

Sprinklings

ST. CROIX VALLEY MASTER GARDENERS ASSOCIATION NEWSLETTER

AUGUST 2019

REMINDER: Underlined words are active links

AUGUST MEETING

Public health advocacy, New Richmond Garden go hand-in-hand

The relocation of SCVMGA's New Richmond Community Garden to the grounds of the St. Croix County Services Center has created a unique partnership, forging a strong connection between Master Gardeners and county public health services.

Sharon Reyzer, public health supervisor at the St. Croix County Public Health Dept., had created a garden on the grounds four years ago to provide fresh produce and educate clients about healthy eating. Now that she's retiring this month, the garden will be maintained by Master Gardeners.

Sharon will share her story at our Aug. 22 meeting, and explain the importance of public health advocacy, especially relating to the Women, Infants, and Children (WIC) program.

The meeting begins at 6:30 p.m. at the [St. Croix County Services Center](#), 1752 Dorset Lane, (across from Walmart in New Richmond.)



The garden is on the north side of the St. Croix County Services Center. Students from the New Richmond High School (in the distant background) help with planting and harvesting.

New Richmond Garden Update

by [Donna Cadenhead](#)

The garden is producing nicely. Summer Stretch students have been out three times this summer. The last group planted a new crop of peas and radishes, harvested 17 pounds of cucumbers, 7 pounds of beans and several onions on Aug. 1. We also pulled several carrots, which the students enjoyed. They watered the new lettuces and cleaned out the rows of carrots. On Aug. 3, three volunteers from Faith Community Church moved the shed to its new location. Now when you go to the garden, you can find the scale and the sign-in sheet in the shed. Don't forget to record your name, time and harvest amounts.



The garden can really use some help this week. Eggplant, onions, cucumbers, peppers (see photo) and beans all need to be picked. By the end of the week, the tomatoes will need to be harvested. Be sure to pick some of the yummy basil - 5 kinds! If you pick during the day, you can leave your harvest in the service center on the cart in the lobby. Otherwise, we usually take it to Five Loaves Food shelf.

Backyard gardens contain secrets to better health

This year's Fall "Last Chance" Workshop will explore "Medicinals in Your Backyard."

In the hands-on sessions, attendees will make their own tinctures, syrups and salves. Every participant will leave with a booklet of plant cultivation and healing properties discussed in the lecture, and recipes from the demonstrations.

The presenters, Barb Mager and Heather Mashuga, each has a master's degree in Holistic Health from St. Catherine University in St. Paul, Minn. Holistic health is also known as integrative,

complementary, or alternative healthcare. It crosses borders, disciplines, and ways of healing to benefit individuals, communities and the environment. Today, this emerging model of healthcare draws from the best of modern science and healing wisdom passed down through the centuries.

The cost is \$15 and includes lunch. A registration form will be available soon on our website under the Forms tab.

Don't miss this chance to discover a new way to reap the benefits of your backyard garden!

FALL WORKSHOP

Mark the date for your "last chance" to earn education hours for 2019.

Saturday, Sept. 28

10 a.m. - 2 p.m.

Seyforth Building

Pierce County Fairgrounds, Ellsworth

President's Message

Have you ever observed the activity around a bird feeder? It's amazing!



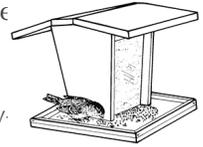
JoAnn Ryan

The Blue Jay is the king of the heap. When that magnificent large body swoops down for a snack, everyone else scrambles to get out the way. If the favorite foods are not available, a few swishes and most of the seed is thrown to the ground. Then it flies away calling to the rest of the birds that they can now eat.

Next in the kingdom is the beautiful cardinal. Again, all the little birds scatter. The male cardinal makes many trips because he feeds his mate. She sits like a good mother on the eggs and waits for papa to bring home the bacon. The red bird is a picky feeder and if the

feeder is wet or dirty, he turns up his beak and heads to a different one. Black-oiled sunflower seeds are a favorite.

At the bottom of the heap are the little goldfinches in beautiful yellow, plus lots of brown birds. They are so congenial. They move over to make room for a new-comer. They sing lovely sounds.



Some of the cutest birds are ground feeders. They scratch for the Blue Jay's leftovers.

Robins never make it to the feeder. They choose food that no one else would eat — worms. So kind of them.

Life at the bird feeder is cheerful. Everyone knows their place. There are no battles. They've figured out how to be successful in their kingdom.

Wouldn't it be nice if we could figure out how to live in peace in our kingdom?

Superpowers abound in the garden

Superheroes were the stars of this year's Junior Garden U at the Demonstration and Learning Garden in River Falls.

Nine kids learned the superpowers plants have to defend themselves against those villainous insects and other pests.

In turn, they discovered the superpowers that insects have to find food and nesting places.

That was followed by methods gardeners can use to help plants defend themselves.

But, perhaps, most important, they learned how eating veggies and different vitamins (from different colored vegetables) gives them their own superpowers.

Thanks to SCVMGA members **Corky Weeks**, **Helen Heggerness**, **Gale Gaard** and **Barb Kolpin** (in top photo) who helped nurture the young superheroes.



PHOTOS BY DIANA ALFUTH

Coming Events

Wednesday, Aug. 14

The last SCVMGA-sponsored tour of the year will begin at 10:30 a.m. at River Road Honey Farm near Prescott. Reserve a spot on [Sign Up Genius](#). See page 3 for details on last month's tour.

Saturday, Aug. 17

Join a statewide search for aquatic invasive species on "Snapshot Day." 8:30 a.m - 1 p.m. St. Croix Falls Public Library [Register here.](#)

Thursday, Aug. 22

Learn how to protect against invasive plant species at a Citizen Science workshop. 5:30 p.m - 8 p.m. The Acerage at Osceola. [Click here.](#)

Friday, Sept. 20

State conference of the Wisconsin Master Gardeners Association (WIMGA) in Eau Claire. Learn presentation skills and social media techniques to promote Master Gardener programs. The conference will count toward Continuing Education hours. Morning refreshments and lunch will be included. More information will become available soon on the [WIMGA website.](#)

SCVMGA TOUR

Minnetonka Landscape

by Debby Walters

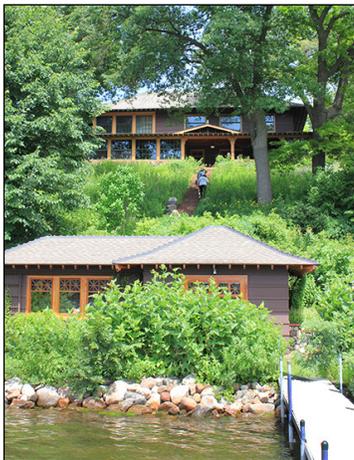
Sixteen Master Gardeners and their guests made the trek to Barbara Burgum's home in Deephaven, Minn. on Sunday, July 21. The garden was in tip-top shape since it was a part of a tour for the Men's and Women's Garden Club of Minneapolis the day before. Barbara's garden is part of the Garden Club of America archives at the Smithsonian Institute.

Her beautiful 1905 Craftsman style home is framed by her gardens. The front features a pergola and gardens filled with annuals, perennials and vegetables. These aren't your typical daylilies and phlox, but a wide variety of unique pollina-



tor-friendly plants, many of them natives. Posted in each section was a detailed map of the plants growing there and many of us came away with a list of possibilities for our own gardens.

The lakeside of the home is a steep slope. Barbara wanted to make it environmentally friendly and contribute to the health of the lake. This side is planted with many prairie plants whose deep roots prevent water run off. There is very little mowing done on this property.



Barbara was a delightful hostess and it was so enjoyable to wander her yard and enjoy the porch and patio area.

PHOTOS BY DEB PEDERSTUEN



PHOTO BY BARB BURGUM

Tour goers included (back row from left) Gary Crandall, Wayne and Jean Haut, Dick and Carolyn Hasselman, and Dr. Paul McGinnis; (middle row from left) Christine McGinnis, Karen Crandell, Patricia Miller, Donna Cadenhead, and Deb Pederstuen; front row from left Carolyn Barrette, Renee Clark and Debby Walters.

'Three-for-one' at July meeting

by Deb Pederstuen

We had three separate events in one night, and it was perfect weather!

About 20 members came early to check out unique trees and perennials at MGV Matthew Schmitz's home gardens in Prescott (photo).

Forty members and three guests attended the Great River Road Visitor and Learning Center in Prescott. Our thanks to the Center's volunteer John Hollenbach who gave an excellent his-



PHOTO BY DEB PEDERSTUEN

tory of the park and provided a large variety of snacks/drinks.

At the third event, Carol Ahlgren showed us her perennial garden at the Pine Glen Cemetery entrance, bordered with pavers she purchased with an SCVMGA Community Grant. The cemetery is located about five blocks from the visitor center.

SEPTEMBER MEETING

Keys to gardening with kids

MGV Sandy Madsen will talk about healthy gardening with kids and the success of the Houlton Elementary School gardening program at our Sept. 26 meeting. Sandy will discuss innovative approaches to inspire kids on reducing environmental impact, improving health, and ensuring sustainable gardening practices.

We'll return to our regular gathering place at the First Covenant Church in River Falls with start time at 6:45 p.m.



Each grade at Houlton Elementary School has its own garden.

Volunteer Opportunities

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

Note: click on underlined names for direct email links.

BALDWIN-WOODVILLE

- Western Wisconsin Health (hospital)
[Rosa Magnus](#)
 * **B-W Giezendanner School Forest**
[Debby Walters](#)
 * **Viking Middle School**
[Debby Walters](#)

ELLSWORTH

- Pierce County Fair (Aug. 8-11)
[Kevin Ballman](#)
 Ellsworth Ambulance Hall
[Kevin Ballman](#)

GLENWOOD CITY

- St. Croix County Fair (July 17-21)
[Amanda Lawrence](#)

HAMMOND

- Hammond Community Garden
[Mike Deneen](#)

HUDSON

- Hudson Farmers Market Plaza 94
 (Thursdays)
[Maria Scheidegger](#)
 Hudson Hospital Community Garden
[Karen Jilek](#)
 Octagon House gardens (Mondays)
[Jean Haut](#)
 * Willow River Elementary School
[Ramona Robinson](#)
 Willow River State Park
[Carol Hardin](#)
 Christian Community Home
[Deb Pederstuen](#)
 Hudson Public Library
[Joan Bushman](#)

NEW RICHMOND

- * SCVMGA New Richmond Garden
[Donna Cadenhead](#)
 Deerfield Gables Care Center
[Carolyn Craig Reflection garden](#)

OSCEOLA

- Butterfly Project
[Jennifer Berg](#)

RIVER FALLS

- Demonstration and Learning Garden
 (Hoffman Park) [Diana Alfuth](#)
 * **Junior Garden U (July)**
[Diana Alfuth](#)
 Grow to Share Community Garden
 (Hoffman Park)
[John Ramstad](#)
 Rain Gardens, City of River Falls
[Zach Regnier](#)
 Have a Heart Farm
[Bobbie Kuhn](#)
 River Falls Farmers Market (Saturdays)
[Laura Milano](#)
 * **Westside Elementary Garden**
[Becky Cunningham](#)

ROBERTS

- Cross Community Garden
[Mike Deneen](#)

SOMERSET

- Christ Lutheran Church
[Karen Nork](#)

TROY

- Town Hall
[Jill Berke](#)
 Glover Park Entrance
[Jill Berke](#)
 Glover Park Prairie Garden
[Jill Berke](#)

WOODVILLE

- Norseman's Manor (senior living)
[Becky Strand](#), 715-222-5521

OTHER WAYS TO HELP

- Hospitality**
 Bring treats to meetings. Contact
[Helen Heggernes](#) or [Bev Schomburg](#)
Vegetable Garden Education
[Catherine Engstrom](#)
Sprinklings Newsletter
[Colleen Callahan](#)

* *Gardening with children*

'Perfect' booth location at St. Croix County Fair

by [Amanda Lawrence](#)

I can't believe the fair came and went already. The weather was hot, humid, and stormy. However, it didn't matter for our booth. We were located inside the commercial building in a prime location. We didn't have to worry about packing and unpacking our supplies every night or that our tent would fly away. The volunteers were extremely grateful for the new location.



PHOTO BY AMANDA LAWRENCE

Our theme was "Healthy Gardening with Kids." Demo gardens for Snacking, Salsa/Taco and Pizza were planted alongside the HCE building. We also created little cookbooks to hand out. Cookbooks had smoothie, salsa, pizza, wrap, sandwich, and dip recipes that are quick and easy for parents and kids to make together. We handed out 62.

We also had many fairgoers play "Are You Smarter than a Rutabaga?" Questions from the public centered on Japanese beetles, jumping worms, and wild parsnips. They enjoyed reading our Variety Plant Trial results and seeing some of this year's trials of celery, perilla, and snapdragons.

Our booth also feature our new pull-up banner, which really made the booth stand out. Scarecrow and Peter Rabbit also made an appearance for children to have their pictures taken.

Thank you to all the volunteers who helped prep and work at the fair. Much appreciate your time!

Tastes of Malawi

by Karalyn Littlefield

We ate bananas, Irish potatoes, sweet potatoes, rice, bananas, eggs, tomatoes and cabbage in abundance. Our more unique experiences included sugar cane, local honey and grasshoppers. The sugar cane was sweet, the honey complex and the grasshoppers crispy, tasting like fried chicken skin. (*By the way, insects are our world's most underutilized protein source.*) That was my introduction to the food of Malawi, a tiny country in southeastern Africa.

I traveled to Malawi in July as part of a group from the Northwest Synod of Wisconsin, Evangelical Lutheran Church of America (ELCA) to visit with our Brothers and Sisters of the Evangelical Lutheran Church of Malawi (ELCM). This was a companionship and educational journey. We spent time with friends, visited village livelihood projects, a permaculture site, a cultural site, Lake Malawi and experienced a safari. We admired and purchased wood carvings, paintings and Dedza pottery.



Lazarus at the ELCM Campus in Lilongwe, and John at the ELCM Cottages on the shores of Lake Malawi were kind and patient cooking teachers. Very little salt and no pepper were used in cooking. I took some Penzeys spices and we used the Florida Pepper. Salt can be added at the table. Fresh herbs are used when available during the rainy

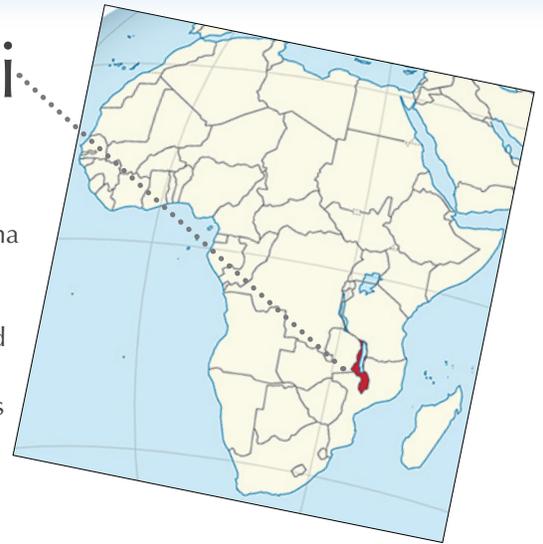
season. August is mid-winter in the southern hemisphere and we were headed into the dry season.

I learned a few dishes that might find their way in future articles. Now, we are going to focus on tomatoes. Lazarus called this dish 'tomato sauce,' while John referred to it as 'tomato soup.'

Use one tomato per person if Roma-sized and one tomato per two people if slicer-sized. Watching the bubbles will let you know when the sauce is done. When the tomatoes start cooking, the water content is higher and the bubbles will come in large broken areas on the surface. As the sauce cooks, the water is evaporating, and the bubbles will be farther apart and appear separate. When the sauce is very thick, the bubbles will blub and spatter. If you have gotten to the blub stage, you should stop immediately and consider adding a little water.

We used the sauce on almost all things – like meat,

"spaget," noodles, potatoes, rice, nsima (staple corn dish), vegetables (cooked greens) and cooked cabbage. John added cooked peas to the finished sauce. Happy eating!



Malawi-Style Tomato Sauce

3 sweet plum tomatoes, stem end sliced off and grated on smallish holes on the grater. Hold the tomato with a flat palm and grate the flesh. The skin will stay intact and can be discarded.

1 small onion, finely diced

1 T. oil

Heat a sauce pan over medium heat. Add oil. When oil is hot, add onion. Cook stirring until translucent. Do not allow to brown. Add tomato sauce.

Cook at a high simmer (between a simmer and a boil), stirring often until tomato is cooked and sauce has thickened. Sauce may be left on low heat to continue cooking and add flavor, however, this is seldom done.

Add cooked vegetables like peas or diced carrots, if desired. Serve hot sauce with pasta, potatoes, rice or other starches.

If the tomatoes are moderately sweet or sour, add 1/2 T. Ketchup (Malawi tomato sauce) and 1/2 t. cornstarch (Bistro Gravy Powder) mixed with 2 T. water when grated tomatoes are added.

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[SCVMGA Website](#)

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. All SCVMGA members are welcome to contribute articles on any horticultural topic. Please email submissions or inquiries to the editor.

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