



*JUNE 2025  
Newsletter*

### MAY 8 MEETING RECAP

- If you have signed up to volunteer at the June Plant Sale, Thank You! Please come on time and plan to stay for your full shift. If you're not sure what shift you signed up for, please contact Linda Yowell at 303-898-8017. Volunteers will water plants, assist shoppers and work the check-out table.
- Help WILL BE NEEDED in setting up the tent in the Elks parking lot on TUESDAY AND WEDNESDAY, JUNE 3RD AND 4TH. If you are able to help please contact Kris Miller at 303-567-9653.
- Larrice Sell and Wendy Binninger conducted a rock painting class.
- Please mail your dues - \$12 for a single or \$20 per couple. Dues must be current in order to attend the Member Happy Hour at the Plant Sale on June 5th.

Columbine Garden Club

P.O. Box 1030

Idaho Springs, CO. 80452

- NO SUMMER MEETINGS. We will hold our next meeting in September.

### ***CGC PLANT SALE***

### ***HAPPY HOUR AT THE LODGE***

Thursday, June 5th, 4-6 p.m.

CGC Members and invited guests only!

Get first pick of the plants while enjoying free wine, beer or champagne and munchies. Current "2025" dues-paid members only!!

Please RSVP to Linda Yowell at 303-898-8017

by Tuesday, June 3rd if you plan to attend.

Plan on getting beautiful hanging baskets, color bowls, annuals, tomatoes, peppers, perennials and more! Cash, checks or Visa/MC accepted. All proceeds go toward CGC community outreach and projects.

\*Alcoholic beverages must be consumed in the Elks Lodge



**Spring  
2025**

# **GARDEN PLANT & SALE**

**June 6th and 7th  
9 a.m. to 3 p.m.**



**1600 Colorado Blvd.**

on the

**Second Level of the Idaho Springs Elks Club Parking Lot**

**Herbs, Vegetables, Bedding Plants**

**Perennials, and Annuals**

**Hanging baskets, and planters**



The Columbine Garden Club/Social Ethics Plant Giveaway and Bake Sale was held on Saturday, May 10 at Project Support Senior Center. Thanks to everyone for the plants, baked goods, help, and FUN!!



### **CGC Officers for 2025-2026**

President: Kris Miller

Vice President: Irene Kincade

Treasurer: Anne English

Secretary: Linda Yowell

Audit: Jeannie Schuessler, Irene Kincaid and Linda Campbell

### **ELKS LODGE #607 LANDSCAPING PROJECT**

The installation of the plants, and final touches to the Elks garden will take place from June 5th to July 1st. All volunteers are welcome as are donations of plants, supplies or cash! If you have any questions or would like to be notified of the planting schedule, please email Tobi Howell at [tobiannah03@gmail.com](mailto:tobiannah03@gmail.com) or give her a call at 772-341-2349.

Thank you so much!

*To plant a garden is to believe in tomorrow.  
-Audrey Hepburn*



THANKS to Jeff Ricklefs  
and Nancy Spletzer for  
making time to clean up  
the CHEE CHEE BELL and  
BLUE STAR MEMORIAL  
GARDENS.





## The Proven Winners® NEW Eco+ Grande® and Eco+ Quart® Containers

The Proven Winners brand has begun using an industrial compostable garden pot, made out of PLA (polylactic acid). PLA is made from natural sugars derived from corn grown right here in the United States! Starch from these sugars are processed into a biopolymer that looks, acts, and performs like its not-so-great cousin: petroleum-based plastics.

Proven Winners® Eco+ Containers have plant nutrients built right into the walls of the container - however, as your plants mature, we recommend feeding them regularly to ensure maximum growth and flower. These containers are rich in natural nutrients like proteins and amino acids. As Eco+ Containers break down, it releases these nutrients and proteins slowly and directly into the roots. This helps the plants grow bigger and faster all season long.

### 3 Ways to Dispose of Eco+ Containers

#### 1. Plant Them Directly in the Ground

Since Eco+ containers are made of natural materials that biodegrade over time, they can be planted directly into the ground without first removing the plant. But first, be sure to pull off the tabs at the bottom of the Eco+ container and remove them so the plant's roots can expand into the surrounding soil.

Toss the removed tabs into the bottom of the planting hole. Then, set the plant potted in the Eco+ container into the hole so it is level with the surrounding soil. Backfill the hole with soil, then water thoroughly. As the container slowly disintegrates, it releases natural nutrients which feed your plant. It's GENIUS!

#### 2. Use Your Community's Compost Services

Check with your local municipality about the composting services they offer. Many communities have industrial composting programs in place for disposing of plant-based plastics, food waste, yard waste and other organic materials.

#### 3. Throw Them Away

Even if you choose to throw your Eco+ containers away, they will still break down in the landfill hundreds of years faster than traditional plastic containers. But remember that Eco+ containers are made of 100% natural materials and contain valuable nutrients that can be used to enrich your soil, so think twice before you throw this resource away!

## Proven Winners Eco Containers, continued

### **Eco+ Container Benefits**

Prevents stress to the plants by eliminating root disturbance since you can plant the entire plant and Eco+ Container into the ground once the 4 tabs are removed. With nutrients built into the walls of the Eco+ Container, you won't have to worry about fertilizer run-off – in addition to remembering to feed your plants weekly!

### **What happens if parts of my Eco+ Container are still left after the growing season?**

Since every gardening environment is different, your Eco+ Container may break down into very small pieces over a growing season or you may have larger segments of your Eco+ Container left. Any parts of the container which are still recognizable at the end of the season can be tilled up. The nutrients they contain will enrich your soil for the next growing season.

### **Can Eco+ Containers go into my local industrial composting bin?**

If your area supports industrial composting and you do not want to plant your Eco+ Container in the ground or till it up for next year, you can absolutely put it in your curbside compost bin that gets picked up for industrial composting. This process is where the industrial composter takes and manages all the organics from plant-based plastics, food waste, yard waste, etc., and puts them into windrows. These windrows get to 160 degrees and help break everything down into usable compost.

Remember, these plant-based PLA products continue to get smaller and smaller until microbes consume them and turn them back into inert organic products.

### **Will the corn in the pots effect ones allergies?**

Triggers of allergic responses are antigens, often proteins, which can be found in air, food, and water. In the case of corn allergens, profilin, a protein, has been identified in corn and in many other plant (food) extracts. When food is heated past the heat-labile point, its chemical configuration changes. Due to the extreme heat and numerous processing steps to convert corn into the material that is used to make the Eco+ Container, it would not contain immunologically reactive profilin and therefore no concerns regarding allergic reactions.

*The plants in these photos were ordered from the Proven Winners Direct online store, for Amy Tomlinson's garden. Based in Carleton, MI, they proudly stand as the nation's top supplier of Proven Winners® plants. Their online store can be found at [provenwinnersdirect.com](https://provenwinnersdirect.com).*