



The Garden Club of the Upper Keys

News & Notes

November 2021

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General Membership Meeting

Please join us at the Francis Tracy Garden Center on Tuesday, November 16 for our monthly General Membership meeting. We are so excited to meet at the clubhouse again rather than remotely via Zoom!

We will have a social hour from 10-11 AM. We plan to hold the social hour outside, with refreshments (coffee and pastries) available inside to pick up and take outdoors so we can gather with less risk. The presentation and meeting will commence indoors at 11 AM due to the significant road noise as well as difficulty in controlling the lighting for the projector; wearing masks indoors is recommended.

Meeting Agenda

- **Call to Order and Welcome:** President Kathy Janco will welcome members to our November meeting.
- **Guest Speaker:** Kathy will introduce our guest speaker, Emma Haydocy, Executive Director of Florida Bay Forever.
- **Guest Speaker Presentation: Restoring Florida Bay: An Everglades Overview.** Emma will discuss recovery and progress since the devastating seagrass die-off that plagued the watershed in 2015. A brief introduction to her presentation is provided below.
- **Business Meeting:** Presiding over the business meeting, President Janco will share recent Board actions and decisions.

Restoring Florida Bay: An Everglades Overview

Florida Bay has seen recovery and progress since the devastating seagrass die-off that plagued the watershed in 2015. Join Emma Haydocy with Florida Bay Forever to learn about Everglades hydrology, ecology, and restoration efforts. She will also provide an update and overview on the work of Florida Bay Forever, including information on their new home and endeavor at the Green Turtle Hammock Nature Preserve.

Emma Haydocy is a passionate advocate for the Everglades who spent several years working for the National Park Service before finally settling in the Florida Keys to make Florida Bay her backyard. She has extensive experience working in the nonprofit sector and is excited to amplify the voice of the Florida Keys to save Florida Bay for future generations.





~~~~~  
*Wishing you and  
 yours a wonderful  
 and blessed  
 Thanksgiving!*  
 ~~~~~

From the desk of President Kathy Janco ...

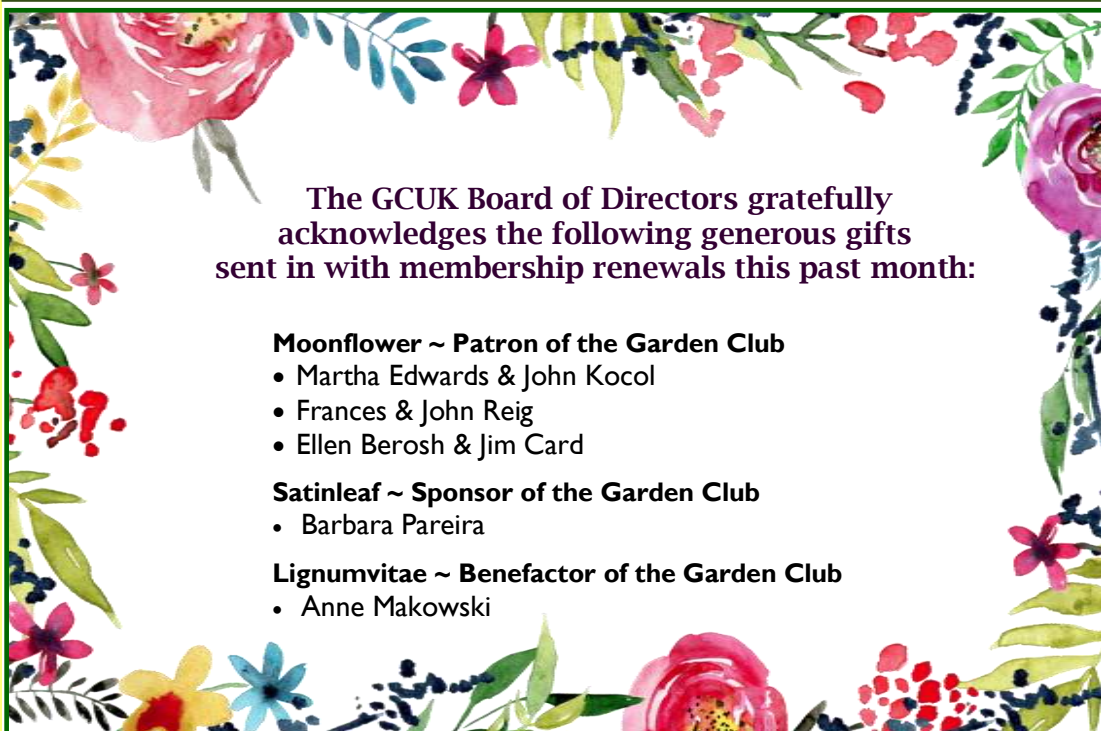
I am looking forward to having our November general membership meeting in person at our beautiful garden and clubhouse. It will be nice to have some face-to-face social time.

We have worked so hard over the last two years to maintain our historic Garden Club of the Upper Keys. It has not been easy because of COVID-19. But the reward of knowing we are continuing many of the traditions of the members that come before us since 1952 makes me proud to be part of something so grand.

I hope we will be able to with each passing day get more and more time together. We have a great membership and I have missed spending time together. I do want to thank you so very much for maintaining your membership during these difficult times. We have such a wonderful group.

Wishing you and yours a wonderful and blessed Thanksgiving.

Sincerely,
 Kathy



**The GCUK Board of Directors gratefully
 acknowledges the following generous gifts
 sent in with membership renewals this past month:**

Moonflower ~ Patron of the Garden Club

- Martha Edwards & John Kocol
- Frances & John Reig
- Ellen Berosh & Jim Card

Satinleaf ~ Sponsor of the Garden Club

- Barbara Pareira

Lignumvitae ~ Benefactor of the Garden Club

- Anne Makowski

The Garden Club
 of the
 Upper Keys, Inc.
 at
 The Francis Tracy
 Garden Center
 94040 Overseas Hwy.
 Key Largo, FL 33037

Mailing Address
 P.O. Box 373
 Tavernier, FL 33070

Board of Directors

President - Kathy Janco
 V-President - Laurie Brooks
 Treasurer - Anne Makowsky
 Secretary - Laura Hartner
 Directors of:
 Fundraising - Kathy Holmes
 Hospitality - Betty Ann Gear
 and Fran Reig
 House - Christine Hudson
 Membership - Charlene
 Regenhardt
 Program - Patti Graham
 Property - Vacant
 Publicity - Pat Uhl

Are you a Gardenista?

A "Gardenista" is a person who loves outdoor spaces and garden design. At GCUK, we love to garden, to enjoy designing our garden spaces, to enjoy the results of our gardening efforts and to share our love of gardens with others.

If you want to let others know your love of gardens, you can proudly proclaim it by wearing a "Gardenista" t-shirt! We are having a clearance sale of long-sleeved t-shirts pictured below for the price of \$10 each. Available sizes are Small, Medium, and X-Large and are limited in quantity. You can purchase the shirt at the clubhouse at our next General Membership Meeting.



Volunteers Needed for Gingerbread Craft Market!

Homemade baked goods, as well as other crafty items and plants, are needed for our Gingerbread Craft Market on Saturday November 27 from 9AM to 4PM.

Baked Goods

Cakes, cupcakes, coffee cakes, tea breads, cookies, gingerbread men and women, bar cookies, biscotti, jam, jellies and other baked goods. PLEASE no store bought items. We found that single serving sizes and smaller cakes and loaves sold better than large cakes and pies at the last event, so please keep that in mind.

Identify your baked goods by main ingredients and bring them to the clubhouse in a sealed container. Please do not bring items needing refrigeration, we have limited refrigerator space and these items deteriorate when sitting out on the day of the sale. IF THEY CONTAIN NUTS please make sure it says "contains nuts" on the label.

We have purchased a variety of packaging products such as small bakery boxes (4x4, 6x6, 8x8, and 10x10 inch; most are about 3 inches tall). We also have plastic cups appropriate for single cupcakes or muffins and small plates appropriate for several small cookies. You can use packaging materials at the clubhouse or package attractively before bringing them, it's your choice.

Craft Items

We need a leader and small team to help organize and setup craft items. If you bring craft items, please suggest a selling price for these items. Be aware that we will most likely discount items that haven't sold by mid-afternoon. Also, please indicate disposition of any items that don't sell; we will assume you want them returned to you.

Plants

We need a leader and small team to help organize and setup the plant sale items. We could possibly lift and pot some items from our property such as offshoots of aloe vera and volunteer wild coffee

plants if anyone is willing. Plants can be housed inside the screened plant nursery until sales day; we will likely set up a table outside of the plant nursery on the day of the sale.



Help needed Prior to Sale

Kathy Holmes plans to lead the decorating team on Monday and Tuesday of that week (November 22-23). We will also be setting up general sales areas for baked and craft items. We will have a sign-up sheet at the General Membership Meeting November 16. Please offer to help—many hands make light work!

We are asking for non-perishable items to be brought in on Tuesday afternoon, if feasible. That will enable us to price and stage these items early so that we can focus on receiving and pricing baked goods, which we will receive, package (if needed), and price on Friday, November 26, from 1-4 PM.

Help needed on Day of Sale

We need volunteers for 4 hour shifts on Saturday to help with the sale. We will have a sign-up sheet at the membership meeting on November 16. Suggested shifts are 7-11 (includes setup), 11-2, and 2-6 (includes cleanup). We need:

- Cashiers (at least 3 per shift, one for plants and one at each door to the clubhouse)
- Helpers for plant sales (one per shift, one of the cashiers is for plant sales)
- Helpers at the kids craft table (one per shift)
- Helpers to support inside baked goods and craft sales, including making coffee, tea, straightening tables, answering questions, etc. (at least 2 per shift)

A note from the editor...

This edition of *News & Notes* has a variety of topics, from conservation to upcoming events! Our guest speaker Emma Haydocy is going to tell us about restoration in the Everglades, its impact to the Florida Bay, and the organization Florida Bay Forever, including plans for the organization's new home at the Green Turtle Hammock Nature Preserve. Both of our organizations have missions related to preserving the natural beauty of the Florida Keys and I hope we can find some ways to collaborate in the future.

I visited the Green Turtle Hammock a few weeks ago and indeed, it is a special place where natural plants and trees abound. The natural beauty of our own little property in Tavernier is one of the things that attracted me to become a member of GCUK.

Our Gingerbread Craft Market is only a few weeks away (Saturday, November 27) and requires a lot of planning and organizing to be successful. The previous page outlines the support that Kathy Holmes will need from all of us to make the event a great success. I have been busily making some non-perishable items to sell, including jelly from our own American Beautyberry shrubs that we planted in the Pine Rockland Garden in 2019. Those two native shrubs produced little berries all summer. Our friend and fellow GCUK member Deb Riolo supplemented the supply with berries picked from her plants at home so that I could make several batches of jelly for the craft market.

So naturally I couldn't resist making the American Beautyberry the Plant of the Month (page 7), and I also shared the jelly recipe on page 11 for anyone wanting to make a batch. Speaking of jelly from native plants, I also have enough juice to make a small batch of seagrape jelly, so I shared that recipe too!

Following on the heels of the Gingerbread Craft Market, we will have an Open House the following Saturday (December 4, 2-4 PM). This will enable us to attract members of our community (some of which may have stopped by for the craft market) to tour our wonderful clubhouse and property and learn more about our club. We believe it will help us gain

new members in an atmosphere that is casual and personable. We are also inviting the three businesses that donated many native plants to our club in support of the TDC Grant project. They are named in the Thank You notice below and on the bulletin board of the kiosk at the clubhouse. Due to their generosity, we nearly doubled the variety of native plants in our gardens. Please see the announcement on page 6. We hope you will attend this fun event to welcome new potential members to our club!

Thanksgiving is fast approaching! It is a time to reflect on the many things we are thankful for. On that note, a huge THANK YOU goes out to GCUK member Debbie Sue Jonas for her tireless efforts planning and organizing the Pop-Up Yard sale last week! She recruited a magnificent team comprised of many of our club members to execute a highly successful event. A few pictures and list of members who supported the yard sale is provided on page 10. A big Thank You to all!

I wanted to wrap up this note by conveying how grateful I am for the friendship and collaboration of *all* our GCUK members. I'm looking forward to seeing everyone at the *Holiday Greetings in the Garden* that Patti and our board members are organizing (see page 5)!

Cordially,
Charlene Regenhardt

Thank You

for your generous donation of plants
to enhance our TDC Grant...



Casey's Corner Nursery & Landscaping
31877 SW 197th Avenue
Homestead, FL 33030

Island Home & Garden Store
88720 Overseas Highway
Tavernier, FL 33070

D'Asign Source
11500 Overseas Hwy.
Marathon, FL 33050



Notes from the Directors...

HOSPITALITY CO-DIRECTORS Betty Ann Gear and Fran Reig need volunteers for upcoming meetings at the clubhouse. Assistance includes helping set-up and clean-up refreshments at monthly General Membership meetings and special events. You can volunteer for specific months or for the entire club year. It's a great way for new members to connect with others and be active. If you are interested in helping out, please call Betty Ann or Fran.

HOUSE DIRECTOR Christine Hudson continues to ensure all of the indoor equipment—from fire extinguishers to AC units—are functioning properly and efficiently. Please, let Christine know if we are running low on any clubhouse supplies, if something gets broken, or if anything needs special attention.

PROPERTY DIRECTOR: Due to an unexpected matter that requires a significant amount of travel out of town, Nancy Perez needed to resign her position and Laurie Brooks, Kathy Janco, and Charlene Regenhardt are overseeing it until a new property director is assigned. We have scheduled property workdays for the first Tuesday (9AM– 11AM) and the third Sunday (11AM-12PM) of each month. The workdays and Adopt-a-Bed initiative has lightened the load for this vital position, but we need a volunteer who is willing to ensure the property is cared for. Please contact Laurie or send a message to gardclubupperkeys@gmail.com if you are interested in serving as Property Director.

VICE-PRESIDENT AND DIRECTOR OF COMMUNITY OUTREACH AND EDUCATION Laurie Brooks continues to set up meetings for the Florida Keys Native Plant ID class with Jim Duquesnel. The October 19 class was cancelled. The next class will be November 16 from 5:30 to 7:00 PM. Jim Duquesnel will be presenting on vines (part 2).

Laurie continues to participate in the Workdays for the REEF gardens, as well as the workdays for the clubhouse gardens. The next workday for REEF will be November 21 (3rd Sunday of the month) from 10 to 11 AM, followed by a workday session at GCUK from 11 AM to noon.

Laurie also continues to support the Ocean Studies Charter School's gardens and is currently working on a committee to create an outdoor classroom (trails, kiosks and signage) for the Hammock. The eco-environment planter gardens in front of school are doing well as is the water garden in back.

The Master Gardener Plant Clinics continue to be held at our clubhouse on the third Wednesday of the month. The next one will be November 17th. Plant Clinics have

resumed at the Murray Nelson building and the next one will be December 1st from 9 AM until noon.

Laurie encourages everyone to continue to send her ideas for community outreach/inreach – particularly ways to partner with youth in our community.

New Invasion Science Website by UF

University of Florida has launched a new website on Invasion Science: <https://invasionscience.ufl.edu/>.

Invasion Science is focused on preventing an incident of invasive species before it starts. Separate from the [Invasive Species Program](#) website, the purpose of Invasion Science is to bring together professionals with specialties in different aspects of invasive species (from science, to accounting, and more). While directed to the science-focused stakeholder audience, the text aims to also be “reader friendly” for the layperson.



Save the Date!

Holiday Gathering in the Garden

Tuesday, December 14

11:30 AM

Mark your calendars for our annual holiday luncheon. GCUK will provide a variety of foods. The event will be held outside in the gardens, weather permitting. Members can participate in a gift swap (bring a gift, get a gift, valued at \$10-15). Additional details will be provided in the coming weeks. RSVP will be required.

PROGRAM DIRECTOR Patti Graham has been lining up speakers for our General Membership meetings. Next month's General Membership Meeting on December 14 is our annual Holiday Luncheon. We will not have a speaker at that meeting; presentations will resume in January.

Due to the large number of upcoming events, including the Gingerbread Craft Market and Open House, we will not have a Garden Get-together in November. For our Garden Get-Together on October 25, Laura Hartner instructed Deb Riolo, Suzy Cushman, Darlene Rota, and Charlene Regenhardt on how to make kitchen tea towels with leaf and floral patterns. Most of these towels were given back to Laura to be sold at the Gingerbread Craft Market. Patti plans to have a December Garden Get-Together with Pat Saunders, who will show members how to make a small Tropical Holiday table arrangement. Date TBA.

Patti is also looking for various "in-reach" activities to be held at the clubhouse. Patti continues to work on planning potential programs and field trips. She hopes to have our Members Garden Walk in March and would like anyone interested in featuring their garden to contact her.

PUBLICITY DIRECTOR Pat Uhl has been working with Kathy Holmes and Patti Graham to support publicity efforts for upcoming meetings and fundraisers. She posts information and photographs regularly on our Facebook page and works with Lonell Rice and Amy Jorgenson on website updates.

Pat has also been actively involved with preparing fliers and e-mail blasts for supplemental fund raisers and is working on plans to update and supplement the club's existing brochures. She is also working with a committee to update our sign along US-1.

FUNDRAISING DIRECTOR Kathy Holmes continues to plan for our signature fundraisers: the Gingerbread Craft Market (Saturday November 27, 2021) and Garden Walk (Saturday, February 19, 2022). These two events require support from the entire membership. Please consider how you can be a part of these events and call her to volunteer to help with these important fundraisers! She will have sign-up sheets at the November General Membership meeting to solicit help with baking, decorating, and staffing the Gingerbread Craft Market.

Kathy also organized our supplemental fundraising effort with Sweetest Knights and provided the information to send out in the recent email announcement. She continues to look for effective ways to support fundraising. If anyone has fundraising ideas, please connect with her.

MEMBERSHIP DIRECTOR Charlene Regenhardt continues to process membership forms. A big "Thank You" to those who promptly submitted their dues! As of November 10, 66 members have submitted their member-

ship forms. If you have not yet mailed yours in, please take the time to do so today, as they are now overdue.

Charlene is working with Laura Hartner to plan and organize the upcoming Open House. They have printed invitations and are working on a list of people and organizations to invite. They plan to invite organizations that supported the recent TDC grant project as well as other Garden Clubs and Chambers of Commerce in the area. The event will be announced and open to the public as well. If you have any suggestions of other people or organizations to invite, please contact Laura or Charlene.



Open House

Saturday, December 4, 2-4 PM

At its October meeting, the GCUK Board approved holding an "Open House" at the Francis Tracy Garden Center on Saturday, December 4, 2021 from 2 to 4 PM. This special event will give us an opportunity to showcase the changes that have been made to the Francis Tracy Garden Center in the past few years. We want to share the changes with you, our members, as well as the community at large. We want to thank those who have donated to our improvements—both businesses and our members—through monetary and in-kind donations and through sweat equity and volunteer work.

We will need some help from you at this event. We need several members to "man" an information table to answer questions, to share membership information, and to offer brochures and maps. We would also like members who are Master Gardeners or knowledgeable about plants to "walk" the property with our guests, sharing their knowledge of our plants and showing how to access the Plantsmap.com information. We need a few members to oversee a refreshment table.

If you are interested in volunteering, you can sign-up at the November 16, 2021 General Membership meeting or by contacting Laura Hartner or Charlene Regenhardt by e-mail at gardenclubupperkeys@gmail.com. Thank you and we look forward to seeing you on December 4.



Plant of the Month American Beautyberry (*Callicarpa americana*)

by Charlene Regenhardt

With its ease of growth, low maintenance needs, pretty vegetation and showy magenta colored berries, American beautyberry lives up to its name in so many ways. Also known as French mulberry, beautyberry is a woody shrub found in pinelands and hammocks, with a range from Texas and Oklahoma east to Maryland and south to Monroe County. It also grows in the Caribbean and northern Mexico. The genus *Callicarpa* is from the Greek *calli*, meaning “beauty” and *carpos*, meaning “fruit.”

This shrub grows well in a variety of conditions, from dry to moderate soils, acidic to alkaline soils, and full sun to partial shade. The two large shrubs growing in the Pine Rockland garden at the Francis Tracy Garden Center attest to the fast, vigorous growth of this native shrub. It grows five to eight feet tall and almost as wide with drooping branches. Periodic pruning nearly to the ground encourages new growth.

The plant’s foliage offers cover for small wildlife. Its flowers are a nectar source for butterflies and bees, and its dense clusters of berries provide food for birds and deer in late summer and fall.

The elliptical to ovate shaped leaves have an opposite arrangement with saw toothed margins. The underside of the leaves may be covered with wooly like hairs. The stems are slender, gray to reddish brown, and terete or four sided, as it is a member of the mint family.

In late spring to early summer, inconspicuous white or sometimes pinkish flowers are arranged in clusters on the stems between the leaves. These develop into clusters of small magenta to purple berries or drupes. Each small berry in the cluster contains two to four seeds about 1/16 in. long. The flowers and berries appear mainly on new growth, so pruning helps make the plant produce more fruit in addition to promoting a more attractive, fuller shape.

The fruits are edible to humans, but have an astringent quality and not much flavor, making them somewhat unpalatable raw. Beautyberry jelly, however, is quite tasty. Our beautyberry shrubs produced a prolific quantity of berries all summer long, from late June through November and is still producing. I picked berries from these shrubs every two or three weeks, cooked them to make juice, and froze the juice to make jelly for the Gingerbread Craft Market this fall.

Beautyberry has a long history of medicinal use. The roots, leaves, and branches were used by various Native American tribes for medicinal purposes to treat malarial fevers and rheumatism. The roots were used to treat dizziness, stomach-aches and dysentery. Roots and berries were boiled and drunk to treat colic.

In the early 20th century, farmers would crush the leaves and place them under the harnesses of horses and mules to repel mosquitoes. The farmers rubbed the crushed leaves on themselves to repel mosquitoes and biting bugs. Studies conducted by the Agricultural Research Service has shown two compounds – callicarpenal and intermedeol - are responsible for the repellent.



American beautyberry in the Pine Rockland garden, aptly named for its bright magenta berries.



Cultivation Data

Source: www.regionalconservation.org

Soils: Moist, well-drained sandy, limestone or organic soils, usually with a humusy top layer .

Nutritional Requirements: Moderate; can grow in nutrient poor soils, but needs some organic content to thrive.

Salt Water Tolerance: Low; does not tolerate long-term flooding by salt or brackish water.

Salt Wind Tolerance: Moderate; grows near salt water, but is protected from direct salt spray by other vegetation.

Drought Tolerance: High; does not require any supplemental water once established.

Light Requirements: Full sun to light shade.

Flower Color: Pink or rarely white.

Flower Characteristics: Semi-showy in dense clusters.

Flowering Season: All year; peak spring-summer.

Fruit: Red-purple berry-like drupe, rarely white. Very showy clusters in the leaf axils. All year; peak summer-fall.

Wildlife and Ecology: Provides significant food and moderate amounts of cover for wildlife. Nectar plant for butterflies. Birds eat the attractive fruits.

Gardening Best Practices

Building Healthy Soil

by Charlene Regenhardt

Healthy soil leads to healthy plants with robust immune systems capable of fighting off pests and diseases. Healthy soil is alive with beneficial microbes and organisms, as well as earthworms and beneficial insects. Best practices to promote healthy soil include the following:

Limit Soil Disturbance

A growing body of research shows that routinely turning the soil leaves the surface bare, causes soil compaction and erosion, and harms soil microbes and earthworms. Keeping disturbance to a minimum preserves the living systems in soil. Instead, layer amendments on top, and let the earthworms aerate the soil. Use a garden fork or broad fork to gently loosen soil, if needed. Broad forks are simply wide forks used to aerate soil. You can also help keep soil healthy by not walking on it, especially when it's wet.



Opening up the soil gently with a fork reduces compaction. (Source: [5 Simple Secrets to Building Healthy Soil - The Micro Gardener](#))

Compost

Start a compost bin and add one to two inches of compost to the garden to supplement soil nutrients and improve soil structure. The microorganisms, enzymes, vitamins and natural antibiotics that are present in compost help prevent soil pathogens from harming your plants. No commercial fertilizer, even one that is totally organic, provides the full spectrum of nutrients that you get with compost. A worm farm is another way to recycle organic matter.

If you don't have the space or inclination to create a compost pile, simply adding a layer of organic-rich material on top provides a similar benefit. Anything



TIP:
Bury food scraps into your soil & cover to add organic matter

Trench composting is an easy method of recycling nutrients from your kitchen scraps. (Source: [9 Strategies to Help Combat Common Edible Garden Problems - The Micro Gardener](#))

from leaves to grass clippings to vegetable scraps from cooking provide added nutrients. This practice of layering organic matter on top of the soil imitates nature.

Another method that doesn't require a composter is called trench composting. Dig a shallow hole or trench under the mulch between your plants or in an empty bed/pot. Add the food waste and cover with a layer of carbon (brown, dry) mulch. The soil microbes will do the rest!

For a more detailed discussion of composting, see the Gardening Best Practices article written by Lonell Rice in the April, 2021 issue of *News & Notes*.

Mulch

It doesn't matter whether you are growing in containers or garden beds (raised or on the ground), the rule is still the same: ***no bare earth at any time***. Add two to four inches of mulch to reduce water evaporation, suppress weeds, moderate soil temperature, prevent soil compaction, and add slowly-decomposing organic matter to the soil. Use whatever you've got handy. Leaves, dried grass clippings, hay, woody bark chips, etc.

“Mulch can retain up to 70% more water in the soil than unmulched soil.”

At the Francis Tracy Garden Center, we have an abundance of dead leaves to cleanup. We have been adding primarily leaf mulch to several beds (Front Berm, Buttonwood, and Sunroom East). It is free, reduces yard waste, and has significantly reduced weeding!

(Continued on page 7)

(Continued from page 6)

Plant Cover Crops

At the end of the growing season, plant a cover crop to enhance the soil's fertility, lessen erosion, suppress weeds, and improve soil structure. Although gardeners in other areas use winter cover crops, those of us in the Keys need something for summer when our favorite veggies don't grow well. Cow peas is one recommended crop in our location. Since it is a legume, it has the added benefit of fixing nitrogen into the soil.



An option for a cover crop that I found intriguing was marigolds or other flowers. I liked the idea since it has the added benefit of attracting pollinators to the garden.

When using a cover crop, cut the plants at ground level before they set seed, typically just as flowers are forming. 'Chop and drop' the crop as a nutrient-rich, weed-free mulch. You can also cover with another layer of mulch to accelerate breakdown. Wait 2-3 weeks for the organic matter to break down before planting.

Use Natural Fertilizers

If you follow recommendations to compost, mulch, and use cover crops, you might not need fertilizers, however some vegetable crops can be heavy feeders. Avoid using chemicals that might destroy the healthy organisms and microbes. Instead, use natural fertilizers such as fish or seaweed fertilizer. These products encourage soil microbes. If you search the internet for natural fertilizers for the garden, you will get a wide range of recommendations, some of which may be impractical. A short list of natural fertilizers that are commercially available include:

- Compost
- Manure

- Bone Meal
- Blood Meal
- Worm Castings
- Fish Emulsion
- Seaweed Fertilizer
- Kelp Meal

Rotate Crops

Crop yields decrease when plants are repeatedly grown in the same place. That's partly because soil-dwelling pests and disease-causing organisms can persist in the soil at that location for several years. A number of unwanted pests also may overwinter or lay eggs, and when they emerge, their favorite plant is right there waiting for them. In addition, some plants (e.g., corn) deplete nutrients from the soil that other plants (e.g., legumes) return to the soil, so rotation helps optimize vital nutrients. The table below lists common vegetables and their nutrient demand. It is a good practice to plant heavy demand crops in areas where low demand crops were previously grown.

Category	Vegetables
Low Demand	<ul style="list-style-type: none"> • Most Greens, including arugula, collard greens, endive, escarole, kale, and Swiss chard) • Beans • Beets • Carrots • Most Herbs • Parsnip • Peas
Medium Demand	<ul style="list-style-type: none"> • Artichoke • Basil and Cilantro • Cucumbers • Garlic, radish, and scallions • Lettuce • Okra • Potatoes • Rutabaga • Most squash, including watermelon, pumpkin, and zucchini
High Demand	<ul style="list-style-type: none"> • Asparagus • Cabbage family, including Brussels sprouts, broccoli, cauliflower, and kohlrabi • Cantaloupe/honeydew • Corn • Celery/celeriac • Eggplant • Leeks and onions • Peppers • Spinach • Tomatoes • Turnips

The Pop-up Yard Sale was a HUGE Success!

Kudos and a big THANK YOU goes to GCUK member Debbie Sue Jonas and her extraordinary team of members, who worked tirelessly organizing, advertising, and executing the pop-up yard sale last weekend (November 6). People who supported the event included the following GCUK members (in no specific order):

- Debbie Sue Jonas
- Cindy Davis
- Maxine Enkey
- Deb & Rich Riolo
- Mary Jaeger
- Christine Hudson
- John & Fran Reig
- Betty Anne Gear
- Pat Uhl
- Sandra Paradis
- Kathy Holmes
- Nancy Perez
- Martha Meroni
- Deb Martin
- Suzy Cushman
- Gayle Kolasa
- Jean Neudorff
- Pat Saunders
- Jenny Crittenden
- Eileen Sylvester
- Laura Hartner
- Anne Makowsky
- Kathy Janco



Jellies Made from Native Fruits

By Charlene Regenhardt

American beautyberry and seagrapes grow throughout Monroe County and most of South Florida. Although they are not very palatable raw, both can be made into delicious jelly!

Recipes for both native fruits follows. In making these jellies, I found that the fruit is virtually devoid of natural pectin that many more common fruits such as apples and oranges have, so the amount of added pectin needs to be nearly double what is published as a guide on boxes of pectin such as Sure-Jell or Certo. The recipes below are my version, which increase the quantity of juice by about 25% and increase the amount of pectin by 100%. If they jelly doesn't set up as well as you prefer, the end result is great for use as a syrup for pancakes or ice cream.

Beautyberry Jelly Recipe

yield: ~6 (8 OZ) jars (for each batch made with 4 cups juice).

Note that the recipe uses equal amounts of berries and water. You can make any amount of juice you want depending on the size of your harvest. Four cups of berries and water should make approximately 4 cups of prepared juice for one batch of jelly. Go ahead and freeze any extra juice for next time.

Ingredients and Instructions for Juice

- 4 cups beautyberries
 - 4 cups water
1. Clean berries by removing any stems, leaves or bugs. Place the berries in a pan or bowl and fill with water until the berries float. Use a strainer to pull off floating berries and discard anything that sunk to the bottom. Repeat this process twice, by that time there should be very little debris sinking to the bottom.
 2. Measure quantity of washed berries and place equal amounts of berries and water into a pan. Boil for 20 to 20 minutes, stirring occasionally.
 3. Use a fine mesh strainer to strain out the pulp. Squeeze out as much juice as you can using the back of a wooden spoon or by using cheesecloth, muslin, or a very fine mesh bag.

Ingredients and Instructions for Jelly

- 4 cups beautyberry juice
 - Juice of 1 lemon
 - 6 cups of sugar
 - 2 envelopes of Sure-Jell (or 2 pouches of Certo)
1. **Sure-Jell Instructions:** Place beautyberry juice and lemon juice in a large pan (at least 8 quart size pan) and

add the sure-jell and sugar. Bring to full rolling boil, and boil this mixture for two minutes.

Certo Instructions: Place beautyberry juice and lemon juice in a large pan (at least 8 quart size pan) and add sugar. Bring to full rolling boil and boil this mixture for one minute. Quickly add Certo and bring back to full rolling boil; boil exactly 1 minute stirring constantly.

2. Remove from heat, skim off foam and pour into jars.
3. If desired to preserve for the pantry, process in hot water bath 10 minutes. Otherwise, it keeps in the fridge for a month.

Note: A full rolling boil (one that doesn't stop bubbling when stirred) is needed to make the jelly set.

Seagrape Jelly Recipe

yield: ~8 (8 OZ) jars (for each batch made with 5 cups juice).

Ingredients and Instructions for Juice

- 10 cups seagrapes
 - 5 cups water
1. Clean drapes by removing any stems, leaves or bugs. Pick out any unripe (green) grapes. Rinse thoroughly.
 2. Place grapes and water into a pan. Simmer for 1-1/4 to 1-1/2 hours, stirring occasionally and pressing with a wooden spoon or potato masher to further loosen fruit.
 3. Use a fine mesh strainer to strain out the pulp. Squeeze out as much juice as you can using the back of a wooden spoon or by using cheesecloth, muslin, or a very fine mesh bag.

Ingredients and Instructions for Jelly

- 5 cups seagrape juice
 - Juice of 2 limes
 - 6 cups of sugar
 - 2 envelopes of Sure-Jell (or 2 pouches of Certo)
1. **Sure-Jell Instructions:** Place seagrape and lime juice in a large pan (at least 8 quart size pan) and add the sure-jell. Bring to full rolling boil and add sugar. Bring to a boil again and boil this mixture for one minute.
- Certo Instructions:** Place seagrape and lemon juice in a large pan (at least 8 quart size pan) and add sugar. Bring to full rolling boil and boil this mixture for one minute. Quickly add Certo and bring back to full rolling boil; boil exactly 1 minute stirring constantly.
2. Remove from heat, skim off foam and pour into jars.
 3. If desired to preserve for the pantry, process in hot water bath 10 minutes. Otherwise, it keeps in the fridge for a month.

Notable Dates and Birthdays

A warm birthday wish to our members with November birthdays!

November

- * Richard B.
- * Bill C.
- * Kim C.
- * Rae Q.
- * Marilyn S.
- * Martha S.
- * Ed S.



Upcoming meetings and club activities:

November

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 2** GCUK Workday (9-11 am)
- 9** GCUK Board Meeting (10 am)
- 16** GCUK General Membership Meeting (11 am)
- 16** Florida Native Plant ID Class (Zoom, 5:30 pm)
- 17** Master Gardener Plant Clinic (9 am - 12 pm)
- 21** Workday at REEF (10-11 am) followed by workday at GCUK (11 am-12 pm)
- 27** Gingerbread Craft Market (9 am - 4 pm)

December

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 4** Open House (2 pm - 4 pm)
- 7** GCUK Workday (9-11 am)
- 7** GCUK Board Meeting (10 am)
- 14** GCUK Holiday Potluck (11:30 am)
- 14** Florida Native Plant ID Class (Zoom, 5:30 pm)
- 15** Master Gardener Plant Clinic (9 am - 12 pm)

Looking Forward...

- **Board** meetings at 10 am on Dec 7, Jan 11, Feb 1, Mar 8, Apr 12, May 10
- **General Membership** meetings on Nov 16, Dec 14, Jan 18, Feb 15, Mar 15, Apr 19, May 17. Meetings begin at 11 am; If held at the clubhouse, doors open at 10 am for social time.
- **Special Events:** The Gingerbread Craft Market is scheduled for November 27, 2021 and the Garden Walk is scheduled for February 19, 2022. A Yard Sale is rescheduled for April 2, 2022.