



## SAVE THE DATE

### Fall meetings

Sept. 25

Oct. 23

Nov. 27

Mark your calendars for our fall meetings at 1 Bergen County Plaza, Hackensack. MG meetings will resume Tuesday, Sept. 25 with speaker Virginia Lamb whose topic will be "Composting and Compost Tea." Virginia last spoke to the MG of BC membership in 2012.



Virginia is a Master Composter with more than 30 years of experience in environmental education with a focus on solid waste management, waste reduction, backyard composting, organic gardening, and school

gardens. She is the former recycling coordinator for Monmouth County.

Another fall program will be "Confessions of an Attention-Deficit Gardener" with speaker Robert E. (Bob) Lyons. The subtitle of his program is "an unembarrassed account of using annuals and tender perennials to create brilliant landscapes that change every year.

Bob is the former director of the Longwood Graduate Program in Public Horticulture at the University of Delaware. He has taught herbaceous plant materials for more than 30 years. He will describe his own gardening habits, plant acquisition philosophy, use of color, and garden maintenance practices resulting from a lifelong affair with attention-deficit disorder.

More information about the speakers and topics will follow in future issues of the *Potting Shed*.

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### From the President's Desk

*By Carolyn Gretchen*

The Rutgers Master Gardener Association of NJ will hold its 2018 Annual State Conference on Saturday, Oct. 6 from 8 am-3:30 pm at the Cook Student Center, 59 Biel Road, New Brunswick. The cost is \$40 per person with an optional \$12 box lunch. The theme this year is "Plants: Yesterday, Today, and Tomorrow." Attendees will earn five CEUs toward education hours. For more information, click [here](#) beginning July 1.



Congratulations to our own Janet Schulz, Class of 1988, and Dania Cheddie, Class of 2013, who are the MG of BC Award for Excellence recipients. Photos of the Award for Excellence winners from all counties will be featured in a video loop that will be shown at the conference.

Dania, who lives in Teaneck, is the site coordinator at the NJ Botanical Garden/Skylands. Of the MG of BC Dania said: "I have met many wonderful people during the MG class and after. Many of these gardeners generously share their tips and plants with others." Dania is also involved with the New York Botanical Garden and Wave Hill, and she is a member of the Teaneck Shade Tree Advisory Board.

Janet, who lives in Wyckoff, said: "Being a Master Gardener gives me an opportunity to first give back to the community but also mingle and learn from my peers." Janet, an MG of BC Master Gardener of 30 years, has been editing the *Potting Shed* for almost three years.

**Summer is officially here.** This is the time of the year when we can fully appreciate the fruits of our labor. Your gardens and volunteer sites are luxuriating in bursts of colorful flowers. If you're a vegetable gardener, you'll be delighting in the rush of ripening vegetables. If you want a succession of flowers and veggies, remember to pick your produce and deadhead your flowers to encourage more. If you have extra produce, sharing with family, friends, and neighbors, and food pantries and shelters is a help to all and so fulfilling for us as gardeners.

Don't forget to treat yourself to some eye candy. This is a gorgeous time of the year at the New Jersey Botanical Garden/Skylands. Check out what's being offered in July under the "Volunteer Site Events" on page 3 and [visit](#) the NJBG's events page.

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Another treat is the [Georgia O'Keeffe exhibit](#), Visions of Hawai'i, at the New York Botanical Garden through October. Prefer something closer to home? Visit the Van Vleck House and Gardens in Montclair. It offers programs for both adults and children at reasonable prices. Click [here](#) for information.

## MG OF BC NEWS



### Meet Noreen Postman, Class of 2016

*By Miriam Taub*

Noreen Postman and her husband, Bill, are responsible for maintaining the landscaping of three properties: Their home in Hasbrouck Heights, the garden behind his law office in a 100-year-old former

bank building on Hasbrouck Heights' Boulevard, and their second home on two acres (one totally wild) near Honesdale, PA. However, at this time, soil is Noreen's enemy. Noreen's immune system is compromised by cancer and she was told, "You do NOT touch dirt."

Noreen McDonough grew up in an apartment in the Greenville section of Jersey City, so her relationship to plants — other than the proverbial philodendron — was limited to the gardens of a few relatives. And they, she recalled, were "of the mind to say 'stay away from my rose bushes.'" Noreen said her first personal encounter with gardening was growing geraniums from seed for a science project at Sacred Heart elementary school.

After high school, Noreen stayed local by majoring in math at St. Peter's College (now St. Peter's University). Her high school teachers advised: When you pick your major, be sure to find a school with a good reputation for that subject. She held a work-study job for four years as a computer programmer, which turned out to be her first career. Noreen met Bill at St. Peter's when they were dismantling a set from a student play. She recalled a mutual friend telling her "There's my friend, Bill. Take him this hammer." They were married in 1974 and moved to Hasbrouck Heights, where he grew up, in 1975.

After college graduation, Noreen got a job at the Securities Industry Automation Corp. (SIAC), a company formed by the New York and American stock exchanges to provide information technology services to the exchanges. She worked on mainframe, microcomputer, and Tandem projects for the NYSE and AMEX trading

floors. (Tandem computers were designed to provide scaling and redundancy — a big consideration in that industry.) She later worked at Citibank and JP Morgan.

Of her time at SIAC, she said, "I always had female colleagues, and the logistics required us all to work nights and weekends. My first female manager advised me to not expect special treatment and to dress conservatively." In 1974, she continued, the industry was very new. "I came into a company with a specific purpose and a small population; they were more interested in could I get the work done than in my gender. As an industry grows, things often change."

In 2006, Noreen retired from IT as a result of a downsizing. She earned an online MBA from the University of Phoenix. When a friend mentioned she wanted to attend H&R Block's training to be a tax preparer, Noreen agreed to go, too. Noreen, who is 66, has been a tax preparer at the Lodi H&R Block office for "nine or 10 years" working as a seasonal employee (limited hours after April 15). She also worked in the quality group for the 2010 US Census doing things like training, verifying information, testing potential Census employees, and fingerprinting new employees locally.

Meanwhile, she said she'd "always thought about" the MG training. After her cancer diagnosis in 2014 and the ensuing chemo and radiation treatment, she thought, "What are you waiting for?" During her interview for the MG Class of 2016, Noreen explained to then-horticulture consultant Dail Reid that she couldn't do heavy lifting or start a gas-powered motor due to her cancer treatment. She recalled Dail replying that MGs "don't mow lawns" for their volunteer hours. Noreen has volunteered at Thielke Arboretum, Washington Spring Garden, and the Bergen County Zoo doing pruning, trail maintenance, working in the herb garden, and maintaining the container plants.

Noreen is a founding member of the Hasbrouck Heights Garden Club. In addition to gardening, which is on hold, she enjoys reading murder mysteries by authors such as Rita Mae Brown and Susan Wittig Albert whose character, China Bayles, is an herbalist. Noreen and Bill have been involved with scale miniatures, like dollhouses, and had belonged to a miniatures club and to NAME (National Association of Miniature Enthusiasts). They have two cats, Whitefoot and Blackfoot. Noreen explained the gender-neutral names by saying that she and Bill didn't know both were female until they were taken for their "special operation."

Noreen pointed out some of the overgrown trees on her property by explaining that when they moved in, "One of our problems was not understanding how big things will get." Until such time as she can take to the yard, Noreen will be exploring gardening books.



## Sunshine News

Janet Schulz and her husband, Ted, welcomed their third great-grandchild, Thor Jeffery Schulz.

### VOLUNTEER SITE EVENTS

#### New Jersey Botanical Garden/Skylands

**A note about parking at NJBG:** On Saturdays, Sundays, and holidays from Memorial Day weekend to Labor Day, a State Park parking fee of \$5 for NJ-registered vehicles and \$7 for non-NJ-registered vehicles is charged. The address of the NJBG is 2 Morris Road, Ringwood. Click [here](#) to visit the NJBG website.

#### Richard Reiter Swing Band concert

One of New Jersey's most popular swing combos kicks off summer at 6:30 pm Friday, July 6 with standards from the swing era and the best of classic rock. Bring a lawn chair; concert moves to the Carriage House in bad weather. Click [here](#) to visit the band's website. **Cost:** \$5.

#### Tour Skylands Manor

NJBG volunteer docents lead visitors on a tour of the architecture and history of Skylands Manor from 11 am-3 pm Sunday, July 8. **Cost:** \$7 adults; \$5 seniors and students ages 13-18; \$3 ages 6-12; free under 6.

#### Audubon butterfly walk

Join the Bergen County Audubon Society at 1 pm Sunday, July 8 for a walk through the gardens and fields to identify the many butterflies that visit the NJBG and to discuss the host plants and nectar sources crucial for their survival. Rain cancels.

#### Family woodland hike

Come to an easy, child-friendly hike in the garden's woodlands at 1 pm Sunday, July 15. You'll learn about the plants and animals around the NJBG in a hike designed to fit the group. Smaller children may need to be carried. Wear sturdy shoes, and meet at the Carriage House. Rain cancels.

#### Guthrie Brothers in concert

The Guthrie Brothers pay tribute to the Simon & Garfunkel and Everly Brothers songbooks with original harmony-driven music beginning at 6:30 pm Friday, July 20. Bring a lawn chair; concert moves to the Carriage House in bad weather. Click [here](#) to visit the duo's website. **Cost:** \$5.

## Teaneck Creek Conservancy

#### Bird walk with Audubon

The Bergen County Audubon Society will lead a bird walk from 9:30-11 am Sunday, July 15 at the Teaneck Creek Conservancy. Meet in the parking lot, 20 Puffin Way, Teaneck. Click [here](#) to visit the website.

## Thielke Arboretum of Glen Rock

#### To weed or not to weed? That is the question

Join Jean Epiphan, the arboretum's forest ecologist and land manager, from 1:30-3:30 pm Saturday, July 21 for a lecture/nature walk focusing on common understory plants that may look like "weeds" but are not. Jean will describe how to identify each plant species, explain which are harmful to our local ecosystem, and which plants are native to our forests and support wildlife. Learn how to incorporate these naturally occurring perennials and ground covers in your landscape. You may bring samples of naturally occurring plants from your yard for Jean to identify. The ID session will follow the lecture/walk.

**Cost:** \$5 members; \$8 non-members. To register, click [here](#). Walk-ins welcome. The arboretum is located at 460 Doremus Ave., Glen Rock. Click [here](#) to visit the website.

### VOLUNTEER SITE NEWS

#### McFaul Environmental Center



*Photo by Terri Pegg.  
Melody Corcoran, left, and Mani Peri plant boxwoods and liatris at the McFaul Environmental Center.*

**(Continued on page 4)**



Photo by Donna Karpel.

Terri Pegg and Joseph Cooper dig holes to plant Hinoki cypress. Terri reported that last year new McFaul management offered MG volunteers the chance to redo an entire section of a garden. MGs made a wish list of plants and almost all requests were fulfilled. See the results of the new plantings in future issues of the Potting Shed.

## NJBG/Skylands

### Volunteers needed at NJBG

The New Jersey Botanical Garden/Skylands is seeking volunteers to help restore the moraine/rock garden. Moraines are deposits of rock left behind by melting glaciers at the end of the last Ice Age. The garden consists primarily of ground-hugging alpiners, such as heather, sedums, gentians, dwarf conifers, and many low creeping plants, which thrive on rocky slopes with water seeping beneath.

To volunteer, contact the NJBG at 973-962-9534 or send an email to [info@njbq.org](mailto:info@njbq.org). The address is 2 Morris Road, Ringwood. Click [here](#) to visit the website.

## THIS AND THAT

If you missed the Master Gardener picnic at Van Saun Park in June, you also missed having a piece of Dorothy Penkalski's great Fruit Swirl Coffee Cake. Here's the recipe.

### Fruit Swirl Coffee Cake

1½ cups sugar  
 ½ cup butter, softened  
 ½ cup shortening  
 1½ tsp. baking powder  
 1 tsp. vanilla  
 1 tsp. almond extract  
 4 eggs  
 3 cups flour  
 1 can (21 oz.) cherry pie filling

Heat oven to 350 degrees. Generously grease a jelly roll pan, 15½ x10½ inches, or two 9-inch square pans. Blend sugar, butter, shortening, baking powder, vanilla, almond extract, and eggs in a large mixer bowl on low speed, scraping bowl constantly. Beat 3 minutes on high speed, scraping bowl occasionally. Stir in flour. Spread 2/3 of the batter on the jelly roll pan (or 1/3 in each 9-inch pan). Spread filling over batter. Drop remaining batter by tablespoonsful onto pie filling.

Bake about 45 minutes. While warm, drizzle with glaze, recipe below. Cut cake into squares.

**Note:** You can use 1 cup of butter if you don't want to use shortening. Also, any flavor of pie filling works well with this cake.

### Glaze

Mix 1 cup confectioners sugar and 1 to 2 tablespoons of milk thoroughly; drizzle over cake. You can use almond milk, if you prefer.

### Bergen County Rutgers Cooperative Extension Office

**Joel Flagler** Agricultural/Resources Management Agent & County Extension Dept. Head 201-336-6780  
**Karen Riede** Horticulture Consultant 201-336-6788  
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## FARMERS MARKETS

**Dumont Farmers Market**, Sorosis Park, Park and West Quackenbush avenues; through Oct. 27; Saturdays, 10 am-3 pm.

**Englewood Farmers Market**, Depot Square Park, North Van Brunt Street and Demarest Avenue; through Oct. 26; Fridays, 11 am-6 pm. Information, click [here](#).

**Fort Lee Farmers Market**, Plaza at the Fort Lee Community Center, 1355 Inwood Ter.; through Oct. 15; Sundays, 8 am-2 pm.

**Glen Rock Farmers Market**, 1 Harding Plaza; through Nov. 18; Sundays, 10 am-2 pm.

**Hasbrouck Heights Farmers Market**, Central Avenue and Boulevard; through Sept. 25; Tuesdays, 2-7 pm.

**Oakland Farmers Market**, Borough Hall lot, Route 202; through Oct. 20; Saturdays, 9 am-1 pm.

**Paramus Farmers Market**, Petruska Park north parking lot, 475 Farview Ave.; through Sept. 26; Wednesdays, 3-7 pm, excluding July 4.

**Ramsey Farmers Market**, Main Street train station; through Nov. 25; Sundays, 9 am-2 pm. Information, click [here](#).

**Ridgewood Farmers Market**, train station parking lot, Godwin and West Ridgewood avenues; through Nov. 18; Sundays, 9 am-3 pm. Information, click [here](#).

**River Vale Farmers Market**, 406 Rivervale Road; through Nov. 1; Thursdays, noon-6 pm.

**Rutherford Farmers Market**, Park Avenue at the Williams Plaza; through Oct. 27; Wednesdays, 11 am-6 pm; Saturdays, 8 am-2 pm. Information, click [here](#).

**Teaneck Farmers Market**, Beverly Road and Garrison Avenue; through Oct. 25; Thursdays, noon-6 pm. Information, click [here](#).

**Tenafly Farmers Market**, Washington Street and Tenafly Road; through Oct. 28; Sundays, 10 am-2 pm.

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### Useful links

Many local garden centers give discounts to MGs. See the list on our [website](#). Bring your membership card when shopping.

### 'Horticulture Grapevine' notice

The deadline for the Horticulture Grapevine, which lists area garden club and plant society meetings, is the 25<sup>th</sup> of the prior month.

- Submit information about garden club meetings to Miriam Taub at [Miriam.taub@verizon.net](mailto:Miriam.taub@verizon.net).
- Submit information about plant society meetings to Catie Farahat at [cwfarahat@scatteringlight.com](mailto:cwfarahat@scatteringlight.com).

Please share photos of your volunteer work or of your garden. Be sure to identify everyone in the photo by first and last name. Submit photos to [janet-schulz@hotmail.com](mailto:janet-schulz@hotmail.com).