

July 2025

Columbia Underground



COLUMBIA GARDEN CLUB

Columbia Underground

President's Message

I trust everyone enjoyed the 4th of July holiday! I have mixed emotions about that day because it signals that summer is half over for me for some odd reason. The cicadas are singing at night, lightening bugs are on display and if you are paying attention, the days are beginning to shorten...slowly. Bummer! But I am not going to let that deter me from having fun in the coming months. I am going to relish my time on the riding lawn mower for as long as I can.

June's members' garden tours were a success as we had about 28 people traverse through the city limits, out in the country and then back to Columbia. The weather could not have been nicer even though we had to dodge a few mud puddles and soggy grass. July's program will not disappoint you as we will learn how to design vibrant annual containers using color combinations, plant pairings and tips to keep your displays looking fresh and stunning all season. Jenna Sommer, Horticulture Manager, Mizzou Botanic Garden will present "Seasonal Splendor: Designing Stunning Annual Container Displays."

As a reminder, please think about volunteering at the Foodbank for Central and Northeast Missouri. This volunteer opportunity is scheduled on the fourth Tuesday of the month from 11 am – 1 pm. The next date is Tuesday, July 22nd.

It is not too early to start thinking about getting involved at the State Fair in August and the Flower Show on Saturday, September 27th at the Daniel Boone Regional Library. More information about how you can participate in both events will be available at the July and August meetings.

July is also a time for planning a slate of new officers which needs to be presented by September. I have spoken to some of you and have been pleasantly surprised at the response. But I will be scanning our membership for one final position that needs to be filled. Do not be ducking and running when you see me! Each of you has something unique to contribute to the club. So just jump in and give it a try!

Donna



June Minutes

Columbia Garden Club met at Shelter Gardens on June 9, 2025 to begin our garden tours. A big thank you to all of those who shared their beautiful gardens and to Karen Blackmore for coordinating our day. Garden tours included the gardens of Melissa Menard, Darlene Rasberry, Donna Puleo, Nancy Rold and Karen Blackmore. Three Landscape Designers from our club evaluated all the gardens. Karen Blackmore will write up and submit a "Book of Evidence".

We ended our tour at Shelter Gardens where we had lunch and Donna Puleo called our meeting to order, 28 members were present. Elaine Keely, Melissa Menard and Gayle Fry were recognized for having June birthdays. The May minutes were approved as distributed and Mary Nesladek gave the treasures report with a balance of \$13,315.05 as of May 31, 2025.

Old Business

Clean up Columbia - Carolyn Oates reported they had a great morning with 5 members and Tyler (Kathy Ellsworth's grandson) working.

Purple Ribbon – Carolyn Oates reported our club is now a purple ribbon club. We had previously been informed we were not but there was apparently an issue with the mail and this had been corrected.

Committee Reports

Flower Show – Betty Connelly reported the flower show will be on September 27, 2025 at the DBRL and the schedule is almost done. Our August meeting will be about how to get ready for a flower show. Reminders were given: you must be in possession of your plant for 90 days prior to the show. Single pots, maximum of 14" in diameter may be used.

Flower Show Symposium – Marie Pasley reported you can still register for the symposium, go to fgcmo.org for a registration form.

Carolyn Oates reported you can still register for Garden School held via Zoom by the Garden Clubs of Ohio on July 15th and 16th. Cost is \$55.

Nancy Rold invited everyone to view her Daylily gardens on July 4th.

Respectfully submitted,
Diane Linneman



How old is that apple? Did you know that the apples you find on supermarket shelves have probably sat in storage for a year before ending up in your cart? Here in the U.S. apples are picked in late summer when they're slightly unripe, treated with a chemical preservative called SmartFresh (1-methylcyclopropene), waxed, boxed, stacked on pallets, and kept in cold storage warehouses for nine months or longer. According to Martin Lindstrom, author of *Brandwashed: Tricks Companies Use to Manipulate Our Minds and Persuade Us to Buy*, the average supermarket apple is 14 months old. Why is long-term storage a problem? Health-boosting antioxidant activity in apples gradually drops off after three months of cold storage, and an apple stored for a year will have almost no antioxidants. Unfortunately, buying organic doesn't guarantee freshness. Although SmartFresh is not approved for use on organic apples, organic growers still use approved fungicides and controlled-atmosphere storage to make apples last as long as possible. The best way to get the most nutrients from your apples is to buy them fresh, in season, and locally whenever possible. Avoid wrinkled skin and bruises, and store apples on your counter rather than in the fridge. Search for locally grown apples at LocalHarvest.org.

Travel More Sustainably:

Traveling can be fun and rewarding but unfortunately it commonly utilizes single-use plastics. With a little planning, it's possible to travel more sustainably by taking zero-use habits on the road! Try to refuse plastics by making and taking your own Urban Pack Kit with items you have at home. Here's what you need:

Pie tin: Available at your local grocery store (or in your cabinet).

Cloth napkin: Or a bandana, handkerchief, or upcycled old sheet or cotton clothing.

Steel straw: Or bamboo, or titanium...or no straw, whatever works best for you.

Metal or bamboo utensils: Pull these from your kitchen drawer, or find at a yard sale.

Cloth bag: Cinch- or tie-top is best to keep your Urban Pack Kit secure.

Mason jar: Or a used glass peanut butter or jam jar with a tight-fitting metal lid.

Cup cozy: Or cut the cuff or welt off of holey socks (don't throw them away).

Carabiner hook: Available at your local hardware store. To put in/on your backpack/purse

Going out to dinner?

Have you noticed the size of the servings in your favorite dinner spot? They may have shrunk since the pandemic, but not everywhere! If you get a dinner served on a platter rather than a plate, it may be more that would be good to eat at once! But taking the leftovers home means often a plastic, styrofoam or foil container is used. So try to bring a reusable container with you to take home lunch for the next day!

Other plastic news:

In recent news, PepsiCo followed Coca-Cola's recent terrible example and abandoned its reduction and recycling goals. On May 22, PepsiCo announced on its website that it will be eliminating its reusable packaging targets, while significantly dropping its goals to reduce virgin (new) plastic and recycled content.

A nationwide recall of nearly 18,000 ice cream and frozen yogurt products has been issued across the U.S. due to potential plastic contamination. The recall affects Iowa-based manufacturer Wells Enterprises, which supplies ice cream and frozen yogurt products for 22 different brands, including Blue Bunny, Bomb Pops, and Halo Top.

July Yard of the Month by Ann O'Dell

Pam Weagley gardens the July Yard of the Month on the corner of Princeton and Maplewood. When she bought the house in 2012, the yard contained tall trees and mulch which provided shade but made it difficult to have flowers. The trees began to die because when the yard had been landscaped and backfilled, it killed the trees and they had to be removed. All of a sudden, Pam found that she had a sunny yard that she landscaped, and she began to plant sun-loving flowers. This is a neighborhood which hosts many hungry deer, so the hostas and other deer appetizers disappeared quickly. She has replaced the hostas with lamb's ear, which is too fuzzy for foraging deer.

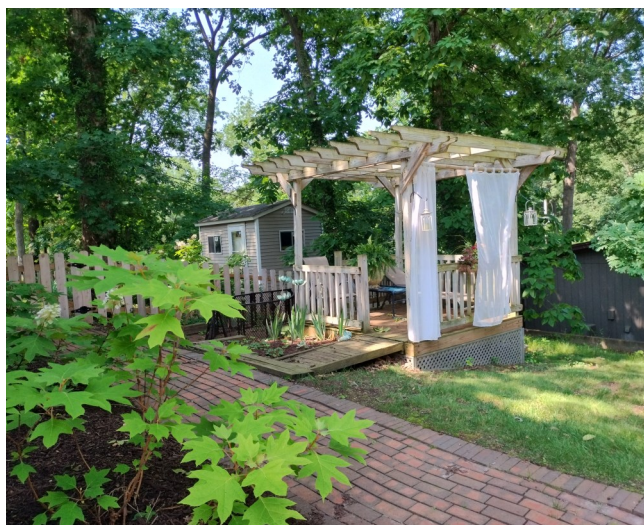
Pam has been a gardener for 40 years. She first planted seeds in 1981. She didn't have a particular mentor or role model, but she read The Encyclopedia of Organic Gardening and used that as her guide. Pam enjoyed gardening when her children were young because they could play outside and make money collecting sugar snaps. So everyone was busy and happy and Pam could do almost all the gardening that she wanted.

Pam says that she enjoys nature and flowers and herbs for cooking. Her garden is developing into more of a sustainable garden which will use less water and will have more native plants. Her biggest challenge is that she travels frequently so sustainable plants are important. The deer are still around, so the variety of plants she can use in her yard are limited by how much the deer can find their favorite food in her yard.

Please take a look at this lovely yard, which Pam has transformed over the past 10 years.



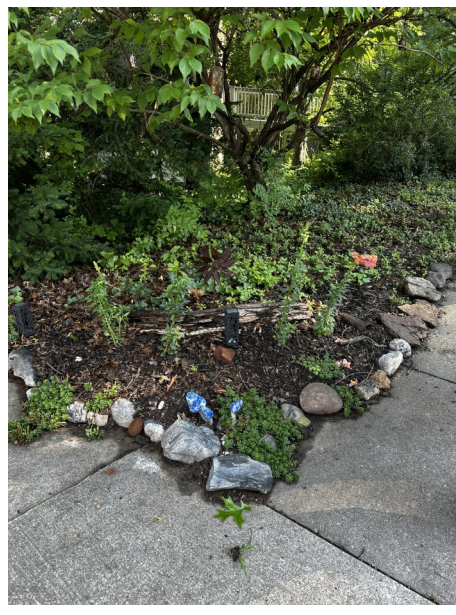
July Yard of the Month (continued)



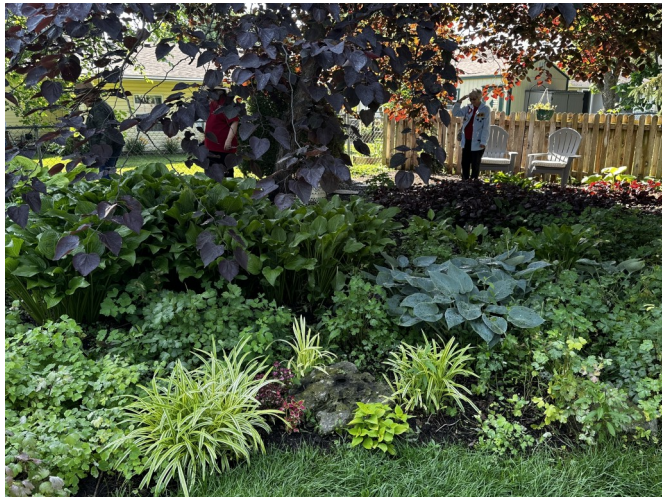
THE garden forum

THE garden forum is the official publication of the Federated Garden Clubs of Missouri. In the past, members have received a copy of the forum via mail 4 times a year. In the future, THE garden forum will be printed and mailed out to all members for the summer and winter issue as well as posted on the website. The spring and fall issues will be available online only and will not be mailed out.

CGC Garden Tour—Melissa Menard



CGC Garden Tour—Darlene Rasberry



CGC Garden Tour—Donna Puleo



CGC Garden Tour—Nancy Rold



CGC Garden Tour—Karen Blackmore



Watering Wisely by Melissa Kouba

Tips for Drought Tolerant Gardening

Water bills climbing higher every month and still have to water every day to keep your plants alive? Is your garden just barely alive during those brutal summer heat waves? ***The secret isn't in watering more. It's in watering smarter and focusing on soil and plant health.***

Build Better Soil: Your Water Bank Account

Healthy soil acts like a sponge, holding moisture when it's available and slowly releasing it to plant roots when they need it.

Smart Plant Selection: Choose Your Garden Warriors Not all plants are created equal when it comes to drought tolerance.

Time Your Watering: When and How Much Matters Deep, infrequent watering builds resilience. Give your garden a thorough soaking 2-3 times per week instead of daily sprinkles

Create Microclimates for Maximum Efficiency

- **Low-lying areas naturally collect moisture** and can support vegetables or flowering plants
- **Slopes and raised areas drain quickly** and are perfect for Mediterranean herbs and ornamental grasses
- **Building windbreaks** reduces water loss from wind evaporation
- **Strategic hardscaping** like rocks or walls creates cooler, more humid microclimates

Plant flower seeds in July

Following is a list of flowers that you can plant in July and have blooms in the fall, just in time for the flower show. Before sowing the seeds, prepare the soil by turning it and adding some compost or fertilizer. Once you plant seeds, be sure to keep the soil consistently moist.

Sunflowers-Germinate 10 days; Bloom in 10 weeks or less

Zinnias-Germinate 3-5 days; Bloom in 60 days

Marigolds-Germinate 4-14 days; Bloom in 8 weeks

Calendula-Germinate 7-14 days; Bloom in 6-8 weeks

Sweet Alyssum-Germinate 5-14 days; Bloom in 6-8 weeks

Cosmos-Germinate in 7-14 days; Bloom in 50-60 days



July Meeting

The next meeting of Columbia Garden Club will be Monday, July 14th. Jenna Sommer-Horticulture Manager for Mizzou Botanic Garden will be our speaker. The topic is "Seasonal Splendor: Designing Stunning Annual Container Displays". Hospitality will be provided by Karen Blackmore and Mary Nesladek.

July Events

July 12—2:00-3:30 Fall Garden Planning; Daniel Boone Regional Library

July 14—5:30-7:30 MU Extension Twilight Garden Tour—Managing Pests on Vegetable and Fruit Crops Columbia Center for Urban Agriculture

July 22—11:00-1:00 Volunteer at the Food Bank

July
By Susan Hartley Swett

When the scarlet cardinal tells
Her dream to the dragon fly,
And the lazy breeze makes a nest in the trees,
And murmurs a lullaby,
It is July.

When the tangled cobweb pulls
The cornflower's cap awry,
And the lilies tall lean over the wall
To bow to the butterfly,
It is July.

When the heat like a mist veil floats,
And poppies flame in the rye,
And the silver note in the streamlet's throat
Has softened almost to a sigh,
It is July.

When the hours are so still that time
Forgets them, and lets them lie
'Neath petals pink till the night stars wink
At the sunset in the sky,
It is July.

When each finger-post by the way
Says that Slumbertown is nigh;
When the grass is tall, and the roses fall,
And nobody wonders why,
It is July.

*Gardens are not made
by singing 'Oh, how
beautiful,' and sitting
in the shade.
Rudyard Kipling*

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

Newsletter Editor-Evette Nissen-
enissen57@gmail.com