

# Garden Club of Denver

Volume 7, issue 18

April 2020

## April

**President's Council Meeting is cancelled this month**

**April General Meeting is cancelled this month**

**Wednesday, April 15**  
eNews Deadline

**At this time all GCD workshops and events are cancelled until further notice.**

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**Liz Walker has a new address:**  
**994 S. Josephine St.**  
**Denver, CO 80209**

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## Quick Links

[Garden Club of Denver](#)  
[Denver Botanic Gardens](#)  
[Garden Club of America](#)

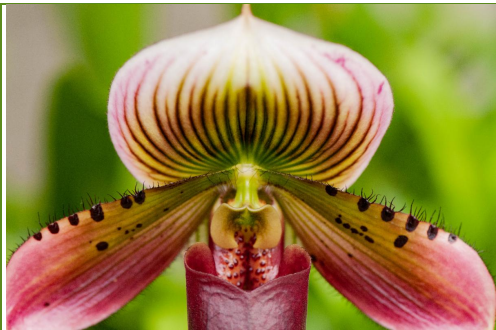


Photo by Mary Fowler.

## President's Post

*"To plant a garden is to believe in tomorrow."*

-Audrey Hepburn

What a crazy time we find ourselves in this month! In case you missed the email sent out mid-March, the Garden Club of Denver's President's Council voted to cancel all April and, at this point, May GCD activities. Please be sure to check your email regularly in case anything changes over the next few weeks. We will get back on track with our usual activities as soon as it is advisable to do so.

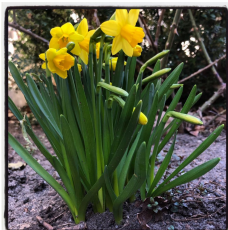
We are hoping that the GCD Annual Meeting on June 9 at Raccoon Creek Golf Course will be a wonderful chance to come out of hibernation and celebrate! You should have received the Flower Show schedule at the February GCD General Meeting and again via email from Ann Ellis. If you did not or would like another copy, please let me know and I will send it to you via email or snail mail.



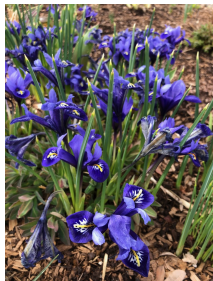
Spring snow drops.  
Photo by Suellen White.



Snow Crocus.  
Photo by Suellen White.



Daffodils.  
Photo by Suellen White.



Irises at DBG front garden.

Please enter at least one Flower Show class just for fun! Entering our club show is an easy way to try your hand at exhibiting in a flower show. Should you need encouragement, look no further than the class consultants for each class. They are waiting to hear from you.

Please remember as we:

- practice “social distancing” over the next few weeks,
- walk our lucky dogs miles and miles,
- spring clean our homes,
- reorganize our closets,
- sweep out the garage,
- polish anything and everything,
- alphabetize the spices,
- cook and bake,
- get take-out versus going out,
- start to learn a new language,
- inventory our gardening supplies,
- plant seeds,
- and begin to coax our gardens back into life,

..... all the while washing our hands  
over and over again .....

**to take good care of you and yours!**

*Missy Eliot*

Missy Eliot  
President  
Garden Club of Denver



**Commemorative 2020 jewelry.**

Photo by Suellen White.



## Florabundance Recap

by Missy Eliot

Florabundance, our fundraiser for Denver Botanic Gardens, was incredibly successful! Many thanks to the Florabundance steering committee: Mo Barker, Bar Chadwick, Mary Fowler, Judy Grant, Liza Grant, Nancy Jones, Janet Manning, Amy Mower, Meg Nichols, Nina Sisk, Mary Talbot, Suellen White, Lise Woodard and Sarah Young.



**Thank you, the members of GCD**, for donating such wonderful auction items. 160 members and guests attended the event and were ready to bid! Through the concerted efforts of everyone, we raised **\$70,000** to donate to Denver Botanic Gardens to fund projects at both the York Street and Chatfield Farms locations. As noted in a previous email, we do still have a couple of spots left on some of our Buy a Share events. If you are interested, please contact me at [mke123@msn.com](mailto:mke123@msn.com) to sign up.

P.S. If anyone came home with one of Mary Fowler's black bulb bins, please return it to her and leave on her front porch at 2345 S. Adams Street.

P.P.S. There are still some bottles of wine from the wine pull. Please email Missy at [mke123@msn.com](mailto:mke123@msn.com) or call – 303-918-9340. She will put the selection by her side door and you can have your pick for \$15/bottle.

## GCA National Affairs and Legislation: Three Amazing Days in DC

by Caroline Rassenfoss and Barb Hamman

**Sunday p.m.** - What a great beginning! We heard from the group [C-Change Conversations](#), whose members promote informed discussion about climate change – totally removing partisan rhetoric from scientific data about change over time and what we can do about it now.

After an afternoon of information, we hopped on a bus with a box dinner and toured the Washington monuments at night. It was a perfect end to the day, and seeing the memorials at night was enchanting.

**Monday** - was jam-packed with speakers from The Nature Conservancy, Earthjustice, American Farmland Trust, Woods Hole Oceanographic Institution, National Wildlife Federation, and US Department of Agriculture, all informing us about the environment and health based on their research.

Did you know?

- People in cities with more green areas have fewer mental health problems.
- Spending a few hours “forest bathing” decreases blood pressure and heart rate.
- Over the last three years, 26 legislative rollbacks to air emission controls have occurred.
- Ocean corals can be 4,000 years old. Researchers are mapping coastal ocean canyons with deep water vehicles to aid in conserving these reefs that protect thousands of animal communities.
- Biodiversity is intimately related to conservation of native plants.

**Tuesday** - we headed to the Capitol and spent the day in the Ways and Means Committee Room where we heard from Senators and Representatives regarding conservation issues. The docket included Sen. Maria Cantwell(D-WA), Sen. Sheldon Whitehouse(D-RI), Windsome McIntosh (The McIntosh Foundation), Rep. David Cicilline(D-RI), Rep. Garrett Greaves(R-LA), Rep. Matt Cartwright(D-PA) and more. This was another day packed to the brim with information.

At the end of the day, our foursome from Denver (Barb Hamman, Cindy Scott, Suellen White and Caroline Rassenfoss) walked over to the United States Botanic Garden where we got out of the rain and were greeted by an incredible orchid collection and stunning orchid wall.

We walked back to our hotel via Constitution Ave. just in time to change for the final evening NAL dinner at the Mayflower Hotel. The evening's speaker was Theodore Roosevelt V. A soft spoken but passionate environmentalist, Mr. Roosevelt reminded us once again of the importance of our work as stewards of our Earth. The dinner was lovely, complete with white tulips to grace the center of each table.

**Wednesday** - we went to The Hill to lobby for four main bills related to the position papers of the GCA:

1. [Land and Water Conservation Fund](#), - S.1081 (for FULL funding from the funds acquired from drilling rights, etc.)
2. [Restore our Parks, Parks, Public Lands and Native Plants](#) – S. 500, H.1225
3. [Save Our Seas 2.0 Act](#), - S. 1982
4. [ATIA – Transportation, Infrastructure and Pollinator Highways](#)- S.2302

What a treat it was meeting with the staff of our Representatives DeGette, Neguse and Senators Bennet and Gardner! Thanks for the chance to represent all of you, the Garden Club of Denver.

**Since then:** (February 28, 2020) Representatives Cartwright and Stefanik introduced a Bill to Protect Native Plants in National Parks via a Pilot Project. This project aims to prevent the spread of invasive non-native species, which can outcompete the natives that “play an important role in natural water filtration, erosion control and capturing atmospheric carbon dioxide.”

Also, **The Denver Post** reported that Senator Gardner persuaded the President to “back a plan that invests \$900 million a year to fund the LWCF and an additional \$1 billion a year to pay for a backlog of maintenance projects in national parks.



Green grass and rain at the Capitol.



Cindy at the Patrick Dougherty willow sculpture at the U.S. Botanic Garden. Patrick Dougherty also displayed at DBG Chatfield Gardens this past summer.



At the office of Joe Neguse, Colorado's Democratic representative from Boulder.

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## GARDEN CLUB OF DENVER

### Memberships 2019-2020

Denver Botanic Gardens - \$350.00  
Four Mile Historic Park - \$100.00  
Hudson Gardens - \$100.00

**Total - \$550.00**

### Contributions 2019-2020

Garden Club of America Founders Fund - \$150.00  
Garden Club of America Scholarship Fund - \$200.00  
Colorado Mountain Parks – Mesa Verde Foundation - \$250.00  
Colorado Open Lands - \$200.00  
Greenway Foundation (South Platte) - \$200.00  
The GrowHaus - \$200.00  
Denver Botanic Gardens Plant Conservation - \$250.00  
Denver Urban Gardens - \$250.00  
History Colorado - \$250.00  
The Park People (Denver Digs Trees) - \$250.00  
The High Line Canal Conservancy - \$250.00  
Volunteers for Outdoor Colorado - \$250.00

**Total - \$2,700**

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## Spring Means Scholarship

by Nina Sisk, Zone XII Scholarship Representative

In order for spring bulbs to bloom, planning and hard work are done months in advance. The burst of color and beauty are the reward for our efforts. And this is also true for The Garden Club of America Scholarship Program.



For over ninety years, The Garden Club of America has been helping to advance student research through scholarship and fellowship funding. In 1928, GCA established the Rome Prize Fellowship in Landscape Architecture to provide international opportunity for advanced research at the American Academy in Rome. In the years since, the GCA Scholarship Program has awarded more than 1,400 scholars. Every year, the Scholarship Program awards 28 merit-based scholarships across 12 areas of study, including conservation, ecology, horticulture, pollinator research, and more.

Over the course of the year, the GCA Scholarship Committee finds candidates by contacting local universities, botanic gardens, and arboreturns and advertising the program to their interns and students. The committee is made up of GCA staff, GCA zone scholarship representatives, community volunteers, and outside organizations, who lend specialized knowledge to help select the recipients. Donations from GCA clubs and from individual GCA members help make the scholarship program possible.

This spring saw the culmination of the year's efforts, with the final selection of the Class of 2020 Scholars at the February GCA Scholarship Meeting in New York City. It is an incredible process to be part of. Each scholarship sees several remarkable applications from every GCA zone. It is a difficult task to make the final choices awarding the winners and Class of 2020.

I'm happy to announce that our Zone XII has once again seen the largest number of Scholarship awards! Terrific marketing created a great pool of applicants from our zone. Out of the 64 scholars comprising the Class of 2020, 11 are from Zone XII with five of these from Colorado. WOW! In addition, nine Elizabeth Abernathy Hull Awards were announced, recognizing individuals furthering early environmental education of children; three Hull Awards were given to educators in our Zone XII.

As members of the Garden Club of Denver, we are annually supporting the GCA Scholarship Program. As GCD members, we can feel good about being a part of such an impactful program that encourages compelling research projects and a variety of academic endeavors.

You can learn more about the program online at [gcamerica.org](http://gcamerica.org) and in the upcoming GCA "Summer Bulletin."

[Learn More](#)

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## GCA Founders Fund Voting

by Missy Eliot

The Garden Club of Denver members present at the February

General Meeting voted on the three GCA Founders Fund candidates. The tally of the votes was as follows:

- "Permaculture Sanctuary: Promoting Trauma Resilience through Regenerative Gardening" won with thirty votes.
- "Growing It Green in Paterson NJ - Public School Rain Garden Project" came in second with nine votes.
- "The Cheermobile" came in third with three votes.



To read more about these three projects, [click here](#).

GCA cancelled the 2020 Annual Meeting, so the winner will be announced electronically after the voting deadline of April 1, 2020.

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## GCD Welcomes Two New Affiliate Members

by Mary Schaefer and Kay Malo

We have the pleasure of welcoming two affiliates to our club!

**Paula Metcalf Stuart** and her husband recently made Fraser, Colorado their permanent home having moved from Bernardsville, NJ. Paula holds a BA in Economics from New York University and a Masters of Studies in Environmental Law from Vermont Law School.

After a career in public relations, marketing and finance, Paula moved to New Jersey and immersed herself in the environmental world. She worked in project management for environmental permitting, sourced and negotiated watershed land acquisitions for the State of NJ including open space, farmland and river corridors.

She has served on a variety of boards wherever she has lived. She was a member of the Garden Club of Somerset Hills in NJ before moving to Colorado. She served on the board as the chair of Conservation Committee and attended NAL representing the Garden Club of Somerset Hills. She was the chairman and member of the Bernardsville NJ Environmental Commission that commented and testified on development applications before the Planning Board and Board of Adjustment.

Paula is currently Vice President of the Board of Colorado Headwaters Land Trust, a member of the Fraser Valley Lions Club, and Secretary of the Board of Grand County Advocates, member of the Daughters of the American Revolution Denver Chapter and a sustainer of the Junior League of Denver. Paula is pleased to be joining the Garden Club of Denver.

**Amy Dadmun** was a member of the Green Tree Garden Club in Milwaukee for 19 years. She co-chaired a holiday house walk early on, and then was active on many other fundraisers and committees over the years. Amy loved chairing the Garden History and Design Committee for several years. The highlights of her experience during these years were documenting a farm and garden (the first CSA farm documented) for the Archives of American Gardens; planning a luncheon/fundraiser featuring Nancy Bechtol of the Smithsonian as speaker; and then spending two years as Zone Rep on the GCA Garden History and Design Committee. For her Garden History and Design exhibit at their GCA major flower show "Art en Fleurs," Amy won the Anne Lyon Crammond award in 2010. Amy won her club's Historic Preservation Award the same year.

Amy grew up in Dayton, Ohio. With her husband Steve, they have four grown children, one in Denver, one in Colorado Springs, one in Detroit and one in Santa Barbara. Amy and Steve spent many years in Chicago before moving to Milwaukee. Early in her career Amy was a reporter for TV and radio, and for the last several years she has been a food and garden writer for the *Milwaukee Journal Sentinel*.

Please make every effort to welcome Paula and Amy, we are so fortunate to have them join our ranks!



Paula Stuart



Amy Dadmun

## Vote Now for Three New GCD Members

by Kay Malo and Mary Schaeffer

As the Garden Club of Denver will not be having a general meeting this month, we need to have our vote on the 2020-2021 GCD Apprentices electronically.



We ask that you vote on our new members by Doodle Poll. Please click on the link below to vote after you have read through the proposal letters in the links below. We need everyone to vote by April 14.

**Sarah Alijani** - proposed by Liz Walker, seconded by Dede Petri, Liza Grant, and Nancy Jones.

[Click here](#) to read Sarah's proposal letters.

**Lynn Dolven** - proposed by Mary Fowler, seconded by Lise Woodard and Linda Zinn.

[Click here](#) to read Lynn's proposal letters.

**Becky Schaub** - proposed by Nancy Schotters, seconded by Janet Manning and Cora Wheeler.

[Click here](#) to read Becky's proposal letters.



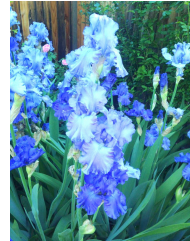
[Click here](#) to go to Doodle to vote on our new Apprentices. Please vote by April 14

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## **The Language of Flowers: The Iris**

by Courtney Marsters

Editor's Note: The theme for the Garden Club of Denver's Annual June Flower Show is "Language of Flowers." To prepare for the show, each month *eNews* will feature a different flower. This month's flower is Iris, presented by Courtney Marsters from the Horticulture Committee.



### **The Iris - Genus: Iris, Family: Iridaceae**

The iris is one of the best loved plants in the garden. It is a huge genus of more than 200 species and belongs to the family of Iridaceae. Nearly all the species are found in the temperate Northern hemisphere. It is an ornamental perennial growing from rhizomes or bulbs and blooming in early summer. They usually consist of six-lobed flowers – the three drooping downward are called "falls" and the three petals standing upright are called "standards."

In Greek mythology, Iris was the goddess of the rainbow and it is believed that the flower is named after her. She carried messages from heaven to earth on the arc of a rainbow. She was known to carry female souls from earth to heaven, and even today, purple irises are planted on women's graves.

During the 16<sup>th</sup> century BC, the iris was introduced to Egypt and stylized versions decorated the sceptors of the Pharaohs, representing victory and power.

In the Middle Ages, the fleur-de-lis was a symbol used by French royalty and appeared on their coins, shields, and coats of arms.

Floriography is "the language of flowers." It was popular in Victorian England and the United States in the 19<sup>th</sup> century for young men to communicate their feelings by sending "talking bouquets," "nosegays," or "tussie mussies" to their intended sweethearts.

The iris symbolism depends upon the color. Yellow irises symbolize passion, purple irises symbolize royalty and wisdom, blue irises symbolize faith and hope, and white irises symbolize purity.

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## **Seed Starting Workshop - Ready, Set, Plant!**

story and photos by Deborah Foy

It was so fun to gather in February for our seed starting workshop! Sarah Young and I talked through the steps to set up a simple growing station at home, discussed different lighting options, and shared some tips on keeping seedlings healthy.

The most difficult thing about starting seeds indoors is deciding which plants you want to grow. I always have more seed packets collected than room under my grow lights, so I start

with unusual varieties that are not easily found at the nursery and fill in any extra space around those. Workshop attendees took home [Floret Farm](#) seeds, including zinnias, cosmos, Dark Opal Basil and Apple of Peru to jump start the season.

April is the time to plant seeds indoors; here is a recap of some simple steps to get you started:

**Read the Seed Packets.** Just about everything you need to know is listed on the back of the seed packet: when to start the seed indoors, planting depth, plant spacing, days to germination, and any special needs. Some plants prefer to be directly sown into the garden so save those for planting directly outside. Use Mother's Day or May 15 as a rule of thumb for our last frost date.

**Use a Good Quality Seed-Starting Mix.** Put your seed-starting mix in a bucket or bowl and moisten it with water before putting it in your trays or pots. Fill containers 2/3 full, sprinkle 3-5 seeds on top of the soil and lightly cover with additional soil to your preferred depth. As a general rule, seed depth should be 2 to 3 times the width of the seed. Be sure to label everything! You think you will remember which tray had your favorite zinnia variety but you will be repositioning trays under the lights and moving things around for several weeks.

**Water Consistently.** Once your seeds are planted, you can water carefully with a spray bottle. Keep the soil moist during germination and do not let it dry out. It is great to use a plastic dome over your flat to keep humidity levels high. Once your seedlings emerge and have grown about 1 inch tall, remove the plastic dome. After a week or two of growing, snip off all but the strongest seedling in each cell or container. Don't try to pull them out as you risk disturbing the tender roots of the seedling you want to keep.

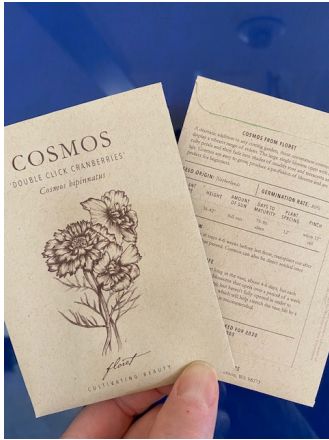
**Temperature and Light** are important. Most seeds germinate best when the soil temperatures are around 65-75 degrees Fahrenheit. Heat mats are great for providing a direct source of warmth under your trays. For optimal growth, seedlings need 14 hours of light per day. Seedlings that don't get enough light tend to be weak, tall and spindly. Position your lights a couple of inches above your seedlings and move them up as your plants grow, keeping that same spacing consistent.

**Feed Them** with a good seaweed or fish emulsion fertilizer. Check your seed starting mix, if it doesn't include fertilizer, begin watering with fertilizer when seedlings have their first true set of leaves. If it does have fertilizer, they likely won't need feeding until they are 4-6 weeks old. If plants start to yellow or look weak, consider a balanced fertilizer that has equal parts N-P-K. Some transplants may outgrow their starter pots. If the roots have filled the cell, transplant them into a larger pot with potting soil.

**Time to Plant Outside, but First Harden Them Off.** Allow 7-10 days to harden off your transplants before planting them outside. Place plants in a protected shady area and gradually move them into the sun or partial sun (check the seed packets for specific growing conditions) over a week to 10 days. Bring them in at night if temps drop below 50 degrees.

**Questions or Trouble Shooting?** Email or give me a call [-foy.deborah@gmail.com](mailto:foy.deborah@gmail.com) or 303-898-9991.

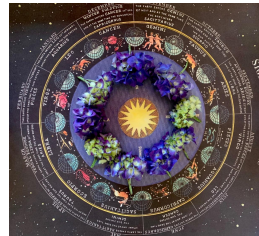
**Enjoy!** The Floret Farm varieties should provide you with beautiful blooms all season long.



## Tips for Still Life Photography

by Margaret Garbe, photo by Amy Mower

Since we are home bound these days, this is an opportunity to play around with creating still life photographs for the June Flower Show (Class I). Here are tips for your shooting. Have fun and be well!



### 8 Tips for Still Life Photography on an iPhone or Camera

1. Use a tripod. Light can be weak and hand-held photography produces blurry photos.
2. Use indirect light. This results in soft and even lighting.
3. Choose objects that fit the mood of your still life. First decide what mood your flowers suggest. Then choose objects that convey that feeling.
4. Composition is probably the most important component of a still life image. Start by choosing an object/flower as the main focus of your still life - something that draws the eye. Place the object in the frame. It can be off-center or you may be more interested in a more symmetrical composition. Then place it in the center and build around the object/flower. You want to move the eye around the frame.
5. Use the rule of odds. Make sure all items come in odds. There is one exception to this rule - twos. If you have leaves, arrange in groups of 2, 3 or 5. If you have flowers, there should be 3, 5 or 7, not 6. Make sure the number of groups in the photo is odd as well, but never have 4 or 6. Also try to create a triangle.
6. Use negative space to create pleasing compositions. Negative space helps a still life breathe. It gives a feeling of calmness to the composition. All of your images should have at least some negative space.
7. Choose a backdrop that fits the mood of the photo. If you have a dark, moody still life, a black background might be the best, whereas you might use a white background for an upbeat summer still life. Fabrics or paper with patterns can also be used as a background.
8. Finally, use colors of flowers or objects to enhance your still life. Check the color wheel and use it as you would in making an arrangement of flowers. Every color evokes certain emotions. Blues give a sense of calm. Reds give a sense of agitation. Greens give a sense of spring. You shouldn't use two opposite colors in large doses.
9. Have fun!

More tips:

- Menninger's on South Broadway has some beautiful handmade papers to use as a background for your still life.
- The best days to photograph are sunny days; they provide the best indirect light through the windows of your house.

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## GCA's New Photography Medal

The Photography Committee took the lead on establishing this new GCA medal and collaborated with the Awards and Second Century Campaign Committees to get it done. This is the first and only GCA medal awarded in photography.



The new J. Sherwood Chalmers Medal for Photography will be presented for the first time at the 2020 GCA Annual Meeting in Asheville, NC. This award recognizes outstanding achievement in the field of photography and/or photography education as it relates to the purpose of The Garden Club of America. The award may be given annually to GCA club members and non-members.

An anonymous donor named the GCA's photography award for J. Sherwood Chalmers — a member of the Professional Photographers of America. Before becoming a professional, she was an avid amateur photographer for 35 years. She trained at the National Geographic Photography workshops, the Winona School of Professional Photography, and the Missouri Photojournalistic Workshop. Her distinguished career has taken her to all parts of the world, and her work has been published in many national publications, including *National Geographic* and *Fortune*. She has also exhibited in a one-woman show in Washington, D.C.

We are pleased to announce that the first recipient of the medal is [Michael Forsberg](#). GCA National Medals represent the highest honors bestowed upon individuals or institutions by The Garden Club of America for distinguished achievements in areas related to its purpose. Mr. Forsberg is a photographer of the Great Plains and is especially known for his stunning documentation of the Sandhill Crane migration. He personifies the bond between photography and conservation action. (*Editors note: the Garden Club of Denver was lucky enough to have Mr. Forsberg present at our April General Meeting in 2018.*)

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## GCD Stay-at-Home Survival Guide

by Missy Eliot

We hope that you are all safe and and surviving this quarantine. We thought that we could add some levity to our days by sharing recipes, jokes and any activities you have found to be useful and/or entertaining. We might call it the "Garden Club of Denver 2020 Stay-at-Home Survival Guide" or if we get enough recipes we might consider, "The Corona Cookbook: Recipes from the Brink"....or..."I am so Bored and have run out of Spam!"



So bring it on ladies and let's entertain ourselves and each other!

Please have them send all ideas, recipes, jokes, etc. to Missy at mke123@msn.com and I will compile them into a funny virtual book. Many thanks!

## Horticulture Happenings

### Spring Horticulture Tips

by Courtney Marsters

Now is the time to plant seeds of cool weather plants, such as arugula, spinach, lettuce and Swiss chard. Consider planting a "Victory Garden" for fresh produce during the corona virus crisis.



Spring garden clean up check list:

- Prune shrubs—reread Lise Woodard's excellent article in March eNews.
- Remove dead branches from your trees before they leaf out.
- Remove winter mulch from your garden beds.
- Remove emerging grass and weeds now as this will save you hours of time later in the season.
- Edge garden beds.
- Prep soil with compost.
- Clean pots.

Fertilize your hellebores with a one time application of liquid fertilizer and remove brown leaves. Wait until the flower just starts to set seed before using them as a cut flower. Float them in a shallow bowl for best display.

Cut back Type 3 clematis, which are those that flower in late summer, such as Sweet Autumn Clematis. If you are not sure what type of clematis you have, go online and see what group it is, and prune accordingly. [Click here](#) to find more information about the three clematis types.

Cut back most grasses (except Blue Avena Grass).

#### **Kentucky Coffee Tree Challenge Class Update:**

We have had about 50% germination success. If your seeds failed to germinate and you want to try again, let Deborah or Courtney know and we will send you another packet of seeds.

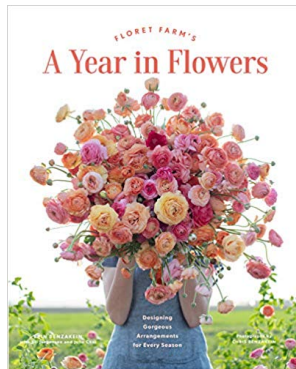
Update: Barb Hamman is having good success with her Kentucky Coffee Tree seedlings. Way to go Barb!



## Floral Design

### April Floral Design Tip

Stuck at home and need something to do? Try reading one of these beautiful, inspirational, and informative books!



[Click here to order](#)



[Click here to order](#)



[Click here to order](#)

## Photography Focus

### April Updates by Margaret Garbe

Both of our photography workshops are cancelled - April 8 and May 13.

Now is a great time to work on your GCD June Flower Show photography entries.

**Class I** "The Language of Flowers gives meaning to the expression of feelings." This is an 8x10" still life photo, and



you can use tips from the article above in this newsletter.

**Class II** "Record one flower's bloom cycle in a triptych format." Use your home-bound time to document your flower's lifecycle.

**Class III** "Utilize that 'special time of day,' either the golden hour or the blue hour, to capture an emotive, natural landscape." The golden hour after sunrise or before sunset captures reds and golden colors, while the blue hour before sunrise or after sunset captures the twilight blue cast of the day. Our moderate spring daylight hours are perfect for this class!

Use your prudent self-confinement to wander through your collection of photographs. You are bound to find forgotten experiences and enjoy the journey through good times. Inevitably there will be discarded or overlooked gems. Start editing them as possible show entries and/or print or share.

## Conservation Corner

### Trying to Stay Eco-Conscious

by Liz Walker

Trying to stay eco-conscious in our new normal? The plastic bags and extra paper towels might be a must, as are bleach solutions. But there are still a few resources locally that might be available on a limited basis to help continue to be eco-friendly.



The **Zero Waste Market** at Stanley Marketplace has closed for the time being, but they are doing online orders for eco-friendly household goods- bamboo dish cleaners, reusable bags, and some body care products. Plus, you are supporting a local business.

[Click here](#) to visit their Website.

On the northwest side of Denver is another zero-waste store, **Joy Fill**. They are offering curbside pickup and deliver within a 5-mile radius. They will also ship from their store. They offer a number of eco-friendly cleaning and bath products. I have not visited the store but it's worth checking out the Website and supporting another local business.

[Click here](#) to visit their Website.

**InfinityGoods** is a zero-waste grocery delivery service that has just started in Denver. If you go to the Website and put in your zip code, you can see if they will deliver to your area. They have a number of local products and produce. *Editor's note: Infinity Goods had temporarily halted their delivery service.*

[Click here](#) to visit their Website.

For fresh produce and to support our local farmers, check out CSAs. I was able to sign-up for **The Grow Haus** CSA box order and also help support people in the Elyria-Swansea neighborhood at the same time. They also deliver to my zip code, 80209. There is currently a waiting list.

[Monroefarm.com](http://Monroefarm.com)

[Sproutcityfarm.com](http://Sproutcityfarm.com)



