

Roots and Shoots



Volume 28, Issue 5

May 2012

May general meeting features speaker, intern graduation, and plant swap



By Evelyn Harrell

Special points of interest:

- Enjoy a walk-through at the Demo Garden before the May general meeting
- Three special gardens will be open to view during our annual Garden Walk
- Rosie Lerner explains all we need to know about manure on gardens
- Two members earn new badges
- Sore muscles? Read Karen Sparks' column
- Youtube a go-to site for gardeners
- Got deer? See page 9

Be sure to attend the May general meeting at 6:00 p.m. on Tuesday, May 22, at the Community Building at the Fairgrounds, 5700 W. Airport Road. Note the time change! We will meet at the Demonstration Garden for a walk through before our meeting. In addition, our general meeting features a speaker, a very popular annual plant swap, and opportunity to meet and congratulate the graduating interns, many of whom worked at the Garden Fair in April. Come with a plant or two in need of a new location, and plan to pick up something new for your garden or landscaping. Our speaker will be David Ray, whose topic is *Giant Pumpkins*. The program qualifies for an education hour. Come early to enjoy refreshments provided by Melissa Britton, chair, Larime Wilson, Cindy Benson, Karen King, Bethany Murray, Barb Cappy, Dale Wilkens, and Martha Tarbah.

Also, be sure to take the opportunity at this meeting to help out and also earn volunteer time by signing up for the refreshment committee. We have three more general meetings on the calendar, including food preparation and set-up at the November meeting which requires several pairs of hands.

Join us for our May 9 field trip

By Evelyn Harrell

On Wednesday, May 9, we are carpooling to Avon Gardens in Avon Indiana, where we will have a brief tour of the display garden, followed by opportunities to explore and shop on our own. We plan to leave at 10:30 a.m. and arrive in at Avon Gardens in time for a box lunch prepared by a caterer (\$14.99 each). Please contact Evelyn at ear4841@comcast.net if you plan to go. Participants will be contacted by email with lunch and travel details.

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Member news

By Nancy White



The 2012 Master Gardener Garden Fair is history now, and it was an outstanding event, thanks to the work of so many. Attendance was increased, many new vendors were on display, more commercial vendor booths were rented, numerous door prizes were awarded, three outstanding education sessions were well-attended, and the parking lot was full all day. Visitors to the Café enjoyed the food and the opportunity to sit down for awhile. Making lemonade out of a “lemon situation” when a first-time vendor did not show up, vendor chair Peggy Rees-Krebs and physical arrangements chair David Dunatchik, worked with another vendor to creatively fill the booth space. Doug Fowler, Fowler’s Tree Service, rigged a climbing arborist rope and gave demonstrations that entertained adults and children alike. Although the weather wasn’t inviting, one outside vendor set up a tent on the front grounds of the armory and sold bedding flowers and vegetables.

A full review of attendance and proceeds generated will be printed in the June *Roots and Shoots*. All those who gave so many volunteer hours to the fair can be proud of their contributions.

Plan to attend the May general meeting

You don’t want to miss our May meeting with its annual plant swap. Many Master Gardener associations have plant sales during the year, but we have a tradition of swapping our extra perennials, veggie transplants, bulbs, and shrubs at our May meeting. Since this is the celebration for our newly graduated intern class, it is extra special to welcome them into our group with a new plant (or several) to take home. All are invited to bring whatever they want to swap, and we all go home with new finds for our gardens. Be sure to tag or mark your items with name (common and/or botanical) plus sun and shade requirements. I like to use popsicle sticks or tongue depressors from the craft store to mark mine. We will have some plastic bags and newspapers for the trip home.

Master Gardeners award community grants

Master Gardeners Charlotte Griffin, Nancy Miller, and Dot Owen have volunteered to act as mentors to local agencies that were awarded our MG grants for the 2012 growing season. Mentors act in a support role as the agencies plan and implement their projects. As the project concludes, the mentor assists the agency with the final report that goes to the MCMGA. More mentors are needed, and all time spent as a mentor qualifies for volunteer hours. Contact Nancy White if you would like to serve as a mentor.

Well done, Barbara and Joanna!

Congratulations to Master Gardeners Barbara Hays and Joanna Howe for being awarded a *Readers Choice 2012 1st Place Award* for their jewelry store, Victor Settle Jewelry. These ladies are “real gems.”

Our Eighth Annual Master Gardener Garden Walk and Picnic is coming up in June

By Mary Hawkins



We have three gardens to interest and excite you again this year for our annual Garden Walk.

Garden for Wonder, mentioned in last month's *Roots and Shoots*, is the downtown WonderLab Garden. Many of our Master Gardeners work seasonally March through October with volunteer groups from the community to direct, educate, and guide the maintenance and care of this garden. We are very proud of their efforts and want to showcase this place of beauty and wonder. We will be given a brief history of WonderLab and the WonderGarden by Mike Voiles, floor manager of WonderLab, starting promptly at 3:30 P.M. Saturday, June 9, 2012. It will be really important this year that we arrive promptly on time. The first two gardens we visit will have presenters and information vital to making the most of our visits. There will be time to explore and enjoy the space on our own as well. Nancy White, who helps co-ordinate all the Master Gardeners' efforts there, will be available to answer questions about any of the plants or design. Amy Thompson will also be available to give us information about some of the invasive plants growing along the B-line Trail that the city has been trying to conquer. There should be time to enjoy a short walk along the trail before heading over to our next garden.

Our second garden on our walk will be Dianne May's *Everybody's Home* on South Dunn Street. Her concept is turning an ordinary American yard into a place for microbes, plants, wildlife, and people. Her vision is to prevent storm water from destroying everything in its path in her neighborhood every time it rains. Come see what a "one woman crusader" can accomplish with rain gardens. Hence our *Garden for Rain*, starting promptly at 4:40 P.M., will be a presentation at Dianne's house of how to build a rain garden and solve drainage problems as well as beautify the area with many of our sturdy natives. Dianne has also started a butterfly garden, asparagus, raspberries, currants and blueberries this year. Talk about sustainable living!

For our third stop we will head out to The Pointe by Lake Monroe and will be treated to the *Made in the Shade* garden at Mary Jane Hall's home. Starting about 6:00 P.M., we can relax and visit a lake view woodsy retreat. Wandering her yard we will see many unusual specimens, many standard natives that love shade, of course, and enjoy delicious food at the pitch-in picnic part of this event. This part is more informal as we discuss what we have seen, ask questions that arose during the visits, and just get to know each other better. Attending this event by visiting all three of the gardens will also allow members to claim an hour of educational credit. Watch for your official e-vite (or mailed invitation) coming in early May that will include all the particulars of time schedules, site addresses, suggestions for parking, and items to bring to the picnic. Please plan to attend this fun, educational, and popular activity.

Receive frost alerts on your computer or phone

By Amy Thompson



Here are the steps to sign up for frost alerts and other updates from the *HT*. You do not need to be a subscriber. Let me know if you have questions.

- Go to www.heraldtimesonline.com
- Click on the email/cell alerts—fourth option along the top bar (black on my computer) on their website.
- Newsletters/email alerts are free to both subscribers and non-subscribers.
- Establish a new account by entering your email address.
- After submitting your email address, you will be given a passcode.
- Login using your email address and passcode.
- At this point, you can also sign up for some alerts to be sent to your cell phone via text message.
- You may select from a number of different email alerts and news updates. If you select *severe weather*, you will receive notification when the National Weather Service issues severe weather alerts, including frost and wind advisories for Monroe County and the surrounding areas.



Spotlight on Hilltop Garden and Nature Center

By Nancy White

We shine the spotlight this month on Hilltop Garden and Nature Center, a site that has been important to Bloomington for many decades. Begun in the 1970s as a youth gardening center by IU Professor Barbara Shaluca, children, youth, and adults have experienced the joys and challenges of gardening for many years under the direction of IU personnel, local volunteers, and student helpers. Over the years, Hilltop has been the site of many University and community activities, including the Bloomington Garden Walk, the annual Daffodil Show and Sale, and classes and seminars sponsored by the City of Bloomington, IU, and MCMGA. For several years, Master Gardeners have volunteered at the site and have supported its efforts. This year, the summer youth gardening and natural resources education program, coordinated by Bloomington Kids' City and the Hilltop staff, is one of our community grant winners. We congratulate newly appointed Hilltop Coordinator, Lea Woodard and all the volunteers for their continuing service to the local gardening community.

BGC Garden Walk is June 23-24

Submitted by Amy Thompson

Bloomington Garden Club will sponsor its twenty-third annual Summer Garden Walk on June 23, 2012 from 10:00 a.m. to 2:00 p.m. and on June 24 from noon to 4:00 p.m. The walk will begin at the Monroe County History Center, 202 E. Sixth Street, where tickets may be purchased. The tour will feature six private gardens, showcasing diverse designs and plantings. The annual flower show exhibiting arrangements by garden club members will be displayed at the History Center during the weekend of the walk. Tickets are \$10 each, and all proceeds benefit children's gardening projects, as well as civic planting and beautification projects. Tickets are available from members and from the following vendors: Bloomingfoods East, Bloomingfoods West, Bloomington Hardware, Ellettsville True Value Hardware, and Monroe County History Center.

Watch for Bloomington in Bloom Front Yard Contest

By Nancy White

Coordinators Mary Jane Hall, Dot Owen, and Nancy White are leading the BIB Front Yard Contest this year. Judging of local gardens will be held for four weeks, from April 23 through May 17. Winners in each Bloomington zip code will be chosen each week, and yard signs will announce the winners. Photos of some of the winners will be published weekly in the *Herald-Times*. Many thanks to all the Master Gardeners who have volunteered to serve as judges. Be looking for the signs as you travel through town.

Make a difference

By Nancy White

Master Gardener will have a booth at the Saturday Bloomington Farmers Market through May and maybe longer. It's a nice way to get some volunteer hours and publicize Master Gardening to the public. The booth includes a display and brochures describing our activities and purpose. Contact Amy Thompson or Nancy White if you would like to help.

Volunteers are needed now for our Demonstration Garden at the Monroe County Fair Grounds. A coordinating committee plans work sessions and a schedule of tasks to maintain the garden this year. If you would like to volunteer at the Demo Garden, contact Diana Young, Jeanne Cox, Barbara Hays, or Dan Pyle. They would appreciate your help.

Lots of volunteers are needed in July at the Monroe County Fair. Diana Young, Esther Minnick, and others coordinate our many activities during Fair Week. MCMGA helps with Garden Chats, Master Gardener Information Booth, and Open Class flower, vegetable, and floral arrangements activities. Our Demo Garden is also open for visitors that week. Stay tuned for more information on Monroe County Fair volunteer opportunities.

The scoop on poop

By Rosie Lerner, Extension Consumer Horticulture Specialist



Gardeners have long used manure from various farm animals to fertilize and enrich their soil. However, recent public awareness of food-borne illnesses has left many gardeners wondering if using manure is safe.

There are a number of pathogens, including *E. coli*, salmonella, and listeria that can be transferred to humans from animal manure. Some animal manure may also contain parasites, such as roundworms and tapeworms.

If fresh manure is applied to the garden or compost pile, there is a high risk of causing illness to the gardener, as well as anyone eating fresh produce from that garden. Fresh manure can also be harmful to growing plants, due to being too high in available nitrogen, thus burning roots. It is safer for both plants and people to apply only composted, rotted manure to an active garden bed. Manure should be composted for a minimum of six months to reduce the risk of contamination. If fresh manure must be applied, do so during the previous fall so that it has a chance to decompose for as long as possible before the garden will be planted. Do not apply manure to actively growing fruits or vegetables.

Root vegetables and other crops whose edible portion is harvested from below ground pose the greatest risk of transmission, since they have the most contact with potentially contaminated soil. Vegetables, such as carrot, radishes, sweet potatoes, Irish potatoes, turnips, parsnips, onions and beets, should be thoroughly washed and/or peeled to decrease risk.

Leafy vegetables, such as lettuce, spinach, cabbage, chard and other greens, where the edible portion is in contact with soil, and especially crinkly leaves that catch soil particles are also at high risk for contamination. Some fruits may also be in contact with the soil, such as tomatoes that are not staked or caged, and strawberries. Thorough washing and removing outer leaves from heads of lettuce and cabbage will reduce risk. Thorough cooking is the only way to eliminate the risk completely.

Manure from pigs, dogs and cats should not be used at all in gardens or compost because they may contain parasites that can infect humans.

BOGA Spring Plant Swap on Saturday, May 5

The Bloomington Organic Gardeners Association (BOGA) will host a free plant swap on Saturday, May 5, from 8:00 a.m. to 1:00 p.m. at the Bloomington Farmers' Market. Native plants, tree saplings, and seeds are encouraged, but all non-invasive plants are welcome.

Web castings

and their friends.

Some 'pre-digested' web offerings provided by local Master Gardeners

By Karen Sparks



Feeling sore muscles? Wish you had moved a bit differently those first enthusiastic days in the garden? I hear you. If you attended the presentation at the Garden Fair by Rebound West Physical Therapist Janet DeLong and were as impressed as I was, we are not alone; I heard only good comments. Her excellent preparation and audience participation, along with good posture practices and equipment advice (she brought tools!) were really appreciated. I am moving differently in the garden already.

I decided to search the web for more information, added practices, and motivation. Sites I found did not go as deeply as she did with specific suggestions, but are a start. This first link supports the idea that gardening is athletic, which of course we already knew: <http://pptandfitness.com/gardener-athlete>.

This one below describes specific stretches for gardening and why we should practice them:

<http://www.healingmotionpt.com/blog/ask-a-physical-therapist-gardening-stretches> .

If you want to preview a DVD set (\$25) of exercises geared to gardeners by Gail Dubinsky, MD, here's where to find it: http://www.rxyoga.com/yoga_for_gardeners.html. There are even good ideas to garner in the short preview clips.

Back in the 1970's, I took extensive yoga classes at the Milwaukee YMCA. (Don't I wish I had continued that practice!) The gentle yoga stretches before, during and after a day of garden work can be really valuable, keeping in mind that we must listen to our own bodies and go just to the edge of our own comfort zones. The awareness and mindfulness of a yoga practice can be especially beneficial for the gardener. And, remember to breathe! I know that may seem obvious, but mindful deep breathing releases tension, both muscle and mental.

At the Himalayan Institute, as presented in the *Yoga Journal* online, there is excellent information, with descriptions, pictures, and support for beginners: <http://www.yogajournal.com/practice/2752>. The asanas (poses) shown include those to use before gardening, during stretch breaks, and for resting after your effort (restorative yoga). They even include an outdoor meditation for the end of the gardening day. All-in-all, this site is a surprising and valuable find.

I hope you have a healthy season outdoors and are even more fit in the fall than now!

Ready, Set, Grow at Farmers' Market on May 19

Submitted by Amy Thompson

Ready, Set, Grow, co-sponsored by Bloomington Food Policy Commission and Bloomington Commission on Sustainability, is an exciting event at Showers Civic Plaza on Saturday, May 19 from 10:00 a.m.-noon at the Bloomington Community Farmers' Market. Come to celebrate gardening and to learn from the local experts how to garden wherever you are—apartment or house!

Educational presentations are as follows:

10:00 a.m., *Seed Starting and Transplanting*, Bobbi Boos, Nature's Crossroads Seeds

10:25 a.m., *Composting*, Master Gardener class students

10:50 a.m., *Container Gardening*, Andrea Jobe, Middle Way House

11:15 a.m., *Beekeeping*, Amy Thompson, Purdue Extension

11:40 a.m., *Garden Layout*, Jami Scholl, My Edible Eden

Be sure to bring an empty gallon container for free compost tea from Designscape.

Tables and information will be available from Worm's Way, Abundant Harvest Farms, Designscape, Mother Hubbard's Cupboard, Monroe County Master Gardeners, Purdue Extension, Bloomington Community Orchard, Local Grower's Guild, 4-H Poultry Club, Minifunda, and Bloomington Parks and Recreation.

Members volunteer at Flower and Patio Show

By Preston Gwinn

Thank you to the MCMGA members who volunteered at the 2012 Flower and Patio Show in Indianapolis. On March 15, these included Herman Young, Diana Young, Dorothy Owen, Lynn Rogers, and Gloria Noone. On March 18, those who volunteered were Cindy Benson, Mary-Carol Paul, Susan Sachtjen, Donald Sachtjen, and Evelyn Harrell.

Hats off!



Members earn new badges:

Lynn Rogers—certified

Marilyn Brinley—silver

Congratulations!

Volunteer opportunities

Compiled by Nancy White

Location	Time	Jobs	Contact
Hilltop Gardens	year around	various	Charlotte Griffin, 345-8128
MG Demonstration Garden	seasonal	various	Bethany Murray, 339-8876 bethany.murray@gmail.com
Bloomington Community Orchard	seasonal	various	Stacey Decker, getinvolved@bloomingtoncommunityorchard.org
Cheryl's Garden at Karst Farm Park	summer	design and maintain	Nancy Fee, 332-1940
T. C. Steele SHS	seasonal	various	Davie Kean, 988-2785
Flatwoods Park Butterfly Gardens	seasonal	various	Cathy Meyer, 349-2575
MCMGA Horticulture Hotline	year around	inquiries and research	Amy Thompson, 349-2575
MCMGA Speakers Bureau	year around	various	Amy Thompson, 349-2575
MCMGA Newsletter	year around	write articles	Helen Hollingsworth, 332-7313
MCMGA Web Site	year around	various	Barbara Hays, 332-4032
MG Program Committee Member	year around	plan MG programs	Evelyn Harrell, 339-0572 Jeff Schafer, 325-3130
Middle Way House	seasonal	various	Clara Wilson, 333-7404
Wylie House	year around	various	Sherry Wise, 855-6224
Mother Hubbard's Cupboard	year around	education, resource	Stephanie Solomon, 334-8374
WonderLab Garden	2 times monthly	various	Nancy White, 824-4426
Hoosier Hills Foodbank	year around	various	Jessica Williams, 334-8374

Youtube videos help gardeners

By Rosie Lerner, Extension Consumer Horticulturist

Visit *youtube* to see new timely educational resource on assessing the recent freeze injury to fruit crops. Dr. Bruce Bordelon, Small Fruit and Grape Specialist and Dr. Peter Hirst, Tree Fruit Specialist put together some excellent *youtube* videos showing how to assess the degree of damage to apples, peaches, strawberries, grapes, and blackberries.

As you know, our fruit crops were several weeks or more ahead of "normal" in their development when last week's freezing temperatures occurred. Here in the Lafayette area, we hit 27- 28°F Thursday morning, followed by 24-25°F Friday morning, for a double whammy. At 28°F, you can expect a 10% loss of flowers/young developing fruit, however at 25°F, that loss increases to 90%!

Bud counts were exceptionally high until the freeze, so in some cases, even just 10% retained fruit might still be a decent crop on our tree fruits. Grapes may also still have ability to crop on shoots that have yet to emerge. Strawberries are a bit easier to protect through frost and freeze, but only if you took measures such as using floating row covers, recovering with straw, etc.

However, it is only mid April and additional frosts/freeze incidents are possible. Bottom line is that unless it is already a complete loss, we won't really know the rest of the story for quite a few more weeks.

Here are the links to their *youtube* videos showing how to assess the status of your plants.

Assessing Spring Freeze Damage to Apples

Video: http://youtu.be/YcSRg74Hb_A

Assessing Spring Freeze Damage to Peaches

Video: <http://youtu.be/DcS2XGAqoFk>

Assessing Spring Freeze Damage to Grapes

Video: <http://youtu.be/1NUZu5Bx08M>

Assessing Spring Freeze Damage to Strawberries

Video: http://youtu.be/F-QoX1C4_S0

Assessing Spring Freeze Damage to Blackberries

Video: <http://youtu.be/EyIhvfY2apM>

Ornamental tree and shrub response is quite varied depending on species, location and of course temperature and duration of that temperature. Susceptible plants may have wilted leaves, brown or black necrotic spots on leaves or perhaps dieback of entire twigs. Plants that were in bloom likely have brown petals or dropped flowers entirely. Here are some links to articles from previous spring freezes that will give more info.

<http://www.ppdl.purdue.edu/ppdl/hot10/5-14.html>

http://www.ppdl.purdue.edu/ppdl/weeklypics/Weekly_Picture6-25-01-1.html

Note that freeze incidents are normal for this time of year; what is abnormal is the earliness of development, leaving the plants exceptionally vulnerable to freeze. The good news is that woody plants will outgrow the damage in most cases.

Clean up bulbs to encourage next year's blooms

By Rosie Lerner, Extension Consumer Horticulturist

As the dazzling display of spring-flowering bulbs comes to a close, it's time for a bit of spring cleaning. Now is the time to remove spent blossoms and prevent seed production from stealing needed carbohydrate reserves that can be better saved for next year's bloom.

Even though the foliage that remains is not very attractive and, in some cases, is downright unsightly, resist the urge to cut those green leaves off the plants. The health of this year's foliage will determine the amount of carbohydrates that will be stored in the bulb below ground this fall. These stored reserves, in turn, determine the strength of the blooms for next spring.

Some gardeners attempt to "tidy" up the foliage by gathering the leaves into bundles and folding, braiding or tying them in a knot. Although it is slightly better than removing the foliage, the leaves that are inside the bundle will not be exposed to light, thus reducing photosynthesis and future blooming potential.

Instead, help the foliage thrive by providing plenty of sunshine, a pinch of fertilizer and water when the weather is dry. When the bulb foliage begins to turn yellow or brown, you can remove the leaves and add them to your compost pile. Tulip foliage generally dies back by mid June, but daffodil foliage can remain green until mid-summer.

You can make the bulb foliage less noticeable by inter-planting perennial and annual flowers among the bulbs. Inter-planting will also help keep the bed interesting long after the bulb flowers fade. Select plants that bloom at different times in spring and summer to keep the bed in color throughout the season. Plants such as candytuft, dianthus, false rock-cress and phlox provide early color, yet stay low to the ground to provide an attractive background for bulb flowers. Perennials, such as daylilies, salvia and coreopsis, as well as many annual flowers, grow a bit taller in late spring and summer, thus providing a good screen to mask fading bulb foliage.

Got deer?

Looking for a list of plants that deer do not damage?

Try <http://njacs.rutgers.edu/deerresistance> .

This site offers a comprehensive plant list with plants rated as follows:

- A = Rarely Damaged**
- B = Seldom Severely Damaged**
- C = Occasionally Severely Damaged**
- D = Frequently Severely Damaged**

May 2012

FIRST CLASS MAIL

MONROE COUNTY MASTER GARDENER ASSOCIATION

RETURN SERVICE REQUESTED

Cooperative Extension Service
3400 South Walnut Street
Bloomington, IN 47401



Helping others grow!

General Meeting, Tuesday, May 22, 6:00 p.m., at Fairgrounds
Walk through the Demonstration Garden, meet new interns, hear our speaker, participate in our annual plant swap, and earn an hour of education credit

2012 MCMGA Board

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Master Gardener calendar

- **Wednesday, May 9**, 10:30 a.m., Avon Gardens field trip, Avon, Indiana
- **Saturday, May 12**, 9:00 a.m.-1:00 p.m., plant sale hosted by Hoosier Hills Master Gardeners, 401 SW 1st Street (State Road 37 S) Paoli, Indiana
- **Tuesday, May 22**, 6:00 p.m., MCMGA general meeting, Fairgrounds
- **Saturday, June 9**, Master Gardener Garden Walk, 3:30-8:30 p.m.
- **Saturday, June 23**, 10:00 a.m.-2:00 p.m. and **Sunday, June 24**, noon to 4:00 p.m, Bloomington Garden Club Annual Summer Garden Walk