



# THE GREEN THUMB

GARDEN CLUB OF DALLAS



VOLUME LXXIV Number 4

DALLAS, TEXAS

April 2024

## Garden Club of Dallas Monthly Meeting Wednesday May 15, 2024 Jewish Community Center 7:00 PM

Speaker: Lois S. Diggs  
Texas Master Gardener

Topic  
Native Texas Park  
At the Bush Library Center



**Visitors Welcome**

### **CLUB MEETING LOCATION**

At the Jewish Community Center, Big D room.

7900 Northaven Road, Dallas — Next to North Haven Gardens. Directions: north on Royal Lane, turn east. on Northaven Road

## President's Message

First of all, I want to thank Cindy Bolz for opening up her beautiful backyard garden for our April meeting. Coupled with delicious barbeque provided by the club, in all, it was a great way to spend a Spring Sunday afternoon. Even the weather cooperated!

Speaking of weather, one can't help but notice changes in the climate that seem to be happening at a greater rate lately. When I was growing up in Dallas, I remember often seeing mourning doves flying around. About the turn of the twenty-first century, I also started noticing the appearance of white-winged doves which had migrated north from the Valley. To me, that was a definite sign that something was changing in the climate.

Recently, on Earth Day, the American Meteorological Society came out with several informative statistics. To me the most notable was the adjustment of the Plant Hardiness Growing Zones of the U.S. The climate shift has caused the Dallas area to be redesignated as Zone 8 from previously being Zone 7.

Other notable observations included:

- The average temperature nationwide has climbed 2.6 degrees Fahrenheit since 1970;
- Heat-trapping carbon dioxide concentration in our atmosphere has increased almost 30%;
- 49 states and 99% of the nation's cities have warmed since 1970
- (Fastest warming state = Alaska; fastest warming city = Reno, Nevada)
- 70% of Americans are in favor of the U.S. taking steps to reduce climate change, while 30% are opposed.

A few years ago, a movement started in England to indirectly combat climate change. It has taken off in the U. S. recently, as well. It is called "NO MOW MAY." The idea is to forego mowing in the month of May in order to attract more bees and butterflies, which will in turn pollinate more native plants enriching the soil and the atmosphere. Personally, I am trying this in my backyard this year. As for the front, I don't want to offend the neighbors just yet....

— Alan

## Dallas Garden Club Schedule

### Board Meeting

May 9, 2024  
 Anna Williams' Home  
 7:00 PM  
 17602 Squaw Valley  
 Dallas, TX 75252  
 972-977-8030

### Club Meeting

May 15, 2024  
 Jewish Community Center  
 Big "D" Room  
 7900 Northaven Road, Dallas

Lord, please give me a sign if  
 you think I'm eating too much



## Dallas County Master Gardeners e-mail Address [dallasmg@ag.tamu.edu](mailto:dallasmg@ag.tamu.edu)

Master Gardener volunteers answer gardening questions to help Dallas County gardeners improve the results of their efforts.

### 2024 OFFICERS

President	ALAN GAGE	214-823-5459
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Board members (2)	<b>open</b>	

### APPOINTED

Awards	Bob Grossman	
National Awards	Bob Grossman	
Gardening for/ Heart	Greg Clopton	214-476-4914
Chaplin	Rev. JoNeil Lindh	214-341-6122
Hospitality	Connie Grossman	
Nominations	<b>open</b>	
Publicity	<b>open</b>	

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 needs your help — and it won't cost you a cent!

When you shop at TOM THUMB stores with your Reward Card "TOM" will donate a percentage of the amount of your purchases to Garden Club of Dallas. So go to the Customer Service counter and ask to have Number 8357 added to your card.  
 The club has received about \$5,000 from this source since it started.

This club welcomes beginner "wannabe" as well as experienced gardeners. We all can learn something about gardening at each meeting.

Visitors are welcome. Membership is open to men and women, teenagers and young adults. \$50 annual dues includes *The Green Thumb* and membership in the national organization: Gardeners Clubs of America.

Feb

TEXAS  
 MASTER GARDENER  
 TEXAS A&M AGRILIFE EXTENSION  
 Dallas County



LOIS S. DIGGS

Contact: Dallas County Master Gardeners Speakers Bureau  
 To book a speaker: 214-904-3053 or  
<https://public.dallascountymastergardeners.org/index.php/about-speakers-bureau/>

#### PERSONAL STATEMENT

Lois grew up in Virginia and thought all plants grew wherever they were planted. After moving to Texas in 1980 and losing all flowers, vegetables and bushes to inappropriate watering or care, Lois decided that she needed to learn about Texas landscape.

After years of self-study she discovered it might be a good idea to go to the experts and signed up to become a Dallas County Master Gardener. Its program seems to have taken, because Lois is dedicated to sharing her knowledge and helping her neighbors, friends and all who will listen; know the best plants and practices to have a thriving flower, butterfly, pollinator, vegetable or native garden.

Lois is actively involved with the George W. Bush Presidential Library and Museum and gives a talk about planning/design/construction and maintenance of the 15 acre Native Texas Park.

#### CERTIFICATIONS

Texas Master Gardener, Dallas County

Board member Native Plant Society of Texas/Dallas Chapter  
 Education/Administrative Assistant/Docent at George W. Bush Presidential Library/

#### EDUCATION

BS: Virginia Tech, Psychology/Sociology

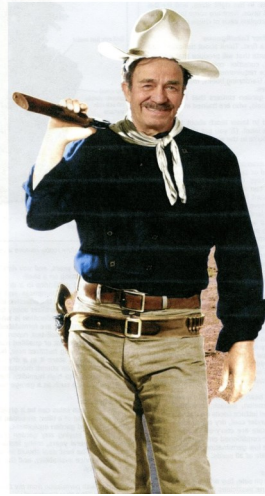
MS: Rehabilitation Counseling/Alcohol and Substance Abuse

We are very Pleased to Welcome  
our Newest Club Member  
Jeanette Herzmark



## Exercise For People Over 60

The Happy Gardener  
Look Out Rabbits



Begin by standing on a comfortable surface where you have plenty of room on each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them as long as you can. Try to hold for a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potatoes. Then try a 50-lb potato bag, and eventually, try to get to where you can lift a 100-lb potato bag in your hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag.

— Bob Grossman

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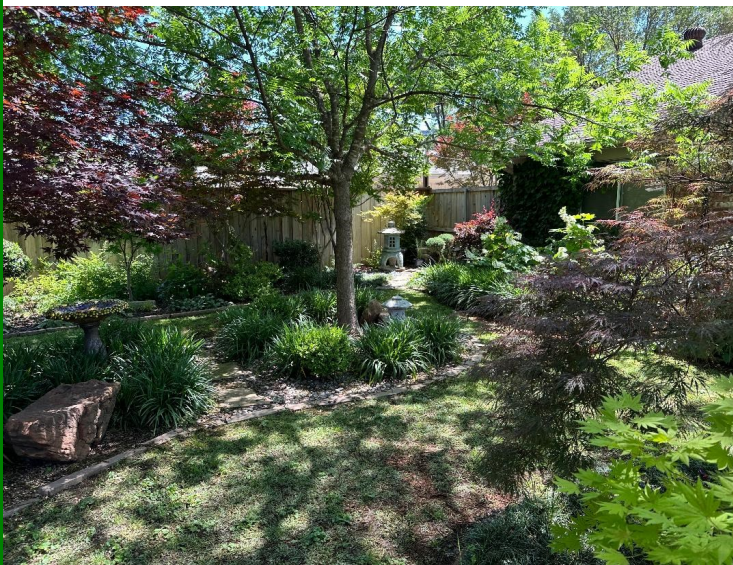
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### Pictures from the April BBQ Meeting at Cindy Bolz's Home



# Current Events

Denton County  
Master Gardener Association

Annual Garden Tour  
2024 Garden Tour  
May 18th 10:am—5 pm

DCMGA Garden Tour 2024  
featuring 8 beautiful and  
unique gardens in  
East Dallas/Old Lake Highlands

For more information  
Please visit at  
Dallas County Master  
Gardener Association, Inc.  
6820 LBJ Freeway, Suite 3200  
Dallas, Texas 75240

[info@dallasmga.com](mailto:info@dallasmga.com)

North Texas Water  
Garden Society

2024 Pond Tour  
June 8th and 9th

Tour Guides are in stores around the Metroplex in mid May. Please go to [ntwgs.org](http://ntwgs.org) for a list of stores that have the guide for sale. It shows the ponds and Watergardens with photos and descriptions, as well a map showing you where the ponds are located and the times each is available for viewing. The guides are \$20 each, and you only need one guide per car loaded.

For more information  
Please visit at: [ntwgs.org](http://ntwgs.org)  
[info@ntwgs.org](mailto:info@ntwgs.org)

## Need an excuse to grow your own!

Is Popeye in peril? He could be according to a study by the non-profit Environmental Working Group, (EWG). EWG released a report ranking the pesticide levels in the 46 most common fruits and vegetables. The tally is based on more than 100,000 USDA and FDA studies conducted between 1992 and 2001, covering 192 pesticides. Below is the worst contaminated dozen and least dozen contaminated from their report.

### **Most Contaminated: The Dirty Dozen**

Consistent with two previous EWG investigations, fruits topped the list of the consistently most contaminated fruits and vegetables, with eight of the 12 most contaminated foods. Among the top six were four fruits, with peaches leading the list, then strawberries, apples and nectarines. Pears, cherries, red raspberries, and imported grapes were the other four fruits in the top 12. Spinach, celery, potatoes, and sweet bell peppers are the vegetables most likely to expose consumers to pesticides

### **Least Contaminated: Consistently Clean**

The vegetables least likely to have pesticides on them are sweet corn, avocado, cauliflower, asparagus, onions, peas and broccoli. The five fruits least likely to have pesticide residues are pineapples, mangoes, bananas, kiwi and papaya.

Popeye and you can grow your own spinach as well as other veggies and even some fruits. If you are concerned about pesticide residue in food the best bet is to buy organic when possible especially the top offenders and grow your own when ever you can. For more info check [www.foodnews.org](http://www.foodnews.org) and [www.ewg.org](http://www.ewg.org).

— John Hunt



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**Web sites**

National headquarters: [www.tgoa-mgca.org](http://www.tgoa-mgca.org) —  
Select "**Members Only**"; log on with password: 'lily'  
American Horticultural Society: [www.ahs.org](http://www.ahs.org) —  
log on with password: 'dogwood'

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# Clopton's Garden

214-476-4914



hereby certifies that  
**Gregory L. Clopton**

having honorably fulfilled all requirements prescribed by the Board of Trustees  
of the Dallas County Community College District is hereby conferred the degree of

**Associate of Applied Sciences**

**Ornamental Horticulture - Landscape Nursery**

with all Honors, Rights, and Privileges appertaining.

*in Witness Whereof,*

*we have hereunto affixed our signatures and the Seal of the District  
in the County of Dallas, State of Texas*

May 8, 1997

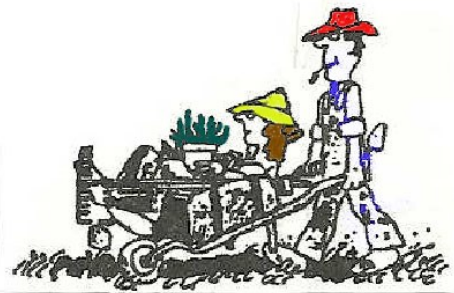
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The club welcomes men and women