### GARDENERS’ GUILD OF BRAINTREE

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### Meetig Details

<table>
<thead>
<tr>
<th>Program:</th>
<th>“Just Cook (Cooking from the Garden)”</th>
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<tr>
<td>Guest Speaker:</td>
<td>Paul Split</td>
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Guest presenter Paul Split will WOW audiences with his presentation "Just Cook (Cooking from your Garden)” at the next Gardeners Guild of Braintree (GGB) program on October 3, 2016 starting promptly at 7:30 - 9 pm. Paul Split is a popular speaker who specializes in organic herbs, vegetable and flower gardens. The many ways of harvesting and using herbs will be discussed. During this entertaining presentation, Paul will cook up an amazing fresh pasta sauce with fresh herbs, salad with herb vinaigrette and artisan bread with herb butter for a dinner sampling prepared right before your eyes. Homemade herb vinaigrette or herb seeds will be raffled off at the meeting. Bon Appetit! This presentation is open to the public with a donation of $5.00 for members and $10.00 for non-members, payable at the door. **All GGB members and guests should RSVP to rsvpggb@gmail.com** so that Paul will have ample provisions for all members and guests.

<table>
<thead>
<tr>
<th>Date:</th>
<th>October 3, 2016</th>
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<tbody>
<tr>
<td>Time:</td>
<td>7:00 pm Gardener’s Guild Business</td>
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<td></td>
<td>7:30 pm Program</td>
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<tr>
<td>Place:</td>
<td>Masonic Temple</td>
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<td>403 Washington Street</td>
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<td>Braintree, MA 02184</td>
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**Membership and Remembrance Hostesses:** Stephanie Minchello and Cathy Toohey

**Hospitality Hostesses:** Linda Cozzens and Lynda Mitchell

**Bakers:** Cathy Avelino, Donna Banville, Gail Burns, Nina Egan and Judy Caristi

**Hospitality Chair:** Sarah Sciascia

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### Contact:

- Regina Zahran
- Corresponding Secretary
- rmzahran@yahoo.com

If you have events, news, stories or photos to share, please send them to rmzahran@yahoo.com.

Deadline for the next e-newsletter is October 16, 2015.
**GGB MEETING DATES**

Meetings are held the first Monday of the month ~ October through May

**2016**

**October 3**  Just Cook (Cooking from the Garden)

**November 7**  Herb Gardening through a Sustainable Lens

**November 28**  Christmas Greens Workshop

**December 4**  Boutique and Holiday House Tour

1 Marianelli Court

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**2017**

**January 9**  Potluck and Brown Bag Grab Auction at the Bean Museum

**February 6**  Workshop: Sustainable Gardening and Growing your own Micro-garden

**March 6**  Botany for Gardeners

**April 3**  Getting Started - Getting your Garden Ready for Spring

**May 1**  Annual Spring Banquet

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**PRESIDENT’S CORNER**

Hi Everyone:

I hope your summer was filled with new garden projects and lots of new adventures. Please join us on Monday, October 3rd as we kick off another year of amazing Guild programs and activities.

We have some great programs scheduled this year thanks to Rochelle Moore, our Vice President and Program Chairperson, who has thoughtfully planned out our 2016-2017 member programs.

Regina Zahran, our Corresponding Secretary will continue to provide us with our very informative monthly newsletter, the Magnolia, making sure we are always kept up to date on club activities.

Please mark your calendars for December 4th: The Guilds' Holiday House Tour and Boutique. Lots of updates to come. Ann Moore and Sandy Young are our co-chairs for the house, Kerri Eck for the boutique and Sue Ghiloni coordinates ticket sales. It is going to be another great year for the Guild. Prior to December 4th, we will all gather at the town hall on Monday, November 28th with Barbara Black and Lynda Mitchell, our creative directors and greens co-chairs, for our Greens Workshop.

School Gardens and Community Outreach are both important initiatives for me personally. Please consider supporting Braintree's school gardens and participating in the Guilds' Community Outreach activities. We have a Community Outreach activity scheduled for Wednesday, October 5th at Grove Manor making fall centerpieces with the residents. Also, Project Prove is in need of used tools and soaker hoses for their new garden at the high school. Come see me for more information.

And, again, as always, my message is that this is your garden club. If you have an idea or suggestion, a critique or complaint, please contact me or any board member. You have a voice and we are listening.

Best,

Joan

jhutcheon@yahoo.com

781-843-0084

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**COMMITTEE UPDATES**

**Creative Potpourri**

Welcome autumn! It reminds us that it is now time to focus on our major annual fundraiser, the holiday house tour/boutique -- only two months from now.

The showcase home on Sunday, December 4th will be at 1 Marinelli Court (off of Middle Street near the Braintree Hills Condominiums). The theme this year is “An Artistically Classic Holiday” aptly named for the artistically talented homeowners, Christy and Frank Marinelli. Five-year-old Frankie is also excited about helping to decorate his room.
The Guild has 10 areas of this elegant and spacious neoclassical home in which to perform its holiday magic, so at the very least every committee member is needed. Christy has offered to design and create the foyer and kitchen centerpieces as well as to provide a tree in the dining room for guild members to decorate with her collectible ornaments. She will also decorate the master bedroom as a look-in only. Her preferences are traditional Christmas colors.

This promises to be a very well attended event and we are working out traffic and parking considerations. We are always open to suggestions or recommendations and are excitedly looking forward to another successful holiday season opening event.

We look forward to seeing you all at the 2016 Holiday House!

*Your Creative Potpourri Co-Chairs,*
*Ann More and Sandy Young*

**Ways & Means**

We have been busy over the summer months recruiting new vendors and securing many who have participated in the past in the Holiday Boutique. The hours of the event will remain 11:00 am - 4:00 pm to better line up with the Holiday House tour hours. Many of our favorite vendors will return!

*Kerri Eck, Karen Connelly, Diane Hanlon, Lisa Reid and Ginny Quinn*

*Ways & Means Committee*

**Community Beautification**

Thanks to all members who were so responsible in planting and maintaining the gardens scattered around town. They were all beautiful — that is until the drought struck some! But some were more fortunate to have been watered and weeded and they still look breathtaking. It really is a pleasing sight to ride by Furlong Park and see it still in full blossom. They all show Gardeners Guild of Braintree pride and again we were able to beautify our Town! We appreciate all your efforts!

*Lucille Barton and Maggie Johnson*

*Co-Chairs, Community Beautification*

**Publicity**

We have been busy getting notices out regarding the scholarships that were awarded last spring to two Braintree High seniors, the upcoming October meeting, the “Save the Date” for the Holiday Hour Tour & Boutique as well as an article about the school gardens. Braintree Public Schools have received the annual book donation from the GGB and we have started working on our first article about the Holiday House Tour and Boutique. All press releases are sent to the Braintree Forum, Patriot Ledger, Braintree Advertiser, Braintree Patch, BCAM and will appear on the GGB website and Facebook page.

*Steph McLaughlin, Kellie Moore Noonan and Tina O'Brien*

*Co-Chairwomen, Publicity*

**COMMUNITY OUTREACH**

On Saturday, September 17, 2016, the GGB presented at the Community Tent at the weekly Braintree Farmers Market. Several GGB members volunteered or stopped by to visit: *(l to r in photo)* Phyllis Field, Gail Burns, Joan Hutcheon, Carolyn Mahoney and Chris McIntyre. It was a beautiful day. Lots of information was shared about the GGB such as Community Outreach Programs of the GGB, Books to Schools yearly donation, Adopt an Island, Holiday House Tour and Holiday Boutique and GGB itself for new members.
Since 1992, The Gardener’ Guild has purchased books for all public schools in Braintree. One of the objectives of the Guild is education and that starts with our children. We are all models for them and so we teach appreciation of nature and the earth they live on. This year, Cathy Avellino had the wonderful task of choosing the books. There is a wonderful assortment of relevant topics which will enrich our school’s Media Centers. We have donated a “whole lot of books” over these past years and a tradition that the Gardener’s Guild is very proud of. Books are sent to The Kindergarten Center, 6 Elementary Schools, 2 Middle Schools and Braintree High School. Thanks to Judy Caristi for putting the Guild’s nameplate in each one.

The following list is our contributions for this year.

Cathy Avellino, Lucille Barton, Judy Caristi

**NEW GARDENERS GUILD OF BRAINTREE MEMBERS**

Our members are brought together by a love of gardening, an interest in the purpose of the club and a willingness to share in the club’s activities and responsibilities. We would like to extend a warm welcome to our newest members:

- Donna Bertoni
- Phyllis Field
- Santina Giannino
- Marsha Harvey
- Annette McLaughlin

**BIRTHDAY WISHES**

A very “Happy Birthday” to our members who have special days in September and October:

- Donna Banville
- Barbara Black
- Judith Concanon
- Linda Cozzens
- Phyllis Field
- Maggi Johnson
- Karen Joyce
- Carolyn Mahoney
- Stephanie Minchello
- Tina O’Brien
- Sandy Young
Flowers always make people better, happier and more helpful; they are sunshine, food and medicine for the soul.

Luther Burbank

**PLANT THERAPY**

**News from Plant Therapy**

Carolyn Mahoney, Plant Therapy Chairperson, will feature interesting horticultural therapy and therapeutic horticulture articles in our monthly member newsletters. If you are interested in joining the Plant Therapy Committee, please contact Carolyn at carolynmahoney@beld.net.

**FEATURED TOPIC: HORTICULTURAL THERAPY AND THERAPEUTIC HORTICULTURE**

**Plant Therapy**

This year I hope to take you on a Horticultural Therapeutic journey. Oh boy, what does that mean for the Garden Guild of Braintree? It means you will learn how we can promote well-being and who in the guild doesn’t want to learn about promoting well-being. Most months there will be an article in our newsletter about either Horticultural Therapy and/or Therapeutic Horticulture. This month’s article will define Horticultural Therapy and Therapeutic Horticulture.

**About Horticultural Therapy and Therapeutic Horticulture**

**Horticultural Therapy** (HT) is a formal practice that uses plants, horticultural activities, and the garden landscape to promote well-being for its participants. HT is goal oriented with defined outcomes and assessment procedures. HT sessions are administered by professionally trained Horticultural Therapists. Research indicates that HT is proven to be beneficial in a wide variety of healthcare, residential, school, and rehabilitative settings.

**Therapeutic Horticulture** (TH) is the purposeful use of plants and plant-related activities to promote health and wellness for an individual or group. A TH program leader is trained to use horticulture to promote well-being but goals and outcomes for individual participants are not clinically documented.

Both HT and TH recognize the positive benefits of the interaction between people and plants and gardens to improve cognitive, physical, social, emotional, and spiritual wellbeing.

Now these definitions should have peaked your interest …… more to come next month.

**TIPS FOR OCTOBER: ZONE 6 SEASONAL PLANTING**

- Plant bulbs to their tops are at a depth equal to three times their height.
- Do not prune spring flowering shrubs.
- Mow around fruit trees to eliminate hiding places for rodents.
- Bring clay pots in before a hard freeze.
- Mow over raked leaves before adding to compost pile – they’ll break down faster.
- Start new amaryllis bulbs for holiday blooms.
- Be careful not to overwater house plants now.

Source: UMASS 2015 calendar
**ASK A MASTER GARDENER**

**Q:** What are some recommendations for fall Perennial Garden care?

**A:** The following are a few helpful hints courtesy of the Farmer’s Almanac:

- Water your perennials & flowering shrubs in the fall; they will thank you for it this winter.
- Once the ground has frozen hard, cut perennials back to 3 inches and mulch them with a thick layer of leaves or straw.
- If you plan to put in a new flower bed next spring, cover that area now with mulch or heavy plastic to discourage emergent growth when the ground warms up in the spring.
- Before a heavy snowfall, cover pachysandra with a mulch of pine needles several inches deep.
- Move potted chrysanthemums to a sheltered spot when their flowers fade. Water well and cover with a thick layer of straw to overwinter them.
- When a frost blackens the leaves of dahlias, gladioli, and cannas, carefully dig them up and let them dry indoors on newspaper for a few days. Then pack in shredded newspaper and store in a dark, humid spot at 40°F to 50°F until Spring.

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**FALL GARDENING CHECKLIST**

Essential chores to get your garden, lawn and tools ready for cooler weather.

By: **Felder Rushing**

It’s hot. It’s dry. We’re tired, and have other stuff to do. The TV beckons. How many whiny excuses can we come up with to keep from going outside to get late-summer garden chores done before the chilly weather kicks in?

To be honest, I’m just kinda worn out from a long summer of taking care of the lawn, planting fall veggies and dragging a hose from my potted plants to flower and herb borders. My spring and early summer eagerness to get out and get stuff done is long gone.

_Oops_ – am I starting to whine again? It isn’t possible to savor garden success without earlier planning, planting and tending. The Second Law of Thermodynamics—order goes toward chaos—means we gotta stay on top of things, or things start to fall apart.

Beyond just keeping the lawn mowed and flower beds weeded – and of course planting daffodil bulbs and colorful (and nutritious) kale - here are a few things we can do now, maybe over the Labor Day weekend (in between excuses), to help us enjoy our gardens more later.

**Lawns Need Late-Summer Attention**

Next spring’s lawn weeds can be headed off if we take care of and thicken up the lawn before it starts to go dormant this fall. Here’s what to do:

- Apply a high-potassium winterizer fertilizer soon, to help the lawn prepare ahead of time for its upcoming dormant season.
- Folks in the warmer parts of the country can actually apply a preventive herbicide to kill cool-season weed seeds as they sprout, rather than wait until the stuff is up and growing to try to kill them with sprays that may harm other plants.
- If you overseed your lawn for the winter with rye grass or other cool season grasses, get it done early enough for the seed to sprout, grow deep roots and get established before cold weather sets in.
- Plan now to mow rather than rake fall leaves, as long as you can, as a healthy way to “feed” the worms that take the leaf matter down deep into the lawn and tree roots.
When leaves get too thick to mow into oblivion, rake, blow or bag them for the compost or leaf pile later. If you don't have a compost bin, make a leaf pile—and let neighbors know your intentions are good.

**Composting and Rain Barrels**

Speaking of compost, be careful if you collect bagged grass clippings from neighbors who may use weed killers and fungicides, which can cause problems in your compost pile. My compost pile is finally almost used up, what with putting it on flower beds and spreading it around under shrubs. But early fall colors in neighborhood trees are telling me it won’t be long before the good stuff starts falling once again, and I'll be raking or bagging and hauling to my bins.

- If you can, lay plastic sheeting (or, in my case, an old shower curtain) underneath a new compost pile to help keep tree roots from growing up into the compost (a very common problem with bare-ground compost piles).
- I always throw old compost onto the top of new material, to “inoculate” the fresh leaves and grass clippings with beneficial bacteria to help jump-start the composting process.
- To keep rain barrels from getting stagnant and stinky, use up any old water and clean the barrels before fall rains start to refresh and replenish them.
- While you are fussing with rain barrels, check gutters to make sure they aren’t clogged with old gunk that can cause them to overflow when new leaves start to fall.

**Fall and Winter Veggies and Herbs**

- The “regular” garden, where we grow our vegetables and herbs and a few cut flowers, should be cleaned up by now, with leftover plants pulled and composted, and weeds pulled, hoed or simply over and dug into the soil.
- Rhubarb can be cut down now, and asparagus ferns can be cut, composted and a fresh layer of natural tree leaf mulch added to keep the area neat and weed free over the winter. I always add a handful of daffodils and other spring bulbs at the ends and scattered randomly in the asparagus bed for a little spring “happy” in an otherwise visually-empty spot in the garden. Why not?
- Soil can be worked up this fall with compost or chopped tree leaves to it, rowed up, and covered with mulch, so it will be ready to plant as early as possible in the late winter and spring. One of the easiest fall opportunities is through sowing seeds of ryegrass, vetch or clover over freshly dug soil, which will grow all winter, absorbing nutrients from the ground and growing a nice crop of both leaves and roots. When turned under in the spring, this “green manure” will give your summer garden a really nice boost in organic matter.
- Though in most of the country it’s too late to set out broccoli, cabbage, Brussels sprouts, beets and carrots, and other plants that need three or four months to mature, a lot of gardeners can get in one more planting of colorful lettuces, turnip and mustard greens, and set out plants of cold-hardy collards and kale. It’s also time to push garlic clover a couple of inches into the soil in double rows (and, like with asparagus, add a handful of daffodil bulbs just for the fun of it).
- Hopefully you have collected a few seeds of heirloom tomatoes, peppers, beans and other valuable “open pollinated” plants, to plant next year or to share with neighbors. This is a great time to check out online seed company sites to get in your orders early before favorite plants are sold out. Share favorite web sites with friends.

**Care for Tools and Equipment**

- Clean tools thoroughly before putting them away for the winter. Wash off caked dirt, and coat both metal parts to prevent rusting, and add linseed oil to wooden handles to keep them from drying out and cracking. Double check what you used this season to see if any needs replacing over the winter.
- Drain gas from power equipment engines to keep them from gumming up and causing problems when cranking the first time next year. Loosen the spark plug, add a drop of oil to the firing end, and replace. Check air filters to make sure they are clean.
- Finally, if you don’t know whether your soil is acidic or alkaline, or to find out if your garden has any nutrient deficiencies—or if you are overdoing it already—take a soil sample to your county Extension office to send off for testing. While there, pick up any publications you may want on pruning, plant selection, pest and diseases, or other interesting fact sheets.

**General Fall Tasks**

In addition to planting spring bulbs and the aforementioned kale, set out a few winter-hardy annuals, including violas, and rework and mulch the beds you will leave bare over the winter.
- Get potted plants ready to be brought indoors. The warm, moist soil of potted tropical plants is ideal for ants and other small critters to snuggle into for fall; keep unwanted hitchhikers from being brought in by flushing the soil with several waterings, a few minutes apart. Clean up faded or dead leaves, spray the undersides of remaining foliage with clear water to remove any spider mites or other lurking pests, and apply fresh mulch to the soil surface to prevent tiny potting soil-eating fungus gnats from swarming in the house later.
- If your garden shed or tool closet looks anything like mine, with gear and supplies pulled out and hastily stuffed back in over the summer, reorganize and neaten it before winter. Most unused insecticides and fungicides quickly lose strength after first being opened—safely discard those you won’t be saving until next year. And take it from my own experience: watch out for wasp nests that may have been built in the eaves over the summer!
- Watch for biting and stinging bugs outdoors. Wasps get a bit frantic in the fall. And if you love taking long walks along trails through fields and in the woods in the autumn, remember that ticks, chiggers and other critters are more active after a long, hot, dry summer. Wear insect repellent, and check later for any that may have made it up your pant legs.
- Finally, visit a local farmers’ market for late-season bargains on fresh vegetables, herbs, fruits, jams, jellies and other farm products. See when the pumpkins will be arriving for fall landscape decorating.

Main thing is you don’t have to be the proverbial lazy grasshopper, putting things off to play in the sun while the busy ant works itself into a tizzy trying to get ready for winter. Just find a happy medium that you and your garden can live with without having to rush it all later.

### HOW TO PROTECT TENDER PLANTS

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<th>Softwood cuttings are taken from soft, new growth at the tips of nonflowering shoots, produced in spring and early summer. Most root in six to eight weeks. Softwood shoots wilt quickly; take cuttings early in the day before the sun gets hot.</th>
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<td>Wrap tender plants if frost threatens. Cover plant loosely, and tie securely to the pot to keep it from blowing away.</td>
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#### Step 1: Protect Plants From Frost

Plants in containers are easy to protect on unexpectedly cold nights in spring or fall. Small pots can be moved indoors, while covering crops in larger containers is an effective way to prevent damage. Half-hardy crops, such as tomatoes, peppers, zucchini and runner beans, are particularly vulnerable to frost damage, even when acclimatized to outdoor conditions, and need protection. It is also worth covering many early spring sowings and leafy fall crops to improve their performance.

#### Cloches and Horticultural Fleece

Designed to keep out the cold, traditional cloches are made of glass, but plastic alternatives are easier to use and safer for crops in containers. Bell-shaped designs are suitable for covering a pot full of young plants, while longer tunnels are useful for raised beds and growing tables. Sheets or tubes of horticultural fleece will protect plants of any size; either support it on wires or stakes, or just drape it over plants.

#### Providing Suitable Conditions

Centrally heated houses are challenging because these plants don’t enjoy hot, dry air. Place them in a relatively cool room, away from radiators and drafts; and windowsills will be too cold at night in winter for many tender crops. Increase the humidity by placing pots on dishes or trays filled with gravel and water. Water plants sparingly and do not feed chili peppers during winter since they do not grow strongly in low light levels. Apply a winter citrus fertilizer every two weeks to citrus trees.
Step 2: Overwinter Tender Plants

All citrus trees, including tangerines, must be overwintered in a cool room indoors with plenty of daylight to encourage the fruits to form and ripen.

Most fruit and vegetables that are not hardy are grown each year from seed as annual summer crops. However, it is worth overwintering citrus trees and chili plants indoors, not only because they won’t tolerate the cold, but also because they produce welcome fruits in winter. Bring in plants before the first frost and place them in a bright room, such as a cool conservatory or porch.

4 FALL GARDENING TIPS THAT WILL SAVE YOU MONEY ALL YEAR LONG

Though spring gets all the garden-center glory, fall is a far better time to invest in your landscape. Doing the work now can save you a bundle in upfront costs—and it will continue to pay dividends all year. Not only do autumn plantings require less water and fertilizer, they also will have that much more time to get established before the withering heat of summer, which in warm climates can easily kill new plants. Although even where summers are milder, fall planting is lower cost and lower risk. Here’s what to do:

1. **Pick Up Plants For Less**

Many nurseries put their stock on sale in the fall to avoid storing it over the winter. You can save 40% to 50% off the price of plants, grass seed, even tools. Don’t worry if plants have a few brown leaves. Remove them from their pots and make sure the roots are vibrant and not mushy.

Better yet, skip the nursery and get your plants for free. Fall is the best time to “divide” spring-flowering perennials, such as day-lilies and peonies. You can literally cut a piece, roots and all, off your favorite specimens from the yards of friends and neighbors (with permission, of course) and pick a spot for them in your yard. This process is beneficial to the original plant, and something colorful that would otherwise set you back $10 to $20 or more costs absolutely nothing. (See [burpee.com](http://burpee.com) for instructions.)

Just make sure to get everything in the ground at least six weeks before your average first ground-freeze date; ask at a local nursery.

2. **Grow a Healthier Lawn**

Weed seeds don’t germinate in the fall, so you get a grace period now to get a new lawn started without competition. Fall’s typically cooler and rainier weather is on your side for turf that will be thick and strong enough to out-compete most weeds in spring. Wait to seed until then, on the other hand, and you’ll probably have to repeat the treatment, at $50 to $100 a pop.

3. **Fertilize Beds**

Feeding your garden now could halve the amount of money and time you’ll spend fertilizing and watering over the next year. That’s because even as air temperatures drop, the ground remains warm, encouraging plants to focus their energy on root growth. Healthy roots mean more robust, more drought-resistant plants. Use a fertilizer with high levels of root-growth-promoting potassium (about $50 for a quarter- to half-acre lawn; a local nursery will know the right formula for your area).

4. **Save On Spring Blooms**

Fall is the only time you can plant spring-blooming bulbs such as daffodils, tulips, lilies, and hyacinths. Share a bulk order with your neighbors or guild members and you can drop the cost to about 50¢ a bulb, vs. $1 or $2. And nothing could be easier: Dig a small hole, drop in a bulb, cover with soil, and enjoy colorful flowers in the spot for years to come.
How to Winterize Your Lawn

Learn what to do to prepare your lawn for winter. Taking the right steps in fall prepares your grass for quick spring greening.

Keep your turf in tip-top shape by preparing it properly for winter. This process, known as winterizing the lawn, involves simple steps that don’t require lots of time or money. When you winterize a lawn, you’re paving the way for lush, healthy spring turf.

The first step in winterizing a lawn is knowing what type of grass you have. Warm-season turf includes Bermuda, centipede, St. Augustine and zoysia. Cool-season turf usually contains fescue, Kentucky bluegrass or perennial ryegrass. Both warm- and cool-season grasses benefit from specific actions in fall to prepare them for winter.

Cool-season grasses grow most strongly in fall. Many lawn care experts recommend that if you choose to fertilize your cool-season lawn only once each year that you should do so in fall. The lawn fertilizer typically available in fall is called winterizer fertilizer. In most locations, you should aim to apply winterizer fertilizer in October or November. Check with your local extension service or garden center to time it right for your region.

The reason that fall fertilizing is so effective is because plants respond to external triggers in fall to start the process of preparing for winter. These triggers are things like day length and temperature changes. As days shorten and air becomes cool, plants—including turf grass—respond by slowing growth and shifting food reserves from leaves to roots. Although air temperature continues to fall, plant roots remain active in soil. This is true of many different kinds of plants, including grass.

Shifting excess nutrients to roots is the secret to plants’ return each spring. Those stored food reserves fuel the spring wake-up. The same is true of your lawn. By fertilizing grass in fall, you’re feeding the active roots and giving them even more nutrients to store for winter.

When spring arrives with longer days and warmer air, grass blades sense the seasonal change and respond by kicking into growth gear, drawing upon those food reserves. Grass that is fed in fall greens up quickly in spring, growing thick and lush. A thick lawn crowds out weeds.

When winterizing a lawn, fertilizing is most critical for cool-season grasses. Treat warm-season lawns differently. In regions where late fall brings freezes, warm-season turf grass typically goes dormant in winter. In these areas, do not fertilize warm-season grasses after September 1, or you risk fueling new growth that will be damaged by freezes. This type of damage makes roots more susceptible to stress and damage.

In mild winter regions, warm-season grass stays green through winter. In these areas, you do want to fertilize the lawn in early autumn. Apply a fertilizer with a slow-release nitrogen source at modest rates to fuel long-term steady grass growth—which crowds out winter weeds.

With all lawn fertilization, don’t just do it mindlessly. If you already have a lawn that’s healthy and thick, and if you’re not sure when the last time you fertilized was or if you even need to fertilize, take a soil test. That’s the most definitive way to apply the right amount and type of fertilizer.
NOVEMBER MEETING SNEAK PEEK: HERBAL EDUCATOR

November 7, 2016  “Herb Gardening through a Sustainable Lens”

Guest Presenter:  Norma Weinberg

The meeting will feature Norma P. Weinberg, herbal educator, writer, speaker and master gardener, who will lead a discussion on "Herb Gardening Through a Sustainable Lens." Norma will discuss what it means to be a sustainable gardener, detail the features that make a garden low maintenance and eco-friendly, and explain how herbs offer a myriad of benefits toward making a garden more sustainable.

Norma Weinberg lives in Harvard Square and Cape Cod’s Lake Wequaquet. An herbal educator, writer, speaker, master gardener, and ‘what grows where’ world traveler, she has written multiple resource books, including Herbal Secrets for Gardeners, Natural Hand Care, Henna from Head to Toe, Natural Remedies for Carpal Tunnel Syndrome, Herbal Hand Creams and Salves, and The Herbal Home Spa. She is the originator of the cable television series “herbsdottir” and is the founder of the Healing, Herbal Medicine and Cancer Conference. She is also a former chair of the New England Unit of the Herb Society of America and a regular contributor to Pennyroyal Papers; her column, "The Herb Traveler," takes readers around the globe for insights into the ethnobotanical uses of a country’s varied gardens and how plants are used for food, clothing, shelter and medicine.

GGB is on Facebook Are you on Facebook? If so, don't forget to "Like" Gardeners' Guild of Braintree to get updates, reminders and to see some great photos from past events. Contact Gail Ritz to add anything to the facebook page.