

Academy Garden Club Thymes

A NEWSLETTER FOR THE MEMBERS OF THE ACADEMY GARDEN CLUB OF LENOX

FEBRUARY 2019



*A house with daffodils in it is a house lit up,
Whether or not the sun be shining outside.
Daffodils in a green bowl - and let it snow if it will.*

By A. A. Milne from *Simple Pleasures of the Garden* by Susannah Seton

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Dear Ladies,

What a fabulous Christmas Party we had at Ventfort Hall. The main dishes...everyone outdid themselves...and the variety of food...mouthwatering! The Dessert Committee brought some scrumptious, decadent, sweet indulgences. Ventfort was all adorned in its Christmas dress...very festive. Thank you to Tjasa for her wonderful instructions and help with the clean-up.

Everyone was asked to bring a check or a gift card for the Lenox Ecumenical Food Pantry. We were very generous. The Academy Garden Club presented the food pantry with a check for \$260. Thank you for your support.

There was fun for all with the Paper Bag Auction and many went away with a treasure. We made \$121 for the club.

Our next meeting will be Tuesday, February 12, 2019, at the Lenox Community Center at 5 PM.

We will have our business meeting first and then we'll glaze flower pots with Deb Carter. Thank you everyone for letting me know how many pots to order by the January 31 deadline. Last year Dianne and I did the glazing flower pot workshop and it was a fun project. After we glaze the pots, Deb will fire them in the kiln. We can pick them up at a later date.

CT Flower Show in Hartford, CT, February 21 – 24, 2019: General admission is \$18 on Thursday and Friday only. Anyone 62 or older pays \$16. Both days the doors open at 10 AM. We need to decide which day works best for everyone. You can check out the website for exhibitors and workshops at www.ctflowershow.com. A sign-up sheet will be at the February 12th meeting. Please indicate the best date.

Theresa Terry and Anne Gannon will collect recipes for the AGC Cookbook at the February meeting. Please bring in your cocktail recipes.

The Nominating Committee is appointed by the President according to the AGC Handbook. At least two members are needed for the nominating committee. They will prepare a slate of officers to be presented to the membership at the May meeting. If anyone would like to volunteer for the Nominating Committee, please let me know.

The Lenox Historical Society and the Academy Garden Club plan on having another Flower Show this year at the Town Hall in August. Both groups have shown support as well as the Lenox community. Anyone interested in being on the committee is welcome. More information will be given in the near future.

Remember the next AGC meeting is at the Lenox Community Center, 65 Walker St, Lenox, at 5 PM. Looking forward to seeing everyone then!

Sincerely,
Jan Chague, ACG President

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HORTICULTURAL COLUMN

By Harriet Wetstone

One of my favorite acquisitions this summer was a pink jasmine (*Jasminum polyanthum*) that had beautiful pink buds and an absolutely wonderful scent. I also have a jasmine that has never bloomed! I brought them both indoors this fall. I put the pink in a western facing window and the other in an east window. My wonderful pink jasmine has not grown all that much, but I am delighted to report that it is currently in bloom with white blossoms, not pink, perhaps because of indoor light. But it does have the same wonderful scent. The other has still not bloomed, but it has grown enormously!

Jasmine is in the Oleaceae family, genus *Jasminum*. The pink jasmin is prized for its wonderful masses of intensely fragrant pink buds that open to be long tubular white flowers and also for its bright green foliage. It works in containers, as a climber, or as a ground cover.



Jasmine is thought to have originated in the Himalayas in western China and Tibet. References to jasmine can be found in ancient Chinese, Persian and Egyptian writings. It was revered by Chinese royalty and traded along the Silk Road. Jasmine is the national flower of Indonesia, Pakistan and the Philippines. The name Jasmine originates from the Persian word 'yasmin' which means gift from the gods.

According to folklore, the jasmine flower is the flower of love, and its scent an aphrodisiac. It was common practice in India that jasmine flowers be placed in the bed of newlyweds. It is said that jasmine, which blooms outdoors, only at night, enhances the magic of nighttime bringing about love, dreams, and mystery. Jasmine has its place also in Roman Catholicism and is part of the iconography related to the Virgin Mary. It can be seen in many Italian Renaissance paintings.

Jasmine essential oil (*Jasminum grandiflorum*, *Jasminum officinale*) is said to have a myriad of beneficial uses. It is mostly produced from Common Jasmine. Collaborative research from the Department of Botany of the Bose Institute in Kolkata, India, and from the Department of Molecular Cardiology of the Cleveland Clinic in Cleveland, Ohio, suggest that the aroma of jasmine can make a person feel happy and potentially awakening romantic and poetic feelings (as composers and poets have said all along). Put more scientifically, the aromatic effect of jasmine oil stimulates the release of certain hormones including serotonin which results in a boost in energy and uplifted mood. But wait, there is even more!

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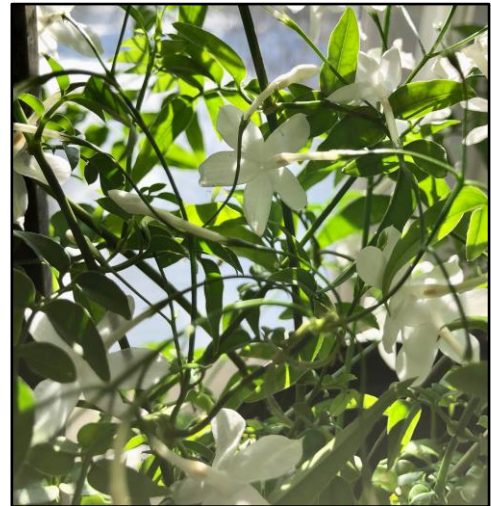
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Jasmine flowers are known to have antiviral properties as reported by a recent study published in the Journal of Ethnopharmacology. Jasmine essential oil is said to be a very good antiseptic and disinfectant when externally applied to wounds. It prevents them from becoming septic and effectively eliminates potential infections from tetanus.

When inhaled, it is known to reduce infections in the respiratory system, relieving colds and coughs. And folklore proven to be true, research published in the International Journal of Institutional Pharmacy and Live Sciences, jasmine essential oil has aphrodisiac properties, enhancing libido and feelings of sexual desire, and also helping to cure common sexual dysfunctions.



It is lovely having a jasmine in bloom, but I am definitely going to buy a vial of jasmine essential oil!

Thanks to www.organicfacts.net;
www.gurunanda.com; www.monrovia.com;
and www.nature.com.

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