



# F R O G

## Front Range Organic Gardeners, Inc.

*Veteran and novice gardeners sharing knowledge and enthusiasm since 1987.*

[www.gardenFROG.org](http://www.gardenFROG.org)

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*January 2019 Volume 31, No. 1*

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### OUR NEXT MEETING -

**Elections & Seed Swap**  
**Tuesday, January 22, 2019, 7pm**

**Corona Presbyterian Church, 1205 8<sup>th</sup> Avenue, Denver**  
(For location details, see page 6)

#### **Election**

FROG members who have paid their 2019 dues are eligible to vote, and to be elected. If you haven't paid yet, you can bring your \$15 check or cash to the meeting.

The Board of Directors will be elected by the FROG members who attend the January meeting. At the first meeting of the new Board, officers will be chosen from among that group.



#### **Committee Updates**

Curious about the work done by FROG Committees? We will have Committee Chairs provide a brief update on the work their committee is engaged in currently. Any member who would like to work on a committee is encouraged to discuss it with the committee members.

#### **Members' Seed Swap**

Here's a chance to share your extra seeds with other members, and to take home something new to try. Many seed packets come with far more seeds than a home gardener could use in year or two. And we'd all like to try different varieties, and not be limited by what we have. Bring small envelopes or containers for your new seeds, and a pen or marker to note down information.



Here's to New Beginnings! We hear that a lot in early January and it has a nice ring to it. But as gardeners we know that "to everything, there is a season", and Winter is not a great time to start new things. But it IS a great time to plan for Spring!

My visits to the mailbox are so fun now, with gorgeous seed, nursery, and garden catalogs showing up. I only order from one or two, but oh what delightful perusing! I have my favorites, and some things I want to try (hello, Baby Persian Cucumber), and then there are the unexpected temptations. In my mind's eye, I see plump healthy plants, perfectly spaced in weed-free beds and containers. Drip irrigation is placed just so, triggered by properly set timers for optimum effect. I harvest the glistening perfect fruits and leaves and roots, and prepare marvelous feasts. Gardeners have rich fantasy lives. <wink>

For FROG, January is the time to elect Board members for the coming year. The Board and the various committees do most of the official work and projects of our club. What's happening now? Linda, our Treasurer, has been collecting membership dues and forms from renewing members. Lisa, our Grants Coordinator, has sent grant applications to last year's grant recipients, and a number of prospective applicants. Anne, Plant Sale planner extraordinaire, has been laying the groundwork for our May sale. Our Programs Committee – Betty Jo, Rose Ann, and Gigia – have been arranging for speakers and garden tours for the coming year. The newsletter you're reading is the result of year-round work by our Newsletter Editor Kim. And soon we will have a new Membership Roster distributed to all members, which I hope will encourage more informal collaborations – car-pooling, garden work parties, Q&A sessions via email, plant shopping trips, and maybe some new ideas for the club as a whole.

I hope you're all recuperating from the holiday festivities, and are ready to plan for an exciting 2019! And I hope to see you at the January FROG meeting ☺

*Trish*

President of FROG

## FROG Dues for 2019 are Due

*A Message from FROG Treasurer Linda Tegtmeier:*



As most of you know, the FROG membership year begins January 1 and ends December 31. And, per a longstanding FROG policy, for a new member who joined in November or December of 2018, the \$15 annual dues paid then by the new member keep that member current through the following year (2019).

Also, FROG bylaws require that membership dues for all members must be current in order for the member to vote on any FROG business, including the annual election of the Board of Directors which is held at the January meeting.

***BIG Thanks to the 20+ current members who have already paid!*** – you're ready to vote!

The 2019 FROG membership dues of all the rest of us are now due. If you're not sure if you've paid, please contact Linda.

I will be available by 6:30 p.m. at our meeting location January 22 to accept your dues (cash or check). Please be sure to also bring a completed membership form (at the end of this newsletter) so that we honor your wishes regarding inclusion in the 2019 Membership Directory which will be distributed by email to all members.

If you are unable to attend this meeting, please complete the form found near the end of this newsletter and mail it with your check.

*Please remember that if your dues are not received by February 28, you will not receive the March-or-subsequent newsletters until dues are received. SO--Don't miss out on another interesting and fun year as a FROG member! It's still a bargain at \$15!*

## FROG Grant Applications Sent Out

Lisa Olsen sent grant applications to the recipients of last year's grants, as well as fifteen new contacts. The organizations have until Feb. 4 to submit their applications. We look for projects that teach organic gardening to children, elderly, disabled, or low-income clients. Funding for these grants comes from our highly successful May Plant Sale, which so many of us work on.



## FEEDBACK PLEASE!

We would like your feedback about what types of programs you would like to see each month. Please fill out the **online survey** linked below to help us create meaningful programs:

[https://docs.google.com/forms/d/1ooCg-](https://docs.google.com/forms/d/1ooCg-DROFxtfv8c9bdwJRrHbh_bfvaOATGvdM6LT5g4/viewform?edit_requested=true)

[DROFxtfv8c9bdwJRrHbh\\_bfvaOATGvdM6LT5g4/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1ooCg-DROFxtfv8c9bdwJRrHbh_bfvaOATGvdM6LT5g4/viewform?edit_requested=true)

There will also be a hard copy of the survey available at the meeting in January.

Thanks.

*The Program Committee*

## Bounty: Contributed by FROG Members

By Joslyn Green

### **Will Mushrooms Be Magic for Threatened Bees?**

<https://www.nytimes.com/2018/12/28/opinion/bees-threats-crop-loss-mushrooms.html>

By Anne Brinkman

### **Denver Wants to Become a Certified Community Wildlife Habitat**

[https://denverite.com/2018/12/03/denver-wants-to-become-a-certified-community-wildlife-habitat-which-basically-means-a-lot-of-gardens/?mc\\_cid=6188027a2a&mc\\_eid=77605cd54e](https://denverite.com/2018/12/03/denver-wants-to-become-a-certified-community-wildlife-habitat-which-basically-means-a-lot-of-gardens/?mc_cid=6188027a2a&mc_eid=77605cd54e)



By Martin Buchanan

### **Gardening Could Be the Hobby That Helps You Live to 100**

<http://www.bbc.com/capital/story/20181210-gardening-could-be-the-hobby-that-helps-you-live-to-100>

By Trish Griffin

### **The Lost Ancestral Peanut of the South is Revived**

<https://www.npr.org/sections/thesalt/2016/12/29/506603462/the-lost-ancestral-peanut-of-the-south-is-revived?fbclid=IwAR1VUO6J7SpMhVAbJ1FBdEHe4vRzsH6NIGdL2yXA7M3jptEiMYwL-LVu5N0>

## Upcoming Events of Interest

### Habitat Hero-Natives Pollinators/Native Plants

January 26, 2019

Cheyenne Botanic Gardens-Grand Conservatory Gathering Room  
Cheyenne, WY

<http://rockies.audubon.org/events/habitat-hero/20190126-cheyenne>

(If you are interested in attending, contact Anne Brinkman regarding carpooling)



### Native Bees of Colorado

January 28, 2019

University of Denver-Boettcher Center West

<https://www.meetup.com/Greater-Denver-Urban-Homesteaders/events/257383530/>

### Colorado Garden & Home Show

February 9-17, 2019

Colorado Convention Center

<http://www.coloradogardenfoundation.org/colorado-garden-home-show>

### Mountain West Seed Summit

February 21-23, 2019

Santa Fe, NM

<https://rockymountainseeds.org/attend/mountain-west-seed-summit>

## The Plant Sale is Just Around the Corner!

The Plant Sale will be here before you know it and we need to step up our collecting of supplies!

**CARTONS/CONTAINERS** - Continue to collect waxed cardboard milk/juice cartons – half gallon and quart. Be sure to rinse them and if possible cut the lid off.

**BLINDS** - Keep your eyes open for garage or yard sales selling mini-blinds (super cheap and vinyl only, please – we can't use metal ones). You don't have to cut them up or clean them.

**STICKS** - Please start collecting strong straight sticks – 12-24 inches long for staking the peppers and tomatoes.

Bring any and all to a future FROG meeting or contact Anne and we'll arrange to pick them up.





## Upcoming FROG Meetings – Generally 4<sup>th</sup> Tuesday of the Month

February 26	Water Management, Colorado Extension
March 26	Green Roofs in Denver, Jennifer Boussetot
April 23	Phenology in Denver, Denver Botanic Gardens
May	Plant Sale
June 25	Garden Tour – Betty Jo’s
July 23	Garden Tour – Mountair Park Community Farm
August 27	Garden Tour- Five Fridges Farm

### Our Meeting Location

Our monthly Club meetings are being held at **Corona Presbyterian Church, 1205 8th Avenue**, Denver. The church is at the corner of 8th and Downing, with the entrance facing Downing. There is a parking lot with 36 spaces, including several handicapped and senior spaces, just outside the entrance.

This neighborhood has several one-way streets; Downing is one-way headed north, and 8th is one-way headed west. Suggested routes: For those coming from east or southeast of the church, make your way to 8th Avenue and head west, then turn right onto Downing and another immediate right into the parking area. For those coming from west or northwest of the church, make your way to 6th Avenue, which is one-way headed east, and turn left onto Downing. After you cross 8th Ave, turn right into the parking area. For those coming from south of the church, head north on Downing and after you cross 8th Ave, turn right into the parking area.

For security reasons, the door to the church is kept locked. Trish or Beverly will arrive between 6:30 and 6:45, and monitor the door for arrivals. If you arrive after 7pm, look for a note taped to the glass with a phone number to call, and someone will let you in.



Since many have asked, here is Trish's famous Lasagna recipe from the Holiday Party:

### Spinach Alfredo Lasagna



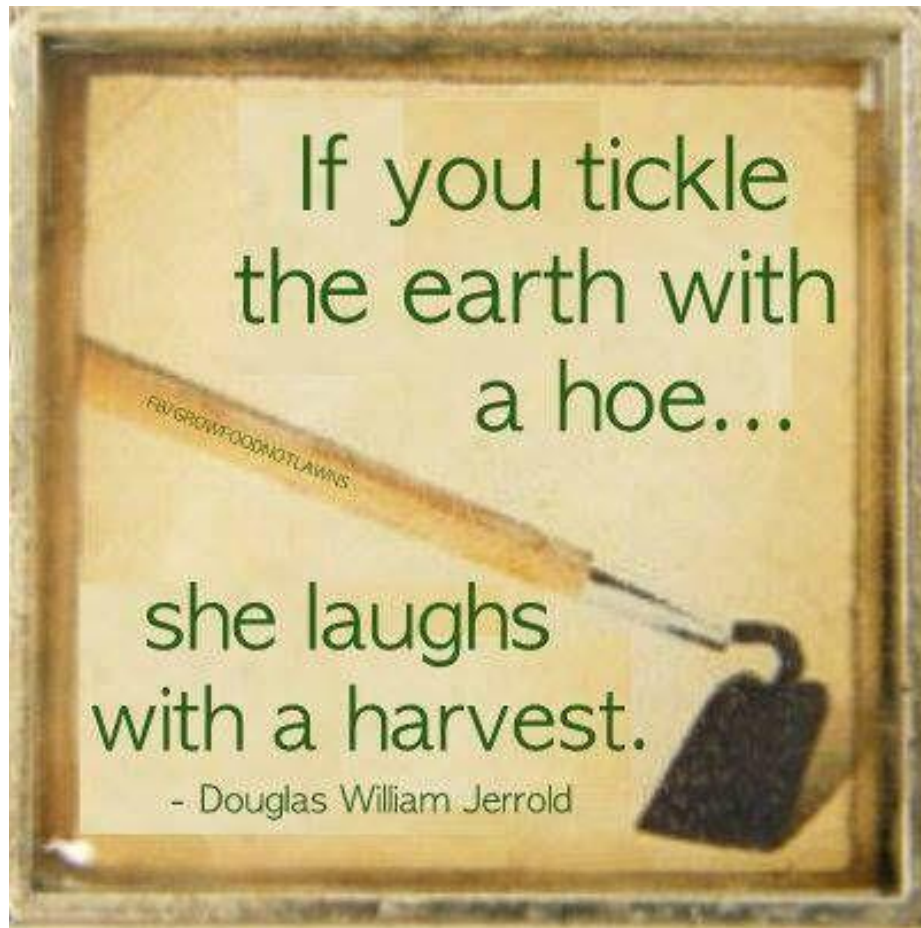
- 10oz package frozen chopped spinach, thawed and squeezed
- 32 oz part-skim ricotta cheese
- 8 oz shredded part-skim mozzarella cheese
- ½ cup grated Parmesan cheese, divided
- 2 eggs
- Salt and pepper to taste
- 26 oz jar tomato basil sauce (I use Classico)
- 17 oz jar creamy alfredo sauce (Classico)
- 16 oz package lasagna noodles

(If not cooking noodles, can put together the day before and refrigerate, then bake the next day.)

Preheat oven to 375°. In a large bowl, beat the eggs, then add and combine thoroughly: ricotta and mozzarella cheeses, ¼ cup of the Parmesan, spinach, salt and pepper. Pour ¾ cup tomato basil sauce in a 13x9 inch baking pan and spread evenly. Next layer 4 lasagna noodles. Spread half the spinach-cheese mixture over noodles. Top with 1 cup tomato basil sauce. Repeat layers ending with lasagna noodles. Evenly spread alfredo sauce over the top of the lasagna, and sprinkle remaining ¼ cup Parmesan. Cover with foil and bake at 375° for one hour. Uncover and bake another 10 minutes, until bubbly. Allow lasagna to sit 10 minutes before serving.

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This is the basic recipe, and it produces a delicious lasagna. I have tweaked it many times, with excellent results. I like to sauté some chopped onions with mushrooms, then add spinach, fresh or frozen, and I often use more spinach than the recipe calls for. I've also substituted other vegetables, esp. zucchini sautéed with onions, mushrooms, and red pepper, and use them as a separate layer to go on top of the cheese mixture. I have modified the cheese blend, generally using less ricotta and more mozzarella and Parmesan. I often add herbs, esp. basil, oregano, and parsley. And I don't cook the lasagna noodles; I've used the "oven-ready" type of noodles, but even standard noodles turn out tender without having to boil them before-hand. I generally bake the lasagna for 40 minutes covered, then another 10 minutes uncovered, then let it sit for 10 minutes. Buon appetito!



Contributed by Martin Buchanan



## 2019 Board Members and Committee Chairs

**President** Trish Griffin

**Vice President** Rose Ann Bennett

**Treasurer** Linda Tegtmeier

**Secretary** Suzanne Walter

**Board Members-At-Large**

Meredith Bossert

Betty Jo Page

Maggie Rice

**Plant Sale Co-Chairs**

Anne Brinkman

Trish Griffin

**Programs** Betty Jo Page

Rose Ann Bennett

Gigia Kolouch

**Grants** Lisa Olsen

**Webmaster** Anne Brinkman

**Refreshments** Gigia Kolouch

**Newsletter Editor** Kim Zeller



Mail your \$15 membership check (payable to FROG) and the below information to:  
FROG, 950 South Milwaukee Way, Denver CO 80209-5125.

Your Name \_\_\_\_\_

Telephone #'s \_\_\_\_\_

Address (Street, City, Zip) \_\_\_\_\_

Email Address \_\_\_\_\_

FROG uses email addresses only for club business such as newsletters, updates on events and special announcements. We do not sell, swap, or otherwise share your email address with outside entities. Your contact information, including address, telephone numbers, and email address, will be included on a FROG Membership Roster which will be distributed only to FROG members. If you prefer not to share your contact information on this membership roster, please initial to omit address \_\_\_\_\_ telephone \_\_\_\_\_ email \_\_\_\_\_.



**PLEASE NOTE: The Submission Deadline for the February Newsletter is:  
February 5, 2019.**