



The Grapevine Monthly

500 Sunset Drive South
St. Petersburg, FL 33707

www.gardenclubstpetersburg.org
E-Mail: Gardenclubstpete@gmail.com



May 2022

Garden Club Calendar 2021-2022

The Garden Club of St. Petersburg, Inc.

Note: Please go to Calendars for additional information.

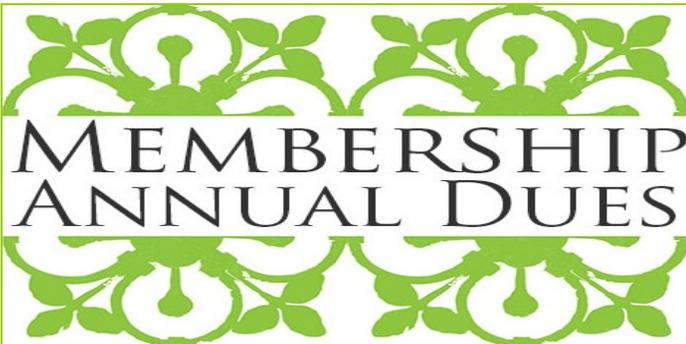
Meetings at Garden Club unless a different location indicated.

Save the Dates

The 2021-2022 Programs Committee has put together a sensational line up of education, adventure and fun for this year's General Meeting (previously All-Members) events. A sneak peek at some of the highlights:

May 2022 Secret's from Wekiva summer camp.

May 6	10:30 am	Board of Directors Meeting—Garden Center Host: Cindy Ordes
May 10	1:00 pm	GCSP General Meeting—Garden Center Program: "Confessions from Camp Wekiva" Speaker: Kelly Hartman & Mandy Howell Where Ecologists and future Garden Club members are budding. Host: Executive Board
May 10	6:30 pm	Night Gardeners—Garden Center Program: Shrubs Speaker: Cathy Holwart Hosts: Ken Green, Bonnie Grey, and Ruthie Jeffords
May 17		Garden Variety—GardenCenter Program: Plant Auction Presenter: Mari Blaquiere



2022 Dues Are Due by May 1st

According to the bylaws. Dues are considered delinquent after May 1, 2022. They can be paid online through the renewal form on the website or a check made out to GCSP can be mailed directly to the club at 500 Sunset Drive South, St. Petersburg, FL, 33707-1136 Attn: Membership. Mail will be checked weekly. You may also send a check to my home address 8320 112TH Street #109, Seminole, FL, 33772-4209. The address in the yearbook is old, I've moved. Please make check payable to GCSP. I will also be at the General Meeting on May 10, 2022 to take checks. If we don't receive dues by June 1, 2022 you will be removed from the membership list and the yearbook. I hope to see everyone next year with new ideas and great meetings. Thank you.

Helen Harvey
Membership Chairman

FLOWER SHOW AT THE GREEN THUMB FESTIVAL

The Flower Show Committee would like to thank our loyal members who volunteered their time and talent in our show, "Let's Go." It takes a lot of members to put on a show of this size and it's all done with your help.

The public always enjoys seeing our designs and beautiful horticulture as well as our education. This is our club's largest Community service event and we are so fortunate to have the City of St. Petersburg help us in this endeavor. Please remember to list your volunteer hours and turn them into your interest group meeting.

Again, we thank you for your participation and we look forward to a great show next year.



Flower Show Committee

Jan Ankerberg, Flower Show Chairman



Seed, Soil, and Sun: Discovering the Many Healthful Benefits of Gardening

Medically reviewed by

Debra Sullivan, Ph.D., MSN, R.N., CNE, COI—Written by
Rebecca Joy Stanborough, MFA on June 17, 2020

Outdoor Gardening Can Help Your Body Fight Disease

You're more like a plant than you may realize. Your body is capable of photosynthesis—the process where plants make their own food using sunlight.

Your skin uses sunlight to make one of the nutrients you need: vitamin D. Researchers Trusted Source estimate that a half hour in the sun can produce between 8,000 and 50,000 international units (IU) of vitamin D in your body, depending on how much your clothes cover and the color of your skin.

Vitamin D is essential for literally hundreds of body functions—strengthening your bones and your immune system are just two of them. Studies have also shown that being out in the sun can help lower your risk of:

- breast cancer
- colorectal cancer
- multiple sclerosis
- prostate cancer
- bladder cancer
- non-Hodgkin's lymphoma

If your vitamin D levels are low, you have a greater risk of developing psoriasis flares, metabolic syndrome (a prediabetes condition), type II diabetes, and dementia, as well.

All of these factors have to be balanced against the risk of skin cancer from overexposure to the sun's rays, of course. But the science is clear: A little sunshine in the garden goes a very long way in your body.

Gardening builds strength, promotes sleep, and helps you maintain a healthy weight

The Centers for Disease Control and Prevention (CDC) Trusted Source says gardening is exercise. Activities like raking and cutting grass might fall under the category of light to moderate exercise, while shoveling, digging, and chopping wood might be considered vigorous exercise.

Either way, working in a garden uses every major muscle group in the body. This fact won't surprise anyone who's woken up sore after a day of yardwork.

Studies have found that the physical exertion of working in a garden may help offset both age-related weight gain and childhood obesity. And researchers at the University of Pennsylvania reported that people who garden are more likely to get a solid 7 hours of sleep at night.

Gardening can help protect your memory as you get older

Doctors have also known for some time that exercise improves cognitive functioning in the brain. There's some debate about whether gardening on its own is enough to affect cognitive skills like memory. But new evidence shows that gardening activities may spur growth in your brain's memory-related nerves.

Researchers in Korea gave 20-minute gardening activities to people being treated for dementia in an inpatient facility. After the residents had raked and planted in vegetable gardens, researchers discovered increased amounts of some brain nerve growth factors associated with memory in both males and females.

In a 2014 research review, analysts found that horticultural therapy—using gardening to improve mental health—may be an effective treatment for people with dementia.

In fact, in the Netherlands and Norway, people with dementia often participate in groundbreaking Greencare programs, where they spend a large part of the day working on farms and in gardens.

Key takeaways

Gardening invites you to get outside, interact with other gardeners, and take charge of your own need for exercise, healthy food, and beautiful surroundings. If you're digging, hauling, and harvesting, your physical strength, heart health, weight, sleep, and immune systems all benefit. And those are just the physiological outcomes. Gardening can also cultivate feelings of empowerment, connection, and creative calm.

Whether your patch is large or small, a raised bed, community garden, or window box, getting dirty and eating clean are good for you.



New Dates for the Green Thumb Festival

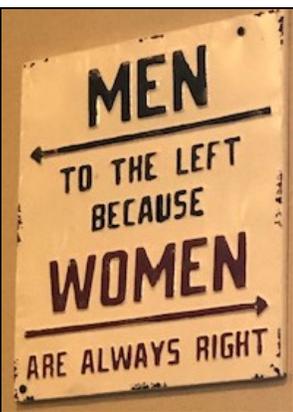
Dates have changed for the Green Thumb Festival from April 30 and May 1 to the new date of April 23 and 24. Please mark your books.

WEED-BE-GONE

1 Gallon Vinegar
2 Cups Epsom Salt
1/4 Cup Dawn Dish Soap
 (The Blue Original)

It will kill anything you spray it on. Just mix and spray in the morning, after the dew has evaporated. Walk away. Go back after dinner and the weeds are all gone!

Cheaper than anything you can buy anywhere!



ATTENTION MEMBERS:
 Remember that you are wanted and needed at the Club events.

