

# Sutton Garden Club News

*Sept 2011*

website : [suttongardenclub.com](http://suttongardenclub.com)



If you would like to save the club money, time and become more eco-friendly, please let me know if you would like to receive the newsletter via email only ([mrannikko@yahoo.com](mailto:mrannikko@yahoo.com)).

## September Program:

"Integrated Pest Management"

Kim and John Miczek from Breezy Gardens, Leicester, MA

**Tuesday, September 20 at 7 pm**

**Dudley Gendron Post, 156 Boston Road, Sutton, MA 01590**



Breezy Gardens is an Intergraded Pest Management (IPM) Farm. What this means is that we use the least amount of chemicals possible in growing our vegetables, we use disease control techniques, approach insect damage in a unique way, and we use very environmentally friendly practices. These wonderful farming methods have been



good to our family. We have been privileged to see a rich diversity of wildlife thrive in and around our fields. Years of environmentally friendly IPM farming have allowed us to bring wonderfully healthy food to our own community and we are very proud to have been striving for excellence in the environmentally friendly farming practice for over thirty years now.

IPM is essentially just a different method of farming in that it brings the best of advances in science skills in farming to allow us to use the least amount of chemicals possible on the land. Some of the things we do to prevent the overuse of chemicals are simple and obvious. We avoid growing the same plants in the same place year after year or planting soil enriching

cover crops. However, these simple practices must be followed up with frequent and extensive, detailed soil analysis's to each field or area of our one hundred plus acre farm. These tests are analyzed at the soil and tissue lab located at the University of Massachusetts and are able to tell us very accurately what micro and macro nutrients are in our fields. All of this information allows us to make decisions such as when and how much fertilizer and lime to add to our soil and have naturally improved the soil on our farm to such a degree that chemical fertilizer is rarely necessary. The high organic content of our soil also absorbs the nitrates quickly which prevents run off into the rivers that flow through the farm and further protect our natural resources.

IPM approach is also used for plant disease problems. The tomato plant for example protects itself from most insects. It is however, susceptible to several forms of plant fungal diseases. Traditional farming would spray tomato plants with fungicides frequently. Our farm has a different approach. We grow a type of tomato called a determiner variety. This type of tomato vine produces all of its fruit inside of a three-week span. We plant multiple batches of tomatoes to harvest over the summer. As the plants are old enough for the possibility of disease we move into the next patch thus elevating the necessity to use sprays.

Insect damage often needs individually unique approaches. We do not like to use insecticides but we don't appreciate an ear of corn in which an earworm has dined first. We have a threshold of acceptance for insect damage before we take action. The acceptance is assessed by our field inspector that periodically walks through all of our fields. The action taken based on his recommendations might be something as simple as hanging large balloons with evil eyes in to corn fields to keep the birds away or the use of pheromone traps. Traps to lure Japanese beetles out of the blueberries are also very effective.



Honeybees are so important to our healthy diverse environment but have frequently been adversely impacted by traditional farming. In fact, honeybees have been used to indicate environmental health. The beekeeper that takes care of the hives at Breezy Gardens declares that our bees are the healthiest thriving community of any of the locations he goes to. The honey collected from these hives has won frequent awards in many competitions over the years. Great care is taken to use as many organic insect control methods as possible and timing is very important.

Weed control on our farm is a frequent and ongoing challenge. The problem is the soil is so rich and healthy that all plants we prefer, and all of those that we don't, thrive. We do a large amount of cultivation both by a machine and hand hoeing. Black plastic mulch is used on many of the crops. This both controls weeds and warms the soil giving a bonus of early crop production to non-herbicide weed control.

## A Christmas Carol

Sunday, November 27th at 1pm, Vaillancourt Folk Art, Sutton, MA

Gerald Charles Dickens is returning from England to Vaillancourt Folk Art to perform his great-great grandfather's classic tale, A Christmas Carol. Dickens adopts different voices, expressions and mannerisms to portray each of the story's twenty-six characters in this acclaimed one-man show. Show time approximately one hour and is not recommended for children under the age of 8 years old.



Seat numbers will be assigned at time of purchase. Seating requests must be made at time of purchase and cannot be changed once seat numbers have been assigned. Sorry, there are no refunds of exchanges.

Vaillancourt Folk Art has been creating family traditions for over 27 years and one of our best traditions is bringing Charles Dickens, great great grandson to our small theatre to perform "A Christmas Carol". This one man show is a wonderful re-creation of Charles Dickens performances in the 1800's and is truly riveting.

The Christmas Carol really starts the Christmas season off on the right note. We would like to offer to your Garden Club members the opportunity to see this highly acclaimed performance.

With a minimum of 10 tickets we will offer \$5.00 off the regular ticket price for any of the five shows during the Thanksgiving weekend, November 25, 26 and 27, 2011.

Enclosed is further information on the show schedule.

If you have any interest, please contact Valerie or Bette at 508 476 3601.

Sincerely,

Gary Vaillancourt  
President

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If we can get at least 10 attendees, then the price will be \$20 per ticket. Please email me ([mrannikko@yahoo.com](mailto:mrannikko@yahoo.com)) by September 20 or sign up at the September 20<sup>th</sup> program, so we can purchase the tickets. Payment due by September 25, 2011.

Please frequent these businesses as they are generous supporters of the Sutton Garden Club 2011 Plant Sale and our community activities.



28 Sutton Avenue • Oxford, MA • (508) 987-2700  
*Robbins Sand & Gravel* has a garden center, grain dealership and pellet stoves. From pond plants to feeding swine, from building patios, repairing gravel driveways to controlling weeds, they have the knowledgeable staff who can help you. A family-run business, as many as four generations of Robbins family can be seen at the store on any given day.



*Essential Aesthetics* • 17 Converse St • Worcester, MA • (508) 831-0400  
Licensed Estheticians are passionate in helping others achieve beautiful, healthy skin. Featured Herbal Body Wrap is a deeply relaxing, aromatic wrap helps get rid of everyday toxins. A skin brushing exfoliation precedes a full body application of warm oil. Heated compresses are placed on the body, which is the completely wrapped in a warm blanket. A gentle massage to the head and neck make the treatment complete.

Hardwicke Gardens Statuary & Water Garden Center  
254 Turnpike Rd • Westborough, MA • (508)366-5478

This business is located right off of Route 9 in a corner lot with woods in the background and shares a parking lot with R.G. Shakour. Don't be fooled by the view from the parking lot. They have a lot of items on trails that go into the woods. It is the place to come when looking for cast stone fountains, lawn and garden ornamentation, stone benches and water features. Hardwicke is a seasonal business and is closed from the end of December, reopening again in April.



187 Turnpike Rd • Westboro, MA • (508) 366-7478  
The Green Thumb is conveniently located on Route 9 in Westborough, Ma. The brand new facility not only includes a garden center, but also offers ice cream, baked goods, seasonal produce, gifts as well as a petting zoo, kids play land and a brand new 18 hole miniature golf course.

## Summer Picnic

Thank you to Patti Weagle and Pat Nedoroscik for cohosting a lovely SGC 2011 Picnic.

### Raspberry-Almond Torte with Chocolate Ganache



Recipe baked by Liz Bradley and the dessert was enjoyed by August Picnic attendees.

**Yield:** 12 servings

#### Ingredients

- Cake:
- Cooking spray
- 6 tablespoons butter, softened
- 2 tablespoons almond paste
- 1 cup granulated sugar, divided
- 3 large eggs
- 3/4 cup all-purpose flour
- 1/4 teaspoon salt
- 4 large egg whites
- Filling:
- 1/4 cup fresh lemon juice
- 1 (10-ounce) jar seedless raspberry preserves
- 1/2 cup powdered sugar, sifted
- Ganache:
- 1/2 cup granulated sugar
- 1/4 cup unsweetened cocoa
- 1/3 cup fat-free milk
- 1 (4-ounce) bar semisweet chocolate, chopped

#### Preparation

- Preheat oven to 350°.
- Coat a 15 x 10-inch jelly roll pan with cooking spray; line bottom with parchment paper. Coat parchment paper with cooking spray.
- To prepare cake, place butter and almond paste in a large bowl; beat with a mixer at medium speed 2 minutes or until blended. Add 1/2 cup granulated sugar, beating until well blended (about 3 minutes). Add eggs, 1 at a time, beating well after each addition.
- Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and salt, stirring with a whisk. Add flour mixture to butter mixture, beating just until combined.
- Place the egg whites in a large bowl. Using clean, dry beaters, beat egg whites with a mixer at high speed until foamy. Gradually add 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold egg whites into batter; pour batter into prepared pan.
- Bake at 350° for 18 minutes or until cake springs back when touched lightly. Cool. Invert cake onto a wire rack. Remove parchment paper. Cut cake into 4 (10 x 3 3/4-inch) rectangles.
- To prepare filling, combine juice and raspberry preserves, stirring with a whisk. Add powdered sugar, stirring until smooth. Reserve 3/4 cup raspberry mixture. Place 1 cake rectangle on a cake platter; spread with 1/4 cup raspberry mixture, leaving a 1/4-inch border. Repeat procedure with remaining cake and 1/2 cup raspberry mixture, ending with cake.
- To prepare ganache, combine 1/2 cup granulated sugar, cocoa, and milk in a medium saucepan over medium heat; bring mixture to a boil, stirring frequently. Cook 1 minute, stirring constantly. Remove from heat, and add chocolate, stirring until smooth. Spread ganache evenly over top and sides of cake; let stand 20 minutes or until set. Serve reserved raspberry mixture with torte.



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