



Sprinklings

ST. CROIX VALLEY MASTER GARDENER ASSOCIATION NEWSLETTER

August 2016

AUGUST MEETING

Fish help plants grow at Future Farm & Fuel

by Carolyn Barrette

St Croix Valley Master Gardeners will wind up its summer tours with a visit to Future Farm and Fuel LLC, at its Aug. 25 meeting.

Future Farm and Fuel represents a new system of growing produce for market in which a combination of aquaculture and hydroponics provides nutrients for greens available in stores.



Steve Meyer of Future Farm & Fuel holds tilapia fish that provide nutrients to lettuce greens. -FUTURE FARM & FUEL PHOTO

A sister company to Baldwin Dairy across the road, Future Farm and Fuel takes advantage of new technology in 'green' and 'sustainable' farming to use the waste streams of farm operations to create food, fuel, revenue, and reduce the impact on the environment.

Future Farm is located at 2047 County Rd E, about 3.5 miles north of Baldwin on Hwy. 63 and a half mile west of Hwy. 63 on County Rd. E. Carpooling is recommended.

A short meeting will start at 6:45 p.m. with the tour following.



Wildflowers and Birds

The next garden tour will be to the beautiful Eloise Butler Wildflower Garden and Bird Sanctuary located at Theodore Wirth Parkway in Minneapolis on Sunday, Aug. 21. Use Signup Genius to reserve your place or contact Deb Andazola at 715-245-0440.

Growing & Using Herbs "Last Chance" Fall Workshop Saturday, Sept. 24



Details on page 8

Weather challenged MGV volunteers at both County Fairs

ST. CROIX COUNTY

By Deb Pederstuen

Fair youngsters were intrigued in finding the black swallowtail caterpillar (pictured right) surprisingly nestled in the parsley of MGV Peg Wastell's 3rd year Plant Trials. On July 21-22, 11 MGVs promoted our "Invasive Plants" theme while enduring the steamy high heat index.



PHOTO BY PEG WASTELL

Coordinator **Norma Rudesill** and fair volunteers are seeking alternative

booth arrangements in 2017. Early Thursday morning thunderstorms destroyed the extra canopy. Threatening weather again Saturday forced the first shift to pack up the tent for the remainder of the fair.

PIERCE COUNTY

By Leroy Clark

The 2016 Pierce county Fair is now history. There were some challenges with the SCVMGA booth, and the entire fair due to weather (imagine that!). After the booth was set up on Wednesday, a severe storm went through the fairgrounds, taking down our tent and soaking much of our literature. Many thanks to MGV **Kevin**

Ballman, who re-erected the tent early Thursday morning. Traffic was slow due to wet conditions and parking shortages, but our volunteers soldiered on. Many thanks to all of them!



PHOTO BY LEROY CLARK

MGV volunteers at the Pierce County Fair are (from left) **Patricia Radke, Sue Galoff and Matt Schmitz.**

President's Message

I am really looking forward to August. For one thing, it will be a month of great bounty for us. I was late planting much of my vegetable garden and so except for the early cool weather crops of cabbage, broccoli and cauliflower, the production is just beginning. Tonight we are feasting on beets, green beans, a tomato and cucumber salad and raspberries for dessert.

Last year our tomatoes were a disaster and so this year I followed the good advice we have all been given by Diana Alfuth and others. I moved the tomato patch to a place in the garden where they have never been. Then I mulched them well with grass clippings from last year that didn't find their way to compost pile and removed any lower leaves that started to turn yellow. We also worked more diligently on keeping the weeds under

control. So far, the plants show little to no signs of blight and are covered with tomatoes that are slowly ripening. The Sun Gold cherry tomatoes taste like candy. I look forward to enjoying the great taste, preserving some and sharing the rest.

Our raspberry patches are also producing spectacularly. In 2010 when we added our second patch, I selected three varieties, Nova, Autumn Britten, and Polana, that extended our production throughout the summer – from late June to frost. Six years later the plants continue to thrive and we see no evidence of decline. My grandchildren love to come and pick and eat.

August is also our month to enjoy the gardens after the work of earlier months getting them ready for our anniversary party and the Association July meeting. From our perspective both events turned out better than we could have hoped and we so appreciate all who were able to attend. Thank you.



Barb Peterson

In Memory of MGV Connie Klecker

by Deb Pederstuen

Sadly, we lost another former SCVMGA member. Connie Klecker, 73, passed away at her home in Hudson on Friday, July 29, 2016. She had been on Caring Bridge for three months.

Connie was a graduate of the Fall 2009 MG class and a five-year SCVMGA member. She was a program speaker at our May 2011 association meeting and shared her "fun hobby" of growing fifty African violets under grow lights.

My favorite memory was recognizing Connie in her backyard along Lakefront Park's walking path in late August of 2013. I knew Connie lived on First Street, but was clueless that I had walked past her house many times. We had fun discussing her landscaping dilemmas near the river.

Her main concern that day was getting 16 volunteer hours before the Oct. 1 deadline as other commitments consumed her time. Luckily, our Hudson Farmers Market Coordinator, MGV Janet Jones, needed volunteers. Connie enjoyed manning the MG booth every Thursday

morning in September and met the Master Gardener certification deadline.

Besides Master Gardeners, Connie volunteered with other organizations, was a freelance writer, photographer, and ham radio operator. Her email addresses, "hellothere" and "hudsoncalling," were appropriately named for her ham radio activities.

Funeral services will be held at 11a.m. on Saturday, Aug. 20 at the O'Connell Family Funeral Home in Hudson. Visitation is Friday, Aug. 19 from 5-7p.m. and one hour prior to the Saturday service. [Here's a link to her obituary.](#)

In lieu of flowers, memorials are preferred to Feed My Starving Children, 401 93rd Avenue NW, Coon Rapids MN 55433 or via online at [Feed My Starving Children](#).

Connie's family and friends will greatly appreciate your thoughts and prayers.

MGV Kathye Beebe, 2009 MG classmate, described Connie's friendliness the best, saying, "Connie was a very caring person with a smile that made one feel so good to be her friend."



Connie Klecker



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.

"Flores de Calabaza" Squash Blossom Empanadas



The abundance of summer squash is upon us. In addition to fruit, summer squash plants also produce edible blossoms. Zucchini is the most popular blossom and is used in many dishes from Mexico to Italy. My friend Chava, from Mexico, shared this delicious way to prepare them.

Each plant produces both male and female blossoms. The male blossoms grow on a straight, narrow stem that is about two inches long. The female blossom is attached closely to the vine and sports a little bump at the bottom where the new fruit forms. Leave some male blossoms so the female flowers will get pollinated.

Cut the blossoms in the morning when they are newly opened. Many sources suggest removing the anthers, but I have not taken the time. I do remove the green parts and the stem. Gently wash the blossoms in cool water. Check inside to remove any resident insects. Pat dry with paper towel.

The filling recipe is very versatile. Use it as a pasta sauce, as a filling for omelets, quesadillas or raviolis, or in a soup or salad. Chava fixed squash blossom empanadas. You may never think of a zucchini plant in the same way. Enjoy.

Squash Blossom Empanadas

- 3 T. butter
- 1 medium onion, diced 1/4"
- 1 garlic clove, pressed
- 12 squash blossoms, de-stemmed, cut in half then in 1/4" slices. (more or less as available)
- 1-2 T. chopped fresh herbs (cilantro, parsley, or basil)
- 1 C. shredded melting cheese (monetary jack or mozzarella)
- salt
- empanada disks (*Goya Brand is good*)
- Oil for frying

Melt butter in a medium skillet over medium heat. Add onion and garlic and cook until translucent and tender. Add squash blossoms and cook for 1-2 minutes. Remove from heat and let cool. Gently stir in cheese. Taste and add salt if needed. Place 2 T filling on one half of disk. Brush water on edges of disk and fold over to form a half moon shape. Crimp edges with fingers or a fork.

Heat medium fry pan over medium heat and add frying oil. When oil is hot (~360F) fry the empanadas until they begin to crisp (~2 min. per side). Drain on paper towel lined plate. Serve hot.



Easy Herb Gardens

Going Nuts for Nettles

By Lisa Mosbey

Nettle leaf, seed, and roots are used for food and medicine around the globe. They may be used fresh or dried to make herbal tinctures and extracts, ointments, and homeopathic remedies. This stinging plant makes a nutritious tonic; it stimulates the lymph system and supports gentle detoxification and healthy digestion. Nettles support mucus membranes and the antihistamine-like activity may alleviate symptoms during allergy season, according to Dr. Andrew Weil. It's high in vitamins A and C, and calcium, magnesium, iron, potassium, phosphorous, manganese, iodine, and sulfur. Plus it contains protein, chlorophyll and sterols – especially sitosterol and isolectins, which stimulate the production of white blood cells that counteract infections and inflammation.

Nettle leaves are gathered before flowering in the spring and again from the new fall crop. Pick the top 6 inches of the plant. It's a good idea to wear protective clothing as nettles can sting when harvested. The sting dissipates when the plant is dried, tinctured, simmered or steamed. Give these easy recipes a try and enjoy this wild edible herb.

Pickled Nettles

Pack fresh leaves into a mason jar and cover with apple cider vinegar (the kind that has the mother in it). Add a tablespoon of peppercorns, peeled garlic cloves, hot peppers, fresh herbs. Cover with a plastic top refrigerate for 6-8 weeks. Enjoy the pickled leaves, then use the remaining mineral rich vinegar to make salad dressing or vegetables sauté.

Nettle Pesto

- 3 C. fresh nettle leaves (removed from stem)
- 4 garlic cloves
- 3/4 C. pine nuts
- 1/4 C. olive oil
- 1 T. lemon juice
- 3/4 C. parmesan

Bring pot of water to boil and add fresh nettle leaves for one minute. Strain and squeeze out excess water. Add nettles and remaining ingredients to food processor. Pulse until smooth and creamy and salt to taste.

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 MGV 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.



Winter Squash Cultivars and the Infamous Squash Bug

by SCVMGA Jerry Bridge

The Squash Bug (*Anasa tristis*) is a familiar pest to most gardeners. This bug, common throughout the U.S., feeds on winter squash, pumpkin, and to a lesser extent other cucurbits. The insect overwinters as an adult in Wisconsin, having one full generation a year (sometimes a second partial generation is observed). The insect has piercing-sucking mouthparts and sucks sap from foliage, also feeding on fruit late in the season. Leaves tend to wilt and may appear blackish in color. The adult is about 0.6 inches long and is greyish black in color, while nymphs tend to be pale and more greenish, often cannibalizing each other. The squash bug does not vector any pathogens in this part of the country, although 'cucurbit yellow vine disease' caused by a bacterium has recently been found as far north as Indiana and Kentucky.

All cultivars of winter squash (including pumpkin) originated about 9,000 years ago from four species of wild squash in a region including Mexico/Central America/ northern South America. The squash bug belongs to a family of insects that are native to mostly tropical and subtropical regions. When the original

inhabitants of what is now the USA, and other settlers, established squash crops north of Mexico it is believed the squash bug, and other related bugs, followed along with this movement. Possibly the earliest squash domesticated was used for the edible seeds, the thick-shelled container of the fruit coming later.

Management of the squash bug can be quite challenging. The adults are the most difficult to control so the earliest one can detect and take action against young nymphs or eggs the better chance of success. With small numbers handpicking can be used or squashing of the eggs on plants. Laying out boards or paper where nymphs will collect underneath, so then can be killed, is another method. Insecticides such as carbaryl or permethrin may be used, but they are not very effective late in the season with so many adults in the population. Insecticides, if used, should be applied during periods of low bee activity

such as late in the evening. Some people like to try growing squash cultivars that may not be preferred by the bugs, such as Butternut or Royal Acorn.



Garden tour in Colfax was worth the trip

By Deb Pederstuen

Our Sunday, July 3 garden tour at Lynn Nehring's in Colfax was extraordinary! Five Master Gardeners – Caroline Baker, Renee Clark, Karen Halvorson, Debby Walters, two friends and myself – were amazed as we meandered along Lynn's 25 gardens, completely hidden from the highway.

Most impressive was Lynn's knowledge of all the plant varieties and 270-plus hostas she's purchased through mail orders.

After ten years of creating and maintaining the gardens from 1986-1999, Lynn and her husband now have hired staff. Lynn's 80-plus beautiful containers help conceal a stump, accent her home, or highlight a



(Front from left) Karen Halvorson, Deb Pederstuen, Lynn Nehring.
(Back from left) Debby Walters, Renee Clark, Caroline Baker



One of over 80 potted containers on the grounds.

flower bed with a "pop of color."

Our thanks to Debby Walters, Summer Garden Tours Co-Coordinator, for arranging Lynn's fantastic garden tour.

Volunteer Opportunities

If you have a project that you would like to include on this list, please contact [Lisa Mosbey](#), Volunteer Coordinator.

Note: click on underlined names for direct email links.

BALDWIN-WOODVILLE

B-W Giezendanner School Forest

[Debby Walters](#)

control invasive species

Viking Middle School

[Debby Walters](#)

maintain prairie restoration project

ELLSWORTH

Pierce County Fair (Aug. 11-14)

[Leroy Clark](#)

plan, setup displays, staff booth

Pierce County Fairground Gardens

[Karen O'Brien](#)

plant, maintain flower gardens

Ellsworth Ambulance Hall

[Diana Alfuth](#), 715-273-6781

redesign, plant garden area

ELMWOOD

Personal Property Plant ID Project

[Teresa Davis](#)

work as a team to identify plants in people's yards

GLENWOOD CITY

Glenwood Community Garden

[Barb Nelson](#)

maintain garden

Glenwood City "Welcome Cows"

Bonnie Walters

help 4-H club with planting, maintaining sign plot

HUDSON

Hudson Farmers Market (Plaza 94)

Tuesdays 8 a.m.-noon (June-Oct.)

[Janet Jones](#)

set up, tear down MGV table, answer questions, provide info to public

Hudson Farmers Market

(Faith Community Church)

Saturdays 8 a.m.-noon (June-Oct.)

Dawn Kleinknecht, 612-203-9030

set up, tear down MGV table, answer questions, provide info to public

Lakefront Park (April-Oct)

[Ramona Robinson](#)

help design, maintain, harvest, share edible landscape

Octagon House (Mondays)

[Janet Haut](#)

maintain gardens

Willow River Elementary School

[Ramona Robinson](#)

help design, supervise, maintain edu-

cation garden

Willow River State Park

[Tashina Lahr-Manifold](#)

give tours, maintain Nature Center

Hudson Middle School

[Mike Deneen](#)

restore, maintain courtyard garden, help with outdoor classrooms

Birkmose Park Indian Mounds

[Marianne Leverty](#), 715-549-5528

maintain native plantings

Gardens, Perch Lake (April-Oct.)

[Justin Townsend](#)

plant annual garden, bring ideas for beautifying park

Christian Community Home

[Deb Pederstuen](#)

weekly 2-hour maintenance of courtyard gardens

Glover Park Entrance

[Jill Berke](#), 715-821-8289

garden entrance weeding, clean-up

NEW RICHMOND

New Richmond Community Garden

[JoAnn Ryan](#)

plant, weed, harvest, donate produce

Deerfield Gables Care Center

[Carolyn Craig](#)

spring cleanup, fertilizing, mulching therapy garden, bird sanctuary

Cancer Center of Western Wisconsin

[Julie Walsh](#), 715-246-9999

design, maintain Journey Garden

PRESCOTT

Great River Road Visitor Center

[Deb Kittilson](#)

garden maintenance

RIVER FALLS

Boulevard Flower Plot

[Donna Reuter](#)

rejuvenate flower plot

Demonstration and Learning Garden

(Hoffman Park)

[Diana Alfuth](#)

plan, weed, give demonstrations, scout for problems

Grow to Share Community Garden

(Hoffman Park)

[Megan Loga](#)

need board member, coordinator

Grow to Share Herb Garden

(Hoffman Park) [Heidi Nemcheck](#)

plant, maintain, harvest herbs

Have a Heart Farm

[Bobbie Kuhn](#)

maintain three raised beds

River Falls Farmers Market

Tuesdays and Saturdays

[Elaine Baker](#)

staff booth, answer questions

St. Croix Valley Habitat for Humanity

[Dennis Schmidt](#)

work on new gardens for Habitat families

Wings of Spring Bird Festival

Saturday, May 7

[Wendy Hill](#)

staff booth, provide hands-on pollinator activity

Westside Elementary School

April-Oct

[Becky Cunningham](#)

guidance on seed, plant selection, coordinate student garden work

SOMERSET

Parnell Prairie Reserve (May-Sept)

[Jean Hoffman](#)

transplanting, general maintenance

ANYWHERE

SCVMGA Annual Plant Sale

Saturday, June 4

[Corky Weeks](#)

donate plants, help with sale

Hospitality Committee

[Trina Frank](#)

bring treats to monthly meetings

Sprinklings Newsletter

[Colleen Callahan](#)

contribute articles

Garden Book Collection

[Joni Garbe](#)

donate used gardening books, bring to monthly meetings

Visual Communications Team

[Deb Andazola](#)

take photos of SCVMGA events

MGV Helping Hands

[Gail Behr](#)

help fellow Master Gardeners in time of need

* * * * *

JULY MEETING

Strolling through the gardens at Barb Peterson's home

By Deb Pederstuen

President Barb Peterson's backyard set the stage for a perfect summer evening with friends. After enjoying a 6 p.m. buffet, 60 members and seven guests strolled through Barb's lush and colorful gardens, overwhelmed with the size of the 15-plus gardens! Members took photos for new design ideas and tested their plant identification skills.

Soon-to-be members **Caroline Baker**, a 2015 MG intern of Hudson, and **John Ramstad**, formerly of Rock County MGA, were introduced.

Our special thanks to Barb and her husband, Bob, for their generous hospitality in hosting.

PHOTO AT LEFT: (from left) MGVs Marilyn Davis, Donna Davis and Sandy Madsen get a lift to the house on a golf cart provided by Bob Peterson.



PHOTO BY JULIE WEINBERG



MGVs Ginny Drath (left) and Caroline Baker admire the bounty of color.



MGV Marianne Leverty peaks behind a flower-covered bench.



Charles Cadenhead, husband of MGV Donna Cadenhead, counts 60 rings on an oak tree stump.



MGVs Pat Angleson and Ken Kolbe enjoy the social hour.



Michelle Wieghart and her husband, MGV Leroy Clark, pose by a pond surrounded by ferns.

Sharing seeds could become complicated

By Peg Wastell and Colleen Callahan

Remember last year how several of our members brought seeds to share with us all? It was so popular that we are going to have a seed-sharing activity again at our November meeting.

We share seeds for many reasons. One is for fun! Another is you may want your extra seeds to be used. Or you may have something special and want to increase places where it's grown. Plus, you can try a new variety and you may be able to pass on an old favorite heirloom.

Another reason is because it's our right to be able to freely share seeds. Diana Alfuth has mentioned how this right may be jeopardized if the Wisconsin state legislature requires seed-sharing organizations to obtain licenses. *(At right is the initial proposal regarding non-commercial seed distribution.)*

Greg Helmbrecht of the state Department of Agriculture said in a recent phone call that the new rules are intended for seed libraries dealing with the general public and not for "neighbor-to-neighbor" exchanges such as SCVMGA's annual seed-sharing event among members.

But, SCVMGA has expressed interest in sharing seeds with area public schools and grant recipients. Because it would involve the general public, would that make SCVMGA a seed library? The proposed rules define a seed library as a seed-sharing organization. They don't address the issues of organizational size or distribution volume: How many seeds could an organization distribute to the public before being required to get a license?

The intent, according to Helmbrecht, is to keep invasive and poisonous species from proliferating.

"While I understand their intent to some degree, I think it is unnecessary and will eliminate some very nice things that have been happening in communities across the state," says Diana.

There's still time to ask questions, show your support for seed-sharing programs, or express concerns you may have about the proposed rules. The two state senators representing Pierce and St. Croix counties – [Sen. Sheila Harsdorf](#) and [Sen. Kathleen Vinehout](#) – both serve on the Agriculture Committee. You can email them or send a letter through the postal service. Their street address is State Capitol, Madison, WI 53707. A template for writing a letter to an elected official is [available here](#).

For a history of seed libraries, [click here](#).



FIRST DRAFT

Proposed seed-sharing rules by the Wisconsin Department of Agriculture

Following are excerpts from the initial proposal as of August 10, 2016. The wording is subject to change as it wends its way through various committees, eventually ending up at the state legislature early next year.

DATCP Docket No. 15-R-05

March 31, 2016

This rule makes Wisconsin's seed law applicable to seed distribution for non-commercial purposes conducted by seed-sharing organizations, commonly known as seed libraries. The seed sharing organizations are required to meet basic labeling requirements and are required to be licensed.

This rule modifies Wisconsin rules governing the sale and labeling of agricultural and vegetable seed to require non-commercial seed sharing entities to meet basic labeling requirements and to be licensed.

SECTION 2. ATCP 20.01 (23m) is created to read:

ATCP 20.01 (23m) "Non-commercial seed sharing" means the distribution of seeds without monetary or any other form of compensation from the recipient.

SECTION 3. ATCP 20.01 (33) is amended to read:

ATCP 20.01 (33) "Seed labeler" means a person who holds a valid license under s. ATCP 20.18, and who accepts legal responsibility for the labeling that accompanies a container or lot of agricultural seed that is sold, offered for sale or distribution, or displayed ~~or distributed~~ for distribution or sale in this state.

SECTION 5. ATCP 20.04 (6) is created to read:

ATCP 20.04 (6) LABEL AND OTHER REQUIREMENTS FOR NON-COMMERCIAL SEED SHARING. (a) Each container of agricultural, vegetable, and flower seed distributed for sowing purposes without monetary or any other form of compensation from the recipient shall bear thereon or have attached thereto in a conspicuous place a plainly written or printed label or tag, in the English language, containing the following information:

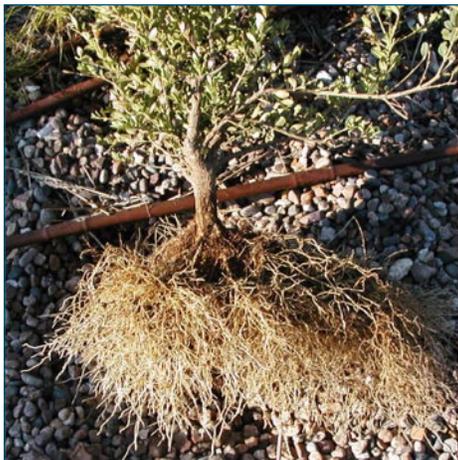
1. The name of the species or commonly accepted name of kind or kind and variety of each agricultural seed component present. Hybrids shall be labeled as hybrids.
2. A word or statement indicating if the seed has been treated. If the seed has been treated, the container shall be labeled in accordance with applicable state and federal law.
3. The name and address of the non-commercial seed sharing entity.
4. The seed shall be free of foreign material other than coatings or treatments, including germination medium, mulch, fertilizer, pre-planted containers, mats, tapes, or other planting devices.
5. A distributed container may not hold more than 8 ounces of agricultural seed or more than 4 ounces of vegetable or flower seed.
6. Germination and purity analysis information is not required however, if a germination or purity percentage is noted on the label, it must state whether the analysis was performed according to the AOSA rules for testing seed.

(b) At each location where non-commercial seed sharing is conducted, a legible and visible sign shall state that the seeds being distributed may not meet germination or varietal purity standards as prescribed for all other seed sold or distributed in this state.

SEPTEMBER MEETING

Putting bare-root trees in gravel

by Carolyn Barrette



UNIVERSITY OF MISSOURI PHOTO

Bare root boxwood ready for planting after thriving in a gravel bed.

September's meeting will feature Starla Enger of the Hudson Shade Tree Advisory Committee. Hudson has developed a new way of preparing trees for planting by putting bare-root trees in gravel and feeding them with nutrients rather than the old 'ball and burlap.'

Starla will explain how this method actually promotes

root growth. People who drive in Hudson know that large trees were taken from Vine Street for the widening project. In addition, with the threat of emerald ash borer, Hudson is replanting a variety of trees in the coming years.

Our September meeting will provide a preview of what will be happening in October as Hudson replants the trees along Vine Street.

Website Bulletin Board welcomes all things horticulture



The SCVMGA website is revamping its Bulletin Board feature, thanks to MGV **Mari Marson**.

"We're opening it up to anyone, including businesses, that are offering specials on gardening-related items and services," says Mari. "We hope to create a vibrant corner for MGVs, a space where they can place want-ads and find bargains and even recipes."

The Bulletin Board can be found on the menu bar on the left side of the homepage. Please note that SCVMGA does not endorse any products or services.

If you have items or services of interest to MGVs or know of a business that would like to post a special offering, please email [Mari Marson](mailto:Mari.Marson).

Fall Workshop Saturday, Sept. 24

Growing & Using Herbs

by Peg Wastell

Our annual Fall Workshop will focus on herbs: herb growing, herbal tea making, tincture making, lotion making, pesto variations and eating wild herbs.

We call this our "Last-Chance Workshop" because it comes near the end of the year for recording our volunteer hours (Oct.1). MGVs need to accumulate a minimum of 10 educational hours to maintain certification.

This year we have another slate of awesome speakers, a "hands-on" opportunity, and a luscious lunch at a rewardingly low price of \$15!

Our Horticulture Educator **Diana Alfuth** will begin the program with how to grow herbs all year long, indoors and out.

Next, we'll learn about the soothing properties of Aloe Vera from MGV **Lisa Mosbey** and have a chance to blend our own herbal tea in the hands-on workshop.

During lunch break, attendees can browse displays and see demonstrations on making tinctures with medicinal herbs by MGV **Debra Andazola**, and on making herbal lotions by MGV **Phyllis Jaworski**.

MGV **Karalyn Littlefield** will then guide us through creating delicious pesto and provide some samples.

The workshop will come to a close with MGV **Gail Behr** who will reveal the secrets stored inside wild herbs.

We'll be at the same place as last year - the Seyforth Building on the Pierce County Fairgrounds in Ellsworth.

A registration form is attached to this newsletter. Don't wait – reserve your place now!

FALL WORKSHOP

Saturday, Sept. 24

9 a.m. - 3 p.m.

Seyforth Building
Pierce County Fairgrounds
Ellsworth

Sprinklings

Sprinklings is a newsletter publication of the St. Croix Valley Master Gardener 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. 9** for the Sept/Oct issue. Please email submissions or inquiries to giverny@me.com.

Editor: Colleen Callahan

Communications Coordinator: Suzy Naschansky

Circulation Manager: Diana Alfuth

Registration

Name _____

Address _____

Phone _____

Email _____

Registration fee:

\$15 payable to SCVMGA
Includes lunch on site

Mail to: SCVMGA – Wastell

611 Laurel Drive
New Richmond, WI 54017

Questions:

Phone: 651-261-3892
Email: p.wastell@gmail.com

Directions to Seyforth Building:

From Hudson

94E to 35S (River Falls exit) to 65S to Ellsworth and Fairgrounds

From Menomonie

94W to 35S (River Falls exit) to 65S to Ellsworth and Fairgrounds

From Red Wing

63N to 10E to 65N to Ellsworth and Fairgrounds

From Prescott

10E 50 65N to Ellsworth and Fairgrounds

Workshop Schedule

9:00 a.m.- 9:25 a.m. Registration & chat time

9:25 a.m.- 9:30 a.m. Welcome & Housekeeping

9:30 a.m. Diana Afuth, Horticulture educator

*Herbalicious Herbs All Year—
Growing Herbs Indoors and Out*

10:45 a.m. Break – check out displays

11:0 a.m. Lisa Mosbey, Herbalist

*Aloe Vera Uses &
How to make your own tea blends*

11:50 a.m. Intro to Hands-on Activity & Demos

12:00 noon Lunch & Hands-on Breakouts: Half of group will make their own tea blends and visit other display/demonstrations first

Debra Andazola – Herbal Tinctures

Phyliss Jaworski – Herbal Lotions

1:00 p.m. Karalyn Littlefield & Lisa Mosbey,

Herbs in the Kitchen

1:50 p.m. Break – check out displays/finish tea making

2:00 p.m. Gail Behr, Acupuncturist & Farmer

Eat Wild

2:50 p.m. Wrap-up/drawing

3:00 p.m. End of Conference



Western District Specialized
Master Gardener Volunteer Workshop

“Growing and Using Herbs”

Last chance
for education /volunteer hours

2016



Saturday September 24

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

S.C.V.M.G.A. is proud to host and sponsor 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.

St. Croix Valley Master Gardener Association is an all-volunteer organization sponsored by the University of Wisconsin-Extension. Visit our web sites for more information.

www.wimastergardener.org/?q=StCroixValley
or scvmga.weebly.com

2016 Speakers

Diana Alfuth

Horticultural Educator

Herbalicious Herbs All Year— Growing Herbs Indoors and Out

We will talk about ways to be successful growing herbs and how to keep those flavors and other uses going even when there's snow on the ground. Indoors or out, herbs are where it's at!!!

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.

Karalyn Littlefield

*UW-River Falls Food Science &
Animal Science*

Herbs in the Kitchen

Creating dishes in the kitchen using herbs can be simple but also intimidating. Karalyn will demonstrate a version of pesto and discuss ingredient options so that you can utilize what you have in your garden. Samples will be shared. Karalyn Littlefield, a MGV since 2013, teaches classes in Food Science and Animal Science at UW-River Falls. She is also an instructor in Foods at the North House Folk School in Grand Marais, MN.

THANKS to our
speakers

Lisa Mosbey

Registered Herbalist

Aloe Vera Uses & How to Make your own Herbal Tea Blend

The employment of Aloe Vera's watery gel for its curative, cooling, and soothing properties is well known. Lisa will let us know how valuable this plant is. She will also discuss making our own herbal teas. Lisa has prepared a way for us all to make our own herbal tea blend for our "hands on" portion of our workshop. We know the depth of Lisa's herbal knowledge from reading her column in our newsletter. To gain even more information from Lisa visit her website: <http://herbidea.com>.

Gail Behr

Acupuncturist, Farmer

Eat Wild

What food are you walking on? Identifying & making use of the bounty around us is the path Gail will lead us on. Her knowledge comes from her own experience and her education.

Gail began with Western Herbalism 20 years ago. She has a Master in Science degree in Acupuncture & Oriental Medicine.

Gail still forages on her farm. Gail has been a Master Gardener Volunteer since 2009.

THANK YOU to all our
MG Volunteer workers!

Debra Andazola, CHTP

Daisy Blue Naturals/Debra's Healing Touch

Herbal Tinctures

Earning a Bachelor's of Science degree in Plant Science Agronomy/Horticulture was only the beginning of a life-long journey to grow in knowledge of plants. Enjoying working on various projects as a Master Gardener, teaching Community Education classes or answering questions to the little children brings great joy to life. Debra will be sharing the knowledge she has attained today with creating tinctures with medicinal herbs. www.daisybluenaturals.com

Phyllis Jaworski

Sacred Ibis Botanicals

Herbal Lotions

Join Phyllis Jaworski, founder of Sacred Ibis Botanicals in learning the foundations of lotion making. Participants will learn the difference between a lotion and balm and see the steps in combining water and fats to create a stable emulsion. Sacred Ibis Botanicals was created in October of 2015 by local Master Gardener and scientist Phyllis Jaworski to create healing products that work for family and friends! www.sacredibisbotanicals.com

THANKS to Pierce County
Fair for space!