



# North Shore Horticultural Society

P.O. Box 171, Manchester-by-the-Sea, MA 01944

September 2023 Volume XXVI Number 1

[www.NSHorticulture.org](http://www.NSHorticulture.org)

## Meeting Location

Sacred Heart Parish Hall  
62 School Street  
Manchester-by-the-Sea

## Upcoming Meetings

### **Thursday, Sept 28<sup>th</sup>**

7:00 PM Social Time  
7:30 PM Meeting  
*Gardening with a  
New Landscape Ethic*

### **Thursday, Oct 26<sup>th</sup>**

7:00 PM Social Time  
7:30 PM Meeting  
*Gardens in the Graveyard*

### **Thursday, Nov 16<sup>th</sup>**

7:00 PM Social Time  
7:30 PM Meeting  
*Local Trees and What We  
Can Do to Support Their  
Resiliency*

## **Next Board Meeting**

Thursday, Oct 12<sup>th</sup>  
7:30 PM



## **Gardening with a New Landscape Ethic** *Ruth Loetterle*

**Thursday, September 28<sup>th</sup>**



Ruth Loetterle discusses the abundance of new ongoing research that confirms that we humans are members of a complex ecosystem, with every piece linked to the others in countless amazing ways. What we humans do in our ecosystems makes a difference, and this provides an exciting opportunity for gardeners—to plant our outdoor spaces by applying a new landscape ethic. An ethic that not only meets our human need for beauty and joy, but also meets the needs of the countless other species that comprise our local ecosystem.

*Ruth Loetterle has a BS in Botany from the College of William and Mary and an MLA in Landscape Architecture from the University of Virginia. Now retired, she has over 37 years of experience as a Landscape Architect, most of those years spent at the former Carol Johnson Associates (now Arcadis IBI Group) in Cambridge and Boston, working primarily on campuses and parks. She was introduced to the idea of ecologically healthy landscapes in 2004 after reading the book Noah's Garden and has been enthusiastically spreading the message ever since. She joined Grow Native Massachusetts at the time of its founding in 2010 and became a Board member shortly thereafter.*

## **President's Message**

*Carol Batdorf*

Welcome to another season with your friends at the North Shore Horticultural Society. September is here but it feels more like July. I am waiting for cooler temperatures to do some major digging in my gardens. I have been enjoying watching the bees and hummingbirds in the late blooming flowers. The gardens might not be how I would like them to look but the flowers are providing much needed nectar and pollen. I keep dead-heading the flowers so more will develop for the bees and for me to enjoy. It is a small thing but it makes me happy that I can help in some small way. As we work in and design our gardens we can keep in mind the changing seasons, changing weather patterns, smaller foraging areas for the wildlife and plan for it. Mind you I don't like that the deer, bunnies, and groundhogs are eating my plants but are they really *my* plants? They are part of the ecosystem and for it to work lots of shelter and forage must be there for the fauna.

Our speaker for September's meeting, Ruth Loetterle, will be helping us to understand the ecosystems around us and how we can do our part to help in our own backyard.

We are starting the meetings at 7:30 but the doors will be open at 7:00 for people to mingle, exchange some garden success stories and maybe a few garden war stories. Please come and bring a friend to enjoy the program.

Happy gardening,

~ Carol

## Upcoming Plant Shows at New England Botanic Garden at Tower Hill

### New England Dahlia Society Show & Sale

Saturday, September 23, 2023

Sunday, September 24, 2023

### New England Carnivorous Plant Society Show & Sale

Saturday, September 30, 2023

Sunday, October 1, 2023

### Boston Chapter of Ikebana International Show & Sale

Friday, October 13, 2023

Saturday, October 14, 2023

Sunday, October 15, 2023

For more information: <https://nebg.org/shows/>

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## Winter Gardening Know-How Series

Wednesdays, 7:00-8:30 PM

November 8, 15, 29, and December 6, 2023

For non-master gardeners with all levels of experience and lots of questions, new homeowners starting from scratch, garden rehabbers. Everyone can benefit from some Know-How!

ONLINE lectures include:

"Gardening Basics"

"Cold Frames"

"What's Wrong with my Houseplant?"

"Inviting Wildlife into Your Garden"

Sessions are taught by Master Gardeners Gretel Anspach, Bonnie Power, and Laurie Bebick.

Cost is \$60 for all four lectures.

For more information and to register:

<https://www.massmastergardeners.org/educational-resources/gardening-know-how-series>

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### Remember to take photos

of your garden or places of interest that you visit so that you can share them in our January Virtual Garden Tour.

## The Plant Box

Anne Morin



Listed after catnap in my copy of *The Random House College Dictionary* is catnip. An enticing word that attracts many kitties on a regular basis but rather unknown to me, a dog person. Of course, catnip is a very public herb for our cat friends but how they experience it and why they like it is late breaking news for the non-cat companion. So, let's imbibe together.

A member of the mint family, catnip is a fast-growing perennial with pale lavender flowers and an oil in the leaves called nepetalatone that carries an aroma that tingles the senses of our feline friends. The smell is akin to that of kitty sex hormones so it's a dazzling scent for both males and females. While it's transitory, lasting about 10 minutes, cats enjoy sensations of relaxation, happiness, affection and playfulness. All this fun is experienced by about 60% of cats and this is believed to be due to genetics.

*Nepeta cataria*, the Latin name for catnip, can be taken by humans as well, using the leaves in a tea for digestive issues and the flowers made into cough medicine. In the heyday of drugs in the 1960s, catnip was used as a filler with marijuana. It also has found its way into the garden as a natural insect repellent. While it may keep away the bugs it also will attract bees and other pollinators, and you may find your garden is the latest pad for groovy outdoor cats strolling by.

And for our dog friends, they too can consume catnip. For them it's not attractive and the euphoria will be replaced with a different type of relief – sedation. Catnip can be given with food or in pill form to help manage stress so they can enjoy a car ride or ignore the fireworks.

Catnip it turns out is a multi-purpose plant that can be good for the whole family.

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