



P.O. Box 125, Lake Lure, NC 28746  
Contact: leearmstrong16@gmail.com



## NEWS MAY 2018

### CALENDAR OF UPCOMING FREE WORKSHOPS AND EVENTS

- May 29** Identifying and Dealing with Invasive Species, led by Clint Calhoun (Town Hall, Back Door)
- June 5** \*\*\***LLFB ANNUAL MEETING**  
HNG Chamber Re-Charge at LLFB and Carolina Moon  
5:30-7:00PM
- June 7** \*\*\***Medina's Bistro Fundraiser**  
10% of Sales Donated to the LLFB  
All Day (Rain Date: June 14)
- June 19** Container Gardening with Edible Plants, led by Master Gardener Charlotte Gardner
- July 24** Water Gardening (Town Hall), led by Master Gardner and Garden Writer Debbie Clark
- July 31** Hybridizing Day Lilies and Hostas, led by Debbie Clark (Town Hall Back Entrance)
- August 21** Repurposing Found Objects as Garden Accents, led by Master Gardeners/LLFB Volunteers Lynn Lang, Eleanor Bails and Mitsi Chorak
- September 25** How to Build a Fire Pit, led by local craftsman Mark Hoek

All classes are free and open to the public at 10am at the west end of the bridge unless otherwise indicated. For more information, call 828-625-2540.

\*\*\*Special Events

**LIKE US ON [FACEBOOK](#)- 2,849 HAVE!**  
SHARE OUR POSTS WITH FRIENDS



Thanks to Danny Holland for this photo of the torch cactus in the Rock and Succulent Garden. Its glowing scarlet flower shines from the backdrop of the garden's rolling landscape designed especially for dry habitat plants



Alice Garrard took this photo of Margie Warwick lending her extensive retail expertise to help market bridge merchandise. When Margie, who is in her 80's, is in residence in Chimney Rock, she volunteers at LLFB.

*All photos in this issue from Alice Garrard unless otherwise credited*

## LLFB 5TH ANNIVERSARY FEATURED IN McDOWELL NEWS



Thanks to Mitsi Chorak, LLFB Board member in charge of marketing, the *McDowell News* featured the bridge gardens in a recent edition. The story, celebrating the fifth anniversary of LLFB, is accessible to readers at [LLFB in McDowell News](#). The McDowell News is published in Marion, NC, located about 30 miles northeast of Lake Lure.

## TIME IN GARDENS CAN IMPROVE YOUR OUTLOOK



It's often been said that worry can be erased if we "stop and smell the roses." We see the pleasure that our visitors take in the sights and scents on the Lake Lure Flowering Bridge every day. But did you know that scientists are exploring the way time in gardens affects our lives? Are our genes guiding us to get closer to nature?

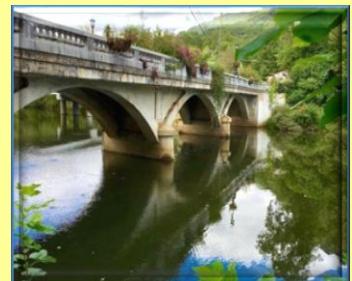
Roger Ulrich, a leading researcher in healing gardens, summarizes it this way: "We have a kind of biologically prepared disposition to respond favorably to nature because we evolved in nature. Nature was good to us, and we tend to respond positively to environments that were favorable to us."

By the way, the oft-used saying, attributed to the legendary golfer Walter Hagen, was about smelling the flowers, not just roses. "You're only here for a short visit. Don't hurry, don't worry. And be sure to smell the flowers along the way." (From *The Walter Hagen Story*, 1956) [Photos by Mike Lumpkin]



## HD CAROLINA ADDS LLFB TO NC DESTINATIONS VIDEOS

HD Carolina now features a short video of the Lake Lure Flowering Bridge with a description to let travelers in North Carolina know both our history and how to find our gardens. They say LLFB is "a beautiful destination where you can relax and enjoy the ever changing flowers and plants on the bridge." The video includes aerial views, as well as views of many individual garden spots and maps to help guide visitors. HD Carolina videos are available on their website in addition to the HD Carolina channel on several connected TV platforms like Roku and Amazon Fire. Watch this video at [LLFB on HD Carolina](#).



Henderson County Extension Service visitors came earlier this month to hear all about our gardens from LLFB Board Chair Kathy Tanner.

Alice Garrard spotted one of our doggie visitors checking out the view of the river through the bridge balustrade and took this picture. We make our canine friends welcome with water bowls situated along the path and they seem to enjoy the LLFB as much as our human guests.





## A GARDENER'S LOVING TOUCH FEEDING HUMMINGBIRDS

LLFB volunteer and board member Eleanor Bails shared her knowledge of hummingbirds and their feeding in our late April workshop. (Her recipe for the nectar that will attract the little birds is below.) When asked how she got interested in the tiny winged creatures, she told this story: *When I was a young teacher in my 20s, I enjoyed going to arts and crafts shows. I was attracted to the beautiful hummingbird feeders "works of art" they had for sale. Many of them were made of blown glass or made from beautiful narrow-necked bottles. I soon found out that the feeders I was most attracted to were the ones I should have avoided as they are very difficult if not impossible to clean. In my presentation I suggest that the best hummingbird feeders are the inexpensive plastic ones that are red and clear or red and white that come apart for easy cleaning since the feeders should be cleaned and new sugar water added every few days.*

*I've given this presentation twice and both times people have approached me at the end of the presentation and said, "I'm doing everything wrong" to which I reply that I made all the mistakes too when I first started feeding hummingbirds.*



### HOMEMADE NECTAR RECIPE AND BEST PRACTICES FOR FEEDING

1. Add table sugar to water in a 1:4 ratio. For example add 1/4 cup sugar to one cup water. Stir. Do NOT add honey or any other sweetener. Do NOT add food coloring.
2. Bring to a boil on stove or in microwave. Some sources say very hot tap water can be used without boiling. Cool the nectar and it can be stored in refrigerator for about two weeks.
3. When filling feeders, put in just the amount of home made nectar the hummingbirds will eat in a few days. Feeders should be emptied and cleaned every 2-3 days with mild soap and water especially during warm/hot weather. A small hand feeder should be emptied and cleaned every day. Some sources suggest cleaning only with a vinegar solution. Kits for cleaning baby bottles (can be purchased from a 'dollar store') contain great cleaning tools for feeders.
4. Do not use petroleum products (Vaseline) on feeders. Do not use pesticides or insecticides as insects are an important food source for hummingbirds.
5. Discard leaky and/or faded feeders.

## WHERE THERE IS A BRIDGE, ARE THERE TROLLS?



The trolls of Scandinavian folklore, like those in the tale of *The Three Billy Goats Gruff*, made their way from habitats under bridges into English fairy tales, sometimes as fierce creatures and other times harmless characters. Some months ago volunteers were looking at the rock path that leads under the bridge from the east end gardens and imaginations turned to trolls. Now a little troll house is taking shape in that spot, a place to spark imaginations. There will be a children's vegetable garden there and occasionally a "troll" will peep out for a visit. Jennifer Gregg (overseeing construction in the photo above), is one of our new volunteers and the troll house is her brain child. [Story and photo from Kathy Tanner]



Harpists Sue Richards and Ann Elizabeth brought their harps to the Lake Lure Flowering Bridge on a Sunday afternoon in late April to the delight of visitors. [Photo from Danny Holland]



## MAY LLFB SCRAPBOOK



New volunteer Mike Payne isn't hiding, just working to move grasses across the gardens. The word on Mike (as with most of our volunteers) is that he's ready to help however and whenever. Thanks, Mike.



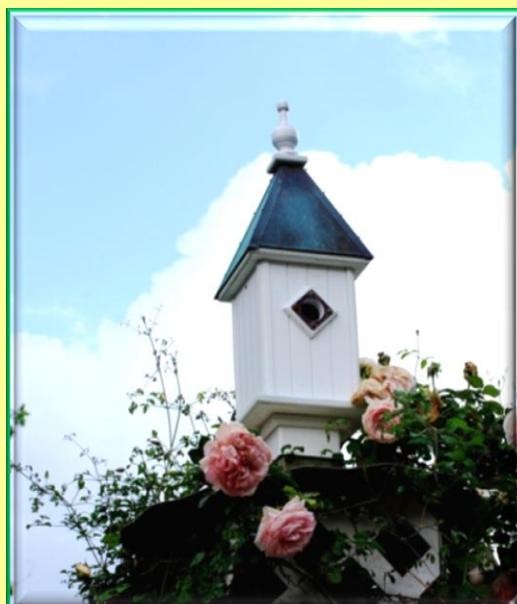
The Flight 93 Rose remembers and honors the sacrifice made by those aboard United Airlines Flight 93 on September 11, 2001. We are proud to have this rose in our gardens.



Day or night, the path through the LLFB gardens lures visitors to the beauty and peace that can be found there in our "Gateway to Somewhere Beautiful."



Coneflowers (Echinacea) grow naturally in North Carolina and have become favorites in gardens across the state.



Many different species of birds are attracted to the LLFB gardens. They find welcome here in houses and feeders.



The raptor sculpture in the Lake Lure Classical Academy garden on the bridge seems about to fly away.  
[Three photos above from Mike Lumpkin]