



The Sage Gardener

Park County Master Gardener Newsletter



From the President... Dan Wasp




CONGRATULATIONS...

New Master Gardener Interns

Volume 10, Issue 5

May 2013

- Forthcoming**
- Meetings & Events**
- **June 1**
Canal Park Spring Fair
Times TBD
 - **June 3**
Apple Grafting Workshop
9 am to Noon
UW Research & Extension
Center, Powell
 - **June 6**
Gardening Program
7 pm-9 pm
Powell Library
 - **June 29**
NWA MG Workshop
Thermopolis
9 am to 3 pm
 - **July 20**
Cody Garden Tour
9 am to Noon, followed
by a lunch & Art auction
 - **July 23 to 27**
Park County Fair
 - **August 3**
2nd annual Powell
Soroptomists
Garden Tour
10 am to 2 pm 

- ♦ **Desiree Aagard**
- ♦ **John Aagard**
- ♦ **Scott Brown**
- ♦ **Caleb Brown**
- ♦ **Susan Proffitt**
- ♦ **Cathy Swartz**
- ♦ **Ann Troser**

We welcome you into the Master Gardener family and look forward to working with you as we serve our communities.



Meeting Minutes... Jan Jackson

Dan Wasp, President convened the May 06, 2013 meeting to order @ 7:05 p.m. in Cody at the at the EOC Room of he Park County Courthouse.



Attendance... Dan Wasp, Bob Prchal, Karen Anderson, Rita Lewis, Donna Haman, Nancy Ryan, Mary Vogel, Jo Anne Arzillo, Ann Hinckley, Joyce Johnston, Linda Pettengill, Teri Boyd, Suzanne Larsen, Ronda McLean, Cheryl Wright, Darlene Manning, Sariah Bates, Valerie Bates, Sandy Frost, Desire Aagard, John Aagard, Kathy Swartz, Scott, Caleb Brown, and Jan Jackson.

Approval of Minutes... The April minutes were approved as submitted.

Treasurer's Report... Following a review, the Treasurer's report was approved as submitted.

Old Business

- **Arbor Days:** JoAnne thanked all who helped her with the set-up.
- **MG Recipe Book:** Joyce is gathering and organizing recipes. Additional recipes are needed... especially soups & stews. **No more cookie recipes are needed!** Please affix your name and "e" mail if possible.

New Business

- **Bridger Field trip:** Set for June 22, 2013; tour Bridger Plant Materials Center and a homeowner's orchard.
- **Taste of the Season:** The PCMG's 'Taste of the Season' will feature a garden theme.
- **Master Gardener Training:** Training will occur every two years. 2015 is the next training year.

Committee Reports and/or Announcements

- **Canal Park Spring Fair:** The Plant sale and 'Garden' presentations will be held on 6/1/13.
- **Cody Garden Tour:** Gardens are still being finalized; water features are the theme.
- **Park County Fair:** A sign-up sheet was passed around for the Floriculture booth... see Ann Hinckley
- **WMGA:** The WMGA is asking for feedback on 'what do local MG's expect from the State organization'.

Reminders

- **WMGA Education Grants:** Park County Master Gardeners should assess their educational needs and if there is a worthy project that needs assistance, consider applying to the WMGA.
- **Background Checks:** All members who work with kid's need to undergo a background check. See Julie or Colleen @ the Extension offices for details and paperwork.
- **Volunteer Support Activities:** when activities are planned, please respect ALL requests for assistance by responding yea or nay. Let's respect and help the event organizer (s).
- **Next Meeting:** @ 7:00 p.m. on June 03, 2013 in Powell. **Refreshments:** Mickey Waddell and Ann Hinckley
Educational Program: TBA

Adjournment... @ 8:19 p.m. **Education/Workshop...** 'Iris in the Garden' by Nancy Ryan & Mary Vogel.

Extension Musings... Joyce Johnston and Ann Hinckley



By the middle of May we should be able to plant tomato plants, peppers, broccoli and other similar plants in the garden with Wall-O'-Waters. Space broccoli so that quick growing smaller plants such as lettuce can be planted in between and harvested before the broccoli gets big enough to cut off their sunshine. The beet, Swiss chard or spinach seed tapes you made in the cold months can be planted now. You can even use Wall-O'-Water cages over plantings of seeds to warm the soil and bring up the seedlings quicker. Toward the last of the month the cucumbers and various squash seeds can be planted. Start your annual flowers inside now to have seedlings to set out when the weather is warmer.

As we get our gardens up and growing we will also be facing insect control problems. A pesticide may kill more than the harmful bugs; it may also eliminate the beneficial insects, birds, and bats that help keep pest insect populations under control. The National Gardening Association has some thoughts to help us:

“It's important to remember that eliminating a pest insect may have unintended consequences, and that the insects we label as pests still have a place within a balanced ecosystem.. There will be no lovely adult butterflies without their earlier stage as leaf munching caterpillars. “Good” bugs won't stick around if all the "bad" insects -- their source of food -- have been eliminated. “

“**M**y recommendation for controlling harmful pests is to use the least toxic and least ecologically disruptive methods available, such as insecticidal soap sprays. Most soft-bodied insect pests, such as aphids, are easily and quickly controlled by soaps. Just be sure to spray in the coolest part of the day; my preference is very early morning or late evening Biological controls can also be very effective. This is particularly true with the caterpillars that turn into butterflies and moths. A bacterium known as *Bacillus thuringiensis* (*Bt*) will only target the caterpillars of butterflies and moths and not pose any harm to other type insect. It's very useful against tomato hornworms and cabbage loopers. *Bt* can be found in liquid and powder formulations that are easy to apply to the infested plants. Always read and follow the label.”

More helpful hints from the NGA: If your lilacs and forsythia failed to bloom this year, it might be caused by neglect or changes in sun exposure from maturing trees. Perhaps the shrub is planted in too shady a location and will need to be moved. Older shrubs may need some renewal pruning since they bloom best on younger branches. Remove one-third of the oldest stems at ground level after their normal blooming cycle.”

When you fertilize your lawn this month be sure your fertilizer contains Iron and Sulphur along with a good balance of the usual NPK. Our soil, as you know, is quit alkaline and needs more than the usual applications of Iron and Sulphur to produce the best plants.

Jim Gainan advises planting pansies early—even in April—as they are a hardy plant and can stand temperatures as low as 20 degrees before they need to be covered. They prefer a partially shaded spot with cool, moist, well-drained soil. The more spent flowers you remove the more blossoms you will get. Yellow and blue varieties seem to be more aromatic than other varieties.

Herbs & Such... Joyce Johnston

Tarragon

- ◆ Discover a possible link in cancer prevention
- ◆ Enjoy an herbal source of potassium
- ◆ Add sophisticated flavor to your cooking



Tarragon has been used in the Middle East since the 13th century. Tarragon contains a compound called rutin and it is known that rutin can regulate blood pressure levels. It is a good source of potassium which helps prevent high blood pressure and strokes.

The best way to get the benefits of tarragon is simply to eat it.

Herbal Sources of Potassium

Herb	MG/TBS
Anise Seed	97
Basil	154
Caraway Seed	91
Celery Seed	91
Chili Powder	144
Cumin Seed	107
Dillweed	108
Fennel Seed	98
Tarragon	145
Turmeric	172



There are two main varieties of tarragon. French, when leaves are rubbed, the smell is anis-camphor and Russian, the smell is faintly sour and you do not want to buy this one. Tarragon's root system is very shallow and a bit of shade will keep it from wilting on hot days. When planting, soak with warm water when soil is completely dry.

Cooking

Tarragon is usually used in foods by itself except for a French blend of cheril, parsley, chives and tarragon.

Spinach with Fresh Tarragon

- ◆ 2 ½ C loosely packed, cleaned and stemmed fresh spinach
- ◆ 1 tsp olive oil
- ◆ Splash of hot pepper sauce, or to taste
- ◆ 1 tsp minced fresh tarragon
- ◆ 2 scallions, very finely minced

Steam the spinach over boiling water, covered, until it has wilted slightly and become vibrant green, about 4 to 5 minutes for average-sized leaves. Drain well and pat dry. Immediately toss the spinach with the olive oil, hot pepper sauce, tarragon, and scallions and combine well. Serve warm with grilled fish, or toss with 2 cups of cooked pasta for a more robust side dish. Makes 4 servings.

Herbs & Such... Joyce Johnston

Grilled Vegetables with Tarragon

- ◆ 4 small to medium zucchini (about 1 pound) cut into 1/3 inch slices
- ◆ 4 small to medium yellow summer squash (about 1 pound) cut into 1/3 inch slices
- ◆ 1 large eggplant, cut crosswise into 1/3 inch slices
- ◆ 2 red bell peppers, cored, seeded, and quartered
- ◆ 4 scallions, cleaned but roots left on
- ◆ ¼ C olive oil
- ◆ 2Tbsp balsamic vinegar
- ◆ 1tsp Dijon mustard
- ◆ ¼ C fresh tarragon leaves

Pinch of salt. Combine the zucchini, squash, eggplant, peppers, and scallions in a large bowl. In a small bowl, whisk together the oil, vinegar, mustard, tarragon, and salt. Pour the dressing over the vegetables and toss well. Let the vegetables marinate for at least an hour, or as long as overnight. Prepare the grill or preheat the broiler. Using tongs, lift the vegetables out of the marinade, knocking off the tarragon leaves so they won't burn. Grill the vegetables 4 inches from the heat, turning once, until cooked through, about 10 to 15 minutes. Remove the individual vegetables as they finish cooking and set them back in the marinade. Serve warm as a light entrée, along with chilled soup, or as an appetizer or side dish. Makes 4 large servings.

Garden Quotes... from www.brainyquotes.com

- ◆ **Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.**

~ Mike Moore ~

- ◆ **Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.**

~ Luther Burbank ~

- ◆ **Remember that children, marriages, and flower gardens reflect the kind of care they get.**

~ H. Jackson Brown, jr. ~

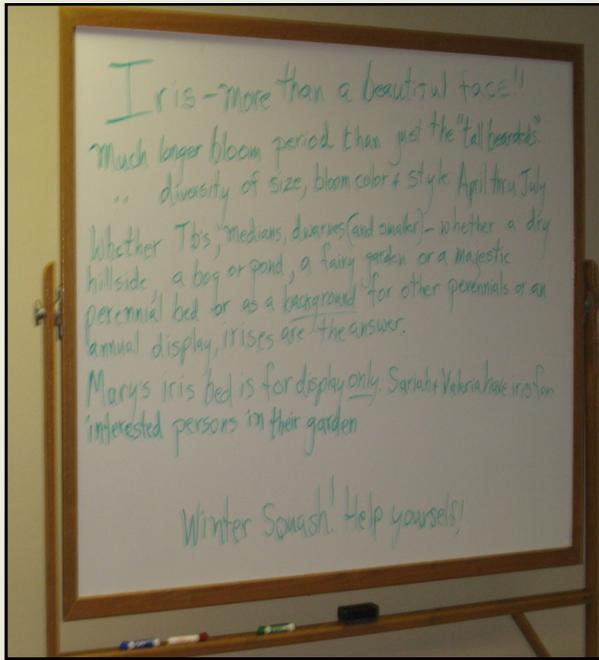
- ◆ **I grow plants for many reasons: to please my eye or to please my soul, to challenge the elements or to challenge my patience, for novelty or for nostalgia, but mostly for the joy in seeing them grow.**

~ David Hobson ~

- ◆ **In search of my mother's garden, I found my own.**

~ Alice Walker ~

Master Gardener Meeting



The Real Meaning of Plant Catalog Terminology... from gardendigest.com

- ⇒ "A favorite of birds" means to avoid planting near cars, sidewalks or clothes-lines.
- ⇒ "Grows more beautiful each year" means "Looks like road-kill for the foreseeable future."
- ⇒ "Zone 5 with protection" is a variation on the phrase "Russian roulette."
- ⇒ "May require support" means your daughter's engineering degree will finally pay off.
- ⇒ "Moisture-loving" plants are ideal for landscaping all your bogs and swamps.
- ⇒ "Carefree" refers more to the plant's attitude than to your workload.
- ⇒ "Vigorous" is code for "has a Napoleonic compulsion to take over the world."
- ⇒ "Grandma's Favorite"... until she discovered free-flowering, disease-resistant hybrids.

2013 Master Gardener Trainee's



Garden Secrets... from the Little Book of Gardening Secrets & website sources



Improving Your Garden Soil



Natural Soil Amendment	Source	Nutrient Content
Bone Meal	Pulverizes bones from livestock industry	High Nitrogen, Phosphorus
Corn meal	Waste from fishing industry	Nitrogen activator, Phosphorus source and Natural fungicide
Cow Manure	Animal waste from dairy or beef industry	High Nitrogen, Potassium
Horse Manure	Animal waste from horse farms	Moderate Nitrogen
Compost	Decomposed plant material	Depends on ingredients
Crushed Eggshells	Kitchen waste	High Calcium
Coffee grounds	Waste from restaurants	High Nitrogen, Potassium
Leaf litter	Yard waste	Moderate Nitrogen
Dog/Cat food	Any store selling the product	Protein and micro-nutrients
Wheat straw	Baled harvest excess	High Potassium
Alfalfa meal	Animal feed stores	Nitrogen, Phosphorus, Potassium And Micro-nutrients
Ashes	Waste from burned wood	High Potassium

Recycling Tidbits



Many "recycled" products are of a superior quality to similar products made from virgin materials.

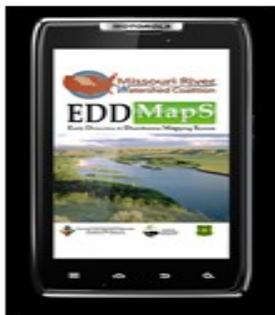
A picnic table made from plastics is guaranteed to last 5 times longer than a similar table made from wood, will not splinter and is naturally resistant to insects.

Decking made from plastics & wood does not need to have water sealer applied to it.

Carpet made from plastic pop bottles is more stain resistant than other types of carpet.



Noxious Weed Alert... from Park County Weed & Pest



Use Your Smartphone or
iPhone to **Report**
Noxious Weed
Infestations!
FREE APP!

<http://apps.bugwood.org/mrwc.html>



Help Defend Our Favorite Places



The Sage Gardener

Volume 10, Issue 5

May 2013

**'Newsletter of the Park County
Master Gardeners'**

*~~ Content cannot be altered or
changed ~~*

Newsletter Articles should be submitted
by the 15th of each month to Bob Prchal

rjprchal@tritel.net

REMEMBER... Keep it pithy!



2013 Officers



President... *Dan Wasp*

Vice President... *Karen Anderson*

Secretary... *Jan Jackson*

Treasurer... *Mickey Waddell*

WMGA Delegates... *Donna Haman & Rita Lewis*



Committee Chairs

Newsletter... *Bob Prchal*

Cody Garden Tour... *Darlene Manning*

Historian... *Jo Anne Arzillo*

Greenhouse... *Bob Prchal*

Scholarships... *Nancy Ryan*

Park County Fair... *Bob Prchal*

Change of Address/Phone/"e" Mail... *Julie Miner*

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Dr. Glen Whipple, Director, University of Wyoming Extension, Laramie, Wyoming 82071.

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