



## Pulaski County Master Minutes

October, 2011

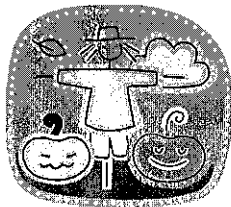
<http://www.arhomeandgarden.org>, <http://www.uaex.edu/pulaski/>

Volume 20, Issue 10



Hello Master Gardeners!

I apologize for the delay in getting the October newsletter out to you, but I need your help! I am looking for additional stories for the remaining 2011 newsletters. If you are interested, please call me at 501-412-8299. We would also love to have photos!!



A child looking at ruins grows younger  
but cold and wants to wake to a new name  
I have been younger in October  
than in all the months of spring  
walnut and may leaves the color  
of shoulders at the end of summer  
a month that has been to the mountain  
and become light there  
the long grass lies pointing uphill  
even in death for a reason  
that none of us knows  
and the wren laughs in the early shade now  
come again shining glance in your good time  
naked air late morning  
my love is for lightness  
of touch foot feather  
the day is yet one more yellow leaf  
and without turning I kiss the light  
by an old well on the last of the month  
gathering wild rose hips  
in the sun."

- W. S. Merwin, *The Love of October*

We want to tell everyone that we appreciated the cards, prayers, well wishes and offers of help during Dewayne's stroke.

He did not require any therapies and has had a remarkable recovery.

We want everyone to know how much each one of you is appreciated for your thoughtfulness and kindnesses.

We know we are very fortunate to be a part of this great group, the PCMG.

We hope we can educate others on the signs of stroke:

**ACT FAST**

**F** face

**A** arms

**S** speech

**T** time

Stroke symptoms include:

SUDDEN numbness or weakness of face, arm or leg - especially on one side of the body.

SUDDEN confusion, trouble speaking or understanding.

SUDDEN trouble seeing in one or both eyes.

SUDDEN trouble walking, dizziness, loss of balance or coordination.

SUDDEN severe headache with no known cause.

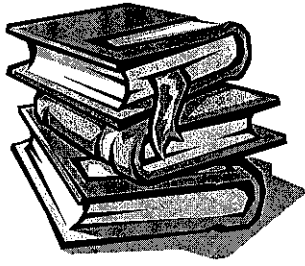
Call 9-1-1 immediately if you have any of these symptoms

Visit the National Stroke Association website

Thank You,  
Dewayne and Cindy Hancock

### Arkansas Is Our Campus

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/ Equal Opportunity Employer.



## What's New at the Library?

By Phyllis Barrier

### What's New at the Library?

Phyllis Barrier

***The Late Interiors - A Life under Construction***  
by Marjorie Sandor, copyright 2011, Arcade  
Publishing

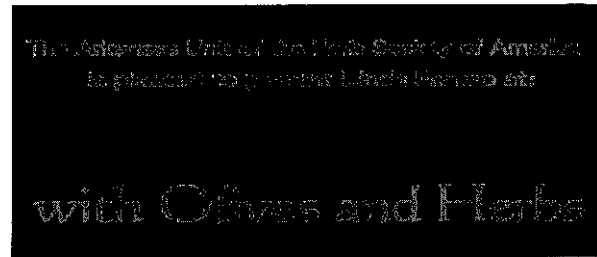
The author intertwines essays into her garden journal. At a time in life when we think we are settled, Sandor falls in love with one of her fellow professors in Eugene Oregon. They begin a new life together by buying an old house on the border of a large university where they both are employed. Sandor's young daughter divides her time between her father and her mother's new home. Almost immediately her partner undergoes sudden heart surgery that he survives, and then they discover that a developer plans to build a multi-story student apartment complex just behind their small back garden.

This book tells the story of five seasons of change and renewal in a woman's life, braiding entries from a garden journal with essays on her life - finding harmony in a new relationship that leads to marriage, and discovering how a neighborhood comes together to take on developers and win. I read this book during our very hot summer and was envious of Oregon gardeners with their more temperate climate and adequate rain fall.

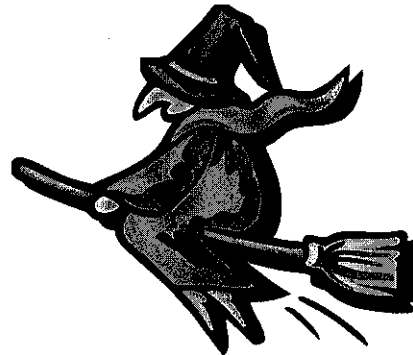
This is the author's fourth book. She has won awards for her other books. She chooses her words carefully and intertwines quotes and poems that make you stop and think. She teaches Creative Writing at Oregon State University in Corvallis.

**The Conscientious Gardener - Cultivating a Garden Ethic** by Sarah Hayden Reichard, copyright 2011, University of California Press  
Dr. Reichard directs our attention to the many dimensions of sustainability in gardening to protect our ecosystem. The chapter titles tell the whole

story: The Skin of the Earth; Water, our Most Precious Resource; Should We Go Native; Aliens among Us; The Wild Kingdom; Preventing and Managing Pests; Confronting Climate Change; and Recycle, Reduce, Reuse, Repurpose. The book is more like a textbook with detailed information on soil types, layers of the soil, and so forth. The author acknowledges "intellectual challenge and stimulating discussion with the faculty, staff, and students at the University of Washington Botanical Gardens." Perhaps that's why this book feels like a textbook, but it is full of valuable information in each chapter, followed by a nice list of guidelines at the end of each chapter. The Appendix includes a Global List of Invasive Garden Plants, which is followed by a nice Glossary.



A cooking class and educational seminar  
**Hillcrest Hall, 1501 Kavanaugh, Little Rock, AR**  
**Saturday, November 12th**  
10:00 a.m. - 1:00 p.m.  
Tickets \$50  
(501) 663-6100 • [fables2@comcast.net](mailto:fables2@comcast.net)





## Checklist by Carol Randle

I love the crisp autumn weather! After a really brutal hot summer, cool weather is a blessing. A lot of our plants are heading into dormancy stressed, especially if they were not watered faithfully. Many annuals died early and perennials shut down earlier than they otherwise would have. I think we are all ready to give our flower beds some bright color back in our gardens. There is always a lot to do in October . . . raking leaves, planting Spring blooming bulbs, just cleaning up or enjoying being outside in the cooler air.

### PERENNIALS AND BULBS

Starting in October, you can plant and transplant perennials. Enrich your beds with organic soil amendment. List and divide plants that have finished blooming. Most perennials bloom better if they are divided and replanted every three years or so. Remove suckers from Roses and Lilacs. Winterize, protect or lift tender perennials for winter storage. Mark dormant bulbs so they won't be destroyed when ground is prepared for spring planting. Be ready when shipments of bulbs such as Crocus, Daffodils, Irises, Day Lilies, Freesias, Hyacinth and Tulips arrive at nurseries, and then plant immediately. Water well to encourage root development and cover with plenty of mulch. Red Surprise Lilies, Lycoris Radiata, have long finished blooming, but their foliage is everywhere. (Our Lycoris Radiata at Amy Sanders bloomed much later than usual. We literally were surprised on September 9th when we arrived to work and saw them blooming profusely!) The leaves of these Lilies should stay green all winter long and die down in mid-Spring. Then their naked flower stems appear with bright red flowers in the fall. Some other great autumn bloomers are still going strong, while the Ornamental Grasses are in their prime. Fall is a great time to plant any hardy plant . . . leave those semi-hardy or marginal plants until spring.

October is a great month to plant winter annual color and spring flowering bulbs, and most of our gardens really need the color this year. Layer the bulbs down deep . . . at least 2 to 3 times the size of

the bulb, and then plant the winter annuals on top. This will give you two layers of color in the spring. When you think of winter annuals, Pansies come quickly to mind. Even with Pansies, new varieties and colors arrive annually. Try to choose one to three complimentary colors and plant in strong blocks. There is still time to plant flowering Kale and Cabbage, but do so soon to allow it a chance to root before winter. Consider planting edible ornamentals such as Lettuce, Kale, Spinach, and Swiss Chard (our Swiss Chard at Amy Sanders was outstanding last year. Someone even helped himself . . . or herself . . . to a couple of the plants.), Mustard, and Beets. You can intersperse them in with the flowers and harvest as needed. There are more decorative forms of these edibles, but any variety will work.

### VEGETABLES AND HERBS

By mid- October, or if frost is predicted, pick all Tomatoes whether they are ripe or not. Store ripe Tomatoes on the counter and wrap green Tomatoes in newspaper and store in a cool dark pantry or closet. They will ripen slowly. If you have more ripe tomatoes than you can eat, freeze them to use in sauces. Or hang the entire plants (with unpicked fruit) upside down in the garage. In late October cut back Asparagus stalks to the ground. Mark the location and mulch three or four inches. Prepare vegetable beds for spring and remove all debris. Cool weather annual Herbs such as Cilantro and Parsleys can be planted now. Warm weather Herbs such as Basil and Dill should be gathered now and dried. Tarragon should be divided annually. Chives and Sweet Woodruff should be divided every three or four years.

There are a wide variety of Pumpkins readily available at local markets now from the traditional orange to white and even some green ones. Shapes and sizes vary tremendously as well. Groupings of Pumpkins, Gourds, and Indian Corn can add interest and color to the fall garden and last longer than Halloween. Look for blemish free fruits that still have a stem attached. If they don't have a stem, or if they have any soft spots, they can rot fairly easily. As long as you don't start carving the Pumpkins, they will last until you are tired of them. Some people even paint them green or red and use them as Christmas decorations.

### TREES AND SHRUBS

Spray your trees for Peach Leaf Curl if they were victims this year. Apply a dormant spray to reduce over-wintering pests and fungus diseases when the leaves fall from fruit trees. Mulch fruit and berries well to preserve moisture in the soil. They need a lot of water. They are the only food that contains approximately 80% water.

Set out Strawberries during fall rains for fruit next May. If planted in spring, plants won't bear well until the following year.

The summer weather did take its toll on some shrubs and trees and many gardeners are anxious to prune away damage or remove them.

It may be too early to tell how much damage has occurred, especially on deciduous shrubs and trees. Wait for spring and new growth to assess their damage and prune then. Even evergreen plants may have shed some leaves and possibly experienced some die-back, but spring blooming shrubs have set flower buds, as have fruit trees and Blueberries. Pruning now may take off some flower buds. Wait for spring and assess the damage.

### HOUSEPLANTS

Houseplants and any other outside plants that won't survive the winter need to be moved back inside this month. If you plan to keep them for next season. Don't put it off too late or the plants will have more of a shock once they move back inside. Many may still be shell-shocked from our summer months. Clean up any damaged leaves, and check for insect problems. Clean them up before the move indoors. Remember, water needs will be much less inside than out.

Some gardeners may choose to buy new flowering Tropicals next season instead of moving them in and out each season.

### GENERAL YARD

Clean up the planting areas as you harvest fruit, flowers, and vegetables. Rake up fallen leaves and fruit. Compost all disease free organic refuse. Don't put diseased plants on the street for pickup. You don't want to give someone else your problem. Bag up with your regular garbage. Or you can burn the diseased plants.

Protect container plants for the winter. Mulch tender plants that can't be moved. Continue watering lawns, trees, and shrubs, vines, and all new plantings until the rains come. Don't forget to water plants in sheltered areas. Well-watered

plants survive freezing temperatures better than dry ones. Cut back ground covers that have spread out of bounds. Prune vines. Plant flat and slightly sloped areas with ground cover so roots will get a head start before winter. Do not plant steep slopes or the rains will wash plants away.

### LAWNS

Sow seeds for new lawns. If there is an early frost, be sure to keep the ground moist so the seedlings will continue to develop roots until the ground freezes. Grass grows best this time of year in the cooler, wetter conditions. Aerate lawns now.

### WILDFLOWERS

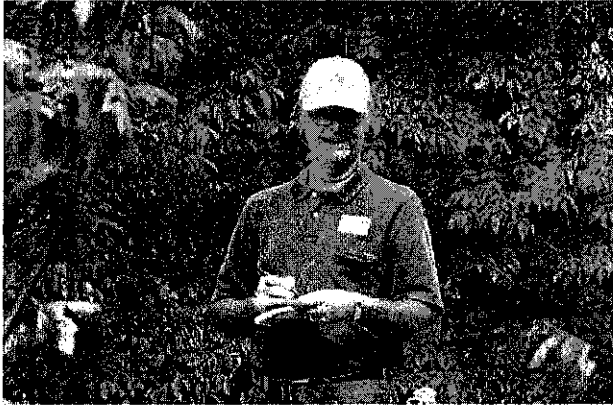
If you have had a hankering for wildflowers in your garden or a stand-alone meadow, October is the best month to plant them. It helps to clear the site thoroughly of grass and weeds before sowing the seeds. Mix together some annuals along with the perennials to ensure color in the first season. Many perennials are sparse bloomers their first year from seed. Scatter in some bright red Shirley Poppy seeds, or blue Bachelor's Buttons, or bright yellow and orange California Poppies. Planting in the Fall allows for early Spring color. They often reseed themselves and come back annually.

### OCTOBER BLOOMS

Abelia, Ageratum, Sweet Alyssum, Asters, Barberry, Beautyberry, Bittersweet Vine, Buddleia, Ornamental Grasses, Gums, Hibiscus, Kale, Kerria, Lantana, Larkspur, Lobelia, Maples, Marigolds, Mexican Sage, Nierembergia, Sweet Peas, Petunias, Poppies, Roses, Rosehips, Salvia, Scabiosa, Snapdragon, Solidago, Stock, Torenia, Tricyrtis, Verbena, Viburnum, Viola, Virginia Creeper, Wisteria, and Zinnias.



Garvan Gardens Day  
Photos by Bren Coop



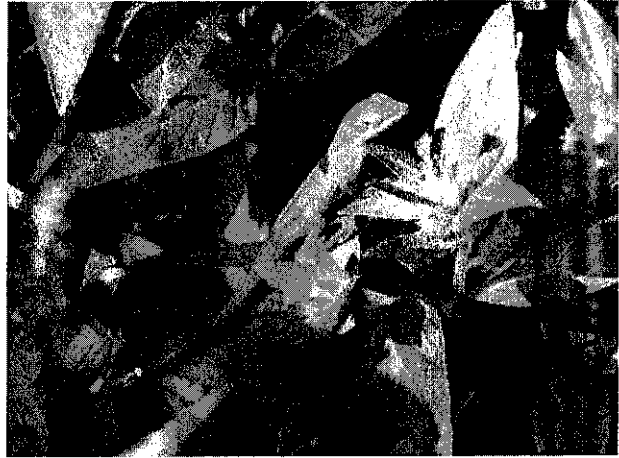
Don Ford



Beauty Bush



Moonbridge



Mr. Chameleon



Butterfly Demo Table



Waterfall

**The Flower**  
**By George Herbert**

*How fresh, O Lord, how sweet and clear  
Are Thy returns! Even as the flowers in spring;  
To which, besides their own demean stiff  
The late-past frosts tributes of pleasure bring.*

*Grief melts away  
Like snow in Many,  
As If there were no such cold thing.*

*Who would have thought my shriveled heart  
Could have recovered greenness? It was gone  
Quite underground; as flowers depart  
To see their mother-root, when they have blown,*

*Where they together  
All the hard weather,  
Dead to the world, keep house unknown.*

*These are thy wonders, Lord of power,  
Killing and quickening, bringing down to hell*

*And up to heaven in an hour;  
Making a chiming of a passing-bell!*

*We say amiss  
This or that is;  
Thy word is all, if we could spell.*

*And now in age I bud again,  
After so many deaths I live and write;  
I once more smell the dew and rain,  
And relish versing. Oh, my only Light,*

*It cannot be  
That I am he  
On whom they tempest fell all night.*

*These are thy wonders, Lord of love,  
To make us see we are but flowers that glide;  
Which when we once can find and prove,  
Thou hast a garden for us where to abide;*

*Who would be more,  
Swelling through store,  
Forfeit their Paradise by their pride.*

**WE ARE BUT FLOWERS THAT GLIDE**

By Betty Deere

18 years ago on September 25, I had surgery to remove a large ovarian tumor from my body. Today, as I sit on my deck in the cool morning air, I gaze at the unbelievably beautiful golden sunlight dancing on the purple-pink spires of the obedient plants in my back yard. I watch the round puffs of lilac-colored wild Ageratum blooms swaying gently on their tall stems, the slight breeze giving them a morning caress. They are graciously allowing an orange and black butterfly and two different bees -- a bumblebee and a little yellow bee -- to greedily feed on their blossoms. These sumptuous sights and smells, the soft breeze, and the magical sunlight -- all conspire to vividly remind me of the long-ago day I returned home from my hospital bed.

How fresh, O Lord, how sweet and clear  
Are Thy returns! Even as the flowers in spring (or fall)

Coming home, I stepped from the car and onto the grass in my yard, my spirits lifting for the first time in many days. So glad to be home -- my overflowing flowerbeds and swaying pine trees welcoming me, bowing in the breeze, nodding their heads in understanding. "We know, we know," they whispered, "we understand". I felt their loving reassurance in every bone of my exhausted, sore body -- and I breathed a big sigh of relief: "I'm home. I've made it home!"

One ordeal was over, I realized; and now I had a brief period to heal my violated body and gather my fragmented thoughts together for the decisions ahead. Much comforted, I eased on up the walk and into my house -- filled practically to the ceilings with flowers from my hospital stay.

Inside, my bedroom door opened to the view of a wire fence, upon which my boyfriend hung 6-8 pots of chrysanthemums, all different varieties and colors: deep red, yellow, gold, purple, orange. My plain wire fence was transformed into a glorious garden, and I could lie in my bed and look directly out/upon their jubilant display, shifting in the breeze. A feast for my weary eyes and soul! Also there were more flowers, placed strategically

around my home -- a joyous array of differing bouquets, leafy green plants, and baskets of flowers -- gifts from friends. Flowers, flowers everywhere I looked, inside and out! And thus, surrounded by a multitude of gorgeous flowers, I began my healing journey.

Grief melts away  
Like snow in May  
As if there were no such cold thing.

As I edged around my house in the next few days, bent from the waist to not disturb the long wound that sliced down my mid-section, I fresh-watered my bouquets and snipped stems. I re-arranged them all, over and over. I put my face down into the blossoms and blooms to soak up their sweetness. (One bouquet of pink roses and white oriental lilies dotted with little pink spots I still remember. Also vivid in my memory remains a tall navy vase of nothing but yellow spider lilies.) Mostly alone during the day and surrounded by flowers, my scared-stiff grief did indeed begin to melt away, and my heart swelled with joy as I tended my bouquets. Refreshed and more relaxed, I then could finally allow myself to face the reality of ovarian cancer (yes! Me, Betty Deere!), and start figuring what the heck was I to do next.

Who would've thought my shriveled heart  
Could have recovered greenness? It was gone  
Quite underground. . . .

I definitely made the right choices, because 18 years later, I'm still here! Today I am not underground at all; I love the life I live now! And still, my peace and pleasure comes primarily from flowers and plants and the blue sky. It doesn't take me long to "recover my greenness". I no longer have cancer, but I DO have brown-freckled hands and an aching back. But ah, I am delighted to be alive and able to tend my garden! My deck and front and side yards are covered with flower beds. Whenever I'm down-and-out about something, or have a knotty problem to work out, I head straight for my yard and flowers. (Or as the poet put it: "thy wonders, Lord".)

And now in age I bud again,  
After so many deaths I live and write:  
I once more smell the dew and rain,  
And relish versing . . . .

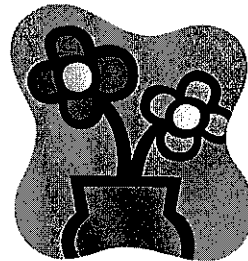
Besides gardening, versing, and my counseling work, I also relish observing my flowers and plants and how they live and survive (or not) much like we people do: they blossom and thrive with a little food, water and tender care; particularly if they're situated in the right setting for their unique needs and given some space (allowed to be themselves). I notice how they are vulnerable to disease if not properly fed and watered. Bugs and fungus generally don't bother with healthy, cared-for flowers. See, they are so much like us folks!

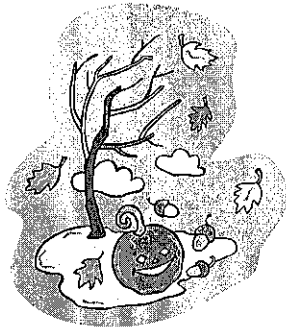
My Aunt Myrtice used to have flower beds everywhere; she even planted flowers throughout her veggie garden. When we watered her flowers and their heads bobbed up and down she would say: "See, they're saying 'thank you, thank you'." I think of her saying that often, and I actually enjoy watering by hand, instead of my sprinkler, to witness their appreciation, their bobbing heads. We might all have been better off if we nodded our heads in appreciation to others, and maybe even said "thank you, thank you". We might get "watered" more often if we did.

And finally, at season's end, when they've done their due, I put my flowers in the compost, and later next year, they return to the soil again. . . to sparkle in the life of another flower/plant. We all hope to leave gracefully and somehow/somewhere "show up" again in the life of another. Don't we? I know  
I do.

These (flowers) are Thy wonders, Lord of Love,  
To make us see we are but flowers that glide  
Which where we once can find and prove  
Thou hast a garden for us where to bide . . . .

We can learn a lot from flowers and plants, for truly: "We are but flowers that glide".





**Summary of Pulaski County Master Gardener Meeting September 20, 2011**  
**By Bren Coop**

Jett Cuffman welcomed everyone and congratulated Georgia Harris, David Dodson and Jackie Walker for having their pictures featured in the 2012 Arkansas Gardening Calendar.

Martha Basinger presented the report of the Nominating Committee. The slate was accepted by acclamation.

President- Don Ford  
1<sup>st</sup> Vice President- Marcella Grimmatt  
2<sup>nd</sup> Vice President- Walter Jennings  
Treasurer- Bren Coop  
Assistant Treasurer- Glenda Arledge  
Member at Large- Earline Zahn  
Secretary- Carolie Maxwell

**Announcements:**

Marcella Grimmatt reported that the travel Committee is thinking of planning a trip to Garvan Gardens for the Christmas light display and asked for a show of hands to determine if there would be enough interest.

Martha Bowden and Mary Wells announced that Dr. Doug Tallamy author of Bring Nature Home would be speaking in Little Rock and Conway on September 30 and October 1st respectively.

Laura Sholes and Richelle Daniels announced that Wednesday, December 7, 2011 is the date for the Pulaski County Master Gardener Christmas party and it will be held Wyndham Hotel in North Little Rock. Registration information will be sent out soon.

Rochelle Greenwood chair of the Retention Committee thanked everyone who volunteered to serve as a mentor for the new class and asked that all mentors to stand.

Judy Woodard announced that Arkansas Gardening calendars were on sale \$10 for large, \$8 for the small or \$15 for both. Judy also present information about the County76 Program and asked anyone interest to let her know. Beth Phelps announced that there were also copies of Janet Carson's book sales. The cost is \$17.15.

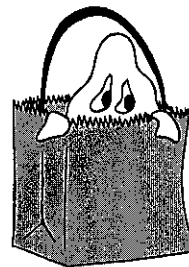
Don Ford announced that a new Telephone Project committee is being formed to help new Master Gardeners as they get started and to help make sure that there are Master Gardeners at the Extension Office each morning to help answer homeowner horticulture calls.

Beth Phelps reminded everyone that Master Gardener Training for the 2011 class starts on September 21 at the Pulaski County Extension Office. Classes will end on November 9, 2011.

Beth Phelps also announced that experienced Master Gardeners are welcome to attend training classes. If you plan to eat lunch please let her know by noon the Monday before the Wed. you plan to have lunch. The cost of lunch is \$9.00. The schedule of classes was in the September Master Minutes and has sent out via email.

Beth Phelps gave an update on the green house. Bids have been made and a contractor has accepted to complete the shelving in both the old and new greenhouse and the repairs to the old greenhouse. No date has been set for greenhouse sale.

Marcella Grimmatt introduced Theo Witsell who presented a program on Native Plants.







## 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 2010, these volunteers gave **22,987** 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:

Beth Phelps  
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2901 W. Roosevelt Road  
Little Rock, Ark. 72204  
bphelps@uaex.edu  
340-6650

## Master Minutes Staff



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