



North Shore Horticultural Society

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

October 2022 Volume XXV Number 2

www.NSHorticulture.org

Meeting Location

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

Upcoming Meetings

Thursday, Oct 27th
7:30 PM
Gardens of Japan
Peter Grilli

Thursday, Nov 10th
7:30 PM
New England Native Plants
Gretel Anspach

Thursday, Dec 8th
7:30 PM
Holiday Decoration Workshop
Traci Sobocinski

Next Board Meeting
Thursday, Nov 3rd
7:30 PM



Gardens of Japan

Peter Grilli

Thursday, October 27th at 7:30 PM



Peter will speak on the art of the Japanese garden with visual illustrations of distinguished Japanese gardens, both classic and modern. Throughout Japanese history, gardens have provided havens of beauty and tranquility for a densely populated society, and have also embodied fundamental principles of Japanese design, spirituality and cultural values. He will introduce several of Japan's most celebrated Imperial gardens as well as less well-known private gardens that are masterpieces of landscape design.

Peter Grilli is President of The Japan Society of Boston and a well-known specialist on Japanese history and culture. Raised in Japan for most of his childhood, he received BA and MA degrees in East Asian Studies from Harvard University. In Tokyo, he also studied at Waseda University and Tokyo University.

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### **Reminder for November meeting**

We will continue our tradition of each member bringing an unwrapped gift for us to deliver to Children's Friend and Family Services of Salem. Suggested items include toys, toiletries, new clothing, or gift cards.

## President's Message

*Carol Batdorf*

Happy Autumn. The leaves have started a color show before they fall. Read further in the newsletter and find out why the leaves turn colors. So far in my garden, I see some yellow leaves but most are still green. This year, I have made some observations in my garden. The deer found hosta leaves to be among their favorites to munch on this summer. I had hoped more hosta leaves would come up after they had been chewed on, but it appears that was not the case. They were unlike rhubarb which sent up leaves throughout the summer. Deer didn't eat the rhubarb leaves but slugs did. The deer also enjoyed the pink turtleheads (*Chelone lyonii*). When I looked up the Latin name, I also discovered that turtleheads are good for bog gardens. My toad lilies are budding now and the fall asters that were chewed on by the deer during July have managed to grow back and are blooming now. The deer did not eat any of the different types of hellebores or epimediums in my garden. Next year, I plan to get some wire clothes and Irish Spring soap to help protect the plants that are loved by deer, rabbits, and ground-hogs.

For this month's meeting, we will learn about Japanese landscapes. I'm sure we will recognize many plants in the gardens but some may be new to us. Please come, bring a friend, and enjoy learning about Japanese garden designs and see images of some of the Imperial and private gardens of Japan.

~ Carol

## The Science Behind Fall Color

by Laura Jull, Ph.D.

Excerpt from the Garden Professors blog post

<https://gardenprofessors.com/the-science-behind-fall-color/>

### Why Do Leaves Change Color?

During the summer, most of a plant's nutrients are located within the leaves. The shortening of day length and cooler temperatures, particularly at night, signal the plant to begin preparing for winter by transporting carbohydrates (sugars) and mineral nutrients from the leaves to stems and roots for storage in the plant to be reused the following spring. A layer of cells at the base of the leaf stalk (petiole), called the abscission zone, gradually closes off the flow of sugars and minerals into and out of the leaf. In a process called senescence, chlorophyll breaks down causing the leaves to change color and eventually fall off the plant.

### Variability of Fall Color and the Role of Weather

Many factors play a role in determining when fall color occurs and the intensity of the color. We cannot predict each summer how the autumn leaf color will be in the landscape. For example, peak (best) fall color can shift by as much as two weeks ahead or behind the normal time peak color occurs year to year based on the weather.

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Symposium: Need for Seed: A Strategy for the Northeast

Shared by NSHS member Jane Hardy

This free, online via Zoom, two-day symposium focuses on establishing a groundbreaking network of native seed users and producers in New England, including government agencies and non-governmental organizations. Speakers from other parts of the country will share success factors in establishing a native seed network and discuss strategy, logistics, and tasks, from seed collection and storage to the uses of seed in restoration and nursery cultivation.

Wednesday and Thursday, November 2nd and 3rd
10AM - 3PM (1 hour reserved for lunch)

Register at <http://www.nativeplanttrust.org/events/symposium-need-seed-strategy-northeast-class/>

The Plant Box



Whether you choose to forage or shop, fiddlehead ferns are a Springtime delicacy that you can find in many wooded or wet areas of New England in late April through early June. Especially common in Maine and eastern areas of Canada, the fiddlehead is the furled head of a young fern rather than being a fern itself.

Most ferns grow fiddleheads, however, not all are edible. Varieties that can be eaten include Lady fern and Royal as well as the very common Ostrich fern. They are harvested when newly grown, about 1 - 2 inches above ground and when about 1" in diameter. As a vegetable, all ferns provide fiber, vitamins A and C and omega-3 fatty acids. While nutritious and delicious, they must be properly prepared and not eaten raw to avoid reported experiences of headache and gastrointestinal upset. One fern to specifically avoid is the Bracken fern which is toxic (containing a carcinogenic compound) if not fully cooked.

As you begin to plan your search for fiddleheads, you want to get to the right spot, so think past the local rivers and forests and make it an international adventure: travel up to Tide Head, New Brunswick where they have staked the biggest claim of all: The Fiddlehead Capital of the World. Not only will you tap this great source of produce, but the residents include generations of fiddlehead growers with decades of knowledge to share.

So as summer wanes and the many months of Not Summer await us, you'll have plenty of time to plan your recipes before you do your Spring shopping for fiddleheads, a la nature or the market. Whichever way the road takes you, bon appetite!

~ Anne Morin

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