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Shore HOME & GARDEN

April 2020

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Candytuft a rite of early spring on Shore

Iberis sempervirens or Candytuft burst into pure white, fragrant blooms in April, covering the dark evergreen foliage for weeks.

It is a perfect perennial plant for Eastern Shore gardens that have a lot of sun and sandy soils where it will thrive for many years.

The plants grow one foot tall and almost twice as wide with a mounding habit. The woody stems are covered with 1-inch long dark green leaves, and the plants spread out as a groundcover.

The plants can be planted in full-sun locations next to a walkway,

Gardening Tips



By Ginny Rosenkranz

cascade over a low wall or be tucked into a container with other plants to

provide green foliage in winter and beautiful fragrant flowers in spring.

Known as the common name, “Candytuft,” it highlights how sweetly fragrant the flowers are.

The four-petal flowers group together in small bouquets that completely cover the plants while in bloom.

The flowers will attract butterflies and other pollinators but are not attractive to rabbits or deer. ➡

(Editor’s Note: Ginny Rosenkranz is a commercial horticulture specialist with the University of Maryland Extension.)



Candytuft is an ideal perennial plant for Eastern Shore gardens that have a lot of sun and sandy soils where it will thrive for many years.

(Photo by Ginny Rosenkranz)

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Keep a lookout for boxwood twig blight

Boxwood Twig Blight! The fungus *Cylindrocladium pseudonaviculatum* first presents itself as leaf spot followed by rapid browning and leaf drop starting on the lower branches and moving upward in the canopy.

The fungus can remain in fallen leaves, so be sure to rake up fallen twigs and throw away (do not compost).

Research is still being conducted to find a solution to get rid of this fungus.

Ridding the plant of diseased branches and raking up all dropped leaves is the best prevention.

WEEK ONE

- You will have bigger blooms and more of them if you fertilize your spring flowering bulbs after they are

Ken-Do Attitude



By Ken Morgan

finished blooming. I suggest using Espoma's Bulb-tone at a rate of 4-6 pounds for every 100 square feet.

- Prune and shape up crape myrtles you wish to grow as trees before they bloom. Remove any dried

flower clusters or seed pods. To encourage a canopy to form, remove the branches a third of the way up the trunk. Always remove any branches rubbing across others and any growing into the center of the canopy. Always prune unbranched limbs back to an outward facing bud. Also, remember crape myrtles are slow to wake-up in the spring. If you feel that your plant has died, wait until late next month before deciding whether to replace it.

WEEK TWO

- In late April, lift and divide the roots of last year's garden mums. Discard the old centers and plant the young roots in new places. You will get a better show than if you left them in the same (PAGE 26)

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In the University of Maryland Research Greenhouse, from left, Dr. Andrew Ristevy, graduate student Ian Howard and Dr. John Lea-Cox discuss the research they are doing into growing media for urban farms.

(Photo courtesy Kim Rush Lynch, Prince George's Co. Soil Conservation District)

There's some power in potting mix

Local gardening experts offer tips to protect soilless growing media

Story by Joan M. Kasura

Sometimes gardening research produces an interesting anomaly.

That's what happened to Neith Little, a University of Maryland

Extension Educator in Urban Agriculture, when she was looking into the pH and salinity of growing media typically used in high tunnels on urban farms.

Little said she bought a couple of potting mixes to use as controls for

her germination bioassay tests of lettuce seeds.

Compiling her results, she was surprised to discover that one of her potting mixes had a high salinity level.

Little said it was probable that

her single data point anomaly could have resulted from either “the presence of sodium or the addition of nitrogen, which comes in various forms of salt” such as ammonium salts and nitrate salts. Since it was potting mix, she theorized nitrate salts were the more probable source.

Like Little, Jonathan Traunfeld, director for the university’s Home & Garden Information Center and vegetable and fruit specialist, felt her result was a one-off anomaly. Referencing his experience of more than 30 years in the horticultural field, Traunfeld noted, “when you use a typical soilless potting mix with typical organic materials, I have not seen any issues. In fact, that particular problem very rarely comes up” in home gardening questions.

Instead, many potting mix questions center around whether gardeners can reuse last year’s potting soil, particularly in container gardening. In response, Traunfeld noted that under ideal conditions, gardeners start with fresh potting mix each year for their container gardening, including with the recent porch pots trend.

At the same time, Traunfeld acknowledged that buying fresh potting mix every year can become quite expensive. Instead, he suggested “mixing last year’s potting mix 50-50 with new mix, plus adding slow-release nutrients” to make up for the nutrients used up during the prior year.

“Home gardeners should have pretty good luck with doing a 50-50 new into old mixture,” Traunfeld said. “The plants usually seem to do pretty well.”

Germination test for homemade potting mix

Excerpted from a Penn State Extension article on “Potting Media and Plant Propagation” suggested by University of Maryland Extension Educator, Neith Little, home gardeners can use the following test steps to help determine if there could be a problem with their potting mix:

- Fill a small flat container with potting mix.
- Count out 25 seeds of cress,

lettuce, or another similar fast-germinating crop.

- Seed the flat.
- Wait five to seven days.
- Count the number of seedlings. If they are less than the legal germination rate — for lettuce, that’s 80 percent or 20 seedlings — you may want to test your media for salts or other anomalies.



—Joan M. Kasura



A test flat from a germination bioassay test conducted by University of Maryland Extension Educator Neith Little from her research shows how well seeds sprout in a given sample.

(Photo by courtesy Neith Little)



A bale of potting mix is stored in the garage. The black plastic garbage bag that tightly covered the bale over the winter is moved to one side to show the flap opening cut in the top of the potting mix.

(Photo courtesy Jonathan Traunfeld, University of Extension)

While Traunfeld typically buys his potting mix compressed, and by the bale, Little recommends that beginning gardeners start with a small bag rather than overcommitting to a large bag or even a bale. Then, “test it out,” she said, particularly if you’re growing seedlings.

Additionally, if you’ve decided to make your own potting mix from one of the many online gardening websites, Little suggests doing a germination test (see sidebar) before committing all of your seeds to it.

For more experienced gardeners, who, like Traunfeld, have moved

to buying your potting mix in large quantities, both he and Little emphasized the importance of protecting an open bag or bale from contaminating elements.

“It certainly wouldn’t be any fun to go in your shed in the spring and find there’s a whole family of mice in your opened bag of potting mix,” Little said.

To prevent that contamination risk, “make sure you store it in a dry place and cover it or put it in a big heavy bag or galvanized metal trash cans,” advised Traunfeld. “Be sure to inspect it when you go to use it

next as well.”

If you still have questions, Traunfeld pointed to many online articles from Extension’s Home & Garden Information Center, including this one on soilless potting mixes, and seed starting: <https://extension.umd.edu/hgic/topics/containers-and-growing-medium-seed-starting>.

“There are many different ways to garden and grow plants successfully,” he said. “We try to be a science-based counterbalance to the huge amount of information out there.” ➡

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Simple living in the spring of 2020

When I started drafting this month's column, the virus that has now become a household word was still just a news headline — one that I was paying close attention to but not something that I honestly expected to completely change our lives and routines in truly unprecedented ways.

Three weeks later, here I am, on my second week of staying home during a worldwide pandemic.

The idea of simple living is here whether I choose it to be or not.

My kids are out of school, both my husband and I are teleworking and we are only leaving the house to go outside or do very quick runs to the grocery store.

Sweet Simplicity



By Kristine George

There are no sports practices to race to after work, no weekend obligations — all of the things that cluttered our calendar have been effectively wiped.

So, like all of you, I am faced

with how to maintain as much normalcy as possible with all those new worries about my family's health — both mental, physical and financial in a lifestyle that I have no precedent or experience to manage.

I'm a creature of routine and — as much as I work hard to keep that routine as simple and streamlined as possible — this "new normal" has been challenging to navigate.

Here are a few of the things that have given me peace and calm in the storm.

I hope they are helpful to you as you work toward your own Zen and health!

Be well, friends. (PAGE 44)

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When mounting a finished puzzle, choose a frame size that matches your home décor to create a consistent look. Leave about 2 1/2 to 3 inches on each side to help focus the eyes on the artwork.

(Photo courtesy Kendra Nelson)

Get that puzzle together. Make it keepsake art

Story by Debra R. Messick

Before the coronavirus outbreak, boxes of jigsaw puzzles were gathering dust on shelves and in closets.

Short of a family gathering, holiday or hurricane, folks were far too time-challenged to partake of the slow steady satisfaction they provide.

But with so many suddenly homebound, the humble jigsaw puzzle can come to the rescue, providing hours of entertainment requiring no bandwidth and the simplest activation — opening the box and pulling out that first piece.

Best of all, once completed, with a few simple and inexpensive steps, it can be repurposed as a piece of decorative wall art for yourself or

as a gift.

Kendra Nelson, 26, of Minnesota, is among 1,032 members of Facebook group Jigsaw Puzzle Lovers.

She's been doing and gluing puzzles, about 40 to 50 to date, since she was 5 years old.

She's given the majority away as gifts, but recently kept several to hang on her own wall.

"My Ma started buying me puz-

zles when I was like 5. ... Whenever I would do puzzles, the pieces would get lost or eaten by random pets so I just learned to try and do puzzles in one day so I could glue them and not lose any pieces,” she said.

Through trial and error, Nelson said she discovered which glue worked best, first a brand sold by the Toys 'R Us chain, now Mega Puzzles' SaveAPuzzle at Walmart.com is her choice.

She's also experimented with what works best to put under the puzzle to catch the glue, choosing to carefully slide sheets of loose-leaf paper beneath the puzzle, which she prefers to the newspaper many glue bottle directions recommend.

“Instructions on the bottle say to lay down newspaper and then transfer the puzzle onto that but I usually only had one table so I still to this day just have loose leaf notebook paper,” she said. “And I pick up the corners of the puzzles and slide paper underneath all the way around the outside. And then I put one layer of the glue over the whole thing.

“It says to let it dry for at least an hour. I give it 24 hours every time because I really glob glue on sometimes. When it's done drying, I pick up the puzzle and bend it into a 'U' a little bit to see where the weakest points are and re-glue those.

Then after it's officially 'done' I flip it over and peel the paper off the back. It says you can glue the back, but I've had it seep through missed cracks and make the picture side of the puzzle weird, so I don't mess around with that,” Nelson said.

A little Internet searching finds

Updating the humble jigsaw

Five years ago Kaylin Marcotte was devoting nonstop work hours to a start-up company, an experience she recalls as “really fun but all-encompassing.”

Seeking an activity at days' end to help wind down, Marcotte rediscovered the power of jigsaw puzzles.

As a youngster growing up in Los Angeles, she and her family would often work on puzzles together. “

Even then, I always appreciated the patience and other qualities that doing a puzzle ‘forces,’” she said, including “delayed gratification, which is in such short supply in our technology-driven activities.”

Doing a puzzle at day's end has become her daily form of “meditation,” but she found the available pictures disappointingly bland and uninspiring.

Embarking on a quest to update and elevate the modern jigsaw puzzle, Marcotte founded Jiggy Puzzles, a direct-to-consumer jigsaw puzzle company, whose tagline is “puzzles worth framing.”

As envisioned, the puzzles feature unique artwork from emerging female artists around the world, who receive a percentage of each sale featuring their artwork.

Each of the six 450- or 800-piece puzzles is packaged in a reusable glass container and includes a tube of puzzle glue and “custom precision” spreading tool to facilitate the transition from table puzzle to hanging artwork.

She began her search for subject matter with trips to Brooklyn Art Fairs, also perusing artist websites and Instagram.

In seeking suitable selections, she worked backwards from an art angle, focusing on detail and color the vantage point of how it would look on the wall, but also keeping in mind the interest it would add to working on the puzzle itself for hours while completing.

To help her decide on her premier collection, Marcotte surveyed her friends — with an actual survey form — and worked up sample puzzles herself, finding out which ones worked best within the framework of the overall puzzle experience.

After gathering the vital art content, Marcotte educated herself on the particulars involved in the manufacturing process, testing out plenty of puzzles, watching numerous videos, and reaching out to those knowledgeable about puzzle creation for a “ton of advice” to learn all she could about critical details, such as piece thickness.

She was ready to launch Jiggy Puzzles just before the 2019 holiday season, with a marketing focus on families looking for an activity to do while gathered together and gifts, but also to help those like herself, who desperately needed downtime away from digital screens, doing something creative with their hands to unwind.

With the lifestyle changes and “uncertain times” of the COVID-19 virus, she said its especially rewarding to be able to give people a little joy, providing something fun to do while social distancing at home.

For more information visit <https://jiggy puzzles.com/>.

—Debra R. Messick

puzzle makers, from mainstream to niche artistic, providing helpful “how to” information on their websites.

Ceaco.com offers a do-it-yourself tutorial on gluing and mounting finished puzzles, including tips on vital workspace prep and set up, gluing, mounting, and framing.

For starters, cover your puzzle’s underlying work surface to prevent it from sticking while gluing, recommending wax or parchment paper as two best materials.

“If you hadn’t already placed a cover underneath your puzzle before you began, this can be tricky,” she said. “You may be able to shimmy the paper underneath without disturbing the puzzle. If not, find another large surface — such as a piece of cardboard — and temporarily slide the puzzle onto it while you place down a cover. This process is easier with two or more people.”

Next, brush off lint and dirt then flatten with rolling pin (or similar object).

To glue, Ceaco suggests “dedicated” craft glue i.e. Modge Podge or puzzle glue, a less costly and easier spreading formula combining adhesive with “a protective gloss finish which dries clear every time.”

Everyday household objects to facilitate glue application include a plastic paddle, piece of cardboard, business card, sponge, or brush.

Spread thoroughly but gently, taking care to seal the edges, and cover every piece. But applying too much glue can result in curled edges when dried. (If this happens, Ceaco recommends flipping the dried



puzzle over then applying another glue coat to the back. Another solution is to cover and weigh it down flatly overnight.

Any air bubbles should disappear with drying, which, depending on your glue, can take up to five hours to “fully set and develop a seal.”

Before framing first mount the puzzle to a foam board, but know your frame’s dimensions and style first to know the proper sized board to select.

Next, transfer the puzzle from cover paper design side up on mounting board, carefully marking and measuring both to properly fit the intended frame.

Apply glue to the intended mounting spot on the board (not spreading out but evenly coating). Position the puzzle down, press

gently, then apply several weighted objects and dry for 24 hours.

Soulduster.net, featuring four artists’ designs on a collection of art calendars, stationary, and home décor items, also highlights helpful décor centered hints at <https://soulduster.net/diy-puzzle-framing/>:

- **Frame:** “Choose a frame style that matches your home décor to create a consistent look. We like to leave about 2 1/2 to 3 inches on each side as quiet space to help focus the eyes on the artwork. The actual size of the frame may be restricted though if you are going with ready-made frames.”

- **Protective cover:** “We left ours uncovered. However, glass or a transparent plastic cover can protect the puzzle. You can select material that minimizes glare and offers UV protection.”

- **Backer board and mat:** “To keep the cost down, we use bristol boards as backer and mat. If you go with a regular mat, you can select the thickness and cut angle.”

- **Color of backer board and mat:** “Color is very personal. We like to lean on the dark side to draw the eyes to the colorful and intriguing artwork. This may be black, or a dark color selected from the puzzle to create a harmonious look.”

- **Title/quote:** “Including a title or quote is fun. Make sure to leave adequate space when selecting the frame.”

For more information, visit <https://ceaco.com/>, <https://soulduster.net/>, and <https://www.facebook.com/groups/jigsawpuzzlelover/>. ➡

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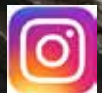
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(FROM PAGE 8)

place for years on end.

• Mowing begins in earnest this month. Keep the blades on your mower sharp; a clean cut is a healthy cut. Set your mower to cut tall type fescue at 3 inches. Mow often enough so you never have to cut off more than a third of the grass to maintain a 3-inch height.

WEEK THREE

• To solve compaction of the lawn, avoid thatch buildup, and condition the soil, aerate every two or three years. Aerating equipment punches 2- to 3-inch deep holes in the soil and allows fertilizer, air, and water to penetrate.

• Prune azaleas as they finish blooming to a shape that offers a layering look, rather than just shearing off the branch tips. We also sug-



Do not be tempted to cut back the foliage of your daffodils.

gest using Bonide's Rose and Flower or VPG's Azalea and Flower with systemic. Both products promote strong roots and beautiful blooms, while protecting the plant against insect damage for up to 8 weeks.

WEEK FOUR

• Do not be tempted to cut back

the foliage of your daffodils. The bulb uses the leaves to transform energy from the sun to help develop next year's blossoms. Be sure to leave it until the foliage has turned completely yellow. Apply Bulb-tone as per label instructions now, to promote bigger and more flowers for next season.

• When mulching we suggest using a product called Amaze for prevention of both broadleaf and grassy weeds in the flowerbeds. It is also a great time to apply any needed fertilizers such as Espoma's Holly-tone or Plant-tone to provide extended feeding of the plants. Be sure to apply all products before mulching to insure that they will stay in place. 🍷

(Editor's Note: Ken Morgan is the owner of Robin's Nest Floral and Garden Center in Easton, Md.)

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A pause of traditon

The annual White House Easter Egg Roll was first held on 1878

- The first annual White House Easter Egg Roll was held on April 22, 1878 after President *Rutherford B. Hayes* agreed to open the White House grounds on Easter Monday to children who want to roll Easter eggs.

- *Wartime restrictions* on food consumption meant that destruction of eggs as part of the event could not be allowed, and that the 1918 Egg Roll was cancelled.

- World War II completely stopped the festivities from *1943-45*, then food conservation efforts caused President Truman to cancel the 1946 and *1947* Easter Egg Rolls.

- Out of an abundance of caution and in accordance with the National Emergency Declaration concerning the *COVID-19* pandemic, the Office of the First Lady announced in March that this year's White House Easter Egg Roll was canceled.

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Photos by Kellen McCluskey



"Zephirine Drouhin," a medium pink from the class of Bourbon Old Garden roses, is Beulah Bonneville's favorite rose.

(Photo courtesy Beulah Bonneville)

Dream rose garden worth the effort

Story by Joan M. Kasura

Roses have a checkered history with home gardeners, leading many to chalk them up as more trouble than they're worth.

"That's because for years, the rose industry focused on the perfect bloom and forgot all about drought resistance, disease and fragrance," said Chris Van Cleave, who is known as the Redneck Rosarian and is one-half of "The Rose Kings," a

gardening partnership of himself and Brian Plunkett, curator of the first municipal-sponsored Earth Kind Rose trial in Helena, Ala.

Together, they "have launched a national tour to educate the public and how they can achieve the rose garden of their dreams without using harmful chemicals."

On this year's Leap Day, that tour landed at this year's Maryland Home & Garden Show, where Van Cleave and Plunkett gave a talk

with tips on how to plant and care for roses in your garden along with a second talk, which included suggestions on rose varieties that work well in the Mid-Atlantic region.

The Rose Kings emphasized that successful rose growing depends on making critical decisions before you even buy the plants, including determining if your garden has the right conditions for growing roses.

Those conditions include three critical components: location,



Beulah Bonneville examines roses in her garden. The red rose in the background to the left of her is 'Linda Campbell,' a true red hybrid rugosa.

(Photo courtesy Beulah Bonneville)

drainage and soil.

For location, most home gardeners are probably aware that roses like sun. In fact, “roses like a lot of sun,” Plunkett said, “as they use it to get the energy they need to put out their bloom.”

Roses also need good drainage. “Roses love water, but cannot swim,” said Plunkett, and noted that if your soil doesn’t drain adequately you will need to put in organic additives to soak up the water and facilitate that good drainage.

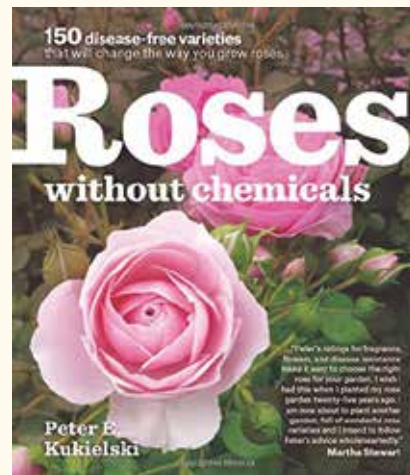
Plunkett then described a simple test to determine if the location you’ve picked out for your roses has the requisite drainage they’ll need. First, dig a hole at least the size of the pot you anticipate planting and

‘Roses without Chemicals’

If you’re looking for an additional resource for growing sustainable roses, Beulah Bonneville — who is a Consulting Rosarian for the American Rose Society — recommends Peter E. Kukielski’s book, “Roses without Chemicals: 150 Disease-free Varieties That will Change the Way You Grow Roses.”

A former curator of the Peggy Rockefeller Rose Garden at the New York Botanic Garden, Kukielski began to research disease-resistant roses when New York City banned pesticide use on public lands.

In addition to an in-depth discussion of the various classes of roses — as well as the 150 roses referenced in the title — Kukielski also includes a list of



“50 Great Rose Companions,” which includes several perennials suggested by Van Cleave, such as yarrow (*Achillea*), daylilies (*Hemerocallis*), and “Becky” Shasta daisy (*Leucanthemum superbum* ‘Becky’).

—Joan M. Kasura

pour enough water in it to soak it well. With the hole soaked, pour an additional gallon of water in the hole. If that water is gone after 15 minutes, then your chosen location has the requisite good drainage. If there’s still water in the bottom of the hole after 30 minutes, then you should either move on and consider another location or decide whether you can put in adequate organic additives to soak up the water.

Last, of course, is soil. The Rose Kings suggest that you not only test your soil initially, but also every couple years afterwards.

“The cool thing about soil tests,” said Van Cleave, “is you tell them what you’re growing and they’ll tell you what you need to do. It’s like a

soil course by mail.”

To get a soil test, you should check with your county’s Extension service to find out what you need to do. For instance, the Maryland Department of Agriculture works in cooperation with the University of Maryland Extension’s Home & Garden Information Center to facilitate information on soil testing. (Go to www.extension.umd.edu/hgic/soils/soil-testing for soil test information.)

Even with those three critical elements in place, “I tell all the gardeners I work with, you cannot expect a rose to grow without any care or any problems at all,” said Beulah Bonneville, who is a Consulting Rosarian for the American Rose

Society. "You need to know what they delight in and what they don't."

For instance, in addition to reiterating The Rose Kings' advice of a sunny location, Bonneville recommended home gardeners in the Mid-Atlantic region look for a location where the rose can quickly dry off in the morning.

She also pointed out that home gardeners need to consider the mature spread of any particular variety. Toward that end, Van Cleave reminded home gardeners the term "miniature" refers to the size of the bloom, not the size of the shrub."

Finally, along with The Rose Kings, Bonneville suggested home gardeners "don't plant a monoculture of roses, but a balance of plants so you have good bugs taking care of the bad bugs."

Van Cleave agrees and suggested



Chris Van Cleave, center left, and Brian Plunkett, center right, also known as The Rose Kings, appeared at the Maryland Home & Garden Show in February.

(Photo by Joan M. Kasura)

a number of perennials, which both bring "extra color into the garden to complement your roses, and attract beneficials that eat the bad guys."

"The culture of any plant is learn-

ing what it needs and providing it," said Bonneville. "With a little bit of reasonable effort, a rose will reward you with a full season of bloom."



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Lavender is ideal for potpourri blends that will be used in a bedroom, as is known for its relaxing scent.





Pass the sniff test

Find your own custom blend of potpourri by growing your own flowers

Story by Leslie Milby

Creating potpourri doesn't usually come to mind until after the gardening season is over and our minds are turning to holiday gift giving.

However, as you plan your spring garden planting you can confidently say, "I'll take 'potpourri' for \$1,000" because you'll be able to come up with the perfect custom blend for your nose and the noses of those you love.

There are two different types of potpourri, simply referred to as "dry" and "moist."

Dry is a mix of flowers, leaves, spices and can be enhanced with essential oils.

The wizened leaves are usually pretty enough to be decorative in a bowl or display piece.

Moist potpourri is tucked away in containers or sachets as it usually isn't quite as pretty, but the fragrance does last longer.

However, the newest trend of encasing the flowers with small sheets of beeswax is too gorgeous to hide.

Like any other scent-driven item, potpourri has endless varieties and combinations because everyone gravitates toward something different.

With a variety ranging from flowery to herb heavy, think about what plant palettes are pleasing to you to

create one featuring scents that you really love.

What scents do you enjoy most during spring or tend to miss in the colder months? What are you drawn to when you treat yourself to a new candle or scented soap?

Jot down some notes.

Now that you know what you want it to smell like ideally, do a bit of research.

Some flowers that smell lovely in your garden might not necessarily turn into lovely potpourri either because they lose their scent when dried or worse — their scent turns to stink.

Hyacinths, violets and tea roses fall into those categories when dried.

Other flowers work exceptionally well, both for looks as well as smell, such as old fashioned roses, geraniums and even hydrangeas.

Don't forget to sprinkle some extra herbs into your garden such as basil, thyme, rosemary, or eucalyptus.

Lavender and chamomile are great for blends that will be in a bedroom, as they both are known for their relaxing scents.

For visual interest in a dry mix, make sure you have some larger petaled flowers as they keep their shape better when dried.

For color, add in marigold, larkspur, cornflowers and other vibrant petals.

Try harvesting flower buds of a rose or whole flower heads of a black-eyed Susan or petite sunflower.

If you absolutely love the looks of a fragrance challenged flower,

you can still use it for texture and enhance the scent via oils.

As your garden grows, you can also set some potpourri fillers aside like pinecones, feathers or even strips of bark.

Dry some of the flowers from a wedding or anniversary bouquet to use in your mix as well and keep the ribbon or any adornments from the arrangement that could absorb scent as well.

Another personal twist for gifted potpourri can be plants from places that are special in and of themselves, like hydrangeas from a grandmother's garden, or "East Coast" flowers sent to a loved one now living out of the growing region.

Pay attention to the timeframe your flowers will be at their peak to process, especially if varieties will be ready at different weeks.



Making your own potpourri is a fun way to get the blend you want, make a gift more personal, and more natural and environmentally friendly.

The optimal time for creating your potpourri is when your flowers are freshly picked and dried for a few days, but aren't so dry and brittle the stems are breaking.

Take into account the time your blends will take to cure if you plan to give as gifts.

Making your own potpourri is a

fun way to get exactly the blend you want, make a gift more personal, and more natural and environmentally friendly than store-bought.

With thoughtful preparation, you're sure to have fun experimenting with your potpourri project when the gardening season is over.



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The wonder of Faberge eggs

Antique Discovery



By DeeDee Wood

A Faberge egg was named after Russian jewelry designer and manufacturer Peter Carl Faberge.

Around 70 intricate, jewel-encrusted, mechanical and often detailed works were famously created for Tsar Alexander III and Nicholas II of Russia for their children, wives and mothers.

Today, some are priceless, and have a long history that involves beauty of artistry, tragedy and collection.

The eggs are famous for their detail and magnificence, including the original 52 “Imperial” eggs that were made for the Russian royal family, that included mechanical workings, priceless jewels and intricate designs in miniature.

Faberge painstakingly designed these and others, between the years of 1885 and 1917.

The original intent of the Imperial



Faberge eggs are famous for their detail and magnificence.

eggs were decadent Easter gifts of a royal nature.

The first egg was given to Empress Maria Feodorovna in 1885, commissioned by Tsar Alexander III.

He had an Easter egg made for her that involved being created from a foundation of gold.

It was called the Hen Egg, and the “shell” opened to reveal a golden hen that opened up to a tiny diamond replica of the Imperial crown, which also contained rubies.

The royals were so delighted they became obsessed with these Easter gifts, and the process had begun.

When Tsar Alexander died, his son Nicholas carried on the tradition, ordering eggs each year at Easter for his family.

Peter Carl Faberge was given full creative license to design and create the eggs, the only rule being that each contain a surprise.

The eggs became more and more unique and lavish as each year passed, and a team of craftsmen were chosen to carry out the miniature, delicate work.

Many private collectors and wealthy patrons commissioned Faberge to have their own eggs made after viewing the wonders of



the intricate, bejeweled, golden creations of the royals.

Some of the special eggs created are unique and wondrous.

Eggs such as Lillies of the Valley, Cloverleaf, Gatchina Palace, Pelican and more.

Just one example of the mastery and mindblowing designs of the eggs can be found in the egg, “Bay Tree,” created in 1911 by Faberge for Nicholas II to give to Dowager Feodorovna.

When you turn the tiny piece of fruit on the outside of the orangery bay tree, the songbird rises and flaps its wings, turns its head, and opens and closes its beak while it sings.

This is done with mechanical systems inside triggered when the fruit is turned, promoting a hinge inside to activate the bird.

The Russian royal family fled their palaces and ultimately were put to death during the Bolshevik uprising and revolution in 1918.

The collections and belongings of the royal family were looted by war, and some of the eggs were stolen and lost to damage.

The Faberge family and workshops fled St. Petersburg during this time, and in the following years, the Faberge trademark was sold several times, and the egg-related merchandise, sold under the Faberge name is still sold today, in a lesser, more mass produced capacity than the wonders of the Imperial reign.

Today, about 69 of the roughly 75 Imperial eggs have survived looting and war.

They can be found in museums all over the world, in private collections, and locally, the Walters Art Museum in Baltimore has a few on display for viewing, and Hillwood Estate in Washington also owns a few.

To see their intricate detail and artistry is a thing of wonder. 🐣

(Editor’s note: DeeDee Wood is the owner of Black Cat Curiosities Art and Antiques in Easton, Md., located at 24B Harrison St.)

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(FROM PAGE 16)

Stick to a Schedule: Whether you work full-time, are a stay-at-home parent or are retired, we all have a daily routine that has inevitably been disrupted by the Covid-19 pandemic.

Even if your commute has changed from walking from your living room to your kitchen, keeping some semblance of a schedule or routine will keep you from losing your mind.

Set what time you wake up, sit down to work, and make sure to take breaks for lunch and coffee.

Shower and get dressed as you would for work or a “typical” day.

It may be tempting to sleep in and stay in your pajamas all day but you may find that your own sense of wellbeing and purpose



may be better served by following a routine of a normal day.

In short, stick to a routine, follow a consistent sleep and meal schedule and add some structure to your day.

If you have children at home, provide blocks of semi-structured time for everyone.

It can be as simple as having “outside time,” “creative corner,” “exercise” and “arts enrichment.”

Schedule a daily phone call or FaceTime date with a friend or

family member to add purpose and human connection to your days.

Apps such as Zoom are a great way to virtually connect with loved ones and friends while still maintaining the “social distancing” mandate we are each following.

Mindfulness, Meditation and Movement: I am not very good at hitting the pause button — any down time I have is usually spent trying to catch up on chores or to do list items that I have otherwise neglected.

In these days of social distancing and extended home time, it is critical to be very mindful of what we do in our down time.

You could make up your own exercise routine based on the furniture and (PAGE 48)



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(FROM PAGE 44)

equipment you have available, or follow along with exercise videos on YouTube, Netflix, and other streaming services.

Whether you like yoga dancing or martial arts, there are plenty of exercises you can do at home.

Beachbody is offering free workouts for both adults and kids and several celebrity trainers have offered extended week trial memberships (try www.beachbody.com or www.centri.com).

While exercise and movement are proven antidepressants, you may also find that your anxiety and stress levels are at an all-time high.

Meditation can help reduce stress and worry and improve your sleep — things we can all benefit

from during this time of uncertainty.

There are hundreds of guided meditations, mini-meditations, sleep sounds, meditations for children and even S.O.S. meditations for emergency needs out there.

While many of the most popular apps out there do charge a subscription fee, most offer free trials for a period of time.

A few that I have tried and found to be helpful are Calm, Headspace and Insight Timer.

You can find these on the app store of your Smartphone.

Several of these apps actually offer extended free subscriptions for healthcare workers and educators.

Try New Things: I have been struggling with finding the things that I typically stock my kitchen with and so I have been using it as

an opportunity to try new menu items.

Invite your kids to help prepare fun and healthy meals or if you do not have kids at home, invite a spouse or roommate to help with meal prep.

Meal plan for the week just as you normally would and challenge yourself to add at least one or two new menu items each week — this will keep you from becoming bored and might be a fun challenge given the shortage of certain common food items at the grocery stores!

Try Tasty, All Recipes or Delish sites for great ideas — some even have videos so you can see how each step is supposed to look! ➡

(Editor's Note: Kristine George is a freelance journalist who resides in Easton.)

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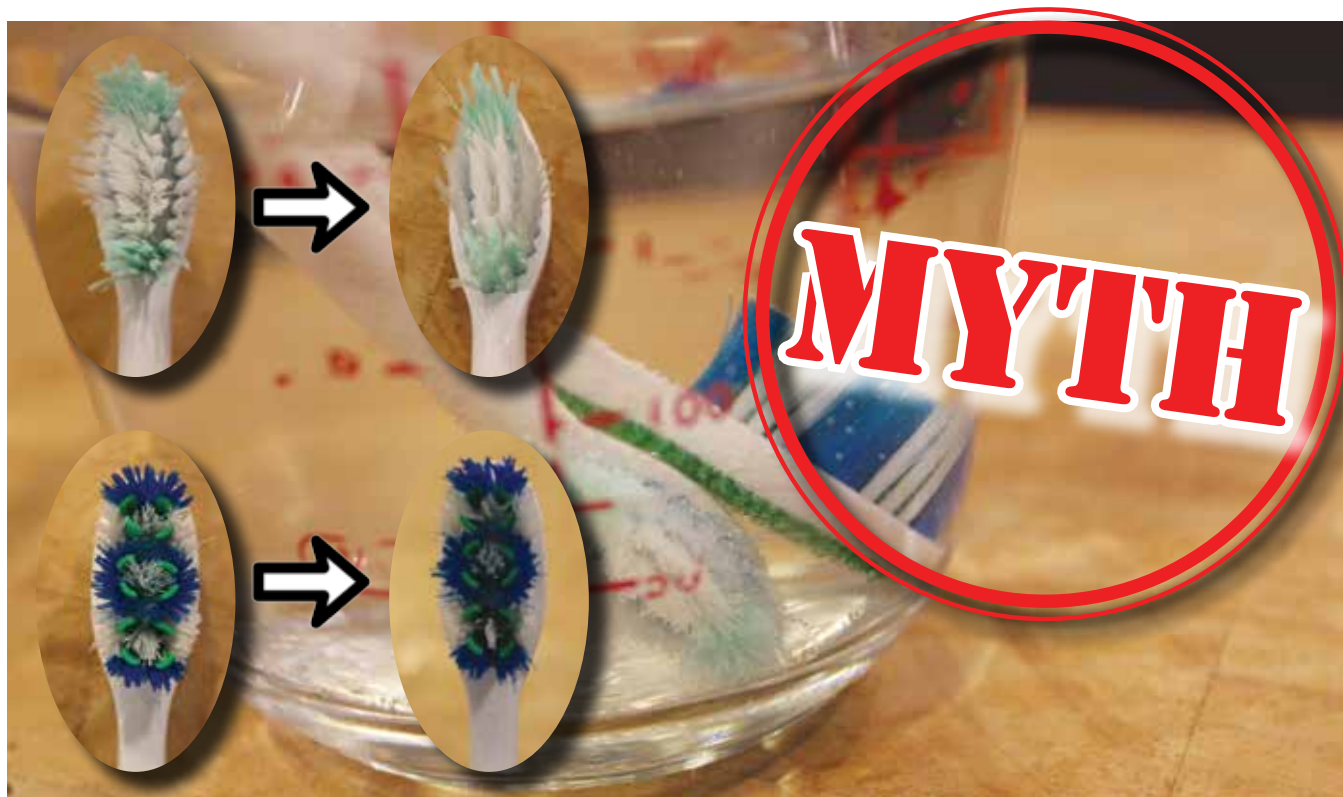
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Myth or Magic?

The internet is full of time-saving “hacks” — quick and novel fixes to so many of life’s little problems. When they pop up on social media feeds, you figure, “That might work” or “Yeah, right.” ... We wanted to test some that we liked and of those we’re suspicious.



No shortcut when it comes to new brushes

Story and photos
by Sean Clougherty

After wearing out the bristles on the previous brush with daily use over a few months, the feel of a crisp new brush between cheek and gum is a definite attention-grabber.

So was the hack that claimed soaking a toothbrush head in boiling water for about a minute.

If I could get that new brush feel more often without opening up a new brush, that would be enough

for me to try it out.

I gave it a whirl on two brushes we were using — both with some wear but not completely used up as I wasn’t expecting a complete resurrection.

Unfortunately, this wasn’t the toothbrush savior the Internet would have you believe.

The hot water did a nice job of cleaning the brushes and the bristles were not spread out as bad as before the soak — but the true test came with the first use afterward, and it

did not pass.

Initially, I perceived a slight difference, though I’ll admit it could have been as much wishful thinking as anything.

Halfway into the two-minute morning ritual, the brush settled back into its well-worn state.

Suffice it to say, that new-brush feel can’t be duplicated and it won’t save you money — but changing brushes at least every three months as directed by the American Dental Association is the way to go. ➤

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FAMILY FEATURES

While eating healthy and enjoying sweets seldom go hand-in-hand, choosing the right combination of nutritious ingredients can allow for guilt-free indulgences that shirks conventional dieting wisdom. In fact, some eating plans take it a step further by actually encouraging eating big in the evening when you're naturally hungriest to help achieve your weight loss goals.

For example, "Always Eat After 7 PM," written by Joel Marion, CISSN, NSCA-CPT, five-time best-selling e-book author and co-founder of the e-commerce supplement company BioTrust Nutrition, debunks popular diet myths and offers an easy-to-follow diet that accelerates fat-burning and allows you to indulge in your most intense cravings by eating the majority of your calories at night. The outlined plan features a 14-day "acceleration phase" designed for rapid results, a "main phase" when you'll learn which fat-burning foods to eat to achieve your weight loss goals and a "lifestyle phase" to keep the weight off for good.

Conventional wisdom dictates that it's best to avoid carbs, eat an early dinner and never eat immediately before bed. However, Marion debunks the myths underlying traditional dieting with a simple, highly effective weight loss program allowing readers to enjoy social dinners without restriction, satisfy nighttime hunger with fat-burning sweet and salty pre-bedtime snacks and indulge cravings with strategically timed cheat meals.

With straightforward food lists, easy-to-follow meal plans and recipes for each phase, this can be a simpler, more enjoyable way to lose weight without feeling restricted. Taken directly from the book, these recipes for No Bake Salted Caramel Bars, Cherry Garcia Ice Cream and Fruit Tarts can satisfy that sweet tooth before heading to bed.

Learn more about the diet and book at joelmarion.com.

Fruit Tarts

Recipe courtesy of "Always Eat After 7 PM"

Prep time: 40 minutes

Cook time: 1 hour, 20 minutes

Servings: 20

Custard:

- 8 egg yolks
- 1 cup raw honey
- 1 tablespoon coconut flour
- 3 cans (13 2/3 ounces each) full-fat coconut milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon lemon zest

Sugar Cookie Crust:

- 1/2 cup coconut oil, plus additional for greasing
- 1/2 cup palm shortening
- 1 cup coconut palm sugar
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1/4 teaspoon salt
- 3 egg yolks
- 1/2 teaspoon vanilla extract
- 1 cup blanched almond flour
- 1/4 cup coconut flour
- 2 tablespoons arrowroot starch

Toppings:

- 2 kiwis, peeled and sliced
- 1 mango, peeled, pitted and sliced into 1/2-inch strips
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1/2 cup blueberries
- 1/2 cup red grapes
- 1 cup strawberries, thinly sliced
- fresh mint leaves, for garnish

To make custard: In saucepan, whisk egg yolks and honey until smooth. Mix in coconut flour.

In medium saucepan over medium heat, combine coconut milk, vanilla extract and lemon zest; bring to boil then remove from heat.

Pour hot milk mixture into egg yolk mixture, stirring while pouring. Over low heat, simmer 5 minutes, stirring constantly.

Remove from heat and let cool, continuing to stir occasionally. Once cooled to room temperature, pour into individual custard cups. Chill in refrigerator 30 minutes, or until serving.

To make crust: Heat oven to 350 F. Line bottom of pie pan with parchment paper and grease with coconut oil.

In large mixing bowl using electric mixer on high, beat coconut oil and palm shortening 30 seconds. Add coconut palm sugar, baking soda, cream of tartar and salt; beat until combined, scraping sides of bowl occasionally. Beat in egg yolks and vanilla until combined. Beat in almond flour, coconut flour and starch. Chill dough in refrigerator 15 minutes.

Press chilled cookie dough into bottom of pie pan and 2 inches up sides. Bake 12 minutes, or until crust is golden and browned on top and edges. Remove from oven and cool 10 minutes. Place cooled crust in refrigerator 30 minutes or overnight before assembling.

To assemble fruit tarts: Spread custard over chilled crust. Decorate top in circular pattern with kiwis, mango strips, raspberries, blackberries, blueberries, grapes and strawberries.

Before serving, chill at least 30 minutes or freeze 1 hour to help keep toppings in place.

Remove from freezer and set out at room temperature 20 minutes before slicing. Garnish with mint leaves.

Nutritional information per serving:
192 calories; 14 g fat; 16 g carbohydrates;
61 mg sodium; 2 g fiber; 1 g protein;
9 g sugar.

No Bake Salted Caramel Bars

Recipe courtesy of "Always Eat After 7 PM"

Prep time: 30 minutes
Cook time: 40 minutes
Servings: 30

Cookie Layer:

- 2 1/2 cups raw pecans
- 8 pitted dates, soaked in hot water 10 minutes then drained
- 2 tablespoons blanched almond flour
- 1 teaspoon coconut flour
- 1/4 teaspoon sea salt
- 1/4 cup granular zero-calorie, natural sweetener
- 3 tablespoons coconut oil, melted

Caramel Layer:

- 1/2 cup coconut palm sugar
- 1/2 cup granular zero-calorie, natural sweetener
- 2 tablespoons full-fat coconut milk
- 2 tablespoons coconut oil
- 1 pinch sea salt
- 1 tablespoon vanilla extract
- 1/2 teaspoon baking soda

Chocolate Layer:

- 2 cups stevia-sweetened chocolate chips
- 2 tablespoons coconut oil
- coconut oil
- 1/3 cup dry roasted macadamia nuts, chopped
- coarse sea salt

To make cookie layer: Place large skillet over medium heat. Spread pecans over skillet and toast, stirring often, 8-10 minutes until golden. Remove from heat.

Transfer toasted pecans to food processor and pulse until fine. Add dates, almond flour, coconut flour, sea salt, sweetener and coconut oil; pulse until dough forms.

To make caramel layer: In skillet over medium heat, combine coconut palm sugar, sweetener, coconut milk, coconut oil, sea salt and vanilla extract; bring to boil. Once boiling, decrease heat to low and cook 5 minutes, stirring often.

Remove skillet from heat; whisk in baking soda. Return pan to low heat and cook 2 minutes, stirring often.

Remove caramel from heat and let cool and thicken 5 minutes.



To make chocolate layer: In double boiler, melt chocolate chips and coconut oil. Stir until mixture is smooth then remove from heat.

To assemble salted caramel bars: Line bottom and sides of 9-by-9-inch baking pan with parchment paper, leaving some hanging over sides. Lightly rub parchment paper with coconut oil.

Press cookie dough into bottom of pan to create even layer. Place in freezer 5 minutes to harden.

Pour caramel over cookie layer and spread to coat evenly. Place in freezer 5 minutes. Pour chocolate over caramel and spread to cover evenly. Sprinkle with macadamia nuts and coarse salt. Place in freezer 10 minutes until chocolate sets.

Use overhanging parchment paper to ease set mixture out of pan. Transfer to cutting board and slice into bite-size bars.

Nutritional information per serving: 180 calories; 15 g fat; 15 g carbohydrates; 56 mg sodium; 4 g fiber; 2 g protein; 4 g sugar.



Cherry Garcia Ice Cream

Recipe courtesy of "Always Eat After 7 PM"

Prep time: 10 minutes

Servings: 4

- 1/4 cup fresh Bing cherries, pitted and halved
- 1/4 cup stevia-sweetened dark chocolate bar, chopped
- 3 overripe frozen bananas, peeled and cut into 1-inch pieces
- 1/4 cup unsweetened coconut milk
- 1 pinch sea salt

Chill cherries and dark chocolate.

In food processor, pulse frozen bananas, milk and salt until smooth, creamy consistency of soft serve is achieved. Stir in cherries and chocolate. Serve immediately or place in freezer-safe container and freeze until serving.

Nutritional information per serving: 165 calories; 7 g fat; 27 g carbohydrates; 134 mg sodium; 6 g fiber; 2 protein; 12 g sugar.

Events for April

CAROLINE COUNTY

Flashlight Easter Egg Hunt

Date: April 3

Location: Greensboro, Md.. When the sun goes down the fun begins! In this variation of the traditional Easter Egg Hunt, kids ages 3 — 10 will hunt eggs in the dark using only a flashlight and their own night vision. There will be prizes for the special eggs that are found. This event is being held at the Greensboro Carnival Grounds on Friday, April 3. The hunt is separated by age: 3 & 4 years at 8:15 p.m. and 5-10 years at 8:45 p.m. Cost is \$5 per child. Each participant needs to bring a flashlight (size limited to 2 D batteries) and a basket or bag to collect the eggs. Parent or guardian must attend with their child. Rain date is April 10.

Town of Denton - Open Air Market Kick-Off

Date: Saturday Apr 11, 10 a.m. to 3 p.m.

Location: Denton, Md.. Second Saturday's in the Artsway Pathways-Denton Open Air Market 10-3pm

Adkins Arboretum Spring Open House and Native Plant Sale

Date: Friday Apr 24, 2020 Sunday Apr 26, 2020

April 24, 2020: 10 am to 4 pm April 25, 2020: 10 am to 4 pm April 26, 2020: 12 pm to 4 pm Location: Adkins Arboretum 12610 Eveland Rd. Ridgely, Md.. Fees/Admission.

DORCHESTER COUNTY

Earth Day at Spocott Windmill & Village

Date: April 18, 10a.m.-3p.m.

Location: Cambridge, Md.

Spocott Windmill joins forces with the Dorchester Citizens for Planned Growth (DCPG) to provide a day of environmental and historical celebration on Saturday, April 18, from 10am to 3pm. Watch the mill running (weather permitting) and tour the buildings that are part of the complex including the Windmill, Adaline Wheatley House, Castle Haven Schoolhouse, Blacksmith Shop, Country Store and Museum, and the partially renovated 19th Century Doctor's Office. Other ongoing activities during the day will include numerous activities for children in the old schoolhouse, food, and live music.

The day will also feature the Arbor Day tree giveaway sponsored by the Dorchester County Forestry Board. The Spocott Windmill Foundation and DCPG will sponsor a horseshoe tournament for teams representing community service organizations. Any interested groups should email Beth Ann Lynch at beth5846@yahoo.com or call Fred Pomeroy at 410-228-8643. Learn more about this fascinating gem of Dorchester heritage in this great Bay Journal story. The Spocott Windmill complex is found 6 miles west of Cambridge on Rt 343 at 1609 Hudson Rd., Cambridge, Md. 21613. Food, parking, restrooms, and a good time will be available for all. There is no charge for admission. Inquiries can be directed to George and Jackie Radcliffe at 410-228-7670 or via email at radclifg@gmail.com.

Paint classes scheduled for Aaron's Place

DENTON, Md. — Enjoy a three session paint class Wednesdays April 8, 15 and 22, from 12 to 1:30pm with instructor Janice Knauss.

An 11-by-14 canvas will be provided along with the materials needed to complete your painting. There is a \$35 fee. Call to register.

Knauss is currently an artist at the Foundry in and has been instructing paint classes for Caroline County Council of Arts for four years. She works with students in a step by step manner using a completed painting for reference. She also gives them the opportunity to stray from the

model and find their inner artist.

Aaron's Place is located at 401 Aldersgate Drive, Denton, Maryland 21629 (The old Wesleyan Christian School). Looking forward to seeing you there!!!

For more information, call Priscilla Leva at 410-463-1820. ➡

Send submissions for local events to
[emily@shorehomeandgarden.com.](mailto:emily@shorehomeandgarden.com)

Chicone Village Day

Date: April 25

Location: Vienna, Md.

The Nanticoke Historic Preservation Alliance is sponsoring the 8th Annual Chicone Village Day at Handsell on Indiantown Road in Vienna, Dorchester County, Md. on Saturday, April 25. This event is not a Pow-Wow, but an educational experience held to teach of the ways of the ancient Eastern Woodland people who inhabited the Chesapeake Bay region and Mid-Atlantic coast. Experimental archaeological techniques are explored and ancient skills demonstrated at these events. Featured will be Daniel Firehawk Abbott, Native American interpreter. Living History demonstrations will include cooking, weaving, chipping of implements and gardening with historic plants. Handsell House will be open, including the basement Kitchen where the African American story is represented. The event also will include a special workshop for participants to make their own Native inspired bracelet; advance registration is required.

Six Pillars Century Cycling Event

Date: May 2

Location: Cambridge, Md.

The 2020 Blackwater Tour starts at the Great Marsh Park in historic Cambridge, Maryland on Saturday, May 2. The majority of this tenth annual bicycle ride is through the beautiful and picturesque Blackwater National Wildlife Refuge. This is a show and go start event. In past years, bicyclists have come from Maryland, Virginia, Washington, D.C., Pennsylvania, Delaware, New Jersey, New York, North Carolina, California, Texas and South Carolina. The Blackwater Tour has three rides/courses: 37 Mile Fun and Fitness Course 56 Mile Eagleman Ironman 70.3 Course 100 Mile Century Course

Celebrate Dorchester 2020

Date: May 5, 5:30 pm

Location: Cambridge, Md.. Eat, drink, and celebrate Dorchester County! This annual event, put on by the Dorchester Chamber of Commerce, is designed to allow Dorchester County residents to celebrate all it has to offer related to local food and heritage. Each year, local ingredients are gathered from purveyors in the County, including fresh seafood, meat, poultry, grains, fruit and vegetables, all grown and raised in the region. Those ingredients are then given to local chefs to use to produce a dish to serve attendees at the event. The chefs do not know what they will get and are competing with other local chefs to produce a dish worthy of the People's Choice Award.

To the best of our knowledge, the events on these pages were still on, and not canceled for COVID-19 concerns, but we suggest you check with the listed contact information before attending any of these events listed.

KENT COUNTY

Vines to Wine Roaring 20's Spring Dinner

Date: Saturday , April 4, 6-9 p.m.

Location: Crow Vineyard & Winery - 12441 Vansants Corner Road, Kennedyville, Md. For more information, contact: Judy Crow at 302-304-0551. Join us for the 1st of our 2020 Vines to Wine Farm to Table Series, a Roaring 20's themed dinner. Start with welcome Sparkling and apps in the Tasting Room, then tour the vineyard to see our 2020 vine growth. You will then progress to the Farmstay B&B for a 4-course meal crafted by celebrity Chef Robbie Jester and enjoy newly released Crow wines.

Wine & Oysters

Date: Saturday , April 11, 1-4 p.m.

Location: Crow Vineyard & Winery - 12441 Vansants Corner Road, Kennedyville, Md. For more information, contact: Judy Crow at 302-304-0551. Join us for a local pairing of award-winning Crow wines and oysters from Orchard Point Oysters. The pairing includes a tasting of 3 wines and 3 oysters as well as samples of local Eve's Cheese and Crow grass-fed Angus beef. Additional wine and oysters, raw or grilled, will be available for purchase.

Creative Nonfiction Reading

Tuesday , April 14, 4:30 p.m.

Location: Rose O'Neill Literary House - Rose O'Neill Literary House. For more information, contact: Julie Armstrong at 410-810-5768. Kathryn Nuernberger's third poetry collection, Rue, is forthcoming in Spring 2020 (BOA). The End of Pink (BOA, 2016), which won the 2015 James Laughlin prize from the Academy of American Poets, and Rag & Bone (Elixir, 2011), which won the 2010 Antivenom Prize. A collection of lyric essays, Brief Interviews with the Romantic Past (Ohio State University Press, 2017), won the Non/Fiction Prize from The Journal. She teaches in the MFA Program at University of Minnesota. She has received grants from the NEA, American Antiquarian Society and the Bakken Museum of Electricity in Life.

Taking Care: Celebrating the Earth - Poetry Reading

Thursday , April 16, 6-8 p.m.

Location: RiverArts Gallery - 315 High St, Suite 106 - RiverArts Gallery - 315 High St, Suite 106. For more information, contact RiverArts at 410-778-6300. RiverArts celebrates our community's long history of living close to the Earth by hosting an Earth-themed exhibit. With the 50th anniversary of Earth Day, this exhibit takes on special meaning. This judged show includes both the visual arts and poetry. Enjoy an evening listening to participating poets read their works. There will also be a presentation of the Pat Herold Nielsen Prize for Poetry

The Garfield Center presents The Fantasticks

Date: Friday , April 17 to May 3

Location: Garfield Center for the Arts at the Prince Theatre, 210 High Street. For more information, contact: Garfield Center for the Arts at 410-810-2060. The Fantasticks: Written by Tom Jones, Music by Harvey Schmidt, Directed by Jennifer Kafka Smith

10th Annual Earth Day Festival

Date: Saturday , April 18, 9 a.m. to 1 p.m., Location: Downtown Chestertown - Memorial Row. For more information, contact Andy Goddard and Jon Hanley at 443-480-1987.

50th Anniversary of Earth Day!

This family-friendly event sponsored by the Town of Chestertown features an array of eco-friendly goods, services, solar energy contractors, energy auditors, and conservation organizations. Learn about growing local foods, native plants, and living more sustainably with the environment. Free and convenient! Recycle your batteries, CFL and fluorescent bulbs. Infinity Recycling returns with their popular "guess the weight" bales of crushed cans, plastic bottles and paper. Gift certificates will be awarded to those guessing the closest weight.

Kent County Poetry Festival

Date: Friday , April 24, 7 p.m.

Location: Fountain Park - Fountain Park, Chestertown, Md. For more information, contact the Kent Cultural Alliance with WAC Writers Union at 410-778-3700. The Washington College Writers Union presents "Not Your Professors' Poetry Reading" as part of the 13th annual Kent County Poetry Festival, in Fountain Park, Chestertown. The Students are welcoming Danez Smith, Diannelly Antiguu, and Joe Osmundson for a fun and unite poetry event.

Afternoon Delight Luncheon & Fashion Show

Date: Saturday , April 25, noon

Location: Chester River Yacht & Country Club - 7738 Quaker Neck Rd - Chester River Yacht & Country Club. For more information, contact Soroptimist Int. of Kent & Queen Anne's Counties at 410-708-5301. Luncheon & Fashion Show with a little shopping thrown in. \$40 per person (reservations required in advance). Local vendors will be featured in the fashion show. Tickets may be purchased at Houston's Dockside Emporium, Smilin Jakes, Gabriel's of Chestertown, Hickory Stick & Tiny Tots Boutique. Proceeds benefit Soroptimist education & signature programs to improve the lives & advance the status of women and girls.

C.E.S.'tival

Date: Saturday , April 25, 4-8 p.m.

Location: Wilmer Park - 413 S Cross St, Chestertown, Md. 21620 For more information, contact The Center for Environment & Society at Washington College at 410-810-7162. Featuring The High and Wides & The Pat McGee Band. Join us to celebrate the 50th Anniversary of Earth Day and the Center for Environment & Society's 20th Anniversary as a Center at Washington College with an outdoor concert in Wilmer Park. Proceeds from this event will support the Foreman's Branch Bird Observatory at Washington College's River and Field Campus and the Center for Environment & Society's programming. Along with the concerts, there will be food trucks and local beer and wine. Doors open at 3pm. \$15 through April 18 \$20.00 after April 18th. No charge for WC Students (w/ WC ID) & children under 12.

Judged Fine Art and Craft Show

Date: Wednesday , April 29, 2020 | 5:00-8:00pm

This event runs April 29 to May 31

Location: RiverArts Gallery - 315 High St, Suite 106 Join RiverArts for its First Friday opening reception for its "Judged Fine Art and Craft" Show. This annual exhibition showcases the region's finest art and craft. Works include painting, drawing, printmaking, mixed media, sculpture and fine craft including metal wood, fiber, ceramics, glass, and jewelry. It will run through May 31.

QUEEN ANNE'S COUNTY

Bereaved Parent Grief Support Group

Date: Monday April 6, 6:30-8:30 p.m.

Location: Compass Regional Hospice, Centreville, Md. 21617. This is an ongoing support group, held on the first Monday of each month. Admission is free and open to all members of our community.

Kent Island Farmers' Market

Date: Every Thursday, 3:30-6:30 p.m.

Location: 830 Romancoke Rd, Stevensville (Christ Church).

E-mail community events to emily@shorehomeandgarden.com by 15th of the month before our next issue!

TALBOT COUNTY

Oxford Day cancelled

In light of recent COVID-19 developments and to follow State guidelines, we have made the difficult decision to cancel Oxford Day 2020. During this unprecedented time, we wouldn't want to risk the safety and well being of everyone who attends and participates in the Event. Due to other schedules and timelines, it will not be able to be rescheduled this year. Oxford Day is a celebration of life in a small waterfront town, and has been a tradition for the last 25 years. We look forward to continuing that again next Spring. Thank you to all the volunteers who have worked on the planning to date and for all your effort.

Easton Airport Cruise

Date: April 5, noon to 0 p.m.

Location: Easton, Md. Easton Airport presents its 2020: "Cruise In" by welcoming automobile enthusiasts and aviation lovers out to the airport for a day of winged and wheeled fun! Chesapeake Classic Car Club will be bringing in the autos, while Easton Airport will provide the outstanding airplanes! More cars, more planes and more food!

Easton's Annual Easter Egg Hunt

Date: April 11, 10 a.m. to noon

Location: Easton, Md. Come downtown for Easton's annual Easter Egg Hunt on Saturday, April 11! Over 4,000 eggs will be spread out on the Talbot County Courthouse grounds! Also enjoy free face painting and an appearance by the Easter Bunny! Anticipated start times are: 10 a.m.: Infant to age 4. 10:15 a.m.: Ages 5-10

Lip Sync Battle 2020 now online-only

Date: April 18, 7-9:30 p.m.

Location: This is an online event

Talbot Interfaith Shelter's Lip Sync Battle on April 18th was set to be quite a spectacle. In its fourth year, the Lip Sync Battle is an evening of great joy and togetherness that is shared by people from all across the community. Due to concerns over COVID-19, TIS decided to cancel their live show on April 18th. However, that doesn't mean the "battle" is off... in fact, TIS is moving full steam ahead, just in a slightly different direction.

Recognizing that things are uncertain, and that if there was ever a time when the community needed a little extra happiness, it is now, the shelter opted not to postpone the live event, but instead convert the Lip Sync Battle to an online-only competition.

Those who have purchased tickets to the live show have the option of receiving a refund for their purchase, or converting their ticket purchase to a donation to benefit TIS, which can be attributed to the Lip Sync team of their choice. Ticket holder should reach out to 443-786-4676 or jaymedingler@talbotinterfaithshelter.org to let TIS know what to do with their purchase.

For those who choose to "compete" by raising funds, TIS will stream live on Facebook on May 1 to announce the winner — the team who raised the most money in support of its mission.

To participate by raising funds for Talbot Interfaith Shelter, contact Jayme Dingler at 443-786-4676 or jaymedingler@talbotinterfaithshelter.org to find out how to get started. To simply make a video to be shared with the community, either upload it to YouTube or Vimeo and send the link to jaymedingler@talbotinterfaithshelter.org, or upload it to Facebook and tag Talbot Interfaith Shelter, Inc and/or use the hashtag #TISLipSync2020. To learn more about Lip Sync Battle 2020, watch the videos, play Lip Sync Roulette, or to vote by making a donation.

SMAL MEETING OPEN TO THE PUBLIC

The St. Michaels Art League

Date: April 20

Location: St. Michaels, Md.. (SMAL) is offering an opportunity to attend an evening meeting — open to the public — on Monday, April 20th from 6-8:30 p.m. at Christ Church Parish Hall, located at 103 Willow St. in St. Michaels. All are welcome. It features a presentation by award winning watercolorist Stewart White. His background in architectural illustration adds to his skill set and his paintings reflect his knowledge of good design coupled with a painterly style. Stewart won the Grand Prize of the prestigious Easton Plein Air event in 2009 as well as many other awards. For more information visit smartleague.org or contact Beth Wright at 202-264-0724; or info@smartleague.org. These programs are funded, in part, by a grant from the Talbot County Arts Council, with revenues provided by the Maryland State Arts Council.

Abby Ober to exhibit at Tidewater Inn during month of April

EASTON, Md. — Working Artists Forum member Abby Ober will be the featured artist at the Tidewater Inn's library room during the month of April.

After studying in Florida and Washington D.C., Ober moved to St. Michaels, MD on the Chesapeake Bay and continues to paint and teach at various locations, including Chesapeake College. She has been juried into "Local Color" exhibition in conjunction with Plein Air Easton in 2018 and 2019. She has also competed in Easton's Plein Air's Quick Draw 2018 and 2019.


The Tidewater Inn is located at 101 E. Dover Street.

To see more of Abby's work, visit her website at abbyober.com. ➡

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Conversations on Race

Date: April 23, 5:30-7:30 p.m.

Location: Easton Family YMCA. Copy of 2020 Talbot County Business Appreciation Summit. Date :Fri, April 24, , 8-10 a.m.

Location: Easton, Md., The Milestone Event Center

Join us for the Annual Talbot County Business Appreciation Summit.

This event is hosted by the Talbot County Department of Economic Development and Tourism, in partnership with the Talbot County Economic Development Commission. The program is designed to honor all Talbot County businesses, with special recognition for those that have exhibited a significant impact in the community in the past year.

Tickets are \$35 per person, with advance purchase suggested. For more information, or to purchase a table, call 410-770-8000.

Neighborhood Service Center Plans Gala

Date: April 25 6-9 p.m.

Location: Easton, Md., The Milestone

The Neighborhood Service Center (NSC), Inc., will mark 50 years of service in Talbot County with a celebration dinner at The Milestone on Saturday, April 25 from 6 to 9 p.m.

Established in 1969, NSC is a non-profit Community Action Agency that provides services and assistance to low-income families, individuals and elderly residents in Talbot County. As an offshoot of the Tri County Community Action Agency, the NSC developed into a comprehensive non-profit organization with multiple programs designed to provide hope, stability and the tools to achieve self-sufficiency to hundreds of families in Talbot County.

According to NSC Board chairman, Trevor Newcomb, the event will celebrate NSC's progress over the past five decades and also honor individuals in the community who have made outstanding contributions of their time, energy and talents to the advancement of the organization's mission of addressing and eradicating poverty in Talbot County. The honorees are: past Talbot County Council President Herbert Andrew (posthumously, Della Andrew accepting); Dorothy W. Black (posthumously, Walter W. Black accepting); Lorraine Claggett; Gregory Webb; and the United Fund of Talbot County. In addition, Walter Chase will receive special recognition.

The event also will feature Jeannie Haddaway-Riccio, Maryland's Secretary of Natural Resources and former member of the Maryland House of Delegates (District 37B), as keynote speaker.

Event sponsorships are offered for the event as follows: Sustainer, \$10,000; Philanthropist \$7,500; Community Builder \$5,000; Humanitarian, \$3,000; and Benefactor \$1,000. Each level offers extensive benefits including tickets to the event and recognition in publicity and the event program, among others. To date, generous sponsors include Al and Marty Sikes, Shore United Bank and Willow Construction. Tickets to attend the event are \$75 per person and are now available for purchase. To receive detailed information about sponsorships and ticket purchases for the Neighborhood Service Center's 50th Anniversary Celebration, contact Cardeaner Robinson at 410-822-822-5015 or crobinson@nsctalbotmd.org.

WineFest At St. Michaels

Date: April 25-26

Location: St. Michaels, Md. Now in its 11th year, WineFest is Maryland's premiere wine event, featuring nearly 400 wines from around the globe. Experience hundreds of highly-rated International, U.S. and Maryland wines at tasting venues located throughout the town of St Michaels. Wine aficionados will experience hundreds of highly rated US, International and Maryland wines. Each wine venue will retail its wine at special WineFest discount pricing. In addition, two exclusive ticket VIP tasting venues will be available for tasting premium wines often not available in Maryland. One VIP venue will be on the Patriot Cruise Boat while cruising the Miles River and the other will be in the courtyard of the Old Brick Inn. A specific reservation will be required for both VIP events, thereby guaranteeing you tasting in a relaxed uncrowded atmosphere. All attendees will be able to "walk St. Michaels" using their WineFest map as their guide or take shuttle busses provided by WineFest. Regional food specialties, artisans, renowned jazz musicians will be participating in the event.

For those who love beer, award-winning craft beers will be offered at St. Michael's own Eastern Shore Brewing.

Be sure to check our website www.winefestatstmichaels.com frequently for updates as the list of wines and other events unfold. For more info contact us at winefeststmichaels@gmail.com. Sorry, we do not take phone inquiries; we are busy selecting the great wines for your tasting and purchasing.

*E-mail community events to emily@shorehomeandgarden.com
by 15th of the month before our next issue!*

Chesapeake Classic Car Show

Talbot County Community Center

Date: April 26 @ 8:00 a.m. to 2 p.m.

Location: Easton, Md. The Chesapeake Classic Car Club is hosting their annual car show on Sunday, April 26th! This year's location will be at the Talbot County Community Center on Route 50 in Easton, Md.. Spectator parking and admission is free. There will be a \$15 registration fee for all show vehicles. Registration will be open from 8:00 a.m. until 11:00 a.m. All makes, models and years are welcome. Seventy-five professionally-judged trophies will be awarded. Lunch will be available for purchase from Milestone Catering.

Kidney Crusaders 5k Walk and Run

Date: May 2 at 9 a.m.

Location: Easton, Md. In conjunction with Easton's 21st Annual Multicultural Festival, this year will include the Kidney Crusaders 5k Walk/Run! Beginning at Idlewild Park, participants will run/walk a 3.1-mile course on the scenic rail trail and back to Idlewild Park for the finish line festival! The festival at Idlewild Park will be alive with a variety of entertainment, food, and activities. Registration Fee: \$30. To register, visit <https://www.runreg.com/kidney-crusaders-5k-runwalk>

21st Annual Multicultural Festival

Date: May 2, 10 a.m. to 2 p.m.

Location: Easton, Md. Originally created by Talbot County P.E.A.C.E. and debuting in 2000, the Multicultural Festival is a celebration of the rich diversity within our community, including the distinct heritages dating back several generations, and members of the numerous ethnic groups who have come to call this area their home. As our community has grown, so has the Multicultural Festival, and in 2009 Talbot County P.E.A.C.E. partnered with the Avalon Foundation to accommodate the Festival's growing popularity. The Multicultural Festival celebrates cultural diversity by providing events that positively showcase cultural differences and encourages people to share and celebrate in unity. To get involved call 410-822-0345.

To the best of our knowledge, the events listed on these pages were still on, and not canceled for COVID-19 concerns, but we suggest you check with the listed contact information before attending any of the events listed.

Which milkweeds do Monarch butterflies prefer?

Not all milkweeds are created equal when it comes to species of the native flowering plants that Monarch butterflies prefer most?

That's the conclusion of a team of USDA and university scientists who monitored the egg-laying preferences of female Monarch butterflies.

Their research supports a broader national effort to reverse this iconic insect's declining numbers through milkweed habitat restoration projects.

According to Rick Hellmich, an entomologist at USDA's Agricultural Research Service in Ames, Iowa, milkweed plants — primarily from the genus *Asclepias* — are the only food source of the Monarch's distinctively striped larvae (caterpillars).

Natural chemicals the caterpillars ingest from milkweed also protect them and the adult butterflies they'll later become from predation.

Over the past two decades, however, Monarch numbers east of the Rockies have fallen by 80 to 90 percent.

The decline is partly attributed to shrinking milkweed habitat, especially in the Midwest. Every year, Monarch butterflies make a multi-generational migration to and from overwintering sites in mountain regions of Central Mexico.

They arrive at their summer breeding grounds, the Midwest, in late spring and increase their population size over two to three genera-



Milkweed plants, primarily from the genus *Asclepias*, are the only food source of monarch caterpillars.

tions before returning to Mexico.

Restoration efforts call for reestablishing milkweed populations in these important summer breeding areas. However, there's been no systematic study of which milkweed species the butterfly prefers most — an important consideration in maximizing the effectiveness of conservation efforts, notes Hellmich.

To find out, he collaborated with researchers from ISU on a multi-year field study that evaluated the attractiveness of nine milkweed species common to Iowa, a state that's centrally located in the butterfly's midwestern breeding range.

In addition to determining which milkweed species averaged the greatest number of eggs deposited by female Monarchs, the researchers calculated the survival rates of caterpillars that hatched from the eggs and pupated.

Throughout, the team kept data

on plant height, number of blooms, and pod size as potential indicators of attractiveness to the butterflies.

Female Monarchs will lay eggs on all nine milkweed species, but they prefer some over others.

- Swamp milkweed (*Asclepias incarnata*) and common milkweed (*A. syriaca*) averaged the highest number of eggs.

- Monarch caterpillars hatching from eggs laid on tall green milkweed (*A. hirtella*) and prairie milkweed (*A. sullivantii*) had the lowest survival rates.

- The height and number of blooms on the milkweed plants across all nine species weren't factors influencing the female butterflies' egg-laying preferences.

The findings indicate that while female Monarchs do make choices, they don't specialize in reproducing on a single milkweed species.

What's more, their egg-laying preference can change according to the time of season, the prevalence and habitat of the milkweed species they encounter, and the plants' robustness and maturity.

For these reasons, the researchers caution against focusing restoration efforts on a single preferred species, like swamp milkweed.

Instead, conservators should also consider supplementary plantings of other species — especially in habitat areas subject to variable climates or soil types.

— Story, photo courtesy USDA-ARS



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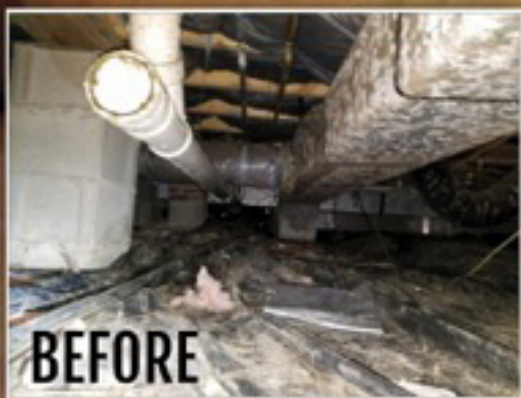
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