CENTRAL REGION GARDEN CLUBS, INC. Theme: Tree Planting Extravaganza November 2023 Newsletter

CENTRAL REGION DIRECTOR - Lynne Ehnert

Central Region Tree Planting Extravaganza - Central Region Project 2023-2025

Central Region Convention 10/15-10/17/23 was held in Des Moines Iowa at the Hotel Fort Des Moines – This is a historic hotel that was recently revitalized. There were 59 people that attended the convention. The convention started out with a Botanic Arts Flower Show. It was nice because it was a botanic arts show, people who were traveling could prepare their entry ahead of time and not have to assemble it at the show. This helped to get participants from all over the region. During this convention there were two tours:

World Prize Hall of Laureates – This was a museum that told the story of different people that worked within the industry to ensure there was quality, quantity, and availability of food. We learned about the different inventors within the agricultural industry, that if they had gotten together with their vision, things would have been much easier. They talked about the people that worked on the land, developed the equipment to plow the fields, those that owned the land and the vision for the land use, and those that had the vision for manufacturing of the food. Imag-

ine what would have happened if everyone had worked together.

Living History Farms where there was a tour of lowa's agricultural history where people could tour various farms from the 1700 loway Farm to the 1900 Horse Powered Farms, Blacksmith and Broom Maker, Churches, General Stores, Millinery, and other businesses.

There were two different workshops: One workshop was making your own fascinator. People had a lot of fun wearing their fascinators to dinner that night. Those that did not make their own fascinator either brought their own fascinator to join in the fun or wore one of the hats that were donated to the cause. People had a lot of fun. Even the men joined in the fun!

There was another workshop where people had an opportunity to make different items with gourds. That night at dinner, Walt Reemtsma, one of the convention Chairmen, wore a gourd for his fascinator. People were still having fun showing off what they made, most people made jewelry from gourds.

We had a judges council meeting for anyone who was a judge within the Region. This was something new this year. It was interesting to hear how things are handled within each state. One of the chief concerns was that feedback on the show does not get back to the club with suggestions on items they could improve for the next show. One suggestion was to have the judges give the high points of the show, identifying things that went well and opportunities for improvement verbally after the judging takes place. Many of the judges liked the idea.

We had various speakers throughout the convention, Dr. Mary Skopec from Iowa Lakeside Laboratory, 5 Iowa floral designers with their different designs, and Brenda Moore, NGC President talking about "Leadership." She was also available to sign the book she co-authored that NGC is selling "My Green is Gone."

All in all, we all had a great time, meeting new friends, reconnecting with current friends and getting to know a little bit more about our region. We look forward to our convention next year in Illinois, October 17, 2024 - October 19, 2024. We are already working on it!

Lynne Ehnert Central Region Director

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Theme: Tree Planting Extravaganza!

Dates to Remember

Central Region Convention hosted by Illinois October 17 - 19, 2024





CENTRAL REGION AWARDS 2023

A big Thank You to all the clubs who submitted an entry for the Central Region Awards. The entries were outstanding and we should all be very proud of what our clubs are doing in the Region. The following winners were announced at the Central Region Convention, in Des Moines on October 17, 2023.

Award #1 "Partnering with Youth in Planting America"

Award#2 "Planting Community Gardens"

Award#3 "Sharing Gardens" Award#4 "Healing Gardens"

Award#5 "Caring Through Garden Therapy".

Award#6 "Preserving Our Land"

Award#7 "Protect and Know Our Pollinators"

Award#8 "Promoting National Garden Week"

Winner: Cress Creek Garden Club of Naperville, IL

Winner: Meridian Garden Club Inc-Okemos, MI

Winner: O'Fallon Garden Club of O'Fallon - IL

Winner: Hillsdale Garden Club-Jonesville, MI

Winner: Darien Garden Club-Darien, IL

Winner: The Friendly Garden Club of Traverse City- MI

Winners: Co-sponsored by:Shamrock Garden Club and Fort

Winner: Lake Bloomers Garden Club-Sunrise Beach, MO

Benjamin Blossoms Garden Club-

Indianapolis, IN

Award#9b "Best Standard Flower Show-Horticulture"

Winners: Co-sponsored: Lake Bloomers Garden Club and

Eldon Garden Club-Sunrise Beach, MO

Award#10 "Sharing CR Talents in VOB Calendar"

Award#11 "Honoring Veterans-Blue-Gold Star" Award#14a "Club Yearbook" (under 20 members) Award#14b " Club Yearbook" (21-299 members) Winners: (Tied) Michigan and Missouri

Winners: Meridian Garden Club Inc-Okemos, MI Winner: Iris-Elm Garden Club-Winamac, IN Winner: Diggers Garden Club-Robbinsdale, NM

It was great to meet so many of you at the convention. We had fun and learned a thing or two as well!!

You can find more specific information about the awards on the CR website. Please look for some changes to awards next year, based on the Executive Committee Meeting that was held during the convention.

As always, please reach out to me with any questions you have about awards.

Kerry Krokos Awards Chairman

The past, present, and future TGCI presidents met at the Central Region of the National Club Convention held at the Fort Des Moines Hotel in Des Moines, Iowa October 15 and 16, 2023. Central Region is made up of seven states: Indiana, Illinois, Iowa, Michigan, Minnesota, Missouri, and Wisconsin. The theme was "Hats off to Iowa."

In the picture, it is more "Hats on to Iowa." Bottom left to right, Linda Harkleroad and Gerry St. Peters, both past presidents of TGCI. Next, is Jayne Kesler present TGCI State President and the back right to left is Wanda Zahrt, future TGCI president. All are pictured with Brenda Moore, current National Garden Clubs President.



Diane Dawson - President of the Garden Clubs of Illinois 2023-2025 Theme: "Let's Grow Together Illinois: Plant America"



Let me tell you about a continuing project of the GCI which we are very proud of and that took over 23 years to come to fruition. This is an example of the resilience of garden clubbers!

The Children's Woodlands Garden is a garden designed to be a natural play area for children, where families can explore, learn and have fun with Nature. The garden will feature elements, all natural materials, such as a simulated stream, a water log tunnel, a sensory table, a water pump, a natural musical instrument, a foot bridge, and observation area, and outdoor sink and log climbing structures. It is NOT a playground.

It is located within the Lincoln Memorial Garden, which is a 100 acres woodland and prairie garden in Springfield, IL. It was designed by renowned land-

scape architect, Jens Jensen, as a living memorial to Abraham Lincoln, featuring native plants, stone council rings, and benches inscribed with Lincoln quotes. The native plants would be what Lincoln would have seen in Illinois, Indiana, and Kentucky.

Illinois garden clubs have supported this youth project by making it a part of our Mission in our bylaws.

The \$25,000 seed money was a spark that ignited the community to support the garden financially. Several local Springfield families provided the rest of the funds.

Ground has been broken, and the planned opening is in March, 2024 – just in time for GCI's Annual Meeting and Convention, to be held in Springfield, IL.

Our state theme is: Let's grow together Illinois: Plant America

This theme not only focuses on the need to keep growing membership, but the need to unify as a state. We are a long state and are comprised of North, Central, and Southern clubs and can accomplish our goals by pulling together, and celebrating our diversity.

The Garden Clubs of Illinois was very proud to be the Winner of NGC Award of Excellence, presented at the NGC convention in May, 2023, to past president Marilyn Krueger, for exemplary work with food donations. Two of our Southern clubs won national awards, also for food donations to support local food banks. Illinois is well poised, as an agricultural state, to support Plant America: Feed America, the NGC President's project.

Thank you

Diane Dawson

NGC Awards and Award of Excellence #SR2 National Garden Clubs, Inc.

Diane Dawson
Illinois President

Nancy Ryan - President of the Garden Clubs of Michigan - 2023-2025 Theme: "Grow, Share, Connect Michigan"



Fall Rocks in Michigan! Why? Because that's when gardeners across the state gather for the District Fall Meetings! This year some of the wonderful themes include "Feeling Fabulously Fallish," and "Scarecrows and Spooky Shadows." A bounty of enjoyable experiences will be had by all from working in teams to create our table designs to speakers on climate change, native plants, gardening as we age, and inspiring change are a few of the highpoints. We will collect for Penny Pines and bring canned goods and packages to donate to a food bank. Each year our host clubs, led by our incredible District Directors, make fall our favorite time of the year.

We also published our first digital issue of the quarterly newsletter "Thru the Garden Gate," and our members are very pleased with our new format. Easy to access, read, and beautifully done, are some of the comments we have received.

Also in fall, Michigan Garden Clubs, Inc. hosts a fundraiser showcasing the amazing talents of Lynn O'Shaughnessy as she creates beautiful engagement calendars:



Nancy Ryan Michigan President



This is why we say "Fall Rocks in Michigan."

Jayne Kesler - President of The Garden Club of Indiana, Inc. 2023-2025 Theme: "Plant Trees for Hope"



Members of The Garden Club of Indiana, Inc. were enjoying the Oakwood Resort on Lake Wawasee, Syracuse, IN learning all about how "Water is Essential FOR LIFE" at our September Seminar. The North Central District hosted and organized a unique seminar for the state.

Members who attended the Executive Committee and Board of Directors meeting plus any early arrivers were treated Thursday evening to a boat ride around Lake Wawasee, the largest natural lake in Indiana, lead by Dr. Nathan Bosch of Grace College and two student interns. They demonstrated how water sampling is done, how the equipment is used, and explained the microcrystal levels found in the sam-

ples. It was a beautiful evening on the lake, and members on board took part in the sampling and enjoyed the experience with the professor and students.

Dr. Jerry Sweetin, retired professor from Manchester University, started off our Friday programs by sharing the information gleaned from his extensive work on the Eel River Watershed. Dr. Sweetin focused on his experiences as he eliminated the dams on the Eel River so the fish and mussels could migrate. In one location where the dam could not be destroyed, he used an inventive fish passageway at the side so the fish could migrate both ways. He has been influential in cleaning the Eel River and in helping guide the local conservancy through maintaining high water quality in Lake Wawasee.

Artist Avon Waters presented the plein air paintings of a group of Indiana artists who decided to paint the Indiana Waterways during the outbreak of COVID. The project not only resulted in hundreds of paintings which have been traveling around the state galleries, but also in a beautiful book *Indiana Waterways: The Art of Conservation*. It is a wonderful collection of paintings, essays, and poems illustrating their art and information gathered from the Indiana waterways. Our members learned how art can be a vital part of conservation.

An interactive water plant identification opportunity "Understanding How Aquatic Plants Affect Northern Indiana Waterways" was provided to our members by Jim Donahoe, owner of Aquatic Weed Control and Dave Keister, Aquatic Weed Control plant biologist. The sample plants of native and non-native waters plants were brought in for our members to identify. Their program fitted nicely into the information we heard during our boat tour. We saw and touched the plants that filled the inlets when the lake turned over as well as how easily one invasive could pop open and continue to produce and invade the waterways.

Lyn Crighton, Executive Director of the Watershed Foundation, brought it all together with her program "Partnerships: Key to Healthy Water." Lyn explained the watershed partnerships in action with planning and management, agricultural conservation, lake associations, volunteer water monitoring and the Indiana Clear Choices Clean Water campaign.

Our seminar ended with an invitation to unwind from the hustle and bustle by taking the WACF Trail Walk. Members and guests could walk through the wooded upland out to the boardwalk and into the wetlands. Others could choose to sit in the amphitheater overlooking the lake and wetlands

We are thankful that our North Central District utilized their beautiful lake country to provide a unique learning experience for our TGCI, Inc, members. The seminar was informative, fun and relaxing.

Jayne Kesler Indiana President

Catherine Williams - President of Federated Garden Clubs of Minnesota 2023-2025

Renaissance Festival in Minnesota is 50 Years Strong 2023

Some very forward and visionary members of Federated Garden Clubs of Minnesota, inc. (FGCM) built a booth near the entrance of Minnesota's Renaissance festival 50 years ago and have sold garlands from it every year. It is one of our FGCM's best and most fun money makers.

Minnesota garden clubs and individual members start making garlands in January and continue through the festival days in late August, September, and early October. The garlands are made with natural items that would have been found during the mid-evil time period of the Renaissance. That means dried and glycerin treated flowers and leaves, feathers, shells, ribbons, or any other natural items can be used in garlands.

Members in the booth have fun dressing in costume while they are on the festival grounds. Reality is suspended for the day and you become a part of the realm of old English times of kings, knights, lords, and ladies. The garlands help put attendees in the spirit of the place. Everyone comes to see the jousting, eat turkey legs, and take part in shenanigans of the times.

Rain or shine, and extreme heat, the show goes on every weekend of the festival. Some years the weather is perfect. In the fall Minnesota is around 65 to 75 degrees with a few rainy days. Who thought we would have 90 degree heat this September?

The making and sale of garlands has supported many of our clubs and Federated Garden Clubs of Minnesota Inc. for those 50 years. We are hoping it will continue on into the future. We thank the festival for all the support they have given us.

Catherine Williams Minnesota President

National Garden Club Schools in Central Region or Online in other regions.

Environmental School

Course 1

Mar. 18-21, 2024, St. Louis, MO, Zoom, afternoon

Course 2

Apr. 26-27, 2024, Sheboygan, WI

Course 3

Feb. 2-3, 2024, Westerville, OH, Zoom Apr. 16-17, 2024, Tampa, FL, Hybrid Sept. 27-28, 2024, Sheboygan, WI, In person

Course 4

Oct. 22-23, 2024, Tampa, FL, Hybrid

Lucy Valitchka

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Gardening School

Course 1

None scheduled

Course 2

Apr. 25-27, 2024, Chelmsford, MA, Hybrid

Courses 3 & 4. In person, out of CR area

Landscape Design School

Course 1, Course 2, Course 3, are in person, out of CR area.

Course 4

Feb. 7-9, 2024, New Smyrna Beach, Fl Zoom

As of this date current Flower Show schools are all in person, but out of Central Region. Go to our NGC website Schools section to register for any of the above classes.

Beverly Wattenbarger, President of the Garden Clubs of Missouri, Inc. 2023-2025 Theme: "Plant America: Leading the Way for a Greener Missouri"



We are beginning to see signs of fall in the air here in Missouri. Summer seemed to fly by even with the extremely hot and dry weather. However, as gardeners our members still managed to have beautiful flower shows, plant sales, community gardens and so much more.

We have had Blue Star and Gold Star Memorial dedications this summer and a beautiful flower show at our State Fair. Our members have been busy with community projects and are excited to begin working on our National President, Brenda Moore's, projects as well as our Central Region Director, Lynne Ehnert's, project, "Central Region's Planting Extravaganza".

As our clubs are looking ahead to another year, they are busy planning their yearbooks and projects and they will have many to choose from with our National, Central Region and State projects and many of their own. We are blessed to have so many dedicated members to be "Leading the Way for a Greener Missouri".

We had several members attending the Central Region Convention in Iowa this year.

Beverly Wattenbarger Missouri President

Blue Star/Gold Star Memorials

The first couple of months in this chairmanship were busy. I am trying to coordinate with State chairs and create a library of Markers that exist. I would appreciate as new Markers are placed, that I be informed so as to keep this library current.

In addition, I was invited to my very first CR Dedication of a Blue Star Marker in Farmer City, Illinois, sponsored by The Garden Clubs of Illinois, Inc., where I met numerous garden club members responsible for the dedication. I was fortunate to be able to greet some of those members at the recent CR Convention in Des Moines, Iowa.

Locally were dedications of Blue Star and Gold Star Families Memorial Markers in Racine, Wisconsin, sponsored by Blue Star Mothers of Southeastern Wisconsin, Chapter 2, and Blue Star Memorial Marker in Chippewa Falls, Wisconsin, sponsored by Lake Wissota Garden Club which is in the process of placing a Gold Star Families Memorial Marker adjacent to the first.

If available, I would like to attend Dedications in the "other" States of Central Region so please inform me of your events if you would like me to attend.

Thank you.

Chuck McCafferty
Blue Star/Gold Star Memorials

Linda McCafferty, President of the Wisconsin Garden Club Federation 2023-2025 Honoring Veterans and Gold Star Families



WGCF members were busy with many projects during the first months of this president's term. As is typical, the first month involves President's Day attending meetings in each of our six Districts to install newly elected officers and discuss my President's Project, the construction of a Blue Star Memorial Marker and Gold Star Families Memorial Marker in an area on I-94 near Wisconsin's border with Illinois, with which we will *Honor Veterans and Gold Star Families*."

Followed were Dedications of Blue Star and Gold Star Families Memorial Markers in Racine, Wisconsin, sponsored by Blue Star Mothers of Southeastern Wisconsin, Chapter 2, and Blue Star Marker in Chippewa Falls sponsored by Lake Wissota Garden Club. I also accompanied my husband, Chuck McCafferty, CR Blue Star/Gold

Star Chair, to a dedication of a Blue Star Marker near Farmer City, Illinois, sponsored by The Garden Clubs of Illinois, Inc. These ceremonies were beautiful but very solemn as they should be and I was honored to have been invited to attend.

Continuing through the summer, there were flower shows at the Wisconsin State Fair sponsored by The Floral Designers of Wisconsin and at the Fox River Valley District meeting sponsored by the District. Garden Club of Greater Milwaukee held a dedication of their *Seating Oasis* in Lakeshore Park on the shores of Lake Michigan; this project was funded with a PLANT AMERICA grant and was also attended by David Robson, NGC Chair. St. Croix District sponsored a workshop entitled *Your Garden – A Bird's Paradise* which was very informative and included four free native plants for each attendee. Madison District held a garden walk displaying exquisite examples of garden design including a community vegetable garden planted and maintained by members for its community residents to harvest.

In addition, WGCF presented an Environmental School, *The Living Earth*, Series 7, Course 1, on the 30th anniversary of the very first Environmental School to be held in our great nation. In fact, the member who organized that event so long ago, Julie Schoenike, is still a WGCF member and attended the recent school.

Finally, our members held many plant sales, were involved in their various community projects and avidly provided education, resources and opportunities for its members to promote and share the love of gardening, floral design and civic and environmental responsibilities.

Linda McCafferty, Wisconsin President



What is Garden Therapy?

Garden therapy or horticultural therapy is a therapeutic process that uses plants and gardens to improve the physical and psychological well-being of an individual involved. Going outdoors, visiting the garden, or just viewing trees can work wonders. According to research, post-surgical patients who viewed plants out of their hospital windows seemed to recover more quickly than the same patients who viewed walls.

Mental health practitioners agree that people who engage in gardening experience greater mental health. It boosts positive emotions, reduces negative emotions, and calms conditions like anxiety, stress, anger, and tension. However, sitting even for five minutes in your garden or just looking at a garden from a window can have dramatic therapeutic results.

Example of therapeutic horticulture for residents of assisted living community is their participation in a weekly garden club program.

- Benefits Helps improve memory, cognitive abilities, task initiation, language skills, and socialization.
- **Goals** Maintain physical function, increase self-esteem, reduce pain, increase healing, reduce stress, and provide opportunities for exercise.
- **Garden Therapy/Aromatherapy -** Stop and smell the roses How can you do this? Create a fragrant space to calm down.
- Fragrances Have the power to modify our brain and frame of mind.
- **Example:** Take a deep breath, add a fragrance, it helps our bodies deal with stress. The right fragrance can create an uplifting and energizing feeling.

Consider: clove, lavender, basil, jasmine, peppermint, sage, bitter orange, and rose. Fragrance is a natural way of resetting our moods and mindsets. Sources shared from National Institutes of Health and Aislin Gibson.

Linda Dingee Garden Therapy/Healing

PUMPKIN CRISP

Ingredients:

1 can 15oz solid pumpkin

3 eggs

1 tsp cinnamon

1 box yellow cake mix

1 cup melted butter

1 can 12 oz evaporated milk

1 ½ cups sugar

½ tsp salt

½ cup chopped pecans

Directions:

Mix pumpkin, eggs, cinnamon, milk, sugar and salt Pour into 9" x 13" greased pan

Sprinkle dry cake mix evenly on top (do not push down) Sprinkle pecans on top (optional)

Drizzle butter over the top of everything Bake at 350 for 50-55 min until set

Birds and Butterflies

The Central Region bird is the chickadee, a friendly little bird. It has a black cap, with wings of black and grey, a light yellow color underneath. It's common to most feeders and stays around all winter if food is available.

Illinois and Indiana have the cardinal, Iowa has the goldfinch, Michigan and Wisconsin have the robin. Minnesota has the loon, and Missouri has the bluebird.

I do feed the birds all summer but only sunflower seeds. We have a lot of birds, including a pair of cardinals. I've taken the hummingbird feeders down and cleaned them for next spring.

It's time to start feeding our feathered friends if you haven't fed them all summer. I put sunflower seeds and suet out for the winter months.

As of this writing, the monarch's are heading south to their overwintering sights in Mexico. I still have painted ladies, and some sulfurs flying around but am sure they'll be gone soon.

Enjoy feeding the birds this winter, and plan your garden for spring to attract both birds and butterflies; remember to plan for a chemical free lawn for our wildlife.

Marian M. McNabb Bird and Butterfly Chairman

Youth Recycling

It is important that we introduce the importance of recycling to children at a young age. One way to do this is to provide books that teach this concept. Consider donating a selection of such books to your local library or elementary school. A few of these books are listed in this article.

For the preschooler to age six a book titled <u>I Can Save the Earth</u> by Allison Inches, educates children on what they can do to be more eco-friendly. The book itself is made from recycled materials. A book for children ages four to eight is titled <u>Can I Recycle This</u> by Jennie Romer? This book is an adaptation of a book for adults and answers questions about recycling. For students from ages four to eleven, the book titled <u>What a Waste</u> by Jess French teaches students the ways our habits impact the earth. This book is part of a three book series titled Protect the Planet.

<u>This Class Can Save the Planet</u> by Stacy Tornio is a book that provides students ideas to help them have an impact on the environment with ideas they can implement in their own homes and classrooms. It is appropriate for students from kindergarten through middle school.

These are just a few of the many resources available to impress upon our youth the importance of recycling.

Sue Fuhrman Youth Recycling Chairman

Invasive Yellow Iris

Iris pseudacorus

The yellow iris is an attractive flowering perennial brought to America as an ornamental wetland plant. Iris is Greek for "rainbow." Little did they know in the 1700s, when it was brought here from Eurasia and northern Africa, that it would become a pesty invasive plant!

It now grows in all but four states as well as in most Canadian provinces. Over time it was deliberately propagated as a plant and for erosion control and to absorb heavy metals from sewage treatment plant wastewater.

The iris can grow in a range of conditions, from drier upland sites to wetlands to floating aquatic mats. This species has escaped water gardens and ponds and found its way into natural environments.

Dense mats of yellow iris can reduce flow and block irrigation systems and flood control ditches. In my personal experience, this species was planted on my property when a landscaper rebuilt a decorative pond two years ago. The concept was to build a "wetlands" filter system for a pump-driven little stream using percolation through rocks and iris to remove contaminants from the water at the head of the stream. Because of the dense growth and extensive rhizome network the yellow iris, we must now thin or remove these plants because they are blocking water flow.

The leaves are dark green with a blue-green tint and are erect, sword-like with pointed tips, have a raised midrib and are 2-4 feet tall. The cream to bright yellow flowers bloom from May to July. The flowers are pollinated by long-tongue flies and bumblebees.

The seed pods are large, three-sided and turn from a shiny green to brown as they mature. The pods can contain up to 120 glossy brown, flattened, D-shaped seeds arranged in 3 rows. The seeds are buoyant and able to float long distances in flowing water for months. Seeds can clog pipes and water control structures.

The roots are thick fleshy pink-colored rhizomes which spread extensively in good conditions forming dense mats that can float on the water's surface. Dense growth of yellow iris out-completes the growth of native irises as well a native sedges and rushes that are waterfowl habitats.

While the yellow iris is beautiful, all parts are toxic. Skin irritation and blistering can be caused from the resinoids and terpenoids in its roots and leaves. Gastric distress can happen if eaten by both humans and animals. Grazing animals avoid feeding on it, and it can be more toxic for pets than for humans. These chemicals also contribute the aromatic fragrance of the plant.

Small infestations of yellow iris can be dug out using physical methods. Care must be taken if hand-pulling to avoid skin irritation. All parts must be dug out and disposed of in a landfill or by burning. Even leaving a tiny piece of rhizome can permit re-sprouting. Cutting the seed heads may help decrease the plant spreading. Because of the extensive root system, any of the control methods may need to be used multiple times over a few years for total control. If using an herbicide, it is recommended to contact your county noxious weed coordinator.

A native iris, Blue Flag (iris versicolor) may be planted as an alternative wetland perennial.

Below are photos of our pond. The left photo is June 2023 showing the Blue Flag iris. Behind it is the Yellow Iris. Next photo shows the same area in September 2023. The yellow iris has grown extensively and are crowding out the blue flag iris.







Iris with seed pods.



Jane Buck Invasives Species Chairman