

The Four Seasons Newsletter

The mission of Friends of Boone County Arboretum is to create community awareness and participation at the arboretum by involving individuals, families, schools, sporting groups, community organizations, garden clubs, and other interested parties through memberships, donations and active volunteerism.

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Quarterly Newsletter

Winter, 2005

“From December to March, there are for many of us three gardens– the garden outdoors, the garden of pots and bowls in the house, and the garden of the mind’s eye.”

-Katherine S. White

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Winter Highlights at the Arboretum



Serbian Spruce

Winter is the season when the evergreens get to shine in all their glory. One of the finest of these is the Serbian Spruce (*Picea omorika*). If you're offended by the "too blue" shrill of a Colorado Blue Spruce in the landscape, you'll love the graceful brushstrokes of silvery blue against the primarily green backdrop presented by the Serbian Spruce. Only the undersides of its upturned branch tips openly reveal the silver and blue colors, while the topsides of the

branches are a dark, glossy green. The ornamental, graceful, drooping branches resemble swags, turning upwards at their tips to tease you with the blue as they move in the wind. The trunk of the tree has deep brown, thin, scaly bark. The strong, light wood has been used in forestry for making paper pulp.

Growing about one foot per year, and eventually reaching 50-60 feet in the landscape, this tree has a slender trunk, short ascending or drooping branches, and a narrow, pyramidal head. It develops into one of the most graceful and beautiful spruces. The small, egg-shaped 2-inch cones on a Serbian Spruce start out



purple in color, changing to shining cinnamon-brown when ripe. As they dry and open, various songbirds begin feeding on the tiny seeds. Goldfinches, cedar waxwings, nuthatches, and white-throated sparrows enjoy these delicacies. Robins, chipping sparrows, northern mockingbirds, and warblers utilize the Serbian spruce for cover and nesting. Chickadees, downy woodpeckers, evening grosbeaks, pine siskins and purple finches utilize the tree for both food and cover.

An elegant and adaptable tree, Serbian Spruce should be more widely planted throughout the Commonwealth. Plantings may be observed at the Boone County Arboretum at Central Park in Union, Kentucky.

Welcome New Members!

Friends of the Arboretum would like to welcome the new members of the fall season: **Josh Selm, Jeff and Lynn Sproul.**

We encourage new members to join us every fourth Monday of the month at the Boone County Extension Office at 6:30 p.m. for refresh-

ments, fun and a meeting to discuss the development of the Arboretum. All ideas are welcome! Our next meeting will be held on January 23 at the Boone County Extension office at 6:30 p.m. Please contact Laura Kline at 586-6101 if you have any questions.



Don't forget that you can give the gift of a Friend's membership for your favorite gardener this holiday season. Memberships are affordable and last a whole year. Please call Laura Kline if you would like to purchase one as a gift.



Spotlight On: Holly and Ivy Norbert O'Hare

Some of you may be aware that one of my other interests is choral music, and at this time of year, some of the very oldest carol tunes are heard again. Many of these carols are particularly adapted to the human voice, perhaps because they date from times when that was one of the primary instruments available. "What Child is This?" might be one of the first to come to mind. But because of its connection to the woodlands, I'd like to tell you what I've learned about "The Holly and the Ivy."

No one knows exactly how old this carol is, but the imagery used predates Christianity in England, where the words were first published in 1861. At that time, the

collector of this carol attributed it to a source that was already 150 years old. In 1911, another publisher paired it with the tune that we use in singing it today, which is a traditional French melody.

Both holly and ivy are evergreen plants that were used in the celebration of the winter solstice in pagan tradition, where the decking of halls with greenery symbolized the promise of the spring that was to come. In addition, the holly was used to represent the male, the ivy female, so their use could have also been a reminder that the fertility of the land would return. Such decorations were thought to bring luck in surviving the cold season.

In the carol, the qualities of the

holly are referenced to the purity of the virgin (white flowers), and the agony of the crucifixion (the crown of thorns, the blood-red berries, the bitter bark). However, the qualities of the ivy apparently did not adapt, and those images are lost from what exists today.

For those of you who aren't familiar with this carol, it was released in 1994 on Natalie Cole's album "Holly and Ivy". I haven't heard this CD all the way through, but it comes highly recommended by others. Let us not forget this winter that spring will come. I wish you the best in the New Year.

Thanks to Friends member, Norbert O'Hare for submitting this article. If you would like to add an article, story, recipe, or anecdote, please contact Laura Kline.

Arboretum Update

Thanks to all the volunteers who helped with the **Halloween event** in the Children's Garden. It was a huge success. Over 120 children and adults came to participate in spooky stories, face painting and craft making, and all enjoyed the decorated garden. Photos of the event were featured in most of the local Recorder newspapers. What great free publicity! We look forward to doing it again next year.

The **Woodland Walking Trail** is now open for the public. Be sure to check it out the next time you are walking at the arboretum!

As you drive by the arboretum at night this holiday season, you'll notice a new decorative treat around the concession stand. The arboretum staff has added white and colored lights to trees in that area. Next year, we hope to light the trees in the evergreen section.



Upcoming Events



The Friends of Boone County Arboretum's annual **Holiday Party** will be held December 12 at 6:30 p.m. The main dish

will be provided, please bring a side dish or dessert to pass. RSVP to Laura by December 9 if you can attend.

The Boone County Arboretum is sponsoring a series of two classes

presented by **Marvin's Organic Gardens** in December. "Building Soils for Better Crops" on December 5 will focus on how to make your soil healthy organically.

"Developing Compost and Its Many Uses" on December 12 will delve into the steps of creating a compost pile and maintaining it. Both classes will be held from 10-11:30 a.m. at the Boone County Extension Office.



Office. FREE! Register you and a friend today with Laura at 859-586-6101.

Our winter **Friends Meetings** will take place at the Boone County Extension Office on Mondays, January 23, February 27 and March 27 at 6:30 p.m. Enjoy refreshments and discussion about the Arboretum.

Horticultural Concerns: Warm Up To Indoor Gardening

Article submitted by **Worm's Way**: Offering a wide array of innovative, high quality and earth-friendly products to satisfy your every gardening need-indoors and out, all year 'round.

Getting a head start on spring planting and growing culinary herbs, gorgeous flowers, and delicious lesser known aspects of year-round gardening might have outdoor growers warming up to the idea, particularly as winter approaches and temperatures and turning leaves start to drop. For one, consider recent headlines, "Home heating costs to increase by 38%!" Certainly every report varies but no matter what your poison-T.V., newspaper, or radio-you've heard the financial forecast for upcoming months. And like everyone else, indoor gardeners can compensate by donning some extra layers and drinking lots of hot chocolate, but they can also stretch their home

heating dollar with a seasonal modification to their grow room. How so? One of the most common grievances shared by indoor gardening hobbyists is the heat that gets generated from using high intensity discharge (HID) lighting. As a result, hot and humid air from the garden usually gets vented to the exterior of the house. In winter months, gardeners can use this to their advantage by keeping the warm air inside and venting it to another part of the house. Another good thing about supplemental lighting is that it can ease those winter blues by compensating for diminishing daylight hours.

Garden tip: When to replace your bulb is a common topic of controversy among indoor gardeners. Most will

replace their grow lamps yearly as a matter of preventive maintenance and to gain the most efficiency from newer lamps. High-intensity discharge lamps lose their output over time and should be replaced sooner rather than later. Rule of thumb: replace metal halides every 10-15 months and replace high pressure sodium lamps every 18-24 months. To avoid unhappy plants, always have a spare bulb on hand.

Thanks to Friends supporter, Worm's Way for this submission. Stop by to check out their holiday gifts and don't forget to show your Friends membership card and get 10% off! 1360 Donaldson Highway, Erlanger (859) 525-9676

New Officers and Board Members for 2006



New officers and board members for 2006.

Meet the newly elected officers and board members for the Friends of Boone County Arboretum! Top row, from left to right: Gretchen Radloff, Secretary, Gail Weller, Board Member, Alvera Kincart, Board Member. Bottom row, from left to right: Vicki Tewes, Board Member, Joan Klahr, President, Ed Bowmann, Board Member, Denny Mathis, Vice-President, Audrey Ney, Treasurer. Thanks to everyone for their participation in the election process. The officers' new term

will begin January 1, 2006 and end December 31, 2006. Board members will begin their term January 1, 2006 and will extend until December 31, 2008. The Board will meet as deemed necessary by the Friends group to ensure that the high standards of our group are met. We are excited to begin a new term with fresh faces and new ideas. Congratulations to all the new board members and officers.



The Arboretum Staff

Kris Stone, Arboretum Director
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Tim Schwartz, Treasurer



Friends of Boone County Arboretum, Board of Directors

Cathy Flaig, Betty Kasproicz,
Joan Klahr, Mike Klahr, Laura Kline
Denny Mathis, Linda Padgett,
Tim Schwartz, Bill Smith, Kris Stone,
Vicki Tewes, David Whitehouse

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UNIVERSITY OF KENTUCKY
College of Agriculture

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Winter Vegetable Soup

This veggie-loaded soup contains more than all of your RDA for vitamin A and 20 percent for potassium.

- 3 tbsp olive oil
- 1 cup coarsely chopped onion
- 1 cup peeled, cored, coarsely chopped Granny Smith apple
- 1 cup peeled, coarsely chopped turnip
- 1 cup peeled, chopped butternut squash (seeds discarded)
- 1 cup coarsely chopped carrot
- 1 cup peeled, chopped sweet potato
- 5 cups vegetable or chicken stock
- 1/4 cup maple syrup
- Cayenne pepper
- 1 small whole-grain baguette
- 3 oz. goat cheese
- 1/4 cup chopped fresh chives

For soup, heat oil in a large saucepan on medium-high heat. Add onion and sauté until translucent. Add apple, turnip, squash, carrot, and sweet potato; season with salt, then sauté 5 minutes. Add stock, bring to boil and simmer, stirring occasionally, about 30 minutes or until vegetables are tender. Add syrup, then cayenne pepper to taste. Cool slightly. Puree with a hand mixer, food processor or blender. For toast toppers, cut 6 slices bread and toast them. Spread 1/2 oz goat cheese on top of each; sprinkle with chives. Pour soup into 6 large bowls; float toasts on top.

Nutritional analysis per serving:

289 calories
12.5 grams fat
(4 grams saturated)
40 grams carbohydrates
8.5 grams protein
4.5 grams fiber

Makes six servings

