The Magnolia Chronicle

The new letter for Pulaski County Master Gardeners



DIVISION OF AGRICULTURE RESEARCH & EXTENSION

University of Arkansas System



Lettuce at Historic Ark Museum before freeze

February 2018

Presidents Corner

Welcome to Master Gardening 2018! A very wintery, nasty, and cold January so far! Our gardens may look bleak and frozen, but that does not mean that things are not taking place in the garden. Soon we will be seeing the daffodils and crocus peeking up. Wildflowers will spring up, then bloom. What a joy those trout lilies are! Worms, water, and microorganisms are doing their best work.

We have many challenges and adventures for the coming year. There is the new demonstration garden to be funded, planned, excavated, built, and planted. Many folks of all ages will be educated at the site on the C. A. Vines Arkansas 4H Center grounds. This means new gardeners educated in the science of gardening.

Our first group of new Master Gardeners, trained on-line, will join us in April. Then, our fall training class will begin in September giving us two groups of new Master Gardeners ready to work on our projects. The on-line training gives working members the opportunity to train on their own time and Pulaski County Master Gardeners the advantage of additional Saturday workdays on several projects.

The Project Evaluation and Support Team is visiting with projects to help them improve and stimulate solutions and positive changes. The team will be visiting ten of the Pulaski County projects in 2018.

The Social, Training, Continuing Education, and Travel committees have begun working to increase our numbers and provide educational and fun activities for us all.

Each of our 32 projects will be planning, planting, and enjoying each other when the weather warms. One of the most important products of Master Gardening is our time together. Happy Gardening,

Joellen



Butterflies are revered for their beauty and their value as pollinators. They inspire us with their ethereal fragility, as they rend our hearts with the challenges of metamorphosis. Butterflies have come to symbolize transformation, resurrection, change and hope. Indulge your love affair with this amazing insect, while earning continuing education hours.

BUTTERFLY EXPERT KITTY SANDERS TO TEACH IN FEBRUARY

PCMG are delighted to present Kitty Sanders of the Botanical Gardens of the Ozarks, as the featured continuing education speaker at our February 20th monthly meeting. A Master Gardener, Master Naturalist, and Arkansas native butterfly expert, Kitty will share her knowledge of butterflies and the basics of butterfly gardening at our morning meeting. Her stories and experiences as a volunteer at the Botanical Gardens of the Ozarks and mentor of the glorious Butterfly House and its surrounding butterfly garden, will leave you wanting to learn more!

Join us after the morning meeting for an afternoon session with Kitty Sanders at the U of A Extension Building Auditorium. Earn two additional continuing education hours as you deepen your understanding of butterfly gardening, raising caterpillars at home and creating a protected and sustainable butterfly habitat.

This same-day intensive session exemplifies our efforts to seek innovation in continuing education opportunities.

Continuing Education: 4 Hours, (2 morning, 2 afternoon)

Registration open: January 17-February 13th

For additional information, <u>Click Here</u>. For the registration form, <u>Click Here</u>.

About Kitty Sanders: Kitty Sanders is one of the foremost butterfly experts in Arkansas. After a 30-year career as an educator in Central Arkansas, Kitty trained as a Master Gardener and a Master Naturalist. Volunteering at the Botanical Garden of the Ozarks led Kitty to the opportunity to help create the native butterfly house and garden. Since 2011, Kitty has taught butterfly gardening classes, hosted Butterfly Camp and helped schools with pollinator projects. She works at both the state and local level on monarch projects.



AMY SANDERS LIBRARY - SHERWOOD

The Central Arkansas Library System's (CALS) Amy Sanders Library, 31 Shelby Drive, Sherwood, will close beginning January 22 to prepare for the move to the new library building located at 10200 Johnson Drive. The exact opening date of the new building is to be determined, but it is expected to be early March.

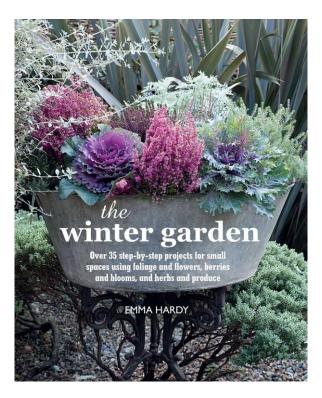
The new 14,500-square-foot facility will be located on 14 acres with amenities including three study rooms, a teen area, gallery space, and a 985-square-foot public meeting room.

Sherwood voters approved a 1.3 mill personal and property tax increase to issue bonds to fund a new library in November 2014.

Pictured above: Ground breaking this past August pictured left to right: Sherwood Mayor Virginia Young; Amy Sanders, longtime Sherwood supporter and namesake; Karen Henson Carter, previous MG ASL Chair. We plan on using two Japanese maples to anchor the entrance; limelight hydrangeas: and Autumn Ember encore azaleas for opening. Annuals to be planned later. Carol Nutter is the new co-chair this year.



The North Little Rock architecture firm of TAGGART Architects Inc. provided the building design



Book Review by Debra Redding

The Winter Garden

Author: Emma Hardy

There are plenty of creative ways to bring vitality to your garden, with ideas for planting pots, forcing bulbs, growing winter crops, and more. In the first chapter, Stems and Leaves, you will learn how to make a stunning wreath from succulents, plant a decorative tabletop display of miniature conifers, and grow ferns in a reclaimed sink. Add scent to your winter garden with Beautiful Bulbs, where you will find bright hyacinths in glass jars, crocuses in jello molds, a china tureen of snowdrops, and other imaginative ideas. Winter Color has bright designs such as a vivid vertical display of cyclamen in vintage cake tins, an indoor terrarium with hellebores and violas, festive poinsettia pots, and a variety of containers with small-scale shrubs laden with berries. And if you are keen on growing your own food, there are projects in Winter Harvests to make the most of hardy herbs, cabbages, chard, and lettuces. Whether you want to decorate your entrance with colorful pots, brighten up your balcony or windowsills, or grow a winter harvest by the kitchen door, you will find The Winter Garden packed with ideas and inspiration.

Emma Hardy is a keen gardener, with a level 2 certificate in Horticulture from the Royal Horticultural Society, UK. She has gardened on a community garden for several years, and is currently creating an urban garden with fruit, vegetables, and as many plants as it is possible to squeeze into a small space. She loves planning and creating gardens, but most of all she enjoys getting her hands dirty, and just pottering.

What's Blooming in Arizona in December?

By Phyllis Barrier

We have relatives and a family birthday to celebrate in Arizona in December each year. We love being with family, the warm weather, and this Master Gardener is crazy about the flowers in bloom this time of year in Arizona. Last year we were in Tucson, and this year we are in Scottsdale. Here are some of my favorite photos from the last two years. I hope you enjoy them.







GARDENERS AND SPACE SHIPS by Betty Deere

Have you ever thought what your home has in common with a NASA space ship? Probably not, and probably wondering what the connection would be for astronauts and green lovers. NASA research connects the dots and their answer is: Poor air quality! Their remedy? Some special but common house plants.

The issue is something to think about as winter closes in and we gardeners move from the yard back inside (stats show most ordinary people spend 90% of time indoors anyway). The quality of our indoor air affects not only our overall physical health, but also our "thinking ability", our alertness, our blood pressure, our anxiety, our memory, etc., etc.

Here's the skinny: CERTAIN HOUSEPLANTS provide a highly effective, simple and inexpensive way to purify the air in our homes, while they simultaneously beautify our surroundings. Voila!

But first, let's talk about the toxins lurking in our homes. They're present from paint and wallpaper; cleaning products (especially laundry detergent and fabric softeners); pollen, mold and bacteria. They're found in the retardants of furniture materials, mattresses, kids' PJs,etc. They're in electromagnetic frequencies from computers and wi-fi. Gas stoves, garbage bags, paper towels/tissues and carpet backing are especially toxic with formaldehyde, which is the most prevalent chemical, and is hardest to get rid of. It may cause cancer in humans — as well as causing asthma and allergic reactions if present in higher levers.

As a cancer survivor and thrivor myself, I am greatly interested in air quality. I already eat and garden organically, and I want to breathe air without poison chemicals. But last year when I sold my longtime home and bought a newer house, replacing the carpeting with hardwood flooring, also replacing some furniture, I noticed a huge uptick in respiratory problems, fatigue, memory loss and foggy thinking. I seriously wondered if Alzheimer's was coming on!

Luckily "talkin' yard" and "reading yard" is my passion and stress reliever! Therefore, the answer to my difficulties appeared in my gardening reads: I was suffering from indoor toxins in the flooring, the glue, new furniture materials, the new paint. And the remedy? House plants! Forget pharmaceuticals!

The following is a list of the most powerful purifying plants.

- 1. Garden Mum (NASA ranks champion!)
- 2. Peace Lily (I have five!)
- 3. Bamboo (I have a six-footer and a two-footer!)
- 4. Mother-in-law tongue (I have one)
- 5. Ficus/weeping fig
- 6. Spider Lily (Two!)
- 7. Dracaena (One!)
- 8. Boston Fern
- 9. Norfolk Pine (One!)

There are more plants but these are most effective ones culled from my research. An additional plug: <u>Organic Life</u> votes the Bamboo Palm as best for removing formaldehyde and benzene. It also keeps the air moist (as does Aloe Vera). Very helpful in winter months when our air is so dried from heating. It is suggested to have at least one plant per 100 square feet of home or office space.

A highly purifying cut flower is the beautiful Tulip – inexpensive, so beautiful and available in stores year-round. Additional evidence for heath: research shows people in hospital rooms with plants have lower blood pressure, lower stress levels, and a more positive and optimistic attitude. As a psychotherapist, I deliberately keep an office full of green plants. I figure my clients feel if I can keep green plants growing and healthy, I can perhaps help them grow and be healthy.

BOTTOMLINE: We have a cheap, easy, green tool at our disposal to keep our homes clear of dangerous toxins. Happy Breathing and Happy 2018.

FEBRUARY CHECKLIST by Carol Randle

In case of frigid weather, do not cover your plants with garbage sacks or plastic. Use sheets, blankets or cardboard boxes. Janet says that if we get Winter precipitation in the form of ice, we should stay away from our plants until they thaw. Branches can snap quickly when ice is on them. If we get heavy snow, lightly brushing it away or gentle sweeps from below the branches can prevent limbs from breaking with the weight, but use caution.

PLANNING

Place your orders now with mail-order plant nurseries. They tend to work on a first come, first serve basis. Not to worry, they will not ship your order until it is safe to do so. (Dreaming of your perfect flower bed or yard is a Winter pastime, with the help of plant and seed catalogs.)

SEEDLINGS

When starting seeds indoors, use clean containers and a sterile, soilless potting mix. Raise them in a ventilated area. Prevent "damping-off" disease, a fungus that attacks seedlings, causing them to shrivel and die right at soil level.

ROSES

Place orders for bare root Roses. After the 15th of February is the best time to plant Roses. Water in Roses with "Superthrive" or other root stimulator. Top dress Roses with Cottonseed and Bone Meal and cover with a layer of compost or rotted manure. Dehydrated manure will limit nutgrass and weed seeds. Mid-February, prune Roses (hybrid teas 8" to 18") to maintain their size and vigor. Only prune ever-blooming climbers to invigorate older plants or to remove weak canes, not annually.

BIRD HELP

Provide fresh water near the birds' shelter. To attract a variety of birds, feed them cornmeal mixed with peanut butter, cracked corn, chipped fruits, suet, or sunflower seeds. Or plant Barberry, Beautyberry, Coralberry, Cottoneaster, Dogwood, Hawthorn, Holly, Mahonia, Possum Haw and Viburnum, which all provide fruits and berries in a February landscape.

SHRUBS

PLEASE REFRAIN FROM COMMITTING CRAPE MYRTLE MURDER! Cut back dwarf Crape Myrtles to within six inches of the ground. Only prune back larger Crape Myrtle Shrubs if needed to maintain size or to remove suckers. Thin tree forms of Crape Myrtles every 3-5 years. ANNUAL PRUNING OF THIS TREE DESTROYS ITS NATURAL APPEARANCE AND IS NOT NEEDED.

Remove the largest third of Buddleia, Hydrangea, Nandina and Spirea Canes. Remove dead wood and branches that turn in or overlap in the center of broadleaf evergreens. Wherever the plant is cut it will thicken, so prune above a twig growing outward not above a leaf bud. DO NOT PRUNE FORSYTHIA OR FLOWERING QUINCE UNTIL AFTER BLOOM. Plant hardwood cuttings of shrubs (8" with at least two buds underground) in a cold frame.

TILLER TIME

Put out Asparagus crowns and Strawberry plants as soon as the soil is workable. Outdoors, sow broccoli, cabbage, onion sets, English Peas, and seed Potatoes. Place orders for seeds early to ensure availability.

SHOOTS

Prune back by one-third to one-half tropical bloomers that are overwintering indoors. Apply a slow release fertilizer to annuals and overwintering tropical plants at the rate recommended on the label. Prune undesirable limbs and tip terminals on fruit trees and grapevines and thin out crowded shoots. Leave some branches of fruit and berry trees for small animals to eat this Winter. Remove older canes of Blueberry plants. Cut back lateral branches of Blackberries to one foot.

GET RID OF BUGS

Use insecticidal soap to control aphids on cool season annuals and vegetable plants. For borers, mites, aphids or scale, apply dormant oil spray such as "Sun Oil" to trees and shrubs, both evergreen and deciduous, Roses and the perennial border. The most effective spray of the year is before the leaf buds start emerging. Check the label for optimum temperature conditions. (Usually, on a calm day when the temperature is expected to be above 40 degrees for three days and no rain is expected for 24 hours.) Spraying plants before leaf buds open avoids burning them.

HOUSEPLANTS

For indoor bloom: Cyclamen; Kalanchoe; Orchids and pre-chilled bulbs (Hyacinths, Paper-whites and Daffodils). Place cut branches of a Spring flowering shrub (such as Forsythia, Fruit Trees, Oriental Magnolia or Quince) into one gallon of warm water with two tablespoons of Ammonia. Enclose the container and stems in a tightly closed bag until blooms open.

DOGWOODS

February is the best time to plant Dogwoods. Pick an elevated site with soil on the acid side. Plant ball and burlap trees and shrubs and bare-root plant materials that are still dormant. Soak the roots in water overnight before planting. If you cannot plant right away, cover the roots with moist soil or compost and store in a shady location. For new planting sites, test soil to determine the proper amendments. For existing sites, amend the entire area with mulch, compost, etc.

YARD

Inspect your yard for Winter damage. Take off damaged, dried or blackened branches. If you are unsure, wait. A dormant limb can look dead, but still have life in it. Apply lime to lawns if not done in December or January. Fertilize trees with a high nitrogen fertilizer if not done in January. Apply pre-emergence herbicides on established lawns and shrub beds to control weeds. Kill spurweed and other Winter weeds now, before they have time to set seeds. Mow or shear to 4-6 inches, Winter Creeper Euonymus, Japanese Honeysuckle, English Ivy, Mondo Grass, Monkey Grass, Pachysandra, Pampas Grass, Crown Vetch and Vinca Minor. Shear to 6-8 inches Santolina, Lavender, Cotton and Junipers. Apply pre-emergence herbicides to ground covers.

FEBRUARY BLOOMS: Flowering Almond, Anise Florida, Arum, Bridal Veil, Camellia, Chlonodoxa, Crocus, Daffodil, Dogwood, Forsythia, Helleborus, Hyacinth, Iris (Stylosas and Reticulatas), Carolina Jasmine, Kerria, Loropetalum, Oriental Magnolia, Muscara, Pansies, Phlox, Primrose, Pussy Willow, Quince, Redbud, Scilla Sibirica, Snowdrops, Spirea Thunbergi, Viola and Violet are in bloom this month.

NEWS AROUND TOWN – Educational opportunities for PCMG

Rivervalley

OUR SEMINARS ARE FREE!

-2 SESSIONS PER SATURDAY AT 10AM & 1PM-LOOK FOR THE REGISTRATION LINK ON OUR FACEBOOK PAGE. ALSO, A REGISTRATION LINK WILL BE EMAILED TO YOU THE SUNDAY BEFORE EACH SESSION.

OUR 2018 SCHEDULE:

- Jan 27th Lori Spencer "Dealing with Drama in the Butterfly Garden; How to have it all!"
- Feb 3rd Jane Gulley "When to Nip, Snip, and Whack; Taking care of the plants in my yard natives & non-natives"
- <u>Feb 10th</u> Kristi Wright "Hardscape; The Foundation of Landscape Planning"
- Feb 17th Scott Smith -"Japanese Maples 101"

Feb 24th - Tom Smith - Alabama's own Flowerwood Nursery Expert - "All about Encores & what's new from Southern Living"

Contact April for more information. ahiggins@rivervalleyhp.com



Imagine the Possibilities! By Mary Russell- Evans

2018 will be a year of BIG changes for the Arkansas Flower & Garden Show! We are moving to the Arkansas State Fairgrounds! The 2018 theme is *Imagine the Possibilities* & that is exactly what we are doing! We have increased space for <u>more</u> of everything! New & different opportunities for volunteering, lots of space for future growth, outdoor activities & lots more! Save the dates- March 2-4. There are many changes to volunteer sign-up sheets & be sure to watch for updates, etc. It's not "business as usual"- so pay close attention! Help spread the word about the move. Tell your friends!

HUGE NEWS! Five acres of FREE PARKING is included with admission inside the gates! NO more whining about parking- no excuses either! AF&GS will be located in 4 separate buildings with all kinds of exhibits on the outside, too! River Valley Horticultural Products is sponsoring a few golf carts for shuttles. All buildings have handicap accessible ramps & entrances. Free package holding available while you shop, with drive-up pickup at both buildings- so take your time. Concessions will be available in both Barton Coliseum AND the Hall of Industry, with multiple, reasonably priced, "nice" food & drink choices.

Basic Building Locations for Activities:

Barton Coliseum- Most of the gardens, the Landscaper Challenge & a few booths

Hall of Industry- The train garden, most of the booths, the Ozark Folk Center, extension booths & continuous live music with Bo Jones.

The Arts & Crafts building- Gardening How To Stage & a new look for the Federation of Garden Clubs flower show + the horticulture exhibits.

The Farm & Ranch Building will house the Main speaker stage & Sunday only children's activities.

Outside! There will be extra displays outside on the grounds, plus outdoor cooking demonstrations

Volunteers!

No doubt there will be a lot of first year kinks- please be patient. Everyone will be doing the best they can! There are **lots of changes** with tickets, passes, volunteers, etc.

Volunteers- There will be <u>no name badges</u>- <u>tickets instead!</u> Volunteers will be mailed 1 ticket for each day they are assigned to work. Assignments & tickets will be "mailed" out the middle of January. DO NOT LOSE or forget YOUR TICKETS! There will be no "lists of volunteers" anywhere! No way to get a new ticket-no way to get in without one- unless you <u>buy</u> a new one!

Main Entrance- on Roosevelt Road (north) side by the bridge. This is location of the ONLY box office. If you need to purchase tickets- go to this gate only. Everyone in the car <u>must</u> have their own ticket.

Gate 6 Entrance- Volunteers, speakers, vendors may enter on the east side of the fairgrounds thru Gate 6 -ONLY if you have tickets! There is no \$\$\$ money \$\$\$ there. Everyone in the car must already have a ticket. Please do not hold up the long line that will be there.

Once inside, the volunteer check in area & coat room will be located just inside the west entrance of Barton Coliseum on the southwest concourse. There will be places there to stash your stuff, coats, etc.

No matter what your plan is..... do plan to come early! We all have to learn the lay of the new land!

Tickets! Buy tickets online or at the <u>main</u> box office gate. Adults \$10, under 12 are free! No more 3- day passes. All tickets are for one day only. All tickets will be taken- not torn- therefore no re-entry. Show hours: Friday 9-5, Saturday 9-5, Sunday 10-4. See gate locations/tickets info above.... More info available at www.argardenshow.org

Don't forget the AF&GS has awarded thousands of dollars in scholarships & grants for horticulture projects around Arkansas through the "Greening of Arkansas Grants." See the website to learn more about these scholarships & grants. The Arkansas Federation of Garden Clubs received the prestigious National Garden Clubs "Flower Show Achievement Award" in 2017. Their flower show and horticulture exhibits will be in the Arts & Crafts Building. To enter a specimen contact Jean Moser 501-658-6024 or olyardner@aol.com. Who knows, you could win a blue ribbon!

2018 Events:

LIVE Landscaper Challenge There are FOUR landscaping companies scheduled to participate on Friday morning, beginning at 10:00 in Barton Coliseum.

Children's activities will be on <u>Sunday only</u> in the Farm & Ranch Building. Several vendors will also have cooking demonstrations outside.

Main speakers will be located in the Farm &	: Ranch	Building.
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Bios can be seen for all speakers on the website. Carol Mendel is a Pulaski County MG. ©

Friday March 2

- 9:30 Blackberries for the Home Garden: An Excellent Choice! John Clark
- 11:00 **Drought Tolerant Plants for Your Garden** Patrick Byers
- 12:30 **Home Landscape Problems & Solutions** Allen Owings
- 1:45 **Don't be a Garden Snob** Carol Mendel

Saturday March 3

- 10:00 Integrated Pest Management in the Vegetable Garden Patrick Byers
- 11:15 New flowers for Your Spring Landscape Allen Owings
- 12:30 Basic Back Yard Garden Jill Forrester
- 1:45 **Easy Care Annuals & Perennials** Janet Carson

The Gardening How To Stage will be located in the Arts & Crafts Building.

Hear a new speaker on every half hour. We have an awesome new space & are very excited about it.

Gardening How To Schedule 2018

Friday, March 2

- 10:00 **Drip Irrigation Simplified** Mary Evans, Pulaski County Master Gardener
- 10:30 **Keep Your Poultry Healthy** Dustin Clark, U of A Extension Poultry Health Veterinarian
- 11:00 **Getting Started with Beekeeping** Emily Bemis, Bemis Honeybee Farm
- 11:30 What is Keyhole Gardening? Erika Droke, Arkansas Dept of Environmental Quality
- 12:00 **Build an A Frame Trellis for Pole Beans & Climbing Peas** Jill McSheehy, garden writer and podcaster at journeywithjill.net
- 12:30 Hops: Herb of the Year TM 2018 Tina Marie Wilcox, Ozark Folk Center State Park
- 1:00 **Japanese Maples 101** Scott Smith, River Valley Horticultural Products

1:30	Lazy Gardening: Why NOT to Clean Up Barbara Miller, Ark Dept of Environ. Quality
2:00	Creating Evergreen Screens That Last Jeremy Bemis, Bemis Tree Farm
2:30	What the Plant? Choosing & Caring for Houseplants Justin Hoadley & Alex Hudson, Tanarah Luxe Floral & Event Styling
3:00	Use a Kitchen Aid Mixer to Quickly Prepare Tomatoes for Canning Jill McSheehy, garden writer and podcaster at journeywithjill.net
3:30	Fengshui, Biophilic Tropical Harmonizing at Your Home or Business Debbie Goodwin, Horticulturist- Arkansas Outdoor Concepts
4:00	The Joy of Brewing Beer Marion Spear, Beer, food & garden aficionado
Satur	rday, March 3
10:00	Imagine the Possibilities: A Floral Demonstration Kathy Rodocker, AIFD, AMF, PCF, Stems With Style
10:30	Beautify Your Landscape While Protecting it Fred Stewart, Classical Curbs
11:00	Bromeliads by the Bunches! Michael Seal, The Funny Farm
11:30	Getting Started With Garden Railroads Richard Davis, Central Arkansas Garden Railway Society
12:00	Make a Mini Greenhouse for Starting Herbs From Seeds Debbie Tripp, Rosemary Hill
12:30	Kick Start Your Small Flock Scharidi Barber, U of A Extension Service, Poultry Instructor
1:00	All Things Garlic Patrick Byers, MS, Univ. of Missouri Extension
1:30	How to Make Pro-biotic Tea- Kombucha Julianne Bitely, Wellness in Arkansas
2:00	Herbal Bonsaii- Keep Woody Herbs Happy in Containers Year-Round Kathleen Connole, Ozark Folk Center State Park
2:30	An Old Timer's Tips for Starting & Saving Seeds Mike Nocks, White Harvest Seed Company
3:00	Fermentation, Remember Your Roots Elene Murray, HealthEfairy
3:30	Growing Mushrooms Vic Ford, Interim Associate Director for Agricultural & Natural Resources, Co-operative Extension Service
4:00	Keeping Honey Bees Pete Stuckey & Brent Fergusson Central Arkansas Beekeepers Association

Sunday, March 4

- 10:30 Chikken Chat! Randy Forst, U of A Extension Service
- 11:00 **Designing With Tropicals in Arkansas** Debbie Goodwin, horticulturist, Arkansas Outdoor Concepts
- 11:30 **Propagation 101** Susan Rose, Pulaski County Master Gardener
- 12:00 Plant Possibilities! Rand Retzloff, Grand Designs
- 12:30 Honey, Why are There Different Colors? Larry Kichler, Central Arkansas Beekeepers Assoc.
- 1:00 Create a Bird Friendly Yard Cindy Franklin, Audubon Society
- 1:30 **How to Eat Like a Dinosaur** Julianne Bitely, Gluten-Free in Central Arkansas
- 2:00 **The Arkansas Gleaning Project and Hunger Gardens** Brandon Chapman Food Sourcing and Logistics Program Coordinator, Arkansas Hunger Relief Alliance
- 2:30 Cooking Matters How to Shop and Eat Healthy on a Budget Alex Handfinger Cooking Matters Director, and Sam Stadter Cooking Matters at the Store Field Manager, Arkansas Hunger Relief Alliance
- 3:00 **Beautiful Easy Care Roses** Carol Shockley & Ouida Wright, Central Arkansas Rose Society
- 3:30 **Heifer's Critters!** Chris Wyman, Heifer International

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