



Our March 19th meeting will feature Linda Larson, the “TRAVELING GARDENER”. Linda and her husband live in Arizona and have a wonderful garden here. Together they travel the world photographing amazing gardens. They’ve been exploring for over a decade... wandering in 800 gardens on five continents, in 31 countries & 50 US states. She’ll be sharing her photos, travels and insights with us! She just got back from Buenos Aires so maybe she’ll include her most recent photos. TravelingGardener.com TravelingGardenerBlog [My book on Amazon](http://MybookonAmazon) LLarson20@me.com



In this Issue:

March 19 th Meeting—Linda Larson Traveling Gardener & Lunch afterward at Stone & Barrel.

Highlights of trip to Ken & Carol Roberts Bonsai collection.

Highlights of trip to St. Vincent De Paul Urban & Aquaponic Farm.

Upcoming trip to Tucson Botanical Garden, April 2nd.

Highlights of the Plant Sale we were invited to attend.

Reminder: This is the last Newsletter for any members that have not renewed their 2019 dues. It’s super easy to “Renew” online at “SunLakesGardenClub.org” so you won’t be deleted from our club roster.

March 23 (Saturday) Tour of homes is Full. See Sherrian to get on the “Wait List.”



Members and guests are invited to gather after the March 19th meeting for an optional lunch at Stone & Barrel (at the Oakwood Club House in Sun Lakes). We have a table reserved in the back of the dining room in the private area for around 12:15pm.

I had some space here so I'm wondering if anyone knows what kind of tree this is???



STARTERS

Garlic Knots 5 Vegetarian
Garlic Butter, Parsley, Marinara | Beer Cheese +1

Dungeness Crab Cakes 13
Tomato Ginger Chutney, Beurre Blanc

Grilled Chicken or Steak Quesadilla 14
Monterey Jack, Roasted Veggies, Guacamole, Salsa, Sour Cream, Green Onion

Slow Smoked Wings 10
Choice of Buffalo, Bourbon BBQ, or Sweet Chili, Served with Carrots, Celery, and Ranch

Cast Iron Meatballs 8
Reggiano Parmigiano, Grilled Bread

Chef's Hummus Platter 8 Vegetarian
Greek Dressed Vegetables, Feta, Olives, Flatbread

Thai Lettuce Wraps 11 Gluten Free
Lettuce, Shredded Veggies, Lime, Sweet Ginger Chicken, Sweet Chili Sauce, Peanut Sauce

SALADS AND SOUP

Chicken or Steak* +5 Salmon* or Shrimp* +7
Wrap Any Salad, Includes Choice of Side +1

Wedge 7
Iceberg, Candied Pecans, Bacon, Tomato, Bleu Cheese, Parsley, Bleu Cheese Dressing

Kale and Quinoa 12 Gluten Free & Vegetarian
Kale, Mixed Greens, Quinoa, Grapes, Blueberries, Almonds, Feta, Lemon Champagne Vinaigrette

Field Cobb 9 | 12 Gluten Free
Greens, Turkey, Egg, Bleu Cheese, Bacon, Avocado

Asian Chicken Salad 9 | 12
Napa Cabbage, Green Onion, Red Peppers, Cilantro, Carrots, Almonds, Crunchy Ramen, Sweet Ginger Dressing

Italian Chop Chop 9 | 12 Gluten Free
Pepperoni, Salami, Olives, Pistachios, Pepperoncini, Mozzarella, Parsley, Italian Dressing

Tossed Caesar 7 | 10
Romaine, Croutons, Parmesan, Caesar Dressing

Southwest Chicken Salad 8 | 11 Gluten Free
Iceberg, Romaine, Chicken, Black Beans, Tomato, Corn, Avocado, Cheddar, Baja Ranch, Tortilla Chips

WOOD-FIRED PIZZAS

Margherita 10 Vegetarian
Marinara, Mozzarella, Tomato, Basil, Pesto

Spicy Italian 14
Sausage, Prosciutto, Salami, Capicola, Pepperoni

Traditional Pepperoni 14
Smoked Pepperoni, Marinara, Mozzarella

Chicken Florentine 14
White Sauce, Pulled Chicken, Spinach, Artichoke, Garlic, Parmesan, Mozzarella

The Giardino 13 Vegetarian
Broccoli, Bell Peppers, Roasted Tomato, Garlic, Chives, Chili Oil

SANDWICHES AND MORE

Choice of Crispy Fries, Parmesan Garlic Fries, House Slaw, or Fruit Cup
Upgrade your Fries | Sweet Potato or Asparagus +1
Add Avocado, Bacon, Green Chili, or Fried Egg +1

Millionaire Burger* 13
Ground New York Strip, Bacon, Cheddar, Taphouse Sauce, Iceberg, Pickle, Tomato, Onion, Brioche Bun, or Try it BBQ Style!

The Local Wrap 10 Vegetarian
Hummus, Garlic Aioli, Cucumber, Roasted Tomato, Avocado, Radish, Mixed Greens, Feta, Watercress, Whole Wheat Tortilla

The Rocket Bird 12
Crispy Buttermilk Chicken, Sriracha Honey, House Slaw, Brioche

Chef's Meatball Sandwich 12
Meatballs, Marinara, Mozzarella, Hoagie Roll

House Shaved Prime Rib Dip* 14
Thinly Sliced Prime Rib, Swiss, Au Jus, Creamy Horseradish, Hoagie Roll

Stacked Reuben 12
Corned Beef, Sauerkraut, Swiss, Thousand Island, Pickle, Marble Rye

Traditional Triple Decker Club 11
Turkey, Ham, Bacon, Iceberg, Tomato, Mayo, Pickle, Sourdough

Mahi-Mahi Tacos 13 Gluten Free
Radicchio, Cilantro, Sriracha Remoulade, Guacamole, Napa Slaw, Cotija

Baja Shrimp Tacos 13.5 Gluten Free
Radicchio, Cilantro, Napa Slaw, Mango, Chipotle Mayo, Cotija Cheese

You Pick Two 10
Half Sandwich | Triple Decker Club, Prime Rib Dip, or Stacked Reuben
Half Soup or Salad | Kale and Quinoa or Tossed Caesar, Cup of Soup

CHEF'S TABLE

Taphouse Pot Roast 17 Gluten Free
Roasted Garlic Cheddar Mashed Potatoes, Green Beans, Carrots, Pearl Onions, Red Wine Demi-Glace

Miso Marinated Seared Ahi 24 Gluten Free
Sesame Bean, Watercress, Toasted Cashews, Marinated Cucumber, Sushi Rice, Sweet Ginger Sauce

Fire-Roasted Stir Fry 10 Vegetarian
Sugar Snap Peas, Broccolini, Baby Bok Choy, Zucchini, Carrot, Squash, Bell Peppers, Watercress, Sushi Rice, Teriyaki
Add Chicken or Steak* +5 Salmon* or Shrimp* +7

Fish and Chips 14
Beer-Battered Mahi-Mahi, Fries, House Slaw, Lemon, Tartar Sauce

Shrimp and Angel Hair Pasta 14
Tomato, Basil, Fresh Mozzarella, Garlic Oil, Garlic Toast

Bucatini Bolognese 15
Beef, Pork, Veal, Ricotta, Parmesan

Roasted Salmon Superfood 18 Gluten Free
Quinoa, Cucumber, Avocado, Spinach, Lemon Vinaigrette, Chili Oil

Pasta Primavera 10 Vegetarian
Whole Wheat Rotini, EVOO, Cherry Tomatoes, Zucchini, Squash, Broccolini, Shaved Garlic, White Wine Herbed Butter Sauce
Add Chicken or Steak* +5 Salmon* or Shrimp* +7

Carne Asada Flat Iron 14
Roasted Fingerling Medley, Haricot Verts, Chorizo Lardons

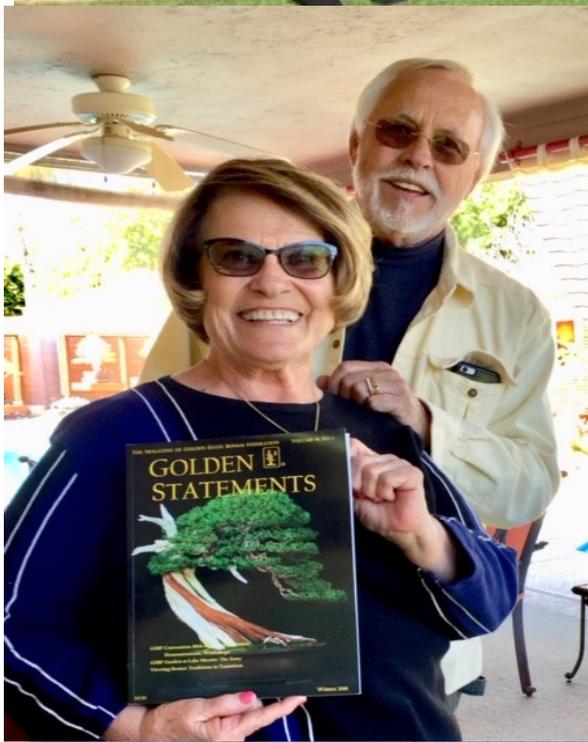
Lemon Roasted Chicken 16.5 Gluten Free
Sautéed Baby Spinach, Roasted Potatoes

Shrimp and Grits 18
Seared Shrimp, Andouille Sausage, Cheddar Grit Cake, Tomato, Bell Pepper, Cajun Cream, Crispy Leeks

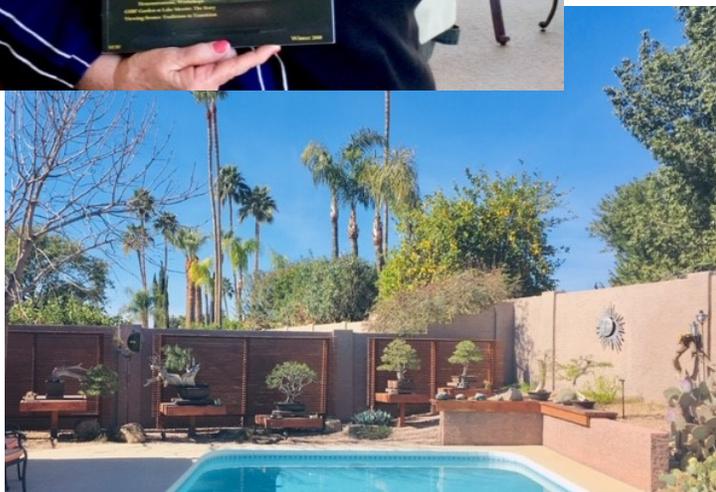
8 oz. Filet Mignon* 25 Gluten Free
Cabernet Butter, Seasonal Veggies, Garlic Cheddar Mashed Potatoes

Fresh Catch of the Day Market Price Gluten Free
Tomato Cous Cous, Seasonal Veggies, Lemon Verbena Butter

*Consuming raw or undercooked meat, seafood or eggs may increase your risk of food-borne illness. These menu items may be served raw or undercooked. | While we offer gluten free items, we are not a gluten free kitchen. Please notify your server of any allergies.



Highlights from our Field Trip to the private Bonsai Collection of Ken and Carol Roberts in Scottsdale. There were Bonsais all over the yard. One was featured on a magazine and it is a Juniper over 1,200 years old. Carol also has miniature plants with pots as tiny as a thimble.



Carol Roberts set up a wonderful refreshment table with beverages, fruit and fresh Pineapple cake just out of the oven! They also showed us their art collection in their home and their beautiful salt-water aquarium with neon colored fish and some that were over 20 years old. If you look below, you'll see Mary Jencsok peeking through an orange tree with beautiful hand-blown glass balls hanging under the limbs.

After the tour, we enjoyed a delicious lunch at the Tommy Bahama restaurant in Kierland Commons nearby.



Highlights from our March 5th Field Trip to St. Vincent De Paul Farm and Food Bank in Phoenix.

They serve over 1 Million meals every year. Part of their gardens are Aquaponic. The Tilapia fish live in the tanks below the plants. One photo shows the greenhouse manager lifting the plants to show us that the roots are not in dirt.

Our club donated \$75 for the private tour because it's such a benefit to those that are hungry.

Thank you to Susan Bliss and Marge Mogelnicki who researched this field trip last year.

It was very educational and many of us didn't know anything about this Urban Farm or the Food Bank.



Sam Walton's Son and daughter-in-law donated \$1 Million to St. Vincent De Paul for the
ROB AND MELANI WALTON URBAN FARM



Enjoying lunch at Charleston's in Chandler.
Missing from photo: Karl & Starla Kramer

Welcome Our New Members!



Jean Brook

Jean loves gardening and photography. She says she is not an expert in either. She has lived in Sun Lakes for 14 months. She moved from northern Michigan and what she loves most about living here is the



Paula Jones

Paula is a newcomer to Sun Lakes. She has lived here for only 4 months. She loves gardening, but having moved here from California, she wants to learn more about plants in this area. She lives in Oakwood with her little Havanese doggie, Daisy.



Dolores and Paul Scarpelli

Paul and Dolores Scarpelli will be married 52 years in August. They have two beautiful daughters, Deborah and Pamela. They moved to Arizona 6 years ago from Downers Grove, Illinois. They love living in Sun Lakes and they enjoy gardening.



← from Sun Lakes Family Physicians, 10450 East Riggs
to 2150 N Alvernon Way, Tucson, AZ, 85712

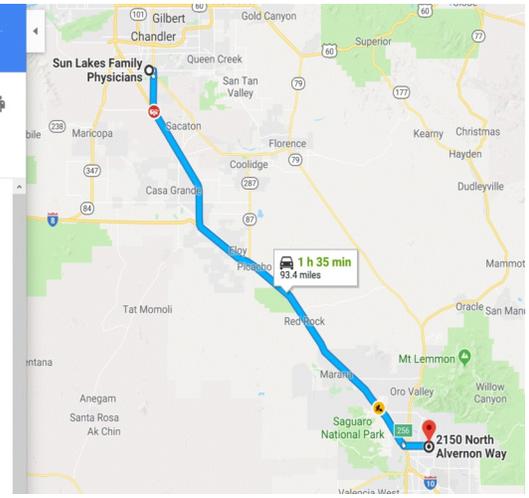
1 h 35 min (93.4 miles)

via I-10 E
Fastest route, the usual traffic

Sun Lakes Family Physicians
10450 East Riggs Road # 114, Sun Lakes, AZ, 85248

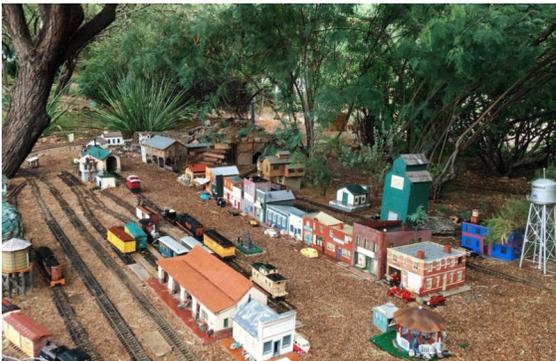
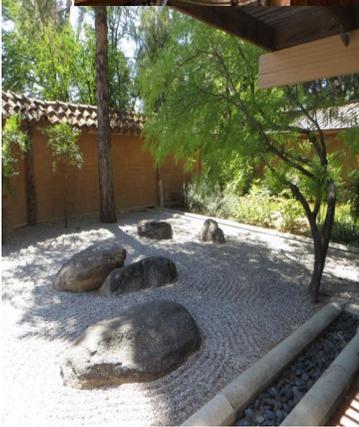
- > Get on I-10 E in Bapchule from AZ-587 S
12 min (9.2 mi)
- > Follow I-10 E to N Freeway in Tucson. Take exit 256 from I-10 E
1 h 7 min (80.0 mi)
- > Follow W Grant Rd to N Alvernon Way
16 min (5.2 mi)

2150 N Alvernon Way
Tucson, AZ 85712



On April 2 (Tuesday) we've scheduled a field trip to the Tucson Botanical Gardens. Linda Blane has reserved one 15-passenger van that she will drive. (Van FEE is \$18 per person) Other drivers may want to car-pool caravan as well, and share their expenses. We'll stop at the Picacho Peak Trading Post for a rest-stop and we may see wildflowers along the way. Linda will have a sign-up sheet at the March 19th meeting for the first 14 people. Others can organize additional car-pools.

The Gardens Gift Shops

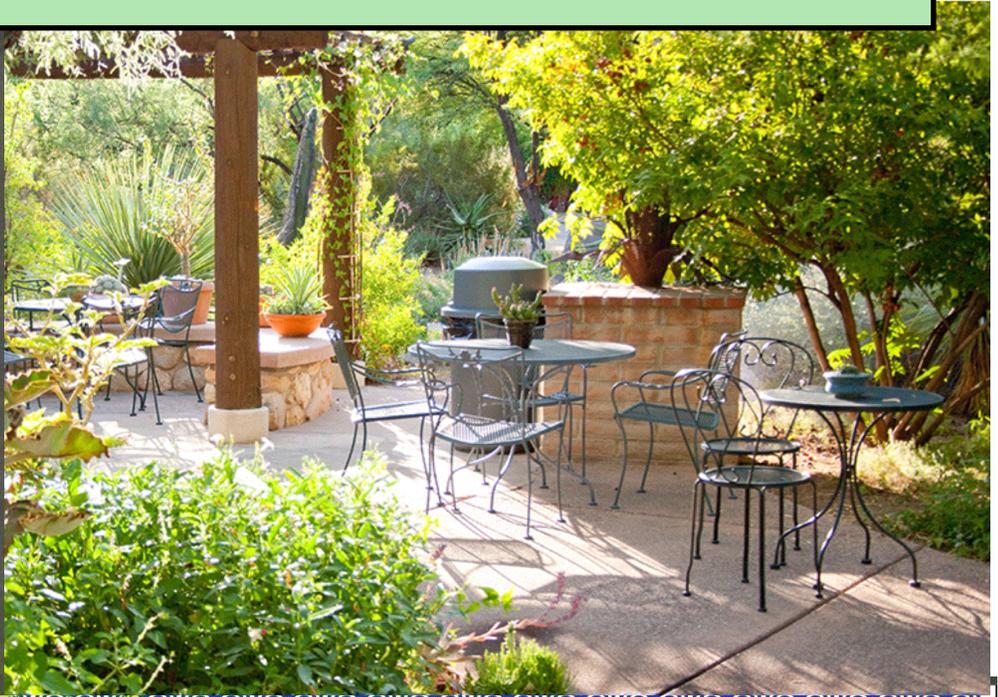


We'll depart from our car-pool location at the Sun Lakes Medical Center (Alma School & Riggs Rd.) at 9:00 am and we'll enjoy lunch at the Café Botanica inside the Tucson Botanical Gardens around 11:00 –11:15am. Everyone will pay their own admission to the garden when we arrive. (Any stragglers won't get the group rate) We have a discounted group rate (\$12) , which also includes the entrance fee into the 'Butterfly Magic' greenhouse. We have a docent meeting us there at 1:00pm for a private tour!

Tucson Botanical Garden lunch at Café Botanica

Visit Us!

Located on the site of the historic Porter property, *Reader's Digest* named Tucson Botanical Gardens as the BEST Secret Garden in America. Among mature trees and expertly cultivated foliage, specialty gardens such as the Cactus & Succulent Garden, Barrio Garden and Herb Garden highlight the diversity of native plants while offering a lush oasis in the heart of Tucson. Tropical butterflies from around the world are featured in the Cox Butterfly & Orchid Pavilion Oct.-May. Experience year-round tours, community events, classes, and art exhibits, as well as the creative, seasonal menu of Café Botanica. Now celebrating 40 years of living beauty, The Tucson Botanical Gardens is a unique gem not to be missed.



We'll have lunch on the patio, or inside the Cafe, depending upon the weather. Our private garden tour will start at 1:00pm sharp!

Café Botanica

Fall 2018-Spring 2019



Sweet Corn Bread Strata
A sweet and savory mix of challah & corn bread in a sweet custard, served with maple syrup & a side of fresh fruit

\$14.50

Famous Gallery Granola
Garnished with seasonal fresh fruits & organic vanilla yogurt

\$12.75

Breakfast Sopes
Fluffy native corn sopes filled with roasted seasonal vegetables, organic poached eggs & crema

\$14.75

Farmers' Market Quiche
Creamy quiche with a changing array of seasonal vegetables on a Hayden Mills corn crust served with breakfast salad

\$15

Breakfast Sides
Applewood smoked bacon \$6
House-made currant & cardamom scone \$4.50
Served with unsalted butter
Limequat marmalade \$5.50
Fresh fruit salad \$6
Organic vanilla yogurt \$3

Sweets
Desserts from our Bakery MP
Botanica Paletas \$3.75
hand-made artisan popsicles

Beverages
Fresh brewed herbal tea \$3.25
Traditional Mexican jamaica \$3.25
Prickly pear iced black tea \$3.25
Our Sonoran stand-by from Cheri's Desert Harvest
House-made ade \$4.75
A rotating selection of citrus-herb & herb blends
Locally roasted fair-trade organic coffee and decaf \$3.50
Numi Hoi Teas \$3.50
From the can... \$3.25
Lime Perrier and Izze Juice Sparklers

NOTE: Allergies and Special Diets
Please let us know! We use fresh ingredients and make most everything from scratch. There are no "hidden" ingredients. Most of our dishes are gluten-free and free of processed foods. Many of our dishes can be made vegan or vegetarian. Our servers will be happy to answer any questions.

Sonoran Salad \$15.50
Seasonal Vegetables ~grilled, pickled & fresh~ tossed with house vinaigrette on a bed of Merchant Garden Greens, topped with Queso Fresco. Served with a house-made roll

Hummus Board \$17
Fresh Hummus made from Father Kino's heritage chick peas served with escabeche, crispy native corn toasts & a small Sonoran salad

Bowl of Soup ...Ever Evolving \$9
A bowl of our current selection with house-made roll

Corn Pudding \$15
Our new favorite from Frida Kahlo's Fiestas—rich fresh corn pudding with rajitas & tomatillo crema served with our seasonal green salad

Botanica Sopes \$16
Two House-made native dent corn masa sopes
Choice of: Double-Check Ranch beef, Josh's Willcox chicken or Farmers' market roasted vegetables
Served with salsa trio, Tobono O'dham tepary beans & a side salad

Botanica Tortas \$16
Sandwich made on our hand-made herbed bolillo buns
Choice of: Double-Check Ranch beef, Josh's Willcox chicken or Farmers' market roasted vegetables with citrus aioli, queso fresco & a side salad

Sides
Escabeche \$3.50
a traditional pickle with jalapeño, carrot & onion
Salsa Trio \$1.75
a sampling of three distinct salsas
Ramona Farms Corn Toasts \$4.50
served with Salsa Trio
Tepary Beans \$4.50
Native beans with caramelized onion & cumin
Black-eyed pea & bacon salad \$4.50
Small side salad \$5
Cup of soup \$5
Large side salad \$9
House-made dinner roll \$1.50

For those that have not renewed yet for 2019, March is the last chance. On April 1st (Not an April Fool's joke) all members that did not join this year will be removed from our Club Roster list and this will be their last Newsletter.

You can pay our Treasurer, Linda Blane, at the March 19th meeting, or go online and sign up and pay. It's secure and easy. Go to SunLakesGardenClub.Org and click on "JOIN OR RENEW". We like to have you update your hobbies and any changes when you renew each year. Thanks

Sun Lakes Garden Club

"CULTIVATING GARDENS & FRIENDSHIPS"

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[CONTACT](#) [NEWSLETTER](#) [RESOURCES](#) [GALLERY](#) [MEMBERS ONLY](#)

Enroll and Pay Online

Please fill out the form below to join, or renew a membership. Click Submit button to pay your dues using a credit or debit card. Please do not fill out the form if you do not plan on paying a membership fee at this time. Dues are \$20 for one member and \$25 for a two person household.

Membership Form
*Indicates required field

Name *

First Last

Address *

Line 1

Line 2

City State

Zip Code Country

Phone Number *

Second Household Member (if it applies)

First Last

How do you want your name tag printed on your club name tag?

Name on Name Tag *

Name on Tag - Second Household Member (if it applies)

Please tell us a bit about yourself to help us get to know you. We'd love to have you add 4 or 5 sentences about your hobbies....gardening or otherwise (swimming, hiking, Trivia, etc.). You don't have to have any gardening experience to join, but if you do have some experience or a topic to share, please write it here. The Newsletter publisher would like to have a photo of you to post with our "Welcome New Members" section of our monthly newsletter. Please submit a photo here or email with NEW MEMBER PHOTO as a Subject line to StarlaKramer@gmail.com. If you don't have a photo, please ask Starla to take your photo at the next meeting or field trip.

Email *

About Me *

- Have a question or suggestion for the board? We want to hear from you.
- | | | |
|--|----------------|--|
| Starla Kramer - President & Newsletter | (480) 540-8080 | StarlaKramer@gmail.com |
| Sherrian Beagle - V.P., Membership | (480) 895-1538 | ThinkingPink@Centurylink.net |
| Linda Blane - Treasurer | (847) 707-2997 | DancinPosy3@gmail.com |
| Maria Westhoff -Secretary | (480) 209-3228 | MtWesthoff@msn.com |
| Jean Olenick - Refreshment set-up, Web site & name tags | (480) 895-3854 | JcOlenick@icloud.com |
| Susan Bliss - Field trips & Chapel Center Garden | (480) 895-9707 | srBliss@msn.com |
| Kathryn Pierce - Speaker Coordinator | (602) 882-2821 | KePierce123@gmail.com |
| Marge Mogelnicki - Immediate Past President | (810) 599 5430 | Marge@MargeMsells.com |
| Diane Beatty - Past President | (480) 895-3687 | BeattyBooks@Yahoo.com |



Be sure to forward this to your friends who may want to visit us or become a member. Members may join from any town.

We meet all year on the 3rd Tuesday of the month. We greet visitors and enjoy refreshments from 9:30am-10:00 am. We have a featured speaker and a club meeting until Noon. After the meeting, we invite everyone to join us for lunch (optional) at a selected restaurant nearby.

We meet in the Chapel Center at 9230 E. Sun Lakes Blvd. N., Sun Lakes, AZ 85248. It is next door to Sun Lakes All Faiths Church and across the Street from the Sun Lakes Country Club.



**Saturday
March 9**
10:00am-2:00pm

Chandler Museum
300 S. Chandler Village Dr.
(across from Harkins Theater
at Chandler Mall)

herbs, vegetables,
succulents,
houseplants,
hanging planters,
flowers, and
garden gifts

sponsored by the
Weeders Garden Club of Chandler

The Weeders Garden Club was so pleased at the support they received from SO many members of our garden club at their Plant Sale. Patrice is a member of both clubs and I saw her helping with her sister Debby. I saw Madonna, Luz Stella, Denese, Jan, Kathryn, and Nancy Hicks, just while I stopped by. I took photos to send to Marsha who invited us. She then broke her leg and won't be out and about for several months. I was happy to buy a whimsical handmade pot made by Marsha. I'm happy that it was a successful event for them and the weather was perfect. It was a lot of fun and the newly opened Chandler Museum building was interesting to see. Starla

