

Clinical Herbalist for Garden Club's 2023 Kick-Off Meeting

Maria Noel Groves
from Allentown

Mary Lou McCrave
Andover Garden Club

The Andover Garden Club is learning and growing! Throughout 2022, Club meetings were held about every six weeks and on varying days at different times. We have learned from member feedback that a consistent day and time would be beneficial, and since attendance at evening meetings was always greatest, we have set general meetings in 2023 to be at 6 PM on the second Tuesday of every other month beginning in January. Meetings will be held at The Hub.

At the 2023 kick-off meeting on Tuesday, January 10, Maria Noel Groves, Clinical Herbalist of Wintergreen Botanicals in Allentown, New Hampshire, will present *The Secret Lives of Garden Herbs*. You may already know that rosemary goes great with chicken, but did you also know that it may also help stave off Alzheimer's disease? Or that sage can help with hot flashes? Come learn surprising ways that common cu-

linary herbs and companion plants can also help your family stay healthy.

Maria has been working with herbs for more than 20 years and has received formal education by some of the top herbalists and herb schools in the country. She is a graduate of the Southwest of Botanical Medicine and Sage Mountain as well as other schools and programs. She is a health educator and an adjunct instructor for the Herbal Academy. Her work as an herbalist focuses on Western Euro-American traditions, while she works to be more inclusive and honoring for all people. She is also a health writer and her award winning first book, *Body into Balance*, an Herbal Guide to Holistic Self Care, is a core text book in herb schools across the country. For more about Maria, go to WintergreenBotanicals.com.

This program is open to all Andover and surrounding community residents. The program fee is \$10 each. Refreshments will be served and Maria will have a sample of her books for sale.

To reserve, email AndoverNHGardenClub@gmail.com on or before Friday, January 6.

Local Resident Warns About Tree Damage Due to Bittersweet Vines

Ways to control this
invasive creeping vine

Mary Lou McCrave
Andover Garden Club

Mary Howe of Andover honors her property and is an exemplary steward of the land. In her travels through town she has noticed the invasive Oriental Bittersweet growing wild and unrestrained, choking out beautiful Maple and Oak trees that are over a century old that help define our town. She came to the Andover Garden Club to ask if we could help spread the word about this invasive species.

The following has been reprinted with permission from the UNH Extension Service Website.

The golden Oriental Bittersweet (*Celastrus orbiculatus*) is a deciduous, woody, perennial vine native to China, Japan, and Korea, that was brought to this country in the mid-1800s as an ornamental plant. Bittersweet is now considered a serious invasive species because it poses a significant threat to native plants.

Bittersweet vines have alternate, glossy, round, or oval leaves that are two to five inches long. The roots are a distinctive orange color, while the vines are light to medium brown with a white pith. Bittersweet has small, greenish-yellow, five-petaled flowers, which produce green fruit in early summer that ripens to yellow and orange by the fall. The plant's stems and bright fruits are often cut in the fall and used for decoration which can contribute to further spread of this invasive plant.

Birds are also quite adept at "planting" new bittersweet vines. Many bird species enjoy eating bittersweet fruit and distribute the seeds to new areas in

their droppings.

Oriental Bittersweet can be found in grasslands, woodlands, marsh edges and along road sides. It is often found in open, sunny sites, but its tolerance for shade allows it to invade forested areas



Larry Chase took these pictures of Oriental Bittersweet vines growing around an old tree in East Andover.

as well.

It is an extremely aggressive vine that climbs on other vegetation, restricting its host plant's access to sunlight, nutrients and water. The added weight of bittersweet vines also makes trees and other plants more vulnerable to storm damage.

How to Control

If the bittersweet infestation is light, hand-pulling vines can be effective, especially before the vines have fruited. Place vines in plastic trash bags and dispose of them, or bake the vines in the sun on a tarp or on a paved surface to kill the roots and seeds. Bittersweet often resprouts from root fragments, so use care to remove as many roots as possible to avoid regrowth.

Heavier infestations may be controlled by cutting stems and painting them with an herbicide in early summer through winter."

See Bittersweet on page 21

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