

# G R O U N D C O V E R

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DECEMBER 2018



Wednesday December 12, 2018  
Holiday Coffee  
10:30 am  
Home of Jodie Berndt  
805 Cavalier Drive

November GCA Meeting at Norfolk Botanical Gardens



Jude Kelly, Jodie Berndt  
and  
Molly Ill



Donna Haycox, Kelly Thornton, Susan Gill  
Katherine Richardson and Holli Wachtmeister



Meg French and  
Sandra Baylor

Mac Houfek and  
Betsy Darden



Betsy Darden, Mac  
Houfek  
and  
Dana Parker



Meg French & Sandra Baylor

# Holiday Party 2018



Molly Ill & Jane Booth  
Joan Wagner, Lucy Lee,  
Claire Casada, Chio GronosGall  
Donna Haycox, Jude Kelly,  
Sally Kitchin, Ellen Sinclair,  
Selby Smith, Pam Pruden,  
Ann L. Wright  
and  
Sandy Burroughs



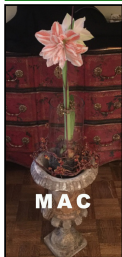
## Conservation Tip from Audrey

Mulch in the Winter? YES! The main idea behind winter mulching is to keep the ground frozen by shielding it from the warmth of the sun. A steady temperature will keep your plants in dormancy and keep it from triggering new growth during a brief warm spell. Any loose material, insulating material can serve as mulch: shredded mulch, pine straw or shredded leaves are all easy to remove or work into the soil in the spring.

## Horticulture Tip from Kate

After your amaryllis blooms have faded, cut the stalk to one inch above the top of the bulb. You can continue to water and feed with a liquid houseplant fertilizer. Amaryllis bulbs will produce leaves throughout the Spring and Summer months as needed for energy in production of the following year's blooms.

**Don't forget to bring your horticulture to January's meeting by 10am!**



## Upcoming Events

January 14	2019 Home Gardener Day Founders Inn
January 15	Flower Arranging Workshop Pam Pruden, PACC
January 16	VBGC Meeting PACC
January 25-27	Tidewater District Flower Show, VB Convention Center
January 30	GCV Legislative Day Richmond, Virginia
February 13	VBGC Joint Meeting with JVBGC/ PACC 10:00am
February 24-27	GCA National Affairs & Legislative Meeting, Washington, DC

The February 2019  
eNews is Zone VII's month  
to showcase your member's photographs!  
Photo submission deadline is January 5

Specifics:  
We are looking for colorful and SEASONAL photos  
from members  
in Zone VII - taken IN Zone VII - for the February eNews.  
The photo may be in either  
horizontal or vertical format.  
All photos should be 1MB or larger.

What to do:  
\* Email photos to Sue Welch  
at [suewelch5990@gmail.com](mailto:suewelch5990@gmail.com)

VBGC  
Fund

In honor of  
Sandy Burroughs,  
on her birthday,  
given by Molly III

## Stay Healthy Winter Tonic

- 2 cups filtered water
- 1 cup dried elderberries
- 1 tbsp cinnamon chips or 1 cinnamon stick
- 1 tsp dried or fresh, chopped ginger
- 1 tsp dried, chopped licorice
- 1 tsp dried, chopped astragalus
- 1 dried chili pepper
- 2 tbsp honey



Combine in a sauce pan and bring to a boil. Cover, and reduce heat to a simmer for 30 minutes, stirring occasionally. Remove from heat and strain out the herbs completely, storing the syrup in a glass jar with a tight fitting lid. Take 1 teaspoon daily for deep immune support during the fall and winter (and mix with a little sparkling or mineral water for an extra delicious dose!) Store in the refrigerator for up to 1 month.