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<http://www.mensgardenclubofalbany.org/>

(Serving the greater capital region)
Celebrating 78 years of service to our community

VOLUME 77 NO. 8

(First Chartered 1936)

October, 2014

DATE & TIME: **Thursday, October 23rd @ 6:30 pm**

PLACE: Best Western Sovereign Hotel, 1228 Western Ave., Albany

APPETIZER: Garden Salad

ENTREE: Chicken Marsala
Baked Tilapia
Hot Roast Beef with Home Style Gravy

DESSERT: Apple pie **Price:** \$ 22.00

PROGRAM: **Edible Landscaping**

Denise Maurer, Rensselaer County Master Gardener and proprietor of **Denise Maurer Interiors**, to deliver on talk on "**Edible Landscaping**". **Denise** is an excellent speaker and I'm sure none of want to miss this opportunity to see **Denise**.

RESERVATIONS ARE ESSENTIAL:

A caller should reach you prior to the meeting for your dinner reservation and your choice of entree. If a caller leaves a message, please make every effort to return their call. If a caller does not reach you by Thursday, October 16th, please call Russ Greenman at 477-8321 - Note: Callers – Please call **Russ Greenman** with your group's reservations or email the dinner info to MGCA1@verizon.net (note: the character after MGCA in the email address is a Number "1"). You are reminded that if you make a reservation for dinner you will be expected to honor your commitment.

Membership

Please welcome our newest member - **Dr. Andy Sullivan**. **Andy** and his wife **Kathy** have been attending our meeting as their schedule permits. **Andy** built a greenhouse so that they (mostly **Kathy**) could enjoy a little longer growing season. We look forward to seeing **Andy** and **Kathy** at future meetings.

Phil Harris

For the past month **Phil Harris** has been in room 315 of Eddy Heritage House Nursing and Rehabilitation Center, 2920 Tibbits Avenue, Troy, NY 12180. Please try to get out there to help cheer up our friend.

Fall Harvest Auction

The Fall Harvest Auction was held October 2nd at the Best Western Hotel as part of our club monthly dinner meeting.

The Auction was a great success, raising over \$200 to benefit club activities. Much of the success goes to our energetic auctioneer **Don Wrieden**. Many wonderful items were provided for the auction by a number of club members. Items included a variety of baked goods (e.g. banana breads, apple covered cakes etc.), vegetables (e.g. lettuce, squash, tomatoes etc.), homemade wine, homemade fruit infused vodka, potted plants and many other items.

Thanks to club members for supporting the Auction.

Feature Article - Beets

Written by our very own Paul Zimmermann

Beets

As you have no doubt heard, Earth's human population has passed the 7 billion mark and is streaking towards 10 billion by the end of the century. How do we feed all these extra mouths? My solution is beets – the ultimate ‘no waste’ vegetable.

As a child you probably remember being presented with some beet slices at dinner. Being an irrational little tyke, your immediate reaction was “yuk- they look different from French fries. I hate them.” And since the beets being served probably came from a can, you weren’t impressed even though one or two morsels were forcibly sent down your digestive tract.

Good news though – now that you’ve emerged from your irrational childhood into irrational adulthood, it’s time to give beets another chance. Baked, microwaved, or even boiled, they’re really quite tasty. And here’s the double bonus –beet greens taste (in my humble opinion) even better! In our household, beet greens (usually sautéed in olive oil) are prized above Swiss chard, kale, collards and spinach (but not French fries).

No doubt by now you’re reaching for a seed catalog. But before you order, keep reading and you’ll get the complete scoop on what you’re getting yourself into.

Beets, like most root crops, prefer a light soil with plenty of organic matter. Keep the nitrogen level on a tight leash – otherwise you’ll get more greens than roots (but then again, maybe that’s your intent). Unlike carrots they’re not too fussy about a few stones in the soil. A pH between 6.5 and 7.5 will keep them happy. Since beet roots like to grow very deep into the soil, it pays to loosen up the soil as far down as practical. As always, raised beds make this task easier.

Feature Article - Beets continued
Written by our very own Paul Zimmermann

If you want to get a head start on the beet season, start your seeds inside about a month before the last frost. Beets transplant well. Soil temperatures above 70 degrees F are needed for germination. Space the plants 3 to 4 inches apart when transplanting. Rather than planting in rows, I like to broadcast the “seeds” in a prepared bed. Cover with one inch soil. You should see your little dears poking their heads up in 5 to 7 days.

For a continuous harvest, plant a new round of beets every 2 weeks. This means, unless you’re feeding the Mongolian hordes every evening, that less than 20 plants should suffice.

A beet “seed” is actually a small fruit that contains 2 or more seeds. This leaves you with the somewhat onerous task of thinning. Use scissors to cull all but a single plant. Resist the overwhelming temptation to thin by pulling.

Keep your beet plants well mulched in order to reduce weed infiltration, but more importantly, to prevent wet/dry cycles from stressing the beets. Beets tend to get funky when deprived of water, so do yourself a favor and keep the moisture content of the soil on an even keel.

Beets can lose their taste and become woody if left in the ground too long. Harvest before they become greater than 2.5 inches in diameter. Don’t forget to add the greens to the stew pot. People often are so unfamiliar with beets that they’re flummoxed when presented with fresh beets. Here are your main alternatives:

1. Slice ‘em and boil ‘em. Not too tough, eh? This is my favorite technique since the leftover juices make a yummy drink.
2. Bake ‘em until tender.
3. Cook ‘em whole or quartered in the microwave (this works well and is super easy).
4. Give them to me with the knowledge that they will not go to waste. Everlasting friendship is also a possible outcome, but of questionable utility.

I shouldn’t have to say this, but I will anyway. Beets stain. A compound called betanin is responsible for the purple color of beets. Since betanin is not completely broken down by the human digestive system, a visit to the restroom the next day will provide visual proof of your previous day’s beet consumption. By the way, beets are high in fiber, which means that your regal visitation may occur sooner than anticipated.

I have never grown any ‘specialty’ varieties of beets such as miniatures or those grown only for their greens. Red Ace is my favorite “normal” variety but Detroit Dark Red also has produced nice results in my garden.



Thanks to Paul Zimmermann!!! Is there anything that man can't do?

His fancy schmancy bluebird mansions are popping up all over – we have seen them at our Plant Sale on May 10th, at our annual picnic, and at the Altamont Fair.

History - 25 years ago -
MEN'S GARDEN CLUB OF ALBANY
BOARD OF DIRECTORS MONTHLY MEETING
OCTOBER 5, 1989

A short but Regular Monthly meeting of the Board of Directors of the Men' Garden Club of Albany, was held on Thursday evening, October 5, 1989 in the Cerebral Palsy Center for the Disabled.

President **Don Lewis** opened the meeting at 8:55, which was immediately after the annual bulb packaging session.

The Minutes of the September 7, 1989 meeting were approved as read by the club secretary, **Tom Baker**.

The Treasurer's Report was approved as presented by our Club Treasurer, **Paul Hughes**. As of September 30, 1989 there was a total balance on hand of \$503.02. (1988 it was \$1,193.33). In the Memorial fund there was \$569.44. (1988 it was \$547.07). The Certificate of Deposit remains at \$5,267.00, this will change at the maturity on November 15, 1989.

At this point **Paul** made a final report on the Tan number issued by the State of New York. The Tax Exempt Certificate was issued on June 29, 1989. A copy of the original application was given to **Bob Ireland** along with a copy of the present Tax Exempt Certificate. Copies of this certificate are in the possession of the Treasurer and the Secretary. Attached!

Next dinner meeting: Will be held in the Tom Sawyer Motor Inn on October 26, 1989. The full details will be found in the next Dirt.

George Landis Arboretum: A motion was made and carried to donate \$100.00 to the George Landis Arboretum. It was also suggested that the Secretary send along with the money, a thank you note for the use of the facility for our Annual Picnic. This should be directed to **Pam Rawlings**.

Slate of Officers: Candidates for 1990:

President.....	Wally Dillenbeck	Asst.. Sec.....	Lee Negus
1st Vice President.....	Joe Raggio	Treasurer.....	Al Miller
2nd Vice President.....	Herman Mau	Asst.. Treasurer....	Don Stevens
Secretary.....	Tom Baker		

Scholarship: **Lee Negus** was asked to find out where we stand at this point.

State Museum: Our Club has been given the month of July once again to beautify the Lobby of the State Museum.

Gardening From the Heart: The Framework for the Greenhouse , donated by **Bill Krug** has been put up by **Bill Krug, Don Otterness, Wally Dillenbeck** and others.

Spring Regional Meeting: The Board voted to host the Spring Regional Meeting

sometime in April or May. **Bob Ireland** will keep us informed with the details as they become known to him.

There being no further business, the meeting was adjourned at 9:45.
Respectfully submitted by **Tom Baker**, Secretary

Editor's note: **Tom Baker** has been faithfully documenting our minutes since way before he had personal computer - but somehow he has managed to digitize all of the minutes he has taken over the years and we now include them in our newsletter under the heading "History - 25 years ago" **Thanks, Tom Baker!!!**



MEN'S GARDEN CLUB of ALBANY CLUB ACTIVITIES

Albany International Airport Don Wrieden – Chairman Airport Planting



Fall planting at Albany airport is scheduled for **Monday October 13th**. All club members are invited to help in the planting. Please be at the airport around **9:30** at the short term parking area.

Don Wrieden will be bringing mums and bulbs to plant.
Any questions call **Don** at 785-7496



Adopt-a-Highway



Ken Abele – Hard at work





Gardening from the Heart At the Center for Disability Services

Volunteers during September included: **Tom Baker, Russ Greenman, Joe Herman, Joe Huth, Jack Meagher, Bruce Wilcox** and our past President – **Mr. Don Wrieden.** It's been slim pickin's lately down at the Center for Disability Services. I think we're down to a few eggplant and some radishes that are ready to harvest. The consumers have begun to pull out the old plants and prepare the beds for next year. We had planned on going apple picking last Wednesday but we had to reschedule for October 15th because of rain.



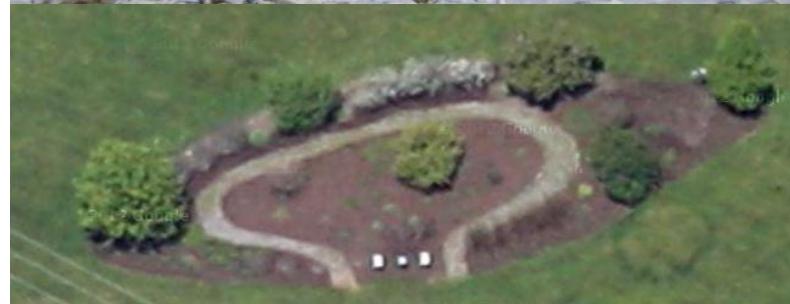
Nationally Accredited Judges

We are so fortunate to have the following nationally accredited judges as members of our club.

BILL DANISH, JOE HERMAN, BOB IRELAND, and HERM MAU. These men have helped in so many ways – anything from Youth Gardening to regional, state and national events. Wouldn't you like to be part of this elite group?

Please contact any board member or **Bob Ireland** to find out how you can become a nationally accredited judge.

Memorial Garden At the Albany County Cooperative Extension Joe Huth / Chuck Scott Memorial Garden Chairmen



Ken Abele – Hard at work
Or should I say, making hard work easy?

Regional Meeting

October 5th at the Purple Salamander in Morrisville, NY

Bob Ireland, Joe Herman, Tom Baker, and Bruce Wilcox had a great morning with fellow Gardeners at the MGCA / TGOA regional meeting last Sunday. After the meeting they all went to the Quack House for lunch. I wondered if that gang selected that place for any particular reason. I'm sure they made some important decisions at the meeting but I wasn't able to get the info in time for this newsletter.

Past GFTH meeting



Back row
**Wally Dillenbeck
Joe Herman**

Front Row
**Colleen
Tom Baker
Jerry Flax
Edgar
Tompkins**

DATES TO REMEMBER

Every Wednesday :	@ 9:00 am	Gardening from the Heart Center for Disability Services 700 South Pearl St. Albany, NY
October 23 rd	@ 6:30pm	Monthly Dinner meeting and Harvest Auction Best Western Sovereign Hotel, 1228 Western Ave., Albany
November 2 nd	@ 7:30 pm	Board of Director's Meeting 314 S. Manning Blvd – All members are invited

Russ Greenman and Jack Meagher, Editors

Please support research for ALS (Amyotrophic Lateral Sclerosis - Lou Gehrig's disease) in memory of one of our most active members - **Mr. Bill Town**

Click on this link to read his story: <http://community.als.net/teamtown>

Special thanks to **Paul Zimmermann** for our terrific website <http://www.mensgardenclubofalbany.org/>
Go ahead - click on it - you'll be glad you did.

*In Memory
Of My
Loving Wife, Jessie*

Jerry Flax

In Memory of

Louis Meo

&

Richard Stankus

In Memory of

*Al & Barbara
Miller*

*Christian and Mildred
Lebrecht*

Ed Tompkins

Avrom Koblenz

Jerry Flax

In Memory of my parents

John and Carrie Meagher

They both loved Plants and Flowers

Jack Meagher

In Memory of

 *Wally Dillenbeck
and*

 *Don Otterness*

By Tom Baker

In Memory of



Bill Town

Joe Herman

In Memory of

my Dad



Carroll W. Greenman

Bob

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Carroll W. Greenman

Russ, Maria, and Carl

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