

Pulaski County Master Minutes

January 2009

<http://www.arhomeandgarden.org>, <http://www.uaex.edu/pulaski/>

Volume 18, Issue 1



Johnnie Chamberlin will be the speaker at our January meeting. Mr. Chamberlin joined Audubon Arkansas in September 2005 as the assistant director of conservation at Audubon Arkansas. He works primarily on Audubon's Fourche Creek Watershed Initiative. He returned to Little Rock from Durham, North Carolina. There, he conducted bioremediation research and taught a biotechnology lab while earning his M.S. in Civil and Environmental Engineering at Duke University.

He will speak on "Rain Gardens and Fourche Creek: Improving Local Habitat and Water Quality One Yard at a Time."

HAPPY NEW YEAR

SPROUTS FOR WINTER GARDENING

By Betty Deere

If you are like me, you're avid about eating locally grown produce, it is a quandary in winter because we simply don't have garden-fresh produce in the winter. So what to do? Well, sprouts to the rescue! Consider sprouts and sprouting and you can't get more local than your own kitchen! It's so easy too: sprouts are low maintenance, produce results in a few days, and you can grow and harvest them continuously. Their ease and simplicity makes them an ideal "starter garden" for kids too.

Here's how to do it. Start with untreated, preferably organic seeds: alfalfa, lentil, broccoli, fenugreek, etc. I buy a seed mix of adzuki beans,

fenugreek, lentils, mung beans, peas, triticale and wheat. That way I have a wide variety of tasty sprouts and don't have to fool with a bunch of jars on my rather limited kitchen cabinet space.

I used to think you had to use fancy sprouting trays, or bags, or whatever. But I got over that and now I use plain wide-mouthed jars (i.e. mayo jars), or even drinking glasses. Buy a yard of regular old screen wiring at the hardware store, scrub it good, and cut it into squares slightly bigger than the mouth of your jar. Put a couple tablespoons of seeds in the jar, fill with filtered water, cover with a screen square, and twist a rubber band around the top to hold the screen tight. Prop it in a bowl upside down (so the water drains out), not in the window light, but not in the dark either. You want to keep the seeds wet but with good air circulation (therefore the wide mouth and the screen). Twice a day drain and rinse the seeds with clean water. In a few days they will start to grow little tails (sprouts) and they are ready to eat. Pop them in the refrigerator or they will just keep growing longer tails. They will stay fresh for a few days, but not too long. (That's why you only do two tablespoons at a time.) So use them quickly.

Sprouts go well on top of your salad for crunch and protein, or poked into your sandwich, or added to salsa, hummus, or mashed potatoes, get the picture? Just eat them any old way, they are delicious! AND sprouts are the highest form of vitamins, minerals and proteins. But I have to warn you, they are addictive. But so tasty!

Have you checked out the MG photo web gallery lately? Check it out!

<http://gallery.me.com/pulaskimg>

Arkansas Is Our Campus

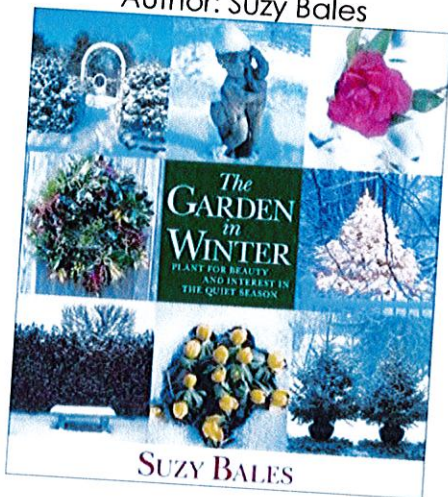
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Debra's Book Club

By Debra Redding

The Garden in Winter

Author: Suzy Bales



We all strive for a beautiful garden in the spring and summer but the telltale sign of how interesting our garden is how it looks in the winter. How interesting is your garden in the winter?

This book encourages us to plant for beauty and interest in the quiet season. With beautiful photographs and great ideas, Suzy inspires us to do better and re-think our garden in the winter. She discusses the wonders of the Winter garden, the beauty of bark, colorful conifers and interesting containers for winter.

Suzy Bales is the author of thirteen gardening books. She has turned her lifelong passion for gardening into a career. She has been featured on Good Morning America and has written many gardening articles for Better Homes and Gardens and Ladies Home Journal.

TALKIN YARD, NATURALLY

By Betty Deere

THE POOP ON PANSIES: This year after I bought my two flats of purple and yellow pansies at the MG Greenhouse sale, I neglected to get them all planted. Actually, I wasn't just being lazy, I simply can't bear to pull up or prune back my summer flowers that are still struggling to show up, even if they aren't perfectly lovely anymore. They aren't

just going into "old age" which who amongst us can't relate!? So I just "spot" planted my new lovely pansies, leaving an entire flat still unplanted, carelessly placed half under my carport table.

Then, about the first or second week of November, when without a doubt the time had come to clear out the dead and dying "last roses of summer" (I'm serious, it pains my heart to whack off any flower still struggling to produce!), I saw my leftover pansies had grown long legs and heavy faces, so heavy they drooped over the sides of their container.



I was momentarily horrified, my first thought being I had murdered a whole flat of lovelies. BUT then I remembered a previous experience and realized hey, it's never too late to plant pansies (almost never; anyway November isn't too late). I learned this by accident a few years ago, thinking I had killed a bunch of pansies by letting them outgrow themselves and wither. With a heavy heart I thought I would just give them a proper burial, and put them in the ground. I was surprised and delighted the next spring when they rose from the dead, lovelier than even before I almost killed them, with happy faces nodding in the spring breezes.

Probably no other Master Gardener has ever been so neglectful of their pansies, but just in case you have, don't think you have to bury their little sad bodies. Just trim them up (or not!), dig them in good, mulch them really good, and they will reward you next spring. They are very forgiving.

BUTTERFLIES AND BENEFICIALS SERIES

BY SHANNON CHAMBERLIN

Butterfly Caterpillars: Not Guilty as Charged

Some of us identified with that woman Jack Singleton told about during his butterfly presentation at our September MG meeting—the one who cried when she realized she had been systematically destroying butterfly caterpillars for many years, erroneously thinking that they were a threat to her plants. I was one of those people who identified with her feeling. (See my story of guilt and atonement, "Sprayed caterpillar.") What she and I didn't realize is that butterfly caterpillars are rarely a serious threat to our precious plants. For a short time, butterfly caterpillars eat green plant leaves, but they rarely remain long enough to cause permanent damage to the plant. "Unlike moths, most butterfly caterpillars do not strip food plants so bare that it harms them." (Allen, et al., pp. 1-2. This book offers a handy photo guide to moth caterpillars for comparison, so you can tell whether a particular caterpillar will become a butterfly or a moth.)

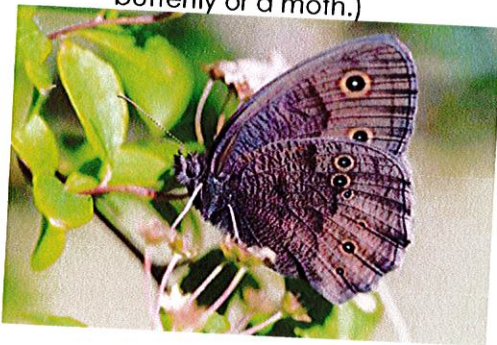


Photo Courtesy of Carl J Ray

Besides, butterflies tend to be particular where they lay the eggs that turn into caterpillars. As Jack pointed out, butterflies may not lay their eggs at all if they don't find the kind of host plant that they prefer, generally one of what we call wildflowers.

Therefore, the plants in our gardens and flowerbeds are not likely to be threatened by butterfly caterpillars. According to *Caterpillars in the Field and Garden*, "If you find a caterpillar eating your tomatoes, you can be sure that it is a moth, not a butterfly. Very few plants commonly used in landscaping are affected by butterflies."

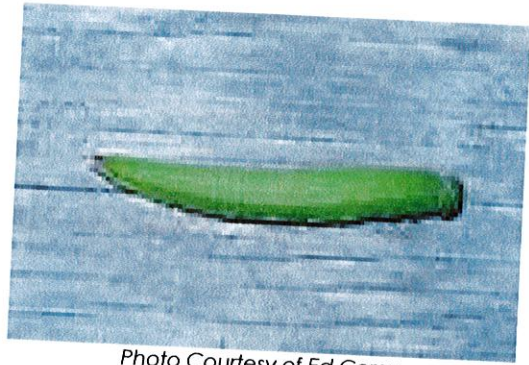


Photo Courtesy of Ed Corey

If you're convinced that butterfly caterpillars are innocent, and you want to help rather than hurt them, there are some things you can do. To the best of my current knowledge, there are three things you can do to help nurture butterflies with your garden:

Select plants that are identified as being **good nectar or host plants** for the kinds of local butterflies you want to attract, such as parsley or Queen Anne's Lace for Black Swallowtails or milkweed for the Monarchs.

Use only **organic** pest controls on all your outdoor plants.

At the end of the season, check dried up host plants for chrysalides, the little sacs with the future butterflies inside. They often resemble dried leaves, so look carefully. Rather than tossing them into the compost pile, lay branches with chrysalides attached aside in a safe place. Or you can harvest the caterpillars as Jack does, feed them leaves of their preferred kind of host plant until they form chrysalides, and keep them in a Kritter Keeper in an unheated place (like your garage) until spring. With luck, you might get to see butterflies emerge when warm weather returns in the spring!

Reference: *Caterpillars in the Field and Garden: A Field Guide to the Butterfly Caterpillars of North America* by Thomas J. Allen, Jim P. Brock, and Jeffery Glassberg, New York: Oxford University Press, 2005. I got my copy from Pine Ridge Gardens in London, Arkansas, www.pineridgegardens.com. Visit the Web site and click "butterflies" or go directly to <http://pineridgegardens.com/Butterflies.htm> for more references and information about butterflies and the host plants they prefer.

Pulaski County Master Gardener Meetings' Highlights by Debra Redding

Pulaski County Master Gardeners Board Meeting Tuesday, October 21, 2008 10am St. James United Methodist Church.

Members Present: Beth Phelps, Marilyn Tilley, Mary Roark, Martha Basinger, Judy Woodard, Debra Redding, Jet Cuffman, and Mary Freeman.

Minutes from the Sept. 16, 2008 board meeting were approved. Treasurer's Report was approved.

New Business:

1. Leave of Absence: Margie France has an illness and is expected to be out for about six months. She has paid her dues and her leave of absence was approved.
2. A social event is in the planning stages per Jet Cuffman. She is looking for one really good garden to everyone to visit.
3. Don Ford presented to the Board a request to expand the Pinnacle Mountain Garden. A hillside garden would expand the MG Project to 6 garden areas. The dry hillside area would be used as a garden for wildflowers only. He requests that a sign be posted for the public and park workers to recognize that this is now a wildflower garden. The expansion of the Pinnacle Mountain MG Project was approved.
4. Get Well Card: Don Davis will be discharged from the hospital today and we will pass around a get well card during the membership meeting today for all to sign..... Get Well, Don!
5. Reinstatement Request: Mary Bonnie Degler, Class of 2001 has requested to be reinstated. Mary Freeman will contact her and will discuss this further in the meeting next month.
6. Tree from the State: In honor of our MG birthday celebration this year, the State awarded every county with a Red Oak Tree. Beth Phelps will offer the tree to a MG project and if nobody is interested then we might donate it to the Two Rivers Park or the Witt Stephens Nature Center. We will discuss this further next month.
7. Beth Phelps will be traveling next month and requested that Marilyn Tilley and Jet Cuffman preside over the November meeting if Don Davis is still out due to illness.

8. Amy Sanders Library MG Project: This project needs a new Chair and the project committee will decide on the new Chair and report back to Beth Phelps.
9. Horticulture Magazine is up for renewal per notice. Judy Woodard will check the expiration date and report back to us.

General Meeting Announcements:

1. Stuff orders are due by Nov 1st, ok to mail orders to Claudia Barone.
2. Workday at St. James United Methodist Church following the meeting today.
3. Social Committee to announce the plans for the MG Christmas Party this year.
4. Travel Committee to announce a trip to Garvan Gardens to see Christmas display.
5. Gene Lichliter, MG will speak to us today about Ornamental Grasses.

Pulaski County Master Gardeners Membership Meeting Tuesday, October 21, 2008 11:30 am St. James United Methodist Church

Vice President Martha Basinger called the meeting to order and announces that President Don Davis is in the hospital and a get well card will be passed around for all to sign.

Mary Freeman announces that she has 3 Pro Hoes that are ready for pick-up at the sign in desk. We will have a workday at the church today following the meeting and will meet with Judy Chapman.

Marilyn Tilley announces that the Arkansas Flower and Garden Show will have something new this year... Friend of the Master Gardeners. This membership will include members only activities, garden tours and a 3 day pass to the Arkansas Flower and Garden Show. Cost of the membership is \$100.

Greenhouse Committee--Tom Stramel reports that the plant sales have gone well. Saturday's sale will include pansies and foxgloves for \$1.75 a 6 pack or \$10 a flat. Orders for spring are now due from the projects Chairs. Beth Phelps reminds us to plant foxgloves in the fall.

Beverly House--Travel Committee announces that there will not be a bus for the Fall Tour. We will carpool and meet at the commuter lot on Shackleford Road on Nov.3 at 9:30 am. Let Beth Phelps know if you pre-paid for the bus.

Wanda Bray--Travel Committee announces a trip to Garvan Gardens to view the Christmas Lights display and tour the garden. After the tour, we will have dinner at the Hamilton House. We will take a bus and the complete cost for the trip will be \$52.64 and we will meet on the commuter lot on Shackelford Road at 4 p.m. on December 8th.

Carolyn France--Social Committee reminds us that next month our meeting will include reception for the new MG Class on November 18th. We need finger foods and desserts and a sign-up sheet will be passed around for all to sign. On December 11, we will have our

MG Christmas Party at Park Hill Christian Church and invitations will be mailed to all soon.

Marcella Grimmitt--Travel Committee announces the Herb Society will be hosting a garden tour at the Governor's Mansion on Nov. 8th at 10:30 am to promote their new cookbook. The cost will be \$30 for the event and \$5 off the cookbook that sells for \$20.

Bonnie Bradford announces that the LR Council of Garden Clubs will sponsor a fundraiser on November 22.

Rochelle Greenwood asked that everyone who was a Mentor this year to please stand. She thanked them and everyone applauded.

Beth Phelps announces that Stuff orders are due by Nov 1st and it is ok to mail your order to Claudia Barone. If your MG project is in need of a red oak tree, please let Beth know. The State awarded every county with a red oak tree in honor of our MG birthday celebration this year.

Workday at the church will be today following the meeting.

Vice President Martha Basinger introduced our speaker for today, Gene Lichliter, MG and he will talk about Ornamental Grasses.

Pulaski County Master Gardeners Board Meeting Tuesday, Nov. 18, 2008 10 am St. James United Methodist Church

Members Present: Don Davis, Marilyn Tilley, Debra Redding, Mary Roark, Jet Cuffman and Mary Freeman

Minutes from the October meetings were approved. Treasurer's Report was approved.

Old Business:

- 1. Mary Bonnie Degler's request for reinstatement--Mary Freeman reports that she currently works for Lakewood Gardens and is willing to complete her phone time

and work on any MG project. She was in the Class of 2001 and she completed her classroom training. Her reinstatement was approved.

- 2. Reception for New MG Class--President Don Davis asked that the Board help as needed with the Reception today and all agreed to be available.

- 3. Red Oak Tree from the State of Arkansas--Beth Phelps has the update on this and since she is on vacation today, we will discuss this at the Board meeting in January.

New Business:

- 1. MG Project Chairs and Co-chairs--Martha Basinger will conduct a meeting in January and she will determine that date. It is usually around the 3rd or 4th week and the Chairs and Co-Chairs will be notified via mail per Jet Cuffman.

- 2. Friend of MG and MG Project of the Year--It is time for everyone to be thinking about these two Awards and President Don Davis will remind the membership of this today.

General Meeting Announcements:

- 1. Arkansas Flower and Garden Show Feb. 27 thru March 1, 2009
- 2. MG Winter Holiday Party Thursday, December 11th
- 3. MG Hours are to be reported to Beth Phelps by Dec. 1st
- 4. Friend of Master Gardeners--Steve Adams, Mount Holly
- 5. Advanced Master Gardener--Mary Freeman
- 6. Recognition--New MG Class
- 7. Recognition--5 Year Achievement MG
- 8. Recognition--10 Year Achievement MG
- 9. Recognition--15 Year/ Lifetime Achievement MG
- 10. Reception for the New MG Class following meeting

Pulaski County Master Gardener Membership Meeting Tuesday, November. 18, 2008 11:30 am St. James United Methodist Church

President Don Davis called the meeting to order and thanked everyone for the Get Well cards that he received while in the hospital. He read a note from Beth Phelps, who is on the New Zealand/Australia MG Trip. A special thank you goes to the Social Committee for all of their efforts on the New MG Class Reception.

Social Committee--Carolyn France thanked everyone for all the food that we have for today's reception. The New MG Class Reception will follow the meeting. Don't forget the MG winter

Holiday Party will be on Thursday, Dec. 11 at 6:30pm at Park Hill Christian Church and RSVP by Dec. 1 per invitation instructions.

Jet Cuffman announces that we are in need of a Chair for the 3P's Committee; please contact her if you are interested in serving.

Travel Committee--Wanda Bray reminds us that the Garvan Gardens Trip will be on Dec. 8th.

We will meet at 4 pm on the commuter lot on Shackleford Rd. and take a bus to Garvan Gardens to tour the garden and see the Christmas lights display. After the tour, we will dine at the Hamilton House and the total cost for everything is \$52.64. Everyone is welcome.

David Werling--MG Photographer, announces that there will be group photos today following the MG Recognition Awards... stick around and be in the picture please!

Judy Chapman thanked everyone who participated last month on the workday at the Church. All the trimmed shrubs look great and the grounds are all tidied up for winter.

President Don Davis announces that we have daffodil bulbs to give away, so pick up some after the meeting. Arkansas Flower and Garden Show sign up sheets are available today. It is time to think about the MG Project of the Year and the Friend of MG Awards. The MG Chairs and Co-Chairs will have their annual meeting in January and will be notified of that date later. MG hours are to be turned in to Beth Phelps by Dec. 1st.

President Don Davis introduces Steve Adams as the 2007 Friend of the Master Gardeners. Steve received his award and thanked the MG membership.

Mary Freeman has obtained the status of Advanced Master Gardener. To become an Advanced MG, you must be active in the MG Program for at least three years and complete five advanced training seminars. Congratulations Mary Freeman!!!!

President Don Davis asked the New MG Class to stand as he calls their name and he welcomes all of them to our MG membership. The MG membership applauded.

Merilyn Tilley and Jet Cuffman conducted the MG Recognition Awards presentation. The following achievements were acknowledged:

- 5 Year Achievement Master Gardeners
- 10 Year Achievement Master Gardeners
- 15 Year/ Lifetime Achievement Master Gardeners

Merilyn Tilley called the names and Jet Cuffman presented each one with their awards. The MG membership applauded all who were honored.

President Don Davis invites everyone to join in the reception for the New MG Class.

Pictures from the Work Day at St James United Methodist Church
Photos Courtesy of Cheryl Kennedy



Judy Woodard



Laverne Davis



DIG IN HERE...

For answers to your gardening and horticultural problems, try these helpful resources:

> Master Gardener Website:
<http://www.arhomeandgarden.org/mastergardener/mastergardeneronly>

Username: mastergardener
Password: compost

> PC Cooperative Extensions Website:
<http://www.uaex.edu/pulaski/mastergardeners/default.asp>

> U of A Cooperative Extension Website:
<http://www.arhomeandgarden.org>

Pulaski County Cooperative Extension Service
2901 W. Roosevelt Road
Little Rock, AR 72204
501-340-6650



Pulaski County Master Gardeners are trained volunteers working with the University of Arkansas Cooperative Service and Pulaski County Government to provide demonstration gardens and horticultural – related information to the residents of the county. In 2007, these volunteers gave **22,160** hours of service.
Elisabeth J. Phelps, County Extension Agent,
Staff Chair



Everyone is encouraged to submit interesting information, committee reports, newsworthy photos, etc. to the newsletter.

Bring your information to the Master Gardener meeting, or send it to:

Jennice Ratley
22 Cobble Hill Road
Little Rock, Ark. 72211
gardenrat@comcast.net
412-8299

The deadline is the **second Friday** of each month. For late breaking news after the deadline, send information to:

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