

summer 2021

Friends of The Frelinghuysen Arboretum

Dear Friends,

I hope your spring is going great and that your gardens are blooming as riotously as mine is. I managed to find places in my garden for the plants I purchased at this year's hybrid plant sale and feel especially grateful to Plant Sale Chair

Ilona Ontscherenki and the Friends Staff for managing the event seamlessly and successfully. With the profound Covidrelated hit to our budget we worked harder with less and bore the pressure of learning how to support the organizational mission in unusual ways. We look forward to the return of an in-person plant sale in 2022 but might continue to implement some of the lessons we learned this year. I suppose you can say we made lemonade.

The end of May marks the end of the Friends' fiscal year and I am happy to say we were able to somewhat balance our losses with careful streamlining, belt

tightening, and some old-fashioned begging. Thanks to all who stood in support of us throughout the last year! Those of you who volunteered, who donated your canceled program fees, who upped your membership, and gave to our Annual Campaign. We are sincerely grateful.

The virtual Community Garden Conference in March was a full house and the Friends developed new and deeper relationships with local horticultural specialists in fruit and vegetable gardening, food safety, and with a wonderful artisan seed company located in upstate New York. It was this seed company that helped us fulfill this year's Member Plant Dividend that was sent in the post to those of you who selected one of the Hudson Valley art packs. I pressed glorious, gleaming nasturtium seeds into my planters last week.

To keep our mission of education alive we presented many engaging free or low-cost programs via Zoom. The Annual Tree Symposium was spread over the course of five weeks and the speakers were notable. I particularly enjoyed Dr. Tom Molnar's instructional on how to use a grafting knife! This November we hope to dedicate the Tree Symposium to conifers. Several programs were designed to satisfy the



wanderlust in us while we were unable to travel, and other events were intended to help you make educated selections of bulbs and plants for your gardens. Many thanks to the Rutgers Master Gardener Speakers Bureau for their

educational presentations.

The Gingerbread Wonderland Show was held virtually, experienced nationwide participation, and was well attended by the community at large. Thanks to Hugh Merritt who made Gingerbread Wonderland a success during his tenure as a trustee. Have you ever designed and built a gingerbread structure? What would it look like? Why not give it a try? Oh, go ahead, try it! Check our next newsletter for how-to information.

Chef Cynthia Triolo delivered her usual delicious seasonal cooking classes via recorded Zoom videos. Too many tomatoes? Need some bread as comfort

food? You are one click away from Cynthia's help. View the entire prerecorded collection on our website at https://www.arboretumfriends.org/Pre-recorded.

Finally, we look forward to working with the County College of Morris to award the Benjamin Blackburn Scholarship to a student or students enrolled in the college's Landscape and Horticultural Technology Program. Happy to be bringing this event back into our programming next Spring.

This summer the Friends will take a short break from virtual programming to strategize our return to offices at the arboretum. See you in September!

Yours in horticulture, Heather Emelander

> We are sorry to announce that Jill Lopez and Hugh Merritt have retired from the Friends' Board of Trustees. Thank you both for your service and many contributions to the Friends; we wish you well in your new endeavors.



A Year of Blooming Bulbs with Rutgers Master Gardener Ilona Ontscherenki

This talk covers the extensive variety of flower bulbs that can be planted in the fall to ensure an exciting succession of bloom starting in the new year. Planting techniques will be covered, including how to force bulbs for indoor bloom. Emphasis will be on deer proof selections and successful combinations.

Date: Thursday, September 9 *Time:* 7:00 pm *Cost:* Free, but please register

Glorious Ground Covers – Gardeners' Best Friends with Rutgers Master Gardener Gail Di Domenico

Ground covers are no longer limited to lawns and Pachysandra. There is a plethora of choices from those that carpet the ground, to clumping plants & even small shrubs and hardscaping that can reduce labor intensive lawns, help to eliminate weeds, control erosion, add more color and year-round enjoyment to your landscape and even cut down on constant mulch replacement. Enjoy gardening more with ground covers. Detailed handouts will be provided to assist in selecting, planting and care of ground covers.

Date: Thursday, September 23 *Time:* 7:00 pm *Cost:* Free, but please register









The Late Summer Gardens of The Cotswolds

Escape for an hour with Judy Snow for a late summer tour through some of the outstanding gardens of Gloucestershire in England. We'll visit Prince Charles' gardens at Highgrove, Bourton House, Kiftsgate Court, Barnsley House, Abbey House, Sezincote, Hidcote, and Sudeley Castle, as well as scenes from smaller private gems. This presentation (with photos by Jim Snow) is based on a trip organized by the Friends in September of 2015.

Date: Thursday, September 30 *Time:* 7:00 pm *Cost:* Free for members / \$10 non-members

Fountain at Kiftsgate Court Gardens

garden lover's book club

by Sally Hemsen

The Garden Lover's Book Club moved into the Zoom Era with the onset of the pandemic and the loss of our meeting place. Since last September we have continued our monthly meetings, with the welcome addition of members who formerly could not attend due to distance. Our number of attendees continues to grow! We welcome anyone who is a member of the Friends to join us. The books we have read together may offer some suggestions for those who cannot join us in person but who are looking for summer reading ideas.

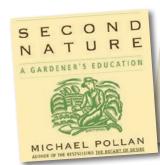
In September 2020 we read Second Nature by Michael Pollan. Judged one of the 75 Greatest Garden Books by the American Horticultural Society, it provoked not only a spirited discussion that day, but lead to a subsequent meeting on what makes American gardening unique, and an exploration of noteworthy American gardens. We were honored to have noted author Marta McDowell join us for a talk on her book Emily Dickinson's Gardening Life in October, with a shared screen presentation showing Dickinson's home, favorite plants, and examples from her herbarium. The power of gardens to heal and provide solace in times of stress were explored in discussions featuring The Well-Gardened Mind: Rediscovering Nature in the Modern World by Sue Stuart-Smith and Paradise Under Glass: An Amateur Creates a Conservatory Garden by Ruth Kassinger. One of our members discovered the writings of John Burroughs, American naturalist and essayist, an early pioneer in the conservation movement in the late nineteenth and early twentieth centuries. Reading some of his essays and finding that a medal is awarded in his name each

year to an outstanding publication on natural history awakened interest in this important figure and enriched our understanding of the beginnings of the environmental movement.

We sometimes pick a theme and members will choose a book to read from among a number of selections on that theme. Among those covered in the last year: Women Raising Wild Birds; Murder in the Garden and Humor in Garden Writing. Sharing of information and reviews of books read opens up new suggestions. For Murder in the Garden we read *The Savage Garden* by Mark Mills, and shared other titles in that theme. Humor in the Garden included some of the writings of the inimitable Beverley Nichols, English garden writer of renown.

Meetings will not be held during the months of July and August but will resume in September. Club members look forward to the day when we can meet once again in person, but will continue to enjoy sharing the love of reading and gardens thanks to Zoom. Check

the Friends website for our meeting schedule.





Save the Dates

2021 Tree Symposium

Tuesdays, November 2, 9, 16, 23



GINGERBREAD WONDERLAND



The 2021 Gingerbread Wonderland will be virtual again this year due to Morris County Park Commission's budget and staffing reductions. Look for more information in the Fall issue of Arboretum Leaves.

What Is The Best Way To Grow Elderberries?

By Emma Erler Landscape and Greenbouse Field Specialist University of New Hampshire Cooperative Extension

Article used by permission of the author

Elderberries have a long history of uses as both medicine and food. For centuries they were used in folk medicine for a variety of illnesses and ailments, but they have only recently gained popularity in the United States. Elderberry fruit is known to be high in vitamins A and C, phosphorus, potassium and iron. It is also rich in antioxidants and has immune supporting properties. There is growing interest in planting elderberry in order to harvest the edible fruit and flowers, though it should be noted that most parts of the plant are poisonous and berries must be cooked to be safe to eat. Elderberry shrubs are also beautiful landscape plants that make excellent additions to rain gardens and shrub borders. Bees and butterflies flock to the flowers, and the fruit is highly attractive to many birds and other wildlife.

Identification

Two species of elderberry are commonly grown in gardens and landscapes: American elderberry (Sambucus canadensis) and European elderberry (Sambucus nigra). American elderberry is native to New Hampshire and can be found growing in moist soils at forest or wetland edges. It can grow five to ten feet tall and wide and has gray barked stems with white pithy centers. Groups of stems emerge from the roots and develop an arching and spreading habit. The opposite leaves are compound with five to 11 leaflets that have serrated edges. Large, flat-topped, white flowers are borne between mid-June and mid-July. These give way to purple-black, berry-like fruits in August through September.

European elderberry is very closely related to American elderberry and is quite similar in appearance. The main differences are that European elderberry is a little more



Elderberry fruit

tree-like and slightly less cold hardy. Most cultivated varieties of elderberry that can be purchased at garden centers and nurseries are the European species. These showy forms often have yellow, purple or lacy looking leaves, and they are grown for ornamental purposes rather than culinary. American elderberry is also readily available for purchase, both as bareroot and potted plants.

Planting

Elderberries are very easy to grow as long as they are planted in the right situation. They grow very well in consistently moist, fertile soils. They can tolerate occasional drought and temporarily wet soils but aren't a good choice for sandy or marshy spots. As for pH, the soil can be either acidic or alkaline, though slightly acidic (5.5 to 6.5) is ideal. To get the most flowers and berries, plant elderberries in full sun. Partial shade can be tolerated if you are growing the plant for its decorative foliage.

(Continued on page 5)

What Is The Best Way To Grow Elderberries?

(Continued from page 4)

Plant elderberries in the ground at the same depth as their roots. Elderberries are shallow-rooted, so keep them well watered through the first growing season. Aim to keep the soil consistently moist but not soggy, applying irrigation whenever there is less than an inch of rain in a week. Applying a two to three inch layer of compost or woodchips over the root zones of plants will help conserve soil moisture and build the organic matter in the soil. It is not necessary to apply fertilizer in the first year after planting. In fact, elderberries typically do not require very much fertilizer and can get all the nutrients they need from decomposed organic matter in the soil.

Some thought should also go into where elderberry is planted from a design and maintenance perspective. It is a very fast-growing shrub with a suckering habit that can make it look unruly and out of place in certain settings. While it will look right at home at the edge of a pond, drainage swale, rain garden or natural buffer area, it's not a great choice as a foundation plant or backdrop to a formal garden. Make sure it is planted in an area where it will be easy enough to access for maintenance purposes.

Maintenance

Elderberry does require considerable pruning to keep it both attractive and productive. Pruning can be tackled in three different ways: 1) annually removing dead or weak stems; 2) shorten stems by about 1/3; or 3) cut all stems to the ground to entirely rejuvenate. Elderberry blooms on new growth of the current season, so pruning should be completed in late winter or early spring.

Fertilization usually isn't required to keep elderberries lush and healthy, and you should be able to tell if added nutrients are necessary by looking at the shrub. If the plant is very vigorous and produces lots of new growth each year, no fertilizer is needed. However, if few new canes are produced and growth is poor, then you might consider fertilizing with a slow-release organic fertilizer. Better yet, have your soil tested to identify if the pH and available nutrients are adequate.

During periods of especially dry weather, elderberry will benefit from supplemental irrigation if it is planted in drier soil. Watering is most critical in the first season or two after planting.

Elderberry as Food

It is very important to note that elderberry is poisonous. Leaves, stems, roots and unripe berries contain cyanic glucosides, which can make people and livestock very sick if consumed. Even ripe fruit is mildly toxic and can cause illness if eaten raw in large quantities. However, the fruit can be rendered edible by cooking or drying, which, coincidentally, also improves its flavor. Elderberry fruits can be turned into a variety of delicacies, including but not limited to: jellies, pie filling, juice, wine, cordials, tinctures and syrups.

You can expect to harvest elderberry fruits in the second or third season of growth. Wait to pick them until they are dark purple, nearly black, in mid-August to September. The easiest way to harvest the fruit is to clip the entire berry cluster from the shrub, and then gently remove the berries from the cluster. The berries spoil quickly, so they should be immediately refrigerated, frozen or dried.

Elderberry flowers are actually edible too. They are frequently included in tinctures and syrups and can be dipped in batter and fried into fritters. Flowers should be harvested just before they reach peak bloom for best quality.

Whether you're interested in growing elderberry for ornamental interest, to attract wildlife or to harvest a crop, it can make a great addition to many landscapes and gardens.



Elderberry flower



Summer Brunch Menu Ideas

Elderflower Cordial

Add a splash or two to prosecco, champagne or plain seltzer.

Makes about 8 cups

- 6 cups sugar
- 2 ¾ cups water
- 10 fresh elderflower heads, stalks trimmed
- 3 tablespoons powdered citric acid
- 1 unwaxed lemon

Swish the flowers in a bowl of water to remove any insects or dirt. Pluck off the flowers from the stems and set aside.

Put the sugar and water in a large saucepan. Gently heat and stir until the sugar has dissolved.

Zest the lemon using a potato peeler, then slice into rounds.

Once the sugar has dissolved, bring to a boil and remove from the heat.

Add the flowers, the lemons, zest and citric acid to the syrup and stir well. Cover the pan and leave at room temperature to infuse for 24 hrs.

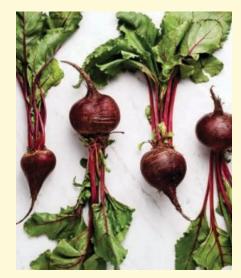
Line a colander with cheese cloth or a clean tea towel, set over a large bowl. Pour in the syrup and let drain. Give the cheese cloth a squeeze and discard.

Sterilize the jars in the dishwasher or boil for 10 minutes in enough water to cover. Ladle in the syrup. The cordial is ready to drink and will keep in the fridge for up to 6 weeks. You can also freeze it and defrost as needed.

Beet Gazpacho

Serves 4

- 1 pound trimmed beets
- 1 pound tomatoes, cored and chopped
- 1 small cucumber (about 1/2 pound), chopped
- 1 green bell pepper, cored, seeded and chopped
- 1 clove garlic
- 21/2 tablespoons sherry
- 1/4 cup sherry vinegar
- 1/4 cup extra virgin olive oil
- 1 tablespoon kosher salt
- Cilantro for garnish



Boil the beets in plenty of water to cover until soft, 40 to 60 minutes, depending on size. Drain and when cool enough to handle, slip off the skins and chop coarsely. This can be done ahead of time, even a day or two before using.

In a blender, combine the beets, tomatoes, cucumber, pepper, garlic, sherry, vinegar, oil and salt and purée until smooth. Taste and adjust the seasoning if desired.

Chill the gazpacho for several hours before serving and garnish with cilantro leaves.



Summer Brunch Menu Ideas

Ferran Adria's Potato Chip Omelet

This recipe is from the world-famous chef, Ferran Adria and owner of El Bulli, once considered the best restaurant in the world (it closed in 2011). El Bulli, located on the Catalonian coast of Spain was awarded three Michelin stars and Chef Adria is known as the father of molecular gastronomy. This is a dish he would make for staff meals at El Bulli.

- 12 large eggs
- 6 ounces potato chips (about 6 cups)
- 2 tablespoons olive oil
- Chives for garnish
- Kosher salt and black pepper, for serving (optional)

Preheat oven to 375°

Crack the eggs into a medium bowl and whisk vigorously with a balloon whisk or in the bowl of a stand mixer until frothy and lightened in color, about 4 minutes.

Add 1 tablespoon oil to a 10-inch nonstick oven proof skillet and heat over medium heat.

Add the chips to the eggs, folding gently to coat the chips and let soak for 1 minute.

Pour the mixture into the skillet, using the spatula to spread the potatoes into an even layer, then to loosen the omelet from the sides of the pan, while letting some of the egg mixture fall underneath.

After the bottom of the omelet is just about set, finish cooking in the oven for about 6 minutes. Garnish with chopped chives.



Chef, Ferran Adria

in memoriam

Cyrus Hyde Founder of Well-Sweep Herb Farm



We are sad to note the passing of Cyrus Hyde, on June 19, 2020, at the age of 90. Cyrus was a true friend, mentor and partner not only to the Friends but to many avid herb growers.

He and Louise, his wife of 60 years, grew Well-Sweep Herb Farm from 60 to 120 acres,

and are known for their unique and hard to find herbs. Their work includes a formal Elizabethan Knot garden, display herb gardens, garden events and tours. Cyrus also developed his own unique strains of herbs including Cy's Everblooming Lavender, Well-Sweep Miniature Purple Basil, Well-Sweep Pink Queen Anne's Lace, Well-Sweep Golden Lemon Crispum Geranium, and Cy's Sunburst Lemon Crispum Geranium. According to the company's website, Well-Sweep currently is home to one of the largest collections of herbs and perennials in the United States, with 104 new varieties added in 2019 that brought the total up to almost 1,900 different varieties.

Mr. Hyde was a sought-after lecturer throughout the United States at garden clubs, herb conventions and botanical gardens. He received the Award for Excellence in Horticulture from the Herb Society of America as well as the Otto Richter Memorial Lecture Award from the International Herb Association.

Well Sweep Herb Farm has been one of our Retail Partners for many years and the family will continue to operate the business under the leadership of Cyrus' wife Louise, son David, and grandchildren. Our sincere condolences go out to Louise, David and all the family.

American Horticulture Society Reciprocal Admissions Program (RAP)

Did you know that your Friends membership is your passport to public gardens across North America and entitles you to special admission privileges and discounts at more than 330 gardens throughout North America! Click on this link to find out more about participating gardens. https://ahsgardening.org/wp-content/uploads/2021/03/2021-RAP-Members.pdf

COVID-19 Update: As gardens begin to reopen, many have limited visitation and other new policies in place. Please be patient and as always, call ahead to determine what RAP benefits are being offered at this time. AHS is encouraging RAP Gardens to honor recently expired membership cards for members of AHS and participating gardens whenever possible.



⁺ Friends ⁺ of The Frelingbuysen Arboretum 353 East Hanover Avenue, P.O. Box 2267 Morristown, NJ 07962-2267 Arboretum Leaves is published quarterly by the Friends of The Frelinghuysen Arboretum. | 973-937-8803 | <u>www.arboretumfriends.org</u>

Heather Emelander, *President* Lynn Shavelson, *Vice President* Judith Snow, *Secretary* Erin Rantas, *Treasurer*

The Friends of The Frelinghuysen Arboretum and The Morris County Park Commission invite everyone to participate in their programs. If you require an interpreter for the deaf or other accommodations, please contact us at 973-937-8803 or TDD 1-800-852-7899. Please provide two weeks notice.

Registration Procedure

Please register online at www.arboretumfriends.org, or mail in the form below

with a check payable to:

Friends of The Frelinghuysen Arboretum,

P.O. Box 2267, Morristown, NJ 07962.

Email Lisa Bencivengo with any questions at <u>lbencivengo@arboretumfriends.net</u>.

registration form

• Registrations for Friends' sponsored programs

Use this form to register for the Friends' sponsored programs shown below.

	are accepted on a first-come, first-served bas and will be confirmed when payment is receiv		
•	Credit cards are accepted at our website: <u>arboretumfriends.org</u> . Be sure to follow the Paypal instructions to complete the transaction Bring your receipt to the program.		
•	Make checks payable to "Friends". Mail registration form and checks to: Friends, PO Box 2267, Morristown, NJ 07962		
 In order to receive a refund, cancellations must be made at least 7 days in advance of the program. To cancel your registration, please send an email to <u>cancellations@arboretumfriends.org</u>. Please 		am. Nail Secondary phone 🗆 Work 🗆 Cell 🗆 Other	
	include your name, the name of the program and the number of spaces you are cancelling		
•	For questions or more information, email lbencivengo@arboretumfriends.net.	Would you like an email confirmation?	□ No
	No. attending	SUMMER PROGRAMS	Cost
A Year of E		r of Blooming Bulbs	FREE
Glorious Gr		us Ground Covers – Gardeners' Best Friends	FREE
The Late Summer Gard		ate Summer Gardens of The Cotswolds	FREE
All programs are virtual, you will receive login instructions once you register.			

membership form

Yes, I would like to join the Friends of The Freinghuysen Arboretum.

Name

Address

Address

City

State

Zip

Home phone

Work

Cell

Other

Email

For more information about membership visit arboretumfriends.org



As a member of the Friends of The Frelinghuysen Arboretum you can enjoy discounts at our Retail Partners. Please show your Friends' membership card at time of purchase.

Retail Partners Program

ATLOCK FARM

545 Weston Canal Road, Somerset 732-356-3373 atlockfarm.com 10% discount all non-sale merchandise.

BACK TO NATURE HOME AND GARDEN 3055 Valley Road, Basking Ridge 908-350-7506 backtonature.net 10% discount all merchandise.

BARTLETT TREE EXPERTS

1-877-BARTLETT bartlett.com 15% discount tree feeding.

BLUE MOREL RESTAURANT & WINE BAR THE WESTIN HOTEL

2 Whippany Road, Morristown 973-451-2619 bluemorel.com 10% discount all food purchases.

CONDURSOS GARDEN CENTER

96 River Road, Montville 973-263-8814 condursos.com 10% discount regular retail price on all green goods. Not to be combined with other offers. Offer does not include gift certificate purchases or delivery charges.

COUNTRY MILE GARDENS

1108 Mt. Kemble Avenue, Morristown 973-425-0088 countrymilegardens.com 10% discount all non-sale merchandise.

THE FARM AT GREEN VILLAGE

403 Green Village Road, Green Village
973-377-8703
TheFarmAtGreenVillage.com
10% discount all plant material.
Not to be combined with other offers.

HALL'S GARDEN CENTER & FLORIST

700 Springfield Avenue, Berkeley Heights 908-665-0331 hallsgarden.com 10% off anything with a root. Not to be combined with other offers & excludes fresh flowers.

J&M HOME & GARDEN

201 Main Street, Madison 973-377-4740 jmhg.com 10% discount all plant material. Not to be combined with other offers.

FARMSIDE GARDENS & FLORIST

19 Loomis Avenue, Sussex 973-875-3160 farmsidegardens.com 10% discount all plant material.

METROPOLITAN FARM

119 Hickory Lane, Closter
201-767-0244 metropolitanfarm.com
10% off anything in store.
Not to be combined with other offers; excludes fresh flowers.

METROPOLITAN PLANT EXCHANGE

471 Mt. Pleasant Avenue, West Orange (locations also in Fort Lee and Paramus) 973-736-1997 metroplantexchange.com 10% off anything in store. Not to be combined with other offers; excludes fresh flowers.

MORRISTOWN AGWAY

176 Ridgedale Avenue, Morristown
973-538-3232 agway.com
10% discount plants & selected
merchandise.

NJ DEER CONTROL

PO Box 8365, Red Bank 1-855-DEER GUYS NJDEERCONTROL.com 10% discount for any subsequent applications. Not to be combined with other offers. Free Trial application.

PLANT DETECTIVES

45 US Highway 206, Chester 908-879-6577 plantdetectives.com 15% discount. Not to be combined with loyalty club discount.

RARE FIND NURSERY

957 Patterson Road, Jackson 732-833-0613 rarefindnursery.com 10% of non-sale merchandise purchased will be donated to The Friends.

STEVEN KRISTOPH NURSERY

9 Roberts Road, Millstone Township 732-446-1440 pstevenkristoph.com 10% discount on Azaleas, Rhododendrons, Ornamental Trees, Shrubs & Perennials.

SUNNYSIDE GARDENS

35 Route 206, Stanhope 973-347-3010 sunnysidegardenandgifts.com 10% discount on plant purchase. Not to be combined with other offers.

WELL-SWEEP HERB FARM

205 Mount Bethel Road, Port Murray 908-852-5390 wellsweep.com 10% off Tuesday-Thursday, May-September, excludes Special Event Days and sale items.

WILD BIRDS UNLIMITED®

Denville Commons Shopping Center 3130 Route 10 West, Denville 973 629-7636 www.wbu.com/denville 10% discount off all items

WILLIAMS NURSERY

524 Springfield Avenue, Westfield 908-232-4076 williamsnursery.com 10% discount on all non-sale merchandise.