

An Affiliate of the American Orchid Society

FORT LAUDERDALE ORCHID SOCIETY

N • E • W • S • L • E • T • T • E • R

July, 2008

July 14th Program:

Visit Vizcaya's Orchids

Our hosts from Vizcaya will be **Ian Simpkins**, Chief Horticulturist, and **Carol De Biase**, Curator of Orchids. They will provide the plants for the raffle table, but will not be selling plants. You'll want to own a Vizcaya orchid so plan to buy many lucky raffle tickets.

Ian Simpkins came to Vizcaya 13 months ago bringing with him extensive experience in public gardens and grounds management, historic garden preservation and restoration, greenhouse management and indoor plant care.

At Vizcaya, Ian is responsible for overseeing the daily care of the gardens and grounds, developing a horticultural program, taking a leadership role in public outreach and historic interpretation of the gardens and natural areas. Other responsibilities involve long range development, restoration and replanting plans, historic research on American Renaissance gardens, developing a management of the mangroves and other protected specimen, and overseeing the selection, propagation and installation of plant materials.

Carol De Biase has been Curator of Orchids at Vizcaya for the past 8 years. She has been growing orchids for the past 32 years started out in Tulsa, Oklahoma. Carol has been an American Orchid Society Judge for the last 30 years traveling extensively in Peru, Borneo, South Africa, Malaysia, Columbia, Mexico, Guatemala, El Salvador and the Caribbean, as well as in the United States.

Carol has served on various AOS committees, is a member of the South Florida Leadership Council, holds memberships in several local orchid societies, and is currently the Vice-President of the South Florida Orchid Society. She has been Editor of SFOS's *Orchidist Magazine/Newsletter* for the past 6 years and has been Show Chairman of the East Everglades Orchid Show for the past 5 years.

Both Ian and Carol submitted biographies that included far more activities than listed here, but you can bet that these energetic and talented people will produce a not-to-miss program.

Do You Want The FLOS Newsletter Via Your E-mail?

As long as I am editor there will always be hard-copy, snail- mailed newsletters. It would save money to send out the newsletters on- line to some members who don't want a hard copy. **Please choose and respond:**

1. If you want your newsletter on line, please state that in an e-mail to me. (bobdot@bellsouth.net) Please include your name in the email body and request 'on-line'. **Also put FLOS** in the 'subject' line or you may get deleted.
2. If you **DO NOT** want to read your newsletter on -line please also confirm that by e-mail, phone, (954-772-4836) or see me at the July meeting. D.H.

A Penny Can Stop Bee Sting Pain!

Member, John Ward, has found something useful to do with a penny. His yard seems to house angry hornets and when he got a sting, he ended up at his doctor's in pain from the swelling. His doctor told him to place a penny over the sting if he got another. If left in place for 15 minutes the copper in the penny would negate the toxin. Both John and his neighbor have been stung since then and both applied pennies which resulted in little pain and no swelling.

Save These Program Dates:

August 11- *Phalaenopsis* program by Barbara Baldan's daughter, Laurel.

September 8- *Oncidinae* by Linda Wilhelm from Woodland Orchids.

October 13- Divide healthy plants now for our annual auction.

Leon Glicenstein's Cloud Forest Orchids of Costa Rica

It was interesting to see some orchids that we can't grow here. In fact this animated speaker noted that many of them did not move to pot -cultivation even kept at an altitude of 11,000 feet. He also pointed out that seed pods from these orchids often resulted in enough diversity among the seedlings that some would thrive in cultivation.

Glicenstein is known for his great efforts for conservation. We saw several slides of a beautiful tree full of their native orchids and then another slide taken one day or one decade later when the tree, or perhaps the whole cloud forest, had been cut down.

We also saw cold streams and waterfalls which were greatly refreshing for skinny dipping. Glicenstein did not travel with groups and many of the paths he took were not for the faint hearted or unsure footed.

I used to teach that sloths had such slow metabolism that they came down out of the trees just once a week to 'use the litter box'. My students also knew that they had algae growing in their hair. Glicenstein had a slide of a sloth fertilizing the ground. To round out this picture of co-dependence, small moths feast on the hair algae found on the sloth, and then lay their eggs in the sloth's fecal pellets where they are safe from predators.

Many of the orchids had genus names that are familiar, but no species name had a familiar ring. I took notes on *Oncidium christiangali* which will bloom in two years after a seed falls on a host leaf. I also liked *Maxillaria pseudoneglecta* which was covered with hairs to keep the leaves dry and to protect them from insects. There was also a *Maxillaria neglecta* which had even more hair (trichomes) on its surfaces.

There was a *Sobralia* whose flowers only opened for 5 hours, an *Epidendrum exasparata* which had 8 foot canes, and a *Pleurothallis* with flowers that were larger than the plant. Even though *Guarianthe (Cattleya) skinneri* is the national flower of Costa Rica it was not photographed in the high altitude cloud forest.

Glicenstein asked that his speakers honorarium be donated to SACRO (Save Costa Rican Orchids) He described their orchid work with children. Young children color pictures of orchids and older children pollinate orchid flowers, harvest the seeds, and drop them onto trees with radio-operated helicopters, or squirt them in water up on the trees with water guns. Of course the seeds have a better chance to survive in an agar flask, but some do grow into plants and the children are enthusiastic about conservation and orchids.

Barbara Ansley has visited Ileana Teran who is the major force in SACRO and you might enjoy learning even more from her. D.H.

More on SACRO

Costa Rica has 1,500 indigenous species of orchids which puts it above most spots on earth in number and density of orchids. Many of these orchids are considered endangered due to collection and destruction of rain forest.

In 1998 SACRO in concert with Selby Gardens in Sarasota and a local newspaper distributed a 12 part environmental series, emphasizing orchids, to the country's 2,300 grades schools. SACRO wants to reprint this into a book form to extend dissemination of the materials and build on the beginning success of the program.

The next step in the SACRO plan is to establish a laboratory for scientific classification and propagation of native orchids. Once this facility is operational, SACRO plans to distribute orchids to growers who will be trained to propagate and then reintroduce the orchids in different regions of the country. Finally an orchid rescue center is planned. The rescued orchids would go in a botanical garden which is just a mile from the San Jose airport where both students, the public, and serious scientists can gain knowledge.

One FLOS member contributed to this worthy cause at our June meeting, and others may want to do so. While we saw cloud forest orchids, Costa Rica has habitats not unlike South Florida and many of these orchids flourish here. Joan Connors will have a contribution jar at the July meeting, and forms to join SACRO for \$25 a year if helping with this good cause works for you.

The First Orchid Hybrids Plus Some Veitch Family Orchid History

John Dominy (1816-1891) was the grower for James Veitch. Dominy used the theories on pollinating the orchid flower put forth by surgeon, John Harris who was also a resident of Devon, England. Dominy flowered his first cross in 1856. It was *Calanthe Dominyi*. His Paph. *Harrisianum* was the first Paph. to be registered in 1869. One of Dominy's first *Cattleya* hybrids was *C. Hybrida*.

Back to the Exeter nursery which was established by James Veitch. It was not the first tropical plant nursery but James employed the most plant hunters. They collected plants including trees, shrubs, garden plants and orchids.

Sir Harry Veitch (1840-1924) the son of James Veitch was the only orchid nurseryman to be knighted for his services to horticulture. He was credited with staging the Great Horticultural Exhibition which was the forerunner to the Chelsea Flower Show.

Rittershausen, B. and W. 2003. *growing orchids*. Hermes House. London Pp. 34-36

July Member News

Welcome these new members who joined us in June:

Deborah and Geri Andrews

William Knost, Jr.

Anthony Mackenzie, Jr.

Diane Strait

Thank these members who brought in such tasty treats in June:

Helen Rivenbark, Michael Schaberl, Dr. Bruce Burtoff, Nora Dyke, Gigi Granger, Bruce and Sue Muntz, Bonnie Wood, Vicki Hallock, Leah Ostrander, Judy Crowder, Carrie Ackerman, Doris Pearson, Vicki Trank, Mickey Carmichael, Lisa Davis and Virginia Weinstein.

Feel better soon thoughts go to:

John Allison, Tony Viggiani and Marge Adler

Please make Membership Roster corrections:

Page 7. Ackerman- phone 954-763-1283

Page 12. Burchette/Stonecutter-call 954-249-1704 for address

Page 21. Hughes zip. 92804, phone 714-897- 2892

Page 24. Kuligowski, new address 943 SE 22 Ave, Pompano 33062

Page 31. Pandos N.E, not NW, 56th Place

Please use addresses in last year's Roster for members who renewed late: Dr. David and Lil Onstead, Dickie Goodman, Ginny Salus

June Ribbon Judging Results

Bill Arney /blue/ *Asctm. ampullaceum* 'Thai Snow'

Randy Brown /blue/ *Laelia pupurata* var. *carnea* /Red/

Bl. Richard Muller x *L. pupurata*

Marc Burchette /blue/ *Ctism. pileatum* var. *imperiale*

Sheri Burg /culture/ *Enc. radiata*

Mary Burtoff /blue/ *Concidiumpusilium psygmorchispusilla*,

Pescoranthes Star Sapphire x *Zygopetalum* Arthur Elle,

/red/ *Coilostylis oerstedii*, Ctna. Jamaica Red 'Select'

Tom Corral /blue/ *Mormodes cogniauxii*

Nora Dyke /blue/ Blc. Chinese Jade x *C. leopoldii*

Vicki Hallock /culture/ *Enc. alata* 'Hihimano' x *Enc. alata*

'Early Bird'

Ellen B. Kirby /red/ *Onc. spachelatum*

Tin Ly /blue/ Otaara Hidden Gold, Bl. Yellow Bird

Sheri Macchia /blue/ *Bulb. graveolens* 'Mount Millas' AM/RHS

Allan/Jan Mink /blue/ Dtps. Black Buttesfly 'Orchis-01'

/red/Lc. Canhamiana alba

Bruce/Sue Muntz /blue/ *Rhyn. retusa*

KayeLynne Northcutt /red/ Dtps. Fuiiers Sunset 'Lonug Pride

Helen Rivenbark /blue/ *Gram. stapelflorum*

Mac Rivenbark /blue/ *Cym. finlaysoniaonum*, /red/ *Bulb.*

graveolens 'Rochelle' AM/AOS, *Den. bensoniae*

Connie Walker /blue/ *Epidendrum (atropine x*

atropurpureum) x tampense

Shari Weidenbaum /blue/ V. Robert's Delight (009)

Virginia Weinstein /blue/ Blc. Magic Meadow 'Napoleon'

Bonnie Wood /blue/ *Dendrobium farmeri*, Brassia Eternal

Wind 'Summer Stars'

Paul Vicino /red/ C. Mark Jones x Slc. Jungle Jim 'Yellow Jacket'

Unknown /red/ *Neofinetia falcate*, *Chiloschista viridiflava*

The Rambler

I must have mentioned how much some of us have enjoyed a glass of wine on the way home from a ramble. The 23 overnight rambles brought 19 bottles of wine on board for the trip home or to the motel. Truth is Jane DePadro brought 12 bottles of 'wines around the world' which she had no plan to use and which made the total so high. To finish up that part of our trip, we consumed 3 bottles of wine Saturday and 2 Sunday. The average spending per person was \$258, so maybe we DO need a 12 step program for orchid addiction? No, we don't need that! The plants were so wonderful and the values so good, we should have bought more.

Orchid Mania was our first stop and Karen Harper's many greenhouses were overflowing with a great variety of healthy plants and many of them were in bloom. We would have liked more shopping time.

Tropiflora is another one of the places where there is never enough time, so many green houses, so much to want. Obviously this is a 'world class' nursery since it had just sold bromeliads for \$200,000+ to what will be a new botanical garden in Singapore. While many of their bromeliads are reasonable, one kind was so huge and so rare that it was priced at \$1,000.

Plantio La Orquidea is on the Tropiflora grounds and again we wished for more time to really see the cattleyas and other exotic species. Despite the temptation to see more and spend more, we were glad enough to head to the motel, a shower, and the Cracker Barrel.

Our first stop Sunday morning was **Palmer's Orchids** where all but two rambles bought plants. Only 5 of these spent less than \$50, and Robert's plants were so tempting that most of us took big boxes of plants to the bus. Our last stop included **Venice Orchids** and **Fender's Flora** which is on Bob Hague's property. Even though most said they had already way overspent, again the fabulous selections and the devil 'made us do it'.

There is a lunch story I have to share. Five of us were at one table and when Janet Teschner ordered a burger, the waitress said: "Do you want grits, pancakes, or toast with that?" When she brought our lunch she dumped my sandwich onto Barbara Ansley's, spilled some tea, and explained that it "wasn't her day".

Our rambles are wonderful and again Jeanne Trubey got a limo from Key West to go with us. To reduce the shock of paying double for next year's overnight ramble, dump your pocket change in a jar designated **for rambles**. Next spring when gas may cost \$8 : gallon you'll have money for a free ramble. Why not?

Deane Hall made a wonderful spread of his and Janet Teshner's pictures, but his printer is balking on the double spread so they will be in a later newsletter.

An Abbreviated Look At A Few New *Cattleya* Hybrid Names

1. A *Sophrolaeliocattleya* (Slc) was made of *Sophranitis*, *Laelia*, and *Cattleya*. Most Slcs. will be classified simply as *Cattleya* as well as most *Laeliocattleyas* (Lc.) Exceptions are hybrids that come from true Mexican *Laelias* such as *L. anceps* and those that are hybrids of *Guarianthe* (Once Central American bifoliate (two leaves per pseudobulb) *Cattleyas* such as *C. skinneri* and *C. aurantiaca*.

2. *Brassavola digbyana* was changed to *Rhyncholaelia digbyana* but *Brassavola nodosa* is still a *Brassavola*. Both were used in many hybrids. Hybrids from *B. nodosa* still retain Brasso (B) in their names, while hybrids from *digbyana* now begin with Rhynco---

Potanara Elaine Taylor is a hybrid *Rhyncholaelia* and a *Guarianthe* (syn. *Cattleya skinneri*). Now Elaine Taylor is *Thwaitesara* Elaine Taylor.

3. *Cattleya* is still the name of large flowered unifoliate (One leaf on the pseudobulb) plants.. If the hybrid is made with *Guarianthe* species such as *Guar. aurantiaca* or *Guar skinneri* it will be called a *Cattianthe*.

4. Old *Laeliocattleyas* such as Lc. Mildred Rives which is a hybrid of an old *Laelia* which was moved to *Cattleya*, making *C. Mildred Rives* the new name of this plant. (Remember if *Laelia anceps* had been in the mix the name would not be so simple.)

5. Brazilian cattleyas were transferred to *Sophranitis*. A number of our old *Brassolaeliacattleyas* (Blcs.) are now labeled *Rhynchosoprocattleya* (*Rhyncholaelia x sophranitis x Cattleya*). A hybrid from a *Laelia* which is not *anceps* and has *Rhyncholaelia digbyana* in it will be a *Rhyncholaeliocattleya*. (Most of our Blc's will fall here.)

McHatton, Ron. PhD, *Light at the end of the tunnel*. May 2008. *Orchids*. American Orchid Society. Pp. 334-335.

Note. The 'Light' will hopefully come about in a year or so when most of these new names will be **lumped** into *Cattleya*. In case you buy a plant with a new **splitter** name, this might help you. My 'terribly tedious taxonomists' have enjoyed being splitters with all the new molecular information. Plant names have been debated since plants were named, and taxonomists have at times been "splitters" and at times "lumpers".

New grower information:

Help Your Orchids Beat the Heat

The May 25th issue of the Palm Beach Post printed the advice of Dr. Ron McHatton who is the AOS expert on the new orchid genera names, a few of which are covered in this issue, and who has about 2,500 of his own orchids growing happily in central Florida.

1. **Light them up.** Give orchids more light than you think they need. Gradually move your plants into more light and remember that *Phalaenopsis* will not thrive in the sun most other genera will find bloom promoting.

2. **Cool them down.** Add a fan or hang your plants in an open limbed tree where air circulation is good.

3. **Some like it tight.** *Dendrobiums* like crowded roots. A 25 year old plant may be happy in a 4" pot.

4. **Avoid urea fertilizer.** Fertilizers containing urea create acid conditions that can kill orchids. Avoid any fertilizer whose first number (*Nitrogen*) is higher than 20. Avoid a 30-10-10 formula which contains urea. Use a 20-20-20 formula or a bloom-booster fertilizer (10-30-20).

5. **Watch Water.** In the summer growing season, water only when the potting medium dries out.

The Biggest and Smallest Orchids

Grammatophyllum speciosum from Southeast Asia and New Guinea has a mass of 10-foot pseudobulbs, and a large plant may tip the scales at about a ton. The tallest orchid may well be *Dendrobium steatoglossum* from New Caledonia or *Selenipedium chica* from South America. Both may reach a height of 16 ½ feet! (*These babies are not patio plants nor plants to haul in for a cold snap!*)

Just as biggest orchids are listed by heaviest or tallest, **smallest orchids** are also judged by different adjectives. *Bulbophyllum globuliforme* has pseudobulbs that are less than 1/8 of an inch across, but it has several pseudobulbs connected on a rhizome. Possibly species of *Corybas* with just one leaf on one pseudobulb which is about 1/3 inch across could win the smallest prize.

Prizes could also be awarded to big and small orchid flowers. Flowers in the genus *Oberonia* are 1/25 of an inch across. *Sobralia xantholeucea* flowers are 10 inch in diameter, but *Paph sanderianum* with its 40 inch twisted petals might also win the 'big' prize.

(From *Botanica's Orchids* which is published by Lauren Glen, San Diego CA. 2002. Page 12.)

Home Test for Two Orchid Virus

The May issue of **Orchids Magazine** had an article on home testing for virus. It showed the test strip suits, which pop up in about 10-30 minutes. Ken Slump and I had the fun of using ELISA test kits from Broward Orchid Supply to test a few plants for the two most common orchid viral strains (CyMV- Cymbidium Mosaic Virus and TMV -Tobacco Mosaic Virus).

For each test we cut a section from the base of a couple of older leaves, which in theory would contain more virus than a new leaf. We placed our tissue in the plastic bag of gel, and then 'worked the tissue so that the juices would go out in the gel. The kits had clear directions and when we placed the test strip in the gel, the control line came clear and sometimes a line that matched the spot for one of the viruses.

Since we had done some research we did not bother to test any plant where floral color break indicated virus, nor did we test any plant with streaks or spots on leaves. (Newest research shows that either bacterial or fungal infections will create false-positive tests.) These little test strips may tell a partial tale for a seemingly healthy orchid that used to bloom but has stopped, or one where the blooms are less large and wonderful than a few years back. Older plants are more likely to have virus than newer plants from a reputable grower.

A bottom -line is that there are a number of virus that can live in orchids and make them less wonderful. Only an electron microscope test is truly valid. You can send leaf tissue to a laboratory for ELISA or indicator plant viral testing, but the results here are also not perfect.

What to do?

1. If the blooms are streaked or the leaves show the streaking or spotting shown in **Orchids Pests and Diseases** (Updated version now available at AOS.) you might be smart to trash it along with its pot. Plan B is to isolate it and see what happens to it in the next year.

2. If you test a plant and the test strip is positive, isolate the plant and see what happens to it in a year or so. You might treat it for fungus and bacteria.

3. **Grow you plants in a manner to reduce the spread of virus:**

A/ Keep them pest free. The pests may spread juices from plant to plant. B/ When you repot, use clean pots, clean tools, and clean your potting surface from plant to plant. C/ From time to time spray your benches with a 10% solution of TSP, or a chlorine bleach. The TSP won't rust metal benches, but bleach will, so rinse that off.

Do the best you can, enjoy your plants and try not to become an orchid- hypochondriac. You might also consider home -testing a few plants? D.H.

Dog Don'ts - One More Time

OK, when you become editor you can nag, now is my time. **Dogs can die** from ingesting grapes or raisins, onions, chocolate or cocoa, and macadamia nuts.

Buffo Toads are bad news as well, if your canine bites one, wash its mouth with water for 10 minutes, rinse with milk and rush it to your vet. To discourage these amphibians, reduce damp hiding places in your habitat, which is my last toad 'don't'.

If you find one of these dog -killers in your yard, put it in a zip-lock, put it in your freezer, and curse the folks who brought us yet another non-native. (The freezer thing, was listed in a source that I have lost as 'humane'.) I justify this advice because a pet -happy, FLOS member will probably attend meetings and rambles. D.H.

Neat Tips for Orchidists

This one is about helping and it has almost zero orchid help. IF you can use these tips you may have more time or money for orchids.

A. Thinking about putting in wood flooring and love dogs? Go for bamboo flooring. It can take those claw marks and 'potty accidents'. Not so for other woods. p. 22.

B. Five non-toxic cleaners:

1. Hot sauce will clean copper.

2. Olive oil, use a thin coat, will rehydrate wood.

3. Pour white wine on a red stain and blot to remove the red stain.

4. Vinegar if boiled will be a great soak for a hardened bristle paint brush. Let the brush soak for 12 hours.

5. Cornmeal will soak up a grease spill. P. 22

C. Make a paste of lemon juice and salt to remove rust from clippers and other (**orchid**) tools. P. 25

D. Some things to do with steel wool: (P. 30)

* Pack areas where rodents may crawl though with steel wool, they won't chew through it.

* If a screw is too small for a hole, wrap the screw in steel wool and it will hold tight.

E. St. Augustine grass from Africa is not the most drought resistant grass. The ideal for us might be buffalo grass which requires less water and only needs mowing once a month in summer. P. 68

(Visit pawneenitseed.com to learn more.)

--- This Old House Magazine. May, 2007

Note: Our half-Denver members tell me buffalo grass does not wear well if foot traffic is heavy and it turns brown when it is cool. It might be better than no grass?

Florida Trends:

About Water

Farms use half the water consumed in Florida, but half the farms use inefficient irrigation. Florida has reduced its per capita usage from 174 gallons a day in 2000 to 157.5 gallons in 2005. The average for our country is 100 gallons. Europeans use about 53 per capita gallons a day.

Overall water usage in the U.S.A. stopped rising in the 1980's. Population and gross domestic product have risen steadily every since. Growth and conservation are co-existing well in some areas. P. 120

About Phosphates

Polk County, Florida is the site of phosphate strip mining and the Mosaic Company's \$6 billion fertilizer company. 300,000 acres of our state have contributed this valuable component to the largest fertilizer company in the world. Florida uses 10 million tons of phosphate per year, which is about half of the phosphates sold in the United States and these depleting strip mines furnish 16% of the world's fertilizer. It is estimated that the phosphates will be depleted by 2040. The jury is still out as to whether strip mined acres can return to a 'normal' above ground habitat.

You can write the next sentence. Fertilizer will become MUCH more expensive and the costs will be passed on to the food crops and ornamentals.

Phosphates are the backbone of DNA and stores energy from food and sunlight. Adding phosphate to soil hikes crop and pasture yields, and restores vigor to depleted farm lands. P. 84-90

-- Florida Trend Magazine. May, 2008

(Hope you remember my 'naughty plant killer' which I have changed to 'nice plant keeper', the Phosphate furnishes the second element in the fertilizers we use on our orchids. Repeat: nice is Nitrogen (N), plant is Phosphorus (P), and keeper stands for Potassium (K).)

Weekly, weakly is best!

Think Fertilizer

Nitrogen, N, promotes strong green leaves and the continued production of new cells. **Phosphorus, P**, is necessary for flower production and is essential for root growth. **Potassium, K**, enhances the plant's ability to resist disease and cold temperatures. It also improves leaf and flower color and acts as a growth stabilizer. It is also involved in hydration and other cellular functions.

Summer Trivia, Big Time!

1. OK, do you think you have over-spent for orchids? What if your passion had been race horses? First spend \$100,000 for the horse. Insurance on the horse which is at least life-time will be \$231, 000. Vet check-ups will run \$500 a month. The farrier will trim its hooves every 3 weeks for \$160 a trim and there are high but variable trainer fees. Entry fees into a race range from \$500 to \$5,000 per race and the costs of transportation to a race are high and variable. *(Go buy more orchids and they smell better than horses.)*

-- Conde Nast Portfolio. May, '08. P. 78

2. If you are bright/lucky enough, you don't need to finish college. Examples include: Ted Turner (CNN), Steve Jobs (Apple), Ralph Lauren (fashion) and Bill Gates (co-founder of Microsoft). Ibid #1 above, p. 107

3. If your refrigerator is 15 or more years old it is using a third more energy than the model you would buy today. An 'energy star' model would save another 15% more energy. Don't feel guilty about replacing your old, still- working model, 80% of it will be recycled.

Schildengen, B. July/August 2007. Sierra. p. 28

4. Tall trees and shrubs around your house can reduce your cooling bill by up to 40%. *(Those trees would be great homes for lost-tag and other orchids.)*

Ibid # 3 above. P. 50

A Couple of Tid-bits

* South Florida's tap water is alkaline, ours is about 8.5. Many orchids 'prefer' a neutral 7 pH or will thrive with a pH of about 6.5. Should we add vinegar (acetic acid) to orchid water to lower pH for orchids? **No!** Acetates may be toxic to our plants. Pure vinegar can kill weeds under your orchid benches, but should never, never, be used to kill weeds in orchid pots.

Phosphoric acid or citric acid can be used, but it is probably best for hobby growers not to play chemist. If your orchid collection is not out of hand, collect and use all the rain water you can.

* Misting your orchids may make YOU feel good, but the benefit to your plants is nearly zero since the effect only lasts half an hour. If you are growing orchids indoors it would be better to buy a room humidifier and set your orchid pots on the dry tops of pebbles or marbles in a water filled pebble tray. Another way to gain 70% humidity might be to grow your orchids in a humid bathroom with windows. Plan C might be to open the windows and let our humid air into the room with the orchids.

More on Salep!

Orchid Extinction Due To Ice Cream

In Turkey, ice cream with the powers of Viagra, is in big demand. So much so that the wild orchids used to make salep are almost extinct. It takes 1,000 orchids to make about 2 pounds of dried salep which is used in their ice cream. (BBC tid bit)

Orchidists in a hurry?

Go for Smarter Fast Foods

* **KFC**- A chicken breast with skin has 360 calories and 21 grams of fat. Remove the skin and reduce the fat to 2 grams and the calories to 140. Pick green beans and mashed potatoes without gravy as your sides.

* **Wendy's** - Go for the small order chili (220 calories and 6 grams of fat.) Pick a baked potato with a chili topping as another good option.

* **Pizza hut** - Go for thin crust to cut the fat in half and top with veggies.

* **McDonalds**- Tweak your Egg McMuffin and ask for no Canadian bacon, and no liquid margarine. Tweak other breakfast sandwiches with a 'no bacon' request. (If you have enough will power to say 'no bacon' let me know. You can get MY 'freak of the month award' unless you have a religious, non-pork belief?)
= Better Homes and Gardens. April, 2008. P. 128

Information That Only A Trivia Freak Might Enjoy

When I was a senior, I was one of four on what was then a "College Bowl Team". I haven't outgrown my love of trivia and you get to share or skip this article depending on your love of trivia. D.H.

1. Florida ranks 21st in the number of people who still smoke. 21% of our population still smokes. Kentucky has the most smokers with 28.6% of the citizens smoking and Utah ranks last with only 9.8% .
AARP News. March, 2008. P. 36

2. Blue grass and our St. Augustine are not native grasses, the only turf grass that is native is buffalo grass. (I keep telling you about this, it is not thirsty and only needs mowing once a month..)

3. Americans use 1 million tons of paper towels each year. (2 and 3 are from This Old House. September, 2007. P. 64

The slimmer orchidist?

Avoid Corn Syrup, Go for Olive Oil

Americans consume up to 63 pounds of high fructose corn syrup (HFCS) a year. Corn syrup is a cheaper than sugar inclusion in MANY of our foods, and it trips a hormone (Ghrelin) that tells us that we are hungry and need to eat.

Leptins are hormones that tell us that we are not hungry. They are found in long chain, liquid oils, such as olive oil, and nuts. Short chain fats are solid and often classed as saturated fats. They make you hungry!
-- Real Age. email. May 26, 1908

Enjoy Two Cups of Coffee

A study from Vanderbilt University concludes that coffee is good for you and even better if freshly ground from whole beans. Coffee reduces your chances of dealing with colon cancer, type 2 diabetes, Parkinson's, cirrhosis of the liver, and thoughts of suicide.

More Magazine. June, 1908. Pp. 132-133

Easy Tick Removal

Put some liquid soap on a cotton ball. Cover the tick and swab it for 15-20 seconds. The tick will come lose on its own and will be stuck to the cotton ball when you lift it away. Wash away the soap and apply an antiseptic to the skin surface where the tick had attached itself.



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Re: Universal

Universal has moved at least twice in the last few years. Those who need 10 fifty pound bags of palm fertilizer, or other special products that they carry have had trouble finding new locations. Landscape fertilizer is going up in price, so you might also thank Joan Massingill for finding this last location which looks permanent.

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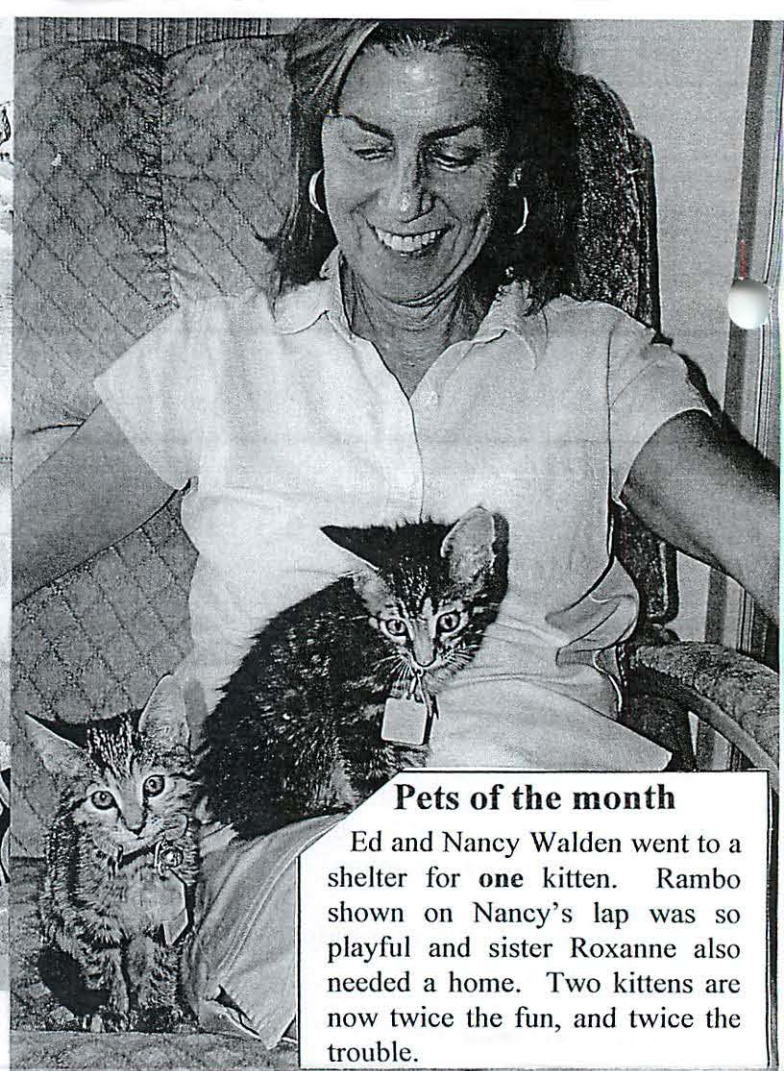


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Pets of the month

Ed and Nancy Walden went to a shelter for **one** kitten. Rambo shown on Nancy's lap was so playful and sister Roxanne also needed a home. Two kittens are now twice the fun, and twice the trouble.

Web Site: <http://www.flos.org>

Call these numbers: Sunshine-954-788-9998
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Blvd. and go West for 2 blocks.
Or take US-1 (Federal Hwy.) to Oakland Park
which is on the North side of Oakland Park Blvd.
Go East for 2.4 miles, go to rear of the church
Directions: Use Oakland Park Blvd. from I-95.

1955 East Oakland Park Blvd.
Place: Christ Lutheran Church Social Hall
Time: 7:30 P.M. Workshop, 8:20 P.M. Program
Regular meetings: Second Monday of each month
Fl. Lauderdale, FL 33338

P.O. Box 4677

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