



Contents

χ 1 δ

New Organic Standards Already Threatened

χ 2 δ

February Hospitality
Julia Burgen Retiring
Magazine Swap
Ladybug Book Corner

χ 3 δ

2003 Natural Urban Living Garden Show
Ft. Worth Environmental Collection Center

χ 4 δ

Jalepeno Fudge Recipe
Just for Fun – Puzzle Time

χ 5 δ

Herb of the Month – Sweet Violet
Recycle Your Printer Cartridges

The Green Thumb is a publication of the Arlington Organic Garden Club

www.aogc.org

AOGC Board:

Dave & Cheryn Barnett
Angie & Doug Brown
Esther Chambliss
Penny Coder
Susan Horn
Teresa Saldana



February's Meeting: Murderous Plants!

We are very happy to welcome Barney Lipscomb to our February meeting! Some of you may have seen him speak at the January Arlington House & Organic Gardening show, but if you haven't heard him before you're in for a real treat.

Barney is originally from Temple, OK although he currently makes his home in North Texas, where he was appointed the Dorothea L. Leonhardt Chair of Texas Botany at the Botanical Research Institute of Texas (BRIT). He is also the head of the BRIT's scientific press, and is a coauthor of the *Shinners & Mahler's Illustrated Flora of North Central Texas* (see <http://www.brit.org/sida/sbm/sbm16toc.htm> for book info).

With a BS in Biology and an MS in Botany, Barney has an interest in and expert knowledge of poisonous plants, and has given many lectures and talks on the subject; right now he is serving on the board of consultants for the North Texas Poison Center. Barney also has an interest in forensic botany, and has provided expertise and assistance in several criminal cases.

New Organic Standards Already Threatened

Three Hundred Thousand American voices were heard when opposing the USDA's 1998 proposed organic standards, which would have allowed a variety of unacceptable practices to be included under the Organic labeling laws. Back then, consumers won our right to know what is in our food including how it is grown.

However, a new opportunity to re-declare our rights has arisen. Congress is currently being heavily lobbied to change the organic laws. "Buried deep in the appropriations bill (Section 771) is language which overturns USDA regulations requiring all organic livestock to be fed 100% organic feed." This lobbying is coming from the Georgia House Delegation as the Food Industry now recognizes the public's increasing demand for organically grown foods. Seeing that they are unable to meet the current organic standards, they are pressuring for changes which would allow their meat products to be labeled organic, thus being able to participate in the market without meeting our public's requested organic standards. Please refer to the Organic Consumer's Association website for more detailed information.

(<http://www.organicconsumers.org/Organic/degrade021403.cfm>)

– Susan Horn

February Hospitality

The goodie volunteers for this month's Club meeting are Dave and Cheryn Barnett, Susan Horn and Teresa Saldana.



Please feel free to bring something even if you didn't sign up to do so. A wonderful part of our meetings is the chance to share our culinary skills or goodies

compliments of your local grocery store, with your fellow gardeners and get a chance to sit around eating and talking dirt. Come and enjoy!
– Teresa Saldana

Julia Burgen Retiring

Arlington City Councilwoman (and AOGC member) Julia Burgen has announced that she will not seek reelection in the May 3 vote. She joins Mayor Elzie Odom and Councilman Pat Remington in taking a break from this type of public service.

Julia is retiring after serving on the City Council since 1997. Between the phone calls, running all over town, and all the other demands of this \$200/month (yes you saw that right) job, Julia has grown tired and would like to spend some time on the rest of her life.

We wish Julia well in her retirement, and are grateful for her past 6 years of public service – we have appreciated having an environmental advocate representing us in City Hall. Here's to more time in your garden, Julia!

– Source: Ft. Worth Star-Telegram

548-8661

2529 W. Arkansas

Adam's Feed Store
featuring **Organic Garden Supplies**

"Hard to find but worth the effort!"

αβγδ Magazine Swap δαβγδ

Have an extra copy of your favorite garden magazine? Bring it to the next club meeting for a swap. It's easy! Bring a magazine and exchange it for another someone else has brought. This way everyone can enjoy those great articles! We can help out Mother Nature by recycling the AOGC way!!

αβγδ αβγδ αβγδ αβγδ αβγδ

Ladybug Book Corner

Everyone knows certain mushrooms are deadly but did you know that sweetpeas or even tomatoes can give you problems? Priceless knowledge such as this can be found few places.

One is this month's speaker, Barney Lipscomb of the Botanical Research Institute of Texas (BRIT). He will be speaking about poisonous plants.

Another is a book available for checkout from the AOGC Library: *Human Poisoning from Native and Cultivated Plants*, published in 1969 by J.W. Hardin and J.M. Arena, M.D. Sweetpeas and tomatoes are only some of the many plants listed.

I hope that you will get a chance to check out this book from the library or one of the many others!

Books that were checked out at the January meeting are due back this month. Sorry, but due to demand, please limit book loans from the library to one month. This way everyone can get a chance to read these books!

– Esther Chambliss

Westlake's
Arlington
Hardware

ACE #5534
1705 W. Park Row
Arlington, TX 76013
(817) 461-5803
Fax (817) 548-8040

www.westlakes.com

ACE #5689
725 W. Lamar
Arlington, TX 76012
(817) 265-7706
Fax (817) 861-6540

Spotlight On This Year's Natural Urban Living Garden Show

Yes, we know it's February but it's only 3 and a half months away from the June 21st show date.

This year we, the AOGC board, would like to inform you some changes in the show lineup for 2003. Now, don't get worried, the vendors are still coming and the plant sale and the raffle will be going strong. And, yes, we will have guest speakers (including Howard Garrett).

We would like to use the entire facility this year. There are two courtyards that were not used the last several years as well as the back of the stage. Planned changes so far are:

- The hospitality area will be moved to the back of the stage.
- Non-profit groups will be in the larger Garden Room so that they can be closer to the main show hall.
- Demonstrations will be moved to the Music Room where the guest speakers speak. This will allow visitors (and speakers) to better enjoy the demonstrations.
- The Art Room will be for kids and their parents including:
 - family garden – a hands-on make-and-take area (not a day care)
 - crafts
 - games
 - a storyteller (for ages 3-6)
 - creature feature (featuring earthworms)



To make all this happen, we will need your help. So many of our vendors expressed their appreciation of how the club members made them feel welcome, the hospitality room, helping them set up and break down their booths, just saying hello, or asking if there is anything they need.

So, please volunteer to help at the show this year. You can contact the AOGC board via e-mail at: board@aogc.org or contact the following people to help in specific areas:

Membership	Penny Coder	817-640-3165
Non-profits	Teresa Saldana	972-642-6346
Plant Sale	David Barnett	817-483-7746
Publicity/Information	Susan Horn	817-274-8460
	Angie Brown	817-795-3300
Kids Room	Esther Chambliss	817-263-9322
Hospitality Room	Esther Chambliss	817-263-9322
Vendor Assistance	Doug Brown	817-795-3300

When we get closer to the show date, signup sheets will be passed around during the meetings. Please think about what you could do to help – even a dozen cookies goes a long way. Thanks!
– Esther Chambliss

Ft. Worth's Environmental Collection Center

Are you aware that Arlington residents can dispose of hazardous waste at the Ft. Worth ECC for *free*? That's right, Arlington, Grand Prairie, Mansfield, and many other surrounding communities all participate in this program. Among the waste accepted are paints, solvents, automotive products, lawn and garden chemicals (the "bad" kind you might have left over from your pre-organic days! ☺), and household cleaners. Of course, it's always best to purchase products with their environmental impact in mind: there are earth-friendly alternatives to so many of those products! However, if you do need to use hazardous materials (even batteries are a hazardous waste; they are accepted at the ECC too!), please make sure you dispose of them properly.

The ECC's website (<http://www.fortworthgov.org/dem/ecepg.htm>) has a full list of the materials they will accept, along with proper disposal methods of many household materials. The ECC is located at 6400 Bridge St. in Ft. Worth (near the I-30 and East Loop 820 interchange). Hours are Thursday and Friday 11-7, Saturday 9-3. For more information call the ECC information line at 817-871-5257.
– Angie Brown

Herb of the Month: SWEET VIOLET (*Viola Odorata*)

Common Names: Johnny jump ups, garden violet

This herb belongs to the *Violaceae* family and is a perennial. It likes shade and semi-shade. It needs a shady, rich, moist, well-drained soil and will benefit from a winter mulch. Transplant in the early spring leaving a 4-5 inch space between plants. It will grow to 6 inches in height with an 8-12 inch spread. The leaves have a heart shape and will form a mound approximately 6 inches high. It self-seeds and one plant will produce a lot of seeds. It can be divided every three years. Harvest the leaves when young and the flowers anytime. Propagates easily from the divisions and runners. Naturalize in limey soil. Commonly found in the wild in shady wooded areas.



Violets have been around as early as 400 B.C. when the Greeks grew them commercially to sell in the markets of Athens. The Greeks chose the sweet violet as their symbol of fertility. Shakespeare wrote of this flowering herb.

Violets reached their peak cultural status during the reign of Queen Victoria (1837-1901). Most of the highly scented 19th century cultivars became extinct during WW I and II. The flowers have been used in flower lore over the years. Violet was the color for fasting and used when adorning altars during Lent and Advent.

Culinary use of the flowers – cakes, puddings, ice cream, salads, violet flavoring, syrup (used by Martha Washington). Violet syrup is made from the blossoms. Flowers can be frozen in ice cubes to dress up beverages.

Medicinal use – contains vitamins A and C, antiseptics, infusions. While usually grown for their oils and fragrance, they can also be used in a calming tea.

Craft use – nosegays, tussies mussies, floral waters, perfumes. Press flowers to make personal note cards. – *Esther Chambliss*

Recycle Your Printer Cartridges

You can recycle used inkjet and LaserJet cartridges at your local Office Depot store. I brought a few in last weekend, exchanging them for a free ream of recycled paper. I'm not sure how long the free paper promotion will last, but recycling those cartridges is a good idea anyway – let's keep them out of the landfills!

– *Angie Brown*



REDENTA'S GARDEN
ORGANIC GARDEN CENTERS

- Perennials
- Herbs
- Annuals
- Old Garden Roses
- Texas Native Shrubs and Trees
- Garden Accents and Gifts
- Organic Gardening Supplies
- Landscape Services
- Private Gardening

Arlington 5111 W. Arkansas Ln. 451-2149
Colleyville 6230 Colleyville Blvd. 488-3525
Dallas 2001 Skilman St. (214) 823-9421
Hours: Mon-Sat 9-6 Sun 10-5
www.redentas.com



RABBIT HILL FARM
ORGANIC FERTILIZERS AND SOIL AMENDMENTS
Mother Nature Knows Best!

Ladies of the Garden
ORGANIC
Consultation and Design

Patricia Cowan Lucy Harrell
(817) 443-3612 (817) 572-0148



The First Dandelion

Simple and fresh and fair from winter's close emerging,
As if no artifice of fashion, business, politics, has ever been,
Forth from its sunny nook of shelter'd grass –
Innocent, golden, calm as the dawn,
The spring's first dandelion shows its trustful face.

-- Walt Whitman

Next meeting. . .

Thursday, February 27

Speaker: Barney Lipscomb

Subject: Murderous Plants

Hospitality: Dave & Cheryn Barnett, Susan Horn, Teresa Saldana