



*MARCH
2025
Newsletter*

MARCH MEETING – THURSDAY, MARCH 13

IDAHO SPRINGS ELKS LODGE

1600 COLORADO BLVD.

12:00 LUNCH AND MEETING

“Make a terrarium with Debbi Novotny”

Lunch cost is \$13.00, payable at the meeting

If you “plant” to attend, please RSVP not later than *Sunday, MARCH 9* to Linda Yowell at 303-898-8017 or via email, rickyowell7682@msn.com

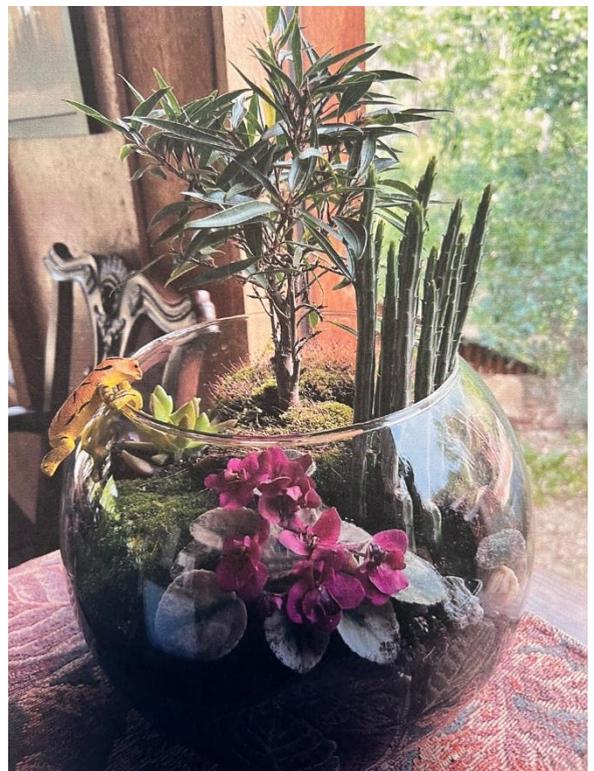
UPCOMING MEETING TOPICS

Thursday, April 10 – All About Rain Barrels

Thursday, May 8 – Rock Painting with Larrice Sell and Wendy Binniger AND the Club’s Annual Meeting

MARCH 13 MEETING MAKE A TERRARIUM WITH DEBBI NOVOTNY

The cost will be \$10.00 for the bowl, or you can bring your own. Please limit the size of your bowl to 8” in diameter. Soil, plants, moss and rocks will be provided by the club. If you want to purchase a bowl, please indicate that when you RSVP to Linda Yowell by Sunday, March 9.



BLEEDING HEART – BRINGING ROMANCE TO YOUR GARDEN

Height - 24-36 inches/ Spread - 12-24 inches

Part to Full Shade/USDA Zones 3-9/Perennial



The Bleeding Heart plant (*Lamprocapnos spectabilis*) is one of the first in spring to burst into life, serving as a much-needed sign that warmer weather will soon arrive. Attractive bluish-green foliage emerges first as the plant wakes from dormancy. Soon after it adorns the garden with petite heart-shaped flowers borne on arching stems. The flowers of the bleeding heart may be pink and white or solid white, as with the cultivar "Alba."

In the home garden, plants will thrive in beds that receive partial shade or dappled light throughout the majority of the day. As a cool-season flower, Bleeding Heart is best planted when temperatures are mild. Planting in the fall is often the most popular choice, as this allows for a prolonged period of establishment before winter, however Bleeding Heart may also be planted in the spring, as soon as the soil can be worked. Regardless of when you plant, work compost or other organic matter into the area first.

Bleeding Heart plants will enjoy annual fertilization with a 10-10-10 product. When foliage emerges in spring, time-release plant food may be worked into the soil around the plant, as may additional compost. Early feeding will help in the production of flowers, as well as the continued development of a healthy root system.

Bleeding hearts need a cool, shady area for optimum bloom in warmer southern zones, but farther north this specimen may bloom in a full sun location. Apply a hefty amount of organic mulch to keep the plants cool throughout the growing season. Consistent moisture will also help to maintain the appearance of the plant's flowers and foliage. This is especially true throughout the warmest months of summer.

Continued on next page...

BLEEDING HEART, CONTINUED

Though supplemental irrigation will likely be necessary to keep the plants looking their best, you should still make sure to avoid overwatering or planting in beds with poor drainage.

Plants will remain dormant until the following spring, when growth will resume. It is for this reason that bleeding hearts are often considered to be a good choice for filler or background plantings rather than mass or focal plantings.

Self-sown seeds may add more plants to the garden in warmer climates (Denver), but the surest method of propagation is to divide clumps every few years. Carefully dig up the roots of the bleeding heart, remove roots that are dried up, and divide the rest. Plant these into other areas of the garden for an early spring show.

Once established, bleeding heart plants are relatively carefree. Though this perennial is known for its perseverance, it may die back to the ground in regions which experience especially hot summer temperatures. This process is natural and should not cause alarm for growers.

Pruning to maintain the size and structure of Bleeding Heart plants is seldom required. However, many growers do choose to remove foliage after it has started to yellow and die back in late spring or early summer. At this time, the plant will have completed its cycle of growth for the season. Yellow or wilted stems can be trimmed back to the ground. Do not remove the foliage before it turns yellow or brown -- even though the flowers are gone, your Bleeding Heart's leaves are storing food for next year's growth.

Give this one a try in your garden. It is deer resistant and attracts bees. One of the oldest plants still in cultivation, this woodland native has been a favorite for generations for good reason. More than likely, it will be available at the CGC Plant Sale in June.

WHAT DO FERTILIZER NUMBERS MEAN?

10-10-10

NITROGEN IS
ESSENTIAL FOR
GREEN GROWTH OF
LEAVES AND GRASS
BLADES.

PHOSPHORUS
SUPPORTS ROOT
GROWTH AND
FRUITING OR
FLOWERING.

POTASSIUM KEEPS
PLANTS HEARTY AND
ABLE TO RESIST
DISEASE.

PAST MEETING NOTES

- Welcome new members- Roxann and Jeffery Norris
- Casey Crim's "Sustainable Gardening" handout from the November meeting is available on our website. Go to <https://columbinegardenclub.com/november-meeting/>
- The Club will purchase a \$48.00 lilac bush in memory of Mary Valdez for the Hector-Miller Garden.
- The plaque at the Idaho Springs cemetery needs repairing. Tobi Howell has offered to make a stained glass columbine mosaic, with the price limit of \$150.00.

MCVHS MARDI GRAS

SATURDAY, MARCH 1, 5-9 P.M.

The Mill Creek Valley Historical Society is celebrating Mardi Gras at the old school, 150 Dumont Lane, in Dumont. Homemade southern food and a cash bar serving wine, Louisiana beer and Hurricanes. Drawings and best costume prizes. Visit www.mcvhs.org for more information.

\$25.00 p.p at the door, cash only

ELKS CLUB BEAUTIFICATION PROJECT

The I.S. Elks Club will be celebrating their 125th anniversary during the weekend of July 4, 2025. CGC has joined with the Elks to beautify the front yard and west sidewalk area of the club. Lighting, irrigation, soil improvement and new landscaping are all part of the plan. Most of the planting will occur in June. If you have perennials to donate from your garden or would like to join the project team, please contact Tobi Howell at tobiannah03@gmail.com. The next meeting is Thursday, March 13 at 6:30 p.m. at The Elks Club. Please join us if you would like to help out on this project.

NATIONAL PLANT A FLOWER DAY

MARCH 12

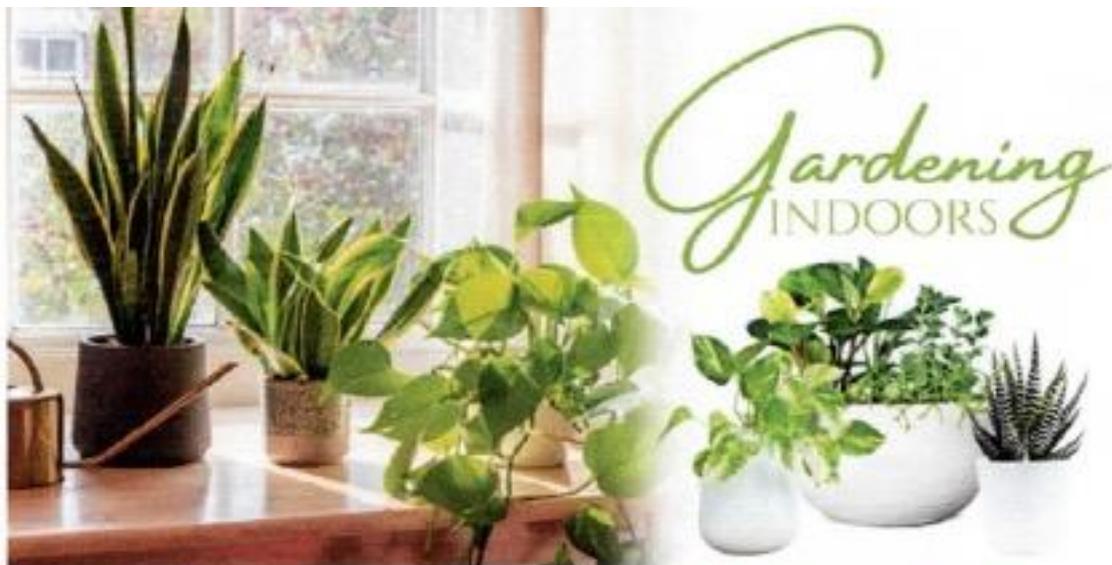
On National Plant a Flower Day, get your inner green thumb out and get to work! Buy some indoor plants; do some research before you start your Spring gardening; visit a local greenhouse to ask for advice regarding the newest plant varieties; polish up your tools or prep for seed starting.

MARK YOUR CALENDAR

PLANT AND BAKE SALE – MAY 10

CGC SUMMER PLANT SALE – JUNE 5-7

(JUNE 5 IS MEMBERS ONLY NIGHT)



Transform Your Home with Indoor Gardens

With the cooler weather and shorter days, it's time to start the transition from outdoor to indoor gardening. Gardening indoors throughout the winter is an excellent way to continue indulging your passion for plants. While it may take **a bit of adjustment**, the rewards are worth it.

There are plenty of benefits to adding plants to indoor spaces. Aside from bringing beauty and color to your home, houseplants clean and clear indoor air by producing fresh oxygen while filtering out harmful toxins. Their capacity to increase humidity in the air is especially helpful in alleviating the dryness caused by forced-air heating systems.

Available Light is Everything

Adequate light is one of the most important environmental factors in **successfully growing plants indoors**. Just as you consider sun & shade conditions when choosing plants for your outdoor gardens, the same applies to gardening indoors.

Some plants will enjoy life in a sunny south window for the winter, while others **prefer lower light conditions**. Grow lights can be a game-changer for homes where natural light is limited. Proper lighting can supplement sunlight — or even replace it entirely in the winter! Echter's carries indoor grow lights and lighting systems especially for indoor gardening.

Keep Garden-Fresh Flavors Going!

The first fall freeze doesn't necessarily mean the end of garden fresh! You can still get crisp, healthy greens that you grow indoors. Herbs and many vegetables can be grown in containers all winter long.

Herbs like parsley, basil, thyme, rosemary & chives will all thrive when grown in containers indoors. Begin with starter plants, and put your containers where they'll receive at least six hours of sunlight a day — grow lights can help. In no time, you'll be able to reach for fresh herbs when making your favorite winter soups & stews!

