



# The Sage Gardener

## Park County Master Gardener Newsletter



**From the President... Karen Anderson**



**Volume 8, Issue 10**

**August 2014**

### **Forthcoming**

#### **Meetings & Events**

- **August 04**  
MG Mtg. in Powell  
@ 7:00 pm
- **September 08**  
MG Mtg. in Powell  
@ 5:30 pm (Sandy Frost Residence)
- **October 06**  
MG Mtg. in Cody  
@ 7:00 pm
- **October 10**  
WMGA Mtg. in Casper  
@ 10:00 am
- **November 03**  
MG Mtg. in Cody  
@ 7:00 pm
- **December 01**  
MG Mtg. in Powell  
@ 6:00 pm

I hope all of you have been thinking about how to spend our hard earned money. The options seem to be:

- ♦ *A scholarship to a UW student in the Horticulture field;*
- ♦ *Full or partial scholarships for MG Trainees; and*
- ♦ *Refunds for trainees who complete one year of education and volunteering.*

If you have any more ideas please let me know or bring them to our next meeting.

Thank you to Terri Boyd for volunteering for the position of secretary and Rita Lewis for the Vice President position.

I believe it is important to recognize members for their service and time. We probably should have a committee follow through on this. Maybe there already is a committee formed that I have forgotten about.

I think we have at least four people possibly interested in MG training. Could we come up with a poster to spread the word?

**Thanks for all your help!**



## Meeting Minutes... submitted by Teri Boyd

Karen Anderson, President convened the August 04, 2014 meeting to order @ 7:05 pm in the Park County Fairgrounds Extension meeting room.



**Attendance...** Karen Anderson, Bob Prchal, Dan Wasp, Mary Vogel, Nancy Ryan, Joyce Johnston, Darlene Manning, Suzanne Larsen, Rita Lewis, Sandy Frost, Ann Hinckley, Linda Pettengill, Rhonda Faulkner, Donna Haman, Mickey Waddell, Cathy Swartz, Kendra Morris and Teri Boyd.  
Guest: Danny Hinckley.

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

**Treasurer's Report...** The Treasurer's report was approved as submitted.

### Old Business

- **Cody Garden Tour:** Suzanne Larsen reported that the tickets and turnout were on a par with last year.
- **Park County Fair:** Anne Hinckley reported that Flower and Plant entries were down from last year due to various weather events; otherwise the judging went smoothly. Traffic at the MG booth was also down.
- **Powell Community Garden:** Sandy Frost reported that the Garden is progressing quite well. The Boy Scouts have committed to making a sign for the Garden.
- **NOTE: The September meeting will be held at Sandy Frosts home in Powell @ 5:30.**
- **Scholarships:** Much discussion but no firm decisions were made!

### New Business

- **New Membership Drive:** Planned for next Spring... Be thinking of creative ideas!

### Committee Reports and/or Announcements

- **Plant a Row:** Please consider extra plantings to your 2014 gardening activities so we can contribute to the needy.
- **Bee Tour:** Wednesday, August 13 @ Larry French's Farm on the Willwood (1173 Road 4, 307-272-9194).
- **Cody Community Garden proposal:** Kendra Morris reported on it's development. Seems to be well organized and funded but need 'plant advice and expertise'.

### 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.*
- **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).
- **Background Checks:** All members who work with kid's need to undergo a background check. See Rachel Olsen (Powell) or Colleen Renner (Cody) @ the Extension offices for details and paperwork.

**Adjournment...** 8:05 p.m.

**Refreshments:** Nancy Ryan and Mary Vogel. **Educational Program:** Kendra Morris: Raising Roses in the Big Horn Basin.

**Next Meeting:** In Powell on September 08 @ Sandra Frosts residence (641 Ashwood Drive, 307-754-2441) around 5:30 p.m.

## Extension Musings... Joyce Johnston & Ann Hinckley



**Fall To Do List:** Monitor plants for water needs, insects and diseases. Plant fall vegetables including lettuce, spinach and greens. Dig and divide spring blooming perennials. Save Seeds from annuals and perennials for next season's planting. Add mum, asters and dianthus to your garden for extra fall color.

Dig bulbs and dry them for two weeks. Amend the soil and replant lilies, tulips, hyacinths. Dry herbs for a winter supply. Snip chives into 1/8" pieces and freeze in ice cubes for use in winter stews.

**NOTE:** There is information in the Extension office on saving seeds of plants you know you will want next year or wish to exchange with friends.

Questions coming into the Extension office are ranging from insect identification to plant diseases, canning, and food preservation.

There is an art to picking tomatoes. Tomato Dirt advises us a tomato is ready to pick when it has turned red on the vine (or yellow or pink according to the variety) and the color is even. Heirloom tomatoes ripen before they completely turn color. Pick these varieties before they look totally ripe. A tomato is ready to be picked when it is just a tiny bit soft as you press on the skin.

Steps to take to extend harvest towards the end of the growing season from Tomato Dirt:

- **Reduce watering.** If fruit has reached full or nearly full size, cut back on watering to encourage ripening.
- **Pick excess fruit.** Ripening fruit takes a good deal of energy from leaves. A large crop can slow the process, especially if temperatures are cooling off in the fall. When you have a heavy crop still on the vine with just a few weeks before the first expected frost, pick a few of the just-ripening tomatoes (mature green, turning, or pink) to allow the rest to ripen on the vine. A [Garden Hod](#) or a [Tuff-totes garden bucket](#) are especially helpful when harvesting tomatoes.
- **Shift roots.** Pull slightly at the bottom of the plant to shift the roots. The surprise sends the tomato the signal that it's time to finish up with the fruit on the vine and go to seed.
- **Pick tomatoes when daytime temperatures are consistently below 60°F.** When temps below 60°F are the norm, tomatoes stop ripening. Bring them indoors and allow them to finish ripening there.

**Happy Gardening**

# Cody Garden Tour Montage



## Importance of Volunteer Service... 2014 Park County Master Gardeners

### Helping Park County Horticulture & the University of Wyoming

*Redoubles number of contacts... increased service to the public*

*Expands 'pool of resources'... increases manpower*

*Increases the number of 'work' hours to address questions/yard calls*

*Permits the Horticulturalist to work one-on-one with more clients*

*Allows more time for development of educational materials and programs*

*Extends the Horticulture season... extra, available resources*

### Recycling Info... From Ann Honckley



#### **Reduce, Reuse, Recycle**

- ◆ Make garden markers from forks poked into wine corks.
- ◆ Use old drawers as planter boxes.



## Pumpkin Trivia from <http://www.pumpkinfresh.com/facts.htm>

### Did you know...

#### Did you know that a pumpkin is really a squash?

Yes, it is! It's a member of the Cucurbita family which includes squash and cucumbers.

#### Did you Know that pumpkins are grown all over the world?

Yes, in fact six of the seven continents can grow pumpkins! Antarctica is the only continent that they won't grow in. Pumpkins even grow in Alaska!

#### Did you know that the "pumpkin capital" of the world is Morton, Illinois?

Yes, this self proclaimed pumpkin capital is where you'll find the home of the Libby corporation's pumpkin industry.

#### And did you know that the Irish brought this tradition of pumpkin carving to America?

The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and they were much easier to carve for their ancient holiday.

### Pumpkin Facts...

- ⇒ Pumpkins originated in Central America.
- ⇒ The name pumpkin originated from "pepon" – the Greek word for "large melon."
- ⇒ Pumpkins contain potassium and Vitamin A.
- ⇒ Pumpkins are fruit.
- ⇒ Pumpkin flowers are edible.
- ⇒ Pumpkin seeds can be roasted as a snack.
- ⇒ Pumpkins are used to make soups, pies and breads.
- ⇒ Pumpkins are used for feed for animals.
- ⇒ Eighty percent of the pumpkin supply in the United States is available in October.
- ⇒ The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- ⇒ In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- ⇒ Colonists sliced off pumpkin tips; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- ⇒ Pumpkins were once recommended for removing freckles and curing snake bites.
- ⇒ The largest "official" pumpkin ever grown weighed 1,340 pounds.
- ⇒ The largest "unofficial" pumpkin ever grown weighed 1'458 pounds, but was not awarded due to damage.
- ⇒ Pumpkins are 90 percent water.
- ⇒ Eighty percent of the pumpkins supply in the United States is available in October.
- ⇒ Native Americans flattened strips of pumpkins, dried them and made mats.
- ⇒ Native Americans called pumpkins "isqoutm, or isquotersquash."
- ⇒ Native Americans used pumpkin seeds for food and medicine

Simple, effective garden ideas from <https://www.google.com/search?>



What are we doing? from Joyce Johnston and Ann Hinckley



## Roasted Pumpkin Seeds from Mother Earth Magazine

These days, roasted pumpkins seeds are all the rage. Tasty, full of anti-oxidants, high in fiber and protein, gourmet shops and health food stores stock them. Here's an EASY recipe to make them yourself!

### Directions for Making Roasted Pumpkin Seeds

#### Ingredients and Equipment

- ◆ Pumpkin
- ◆ A large sharp, serrated knife
- ◆ Cookie sheet
- ◆ Vegetable oil
- ◆ Salt, pepper and general herbs



#### Recipe and Directions

##### Step 1... Clean the seeds

When you are carving your pumpkin, separate the seeds from the pumpkin flesh and strings. Wash them well (usually putting them in a big bowl of water and rubbing them between your hands is a fast way to clean them) and let them drain in a strainer for about 30 minutes, then spread them out on a baking pan. Now just use a hair dryer to dry them quickly! Or place them in a warm oven, say 120F - 150F to dry them. Stir them every 10 minutes to speed the drying.

Next, start preheating the oven. Turn it on and set it to 275 F (135 C, for those in Europe)

##### Step 2... Spread the seeds on a cookie sheet and season them

Spread the seeds evenly over a cookie sheet and lightly baste the seeds with melted butter, margarine, or vegetable oil. There are many variations. Here are the most popular, in order of popularity:

- ◆ **Savory:** 4 tablespoons melted butter, 1/2 teaspoon garlic salt and 2 teaspoons Worcestershire sauce
- ◆ **Lemony:** 4 tablespoons melted butter, 1 teaspoon "Mrs. Dash" or lemon pepper
- ◆ **Halloweeny:** 4 tablespoons melted butter, 1 teaspoon cinnamon, 1/2 teaspoon ground ginger, 1/2 teaspoon salt, and 1/2 teaspoon ground allspice.
- ◆ **Spicy:** 4 tablespoons melted butter, 1 teaspoon cayenne pepper, 1/2 teaspoon thyme, 1/2 teaspoon salt and 1/2 teaspoon pepper
- ◆ **Natural:** 1 teaspoon sea salt or other salt, 4 tablespoons melted butter,

##### Step 3... Roast the seeds

Heat them in a 275-degree oven for 10 to 20 minutes until golden brown. **DO KEEP AN EYE ON THEM**, checking every few minutes and stir about every 5 minutes. Some ovens run hot and it can be as little as 10 minutes or as long as 30 minutes to roast them. Sprinkle with salt and serve hot or cold. For milder flavor, simmer the cleaned seeds for about an hour in salted water and fry in deep oil. Or mix a tablespoon of oil or margarine to each cup of nuts and roast them at 250 degrees for 10 - 15 minutes until they're golden. Sprinkle them with salt.

## August meeting



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



# Thistle Got You Down?



## Cost Share Available!

Park County Weed and Pest Control District  
Powell 307-754-4521  
Cody 307-527-8885

Includes **Russian knapweed** too!

[www.parkcountyweeds.org](http://www.parkcountyweeds.org)



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## 2014 Officers



- President... *Karen Anderson*
- Vice President... *Rita Lewis*
- Secretary... *Teri Boyd*
- Treasurer... *Mickey Waddell*
- WMGA Delegates... *Donna Haman & (one vacancy)*

'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](mailto:rjprchal@tritel.net)

REMEMBER... Keep it pithy!



## Committee Chairs

- Newsletter... *Bob Prchal*
- Cody Garden Tour... *Suzanne Larsen*
- Historian... *Jo Anne Arzillo*

- Greenhouse... *Bob Prchal*
- Scholarships... *PCMG President*
- Park County Fair... *Bob Prchal*
- Change of Address/Phone/"e" Mail... *Rachel Olsen (Powell)*  
or *Colleen Renner (Cody)*



**Mae Smith**

**UW Extension Educator**

**4782 Highway 310**

**PO Box 587**

**Greybull, Wyoming 82426**

**(307) 765-2868**

**Bobbie Holder**

**Horticulturalist**

**1002 Sheridan Avenue**

**Cody, Wyoming 82414**

~ ~

**(307) 527-8560**

**Joyce Johnston**

**Horticulturalist**

**655 5th Street**

**Powell, Wyoming 82435**

~ ~

**(307) 754-8836**

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Glen Whipple, Director, UW Extension, Laramie, Wyoming 82071.

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