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# **B** HOME & GARDEN

March 2025

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### What's new out there?

A notable plant debut at last month's MANTS event was the New Age Pink Flush Syringa (Syringa vulgaris), as seen on our cover and to the right. The plant is a compact lilac that flowers in pale-pink tones with that marvelous lilac scent we all know and love. It can easily be container grown and is mildew-resistant.



(Photo courtesy Star Roses and Plants)



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### Tree trouble?

Trees with a lasting presence for families can be considered, well, family. Unfortunately, as with any loved one or a beloved pet, they can get sick, requiring a tough decision.

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### Start those seeds.

A growing season can test a gardener in many ways, but if you're starting seeds indoors when the weather is still cold, the answers are pretty easy to get.



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# Add some sparkle to housecleaning

Is there anything better than coming home to a clean house?

I honestly can't tell you how happy it makes me to see (and smell) my house in the immediate moments after I have cleaned it from top to bottom.

It has become an increasingly rare occurrence in recent years, as I have focused my attention on spending my spare time with my children — but as I have focused my own self growth on finding ways to live a more simple life, learning ways to learn more efficiently and more effectively have made those sparkly clean house moments much more frequent.

I'll confess, when I first got married, I had a cleaning service that came to my house weekly. **Sweet Simplicity** 



By Kristine George

Looking back to that time — pre-kids — I kind of chuckle, thinking at how easy I had it compared to my current chores, which now include cleaning up after two kids, four pets and a spouse! Now that I have learned some good life hacks for house

cleaning, I actually enjoy doing it — and really enjoy how lovely my house is to be in when my chores are complete!

Whether you were born with a mop and bucket in your hand or are a slow learner like me,

I have dedicated this column to adding some sparkle to your house — and some simple ways to do it!

• Create a Simple System and Schedule: It doesn't matter whether you always start in the kitchen, living room or bathroom areas, but you need to have a system and order to your cleaning. Start at one end of the house and complete one room at a time — this will save you from having to backtrack (PAGE 38)





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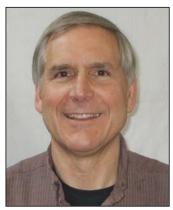
# Be ready to change with the seasons

March is here, and this month we begin the transition from winter to spring.

It's nature's rejuvenation, it's when we start to see our landscapes begin to come alive with early blooms, budding trees and the first signs of the grass beginning to green-up and grow.

Let's begin by discussing fertilizers, because generally speaking, the time for the first application of fertilizer is four to six weeks before plant growth begins in the spring, which means now!

To be all they can be, plants need 17 essential nutrients, most of which are secondary and trace nutrients. The three major plant Ken-Do Attitude



By Ken Morgan

nutrients, nitrogen, phosphorus and potassium, are considered the most important because of the large amounts of each element utilized by plants. Nitrogen is important for foliar growth, as it is a major component of chlorophyll, the compound by which plants use the suns energy to produce sugars from water and carbon dioxide, also known as photosynthesis.

It is also an important component of amino acids, which are the building blocks of proteins needed for plant growth.

Phosphorus is needed for healthy root systems and flower development, and plays a key role in photosynthesis for the metabolism of sugars, energy transfer and storage, cell division and enlargement.

It also increases water use efficiency, improves the efficiency of other nutrients, especially nitrogen, and contributes to disease resistance.

It also helps plants cope with cold temperatures as well as moisture stress and plant maturity.

Potassium helps with the plants vigor and overall health, and helps plants fight against disease.

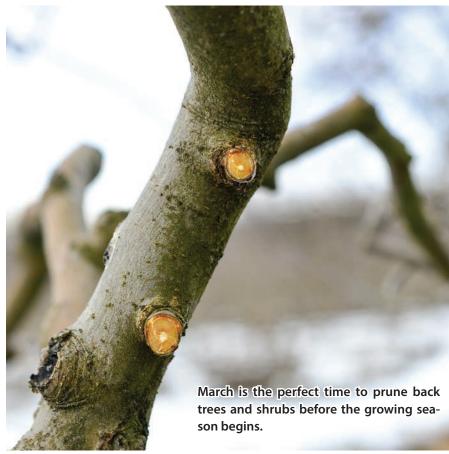
Potassium regulates leaf transpiration, which is the plants version of breathing.

It is where water and oxygen in the plant are released into the air and carbon dioxide is taken in by the plant.

Natural organic fertilizers have a positive effect on soil micro-organisms and beneficial earthworms, which improves soil structure and aeration.

Natural organics break down gradually, depending on the amount of moisture, temperatures and microbial activity in the soil.

The nutrients in or- (PAGE 24)



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# Indoor plants: Not just a pretty face

Indoor plants add so much beauty in a home, but they also do an amazing job of cleaning the air we breathe, making your home healthier, and can improve your mental health.

Choosing the right plant depends on the amount of sunlight that comes into the room that will host the plants. Low light is available in a room that faces north or northeast, where early morning sunshine can brighten a room for just a few moments.

There are a lot of tropical plants that thrive in low light conditions

Gardening Tips



By Ginny Rosenkranz

because in the tropics, they grew under the shade of large trees.

They also need a bit less watering as they are slower growers.

Plants like the Cast Iron plants, many tropical ferns, vining plants like Philodendrons and Pothos, stately miniature Parlor Palms, broad leafed Prayer Plants and arching Spider plants and many more.

With the exception of the Spider plants, most of the low light loving plants only produce beautiful foliage.

The Cast Iron plant has dark glossy green, narrow long upright leaves, and as its name implies, is very easy to take care of. It thrives in low light and does best with watering every other week.

Shore Home & Garden • March 2025 10 www.shorehomeandgarden.com

Plants can start out small and slowly grow 2-3 feet tall and 1-2 feet wide.

Boston Fern can start out small and grow 8-12 inches tall and wide. They are very ancient plants, living on earth before plants made seeds, but they make wonderful house plants. Their arching fronds provide a woodland feeling, and they are one of the top 10 house plants that provide clean air by removing both formaldehyde and xylene.

Vining plants can be grown in hanging baskets or even trained to grow up a small trellis, but they need to be trimmed back at least once a year to encourage new healthy leaves. Both Philodendron and Pothos have glossy heart shaped leaves that cling to the green vines.

Philodendron has small, dark green leaves and can grow 8-10 feet long while Pothos has larger leaves that are green with variegated creamy white or yellow and their vines can grow 20-40 feet long.

Pothos also removes formaldehyde from the air. Parlor Palms has graceful arching fronds that bring thoughts of sunny beaches inside the home.

They can be kept small by leaving them in small containers, or repot them every few years to allow them to grow to 4 feet tall and 2 foot wide.

The Prayer Plants come in many shades of green but are often found with green foliage accented with reds and yellows. New varieties have an outer band of dark green with the center in shades of pink or red.

Prayer Plants leaves can grow 12 inches long in an oval shape and

can grow from 6-36 inches tall and 6-24 inches wide depending on the cultivar.

They prefer humid air but will live in dryer air and even thrive in air conditioning.

The colorful leaves will rise upwards as night approaches, and fold downwards in the morning, like praying hands. Spider plants have gracefully arching long thin leaves that are medium green and some have a band of white in the middle.

They need a bit more sunlight because they produce charming tiny white flower at the tips of green arching stems. If the flowers are not pollenated, they will drop off and new foliage will grow, creating a waterfall effect.

Plants can grow 8-24 inches tall and up to 36 inches wide.

The Spider Plant is also excellent in cleaning carbon monoxide and filtering other harmful impurities like formaldehyde, xylene and toluene. There are different varieties, one that is solid green, others have white margins, and then there is 'Bonnie', a compact form with curling leaves, perfect for smaller areas.

Medium light house plants are often those that bloom, and need the extra sunlight to support the flowers, while others are plants that have colorful foliage, and need the extra light because they have less chlorophyl, the substance that makes plants green.

Medium light can be found from an east to south-east window or a window with light filtering curtains.

Some of the medium light sensitive plants include African Violets, Christmas Cactus, Peace Lily, Moth Orchid, followed by colorful foliage plants like Caladiums, Dracaenas, and Tradescantia.

African Violets come in three sizes, large, standard and miniature, but all have soft velvety leaves that form a beautiful rosette. The original plants only had purple flowers, but plant lovers tend to love not only the traditional colors but thrive on new or unusual colors.

Now it is possible to find flowers in white, pink, blue, lavender, violet, maroon and deep purple. Flowers can also be found with single blossoms, semi-double, double, ruffled, star or wasp shaped.

Leaf shape can also vary from round to heart shaped or oval and the leaf color can be bright green, deep green, silvery green or green with creamy white edges.

Because of the velvety texture of the leaves, African Violets to be set on a light bed of pebbles or gravel then watered from the bottom up, so the plants don't sit on the water, they sit above it.

All house plants should have their foliage cleaned with a soft moist cloth except for the African Violet which needs to be cleaned with a clean dry artist paint brush. Christmas Cactus are formed from leaves that link together and create an arching form.

They like their soils to be moist but not wet, and need less water in the winter months. Apply fertilizer lightly during the summer, and move the plants into a room that will not receive any extra light but the sun in October in order to encourage them to bloom from Thanksgiving to Christmas.



The flowers come in almost pure white, the lightest pink to dark pink, purple and deep red, with bicolor of pink, purple or red with white. Peace Lily are not true lilies, but have the bright white flowers that glow against the dark rich green of the foliage.

The plants like to be lightly watered and do better a bit on the dry side. They also grow better in smaller pots rather than being

transplanted to larger containers.

With 40 different varieties, they can grow from 1 foot up to 8 feet, and are able to clean the air of ammonia, benzene, formaldehyde, trichloroethylene and xylene.

Moth orchids are the easiest of orchids to grow, needing bright indirect light and having aerial roots that wrap around tree trunks and branches rather than roots that need to grow in the soil.

Plants are usually sold planted into a container filled with bark chips with some of the aerial roots in the bark for stability and the rest of the aerial root over top of the bark.

Watering Moth orchids once a week can be done as a drench with warm water over the roots and bark, then letting the container drain before putting the container back on its saucer.

The other way is to add one, two or three ice cubes on top of the bark — not touching the aerial roots. The ice cubes take time to melt and are absorbed by the bark to share with the aerial roots.

The roots should change from silver white to pale green when they are well taken care of. Moth orchids are usually purchased when in bloom which is a good idea because if watered correctly, the flowers will bloom for up to a month and sometimes longer.

The old flower spikes should not be trimmed off right away as the orchid often forms new flowering branches along the old flower spike. If no new flower spikes emerge, trim the old flower spike back to about a half-inch above the second node or swelling along the spike above the foliage to encourage new flowers in a few months.

Caladiums are often grown outside in the heat of summer, but they can also be grown indoors. Plants start from a tuberous corm which produces either heart shaped leaves that grow 12-30 inches tall or lance shaped, ruffle-edged leaves that grow only 12 inches tall.

The leaves can be white with a www.shorehomeandgarden.com

green border, white with green veins or white with red veins. They can also be white over green with pink spots, or bright pink with red veins or even red with white veins.

As corms, they will eventually need to rest, and the leaves will dry up. Let them dry and leave them until the new growth begins before watering them again.

Dracaenas are grown for their beautiful sword shaped foliage rather than their flowers, but for the foliage to be so bright, the plants need medium light to thrive and grow into small trees.

Dracaena 'Lemon Lime' new foliage is dark green edged with bright lime and stripped with pale green, while the Dragon Tree grows to a height of 6 feet with thin dark green leaves bordered by dark red while the Tricolor grows the same but the thin leaves are green boarder by white and then red. 'Florida Beauty' is often called the Gold Dust plant, growing only 2 feet tall, it has broad dark green leaves spotted with cream yellow.

The Corn Plant is a Dracaena that can have all green or green with bright yellow bands and grows about 6 feet tall, looking very similar to corn grown in the field.

Tradescantia is often called the zebra plant due to the stripped purple and green striped leaves. It grows like a ground cover, rising 6-12 inches tall then cascading downwards.

Plants can be trimmed to encourage new, brightly colored foliage. Some varieties have smaller leaves and are pinker than dark purple.

Plants prefer to grow in moist but



Sansevieria is a thick-leafed plant with very dark green and green bars across the leaves.

well drained soils.

There are some beautiful blooming house plants that can enjoy direct sunlight. Among them include Alocasia, Sansevieria, Jade Plants, Kalanchoe and Haworthia. Alocasia has large heart shaped leaves that are dark green, and some match the dark green leaf with silver veins that change the leaf into a mask.

'African Mask' is a clump forming rhizome that produces beautiful leaves from the rhizome, which is a type of root.

The plants grow 1-2 feet tall with the leaves almost the same size at the top of each stem.

A second Alocasia is called Elephants ear that grows 2-4 feet tall with 2-3 foot leaves that are all green with lighter green veins and a ruffled edge.

Sansevieria is also called Snake plant and Mother-In-Law's Tongue is a thick leafed plant, very dark green with green bars across the leaves, with a strong upright form rising in a clump about 1-3 feet with

a thin width of 2-3 inches.

It is very hardy and very drought tolerant, so first time plant lovers will be forgiven if they forget to water the plants once a week.

There are a number of different varieties including Ghost which has a silver green color and Sansevieria Gold Dust which has the dark green in the center and golden yellow framing. Jade plants are long living dark green plants that grow about 2 inches each year.

They are called succulents because like a lot of desert plants they need full sun and can hold a lot of water within their leaves and stems to live through severer droughts.

As a house plant the Jade can grow 3-6 feet tall, while Jade plants grown outside can reach 10 feet tall. Another succulent is the Haworthia, a group of small, slow growing succulents that all grow from a rosette of fleshy leaves about 1-2 inches long.

Some of the names include zebra cactus, pearl, star widow, cushion aloe, and all have slightly different shaped leaves.

They thrive in full sun, take up very little space and are very forgiving if not watered every week.

House plants give us so much more that being a pretty plant, they can help our mental attitude, they can clean the air we breath and, yes, they are very lovely and add beautiful artistic forms to our homes.

But many of these beautiful house plants can be dangerous if nibbled by our pets or children, and should be kept up out of their reach.

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

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# MANTS offers annual sneak peeks

Story, photos by Kathy Jentz

ooking out my home office window, there is still a layer of crusty snow on the ground — but I know spring will be here soon!.

It might look quiet at your local garden centers and nurseries at this time of year, but they are busy spending the winter months preparing for the growing season ahead by ordering new products, gathering inspiration, and collecting knowledge.

Many of them were attending the Mid-Atlantic Nursery Trade Show, known in the industry as MANTS.

This year's event was held in Baltimore on Jan. 8-10.

I attend MANTS each year as a garden communicator and I get an early look at the new offerings that may be for sale this year at a local garden center near you.

I'm craving getting out in my garden again and made a beeline for anything in bloom at the trade show, so let me start with the new plants I learned about at the event.

The biggest plant debut at the show was the Hydrangea arborescens FlowerFull Smooth Hydrangea from First Editions Collection/Bailey Nurseries.

What makes this plant unique is that it is truly a flower-making machine with two- to three- times more blooms than other smooth hydrangeas!

It is also more compact than



FlowerFull Smooth Hydrangea from First Editions Collection/Bailey Nurseries is billed as a flower-making machine with two- to three- times more blooms than other smooth hydrangeas.

"Annabelle" and the stems are sturdy so the flowers won't flop

under the weight of those big blooms.

Star Roses and Plants had several introductions.

The one that really caught my eye was the New Age Pink Flush Syringa (*Syringa vulgaris*).

This is a compact lilac that flowers in pale-pink tones with that marvelous lilac scent we all know and love. It can easily be container grown and is mildew-resistant.

How about a Foxglove that is truly perennial? Darwin Perennials showed a new addition to its Arctic Fox line called 'Lemon Cream.'

It is a pale-yellow as you'd expect from that name and is hardy from zones 5 to 9.

The Digitalis hybrid is a terrific choice for a pollinator garden as it attracts bees, butterflies, and hummingbirds.

It also flowers all season long unlike most perennials that bloom for just a few weeks each year.

Among the new products I saw was Forest Gold from PindStrup.

Basically, it is a wood fiber that can be used in gardening similarly to peat moss and other soil additives.

It is Certified Organic and sustainably sourced.

The wood fiber can be mixed in with other soils to lighten and add aeration for plant roots as well as holding in moisture.

Another soil additive I was fascinated by was GeoGo Xtreme Bokashoi Compost.

It is an aged and blended compost, enhanced with select, ripened ingredients, such as microbiology, beer water, biochar, rock dust, manure, and molasses.



'Lemon Cream' foxglove from Darwin Perennials flowers all season long unlike most perennials that bloom for just a few weeks each year.

According to the GeoGo product sheet, "These ingredients assist in providing plants the ability to uptake and process nutrients from the organic matter within the soil thus allowing the plant to thrive and to better defend itself from disease."

To learn more about it and the studies that prove its effectiveness in growing plants, go to https://

geogosoils.com/.

On the houseplant side of things, I was intrigued by the ECO Green Plant Wash. It cleans, shines, and supports plant health, all in one step — without the need for wiping.

It is enzyme-based, so unlike oil-based products, ECO Green avoids the harmful coating of leaves, roots, and soil, which can



Organic Mechanics' 2nd Sand is a ground glass horticultural sand that comes from bottles collected around the city of Philadelphia and re-used. Enzyme-based ECO Green Plant Wash, inset, avoids the problem of getting sticky oils on your clothing and furniture when you spray it on your houseplants.

disrupt plants' natural ability to thrive. It also avoids the problem of getting sticky oils on your clothing and furniture when you spray it on your houseplants.

One that caught my eye was a ground recycled glass from Organic Mechanics.

This product can be used as a soil top dressing on houseplants or outdoors. It can be used in crafts and terrariums.

What I especially like is that it comes from bottles collected around the city of Philadelphia and immediately puts them to re-use.

Visiting the displays at MANTS always leaves me ready and recharged for the coming growing season.

I look forward to trying out

these new plants and products in my own garden and hope you will add a few to yours as well!

(Editor's note: Kathy Jentz hosts the GardenDC Podcast and is the Editor/Publisher of Washington Gardener Magazine. She is the co-author of "The Urban Garden: 101 Ways to Grow Food and Beauty in the City" and author of "Groundcover Revolution.".)



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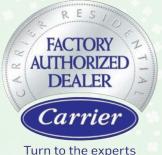
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#### (FROM PAGE 8)

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cility, which guarantees consistency, and quality, while using only the finest natural and organic ingredients, never are any sludges or fillers ever used.

It is a good idea to consider spraying all deciduous trees and shrubs with a dormant spray mixture.

Pick a day in which air temperatures will remain above 40 degrees for a 24-hour period. Be sure to use a sprayer that has not been used for killing weeds, as the any residuals could damage your plants.

Mix together in the sprayer one ounce of both horticultural oil and one ounce of liquid copper to a gallon of water.

Spray the trees and shrubs until you see dripping off the branches.

This is very important to do this for Crape Myrtles, since the scale problems on these plants was very wide-spread last year.

March is the perfect time to prune back trees and shrubs before the growing season begins.

Remember do not prune spring flowering shrubs as you will cut off the flowers!

Most flowering plants need to be pruned after they are finished blooming for the season.

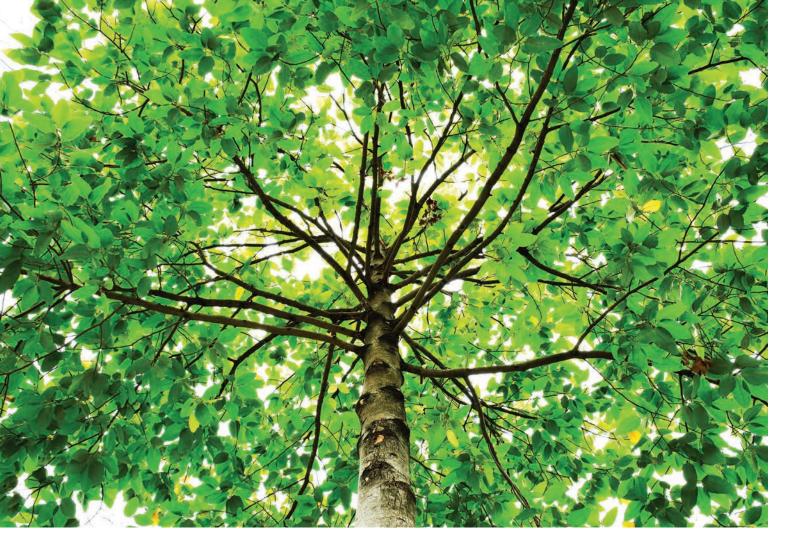
Never prune more than one-third of the total plant mass, and prune away any branches that are growing inward, are week or diseased, and anything growing below 10 and 2 o'clock, because they are more easily broken in the wind.

If you have questions about pruning come by and we will help you.

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







# Regarding trees: When is it time to say goodbye?

Story by Sean Clougherty

A tree adds a lot to a landscape. It makes shade, a haven for birds and wildlife, and they clean the air.

For some people who grew up in one place or planted a tree upon arriving to a new place, a longliving tree in some ways becomes part of the family.

It's there for all the milestones and celebrations. It's a refuge, a hideout, a family photo backdrop, a home base, a jungle gym.

But it also ages with us and at

some point, parting with a beloved tree becomes unavoidable.

"In the end it's a living being. They are impacted by weather and age and all sorts of things," said Lou Meyer, arborist at Davey Tree.

Part of their stately nature, trees have a long reaction cycle to weather patterns, so when weather varies greatly year to year, the likelihood of stress goes up.

Variable weather patterns can stress trees.

Trending warmer temperatures earlier in the year put the trees at

risk if they spend energy to leaf out only to get zapped with a hard freeze.

"That takes a tremendous amount of storage," Meyer said. "Trees don't follow the Gregorian calendar. When it's 60 degrees outside, that sends a signal."

As someone who is around trees daily, Meyer said he appreciates the strong attachment people can have with one.

"I've seen people get emotional about it," he said. "I've had people cry about trees. I've had our arborists cry about trees." He recalled one family in Pasadena, Md., that calls him annually to check on their "Grandmother Tree," a revered silver maple in their backyard.

"The fact that they take the time to differentiate that tree from all the others is really cool," he said.

The obvious cases are often easiest to accept, he said.

A dead tree near the house or other structure should be addressed before it becomes a disaster.

Even a living tree could pose a threat.

"It may be green and living but if there's a target underneath it, it may be time to go," Meyer said.

A tree that's leaning too far is one indicator, a large cavity inviting decay is another. Conversely, in some cases, a tree can fail the eye test, looking like it's in rough shape but still be healthy enough to stick around.

Anthracnose in sycamores, for instance, can disfigure foliage but is rarely fatal in this region, he said.

In those and other cases, bringing in a certified arborist to inspect a tree's health can make what might seem like a tough decision easier to make.

Many offer free inspections which allows homeowners to make a plan for care or removal.

Meyer said one of the goals for a keeping a healthy tree is maintaining its crown, so some thinning of dead limbs or limbs that lay or rub against another limb may be in order if a tree is saveable.

If it is time for a tree to go, people can take comfort in it being recycled, either into mulch, lumber or firewood or even laying on a forest floor to decay and feed the soil and provide wildlife habitat.

Leaving a good portion of the trunk standing — 15 or 20 feet isn't too much — is another way for the tree to have a presence and purpose in housing wildlife, from owls to invertebrates.

For sizable trees or those with much sentimental value, Meyer said it's not unusual for landowners to turn the truck into art as a carved statue or use the lumber to make furniture.

"I've seen some neat ones," he said.





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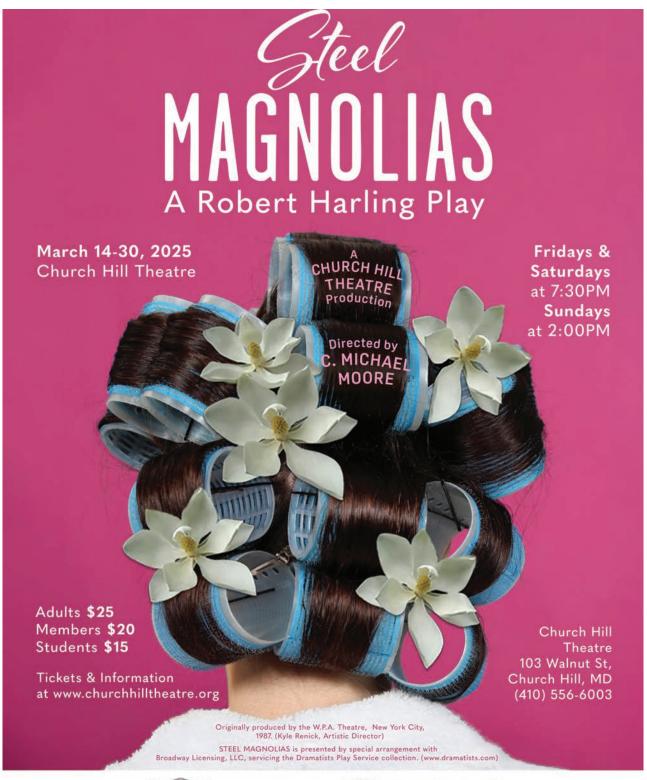


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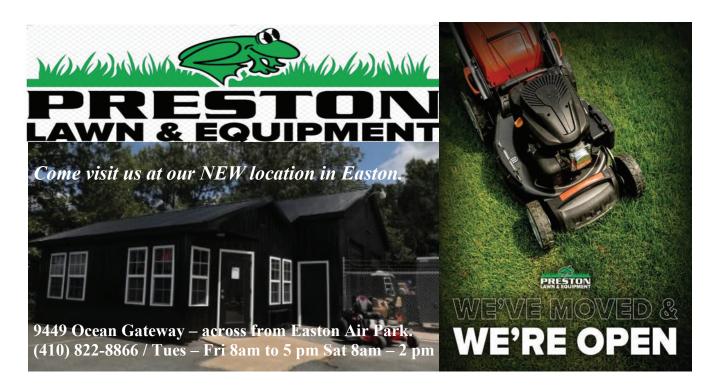
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Christy Little of A Little Farm and Nursery in Stevensville, said she enjoys the control and creativity starting seeds offers in going beyond the traditional and most popular varieties.

(Photo by Sean Clougherty)

## Starting seeds indoors may be answer

Story by Sean Clougherty

A growing season can test a gardener in many ways, but if you're starting seeds indoors when the weather is still cold, the answers are pretty easy to get.

According to local Master Gardeners, the first rule of seed starting is: Follow the recommendations on

the back of the seed packet.

"It'll tell you all the fun stuff that you need to know how to grow," said Christy Little, owner of A Little Farm and Nursery in Stevensville.

While the front of the packet has a gorgeous picture of the flower or fruit you're about to grow, the back has the nuts and bolts you need to do it right. Seeding depth, growing time before planting, soil and air temperature are a few of the key points.

"The back of the seed packet is so instructive," said Queen Anne's County Master Gardener Susan Edwards of Centreville, who grows vegetables and cut flowers and has been starting her own seeds for a decade. "They give it right to you and sometimes we don't do it." Edwards said starting her own seeds takes a lot of planning and organization, but also allows her to be creative in choosing varieties that are outside the ordinary fare of a garden center's lineup.

"I like to plan and you're allowed to constantly try new things," Edwards said. "You also know what's going in your body."

Timing is a big part of the plan. Little recommends looking ahead to the time you want to transplant out doors and work back from that for a starting date, using the seed packet information.

"A lot of people will decide based on frost date," Little said.

The next necessary things are sources of heat and light. Heat mats under trays of planted seeds and lights over top are common for perennial self-starters like Edwards. Cost of both, especially lighting with the advancement of LEDs, has come down to a more reasonable level, she added. She and Little also utilize a heated greenhouse for some plants, but said the low-tech option of a sunny windowsill can work, too. Just remember to rotate the tray or pots for even exposure.

Meeting light requirements keeps plants from getting "leggy" or growing too tall and stretching out in search of more light. Tomatoes for example, need 12 hours of light a day. LED lighting also has a wider range of height it over the seedlings as opposed to fluorescent lighting, giving more flexibility, Edwards said.

Little and Edwards advocate reusing trays and pots but only after a good washing with soap and water



Starting seeds at home as winter weather winds down can scratch the gardening itch and help growers get a jump on outdoor planting.

#### (Photo courtesy Rachel Rhodes)

or mild bleach solution to nullify any residual disease that may have lingered from last year.

Tammy Sons, owner of TN Nursery in Tennessee, recommends a light seed-starting mix that drains well and creates a good medium for roots development. Seed trays or pots also need adequate drainage.

The environment should remain stable between 65-75°F while soil moisture levels stay even without reaching waterlogged conditions, Sons added.

Fertility and water — the right amounts of both — are important to keep plants healthy and hardy once they've sprouted. As the plants grow, consider "potting up" into a larger container to foster more growth and root production before planting outside.

"They'll tend to use up all the fertilizer in that soil so transplanting

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and fertility are important as you pot up," Little said.

Plants like a little test of their own, too. To get them ready for outdoor living, they need to be taken outside for a few hours in the days leading up to transplanting. Edwards and Little also run a fan over plants or routinely brush over them gently with their hand to get them ready.

"It toughens up the stalks and the roots are more robust when they have that movement," Little said.

Little also recommends planting a few more seeds than you plan to actually plan to plant. Not all will turn out the best and it will give you a better chance at a good crop. The flip side of that coin, however, is resisting the urge to plant every green stem that grows.

"It's OK to let some go," Little said.

# Northern cardinal a common early-spring visitor

**Backyard Birds** 



By Suzette Stitely

(Editor's note: Suzette Stitely is a member of the Talbot Bird Club and travels extensively for birdwatching.)

hen you gaze out into your barren backyard this winter, one bird stands out amongst all the rest - the Northern cardinal.

The Northern Cardinal is a large bird with a jaunty crest, long tail and a red bill.

The species is sexually dichromatic with the male being entirely a stunning red color with a black face and the female is a more subdued brown-gray overall with red on the wings and tail.

Their red plumage color results from carotenoid pigments obtained from the diet during molt. Studies have found that redder males (and females with more red in underwing) have larger territories with more food choices and have greater reproductive success.

A larger black face mask has been linked with aggressive behavior in some populations.

So the next time a male Northern



The Northern Cardinal female features a more subdued brown-gray color overall with red on the wings and tail..

#### (Photo by Suzette Stitely)

cardinal wakes you up repeatedly in the spring by pecking loudly on your window, notice how red his pigment is and how large and black his face mask.

You'll frequently see Northern cardinals together in winter as they are one of our first nesters in the spring.

Courtship displays begin in February on the Mid-Shore and nest building begins in March.

They prefer to place their nest in thick tangles of vines and it's built by the female bird. One to five eggs are usually laid, but sadly Northern Cardinals suffer from very high rates of nest failure.

Mostly this is due to predation by snakes and by nest parasitism by Brown-headed cowbirds which will actively remove cardinal eggs and lay their own in the nest.

Cardinal nestlings are fed mostly insects and fledge at around ten days.

While banding studies have found long-lived birds (a 15-year old female and a 13-year-old male), most Northern cardinals are fortunate if they live three years.

So as our cold winter days turn longer and warmer, listen for both male and female

Northern cardinals singing their sweet song of "what cheer, what cheer."

It'll remind you that spring is just around the corner.

Learn more about birds, including the Northern cardinal, by joining the Talbot Bird Club.

The Talbot Bird Club offers local birding trips weekly and welcomes anyone who has an interest in birds, whether a novice or experienced ornithologist, and whether you enjoy watching birds at your feeder or traveling throughout the world.

Our members learn from one another and are willing to share their knowledge.

The Talbot Bird Club is part of the Maryland Ornithological Society and also has a Facebook page.







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#### (FROM PAGE 6)

your steps and all that back and forth. I used to do my bathrooms first, then focus on dusting before I vacuumed the entire house.

Once I started with one room — in my case, the bathroom and worked my way from room to room — I was amazed at how much quicker the process went.

Your system should ideally work from top to bottom, left to right.

This keeps you from having to go back and redo areas that may have gotten soiled after you dusted the areas above them! For example, start with ceiling areas on down — any dust you miss will land on the floor or tables. Anything you miss from dusting your tables will land on the floor, which will be sucked up by your trusty vacuum!

• *Stock Up:* I always start my cleaning with my downstairs and used to run out of steam by the time I had to focus on the upstairs area, usually because the thought of dragging all my cleaning supplies and that big vacuum of mine was just too much.

These days, I keep a caddy of my favorite cleaning supplies in several rooms in my house — so I am never really that far away from what I need. It helps keep me more efficient, prevents backtracking and makes those everyday spot clean-ups so much easier.

For starters, you should have a counter cloth at each sink of your house (kitchen and bath), a dust cloth in each non-bathroom area and if you have carpeting, a vacuum on each floor.

• Go Green: I'm a huge fan of green cleaning supplies and have found that there are lots of great options out there that help me add sparkle to my house without a lot of extra chemicals.

Microfiber cloths from Norwex have been a life changer for me and helped me streamline my cleaning steps). In the past year or so, I have done away with virtually all non-organic cleaning chemicals and disposable cleaning supplies — no more paper towels or antibacterial wipes for our family.

If you are wondering if my house is now coated with a layer of grime and dirt, I can safely assure you that it is quite the opposite! My home is cleaner than ever and that I do not have to spray everything with harmful chemicals and then wipe it clean is a bonus.

Seriously. I just use wet my Nor-

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wex cloths, which have a built-in an antibacterial agent, essentially making my cleaning tools self cleaning — and then rinse it and hang it to dry until next time.

Most of these products are anti-bacterial from the tiny silver particles that are threaded in to the fibers. The microfiber collects even the smallest germs when wet and those are then rinsed away when you rinse them out.

The cloth then disinfects itself naturally while it dries, ready for its next use.

My toilets and sinks need a little more help, especially with two young boys frequenting them — but I love that I can still go green and keep their bathroom smelling as if they don't even use that room!

There are lower cost alternatives to out there — just do a search for

antibacterial cleaning supplies — but having seen the magic that my new cleaning arsenal has done on my home, I definitely encourage all my readers to give this type of product and cleaning style a try!

Having a more natural, toxinfree lifestyle is always better — what could be better than a healthier family and a healthier Earth.

• *Delegate Duties:* This works best if you have kids at home but even if you live alone, you can make your cleaning chores easier with a delegation of duties.

I find that my cleaning day, which for me usually occurs on one of my days off, goes much easier if I have done my cleaning homework all week.

How much of your cleaning time is spent moving things off of surfaces so you can properly clean them? If you spend a minute or two daily making sure that the clutter is under control, you will find that the cleaning zips by in no time.

For example, my oldest son is responsible for making sure there are no toys or clothes on the floor in any room while my youngest son gets counters and tabletops.

Any items they find go in a basket at the bottom of the steps that gets put away by the owners at a later time.

If you give each family member a declutter job (or just assign yourself one each day), your cleaning will zip by and you will have more time to sit and relax in that sparkly clean house of yours.

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

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### Vintage Horse Harness Brasses

Antique Discover



By DeeDee Wood

(Editor's note: DeeDee Wood is the owner of Black Cat Curiosities, an online antiques research and sales venue.)

horse brass is a decorative medallion made of brass that adorns the harness of a horse.

For show and pageantry, as well as for status symbols of the past, the horse brass has a rich history rooted deep in Roman and European traditions.

In archeological digs, Iron Age equivalents of more modern brass medallions are found. Made from iron and mainly bronze, due to their metallic nature, they can still be found intact today.

Called phalera, these Ancient Roman harness decorations existed as the first examples of adornment and protections for an important source of battle and societal trade routes, (the horse being the moving mechanism of the day, from battle use, trade routes, transportation and ancient farm work).

As we enter into the month of "Luck of the Irish" and St. Patrick's Day, horse brasses can be included

A brass, found on the martingale, head harness or other parts of the parts that show or contain riding mechanisms of a horse, depict





scenes, places, mystical creatures, Irish, English, Welsh or European symbolism, and more.

The possibilities of what can be found on a strapped-on embellishment like a horse brass are endless,

with protection and superstitious symbolism for luck and protective symbol for the rider and horse.

Examples of the symbolism of protection on one of these amulets of the past include the evil eye, (to ward off evil), shamrocks, (an Irish tradition to provide good luck), and other talismans and symbols to ease the idea of ill will or bad luck while on a horse or in battle.

During the use of draft horses in England and Europe in the 18th and 19th centuries, status symbols were important for the conveyance of prestige and positional societal roles.

Symbols of this power and message were portrayed in the horse brass, with such depictions as family crests, royal busts of heads of state, estate symbols, family genealogical symbols and other ways to express the trades of the estate or families.

These earlier brasses were utilized as not only utilitarian, but as a rich conveyance of these symbols and messages, as well as still continuing the ornamentation and superstitions of the era.

Pageantry, decorative artistic symbols, representation and messages are the keys to brasses of this time period.

Collections and the art of collecting these shiny antique objects continues to this very day.

A wide variety of symbols, stamps, processes and uses prevail in the world of horse brasses.

What was once an item actually used on the harness equipment of a horse became also a cheaper production item made with lower quality brass during the revolution

of industry in the latter part of the 19th century. Displays, leather straps, (a copy of a martingale), and groupings of the brasses formed a unique interest in an equine artifact.

Brasses have many techniques and ways they are made.

The earliest brass medallions were cast brass, a process of metal smithing and casting in a mold, performed by highly skilled artisans.

Stamped brass followed the cast version, offering a lighter version not made in a mold, but rather, stamped out from lighter weight sheets of brass, both providing economical savings and lighter weight hardware for the horse carrying that load.

Both cast and stamped brasses exist, but mainly what is available on the market today is an economical, souvenir-style vintage brass, made mainly in the late 19th and early 20th centuries.

This is a nod to the work horses of old from Europe that actually had hand-crafted brasses on their harnesses and equipment.

It is interesting that an ornament, often overlooked on a large animal with much detail and embellishment, even in today's representations of formal occasions of equine celebrations, has such deep roots in ancient European folklore, superstition, and status management.

The conveyance of a particular time period in a history that blends tradition, industry and representation of trade and lineage told the story of the the horse brass.

Brasses can be found, yet still, in a wide variety of shapes, sizes and themes out in the marketplace.

#### How Enlightening!

## Catch me if you can ...

Leprechauns are key figures in Irish mythology and if you find one of them, then according to folklore, you may claim his pot of gold.

• In *Irish folklore*, a leprechaun is one of the faerie folk and are often associated with faerie forts, the ancient Celtic settlements. According to popular belief, this small elf like figure is pictured wearing traditional emerald green clothes and is often sporting a beard and smoking a pipe.

• The leprechaun is a cobbler by trade, but he has a secret stash of gold that he must reveal if you can capture him. But by his nature the leprechaun is cunning and mischievous and will try anything not to hand over his gold.



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• The name 'leprechaun' is thought to have a number of origins, from the Irish Gaelic for shoemaker 'leath bhrógan' to the Irish for pigmy, 'leipreachán.'

• In one *tale*, a young farmer captures a leprechaun and forces him to hand over his gold. The leprechaun says that the gold is hidden beneath a tree in the woods and shows him which one it is. The farmer ties his red scarf around the tree and after making the leprechaun promise not to remove the scarf he heads to his farm to get a shovel. But when the farmer returns, he finds that the leprechaun has tied a red scarf around every tree in the woods.



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Preparing fried onion rings with chipotle mayo are so easy to make and add a refreshing twist to one's menu. Your work will get rave reviews.

(Photo by Deborah Walker)

### Batter up: Texture imperative for onion rings

(Editor's note: Deborah Walker has written about food and recipes for 15 years, She resides in Ocean City.)

he exploration of scientific principles, acknowledgment of personal preferences, and ingenuity are the underlying philosophies of cooking.

The proposal of "why" salvitates one's inner being with exploration and satisfies the urge to exceed conventionalism. It is then and only then one understands the true meaning of a chef.

Shore Home & Garden • March 2025

Food For Thought



By Deborah Walker

That being said, cookery has reached an unequivocal state of proficiency.

The absence of complexity does not mean the introduction to simplicity.

Details and their finer counterparts are crucial for the success of a dish.

This process must be carefully thought out, no matter the degrees of straightforwardness.

With that thought in mind, let's delve into the mastery of onion rings.

First and foremost, one should consider the type of onion that should be used.

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Red onions are strong in flavor and should be avoided. Sweet and yellow onions are the next consideration.

Sweet seems to be the overall choice, but I prefer yellow. In other words, it is up to the individual cook.

Next, taste is key for superlative fried onion rings.

Season your flour and taste the onions after cooking for adjustments.

There are only a few chances to incorporate flavor, so don't let any pass you by.

Texture is imperative for successful onion rings; the surface can range from a cake-like consistency to a coating that barely covers the actual onion.

Let us start with the dry components of the batter.

Pancake batter, tempura, flour, cornmeal, and panko are possibilities.

Trust me, I have tried them all and have found that a combination of flour, panko and baking powder are the trinity for excellence.

The flour is the foundation, the panko is the accent factor, and the baking soda ensures lightness.

Batters also need a wet constituent to activate and add adherence to the combination for frying.

Buttermilk, milk, water, eggs, and beer are all possibilities.

Milk and eggs are standard but the addition of beer is a winning combination.

The carbon dioxide in beer ensures crispness and airiness that is essential for mouthwatering onion rings.

#### Fried Onion Rings with Chipotle Mayo

#### Chipotle Mayo Ingredients

- 1 1/4-cup mayonnaise
- Quarter-teaspoon stone-ground mustard
- 1 tablespoon garlic powder
- 1 tablespoon fresh lemon juice
- Half-teaspoon of prepared horseradish
- 2-3 teaspoons adobe sauce (taken from 7-ounce can of chipotle peppers in adobo sauce)

#### **Directions**

1. Using a medium size bowl, combine ingredients until fully mixed. Transfer to an airtight container and refrigerate until ready to use.

#### Onion Rings Ingredients

- · 2 large sweet onions, peeled
- 3 cups all-purpose flour
- 1 cup unseasoned panko breadcrumbs
- 1 teaspoon baking powder
- 4 teaspoons kosher salt, plus extra for garnishing
- · 3 tablespoons garlic powder
- 3 teaspoons oregano
- 3 teaspoons smoked paprika

The type of oil is a crucial ingredient when making onion rings. Canola oil is my only choice when frying. It is light and has a high smoking point.

When I made the recipe, to my shock I did not have any canola oil. I tried olive oil and what a disaster.

I had no other choice but run to the store and grab some canola oil.

When frying the onion rings, make sure you do not overcrowd the pan, or the temperature of the

### Secret ingredient is 'Tears.'

"Delicious tears! The heart's own dew."

— Letitia Elizabeth Landon

- 2 teaspoons black pepper
- 4 eggs
- Half-cup milk
- Half-cup beer (preferably lager or pilsner)
- Canola oil for frying
- Coarse ground black pepper, to taste.

#### **Directions**

- 1. Slice the onions into 1-4-inch rings. Do not worry if they are not unison. Variation can be a good thing.
- 2. In a pie plate, whisk flour, panko, baking powder, salt, garlic powder, oregano, paprika and black pepper.
- 3. In a medium bowl whisk, eggs, milk, and beer until thoroughly incorporated.
- 4. Using a fryer or cast-iron skillet, fill enough oil to cover the rings. Heat should be medium-high heat or 375 degrees.
- 5. Fry onion rings until golden brown and then place on a cooling rack that is underlined with paper towels. Add a dusting of kosher salt and pepper, and serve immediately with chipotle mayo.

oil will drop causing the rings to become soggy.

When the onion rings are cooked, place them on a cooling rack that is underlined with paper towels. The air is the final stage for crisping.

Placing fried foods on a plate lined with paper towels is the worse thing you can do. They sit on a soggy towel which nullifies your efforts.

In closing, onion rings are making a comeback.

The frozen side has been reinvented and is now served with an array of sauces.

They are so easy to make and add a refreshing twist to one's menu.

Fried onion rings with chipotle mayo will get rave reviews. Enjoy!



#### March events

### Easton hosts St. Patrick's parade, potato races

**EASTON** — The public is invited to the 2025 St. Patrick's Day Celebration in downtown Easton on March 17

The Easton Economic Devel-

opment Corporation's festivities include the annual parade at 5:30 with lively bands and decorated golf carts.

After the parade, the crowd is

urged to stay downtown for the fan-favorite St. Patrick's Day Potato Race, immediately after the parade, hosted by the Talbot County Young Professionals.



### 'Watercolors for Beginners' class on March 20

CHESTERTOWN — A "Watercolor For Beginners" class will be held on Thursday, March 20 from 10 a.m. to 3 p.m., at the RiverArts Community Arts Center at 343 High Street

The cost is \$65.

The class, instructed by Denise Dersch, is ideal for those new to watercolor or seeking to better un-Shore Home & Garden • March 2025 derstand this fluid and challenging medium.

Students will explore essential topics such as watercolor paper, brushes, pigments, values, edges, transparency versus opacity and color theory.

Using a limited palette of primary colors, participants will learn to control water and pigments, experi-

ment with transparency and opacity, and apply various techniques to enhance their paintings.

Each session includes clear objectives, live demonstrations, and a guided project, with all supplies provided.

For more information, call 410-778-6300 or e-mail info@chestertownriverarts.org.

### Children's Book Swap slated for March 8

**CHESTERTOWN** — The inaugural Children's Book Swap is scheduled for Saturday, March 8. It will be at the Radcliffe Creek School Great Room at 201 Talbot Blvd.

Organizers are asking growing families if they have a pile of books that children have outgrown or lost interest in, and to bring them. They will accept books suitable for infants through pre-teens.

Books will be collected at the school on Thursday, March 6 and Friday, March 7 from 4-7 p.m. or on Saturday March 8 from 9-10 a.m.

Volunteers will make sure books

are in gently-loved condition and provide contributors a ticket for each book you bring in. On Saturday, from 10 a.m. to 1 p.m., visitors can shop for new-to-you books.

For more information, call 410-778-8150 or e-mail info@radclif-fecreekschool.org.



### Cambridge Coin Show slated for March 8

**CAMBRIDGE** — The annual Cambridge Coin Show is scheduled for March 8, from 10 a.m. to 4 p.m., at American Legion Post 91 on Route 50, at 98 Sunburst Highway.

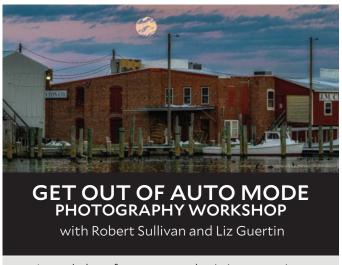
Since 1972, the Cambridge Coin Show has offered the opportunity to explore the world of coin collecting by interacting with dealers from across the Mid-Atlantic and trading collectible coins.

Approximately 20 dealers from five states will be offering coins, banknotes, tokens, and other collectibles for sale.

Third Party Grader ANACS will be on site to accept submissions for grading and authentication.

Visitors are invited to buy, sell, and trade at the bi-annual Cambridge Coin Show.

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A workshop for anyone who is just starting out with their first DSLR or mirrorless camera, or who mostly use Auto or Program Modes when taking photos. It will combine classroom instruction with field shooting.

Saturday, April 5 • 11 am - 6 pm



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### St. Michaels chocolate crawl set for March 8

ST. MICHAELS — The seventh annual St. Michaels ChocolateFest crawl will be held on March 8 and will include restaurant chefs conjuring up amazing delectable special menu items to showcase chocolate inspired dishes and desserts.

The Chocolate Crawl will take place from 11 a.m. to 4 p.m., until it's sold out throughout the town at participating businesses and restaurants.

There will be no tickets sold in advance, so come hungry and bring cash to pay for delectable items.

Chocolate lovers will enjoy shopping throughout town and sample amazing artisan chocolates, desserts, wine, beer and spirits. Participants are urged to bring \$1 and \$5 bills and bring family and friends.

For more information, visit https://www.stmichaelsmd.







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