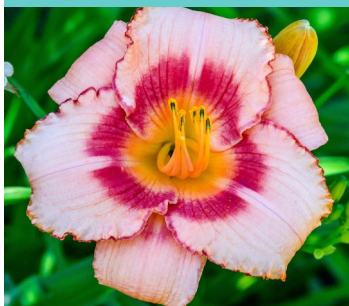


June 2025

Columbia Underground



COLUMBIA GARDEN CLUB

Columbia underground

President's Message

June has arrived and I bet she will bring days that are sunny and hot. School is out and vacation plans will be underway for the next few months. Before we all scatter, this month is our club members' garden tours. Five people have been busy tending to their gardens for all of us to enjoy so I hope many of you plan to pack a snack and enjoy the ride. Chairperson Karen Blackmore will be sending out specific instructions and directions about the tour. Please remember to bring a sack lunch, water, and a chair so we can have a short business meeting at the end of the tour.

Even though you might entertain the idea of staying indoors during the hot dog days of summer, 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. Chairperson Marie Pasley will look forward to seeing you on Tuesday, June 24th.

Summer is a time to slow down, enjoy eating outdoors with family and friends as our smiles grow and our laughter is heard throughout the neighborhood. It's also a time when those dreaded little ticks like to hitch a ride on us. It is a clever idea to pack bug spray in your vehicle and check yourself when spending time outside. Please think about protective covering for our June 9th member garden tours just in case. One never knows when an unexpected visitor will come home with you!

Donna



New Member

Jill Felker

6403 Bridle Bend Dr.

Columbia, MO 65201

352-989-0088 felker.jill578@gmail.com



May Meeting Minutes

The Columbia Garden Club met on May 12, 2025 with 28 members attending. President Donna Puleo called the meeting to order at 1 p.m. with welcoming remarks. We welcomed new member Jill Felker who joined at the April plant sale.

Program: Donna welcomed our speaker Dan Downing, MU Extension Specialist, Water Quality State Coordinator with his topic “Drip Irrigation Basics.” Topics included: Role of water in plant growth, soil moisture, water needs of various vegetables, determining soil moisture status, and consequences of over/under watering. Plant water requirements vary with the type of soil and the maturity of the plants. Determining when to water can be done with the “look and feel” method or using a soil moisture meter. Hardware for drip irrigation can include soaker hoses, drip tape, and irrigation piping. Dan showed various pieces of irrigation hardware. A good resource book for gardening on diseases, insects, and watering is the *The Knotts Berry Farm Handbook*. Dan had a handout on SARE: Sustainable Agriculture Research & Education program. Dan also had various pamphlets to give and some books for door prizes.

Business: After delicious refreshments, Donna called the business meeting to order. The inspiration was read by Betty Connelly with Leigh Speichinger providing this: “There is a fine line between gardening and madness.” We are encouraged to read the book *The \$64 Tomato* by William Alexander. Birthdays for May are Lynn Birkby, Charley Blackmore, Karen Blackmore, Diana Cooksey, and Hugh Harrison. Horticulture tip was presented by new member Jill Felker—The stoma on a plant opens when the bird sings in the morning. Minutes of the previous meeting were accepted as distributed. Mary Nesladek gave the treasurer’s report: April 30, 2025 balance is \$13,525.32 and the plant sale had a profit of \$3,111.46.

Committee Reports: Scholarship has been awarded to Grace Siegel who is an MU student majoring in Horticulture Science and Design and a minor in Floral Design. We had two students apply this year. Art in Bloom—CGC won the Director’s Choice Award. Karen Blackmore thanked those making the design: Betty Connelly, Connie Blackmore, and Rebecca Smith, along with Karen. We will be volunteering at the Food Bank on Tuesday, May 27 from 11-1. Clean-Up Columbia will be Saturday, May 17 from 9-11 a.m. at Flat Branch Park.

Old Business: Karen thanked those for helping to clean up Vanita Johnson’s yard; she will be having surgery on June 12. Marie Pasley reminded members about the Flower Show Symposium August 19-20. Topics will include composite flowers, design and mobiles, and low profiles. The date for the Flower Show has been changed to September 27 (a change from September 20). Set up will be September 26; bring designs and horticulture on Saturday. Design people are needed. Several members reported on the State Garden Convention in Springfield and learned many things while attending. Next year the convention will be in Independence, MO.

New Business: Evette Nissen was awarded the Brightest Bloom award for her work on the newsletter. The Bloomin’ Bus Tour will be the Arizona Desert Adventure from March 23-29, 2026. Contact Sunrise Tours for reservations. Alice Havard showed the State Honor Book. Each \$10 donation goes to the state scholarship fund. *The garden forum* that comes out four times a year will be mailed for the summer and winter issues. The fall and spring issues will be sent out on-line, in order to save money.

June Garden Tour: This will be Monday, June 9 starting at 8:30 a.m. Meeting place will be determined later via email message. Everyone should bring water, a sack lunch, snacks, and lawn chair. We have further to go with these gardens than in previous years, so the day might be longer, but it will be a FUN day says Karen.

Meeting adjourned at 3:30 p.m.

Respectfully submitted

Mary Nesladek
Substitute Secretary

Yearbook addition for new member:

Jill Felker, 6403 Bridle Bend Dr., Columbia, MO 65201 352-989-0088
Felker.jill578@ gmail.com

Five Ways to Get Rid of Weeds Without Pulling Them

1. Spread mulch to keep weeds down

A neat layer of mulch keeps weed seeds in the dark so they don't germinate. It can also be dry and inhospitable for sprouting weed seeds that have blown in on top, preventing roots from reaching moist soil below. Mulch works anywhere, even in vegetable gardens where organic mulches like straw and compost can be incorporated into the soil at the end of the season. For flower beds and borders, use bark chips, shredded leaves or even gravel.

2. Chop & drop weeds in the garden

Did you know pulling weeds can disturb the soil and bring seeds to the surface where light helps them germinate? But if you cut a weed off at the ground, no soil is stirred, and the chopped plant can be dropped to compost in place and enrich the soil, like the tidy pile in the photo above. This chop and drop method works best to control annual weeds before they set seed in flower beds and in vegetable gardens that don't need to look pristine.

3. Plant closely to suppress weeds

Perennial borders and annual beds are perfect spots to plant closely. Weeds have a hard time competing for light, water and nutrients where other plants are already filling up the soil with roots and shading it with their foliage. Vegetables need more room to grow and produce, so this method isn't as effective there.

4. Use hot water to kill weeds

Hot water melts the waxy cuticle on leaf surfaces, which dehydrates and kills the plant. Because treating large areas can be time-consuming, this method works best to spot treat in beds and lawns, as well as between pavers and sidewalk cracks. Broadleaf weeds like dandelion and lambsquarters are killed easier with hot water than grasses or fleshy foliage like purslane are.

5. Burn weeds with thermal weeding

Thermal weeding uses flame or a very intense light spectrum to generate heat that disrupts plant cells and causes leaves to wilt. In a few days foliage dries up and can be brushed away. Thermal weeding works best on small annual broadleaf weeds, seedlings and spreading weeds like prostrate spurge (*Euphorbia maculata*) or creeping Charlie (*Glechoma hederacea*), especially in sidewalk cracks and gravel paths. Tough perennial weeds may take multiple applications.

Source: Garden Gate Magazine

"Everything good, everything magical happens between the months of June and August."

Jenny Han

June Yard of the Month

The Yard of the Month for June 2025 belongs to Jennifer Richmond and her husband at 2313 Tulip Court. When they moved into the house ten years ago, it was a yard of just grass. Jennifer had grown up with a mother and grandmother whom, she declares, had green thumbs and were her role models. Her grandmother had roses and Jennifer grew up with flowers, so she loves having flowers in her life. She decided to change the grass yard into a flower garden.

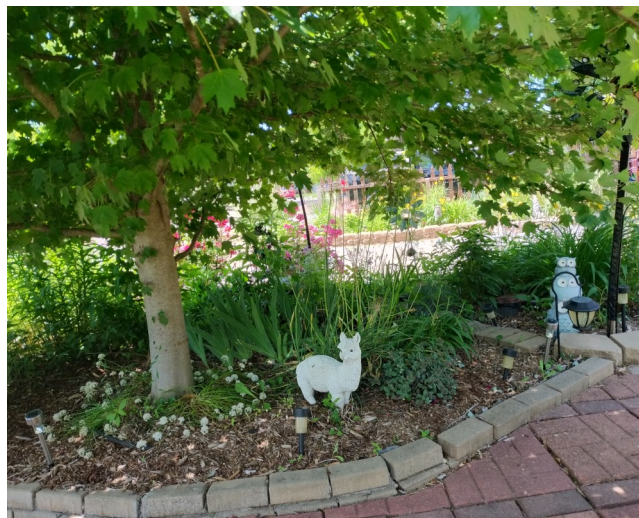
Jennifer designed her garden to include a winding walkway that leads to a wheelchair ramp up to the front door. She also designed the layout and where specific plants would be placed so that she has a changing but beautifully arranged garden all summer long. She has had coworkers and friends help install walkways and trees, and for awhile Jennifer was able to do the weeding.

When asked what her favorite flowers were, Jennifer said that as the season changes, she has different ones, so we didn't get all the way through that list. She gardens for beautification for her mental health and relaxation. She has lots of garden art given to her by friends and family, including spinners and statuettes and gnomes. She has placed a picket fence around her yard and has planted flowers and flowering bushes along those fences. Her biggest challenge is to keep the garden expanding and healthy.

Tulip Court is a little cul de sac in the Valley View subdivision. Jennifer's yard is well worth seeing, so try not to miss it!



June Yard of the Month (continued)



Plant Spotlight

Brazilian dwarf morning-glory, *Evolvulus glomeratus*, is a non-vining morning glory-like tender perennial with trailing stems that is native to Brazil. If planted in the ground as a bedding plant, it typically forms sprawling foliage mounds to 9-18" tall. Trailing stems tend to grow somewhat horizontally to downward when planted in baskets or containers. Flowers usually close up at night and on cloudy days.

Hardy Zones 8-11. Likes full sun. Blooms June-Frost.



Health of Your Body/Health of Your Soil

About 95% of our food is derived in one way or another from soil, but soil impacts our health far beyond providing nutrients for the food that directly grows out of it. See the following surprising ways that soil directly supports your health.

- 1. Soil helps stabilize your weather.** Soil removes carbon dioxide from the atmosphere and stores vast amounts of carbon, which helps to slow down climate change. (all trees and green plants bring CO₂ into the soil)
- 2. Soil makes your water cleaner.** Soil absorbs and physically removes contaminants. Many microorganisms live in the soil and help remove contaminants by biodegrading them.
- 3. Soil helps create crucial medications.** Soil bacteria make a wide variety of important antibiotics and other medicines are made from plants grown in soil.
- 4. Soil provides you with essential nutrients.** Soil is our main source of nitrogen, sodium, potassium, calcium, magnesium, phosphorus, sulphur and chlorine, along with minor trace minerals like iron, copper, zinc, manganese, selenium, iodine, molybdenum, chromium, cobalt, boron, vanadium, silicon, lithium, and cadmium - all needed in varying amounts (very small amounts usually). Iron is especially needed for oxygen transport in your blood, Zinc is crucial for immune function and iodine is essential for thyroid function.
- 5. Contact with soil boosts your gut health.** Studies have shown that direct contact with soil positively affects the diversity of gut microbes and that the amount of soil contact is positively correlated with improved gut health. A healthy and varied gut microbiome helps maintain an intact gut barrier, decreases gut inflammation and promotes proper digestion and absorption of nutrients.
- 6. Soil boosts your mental health.** Multiple studies have found that having access to soil (whether in a garden or other green space) decreases depression rates and anxiety rates and dramatically reduces stress. The microbes in soil support a healthy gut-brain axis. Clinical studies have found that a decrease in the variety of gut microbes is associated with depression, and restoring that variety successfully adds to the treatment of depression. The gut biome also has an effect on the healthy production of crucial neurotransmitters such as dopamine, tryptophan and serotonin.
- 7. Contact with soil boosts your brain health.** A study published in 2006 in the Medical Journal of Australia found that daily soil contact via gardening decreases dementia risk by an incredible 36%. A follow-up study published in 2019 in the International Journal of Environmental Research and Public Health, found that gardening actually increased the levels of brain-nerve growth factors. On top of that, there are essential nutrients in soil-like a variety of B vitamins, magnesium, zinc and iron which are all crucial for proper neurological function.
(continued page 7)

Environment and Conservation Page (continued)

8. Soil boosts your immune system. Multiple studies have found that microbes in soil boost immune function so much so that it is likely that contact with healthy soil has the power to decrease communicable illness. In 2020 a report in Ecotoxicology and Environmental Safety found a significant boost in the immune function of children after just one month of daily play time in an urban greenspace where soil and plants were added.

9. Soil may decrease your risk of non-infectious diseases. A study published in Environment International in 2020 found that spending time in an urban green space with healthy soil and plants made such an improvement to the found evidence that skin and upper respiratory tract microbiome of study participants that it could potentially decrease risk of illnesses such as cancer, diabetes, cardiovascular and autoimmune diseases.

10. Soil decreases your asthma and allergy risk. In a study published in The New England Journal of Medicine in 2011, researchers found that children who grew up with a larger exposure of microorganisms (for example, children who lived on farms) had a significantly decreased risk of asthma, eczema, and other allergic conditions. Another article, published in Biological Sciences in 2012 found evidence that declining exposure to biodiversity in our microbiome is strongly correlated with an increase in allergies and other inflammatory conditions. They found that folks with atopic skin conditions had a significantly decreased skin microbiome diversity because of living in an urban area with decreased contact with natural earth surfaces and soil.

These are reasons we should be protective of the health of soil, using sustainable farming practices and discontinuing any practices that contaminate or degrade our soil integrity. TIPS:

1. Avoid using pesticides and insecticides
2. Dispose of medications at drop off points, not into trash or toilet.
3. Decrease your personal fossil-fuel emissions. (Use energy-efficient appliances, compost food waste, and throw away less food—and don't forget to walk, bike, carpool, or take public transit whenever possible.)
4. Maintain your septic system if you have one
5. Limit the use of plastics
6. Incorporate vermicomposting.
7. Choose hobbies and vacations that put you in contact with soil.
8. Grow indoor plants or outdoor pots if you can't/don't have a garden space.
9. Choose local foods and flowers grown in season organically.

From Health and Wellness article written by Laura Koniver MD in Mary Jane's Farm June-July 2025

"The soil is the great connector of lives, the source and destination of all. It is the healer and restorer and resurrector, by which disease passes into health, age into youth, death into life. Without proper care for it we can have no community, because without proper care for it we can have no life." **Wendell Berry**, [The Unsettling of America: Culture and Agriculture](#)

June Meeting

The next meeting of Columbia Garden Club will be Monday, June 9. It is our annual members garden tour. Be sure and bring a sack lunch, something to drink and a chair. Please watch your email for more details.

June Events

June 7—2:00-3:30 Natural Garden Pest Management; Daniel Boone Regional Library

June 8—12:00-4:00 Bitter Sweet Garden Tour; www.BittersweetGardenClub.com

June 21—9:00-2:00 Butterfly Festival; Jefferson Farms

Why Was June Made?

by Annette Wynne

Why was June made?—Can you guess?

June was made for happiness!

Even the trees

Know this, and the breeze

That loves to play

Outside all day,

And never is too bold or rough,

Like March's wind, but just a tiny
blow's enough;

And all the fields know

This is so—

June was not made for wind and
stress,

June was made for happiness;

Little happy daisy faces

Show it in the meadow places,

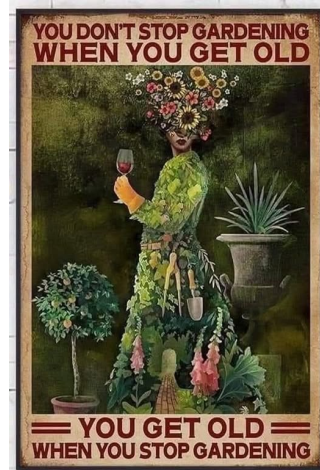
And they call out when I pass,

"Stay and play here in the grass."

June was made for happy things,
Boats and flowers, stars and wings,

Not for wind and stress,

June was made for happiness!



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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enissen57@gmail.com