



Horticultural Society of Middle Tennessee
at Cheekwood

Fall 2024 Newsletter

Horticultural Society of Middle Tennessee

Fall 2024 Newsletter

Summary of Contents

	Page
Note From Our President	1
Benefits of HSMT Membership	2
Upcoming Events	3
Fall Gardening Tips	6
Plant a Tree in Your Community	7
Baking With Herbs	8
HSMT Fashion Show Highlights	12
HSMT Garden Clubs	13
HSMT Board of Directors	14



NATURE'S SPLENDOR

From our President Deby Pitts



Dear Nature Lovers,
Great news! Beat stress and the rigors of your daily life by seeking and enjoying nature, which is free. Enjoy the wind in your face, the scent of a rose, or the shapes found in clouds. Watch the flight of a butterfly or children at play. Consider the glorious beauty of the sky at dusk and/or dawn. Ponder the power of the ocean and nature as you watch and listen to waves crashing. Walk in a nearby wood or your neighborhood and listen to the sounds of nature. Or simply, lean against a tree, and observe the natural world around you. The splendor of nature is easy to find; it's all around us. And, nature does not ask anything in return.

Most of us have busy lives and are constantly bombarded with difficulties within our lives that might include our families, our jobs, our economy and our government. The funny thing about these challenges is while they may change over time, we will always face challenges of some sort. The trick is to find and practice healthy and easy ways to escape and regain balance in our lives. Let nature's splendor calm you. After you take time to rest and rejuvenate, it will become easier to focus on goals and solving the challenges of life. Consider sharing the splendor of nature with those you love.

Breathe, stay positive and look for the good!

Your Soil Sister,
Deborah Pitts
HSMT President

Benefits of HSMT Membership

- **CONNECT** with individuals who share common horticultural interests
- **LEARN** from informative experts at meetings with refreshments hosted by HSMT
- **GROW** your garden by using information from HSMT's speakers and the HSMT website
- **THRIVE** thru connecting, learning, and the joy of nature

Upcoming Events!



Plan to join us
The Horticultural Society of Middle Tennessee
and Tennessee Federation of Garden Clubs District II
at Cheekwood for
An NGC Flower Show,
“Pumpkins, Gourds and Mums, Oh My!”
on Tuesday, September 24
11:00 a.m. to 3:00 p.m.

This extraordinary Fall flower show
offers something for everyone and for all ages.
For children 12 years and younger, the Children’s Pumpkin
Contest does not require pre-sign up; just bring your uncut
decorated pumpkin to the flower show between 1:00 p.m. and
2:00 p.m. on September 24.

The fun categories include:

- Scariest
- Prettiest
- Most Unusual
- Most Colorful
- Nature Themed
- Fall Pumpkin Patch





HSMT MEMBERSHIP MEETING

October 14 | 1 PM

Cheekwood President/CEO Jane MacLeod presents the history and evolution of *Holiday LIGHTS*. She will share about the special plans for this year's 10th Annual celebration, which includes *Gifts of the Garden*, historic Mansion décor by Laura Dowling, former White House Floral Designer.



4

10th Annual Holiday
LIGHTS at Cheekwood
November 23, 2024
through
January 5, 2025



Sparkling Settings

Horticultural Society of Middle TN

Holiday Luncheon

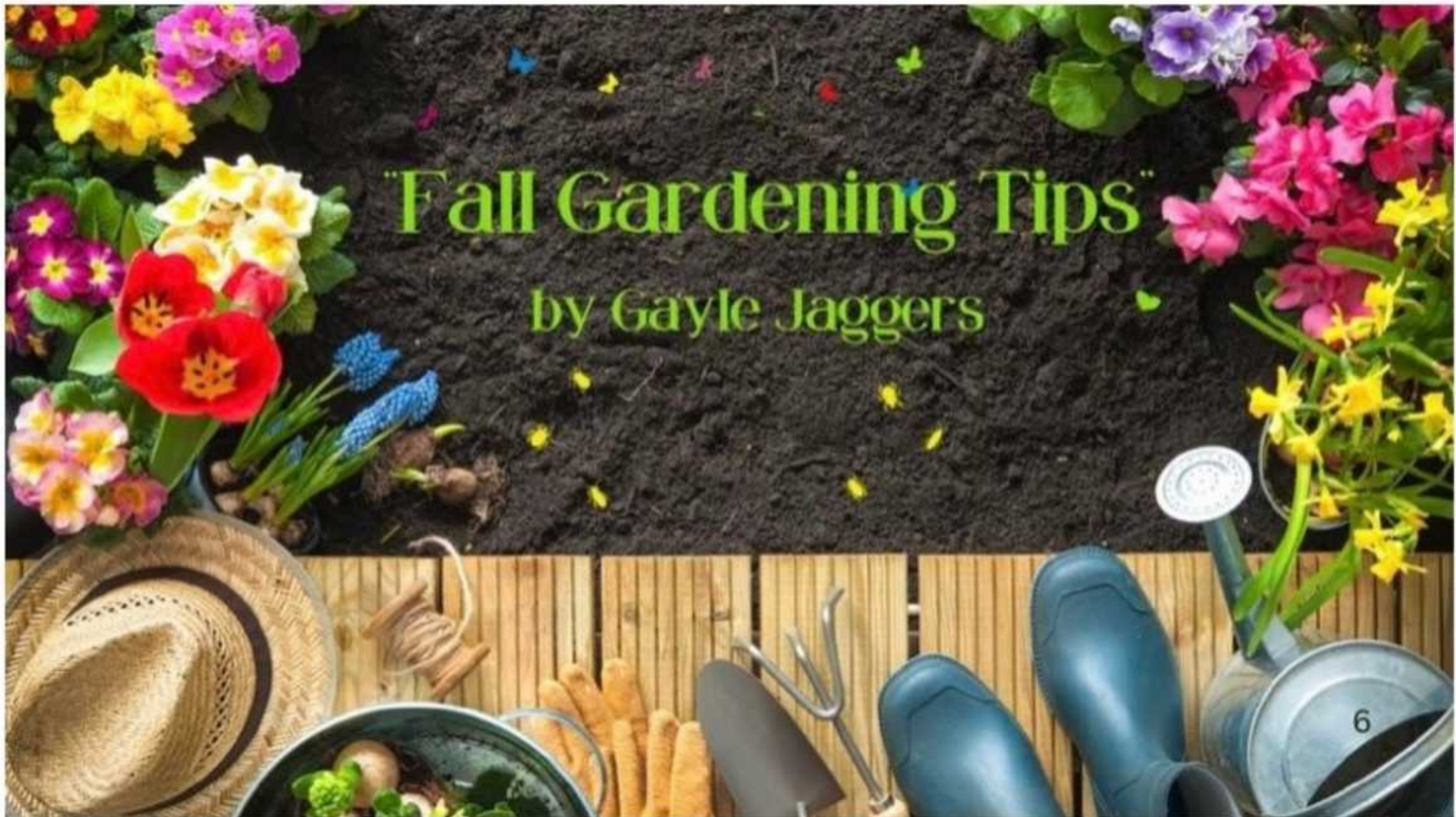
Monday December 2, 2024

11am - 1pm

Botanic Hall

Cheekwood Estate & Gardens





Fall Gardening Tips

You might not feel like gardening right now, but cooler temperatures are coming! September through October is the prime time to make major landscape changes by planting new shrubs, trees and bulbs.

Fall gardening should begin with clean up of your gardens. Diseases can overwinter in the stems of perennials and the fallen leaves of deciduous trees and shrubs. Prevent diseases by raking and bagging the leaves and cutting down diseased perennials. Fall is a good time to prune trees and shrubs. After the leaves fall, it is easier to see which branches need pruning.

Plants that need pruning include peonies and hardy begonias. Lavender, ornamental grasses, and ferns do not need pruning. Perennials, such as purple coneflower, need to go to seed to ensure new flowers for spring. When deciduous shrubs become dormant in the winter, pruning is good for general shaping. Remember that shrubs such as hydrangea bloom on old wood, so reference the proper pruning methods for your shrubs.

Fall is the best time for transplanting shrubs or planting new shrubs or trees. Cooler temperatures are less stressful to the new plants, and there is usually more rain in the fall. Newly planted trees and shrubs need water every day for a month. If warm weather persists during the second month, then water every other day until freezing weather occurs.

Cool soil is needed for the planting of bulbs, but plant the bulbs before the ground freezes. Select a sunny area with good water drainage. New bulbs require no fertilizer. Second and third year bulbs will benefit from cured manure or a slow release bulb fertilizer spread lightly over the bed. Plant the bulbs in loose soil mixed with organic matter such as peat moss. Plant larger bulbs 8 inches deep, and smaller bulbs about 5 inches deep. Plant bulbs in clusters, with smaller bulbs in front of larger bulbs of contrasting colors. Planting bulbs that bloom from mid to late season provides a spring display long into the spring season.

Some seeds of perennial plants need a period of chill, and are best planted in the fall. These include allium, blanket flower, columbine, coneflower, rudbeckia, and shasta daisy. Before planting the seeds, add plenty of organic matter to the beds to provide moisture. Cover the beds with a light layer of mulch, and remove the mulch when germination starts.

Remember how much you enjoyed your neighbors' gardens last spring? Well they were gardening in the fall as well as the spring and summer. So get motivated to get those gardens ready for spring!

Plant a Tree in Your Community!

Nashville's recent unprecedented growth has led to loss of trees throughout Davidson County.

"Root Nashville" is a public-private campaign, led by Metro Nashville and the Cumberland River Compact to plant 500,000 trees across Davidson County by 2050.

The Horticultural Society of Middle Tennessee will be collaborating with "Root Nashville" on HSMT's "Plant a Tree in Your Community" initiative in an effort to save and expand our tree canopy throughout Middle Tennessee.

Our chair for this essential and important campaign is Lucie Cammack.

Earlier this year, the Grapevine Garden Club made a positive impact by planting 175 saplings at Edwin Warner Park!



"Baking With Herbs"

HSMT IS A SOURCE FOR SPEAKERS, PROGRAM IDEAS AND MEETING LOCATIONS FOR OUR MIDDLE TENNESSEE GARDEN CLUBS.

PLEASE SHARE YOUR MEETING AND SPEAKER RECOMMENDATIONS WITH HSMT, AND WE WILL INCORPORATE YOUR IDEAS INTO OUR HSMT WEBSITE TO SHARE WITH OTHER GARDEN CLUBS AND HSMT MEMBERS.



Dobriila Pintar from the Herb Society of Nashville will be speaking to the All Seasons Garden Club at their Fall Kickoff Meeting & Luncheon on September 17, 2024 about "Baking With Herbs".

Here are two recipes that Dobriila has shared with HSMT:

Herb Whole Wheat Bread
& Sage Sticks.

BON APPETIT!





Herb Whole Wheat Bread

Prep Time: 15 - 20 minutes
Rising Time: 105 minutes
Baking Time: 25 - 30 minutes
Makes 1 Loaf



1/4 cup warm water
1 pkg dry yeast
1/2 tsp. sugar
1 cup whole wheat flour
1 1/2 cups all-purpose flour
1 Tbsp. fresh basil (1 tsp. dried)
2 tsp. fresh marjoram (2/3 tsp. dried)
1 tsp. fresh thyme (1/3 tsp. dried)
1 Tbsp. chopped fresh chives (1 tsp. dried)
1 tsp. salt
approximately 3/4 cup warm water
1 egg yolk
1 Tbsp. cold water

1. Dissolve yeast and sugar in 1/4 cup warm water. Let stand for 5 minutes.
2. Mix together flours, herbs and salt. Add yeast mixture to flour mixture.
3. Stir in enough warm water to form a ball. Add more warm water to make a dough that is soft and smooth but not sticky.
4. Place dough in greased bowl. Let rise until double in size, approximately 1 hour.
5. Punch down dough and shape into loaf. Place in greased 8" x 5" pan. Cover and let rise until double, approximately 45 minutes.
6. Mix together egg and 1 Tbsp. cold water and brush over top of bread.
7. Bake at 375 degrees F for 25 to 30 minutes, until loaf sounds hollow when thumped.



Sage Sticks

Prep Time: 25 - 30 minutes

Baking Time: 10 minutes

Makes about 20 sticks

One cup flour

1 1/2 tsp. baking powder

1/2 tsp. salt

1 Tbsp. finely snipped fresh sage
(1 tsp. dried)

1 tsp. finely snipped fresh rosemary
(1/3 tsp. dried)

1/2 cup grated cheddar cheese

2 Tbsp. butter, softened

1/3 cup water



1. Sift together flour, baking powder and salt.
2. Stir in sage, rosemary and cheddar cheese.
3. Cut butter into mixture until crumbly.
4. Sprinkle water over top. Mix lightly with a fork until pastry holds together.
5. On lightly floured surface, roll dough out to a 12" x 15" rectangle. Divide in half lengthwise, then cut in 1/2" wide strips. Place strips an inch apart on ungreased cookie sheet.
6. Bake at 425 degrees F for 10 minutes. Watch carefully so sticks do not burn. Cool on rack.





Dobriila's Herb Garden



Making sourdough bread
with herbs



Drying Herbs from the garden



Finished sourdough bread





Highlights of the May 20, 2024



HSMT SPRING MEETING AND FASHION SHOW

Botanic Hall at Cheekwood
Featuring Fashions by Dilliards



Deby Pitts & her
granddaughter, Daphne



Murray Clayton
Brook Meade GC



Robin Sinclair
Gateway Acres GC



Joan Bailey, Marsha
Hunt & Claudette Ryan
Harpeth Bend GC



Bette Ann Fields
Gateway Acres GC



HSMT Garden Clubs

as of September 2024

- All Seasons • Bellevue • Belmont
 - Brentwood • Brook Meade
- Country Homes • Dubious Diggers
- First Saturday • Friends and Flowers
 - Garden Club of Nashville
- Garden Lovers • Gateway Acres
 - Grapevine • Harpeth Bend
 - Hendersonville • Iris City
- Lebanon Road • New Neighbors
 - Oak Hill • Oak Valley
 - Optimistic Gardeners
- Rachel Jackson • Seed and Weed
 - Sew 'n Sow • Shelbyville
- Town and Country • Tyne Meade
 - Volunteer • Warner Park
- Wilson County Town and Country

**HSMT Auxiliary membership
is open to all who would like to join.**

HSMT Board of Directors

2024 Officers:

**President: Deborah Pitts—
Sew 'N Sow GC**

**First Vice President: Laurie Seabury—
Auxiliary**

**Second Vice President: Jennie Bowman—
Brooke Meade GC**

**Recording Secretary: Gerry Sams—
Oak Valley GC**

**Treasurer: Kim Looney—
Auxiliary**

**Corresponding Secretary: Barbara Rogers—
Grapevine GC**

Directors:

Membership Director: Murray Clayton—Brook Meade GC

Education & Outreach: Jennie Bowman—Brook Meade GC

Community Relations Directors:

Lynne Wallman—Oak Valley and Gateway Acres GCs

Doris Weakley—Tyne Meade GC

Fundraising Director: Kayla Counts—Auxiliary

Technology Director: Corey Good—Auxiliary

Award of Merit Selection Directors:

Dianne Berry—Town and Country GC

Bette Ann Fields—Gateway Acres GC

Dixie Powell—Auxiliary