**Volunteer**

*Morris Arboretum of the University of Pennsylvania*

*Volunteer* is a newsletter published monthly for Arboretum volunteers.

The Morris Arboretum of the University of Pennsylvania is an historic public garden and educational institution. It promotes an understanding of the relationship between plants, people, and place through programs that integrate science, art, and the humanities. The Arboretum conducts four major activities: education, research, outreach, and horticultural display. As the official Arboretum of the Commonwealth of Pennsylvania, the Morris Arboretum of the University of Pennsylvania provides research and outreach services to state agencies, community institutions and to citizens of Pennsylvania and beyond.

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**Contents**

| Letter from the Editor | 2 |
| Notes from the Guides Chair | 3 |
| Volunteer Workshops and Opportunities | 4 |
| Learn from Home | 6 |
| Connect from Home | 7 |
| From the Archives | 10 |
| Garden Highlights | 11 |

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Front Cover: *Allium stipitatum ‘White Giant’* by Eloise Gayer

Pictures by Eloise Gayer, *The Charles S. Holman Endowed Rose & Flower Garden Intern*
Announcement

Arboretum Closed Until Further Notice

In response to the unprecedented public health crisis related to Coronavirus (COVID-19), Morris Arboretum will close to the public until the University of Pennsylvania feels that it is safe to re-open. Please know that this decision was made after careful deliberation and that our priority is to do all we can to ensure the safety and well being of our staff, volunteers, and visitors. Information pertaining to public health is rapidly evolving and, as such, it is not yet known when we will reopen. We will be vigilant in our efforts to keep our website up-to-date and we will communicate directly to members and class registrants via email with the latest details.

Canceled June Events:
Great Plants Guide Committee Meeting, 6/9
Education Guide Committee Meeting, 6/11
Regular Saturday and Sunday June Tours

We need your help!
What are you missing most about the Arboretum? What would you like to see more of on our social media pages? What classes would you like to see offered? If you have ideas on how we can better help you and others connect with Morris Arboretum during this challenging time, we’d love to hear from you! Email info@morrisarboretum.org with your suggestions.

Morris From Home

Stay connected with Morris Arboretum from home! Check morrisarb.org for updates on how you can still experience the Arboretum in these three ways:

1 LEARN FROM HOME
Sign-up for an online class or check-out our gardening video playlist! morrisarb.org/learn

2 CONNECT FROM HOME
Follow Morris Arboretum on Facebook and Instagram to stay up to date on what’s blooming in the garden. You can now also explore Arboretum friend’s gardens! morrisarb.org/connect

3 GIVE FROM HOME
If you are in a position to make a donation of any size to the Arboretum, please consider doing so online at morrisarb.org/giving
Dear everyone,

I cannot believe that this is my last *Volunteer Newsletter* to share with you all! As many of you know, the time has come for the current Arboretum Interns to move on to new and exciting things. I have had such a fantastic year at Morris Arboretum, and I cannot thank you all enough for making this experience so meaningful. To those of you I had the pleasure of meeting and working with, I have truly loved our time spent together. You will all hold such a special place in my heart. And to those of you who I have not met in person but read this Newsletter, I am immensely grateful to you as well! I have had so much fun being the editor for *Volunteer;* so knowing that there are people on the other end enjoying it as well makes me so happy. So, to all of you: thank you so much and I will miss you dearly. If you would like to stay in touch (I would LOVE to hear from you!) you can always reach me at aarella13@gmail.com.

I am happy to share that on June 15 I will be starting a new position with The Aspen Grove School, which is an environmentally focused preschool in South Philly. There I will be an assistant teacher in the 3-year-old classroom. I am really excited about starting this position and thrilled to be able to continue with environmental education. I do hope to make my way back to a public garden one day, though!

I hope you are all continuing to stay safe, healthy, entertained, and happy. And I hope to see you again soon! Staying in Philly means that I will definitely be paying the Arboretum a visit now and again! Wishing you all the best.

Happy June,

Alessandra Rella

*The McLean Contributionship*  
*Endowed Education Intern*
More Than 20 Ways to Maintain Your Sanity During the 2020 Stay-at-Home COVID Craze, Part 1

I asked and you answered. I expected no less from such an enthusiastic and ingenious group. Thanks for letting me know what you are doing to keep active, involved, and sane during the COVID 19 crisis. Below you will find 12 out of 22 responses I got from education guides on what they are doing to keep entertained and sane during this time. Stay tuned for the rest of the responses in the July issue of Volunteer!

Judith Pyle is continually adding to her vegetable garden, riding her road bike about 30 miles 3-5 times a week, and walking her dog about 5 miles per week. (Phew, I am exhausted just reading all that). While walking her dog, Judith has enjoyed seeing praying mantis egg sacs and lots of wildflowers including native carnivorous pitcher plants tucked under the forest canopy. Her mantra is: If I don't get out, if I don't pay attention, I won't see.

Debbie Carr and her husband Doug walk every afternoon in their neighborhood and go in search of something new – a little alley, a secret road, or interesting architecture they’ve never noticed. One day they came across Paul Meyer gardening outside his new home! Once or twice a week they also drive to the Schuylkill Center, the Wissahickon, or a Natural Land’s preserve to stretch their legs on trails and look for wildflowers and birds.

Janet Caputo is redesigning her garden beds and going more native. She loves being part of the Arboretum book club (thanks Deitra!) and is enjoying reading non-fiction, which is not her usual choice. She and her husband also spend 2 hours daily playing with and teaching their 8-year old grandson in Colorado while his parents work. In addition, she has almost finished inputting family trees on Ancestry.com through the help of cousins she didn’t even know. She has reached back to the early 1700s on one branch!

Ed Matakas has been keeping busy with projects around the house including painting the interior of his home. He also got plants for a rock garden he is creating by his patio when the weather cooperates. Reaching out to friends and family through text messages is a constant joy. He, like the rest of us, is anxious for the Arboretum to re-open!

Genie Esser is busy all week with mahjongg on Mondays, chamber music on Tuesdays, Facetime with family and friends anytime, the Philadelphia Orchestra on Thursdays, and Zoom family game night on Sundays. She is also enjoying bird watching out her den window, cooking easy but creative meals, and reading the biography of Leonardo da Vinci (which will keep her busy for weeks).

Elise Smith planned a fantastic Zoom baby shower for her daughter, Claire, who is expecting her first child (and Elise and Bruce’s first grandchild) on June 4th. Elise is also enjoying cooking, gardening, walking, and participating in Zoom get togethers.

Anne Ciarailli is exercising daily with Zoom Tabata, boot camp, strength training, and barre classes, plus walking around her neighborhood. She has also taken a few of the Morris online classes, which have been a welcome distraction! Anne feels very blessed to have a backyard to garden and get lost in during quarantine! Anne also tried her hand at watercolor painting using YouTube as a teacher.

Jody Sprague has been enjoying the enforced down time; her spring garden has never been in such good shape so early in the season. She has also been making masks for a local retirement home and contributing to the Mattie Dixon Community Cupboard in Ambler. She and her husband drove 2 truck loads of food to Feast of Justice Food Pantry in the Mayfair section of Philadelphia last month. Jody feels fortunate to be able to help others in need right now.

Pat Moir has gone puzzle crazy with mostly plant/flower themed puzzles – this is one way for her to stay connected to nature. She has also enjoyed the beautiful pictures that the Arboretum has posted on Instagram. She can’t wait until the Arboretum re-opens.
Bette Perlman has been busy gardening, walking, and cleaning out closets, drawers, and cabinets. She is also reading and doing tons of baking and cooking. Bette has found trying new recipes to be lots of fun!

Mary Pat Boyle is appreciative that it is spring so that she can look outside and see color and do some gardening on decent days. On a positive note she adds that she and Tom are not ready to kill each other! Her outings include driving her car around every other day or so to keep the battery from dying.

My husband and I have been able to get outside (at appropriate social distances) to walk miles every day, play tennis on the 3 courts in our township that are still open, bike, and last week play golf. I am also enjoying a zoom exercise class three mornings a week, as it gets me out of bed at a reasonable hour. Zoom teaching sessions with our granddaughter every week have been fun – math (with my husband) and grammar and Spanish (with me). And the usual gardening, reading, cooking and baking, online courses and watching lots of TV. I got a Ninja air fryer for Mother’s Day so that will be my new project.

Meegan Niemira got 4 yards of mulch the Tuesday after Easter, so whenever it’s nice, she has been weeding extra carefully and putting mulch down in all her flower beds. She is also trying to reduce the size of her “to-be-read” pile, but a friend is also passing books on to her, so she is falling behind! Finally, Meegan is the chief mood-manager of the household with 2 high-schoolers and a college kid at home. Sometimes the “Forced Family Fun” really has been fun! She has also been trying to make her high school senior daughter feel special, even though she is missing out on so much.

John Kober  
Chair of the Guides

Volunteer Workshops and Opportunities

Volunteer Garden Stroll
Tuesday, July 7 | 10:00 a.m. - 2:00 p.m.

We would like to invite Horticulture and Education Volunteers to independently visit 4 properties within easy driving distance of each other on Tuesday July 7th, from 10 a.m. – 2 p.m.

Rain date: Thursday July 9th

Due to current guidelines, we ask that masks are worn and use of social distancing for everyone’s safety. We regret we are unable to offer food or drink this time, and cannot share our bathrooms. Please bring your own water to stay hydrated. Please park on the street or across the road from Lynne’s in the Restaurant parking lot. Always be respectful of neighbors’ driveways and our expected coming and going for this event. Please no carpooling. There is no particular sequence to viewing the gardens on show, as this will help with staggering attendance. RSVP’s are not needed – but hoping you are able to stop by!

The Garden Locations -

Laura Axel  
8206 Douglas Road  
Wyndmoor, Pa 19038  
(m) 215 901 5851

Donna Hecker  
1704 Hillcrest Road  
Laverock, Pa 19038  
(m) 215 901 6260

Elise Smith  
309 Woods Road  
Glenside, Pa 19038  
(m) 215 806 8977

Lynne Dunn  
1515 Jarrettown Road  
Dresher, Pa 19025  
(m) 215 896 3046
**Eating on the Wild Side: The Missing Link to Optimum Health**

By Jo Robinson

**Friday, June 5 | 1:00 p.m. | Virtual Meeting**

The book club will meet virtually this month for an online discussion. If you would like to participate, please contact Deitra Arena in advance at deitraarena@gmail.com

The next stage in the food revolution—a radical way to select fruits and vegetables and reclaim the flavor and nutrients we’ve lost. Ever since farmers first planted seeds 10,000 years ago, humans have been destroying the nutritional value of their fruits and vegetables. Unwittingly, we’ve been selecting plants that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants for more than 400 generations. *Eating On The Wild Side* reveals the solution—choosing modern varieties that approach the nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of these newly identified varieties can be found in supermarkets and farmer’s market, and introduces simple, scientifically proven methods of preparation that enhance their flavor and nutrition. Based on years of scientific research and filled with food history and practical advice, *Eating On The Wild Side* will forever change the way we think about food.

The Book Club is open to all Arboretum volunteers and staff. All are welcome to attend any session and you do not have to attend every month.

*The Book Club will not meet in July or August. See you in September!*
Volunteer

Learn from Home

In response to the unprecedented public health crisis related to Coronavirus (COVID-19), all spring classes have been canceled through September 12.

We are excited to now be offering online classes! Be sure to regularly check morrisarb.org/onlineclasses for updates on classes to be offered. Sign-up for classes online as usual.

All About Succulents: A Guide to Succulent Houseplants and Landscape Plants
Eloise Gayer, The Charles S. Holman Endowed Rose and Flower Garden Intern
Wednesday, June 3 | 10:00 - 11:00 a.m.

While being among the most popular houseplants of our time, succulents can be surprisingly tricky to maintain! This class will cover all aspects of caring for your succulent, including potting, propagation, the secret formula for the perfect potting mixture, overwintering tips, and common pests and their controls. You’ll also learn how you can incorporate succulents into landscape design.

members: $8 | non-members: $10

Sugar, Sex, and Poison: Shocking Plant Secrets Caught on Camera
Bill Cullina, Morris Arboretum F. Otto Haas Executive Director
Thursday, June 11 | 10:00 - 11:00 a.m.

It’s easy to forget that plants are not helpless. They have evolved an incredible arsenal of chemicals, camouflage, spines, hairs, and waxes to discourage herbivores. They spend a huge amount of energy on pollen, nectar, edible fruits, and sugary root exudates designed to attract and nourish animals, insects, fungi and bacteria. Learn how this world of pollen, poisons, pigments, pheromones, sugars, and sex translates to sound organic practices we all can benefit from.

members: $10 | non-members: $12

The Botany of Design
Bill Cullina, Morris Arboretum F. Otto Haas Executive Director
Wednesday, June 17 | 10:00 - 11:15 a.m.

In this fun and information-filled talk Bill explores such things as the reasons for big leaves, variegation, and ways to create more satisfying designs without breaking the budget. He looks at life beyond the color wheel to the importance of healthy soil and reveals some of his best horticultural secrets while weaving together aesthetics, psychology, botany, and ecology into a fascinating one-hour ride.

members: $10 | non-members: $12

View Eliza Nobels’ Intern Project Presentation

Hear Eliza Nobles, The Martha S. Miller & Rusty Miller Endowed Urban Forestry Intern, speak about the two projects she worked on for her intern project: Analyzing Leaf Litter and Soil Health at the University of Pennsylvania and Wood Reutilization at Penn. As we were unable to live stream this presentation, a pre-recorded version has been made and is now available to view.
Connect From Home

Birds You Can See at the Arboretum

Start by looking here at the list of birds commonly seen at the Arboretum. Then find and circle the names of 12 of the birds on the list in the puzzle below. Names may go across, down, or diagonally.

Extra credit: Draw the red-bellied woodpecker pictured on page 5 of the bird list.

Visit morrarb.org/connect to find word searches, coloring pages, and more!
Home Gardens

From Carol Benners’ garden

We have been using Virginia strawberry as a ground cover. It holds its own well against Lesser Celandine, which is a plant we are constantly struggling with at our house. This bed is where we started our plants in 2017!

From Joan Biddle’s garden

From Chris Brehm’s garden

What’s happening in your garden?

Send us pictures of what you’re planting, what’s in bloom, or what you find in your home garden to share in Volunteer! Please send your pictures and captions to edintern@morrisarboretum.org
Dear Education Guides,

It has truly been a pleasure to meet and work with you all. You are all such kind individuals and so good at the work that you do. You have taught me so much. I will definitely be taking many teaching techniques and activities that I’ve learned from you along with me! Thank you! I have really enjoyed our time together... chatting in the education office, building programs, making props, doing tour trainings, and taking field trips. Below are some of my favorite memories that I got to share with you. I will miss you all so much!

Hugs, Alessandra
From the Archives

A Picture Worth 300 Words
by Joyce H. Munro

By June 1919, the deadliest Influenza outbreak in modern history had run its course in Philadelphia and people were back at work. Manufacturing companies were hiring, though prices of raw materials were rising and stocks were in decline. Hospitals were fully operational again, despite shortages of equipment. Bloomfield Farm was fully operational as well. In fact, most farm operations continued throughout the pandemic, especially milk and butter production. With each Jersey cow giving an average of ten quarts of milk twice daily, 20% of which was cream, butter-making was ongoing.

And when equipment was in short supply, Lydia Morris turned to Dairymen’s Supply Company, providers of “everything for the dairy.” Heading the company was George R. Meloney, a dairyman and inventor of dairy equipment, including a milk cooler, weighing machine and scale. No doubt, his inventions were on display at the 1900 Paris Universal Exposition, where his company won a Silver Medal.

The future of the nation’s dairy industry brightened in 1919, when public health officials called for increased milk consumption in cities like Philadelphia. As a way of endorsing this effort, the U.S. Department of Agriculture declared July 1 “Buttermilk Day.” Not that buttermilk had to be drunk straight; its nutritive properties could be enhanced by adding ingredients like lemon and sugar.

That June, operations at Miss Morris’s dairy were upgraded with the purchase of a churn, a table for working the butter, and a scale. The dairy may have been small but it played an important wartime role by supplying local families with milk and butter. As to buttermilk lemonade—it’s quite possible Miss Morris’s cook concocted it in the basement kitchen of Compton. After all, the Ag Department proclaimed it was the perfect hot-weather drink.
Acer pensylvanicum
moosewood

Rhododendron austrinum
Florida azalea
Skinner Native Azalea Collection
English Park

Rhododendron
flameum
flame azalea
Skinner Native
Azalea Collection
English Park

Geranium
maculatum
wild geranium
near Log Cabin

Allium
‘Gladiator’
Rose Garden

Rosa ‘ebb tide’
Floribunda rose
Rose Garden

Rosa ‘Thérése Bugnet’
hybrid rugosa rose
Rose Garden

Dianthus
‘Firewitch’
pinks
Rose Garden