



Website Manager at <website.gnba@gmail.com>

[Test] This Week at Giants Neck Beach

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This Week at Giants Neck Beach

August 26, 2024

[Upcoming Meetings/Events](#)

The annual pickleball tournament will be on Saturday, August 31, from 9 a.m. to 12 p.m. [Continue](#)



Pickleball **TOURNAMENT**

SPORTS | FRIENDS | FUN

\$5 per player
You must register to play by emailing Mary Ellen at Doneganme@aol.com | **Helen Lena Clubhouse**

www.giantsneckbeach.org

Please drop off food donations to benefit East Lyme Care and Share.

PWC
FOOD
DRIVE
EAST LYME
CARE AND SHARE



**WHAT
WE NEED?**

**UNEXPIRED &
NON PERISHABLE
FOOD ONLY**

**drop off Sat.8/31
at the clubhouse 9-11
9-11**

The PWC will host its August cocktail party on Saturday, August 31, from 6 p.m. to 10 p.m. Featuring the Scott Hopkins band.



Get ready for some fun!

Need to put on your dancing shoes!

Bring an appetizer or dessert!

End of Summer Cocktail Party!

Saturday August 31st

6-10pm at the Clubhouse

Featuring the "Scott Hopkins Band"

[News](#)

It's time to Clear the PWC Closet! There will be a GNBA Merchandise Pop-up Sale on Saturday, August 31, from 9 a.m. to 11 a.m. All CLOTHING items (6 months to Adult XXL) are Buy One/Get One Half Off (lower-priced); non-clothing items are NOT included in this special!

[Giants Neck Beach - A Natural Beauty!](#)

August 24, 2024

Having just returned from traveling to Colorado, I wasn't sure what I would find in nature in our Giants Neck Beach Community. Thank goodness the Piscatellis had spotted the *Apios americana* blooming again across the street from them on the GNIC lot overlooking the pond and pointed the flowers out to me! Here in New England, they are a native herb that grows as a vine along rivers of streams and



ponds, wet meadows, and in moist soil woodlands. It goes by many names, including standard “ground nut,” “potato bean,” “hypnosis,” and “Indian Potato” (as Native Americans used this as a source of food and would dig them up in the winter). The tubers are a good source of carbohydrates and contain between 13-17 percent protein by dry weight..3 times more than potatoes or any other vegetable by weight. (I would not recommend digging them up and eating them as we do not want to destroy our plants and don’t know what kinds of pollution are in the soil where they grow.) Before that was a concern, they became so important to New England Colonists that the colonists enacted a law to prevent Native peoples (who had been eating them for centuries) from digging up groundnut tubers growing on “English land.” The groundnut blooms from July to October. The fruits are dry, 5-10 mm long, and the seeds can be eaten after cooking, containing 25-30 percent protein! This unique plant plays a crucial role in our local ecosystem, serving as a food source and habitat for various species.

The Silver Spotted Skipper relies on this plant as one of its larval hosts. Honey Bees, bumblebees, and leaf-cutting bees all visit it for nectar. The leaf-cutting bees provide cross-pollination of the flowers. Deer enjoy eating the foliage. I enjoy seeing them at this time of year and appreciate that our many invasive vines are not outcompeting them in that location. Next time you want a walk, look for this beauty before the flowering season ends!

Resources include https://plants.usda.gov/DocumentLibrary/plantguide/pdf/pg_apam.pdf. and <https://gobotany.nativeplanttrust.org/species/apios/americana/>

Enjoy the neighborhood and the many butterflies and flowers at this time of year here in Giants Neck Beach...A Natural Beauty!

~LD

visit us on the web

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Our mailing address is:

P.O. Box 226 Niantic, Connecticut 06357-0026

Our private Facebook group is:



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