyn Doyle

Columbia Garden Club meets the second Monday of each month at 1:00 at Trinity Presbyterian Church

Website:

<https://www.kewpie.net/colgrdnclub/cgc.html>

Facebook: Columbia Garden Club

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