

# Pulaski County Master Minutes

November 2013

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

Volume 23 Issue 10



Join us at the November meeting to welcome our new 2013 Master Gardener Class!! Just a reminder that the M.G.s with last names starting from A-M are asked to bring finger foods to be brought on disposable plates or containers. You can drop items off in Jones Hall before the Master Gardener Meeting starts.



## Pulaski County Master Gardener Christmas Party 2013

Thursday, December 5<sup>th</sup>  
6:00 pm  
Wyndham Riverfront  
#2 Riverfront Place  
North Little Rock, AR  
Tickets: \$28.50 per person

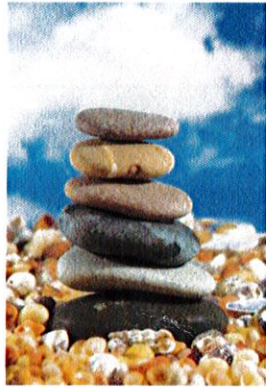
If you have questions contact  
Richelle Daniel, [rdaniel28@comcast.net](mailto:rdaniel28@comcast.net)

Photos by Phyllis Barrier



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**Places of Beauty and Relaxation**  
By Jeffrey McKinley

Now that fall has arrived, many Master Gardeners are busy reaping the last summer harvest, planting winter annuals and mulching the perennial favorites. Who says the garden is the only "place of beauty and relaxation"? The following are a couple of home spa treatments that are a nice treat after a day in the garden.

Soaking The Tired Feet

- Need:** 1 Small Tub  
Small Marbles  
1 tsp. Tea Tree Oil  
(Available at pharmacies or Whole Foods)  
1 Tbsp. Bath Gel or Bubble Bath  
2 Tbsps. Almond Oil  
1 Tbsp. Sugar
- Soak:** Place marbles in tub with luke warm water (enough to cover the feet). Add Tea Tree Oil and Bath Gel/Bubble Bath. (You may adjust the amounts of these ingredients). Rub feet over marbles; try to grip with toes.
- Scrub:** Mix almond oil & sugar into paste. Apply to calluses, cuticles and dry areas. Massage well. Rinse; remove

excess with warm, wet towel. Soak again. Rinse and dry. (Your hands also get the benefit of the scrub.)

Calming the Tired, Itchy Eyes

Place two chamomile tea bags in 8 ozs. of ice water. Let soak until thoroughly Squeeze out extra moisture. Place on eyes until bags begin to dry. (Process can be repeated.)



**Checklist by Carol Randle**

Janet says, "As we head into the holiday season, gardening often takes a back seat, but November in particular is prime gardening weather. You may have heard the slogan, 'Fall is for planting', and it is! From hardy shrubs to trees, bulbs and more, this is a great time to plant. Our plants are beginning to go dormant, so demands for water and nutrition will be down, plus the cooler weather and ample rainfall lets the root system begin to establish, this all results in tougher plants heading into Summer. Not all plants are great candidates for Fall planting, however. Hydrangeas, Gardenias, Crape Myrtles, and other more tender plants that can potentially suffer Winter damage, should be planted in late Winter to early Spring. When planting, prepare the site well, removing as many rocks as you can and incorporating your compost or topsoil in with the existing soil to create an even mix for your plants to grow in. Water and mulch and your plants should be good to go. Hold off on any fertilizer or root stimulator until Spring."

**BULBS**

One of the easiest ways to add color in the home landscape is by planting Spring flowering bulbs. It is bulb planting time. What could be easier than to dig a hole, drop in a bulb and wait for floral excitement next Spring. Even better, dig up a large circle or square ,

then layer in different bulbs. Mass planting gives a stronger statement next Spring. Remember, we plant bulbs based on their size. The larger the bulb the deeper in the ground it goes. A good rule of thumb is to plant 2 and one half times the size of the bulb, deep in the ground. Once you are done planting, place Winter annuals on top for twice the color. Choose large, blemish-free bulbs. You can immediately plant, or store them in a cool place until you get around to planting them. Spring bulbs need to go through a minimum of 12-14 weeks of cool weather before the stems can stretch and grow properly. If you can't plant quickly, then store the bulbs in a cool spot in the garage or in your refrigerator---away from other produce (NOT THE FREEZER). Plant all remaining bulbs by early January if you can. Tulips, Daffodils, Jonquils, Crocus, and Hyacinths are the most common, but there are some unusual bulbs available as well. They do well in the ground or in containers.

#### ANNUALS

When it comes to Winter annuals, the later you plant, the larger the plants should be. Hopefully, if they are flowering Winter annuals (Pansies, Violas, and Panolas) they are blooming. If they are small, non-blooming plants, chances are good that you won't see a flower until Spring. Flowering Kale, Cabbage and Swiss Chard are also available, but get them planted and mulched soon. If you planted earlier this Fall, don't forget to fertilize periodically. Also, pay attention to moisture levels, especially if you have these plants in containers. Water as needed, especially prior to a hard freeze. If you didn't get all of your Winter annuals planted, NOW is the time. They must have their root systems established before it gets too cold. Be sure to fertilize when you plant and side dress during the Winter on warm days. In addition to Pansies, Violas, and Panolas, consider Dianthus, Dusty Miller, and Snapdragons. For vertical interest try Mustard, Kale, Collards, or Swiss Chard. (Swiss Chard works great for us at Amy Sanders Library.) Look for healthy, large flowering annuals now. Not only will you have instant gratification with flowers, but they should bloom well for you all Winter. Fertilize at planting and every three to four weeks during the Winter to keep them growing. If we do have dry spells, don't forget to water---especially newly planted plants.

#### VEGETABLES AND HERBS

Fall and Winter are quieter times in our vegetable gardens, but there are still things to do. After you have planted the Winter vegetables, cleaned up, and composted, try to prepare some of the beds for Spring planting. Then, in February, instead of waiting for the soil to dry out, you can plant Sugar and Snow Peas. Plant a cover crop in the other beds. With our great production this past summer, more gardeners have planted a Fall and Winter vegetable garden. Season extenders in the form of covers or high tunnels can make Winter production even easier, but Janet grew Cabbage, Kale, and Bok Choy all Winter outdoors with no added protection last year and still had good harvest. Insects and diseases are not a challenge in the cool months, either.

#### TREES AND SHRUBS

November is the ideal time to plant a tree. If you need to plant some new trees, consider planting now. The soil temperature still has some heat left, so the root system can spend its time growing roots while the tree is dormant. You will end up with a stronger plant for next growing season. Some large shade tree choices are: Willow Oak (*Quercus Phellos*); Tulip Poplar (*Linodendron Tulipifera*) and Lacebark Elm (*Ulmus Parviflora*). Some good mid-sized trees are: Little Leaf Linden (*Tilia Cordata*); Red Maple (*Acer Rubrum*) and Chinese Pistasche (*Pistacia Chinensis*). Prepare the site well and amend in an area three times the size of the planting hole to encourage root spread. Dig a hole three times the width of the root ball, but only as deep as the depth of the root ball. You want the crown of the plant to be planted at the soil line or slightly more shallow. Don't dig out the planting soil and throw it away and plant in a bag of potting soil . . . that won't encourage root movement. Instead, mix the existing soil with compost and spread it out over a wide area. Once planted, mulch and water. Avoid the volcano mulches, no more than two to three inches of mulch, and be sure to leave an air pocket next to the trunk. Even the oldest and most drought tolerant plants benefit from regular water for at least the first year of establishment, but would prefer the first three years of growth.

To people who are concerned about leaving a tree that is close to the house and they feel sure it is dead, Janet says that even a tree that just died will not decay so rapidly as to fall over. Although our active growing season is done for most plants, we still need to water. Water levels are especially important prior to a hard

freeze. Making sure there is ample water in the soil (and then in the plants) gives the plant added protection. Dry, stressed plants suffer more Winter damage because there isn't enough moisture in the foliage to protect it. An answer to the question about when to prune and when to plant is: "Fall is for planting and Spring is for pruning".

#### HOUSEPLANTS

In central Arkansas, the average frost is early to mid-November, so pay attention to the weather forecasts and take whatever precautions are needed. If you have not moved your houseplants indoors, please move them in now. Don't be alarmed if they start dropping leaves, because there will be a huge shift in their growing conditions. If you are storing houseplants or tropicals in the garage or under the house, make sure the move is made prior to a frost so you don't lose your plants. Janet says that by now all houseplants and overwintering flowering tropical plants should have been indoors for at least a month. They may still be showing the signs of transplant shock. Houses are particularly dry indoors with heat and lower lights, coupled with a more static temperature, taking its toll. Cut off any yellow or damaged leaves, and greatly reduce the amount of water you are giving them. Try to give them as much light as possible, but avoid fertilization. Our goal is to keep them alive and as healthy as possible. Overwatering is typically the number one killer of houseplants.

#### GENERAL

Fall and early Winter is also an important season for clean-up. Our milder growing season, coupled with rainfall, did give us some leaf spotting diseases and mildew this year. As your plants drop their leaves or as you are pulling up spent annuals and cutting back perennials, get any damaged plants out of the yard. Letting the spent debris remain in the garden can give disease spores and overwintering insects a place to live. This can lead to more problems next growing season. Heavily diseased or insect infested plants may also need some cleanup in the mulched area underneath them. Dormant oil sprays can also be used on fruit trees as they drop their foliage. Thorough coverage can smother out diseases and insects. Oils are also used to combat scale insects, but are tougher to use on evergreen plants, since it is hard to get through coverage on both sides of the leaves and stems.

#### HOLIDAY HINTS

Holiday plants are arriving in all outlets now. Poinsettias still reign as the top seller, but you do have more options on sizes and colors. From desktop miniatures to topiary or hanging basket Poinsettias they all need the same type of care-----bright sunlight and even moisture. With proper conditions the colorful bracts can stay showy for months. Color choices are the traditional reds to pink, white, plum and even a new orange variety. Also, speckled and bi-colored choices abound.

If you want to try something different, Bromeliads can come in great shades of red and green, and last easily inside with minimal care for months. There are also Gerber Daisies, Azaleas, Ornamental Peppers, and, of course, Paper White Narcissus and Amaryllis from which to choose. Holiday decorations often add an amazing amount of color inside without plants, but having something that can last after the season is nice too, and make great hostess gifts. If you use fresh greenery or Christmas Trees indoors remember how quickly they dry out. Try to keep the plants fresh with ample moisture. If possible, redirect or close the heating vent closest to the tree to keep it from drying out. Once you are done with your tree, consider recycling in a lake for the fish or as a haven for wildlife in a state park. Many parks collect them after the season. You can also decorate one for the birds outdoors.

#### MONTHLY BLOOMS

Asters, Ornamental Cabbage, Camellias, Chrysanthemums, Clerodendron, Dahlias, English Daisies, Euonymus, Eupatorium, Gaura, Ginkgo, Ornamental Grasses, Gums, Oakleaf Hydrangea, Kale, Larkspur, Maples, Poppies, Rosehips, Snapdragon, Solidago, Sourwood, Stock, Torenia, Tricyrtis, Verbena, Viburnum, Viola, Virginia Creeper, Wallflowers and Witch Hazel.

#### TWENTY-FIFTH BIRTHDAY TRIP TO MOSS MOUNTAIN

Wasn't the trip to Moss Mountain great? I greatly enjoyed it. I can't decide what I liked the most, every area was spectacular. I have to say that the first view of the 350 years old tree was amazing. I still see it in my mind. I wish my flower beds looked just a quarter as terrific as those did! Thank you to Janet and to P. Allen Smith for making this trip possible. MASTER GARDENERS ARE WONDERFUL!



**Time to Christmas Shop**  
By Jeffrey McKinley

Less than 60 days from today, we'll be gathered around our holiday tables with family and friends. So, the time is here to make those Christmas purchases.

My mentor, Catherine, gave me *The Southern Gardener's Book of Lists: The Best Plants for All Your Needs, Wants, and Whims*. This book is indispensable in the gardener's library. If not armed with this book, I would have been even more lost and confused answering the phone at the Extension Office.

The *Book of Lists* is organized in nine chapters - Trees, Perennials, Ferns, Annuals, Vines, Shrubs, Azaleas, Roses and Ground Covers. Each chapter contains various sections which are based on multiple categories, e.g. color, environment, propagation methods, fragrance and growth patterns. Guest contributors whose backgrounds include education, nature associations, large/commercial gardens and nurseries offer advice throughout the book. Their pointers range from garden philosophy to discussion of specific plant varieties and very practical growing tips. I have concluded that any really great garden resource warns you of those things that can take over your garden while you sleep - this book does that, too!!

This relatively small, well-priced book by Lois Trigg Chaplin is a must have and great gift. It is available at most local book stores (ISBN 13:978-0-87833-844-3 by Taylor Trade Publishing). Start shopping!

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**Pulaski County Master Gardener Board Meeting  
Minutes Tuesday, October 15, 2013  
St. James United Methodist Church**  
By Linda Fulbright

Members Present: Judy Chapman, Bren Coop, Susan Crawford, Linda Fulbright, Marylea Gazette, Marcella Grimmett, Georgia Harris, Walter Jennings, Beth Phelps, and Patti Womble. President Walter Jennings called the meeting to order at 10:00.

The president asked for corrections to the September minutes. There being none, the minutes were approved as written.

Bren gave the Treasurer's report. The financial summary was distributed and reviewed. The report was approved as presented. A motion was addressed concerning scholarships for members in the training class.

Project Evaluation - A summary of the project evaluations was presented. The number of committee members on the State Extension Office and Wildwood projects was discussed. As the new Master Gardeners are assigned to their projects, the need should be filled.

Committee Reports - The Continuing Education needs a co-chairman. Ways to address this were discussed. Marcella agreed to chair the Stuff committee. Patti gave a report of our future guest speakers.

**OLD BUSINESS**

A discussion of project committee members who use the Flower and Garden Show to meet the twenty hour requirement was held. No action was taken.

A change in the financial policy pertaining to the Social committee was presented. A motion to

approve the change was made and seconded. It was approved as policy.

The new policy is -

The PCMG Social Committee shall have primary responsibility for planning and implementing social events for the organization. When determining the cost for such social events (which may not necessarily be limited to the events listed below), the following policies should be followed:

1. PCMG shall include in its annual budget expenses for the non-ticketed social events (e.g. new member reception, July Ice cream social) which are for the benefit of the general membership. Expenses or refreshments for social events may include voluntary participation by members.
2. Expenses for ticketed social events, (e.g. Christmas party or Spring Social) shall be covered by the cost of the ticket.
3. Expenses for any "special guests or honorees" invited to PCMG social events should be included in its annual budget.
4. Moneys collected and disperse shall be handled through the PCMG treasurer.

#### NEW BUSINESS

Bren, Georgia and Susan agreed to be on a committee for the 2014 budget.

The orientation for committee chairmen will be held on January 29, 2014. Janet Carson will speak on keeping new volunteers engaged with their project committee. The board agreed to hold a special session to discuss plans for the future. It will be held January 8, 2014. A request from the Travel and Social committee for a deposit on a bus for a trip to Bellingrath Gardens was presented. After a discussion, a motion was made and seconded to allow the Travel committee to make a deposit on the bus, pending approval by the State Extension Office, with a refundable deposit. The motion passed.

A motion was made and seconded to grant leave of absence to Sandy Hardin for medical reasons. The motion was approved.

Each county will receive a School Gardening Kit with everything to build two raised beds. A motion was made,

seconded and approved for the Pulaski County kit to be given to Laverne Davis for the Crump Garden for youth. In celebration of the 25<sup>th</sup> Anniversary of the Master Gardener program, each county is receiving an azalea.

The Busy Bee committee needs a coordinator. Bren and Marcella agreed to coordinate together.

Beth brought to our attention that our tax identification number should be changed to coordinate with the State Extension office.

The Board meeting was adjourned at 11:10 a.m.

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#### **Pulaski County Master Gardener General Meeting October 15, 2013**

St. James United Methodist Church  
By Linda Fulbright

Walter Jennings called the meeting to order at 11:35. Walter welcomed members of the new Master Gardener class who were present. A reminder of the 25<sup>th</sup> Anniversary celebration at Moss Mountain was made. It was announced that MG Calendars were on sale in the lobby. Walter then presented Marcella Grimmert, the outgoing president, with a gift.

#### ANNOUNCEMENTS

A note of appreciation from County 76 for the monetary gift in support of the 25<sup>th</sup> Birthday Celebration was read.

The Social committee made an announcement about the Christmas Party. It will be held on December 5, 2013, at the Riverfront Wyndham in North Little Rock.

The Travel committee announced a trip to Bellingrath Gardens in March. Details will be provided as they become available.

The Stuff committee reminded us that orders must be in by November 10, 2013. Marcella Grimmert was announced as the new chairman.

The Social committee asked members whose name begins with A - L to bring finger food for the new member reception after the November meeting.

Beth announced that members could credit themselves with three hours for participation in the 25<sup>th</sup> Anniversary Celebration.

Our speaker, Tina Marie Wilcox of the Ozark Folk Center, was then introduced.

Drawings for the door prizes were held.

The meeting was adjourned at 12:30.



## 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 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 2012, these volunteers gave **12,478** 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](mailto: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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## Master Minutes Staff



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