



P.O. Box 125, Lake Lure, NC 28746

lakelurefloweringbridge.org

Eleanor Bails, editor, lfb.newsletter@gmail.com

Alice Garrard, associate editor/photographer

News ♦ September 2020

Calendar of Events

Through mid-October – Special Feature: Here Comes the Sun

Tuesday, September 22, 10 a.m. – Landscape Solutions for Problem Yards

Led by master gardener Debbie Clark
Flowering Bridge Secret Garden

Tuesday, October 27, 10 a.m. – Bonsai Principles for Success

Led by master gardener Bill Massey
Town Hall, back entrance

Social distancing and masks are required on the bridge and in the classes we offer. For more information, call Alice or Danny at 828-625-2540.

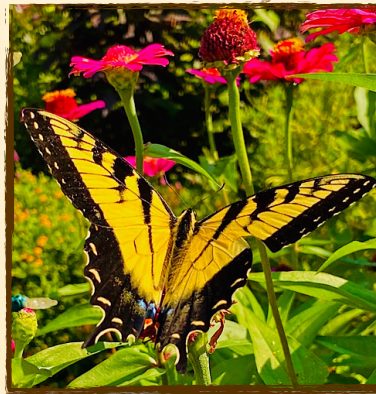


Holy Basil

Strengthen Your Immune System With Herbs

During her class “Tips for Growing Healthy Herbs,” held at the bridge on June 23, Charlotte Gardner stated that

one of her favorite herbs, holy basil, is known for strengthening the immune system. Two other common herbs that are touted for building immunity are garlic and ginger. Read more about this health-related concept in the article **“COVID-19: Herbs That Strengthen Your Immune System.”**



Cloaked in gold with black stripes, the eastern tiger swallowtail is one of the largest and most recognizable butterflies.

[photo by Lynn Lang]

Winged Royalty

By the time September rolls around, the Flowering Bridge is carpeted in multi-colored blossoms. Butterflies add to the striking display as they dart from flower to flower gathering nectar. Among these ethereal winged creatures is a

butterfly native to eastern North America, the familiar yellow eastern tiger swallowtail.

The insect overwinters in the chrysalis stage and hatches in spring when temperatures warm up. Females lay eggs in shrubs and trees such as sweet bay magnolia, tulip poplar and black cherry. Mimicry helps the species survive. In the early larval stages, caterpillars resemble bird droppings. Mature caterpillars are bright green and develop large black, blue and white false eyespots that fool potential predators into thinking they're snakes. Some females have dark wings and look very different from the typical yellow eastern tiger swallowtail. Predators avoid the dark-winged females because they resemble pipevine swallowtails, which are poisonous.

In 2012, the eastern tiger swallowtail was officially named North Carolina's state butterfly. This insect also holds state titles in Delaware, South Carolina, Georgia and Virginia. Enjoy more photos of butterflies in this month's scrapbook.



Some female eastern tiger swallowtails have dark wings, which helps the species survive.

**SEE WHAT'S BLOOMING ON THE BRIDGE.
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Maryann shows examples of tools and footwear that help make gardening easier and safer: lightweight yet powerful electric Mantis tiller; Swiss toggle hoe for easy weed removal; and non-slip shoes.



Simplify Gardening as You Age

“Get a tetanus shot,” was the opening statement made by local gardening expert Maryann Brown to remind her audience about the importance of protecting oneself from a serious bacterial infection that can occur when cuts and scrapes become contaminated by garden tools that come in contact with soil. During the class “Tips and Tools for the Older Gardener,” held in the LLFB’s Secret Garden on August 25th, Maryann presented practical ways one can stay safe and healthy while enjoying this fulfilling hobby in spite of the physical limitations that come with aging.

Maryann recommends landscaping with large planters and narrow, raised beds that can be tended without bending over or reaching very far. Install low-maintenance shrubs, ground covers, rocks and garden art instead of plants that require a lot of pruning, trimming, or deadheading. Avoid any plants that spread quickly, must constantly be cut back and are difficult to remove.

In addition to the samples that Maryann brought with her, shown in the photos, above left, she shared this list of some of her other favorite products that help increase comfort and safety and reduce effort and joint stress to assure gardening will be a fun, safe and healthy activity well into the golden years:

- ❁ Rolling garden seat, tractor scoot, kneeling seat with handles, heavy pads for kneeling
- ❁ Garden cart, instead of a wheel barrow, for hauling garden materials and tools
- ❁ Ergonomically designed tools to reduce back, wrist and hand strain
- ❁ Small buckets with lids, instead of heavy bags, for weed prevention granules and fertilizers
- ❁ Soaker hoses and hose guides to prevent tripping over hoses and the strain of pulling them
- ❁ Water retention crystals to reduce the frequency of having to water plants
- ❁ Lever handles for ease of opening gates

Butterfly’s First Flight

Observing the stages in the life cycle of a butterfly in captivity is an unforgettable experience for children. In the final stage of metamorphosis, a butterfly emerges from its chrysalis and must be released into the natural world. With an abundance of nectar plants that provide energy, the Flowering Bridge is the perfect spot for this beautiful insect’s first flight. In recent months, we’ve been lucky to have caught several butterfly releases on camera and are honored that these families chose the LLFB for their butterflies’ send-offs.



This family drove four hours to the Flowering Bridge from Cary, NC, to release butterflies they had nurtured from the caterpillar stage.



With help from her mom, Cheyenne, from Graham, NC, releases the butterfly she raised from a caterpillar.



September Scrapbook

You might spot some of these butterflies dancing among the blooms at the Flowering Bridge or in your own yard!

[photos by Eleanor Bails, Alice Garrard and Lynn Lang]



Great Spangled
Fritillary



Gulf Fritillary



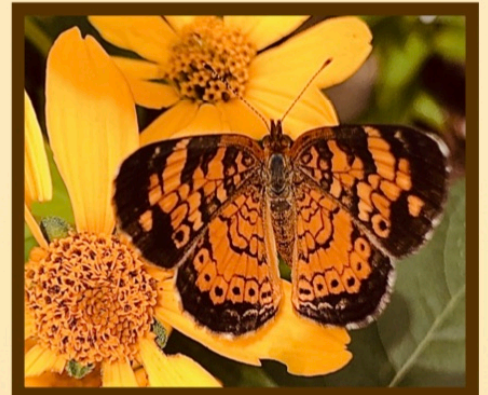
Silver-Spotted
Skipper



Fiery Skipper



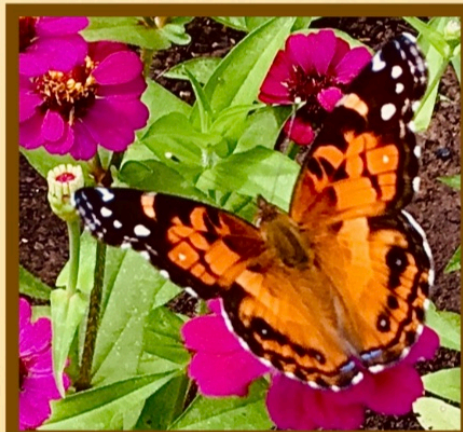
Common Buckeye



Pearl Crescent



Viceroy



American Lady



Pipevine Swallowtail