



GCFP District VI Newsletter



4th Quarter, 2023

Seedlings



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Director's Corner

Deb Stumpf, District VI Director

"Always Growing Together"

Fall is my favorite time of year. The cool crisp air, the smell of burning leaves, pumpkins and mums sitting on everyone's porch, all the festivals we can visit: all these things make me smile.

This is a time when we close down our gardens. We use up the last of the vegetables and bring those last few flowers into the house to enjoy. It is a time to applaud what worked this year and say "better luck next time" to our failures. We plant our bulbs in the hope of a colorful spring to come. As garden clubs we are "moving indoors" so I would like to take this opportunity to explore Horticulture Therapy.

This is the process of using gardening to improve the health and well-being of the participants. Gardening therapy can be used to support wellness goals. It reduces isolation, builds community, provides moderate exercise and access to healthier food. All of this leads to a better quality of life. It helps to refocus the mind and body on purposeful tasks that promote calmness, self-satisfaction, stimulate the senses and improve mood. This reduces stress, lowers blood pressure, decreases feelings of fear, anger and sadness and improves self-confidence.

Consider a Horticulture Therapy program for your club. There are many senior living communities, all with people who are looking for activities in the outdoors. Not everyone likes cards and bingo. Contact the facility and see if you can form a "gardening group" composed of residents who would like to help with the planning and care of a garden. Work with the groundskeeping staff on placement of next year's flowers. Clubs can donate plants, time or services. I hope your club will consider starting a program like this. Horticulture Therapy benefits everyone.

2023-4 District Calendar

- Nov. 11—GC of Johnstown, Welcome to the Holidays
- Nov. 28—Somerset GC Wreath Sale
- Dec. 2-3 – Bedford GC Home Tour
- Dec. 7—Evergreen GC Tinsel time
- March 6—Philadelphia FS Bus Trip
- March 20—District VI Meeting Perkins, Johnstown 10:00 am
- April 7-9 GCFP Convention-Lancaster, PA

Articles, events and happenings concerning District VI may be submitted to:

Mary Lou Colussy at
lalou46@aol.com
Next Seedlings by
February 1, 2024

A special thank you to Nerita Brant. *Seedlings* Proofreader

BLAIR GARDEN CLUB Bus Trip - 3/6/2024

UNITY BY FLOWERS



- *leave Lowe's at 8:30am
(park along the back/highway side of lot)
 - *depart from Flower Show at 6:00pm
 - *approx, return time is 10:30/11:00pm
 - *no dinner stops, either way
 - *if bringing food - no chocolate or orange cracker snacks. Make sure drinks have sealed lid
- COST - \$100
- Includes transportation, show ticket and tip for driver

CONTACT: EMMA KOWALSKI
814-932-0375 OR 814-942-0202
MAKE CHECKS TO: BLAIR GARDEN CLUB

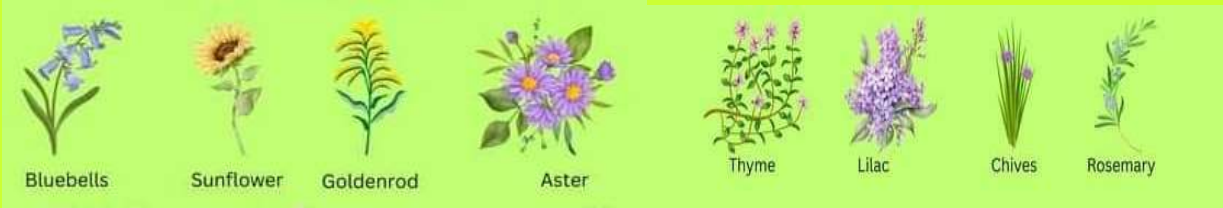
EMMA KOWALSKI
1722 32ND AVENUE
ALTOONA, PA 16601

CLUB ACTIVITIES



**Bedford
County
Garden Club**

Part of our goal as a club is to keep Bedford and the surrounding area beautiful. The downtown square is our special labor of love!



Help Out Pollinators by Planting These in Your Garden



Don't Miss
Bedford County
Garden Club's

2023 Christmas Home Tour

Bows, Bells and Berries

Saturday, December 2 and Sunday, December 3
1 pm to 4 pm

Tour Locations:

The Home of William and Lorraine Blackburn 332 S. Richard St., Bedford

The Home of Jill Bowser-Hamacek 308 S. Juliana St., Bedford

The Home of William and Jacquelyn Paxton 824 Barclay Dr., Bedford

Wrap up your day with a visit to Homewood at Springhouse Estates, 150 Victoria Av. in Everett for a tour of the facilities, refreshments and a basket raffle. Special music provided by Karen Semanek on Saturday and Cheryl Hoover and Students on Sunday

Buy tickets in Bedford:

Juli's Wearable Art 100 East Pitt St.

Good to B Home 105 S Richard St

Bedford County Visitors Bureau

131 South Juliana St.

Homewood at Springhouse Estates

150 Victoria Ave.

Buy Tickets in Everett:

Farmhouse Finds Gifts

& Home Décor,

133 E. Main St. Everett

For Further Information contact

Patricia Greenland 814-623-1398

Tickets: \$15.00 until November 25 or \$20.00 at the door

Posters and tickets courtesy of



CLUB ACTIVITIES

Top Winners in the 2023 Blair Garden Club Flower Show

NGC Award of Horticulture Excellence - Lois Hampton
Collectors Showcase Award - Perennials-Lois Hampton
Arboreal Award - Flowering Branch - Patty McCloskey
Horticulture Excellence Award - Lily - Lois Hampton
Photography Award - Photography- Kelsey Whitlock Bowman
Botanical Arts Artistic Award - Botanical Arts-Canvas - Marcy Hatch
Designers Choice Award - Design - Afternoon Delight - Mary Cramer
Educational Exhibit—Linda Renney

Blair Garden Club



CLUB ACTIVITIES

Western Pennsylvania Conservancy

7th Street Altoona Gardens plantings. August 5, 2023.

Photos taken by Nancy Fogel.



Blair Garden Club



CLUB ACTIVITIES

Blair Garden Club had our annual picnic meeting at Canoe Creek State Park. It was a beautiful day and our lovely guests were members of Patton Garden Club.

We attended our District VI annual meeting on September 1st at the historic Green Gables Restaurant in Jennerstown. It was absolutely fabulous!

The Blair Garden Club's Western Pennsylvania Conservancy Garden at 7th Street in Altoona was absolutely beautiful again in 2023. On September 11, 2023, Altoona Mayor Pacifico and City Council awarded us with a Commendation for our 7th Street Garden. There are 30,000 cars that pass by the garden every day.



September 14, 2023, the Discovery Garden in Hollidaysburg had a dedication for the new Kaleidoscope and rain garden at the DG. The Blair County Chamber of Commerce had a ribbon cutting ceremony. We had many volunteers attend the ceremony. President JoAnn Propcheck spoke on behalf of the Blair Garden Club.



The Blair Garden Club is looking forward to the fall cleanup of our garden projects and decorating for Christmas at the Baker Mansion and the Altoona Library.
Submitted by JoAnn Propcheck!

**Blair Garden
Club**

CLUB ACTIVITIES

In August, the club welcomed Barbara Hauge and David Dahlheimer from the White Township Stewardship Committee for White’s Woods. There have been some concerns about White’s Woods Nature Center and how it should be managed. Barb and Dave talked about how the committee is researching various ways to develop a stewardship management plan and welcomes input from residents in the surrounding area. White’s Woods is located in White Township, 200 Forest Ridge Road, Indiana, PA. The area is a 250 acre nature center and it is publicly owned by White Township.

At the September meeting, Bob Pollock, educator from the Penn State Extension Office, gave us the latest updates on the spotted lantern fly and also talked about why there are so many apple varieties. Bob answered questions on invasive plants and issues with tomato plants this past growing season.

The gardens at the hospital, Silas Clark and IUP are still in bloom, but the club is preparing to put the gardens to bed. A group of students has been volunteering on a regular basis at the IUP Heritage Garden and really do an outstanding job!

Submitted by Mariann McGee

Evergreen Garden Club

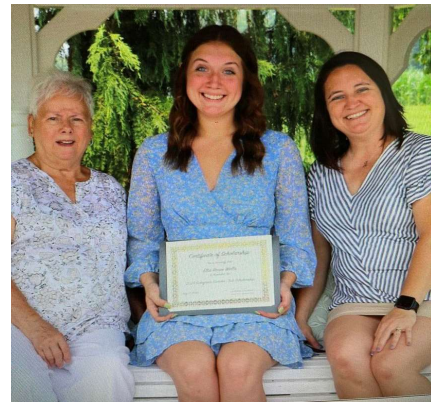
HERITAGE GARDEN AT IUP



2023 Scholarship Winner

At the Annual Picnic, a \$1000 Scholarship was awarded to Ella Wells. Ella is a recent graduate of Marion Center High School and is attending Pennsylvania Western University. Her major is Biology and she has a strong interest in eco systems.

During the calendar year the ladies of Evergreen Garden Club work tirelessly to make Tinsel Time a success knowing that our efforts allow us to present scholarships to deserving students from our Indiana County area. As a personal observation, the club hit a home run selecting Ella. What an absolute delightful young lady. Her focus is Ecology, Conservation and Evolutionary Sciences. With that said, and with a smile on her face she said her dream job would be that of a Forest Ranger. We wish her every success accomplishing her dreams...



Left to right, in the picture: Barb Thomas- Scholarship Chair, Ella Wells and her mother Amy Wells

CLUB ACTIVITIES

*Evergreen Garden Club
Cordially invites you to
Tinsel Time 2023
"Victorian Christmas"*

10:00 a.m. – 3:00 p.m.

Thursday, December 7, 2023

Ramada by Wyndham

1395 Wayne Avenue

Indiana, PA 15701



Shop with a variety of vendors, pick up holiday greens to adorn your home, indulge in our baked goods and try your chance at the raffle table. Don't forget the Santa's Surprise table and the secrets wrapped within! Join us for lunch to celebrate a "Victorian Christmas". Enjoy the musical entertainment of Chuck Potthast, holiday designs and door prizes given out during lunch. Hold on to your tickets to join in the fun!

Limited tickets available at The Book Nook, Indiana Historical Society, Indiana Tourist Bureau, Flo's Floral in Homer City or call 724-726-5708. Proceeds benefit scholarship(s) and community projects.

CLUB ACTIVITIES**Welcome the Holidays 2023****Garden
Club of
Johnstown**

We are excited for our annual fundraiser planned for Saturday, November 11, 2023 at Sunnehanna Country Club, and for the first time we'll be focused on Thanksgiving. The theme is "Share the Bounty," with an appropriately themed menu, centerpieces, and decorations. Tickets for the luncheon will be \$45.

Our speaker will be Mona D'Ambrosia of Mona's Unique Boutique with presentations of Thanksgiving Tablescapes. We will have lovely holiday fashions from Gold Rush of Ebensburg, PA.

Our Glamour Galore raffle will return, featuring three prize packages worth \$350 apiece:

- Kate Spade Purse package
- Around the Town package (with restaurant gift cards and event tickets)
- Jewelry/Fashion package.

Purchasers choose which package they are interested in, and do not need to be present for the drawing to win. Tickets are \$5 apiece, or 5 for \$20. Pictures of the three packages will be added once they are available.

We will have a "Gently Used Boutique" with the following items:

- Gently Appreciated Art— for Silent Auction
- Gently Loved Holiday Decorations
- Gardening Books (Jan Wolfe)
- Gently Used Vera Bradley

We will also be selling Pre-made Bows.

Tickets for Welcome the Holidays and Glamour Galore are available now! This is our club's only fundraiser and the profits support our scholarship funds and civic development projects. We hope you can support this important event!

CLUB ACTIVITIES

Garden of the Month

September Garden of the Month Winner
Nancy Robinson



**Indiana
Garden
Club**

CLUB ACTIVITIES

Road Trip to Blue Goose Farm

The Blue Goose family farm in Nicktown works to plant, grow, and harvest a variety of vegetables for local families since 2008. It is CSA, Community-supported agriculture, program providing fresh, homegrown vegetables for the community to eat healthy and fresh. Owner Scott Farabaugh and his son led Patton Garden Club members through his fields to give us a one-on-one tour of his facility and gardens.

**Patton
Garden
Club**



CLUB ACTIVITIES

Cleaning Up the Town

A huge thank you to those members who gave up their time last week to make sure that all the uptown planting areas were cleared up ready for the "greening" of the town on November 6. It was hard work, but it was made a lot easier thanks to the truck provided by Somerset Borough.

SGC members will be out in force on the morning of November 6, placing seasonal greens in the uptown areas to kick off the festive season. See you there at 9 am at the Diamond!



**Somerset
Garden
Club**

CLUB ACTIVITIES

Wreath Sale

**Somerset
Garden
Club**



**Tuesday
November 28, 2023
9:00 am -Noon
Laurel Art Center
214 S. Harrison St,
Somerset, PA**

**Preorders Only
Contact a SGC member to
order yours today**

Plan for Your Next Garden in 2024

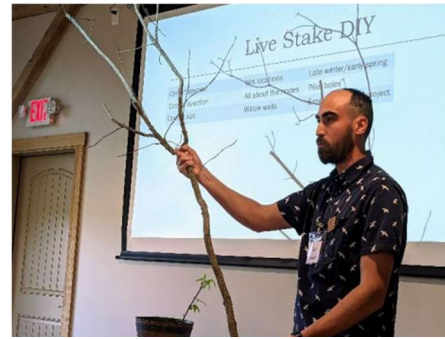
Penn State **Extension**
Master Gardener Certified

**Pollinator
Friendly
Garden**



CLUB ACTIVITIES

On July 18, at the Loyalhanna Watershed Barn, the program, **When It Rains We Store-Stormwater Management** was presented by our own Patti Schildkamp (Master Gardener, Master Naturalist), Wilma Light (Master Gardener, Master Watershed Steward), Jake Krasinski (Master Naturalist), and guest Luke Niezelski (Building Envelope Consultant, PE). There was a variety of stormwater management practices reviewed from raingardens to riparian buffers and green roofs. 25 members and 6 guests attended the meeting following the program.



**Weeders
and
Seeders**

During the meeting, seven additional members, earning Monarch Waystation Certificates and signs, were recognized. Their efforts are helping protect this iconic and endangered butterfly.

Our next meeting on August 15 was held at the home of Denise Halcomb. Denise gave a short talk about her life on the farm and how the property has developed over the years. Members then were given time to go explore the wonderfully whimsical gardens. It was followed by a member-provided covered dish picnic and the regular business meeting, with 21 members and 1 guest attending. It was a beautiful evening with lots of conversation. Many thanks go out to Denise and her partner Ralph for hosting our annual picnic.



Two more members were presented with their Monarch Waystation certificates and signs at this meeting!

Twenty-four members of the garden club have registered their waystations either this year or in previous years!

CLUB ACTIVITIES

Of course, the highlight of 2023 for our Weeders and Seeders Garden Club of Ligonier was hosting the annual District VI meeting at Green Gables in Jennerstown on September 1. It was a tremendous success thanks in large part to the many long hours of planning and preparation that were evident in every detail. The selected theme, *Nature is Always in Fashion*, was beautifully displayed throughout. Sincere thanks to all the members who made the event a success including Deb Christopher and Angela McDonnell (co-chairs of the District VI Annual Meeting Planning Committee) and their team Judy Ridgway, Kate Nuernberger, Paula Heming, James and Dianne Berardi, Andrew and Mary Niezelski, Diane Coleman, Carol Nicely, Ann Woodall, Charlotte Ingle and Sue Wolfe.

**Weeders
and
Seeders**



District VI Meeting Scholarship Report

Submitted by,
Jan Davis
District VI Scholarship Chair

Scholarships given by District VI Clubs in 2023 total \$8,000. A terrific way to inspire the next generation to explore the wonders of nature.

Bedford County Garden Club awarded two \$500 scholarships.

Blair Garden Club awarded a \$1,000 scholarship to Marin Cooney. She will be majoring in Plant Science at Penn State University. Marin's goal is to apply new technologies such as hydroponic farming to address food insecurity issues in urban settings. Marin's award was presented at the club's May meeting. Marin's parents and sister were present for the presentation.

The Evergreen Garden Club gave a \$1,000 Scholarship to Ella Wells. Ella will be attending Clarion University this fall. She is majoring in Biology with her interest leaning toward forestry and environment.

Indiana Garden Club awarded the Julia Pound/ Alice O'Dell Scholarship of \$1,000 to Elizabeth Hope Bruner of Blairsville.

Patton Garden Club gave two scholarships. \$1,000 to Martina White who will major in Biology at the University of Akron. \$1,000 to Cole Weiland will also major in Biology at St. Francis University. Both recipients paid it forward by volunteering at the club's Plant Sale this summer. All funds raised at the Plant Sale go into the Scholarship Fund.

Somerset Garden Club gave \$1,000 scholarships to Eva Fraser and Carly Richard.

Two GCFP Scholarships were awarded to students from District VI.

Grace Elizabeth Crum received a \$1,000 GCFP scholarship. She was sponsored by The Garden Club of Johnstown.

Elizabeth Hope Bruner received the Majorie E. Hamblin Scholarship for \$1,000. Elizabeth was sponsored by the Indiana Garden Club.

Please encourage young people in your areas to apply for the GCFP Scholarships. All the information needed to apply is on the GCFP website in the Forms Library under Scholarship Forms & Links. Applications are due by February 1, 2024.

District VI Meeting Conservation/Water Report

Karlice Makuchan

My report today is on PFAS- which stands for Per-fluoro-alkyl and poly-fluoro-alkyl substances and their relationship to water quality and safety.

What is/are PFAS? (PFAS) are man-made chemicals, resistant to heat, water and oil, and persist in the environment and the human body. Research shows that more than 95% of Americans have “detectable levels” in their blood. PFAS are not found naturally in the environment. That’s why they are also referred to as “forever chemicals.”

They have been used to make cookware, carpets, clothing, fabrics for furniture, paper packaging for food, and other materials that are resistant to water, grease, or stains. They are also used in firefighting foams and in a number of industrial processes as well as personal care products, like shampoo, dental floss, nail polish, eye makeup and feminine hygiene products. They’ve also been found in some brands of sparkling water and hard seltzer.

What’s the problem with them?

When the US Geological Survey tested tap water from 716 locations, including 269 private wells and 447 public supply sites, throughout the country, they found at least one type of PFAS in at least 45% of the faucets. These forever chemicals have been linked to a range of health problems, including certain forms of cancer.

The EPA has taken steps to warn consumers about the risk of these chemicals in products and proposed a federal rule that would order companies to report whether their products contain the chemicals. The EPA estimates that complying with this rule will cost industries about \$1 billion annually, although the sectors generate about \$500 billion per year.

What is being done about them?

There is no federal rule¹ about them but Pennsylvania enacted a statewide drinking water limit on two² forms of forever chemicals in January of this year. The rule applies to all 3,117 water systems.

While Brita filters were not designed—and do not claim to—remove PFAS, they use the same processes that the EPA says is effective in

reducing PFAS. These include using activated carbon and an ion exchange treatment. The Environmental Working Group tested 10 water pitchers and found pitchers from “Clearly Filtered” and “Zero Water” blocked 100% of PFAS tested. So did the standing travel Berkey filter system.

A Consumer Reports study examined more than 40 brands of bottled water and although some had PFAS, sparkling water was more likely to include higher levels of the chemicals than still water. San Pellegrino and Spindrift, and a few others had very low levels of the chemicals.

Any bright side on the horizon?

A scientific nonprofit research institute, Battelle, says it has successfully created a technology that utilizes a supercritical water oxidation process that distills water into PFAS concentrate for destruction. This technology is being used in a retrooled water treatment plant in Grand Rapids, MI. The PFAS annihilator inside a converted cargo container blasts the PFAS concentrate with enough heat and pressure to destroy it in seconds. The process leaves behind water and salts that are harmless to the environment. The plant is treating a half-million gallons of water a week.

See CBS news report here:

<https://www.cbsnews.com/video/technology-to-eliminate-forever-chemicalsshowing-positive-results/>

proves that nothing about PFAS is forever.

1 The federal government originally had issued an advisory level of 70 parts per trillion or below. In March 2023, the Environmental Protection Agency proposed drinking-water standards that will require water utilities to reduce contamination of certain PFAS chemicals to no more than four parts per trillion.

2 It sets a limit of 14 parts per trillion for perfluorooctanoic acid and 18 parts per trillion for perfluorooctane sulfonic acid.

Birds and Butterflies

By Marcy Cunkelman

Time to say good bye to the summer residents and hello to the winter visitors, which some have already arrived. Seems like Fall came in quickly with bright color and early leaves falling. Put those leaf blowers away since they damage the protection of leaf mulch for the pollinators and caterpillars, toad, frogs and amphibians, turtles, that hide and overwinter. Birds also will scratch and look for food from insects and seeds. Blue Jays are gathering up the wonderful oak mast and planting acorns everywhere. Thankfully they forget all the places they stash the seed, to grow new oak tree seedlings as Doug Tallamy says the top of line host plant for all critters. Oak trees support 897 caterpillar species in the United States. Maybe you will be gifted with a new oak seedling, of course in the perfect spot in your yard.

Monarchs are still on the move to their winter grounds in Mexico. Cape May in New Jersey have been tagging with the Monarch Watch tags and it's been a successful fall, after a slow start. They also have been using a mini tracking devise they glue on the backs of monarchs. The tiny, 62 mg, 8x8x2.6 mm chip and can simultaneously measure light intensity and temperature, wirelessly communicating that information back to researchers once the butterflies reach their destination. There is an app to track the radio-tagged monarchs. Amazing what they can do now to help record info.



My annual plea of don't take down the hummer feeders for as long as possible, it doesn't stop a hummer from migrating. This gives them a source of carbohydrates (sugar water) for energy since most flowers have stopped producing nectar and have died. Just saw a report that a Rufous hummer was just caught in Potters Mill, Centre County and, and ready to be banded by one of our 3 PA banders, Sandy Lockerman from Dauphin County. It was found to already have a tag from Sicklerville, NJ (25 miles SE of Philadelphia) by David La Puma on 11/25/22 as a young female. Last year, Sandy was able to band and identify 9 rufous hummingbirds from October through December. 204 western hummingbirds have been caught, identified and banded in 49 counties since the 1990's. This includes Rufous, Allen's, Calliope, Anna's and Black-chinned. All species, I was able to see in ARIZONA. This research is so valuable to understanding hummingbird migration. I wonder how many passes through and we don't even know. This goes for any bird flying over. Lucky to be in the right place at the right time to see.

I just applied for the NGC Certified Pollinator Garden Application. Only 2 pages and it's very similar to the PA Master Gardeners Certified Pollinator Gardens.

After waiting over 3 months, my new pollinator habitat license plate N8IVE finally arrived. I was hoping to be able to show you the new plate for PA in time for this meeting. Check it out if you are walking by my dark blue Subaru. Anyone else apply for the new plate? It's a great way to promote our natives and pollinators.

Get those feeders clean, filled with fresh sunflower seed and chips. May need to bring in at night because of raccoons and bears until it gets really cold. Recycle your pumpkins for the critters to snack on. My gardens will probably be frosted this coming week. I will be leaving up the plants up thru the winter for natural food and cover. Time to plant more natives. I hope you see something special in your yard because you added a great native plant.

Annual Meeting at Green Gables

Article and Photos by Judy Ridgway

Our guest speaker and program was by Glenda Gebert of Garden in the Woods. She entranced us with her description of her beautiful property in Bear Rocks and demonstrated how to adorn a pumpkin with moss and succulents. Her demonstration piece was one of the door prizes.



The District VI Annual Meeting was held on September 1, 2023. It was open to all members of our club as well as any members of District VI in GCFP (Garden Club Federation of Pennsylvania). 75 people attended. It was held at Green Gables in Jennerstown. If you're thinking of having a special event and wondering where to go, get in touch with Teresa of Green Gables. She is amazing and we absolutely loved having this event there.

The District VI Board (District Director Deb Stumpf, Asst. Director Mary Lou Colussy, Secretary Wilma Light, Asst. Secretary Paula Miller, Treasurer Rene Hrescak, Asst. Treasurer Karlice Makuchan, and Parliamentarian Merita Brant), ran the meeting and handed out awards to many of us from all the different clubs

There was a special Memorial Tribute to those members that have passed since last September. Garden clubs represented were from District VI. Those attending this meeting included: Bedford, Blair, Evergreen, Indiana, Johnstown, Patton, Somerset, and Weeders and Seeders.



Additional Photos from Annual Meeting



2023 GCFP/District Awards

At the recent GCFP District VI Annual Meeting IGC member Pat Hartman received the coveted Forget Me Not Award. This district award recognizes long-standing members who make our organization special because of their dedication to their club and its community service. Although Pat could not attend the event, the participants lauded her achievements over the past 50 years.

The Mushroom Award went to Rene Hreschak, District Treasurer and the Lady Bug Award was presented to Nerita Brant:



Laurel Awards were given to the presidents of the individual clubs to be passed out at their home clubs.

Additional Awards

- ◆ 2022 GCFP CAR-SGC Outstanding Educational Exhibit Award:
2nd place: Garden Club of Johnstown
- ◆ 2022 GCFP Flower Show Award
1st place: Garden Club of Johnstown
- ◆ 2022 GCFP FS Schedule Award
1st place 51+ members: GC of Johnstown
1st place 21-50 members: Bedford County GC
- ◆ Special Fundraiser for Scholarship or Community Project:
2nd place Large Club: Weeders and Seeders GC
- ◆ 2022 GCFP Club Horticulture Achievement Award
Large Club: Weeders and Seeders GC
- ◆ GCFP Club Membership Award
Medium club: Somerset GC
- ◆ 2022 Club Yearbook Awards
4th place 30-44 members: Somerset GC
3rd place 70-99 members: Weeders and Seeders GC
4th place 70-99 members: GC of Johnstown
- ◆ Social/Website Award
2nd place Medium club: Somerset GC Website
1st place Medium club: Somerset GC Facebook Pg.
- ◆ Newsletter Publication
2nd Place 3-12 pg. Large Club: Weeders and Seeders

Leave No Pumpkin Behind

Contributed by Leeanna Ryba
GCFP President

Decorating



We'll start with the first thing that probably comes to most people's minds in October: Halloween.

Pumpkins became inexorably linked to this holiday, as a way to ward off evil spirits in the past, while today's culture treats them as cheerful, spooky decorations.

When carving a pumpkin, don't throw the seeds and bits away; if you haven't already, save them and use them. You could also save some seeds to plant for next year.

The bits of the fruit left after carving you usually dispose of can help local wildlife — put them out as a Halloween treat for critters and birds. It is the time of year when animals are getting ready for winter, so leaving food out for them can feed your local ecosystem. Any extra pumpkin seeds will be appreciated by squirrels and chipmunks.

The compost bin or curbside organic collection are healthy destinations for pumpkin scraps as long as you have not used any synthetic inks or paint as decoration. You may be able to wash the ink or paint away to make them compost safe. Cutting the pumpkin into small pieces will speed the compost process.



Cooking



A pumpkin is full of potential culinary treats. Pumpkin seeds are high in protein. One cup of seeds provides about [13.7 grams](#) of snackable goodness. Instead of throwing them away, you might try out one of [Allrecipes' pumpkin seed ideas](#) for a tasty snack. We particularly like the cinnamon toast pumpkin seed recipe.



Pumpkin pie, pumpkin seeds, pumpkin soups, pumpkin puree... A long list of foods derived from this iconic fruit, even some cocktails. We recommend you check out the many recipes available at [foodnetwork.com](#), [Delish.com](#), and [countryliving.com](#). Want to watch your way to cooking success? Food Network is [packed with pumpkin episodes](#). With so many ideas, you can find uses for every part of your pumpkin. There's no need to let the smallest bits go to waste.

Of course, making the most of any food doesn't have to wait for a holiday or special occasion. Cooking with seasonal ingredients that are local to you reduces your impact on the environment and can help you explore new flavors. Reduce food waste year-round by finding uses for everything you buy, from the pumpkin to its stem or the carrot to its crown, by cooking and composting reduces the CO2 emissions created by rotting food.

Make the most of your great pumpkins and have fun this season.

2024 GCFP Convention Trash to Treasure Contest

2024 GCFP CONVENTION (April 7-9th)

Trash to Treasure Theme/Rules

Convention Theme: **“Petals and Patchwork”**

Trash to Treasure Theme: **“In a Milkwork Garden”**

Lancaster County produces 2.1 billion pounds of milk annually (1776 farms). Lancaster ranks 1st in PA and 10th in the country in milk production. **The contest is based on reuse and repurposing milk cartons and dairy containers** in crafting a patchwork with a garden theme.

Specifications:

1. Entry to be a mounted Patchwork, Applique artwork which can also be framed (optional). It can be multidimensional (e.g.: extended petals, leaves design...)
2. **Dimensions:** No larger than 14” Wide or 14” deep. Height Limited to 14”. Framed not to exceed 11”x14.” The entry can also be displayed on an easel stand.
3. **Weight:** No more than 15 lbs.
4. **Materials:** All type of materials used for milk production including carton, plastics and glass. 20% of the design may be other materials (e.g.: glue, paint...)
5. Each entry must include a 3 x 5 card: Front: Title and a list of materials used. Back: District, Garden Club, Designer(s) name and mailing address
6. Entry may be work of more than one person.

ONLY ONE ENTRY FROM EACH DISTRICT

Selection method is determined by the district on March 20, 2024

District entries selected for Convention competition must be submitted on Friday, April 7 from 11-5 PM at the Doubletree Resort by Hilton Hotel. Judging will be at 5:15 PM. Entries are not to be judged under the same standards as a flower show.

Trash to Treasure Co-Chair: Naser Chowdhury and Marsha Chowdhury. Ph: 484-432-6386

SCALE OF POINTS FOR JUDGING

Conformance	20 pts (Fits within stated dimensions, weight)
Artistic Concept	50 pts (Creative reuse of recycled materials)
Expression	20 pts (Interpretation of theme)
Execution	10 pts (workmanship)
TOTAL	100 pt

2024 GCFP Convention Raffle

**Are you feeling lucky?
Do you love QUILTS?**

TAKE A CHANCE TO WIN ... \$10.00 per ticket



First Prize is a beautifully crafted **queen size quilt** made by Lancaster County Amish



Second Prize is a quilted **wall hanging** created by Lancaster County Amish

Third Prize is a gorgeous quilted **tote bag** made by Lancaster County Amish that has been signed by the maker



For TICKETS contact your District Director or Club President

The drawing will be held during the 94th Annual Convention of the Garden Club Federation of Pennsylvania at the Double Tree Resort by Hilton, Willow Street Pike, Lancaster, PA - April 9, 2024 @ 2:00 p.m.

You do not need to be present to win but we would love to have you join us in the heart of PA Dutch Country

These quilted pieces are excellent examples of the craftsmanship and quality common in this beautiful local art form. Good Luck!