



Sprinklings

ST. CROIX VALLEY MASTER GARDENER ASSOCIATION NEWSLETTER

AUGUST 2015

Wendy's Gardens
p. 7



New tent raised at Pierce County Fair



PHOTO BY COLLEEN SUTTER

Thanks to Diana Alfuth's quick action, a new tent was purchased in time for the Pierce County Fair, which continues through Aug. 16.

Strong winds had destroyed the MGVA tent at the St. Croix County Fair in July. Above, **JoAnn Ryan** calls for help after discovering that the metal frame was broken and unusable.

Preparing for the Pierce County fair on Wednesday (*above right*) are



Shirley Ellingboe, Karen O'Brien, Duke O'Brien, Denise Gathman, Melissa Duden, Leroy Clark (Fair Coordinator) and **Peg Wastell**. Stop by to check out our new digs as well as the beautiful MGVA flower garden next to the tent!

AUGUST MEETING

Prairie Seeds

By Carolyn Barrette

Our August meeting features Mike Miller of Pure Prairie Seed, a native prairie seed nursery in Pierce County.

Miller's company collects seeds and raises prairie grasses and forbs on his

land. They produce single species stands of prairie grasses and wildflowers whose genetic origins are Pierce and St. Croix Counties.

"Our seed is independently lab-tested for purity and germination and made available for sale to non-profit organizations and units of government," says Miller.

Miller will demonstrate how to harvest and clean seed. It may be possible to visit some of the seed plots, depending on how much walking folks are willing to do. The nursery includes machine-harvest and hand-harvest plots as well as a seed cleaning facility.

PURE PRAIRIE SEED

N8160 County Rd. F, River Falls

(Note: GPS maps show incorrect location!) County Rd. F runs north/south between Hudson and Prescott. The nursery is located on the east side, slightly south of 820th Ave. (entrance to state park) and north of the Kinnickinnic River bridge at the top of the hill.

Please carpool, as parking is limited.

Bring a chair, walking shoes and bug spray.

Thursday, Aug. 27

6:45 p.m. Meeting

7:15 p.m. Break

7:30 p.m. Speaker

FALL GARDEN TOUR

Vegetables, flowers and herbs – oh my!

Second-graders grow watermelon. Third-graders plant a "Pizza Garden" with onions, garlic, tomatoes, peppers, and herbs. Everyone composts.

The grounds at Houlton Elementary School teem with life, thanks to MGVA coordinators **Sandy Madsen** and **Julie Weinberg**.

Once a week at noon, student representatives from all 11 classrooms meet with Sandy to plant seeds, pull weeds, harvest, and compost. The representatives rotate, so by the end of the

year, every student has had a hand in nurturing the gardens.

Kids in the after-school program, guided by



Julie, plant and maintain two large flower beds.

That's not all. There's a rain garden, a butterfly garden, and a one-acre prairie. The program is sustained through grants from SCVMGA, the school's outdoor education fund and personal donations.

Our Fall Garden Tour will begin at 6 p.m., Thursday, Sept. 10. Bring a chair and bug spray.

The school is on County Rd. E in Houlton, two blocks east of Hwy. 35.

Due to road construction, County Rd E is closed east of the school. Access is via Hwy. 35 only.

Don't miss this great MGVA project!

Come see what the kids are doing – you'll be amazed!

**6 p.m. Thursday
Sept. 10**

Houlton Elementary
School

President's Message

Dumbstruck is an interesting word and I like it better than speechless, but both describe my wonder at the knowledge and generosity of the members of our Association.



Barb Peterson

Several years ago I had the good fortune to participate in **JoAnn Ryan's** Garden Design Class. Using the extensive knowledge and insight she shared, I developed a plan for a new garden which unfortunately I did not immediately implement. Last week I took out the plan and found it to be just what I still wanted to do. So hopefully I can spend time this winter selecting the plants from the detailed lists JoAnn provided to class participants.

Two years ago I joined **Pat Tremaine's** Native Plants Group and was the beneficiary of her commitment to and

knowledge of native plants. She shared her enjoyment of phenology, the study (and recording) of periodic biological phenomena, such as flowering of plants and the migration of birds. She led us on visits to sites of wonderful native plant gardens and to several local nurseries dedicated to native plant materials. I now have an *Aralia racemosa* (Spikenard) thriving in my shade garden thanks to one of those visits.

And this year, those of us who attended our April, May and June meetings learned from presentations given by three of our members who willingly took the time to share their knowledge with us in a most effective manner – **Joni Garbe** on mushrooms, **Jerry Bridge** on insects, and **Colleen Callahan** on photography.

These are just "the tip of the iceberg" of the sharing of knowledge that takes place within our Association. My sincere thanks to all, both those I named and those I didn't. I look forward to continuing to learn from all of you.

What's happening in August?

HARVEST TIME

Harvest time is here at the MGV Community Garden in New Richmond.

The Sun Sugar tomatoes are ripe and ready for picking. Red tomatoes won't be far behind. There's zucchini, peppers, and onions almost ready to pick (along with those beans). Please remember to record the pounds of veg-

VOLUNTEER MANUAL SCVMGA Community Garden New Richmond

What to bring, how to record your hours, a garden map, where to bring your harvest and much more!

[Click here to access it](#)

etables – and your hours – in the notebook in the garden shed. Produce from your own garden that you're donating needs to be recorded separately.

From July 24 to July 29, MG volunteers picked and distributed 206 pounds of vegetables. About 150 pounds of that were green and yellow beans and 37 pounds of cabbage. So far we have taken vegetables to New Richmond, Hudson and Somerset food shelves, Grace Place, Boardman Manor, Croix View, Hammond senior housing, Deer Park, Hudson, New Richmond and Somerset senior centers. Another

56 pounds of beans were picked on August 6 with the help of Somerset Summer Stretch girls. Somerset boys came in July and helped to plant the second crop of beans, mowing and pulling weeds.

"Tomato Tie-Up Day" was a big success! We accomplished our task in less than an hour, thanks to **Gloria Bonse, Donna Cadenhead, Donna Davis, Marilyn Davis, Mary Pat Finnegan, Suzy Naschansky, Shirley Terrien, Julie Walsh, and Julie Weinberg.**

A big thanks goes to **Suzy Naschansky** for creating a very helpful volunteer manual for the New Richmond garden (see box). — *Carolyn Barrette*

TREE WORKSHOP

Get to know the trees in your neighborhood with a one-day workshop by Dr. Laura Jull, a professor and UW-Extension specialist for Woody Ornamental Horticulture at UW-Madison. Botanical nomenclature, plant morphology and environmental considerations are some of the topics covered. The class meets **Thursday, Aug. 20 from 9 a.m.-3:30 p.m. at the River Falls Library.** This is a great way to earn those education hours! Email [Heidi Doering](#) or call 715-531-1930. [Click here for brochure.](#) Hurry – the deadline is Monday, Aug. 17!



SEED SAVING



Seeds are ripening now, and you may want to refresh yourself on how best to harvest and prepare them for future use. One future use may be giving seed away at our November meeting's "Seed Exchange and Giveaway."

My search for seed-saving websites turned up some interesting results. The best source I found is www.seedsavers.org. Under their education tab, seed-saving resources are user friendly, giving info on a great variety of vegetables, herbs and flowers. The webinars are also invaluable.

Our WIMGA site under the Horticulture tab links to the International Seed Saving Institute at www.seedsave.org. It divides vegetable seed-saving into three levels of expertise: beginner, experienced and expert. I didn't know that saving seeds from cabbage was two levels more difficult than from tomatoes.

If you're interested in breeding your own version of your favorite plant, you may want to visit www.howtosaveseeds.com/breeding.php.

You can read about a special poppy that was lost and bred again at www.finegardening.com/collecting-and-storing-seeds. — *Peg Wastell*



Karalyn's Kitchen

Karalyn Littlefield, a MGV since 2013, teaches classes in Food Science and Animal Science at UW-River Falls. After receiving a master's degree in Food Science, Karalyn worked in the food industry for several years.

Collard Greens

Many people may see the tops of turnips, beets and even radishes as fodder for the animals or something for the compost pile rather than food for our table. However, there is an abundant history of eating greens; maybe even as abundant as the purslane that graces our River Falls Demonstration Garden.

Though collard greens are a cool-weather leafy vegetable, the term "collard greens" has come to include all loose-leafed cultivars of *Brassica oleracea*, and in the American South are known to be any leafy green vegetable, as well as the style of cooking. The *Brassica* family may also be called "coles" and includes cabbage, Brussels sprouts, kale, broccoli and cauliflower. I include the tops of some root vegetables, plus spinach, in the category; they can be combined or substituted for one other and are easy to prepare. Not only do they make excellent dishes, they contain high levels of vitamins, minerals and antioxidants.

The ancient Greeks grew kale and collards, and the Romans grew several kinds of greens with large leaves and stalks. Coles reached Britain and France by the 4th century. Documented in the "The Backcountry Housewife - A Study of Eighteenth-Century Foods," by K. Moss and K. Hoffman, the 17th century Lowland Scots ate greens or potherbs from their yards. They brought this practice to 18th century America. Many wild and cultivated greens grew in the Carolinas where African slaves cooked plantain, nettles, sorrel, dandelion and purslane for their families.

As with many recipes handed from person to person, this issue's recipe comes from **Peg Wastell** by way of **Deb Peder-**

Citrus Sautéed Beet Stems

- 2 T. olive oil
- 1 bunch beet stems (cleaned, chopped)
- 1 shallot or small onion (diced)
- 1 bunch beet leaves (cleaned, torn into pieces)
- 1 garlic clove (chopped)
- 1 1/2 - 3 T. champagne or other vinegar
- zest and juice of one orange
- salt and pepper to taste
- Place oil in a medium skillet over medium heat.
- Add stems and shallots; sauté for 4-5 minutes.
- Add beet leaves and sauté for 3 more minutes.
- Season with salt and pepper.
- Add garlic, vinegar, orange juice and zest.
- Simmer until all juice evaporates (1-3 minutes).
- Adjust seasoning and serve.
- Good warm or cold.

stuen who sent it to **Yvonne Koch-Proctor** who sent it to me. When cooked down to a gravy consistency, you have "pot likker." Add a ham hock and Old Bay Seasoning, and you have a dish similar to what I ate many times in South Carolina.

Easy Herb Gardens

By Lisa Mosbey
Witch Hazel

From snow-out to snow-fall I love hiking — that is, until the mosquitoes find me and it's time to break out the anti-itch remedies. I like to use witch hazel (*Hamamelis virginiana*), the hardy, maintenance-free small tree/large shrub that is ignored by most pests but is a remedy for those pesky bug bites. Suitable for woodland gardens, this native species is hardy in USDA Zones 3-8. A unique fall bloomer, it blooms at the same time its leaves turn golden yellow. The fragrance is somewhere between sweet and intoxicating.



Witch hazel contains antibacterial and anti-inflammatory properties that sooth minor cuts, scratches and bug bites. It also doubles as a sunburn soother. Its astringent nature can remove dirt and oils without over drying the skin. A ready-made formula diluted in rubbing alcohol can be found near the pharmacy aisle. It is applied topically with a cotton cloth soaked in the witch hazel extract. For the more sensitive spots, I prefer a diluted spray (2 Tbsp. to 4-6 ounces distilled water).

If you want to make your own all you'll need is 8 ounces witch hazel bark or small twigs, distilled water to cover, and vodka (or other pure grain alcohol). Chop up the bark into small pieces and put it in a stainless steel pot completely covered with the distilled water. Bring to a boil, lower heat and simmer for 20 minutes. Remove from heat, keep covered and allow to cool completely. When cool, strain out plant material and measure the liquid. Next, add vodka equal to half of the total witch hazel liquid. For example, if the witch hazel measures 10 ounces, add 5 ounces of vodka (or other pure grain alcohol). Shake to blend. That's it. This may be used topically for skin irritations, as an astringent cosmetic toner, sunburn or bug bite spray.

Precautions: Because many herbs are potent, small amounts used regularly may be safest. Anything beyond culinary amounts may be too strong for certain individuals, such as women who are pregnant or nursing; individuals with some health conditions (e.g., liver disease); or those taking medications such as blood thinners and blood sugar-lowering drugs. For the science and studies on herbal remedies visit www.Pubmed.gov.



Lisa, who received her MG training in Nevada, is a Holistic Health Practitioner, Herbalist and Aromatherapist whose mission is to educate and empower people to use herb and essential oil plant remedies to aid their health and well-being. She writes a [blog](#) on herbs, gardening tips and recipes.

Volunteer Opportunities

Coordinator: [Lisa Mosbey](#)

Lisa completed her MGV training in Nevada in 2009 where she taught herb container gardening classes. She transferred to SCVMGA in 2013. Lisa is a holistic health practitioner, herbalist, and aromatherapist.

Assistant Coordinator: [Deb Schommer](#)

Deb Schommer is interested in all things organic, self-sustaining and "green" promoting. She enjoys raising chickens, gardening (including straw-bale gardening) and learning how to work with her new greenhouse. She completed MGV training in 2014.

PLEASE NOTE: Underlined names are active links to email addresses. This list is also available on our [website](#).

BALDWIN

Community Garden, 1650-8th Ave.
[Wendy Kramer](#) 715-684-3642
Supervise, maintain, harvest, donate

ELLSWORTH

Pierce County Fair (Aug. 13-16)
[LeRoy Clark](#) 715-273-4245
Planning, setup, man booth, help with displays

Pierce County Fairgrounds Garden (May-Oct)
[Karen O'Brien](#) 715-273-4191
Plant, maintain flower gardens

VFW Post, 154 S. Plum St.
[Carol Matzek](#) 715-262-5232
Mulch, edge landscape, perennial care

GLENWOOD CITY

St. Croix County Fair (July 15-19)
[Brenda Bodelson](#) 715-688-4434
[Yvonne Koch-Proctor](#) 715-225-2296
Planning, setup, man booth, help with displays

Glenwood City Community Garden (April-Oct.)
[Barb Nelson](#) 715-307-3821
Plant, manage seed trials

Glenwood City Welcome Cows (April-Oct.)
[Bonnie Walters](#) 715-220-6975
Aid 4-H club with planting, maintaining sign plot

HAMMOND

Hammond Community Garden, Ridgeway Road
[Mike Deneen](#) 715-386-9792
Coordinate, help with community food, flowers, orchard

HUDSON

Hudson Hospital, 405 Stageline Road
[Jean Weiler](#)
Indoor plant caretaker; coordinate, help with garden

Octagon House, 1004-3rd Ave. (Mondays)
[Jean Haut](#) 715-377-0645
Redesign gardens in 2015, maintenance

Christian Community Home, 1320 Wisconsin St.
[Jackie Daharsh](#) 715-381-6804
2-5 hrs. monthly maintenance of Memory Care gardens

YMCA Camp St. Croix, 532 Co. Rd. F
[Stephanie Lentz](#) 612-465-0561
Landscape, greenhouse, flower & vegetable gardens

Accessible Space
[Jennifer Richards](#)
Design, install gardens for residents

Humble Acres, 433 East Cove Rd.
Diane Reszka 612-290-5004
Answer questions, assist with workshops,
"Happy Gardener Tour" on July 13

TIPS ON VOLUNTEERING IN PUBLIC

As representatives of the University of Wisconsin-Extension, we have a responsibility to help the public. Because MGVs are self-directed and self-motivated, our role is to "do the legwork" and try to find answers to gardening questions. Here are some reminders when volunteering in public:

- Always wear your UW-Extension MGV name tag.
- If possible, wear a SCVMGA shirt, hat or other apparel.
- Bring your MGV handbook, pamphlets and other gardening resources to look up answers to client's questions.
- Listen carefully to the client's concerns and try to find out as much detail as you can about their problem.
- Ask if they have a photo, or if they can return with a sample. If possible, take a photo for your future reference.
- If you don't know the answer or can't find it in your resource materials, tell the client, "I don't know, but I will find out." Tell them you'll call or email them back with your findings.
- Use research-based, objective resources when diagnosing plant problems and making recommendations. Our clients have confidence in the credibility of our information. This confidence is the foundation upon which the Extension Service is built.
- If you still can't find the answer, seek help from Diana Alfuth before going to specialists.
- If the problem is complex, it's OK to refer them to Diana.
- If you encounter an unhappy or belligerent client, give them Diana's contact info. She said she'll be happy to talk to them!

[SOURCES: Diana Alfuth & Wisconsin MGV Handbook]

E.P. Rock Elementary School

[Heidi Schimon](#) 715-222-6111
Plant, supervise school learning garden

Hudson Farmers Market, Plaza 94

[Janet Jones](#) 715-386-9246
Thursdays, 8 a.m.-noon, (June-Oct)
Set up, tear down table, provide information, answer gardening questions

Hudson Farmers Market, Faith Community Church

[Dawn Kleinknecht](#) 612-203-9030
Saturdays, 8 a.m. -noon (June-Oct)
Set up, tear down table, provide information, answer gardening questions

Lakefront Park (April-Oct.)

[Ramona Robinson](#) 763-412-9936
Help design, maintain, harvest, share edible landscape

Willow River Elementary School

[Ramona Robinson](#) 763-412-9936
Help design, supervise, maintain education garden

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Willow River State Park, Cty Rd. A
Lauren Brathal 715-386-9340
Tours and garden maintenance near Nature Center

St. Croix County Park, Perch Lake (April-Oct.)
Justin Townsend 715-781-6833
Need Coordinator, "Book Worm" trail maintenance, beautification of public areas

NEW RICHMOND

Deer Field Gables Care Center, 575 Hospital Rd.
Carolyn Craig 715-246-6242
Spring cleanup, maintenance of therapy, rain gardens, bird sanctuary

Community Garden, 2050 Hwy 65
Carolyn Barrette 715-549-6438
Planting, weeding, harvesting, planning, sharing

Boardman Meadows Senior Complex, 460 W. 8th St.
Ninette Nolen 715-246-7959
*Help senior gardeners with raised-bed vegetable garden
Establish flower garden*

PRESCOTT

Great River Road Visitor Center, 200 Monroe St.
Jessica Bierbrauer 715-262-0104
Maintenance

Boulevard Flower Plot (April-Oct.)
Donna Reuter 715-821-7357
Rejuvenate flower plot

RIVER FALLS

Town of River Falls Parks
Dan Randall 651-775-6052
*Entrance sign planting, maintenance at 7 parks
3-4 hours per month*

River Falls Farmers Markets, 2nd & Locust St.
Bev Hoppe 715-425-8870
(May-October)
Saturdays, 8 a.m.-noon. Tuesdays, 4 p.m.-6 p.m.
Man booth, answer questions

Demonstration & Learning Garden, Hoffman Park
Diana Alfuth
*"Grow to Share Community Garden"
Plan, weed, demonstrate in garden, scout for problems*

St. Croix Valley Habitat for Humanity
Susan Capparelli 715-425-5623
Working on new gardens for Habitat for Humanity homes

Grow to Share Community Garden, Hoffman Park
Anna Zalusky 715-426-0826
Weeding, planting, watering, harvesting

Grow to Share Community Herb Garden, Hoffman Park
Terry Anderson 612-240-3820
(April-October)
Plant, maintain, harvest culinary and medicinal herbs

River Falls Community Garden, RF High School
Amy Field, 715-307-7317
Weeding, watering, harvesting

VFW - Greenwood Cemetery (May-Oct.)
Kathye Beebe 715-425-2015
Maintenance

ROBERTS

Cross Community Garden, 1246 Co. Rd TT
Mike Deneen 715-386-9792
Growing community food & flowers, help with new trees, perennials, teaching garden

SOMERSET

Parnell Prairie Preserve, 1823-45th St.
Jean Hoffman
*Weeding, watering showcase area
4 hrs. per month (May-September)*

SPRING VALLEY

Spring Valley Village Gardens
Sue Christenson 715-778-4559
Help weed, maintain village gardens

ANYWHERE

Hospitality
Trina Frank 715-426-5659
Treats for meetings

Sprinklings Newsletter
Colleen Callahan 715-381-9683
Newsletter items, features, book reviews, ideas

ReUse/Recycle Garden Books
Joni Garbe
*Donate old gardening books for library/resale.
Bring to monthly meetings*

MGV Helping Hands
Gail Behr 715-698-4046
Help fellow Master Gardeners in time of need

HELPING HANDS

A day of giving

By Kathye Beebe

It was simply an awesome morning as we assembled at Pat Tremaine's home to complete our weeding project. The sky was so lovely, it seemed to say 'peace' to all of us with the bird songs sounding like a choir so synchronized. The many lilies were in full bloom and seemed to smile at us for being there to help Pat. Even the neighbors commented on the joyous conversations and the laughter at times. MGVs who joined me were **Karen Jilek, Jackie Daharsh, Dot Seebach, and Barb Bear.**



PHOTO BY COLLEEN CALLAHAN

A Monarch rests on a Blazing Star (Liatris spicata), one of many native plants in Pat's gardens. Gardening for insect diversity is the theme of "Bringing Nature Home," a book about creating a habitat for all kinds of wildlife. (see Page 8 for a review of the book).

MEMBERSHIP NEWS

By Deb Pederstuen

Our Master Gardener family tree has branched out to 201 members with 20 new members! The three newest members are **Jane Miller**, and **Vickie Reschke** of Hudson, and **Lynn Steely** of Houlton.

Jane, a 2007 Master Gardener Volunteer (MGV) and former SCVMGA member has returned after seven years to be JoAnn Ryan's assistant in the 2015 Flower Garden Design Garden Group. We're as happy as JoAnn to have her back.

Vickie, a new MGV transplant from Illinois, contacted Diana Alfuth to learn Wisconsin MGVs need only 24 hours of volunteer service compared to 60 hours she did for her 2011 MGV certification in Illinois.

Lynn is a Master Gardener wannabe!! With information at the St. Croix County Fair MGV booth, she's ready for Diana's Fall 2015 MG training class. You'll see more of Lynn as she has volunteered to be my new membership assistant. Yea!!

Meet our new members at monthly meetings and in your community service projects to welcome them to our group.

"LAST-CHANCE" WORKSHOP

All about seeds at Fall Workshop

By Peg Wastell

Saving and using seed is the thread that runs through our 7th annual hands-on Fall Workshop. Diana Alfuth will start with "Seed Collecting and Saving." Next will be Ginny Gaynor on "Confessions of a Wild Seed Collector."

A hands-on activity of harvesting seeds will follow. After lunch, Ardith Beveridge will create floral designs using both fresh and dried materials.

This is your "last chance" to get those education and/or volunteer hours needed for recertification since the deadline for turning in hours is Oct. 1.

Other reasons to join us are the slate of awesome speakers on timely and fascinating seed-related topics, "hands-on" opportunity, luscious lunch, and it's exclusive to Master Gardeners at a rewardingly low cost of \$15!

A registration form is attached to the end of this newsletter. It will also be available on our website. Registration deadline is Sept. 20.

FALL WORKSHOP

Saturday, Sept. 26
9 a.m. - 2 p.m.

Seyforth Building
Pierce County
Fairgrounds

JULY MEETING

Growing Garlic

There's no secret to growing garlic, according to Mike Hicks, the "garlic guru of Afton." For him, it just means planting 10,000 cloves by hand on a one-acre plot.

Hicks gave a very informative talk about garlic to 57 MGVs and one guest at our July meeting.

Garlic planting begins in October. Shoots emerge in spring and harvest occurs in July. He then hangs the garlic to dry. Mike only plants

hardneck varieties, because "they taste better and last longer than the garlic in stores." Customers can purchase garlic in late August at his farm: 680 Neal Ave. S, Afton.

**BUG of the month**

By Jerry Bridge

The **Tomato hornworm** (*Manduca quinquemaculata*) is the larval stage (pictured above) of one of the sphinx moths. (Day-flying sphinx moths are often called hummingbird moths.) The hornworms are some of our largest caterpillars, up to four inches in length for this species. The tomato hornworm larva has eight V-shaped white markings on each side with a blackish 'horn' at the end of the body. Tomato hornworms, commonly found over much of North America, are a native species and usually do not reach great numbers every year. There is a good deal of misidentification of images of hornworms on the internet.

The caterpillars feed on tomato plants as well as potatoes, eggplant, peppers and some closely related weeds. The caterpillar feeds on foliage as well as green fruit and produces large quantities of frass (excrement). The larvae, usually greenish, but can appear in other color forms, are often difficult to see as they blend in with the surroundings. The name 'sphinx' probably refers to the sphinx-like position the caterpillar assumes when disturbed.

The larvae as they get older have an enormous appetite. The last stage of the larva eats almost as much as all other larval stages combined. A plant can be defoliated in a very short period of time. There are often two generations a year in this region of the country, with the hornworm overwintering as a pupa in the soil.

For gardens the best method of management of the hornworm when numbers are high is handpicking and then putting the larvae in soapy water. By the time the last larval stage is reached the caterpillar is about ready to pupate, hence feeding will soon stop.



USDA PHOTO
ADULT TOMATO HORNWORM

With heavy infestations, if an insecticide is to be chosen as a control option, action on the early stages of the larvae is the most effective. Some common insecticides for hornworms are: horticultural soaps, Btk, carbaryl, spinosad, permethrin. However, insecticides usually are not necessary. The hornworm is often parasitized by some wasps, which eventually kill the caterpillar. Other wasps are predators of hornworms; ladybird beetles and green lacewings feed on the eggs. Tilling after the growing season will kill many larvae about to pupate. Keeping tomato plants weed free, such as jimsonweed, which is an alternative host, may also help.



Blue Delphiniums (*Delphinium*), **blanket flowers** (*Gaillardia aristata*) and **calla lilies** (*Zantedeschia aethiopica*) create a palette of color at the edge of Wendy's garden (left). Above, a poppy (*Papaver rhoeas*) pops out through the greenhouse window. At right, a Zinnia brightens rows of lettuce and carrots.



SPRINKLINGS PROFILE

Flowering Gardens

By Colleen Callahan

When one enters Wendy Kramer's backyard, it's clear her passion is flowers: all kinds, all colors, all sizes. So many, in fact, she keeps track of the 200 species in a three-ring binder bursting with plant identification tags. She discovered eight years ago that the I.D.s fit perfectly inside plastic baseball-card holders, and decided to organize her holdings by specific gardens and house plants.

"When I enter floral design shows, I need the scientific names," she says. The binder makes it quick and easy to find them.

As a member of Botany Belles and Beaus garden club in Baldwin, Wendy has entered her floral designs and horticulture specimens in flower show competitions. To improve her skills, she took National Garden Club courses to become a judge and became accredited last year.

A community member who knew about her gardening interests steered her toward the Master Gardener course in 1997. The following year, she became a founding member of SCVMGA.

"I enjoy working and volunteering in the community," she says, "and I like to share my knowledge with others." She was the St. Croix County representative on the new Board and served on the scholarship committee for several years. She donates to the annual plant sale, volunteers at the St. Croix County Fair, helps with the Baldwin beautification program (hanging baskets and planters along Main Street) and with the flower garden at Windmill Park. This year the Botany Belles and Beaus received a SCVMGA grant for seeds to restore a prairie at Viking Middle School.

Four years ago, Wendy helped plan a MGV community

garden plot at the local Presbyterian church. In 2013 she introduced SCVMGA plant trials. The harvest primarily goes to the local nursing home. Thursdays, however, are reserved for children; any vegetables they pick go home with them.

Wendy loves working with kids. She recently helped judge an "Eco-Avenger" fair at the local school. Students were tasked with finding solutions to environmental challenges. "I learned from these kids!" she says with a big grin. "Did you know that organically grown cotton uses less water?"

She also enjoys helping 4-H members prepare horticultural specimens for fair competitions. Whether it's vegetables, flowers, fruits or herbs, Wendy gives clear-cut advice: "Select a plant with pleasing symmetry at its prime maturity, check for insect damage, cut in early morning or late afternoon, clean it well, and keep in a cool, dark place to hydrate it."

It's all about technique honed through experience and education. Wendy considers herself a lifelong student. Last year she took

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Looking up plant information is quick and easy for Wendy in her well-organized binder.



When March temperatures begin to rise in the greenhouse, natural air-conditioning takes over with skylight windows that open automatically.

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a landscape design course taught by MGV JoAnn Ryan. "I learned the importance of planning," she says, proudly holding a drawing she made for her up-and-coming shade garden.



Wendy enjoys her indoor potted plants outside in the summer. On the right are leaves of a *Monstera deliciosa*.

Wendy's love of learning also takes her across the state to attend 16-hour courses sponsored by the Wisconsin Garden Club Federation. This year's theme was "Living Earth: Air and Related Issues."

One of the texts, "Bringing Nature Home," caught her attention immediately.

"I really never realized the

importance of planting natives in our garden until I read this book," she says. (see her book review at right).

Spreading knowledge and helping others come naturally to Wendy, who has a degree in nursing. She grew up in Iowa where she remembers her mother reserving "a small spot" in the garden for Wendy to plant flowers.

Maybe that's why one sees "a small spot" in Wendy's vegetable garden reserved for zinnias.

BOOK REVIEW

"Bringing Nature Home"

By Wendy Kramer

This easy-reading book is about gardening, landscape design, wildlife, and ecology using evidence-based research. One major takeaway is that "all plants are not created equal, particularly in their ability to support wildlife."

There are 10 chapters.

Chapter 1 is a "Call to Action" which piques one's interest to recognize the important part we gardeners play in the management of wildlife around us.

"Bringing Nature Home"

by Douglas W. Tallamy

Copyright 2007

360 pages

ISBN-13: 978-0-88192-992-8

Have you ever walked around your yard or garden and looked at leaf damage? Which leaves on the trees in your yard have insect damage? Is it a native or an alien plant? Most likely you will find insect damage to our native species of red maples, black and pin oaks, black walnuts, etc., with minimal damage to alien plants. That's because native insects depend on native plants. When gardens are filled with alien plants, the insect population will diminish and die. That, in turn, has a major impact on the animals that depend on insect protein for food. I think you get the picture, right?

If not yet, then continue reading to learn about the role of the suburban gardener and why we need to provide wildlife habitat. Learn that "habitat fragmentation equals extinction." Find out about the importance of biodiversity (why we need other forms of life), how to identify native plants, the cost of using alien ornamentals ("*alien plants can be Typhoid Marys!*"), how to garden for insect diversity, and a whole lot more.

The book is filled with beautiful, colorful, glossy pictures of plants and insects. The insect pictures are close-ups of bird food! There are three Appendices: "Native Plants with Wildlife Value and Desirable Landscaping Attributes by Region"; "Host Plants of Butterflies and Showy Moths"; and "Experimental Evidence."

I highly recommend this book. My new mantra is "bring nature home by planting natives."

Sprinklings

Sprinklings is a newsletter publication of the St. Croix Valley Master Gardeners Association and is published eight times a year: monthly issues in May, June, July and August; and bimonthly issues in September/October, November/December, January/February, and March/April. It is emailed to members in PDF format, and archived on the association's website at <http://scvmga.weebly.com>

All SCVMGA members are welcome to contribute articles, information, book reviews, or ideas on any horticultural topic. Submission deadline is the first Friday of the publication month. The next deadline is **Friday, Sept. 4** for the Sept/Oct issue. Please email submissions or inquiries to giverny@me.com.

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horticultural horizons
IN THE HEARTLAND

INTERNATIONAL MASTER GARDENER CONFERENCE
SEPT. 22-25, 2015

Council Bluffs, Iowa



Saint Croix Valley

Master Gardeners Association

Presents:

Western District Specialized

Master Gardener Volunteer Workshop "Seed Saving"

Last chance to get education and volunteer hours

Saturday, September 26, 2015

9:00 a.m. – 2 p.m.

Location:

Seyforth Building
Pierce County Fairgrounds
364 North Maple Street
Ellsworth, WI 54011

S.C.V.M.G.A. is proud to host the seventh annual Western District Round-Robin Specialized Master Gardener Volunteer workshop.

Our workshop is open to all certified and intern master gardener volunteers.

Western District Specialized MGV workshops provide excellent and very low cost opportunities for education hours learning about a variety of topics presented at a high level by experts.

Schedule

9:00 – 9:30 **Registration** and Chat Time

9:30 **Welcome**- Barb Peterson, President of SCVMGA and Diana Alfuth, Pierce County Horticulture Educator

9:35 **Diana Alfuth**
Seed Collecting and Saving

10:45 **Morning Break**

11:00 **Ginny Gaynor**
Confessions of a Wild Seed Collector

11:50 - **Introduction to Hands-on Seed Harvesting**

12:00 - **Lunch & Hands-on Activity**
Half of group will harvest seeds and visit displays first; groups switch at 12:30

1:00 **Ardith Beveridge**
Dried with Fresh in Arrangements

2:00 **Drawing**
Ardith's beautiful arrangements

2:15 **Wrap-up** and safe trip home!

Registration

Name:

Address:

Phone:

Email:

Registration Fee: \$15.00
Includes lunch and beverage

Registration Deadline: September 20, 2015
Walk-ins welcome – lunch may not be available for walk-ins.

Please make checks payable to:
SCVMGA
Send Registration & Fee to:
Peg Wastell
MG Training Registration
611 Laurel Drive
New Richmond, WI 54017



Speakers

Diana Alfuth: Seed Collecting and Saving

Diana Alfuth is a lecturer and Horticulture Educator with University of Wisconsin Extension Service – Pierce County. MGV training for both St. Croix and Pierce counties is one part of her many activities. We all know her depth of knowledge and commitment to our MGV program.

Seeds are AMAZING! They hold all the promise of a new plant, just waiting to sprout and start soaking up sunshine! They're also super fun to collect, save, and grow. While many seeds produce plants just like their parents, the recombination of genes can often result in new, exciting and fun characteristics. You can collect seeds from native "wild" plants, from your perennial and annual flowerbeds, or from your vegetable garden. Besides being lots of fun, it's an economical way to get lots of new plants!

Seed saving is super simple for most plants, but there are things you need to know to be successful, including the best timing for collecting the seeds, being sure the seeds are viable, cleaning and storing the seeds, as well as providing any special treatments needed. We will talk about the different types of seeds, how and when to collect them, storage options, and how to give them the treatments they need to germinate.



Ginny Gaynor: Confessions of a Wild Seed Collector

Ginny Gaynor fell in love with the prairie ecosystem when she moved to western Wisconsin nearly 30 years ago. With the goal of turning her hobby into a career, she returned to school and received an MS in Horticulture from the University of Minnesota, focusing on native plants. One of the highlights of her graduate work was a seed collecting internship with Standing Cedars Conservancy in Osceola, Wisconsin. After that experience, she collected seed to enhance the prairies at her home in St. Croix County and helped collect prairie seed for habitat restoration projects in western Wisconsin. Ginny is Natural Resources Coordinator for the City of Maplewood, Minnesota where she manages the city's natural areas and works with the city's rain garden program.

Explore the practice of collecting seed from the wild with a look at what's legal, what's ecologically sound, and what's ethical. Ginny Gaynor will share stories and insights from her experiences collecting prairie seed in western Wisconsin. We'll discuss trespassing laws and where to collect, preventing seed waste, and tips to ensure collecting doesn't impact the health of native plant populations. Along the way, we'll check in with our moral compass and tackle two of the deadly sins most wild seed collectors encounter – lust and greed.

Ardith Beveridge: Dried with Fresh in Arrangements

Ardith Beveridge is the Director of Education and an Instructor at Koehler & Dramm's Institute of Floristry in Minneapolis, Minnesota. As an active participant in the professional side of the industry, she is a member of the American Academy of Floriculture (AAF), the American Institute of Floral Designers (AIFD), the Professional Floral Communicators International (PFCI), the Canadian Academy of Floral Arts (CAFA), the School of Ikebana Floral Design, and the British Florist Association (BFA), England. As an IFTD Master Designer/Certified Judge, and a South Dakota State Certified Florist (SDCF), she has achieved many international accomplishments in the floral industry including floral designer, consultant, commentator, and panel designer for floral design programs, and judge in floral design competitions. Ms. Beveridge has also contributed to a chapter in the Florist Review publication of "A Centennial History of the American Florist" and contributes to a variety of trade/industry publications on a regular basis.

She is the author of four books titled Faux Florals in Glass, Fabulous Faux Florals, Fabulous Faux Florals for Weddings, and Wreaths and Wall Flowers. 'Terminology of Floristry Techniques' and 'Design Styles and Forms' are two recent reference guides she has compiled.

Ardith will speak and demonstrate creating her floral designs. Her focus will be on dried florals used with fresh product in arrangements, care and handling of dried material, and drying techniques.