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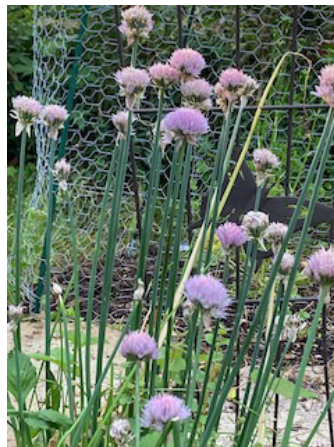
GARDEN MUSINGS

Gardeners tend to fall into two categories, based upon their primary focus: either tending toward the ornamental or the edible. Indeed, space limitations may require fierce deliberations about planting priorities. But one can blur the line between ornamental and edible - **you can have your flowers and eat them too!**

Just as garden fashion now encourages mixing edibles and ornamentals in the same bed, culinary fashion has embraced the concept of edible flowers. Of course, some of our standard “vegetables” such as broccoli and cauliflower are really edible flowers, but few would classify them as ornamental. Yet there are a number of beautiful flowers in our Catonsville gardens that can also grace our tables and add pique our palates.

As I write this, the roses are in spectacular bloom. All rose blossoms are edible, ranging from sweet to slightly spicy, with the darker colors generally having a more pronounced flavor. They make great garnishes for desserts, and add an elegant touch when sprinkled on rich chocolate cake. Rose jams and jellies are prized and I have a great recipe for rose ice cream. You can use miniature roses whole as garnish or separate the petals from larger blossoms, removing the white part where the blossom attaches to the stem.

The chives are also in bloom now, with their cheery spiky blossoms making a great show. Although chive leaves can be used all season, I wait with anticipation for the blossoms to add color and pizzazz to salads. The blossoms can be torn apart easily and sprinkled in potato salad, scrambled eggs, or added to biscuits or frittatas. In addition to the purple color, the slightly more intense flavor of the flowers highlights many savory dishes and encourages experimentation.



Two of the cheeriest flowers in the garden are nasturtiums and calendula – their bright and hardy blooms grace the beds from summer until fall. Nasturtiums range from pale ivory to yellow, orange, and deep mahogany and have a slightly peppery taste. Their flowers create a beautiful edible garnish for many dishes and look particularly dramatic floated on top of cold soups. Calendulas are sometimes called “the poor man’s saffron” as their yellow and gold petals bear a hint of the spicy saffron taste. I like to sprinkle calendula petals in rice and pasta dishes and liven up a basic green salad with a dash of their multi-colored petals.

Borage is a standard plant in my garden each year. It’s light grey color and prickly leaves add interesting texture and contrast, but I prize it for its delicate deep blue flowers that add subtlety and beauty to our summer table. The blossoms have a slight cucumber flavor and become a wonderful garnish for almost any salad. Their indigo blossoms are the perfect topping for a cold vichyssoise or cucumber soup and add interest to standard dips. They are an especially wonderful addition to that summer classic – the gin and tonic. This borage-infused drink is the perfect complement for summer relaxation on Old Catonsville’s porches!

In an earlier column, I suggested adding one or two squash plants to your border to add visual interest while yielding a tasty summer crop. But the squash is only part of the edible bounty from this plant; its flowers are also a culinary prize. If you have never tasted stuffed squash blossoms, treat yourself this summer. The gorgeous yellow male blooms (without the tiny squash attached) become the wrappers for a savory cheese/herb filling [ricotta/Greek oregano is one of my favorites]. The blossom packets are then lightly sautéed and become a beautiful and de-

lectable accompaniment to any meal. Just don't harvest too many male blossoms or there will not be sufficient pollination for a good squash harvest!

One of my all-time favorites that bridges the divide between ornamental and edible is lavender. Its spikes are just now starting to flower, which means that my family and friends are asking when I am going to make the long-awaited lavender ice cream. I first tasted this ice cream in France, and later had a delicious honey/lavender version at Tersiguels Restaurant. After experimentation, I finally found what has become my standard recipe in a cookbook from Alice Water's restaurant, Chez Panisse. Lavender also pairs very well with chocolate and creamy desserts such as rice pudding or crême brulee. Yet it is equally wonderful as a complement to savory meat dishes. Lavender, added to a rub for pork or lamb, adds a summer grace note to these grilled meats; a teaspoon of fresh lavender adds depth to a stew or wine sauce. One of the best, and prettiest, ways to use lavender is in a sum-

mer drink – Lavender Lemonade. I'll leave you with the recipe, as encouragement to start your own experimentation with edible flowers. And, for an added touch, consider freezing some lavender blossoms in ice cubes as the ultimate garnish.

Lavender Lemonade

- Bring 1 c. water to a boil. Add 1/8 – 1/4 cup fresh lavender blossoms. Cover and allow to steep 1 hour.
- Squeeze fresh lemons to extract one cup of juice
- Strain the lavender mixture into a large pitcher. Add lemon juice and 3/4 - 1 c. sugar. Stir to dissolve sugar. Add 3 c. cold water and continue to stir until all sugar is dissolved.
- Serve in tall, ice-filled glasses, garnish with a lemon slice, and enjoy. ■

by Sharon Dubble, Originally published in Summer, 2009



UPCOMING EVENTS & MUSIC AROUND TOWN

June 11

Catonsville Rails To Trails Bike Ride
Leaves Hillcrest Elementary at 10am
<https://www.facebook.com/Catonsville-RailstoTrails>

June 11-12

Colonial Market Fair 10 AM – 4 PM
Benjamin Banneker Historical Park and
Museum, 300 Oella Ave
Catonsville, MD
<https://www.colonialmarketfair.com/>

July 4th

Activities start at 8:30, Parade at 3, Fire-
works 9:30, See website for details
<https://www.catonsvillecelebrations.org/schedule-of-events/>

September 11th

Catonsville Arts & Crafts Festival, CAA
Park, See website for details
<https://www.catonsville.org/arts-crafts-festival/>

Frederick Road Friday Concerts

Join the fun at 15 Mellor Avenue starting
every Friday from June 3 to August 26,
2022, from 6 pm to 8 pm
<https://www.catonsville.org/frederick-road-fridays/>

Schedule:

June 3
ERIC KENNEDY & FRIENDS

June 10
GHOST TOWN RADIO

June 17
DYING BREED

June 24
RADIO FREE BALTIMORE

July 1
SAGAMORE BAND

July 8
THREE OF A KIND

July 15
MARQUIS SOUL

July 22
LP'S

July 29
CONTROLLED CHAOS

August 5
SOUL MAGNETS

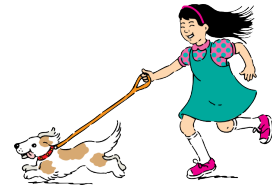
August 12
FOREPLAY

August 19
TONY DON'T PLAY THAT

August 26
CRUSH



SUMMER HELPERS



Liam (13)
Lawn mowing.

Rachel H (18)
Pet sitting and babysitting.
Lots of experience and can provide references.

Siblings:
Circe, 14
Babysits for several families.

Tristan (12)
Great at mowing lawns, watering plants .

Owen (11)
Yard work and loves pet sitting.

They are all very responsible .
All three can be reached at:

Rose O (17)
Pet sitting, dog walking, has references and adores dogs and cats

Cole G (17)
Weeding, raking, mulching, mowing, pet sitting, house sitting,
watering plants, moving furniture/heavy items

Drew G (16)
Weeding, raking, mulching, mowing, pet sitting, watering plants,
moving furniture/heavy items, babysitting

Aidan D (19) Wyndcrest
Loves dog walking, pet sitting, also exp. with
house sitting, lawn mowing.

Maya S -
Dog walking, pet sitting and baby sitting services.

Anna Grace R (21)
Babysitting, pet sitting, errands. Has transportation

Siblings:
Caleb S (14)
Yard work, babysitting

Noah S (13)
Yard work, dog walking
Both can be reached at

Olivia L (18)
Available to babysit. Has her own car. Lots of experience.
Starting Engineering at GWU in the fall.

Perry R (24)
Pet sitting, babysitting, has transportation

Liam S (Rising 9th grader) Osborne Ave
Experienced landscaper, pet & house sitter.

Both girls are offering their services as
Mother's helpers this summer.

Margot H is a responsible, caring 11 year old. She is a rising 6th
grader

Dunja M is a responsible, caring 12 year old. She is also a rising
6th grader

Contact via email

Note - Contact info only in print edition

*We'd like to congratulate the Old Catonsville Neighborhood Association
for their valuable contribution to our community!*



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LURMAN THEATER 2022 SCHEDULE

Free, outdoor shows at Lurman Theater near Catonsville High Details at <http://www.lurman.com/>

Pets, alcohol, drugs and grills are NOT PERMITTED

Call 410 635-0991 for up-to-date concert information

Sat June 4, 6-8 PM
Catonsville High School Steel Band

Sun June 5, 6-8 PM
Texas Chainsaw Horns

Sat June 11, 6-8 PM
Foreplay

Sun June 12, 6-8 PM
Josh Christina Band

Sat June 18, 6-8 PM
Diamond Alley

Sun June 19, 6-8 PM
Speakers of the House

Sat June 25, 6-8 PM
Crush

Sun June 26, 6-8 PM
Eric Scott

Sat July 2, 6-8 PM
The Karen Goldberg Band

Sun July 3, 6-8 PM
The Real Geniuses

Sun July 10, 6-8 PM
Junkyard Saints

Sat July 16, 6-8 PM
The 1974

Sun July 17
Moonshine Society

Sat July 23, 6-8 PM
Flatland Drive Bluegrass

Sun July 24, 6-8 PM
Magical Mystery Girls

Sat July 30, 6-8 PM
Sons of Pirates

Sun July 31, 6-8 PM
Second Hand News

Sat August 6, 6-8 PM
Shades of Blue

Sun August 7, 6-8 PM
Carey Ziegler's Expensive Hobby

Sat August 13, 6-8 PM
Code Red

Sun August 14, 6-8 PM
The LPs

Sat August 20, 5-7 PM
A Classic Case

Sun August 21, 5-7 PM
Arty Hill

Sat August 27, 5-7 PM
Soul Crackers

Sun August 28, 5-7 PM
Technicolor Motor Home

WRITE FOR OCNA'S NEWSLETTER!

Do you know how many writers yearn for readers, and how hard it is to get published? Now's your chance to be read by hundreds of neighbors who welcome your expertise.

Will you be our next columnist? Gardening, local events, history ... we're open to a wide range of interests. Please contact Ann at 410-747-4920 or annandsteves@gmail.com to talk about possibilities. ■

by Ann Quinn

Last dates to submit newsletter article to get into the next issue:

- Spring issue - Feb 15
- Summer issue - May 15
- Fall issue - August 15
- Winter issue - Nov 15



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OCNA NATURE WATCH: WATER BIRDS!

It may seem a bit strange to talk of water birds in Old Catonsville. If you look at a topographic map, you can see that we sit high above much of the surrounding landscape and thus have no running streams or lakes. But most people are aware of how attractive water in a simple birdbath is to many birds and what I have found intriguing over the years is how a wide range of bird species favors more diverse water offerings.



We have a koi pond next to our back deck that has a lovely waterfall over which continuously circulating water cascades down a series of rock shelves. While we enjoy the soothing sound as well as the sight of the water cascade, the moving water seems to be an attraction to bird species that would probably never show up at a typical birdbath. I find it exciting to see several species of small warblers around the waterfall during spring migration. We have had beautiful species of warblers take up temporary residence, flitting continuously across the waterfall from our Japanese maple to the crape myrtle, apparently capturing small insects hovering above the water. They no doubt are taking a migration break to build up their energy stores for their remaining travel to northern breeding grounds.

We also have other less desirable feather visitors to our pond. Our neighbor Donna came home from work one day a number of years ago and, glancing over into our yard, noted what she thought was our striking new pond ornament. But when the ornament moved, she realized that the tall blue heron was a live bird that was eying our koi as its next potential meal! We've had

several visits from these beautiful but unwanted fish eaters. Donna's husband Joe came home one winter day to see a heron by the pond. He walked over to scare it away, but it simply flew up and perched on the peak of the garage. When Joe went back to the pond, he found one of our large koi flopping helplessly on shore. While that fish survived after Joe returned it to the water, our head count in the spring suggested that Glimmer, a fat and slow fantail goldfish, had probably been the heron's dinner for the day.

The swimming pool of our backyard neighbors, Charlie and Andrea, offers its own attraction to birds, despite its less-than-natural appearance. As a waterfowl hunter, I am always amazed when I see the occasional pair of mallard ducks, the male with his distinctive dark green head, gliding over the trees and our fence to alight in their pool. But to my knowledge, they've never established a home or family on the pool, as did the mallards in "The Sopranos" HBO TV series. While the mallards use of the pool was not unexpected, I found one regular pool user last summer quite surprising. We frequently see young red tailed

Continued

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hawks, about the size of a chicken, sitting in trees around the neighborhood, probably on the lookout for an unwary squirrel, and sometimes being harassed by crows. So I wasn't surprised to see one perched on the power lines between our yard and that of Charlie and Andrea. From a distance, he looked a bit bedraggled as he preened his unruly feathers before flying away. But when I saw him in the same location a few days later, on closer inspection, I realized he was wet. He apparently was taking advantage of the swimming pool for a comfortable bath, and then drying his plumage while he sat in the sun on the power line. I never realized big hawks were into such cleanliness.

Watering the garden also brings out many bird bathers. A lawn sprinkler used to water the flowerbeds under the trees regularly attracts many of our resident birds. Robins, catbirds and cardinals often take up positions on strategically located branches, and thrash about under the artificial raindrops like fans at a rock concert. During drought periods, which seem to be happening with greater frequency than in the past, I frequently use a sprinkler hose to water the row of berry bushes at the back of the yard.

This is the flat hose that has pinholes along its length. When the water is turned on, the hose emits tiny streams of water that provide fairly good coverage of a long narrow garden area. One summer day, after turning the water on, I went to adjust the position of the hose to optimize water coverage and found myself entranced. A tiny stream of water from the hose happened to be directed at a large grape leaf along the back fence. Perched on the leaf was a miniscule hummingbird, obviously luxuriating in a shower of the type it would never normally experience. Iridescent green in the sunlight, and surrounded by thin rainbows sparkling in the spray mist, the little hummer would vibrate its wings, lift itself slightly off the leaf, then settle back down to let the gentle shower coat its feathers. After probably five minutes of obvious joy, she zoomed up to perch on our phone line to preen and dry off in the sun. This is the kind of small wonder that can be found by an attentive nature observer on any given day, right in our own back yards. ■

by Bill Richkus, Originally printed in Summer, 2009

SMART MOVES AGAINST CRIME

With the increase in auto and property break-ins reported on the listserve, a brief review of some basic crime prevention tips could be helpful. The Baltimore County Police web site offers practical theft prevention tips at https://www.baltimorecountymd.gov/departments/police/yoursafety/crimeprev_homes.html (updated 2022 link).

Tops on their list: Keep the car doors locked when you park. Don't leave visible items in the car that invite a break-in. A missing cigarette lighter from your dashboard sends a signal to a burglar that it was probably used for a battery charger or power adapter for your cell phone and/or portable GPS. They're willing to take the chance and break the passenger side window to see if your glove box holds the reward.

Statistics show a rise in the number of shed burglaries during the summer months. The majority occur during the day with the assumption that no one is home. Make sure your latching device on your shed is attached with bolts, NOT screws, and secure it with a heavy-duty lock. If you're planning on being away for several days, run a heavy-duty chain through all of your equipment in the shed (bikes, mower, chain saw, large tools) and lock the items together. This makes it tougher for a burglar to quickly remove items. Police recommend that you record the model and serial numbers of tools and equipment stored in the shed. Engraving your more valuable property items and taking pictures of them

can make them easier to identify in case of theft.

To deter a nocturnal burglar keep an outdoor light lit all night. BGE estimates a 40 watt bulb should cost about 10 cents per night and is by far the most economical deterrent. Consider installing a motion detector light that will illuminate your shed, porch, car, etc. For a more decorative fixture just Google "antique motion detector lamps". Photoelectric models can turn light on automatically at dusk and off at daybreak. Inexpensive timers can be purchased which can be set to turn interior lights on and off to give the appearance that someone is home.

Never reveal to telemarketers or door-to-door sales reps any home security information. They could be burglars in disguise hoping to find an unprotected house.

Did you know that you can request a community outreach officer to come out to your home to provide additional security measures? Simply call the Outreach Unit of your local precinct and an officer will make an appointment to meet with you and assess your home security. The officer will provide additional security measures to help you stay safe in your home. This service is free to County residents. ■

by Andy Bowie, Originally published in Summer, 2009

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Deadlines to submit newsletter articles and ads to get into the next issue (usually flexible):

Spring issue - Feb 15
 Summer issue - May 15
 Fall Issue - August 15
 Winter - Nov 15

Archived copies of the OCNA Newsletter are now available on <https://www.oldcatonsville.org/connect>

Do you want free advertising?

Volunteer to write for the newsletter regularly and live in Old Catonsville, get a free 1/8 page ad in each issue.

1/8 page ad size:
 3.75" wide x 2.375" high
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1/3 page ad
 (not shown)
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 7.5" wide x 3.25" high

ENJOY THE SUMMER!

Volunteer needed to be the Newsletter Advertising Coordinator.

Support the OCNA Newsletter, buy advertising space for your business. Contact Christina at drewsleonard@gmail.com for information.

Please submit articles or ideas, events & news for the Fall issue by August 15th to Ann at 410-747-4920 or email annandsteves@gmail.com