



at the 'Berry Farm'

Let's celebrate our 20 years together!

We'll enjoy supper from Lake Elmo Inn and  
strawberry shortcake.

**Thursday, June 28, 2018 at 6 p.m.**

White Pine Berry Farm,  
1482 Oak Drive, River Falls, WI 54022

**RSVP is required by June 22nd**

Come early and pick your own berries prior to 6 p.m.



Click [here](#) to **RSVP**

Click [here](#) for directions

Find out more about the Berry Farm [here](#)





# Sprinklings

ST. CROIX VALLEY MASTER GARDENERS ASSOCIATION NEWSLETTER



June 2018

**Reminder: Underlined words, including names, are active links**

## Annual Plant Sale



Despite a sudden downpour and temps in the low 60s, this year's sale was another success, bringing in net proceeds of \$4,632.34. PHOTOS: (top left) **Teresa Davis**; (middle left) **Maria Scheidegger**, **Marilyn Gorham**; (middle right) **Karen Crandell**; and (left) Gary Crandell, husband of Karen and a non-member who "worked like a trooper," said Corky Weeks. "A special thanks to **Christine McGinnis** and **Donna Davis** for being part of the organizing committee."

## JUNE MEETING

### 20<sup>th</sup> Anniversary Event

Remember to reserve your spot at SCVMGA's 20th Anniversary celebration at White Pine Berry Farm in River Falls.

We'll start out at 6 p.m. with a light supper catered by Lake Elmo Inn. Then we'll reminisce with our UW-Extension

Horticulture Educators, and honor our 'heirloom members' who started SCVMGA in 1997-98.



Next, "Farmer Greg" Zwald, one of the owners of White Pine Berry Farm, will tell us how he transformed his acreage into a fabulous organic farm in just six years. He and his wife, Irma, started growing berries in 2012, and have since expanded to a variety of fruits and vegetables.

An invitation to the event (members and guest only) is attached to this issue.

## COMING SOON

### MGV Regional Conference

The Upper Midwest Regional Master Gardener Volunteer Conference, sponsored by the University of Minnesota Extension, will be held June 13-16 at Minnesota Landscape Arboretum, Chaska Minn.

The theme is "Our Plants, Our Planet, Our Volunteers." [Click here for information and registration.](#)

*“My garden is my most beautiful masterpiece.”*

— Claude Monet, impressionist painter

## President's Message



Trent Kowalchuk

I think we can all agree, summer has bullied spring away. Spring was so short this year and the summer heat is here way ahead of schedule. It was so hot and dry that parts of my lawn started to go into dormancy. Rain finally came along with even more heat. The outcome of the 2 inches of rain and heat has been weeds, weeds, and more weeds. I find weeds to be fascinating, but I hate them (Sorry mom, I know you don't like me using

that word.)

Weed seeds seem to germinate overnight with a drop of moisture and there never is a shortage of seeds. The Canadian thistle tops my list as an amazing plant. It has many

benefits, but most are overshadowed by its spines and tenacious ability to grow where we don't want it. The horse loves to eat the purple flowers, but he does a terrible job of weeding the garden.

I hope that the recent heat wave isn't predictive of the rest of the summer. A heat wave by some definitions is three days in a row with temperatures 10 degrees above average. I think May had a couple that didn't make the news. An order has been placed for some cooler weather on **June 28. SCVMGA will be celebrating 20 years** of education, community service and environmental stewardship for the Saint Croix Valley at the White Pine Berry Farm that day. Join us for some reminiscing, a bit of education and lots of great fellowship in a refurbished rustic barn.

## What's happening?

### Class on finding, getting rid of Wild Parsnip

Diana Alfuth is offering a free class on June 14, to learn how to identify Wild Parsnip, what to do about it, and how to safely remove it.

Wild Parsnip is an invasive weed that has recently taken over ditches and roadways in western Wisconsin. Besides out-competing native and other



www.blog.emergencyoutdoors.com

desirable plants, Wild Parsnip is harmful to people. Its sap can cause severe,

scarring sunburn on skin that has come in contact with the plant. This biennial plant is easily seen in mid-summer when the 3-to-4 foot tall flat-topped yellow flowers are visible.

Townships and other municipalities are taking steps to control and reduce the spread of this noxious plant in roadside ditches, but help from individual residents is also needed.

The class will be held from 6:30-7:30 p.m. at the Kinnickinnic Town Hall located at 1271 County Road J, River

Falls. The class is free, but space is limited, so please call the Pierce County UW-Extension office at 715-273-6781.

When you sign up for the class, you can pre-order a "Parsnip Predator" tool designed by Prairie Enthusiasts to quickly and cleanly cut through the plant's tap root. Tool cost is \$40 and can be picked up and paid for at the class (no credit card).

### New date for Junior Garden U

The date for Junior Garden U has been changed to **Saturday, June 14** from 9 a.m.-noon. Master Gardener volunteers are needed to help teach the kids, ages 6-12, about different aspects of gardening, nature and horticulture. Volunteers will meet to decide on topics, activities, etc. In the Demonstration Garden this year is a "Peter Rabbit Garden," which could be lots of fun when deciding on topics.

### Demonstration, Learning Garden needs help

Let Diana Alfuth know if you can help plant, maintain and harvest the Demonstration and Learning Garden in River Falls. A "Storybook Garden" is planned based on Peter Rabbit, plus educational components for adults.

### Eau Claire Conference

We are three and half months away from the WIMGA Conference, "Autumn At The River" in Eau Claire, Sept. 21- 22.

My wife Debbie has even registered as a non-member and we are also attending the Tour Option 1, keynote speakers, classes, and staying the night at the Lismore Hotel.

So please sign up before July 9 to get your early bird discount. Register and mark your calendars now before you forget! See you at the conference!

Our volunteer hours scheduler for the conference will be sending out emails seeking help at the conference.

**WIMGA UPDATE**  
by Paul VanDenMeerendonk

### Record of MG V projects

SCVMGA would like to gather info and photographs of members at work, both gardening and teaching. Currently there's no listing of everything MGVs accomplish.

Our website would like to create a map of each project that includes information and a photo.

Please send a description of your project to Colleen Callahan and type Volunteer Projects in the subject line.

## 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)

[Anita Justin](#), [Rosa Magnus](#)

**B-W Giezendanner School Forest**

[Debby Walters](#)

**Viking Middle School**

[Debby Walters](#)

### ELLSWORTH

**Pierce County Fair** (Aug. 9-12)

[Leroy Clark](#)

**Pierce County Fairground Gardens**

[Karen O'Brien](#)

**Ellsworth Ambulance Hall**

[Kevin Ballman](#)

**Ellsworth Public Library**

[Tiffany Meyer](#)

### GLENWOOD CITY

**Glenwood Community Garden**

[Barb Nelson](#)

**St. Croix County Fair** (July 19-23)

[Amanda Lawrence](#)

### HAMMOND

**Hammond Community Garden**

[Mike Deneen](#)

### HUDSON

**Hudson Farmers Market** (Plaza 94)

Tuesdays

[Maria Scheidegger](#)

**Hudson Hospital**

[Karen Jilek](#)

**Octagon House** (Mondays)

[Janet Haut](#)

**Willow River Elementary School**

[Ramona Robinson](#)

**Willow River State Park**

[Melissa DuPont](#)

**Christian Community Home**

[Deb Pederstuen](#)

**Hudson Public Library**

[Joan Bushman](#)

**Prairie Community Garden**

[John Mueller](#)

### NEW RICHMOND

**SCVMGA Community Garden**

[Donna Cadenhead](#)

**Deerfield Gables Care Center**

[Carolyn Craig](#) *Reflection garden*

**Cancer Center of Western Wisconsin**

[Julie Walsh](#)

**Friday Memorial Library**

Noah Wiedenfeld

**St. Croix Health Center**

[Cindy Prokash](#)

### OSCEOLA

**Butterfly Project**

[Jennifer Berg](#)

### PRESCOTT

**Pine Glen Cemetery**

[Jayne Brand](#)

### RIVER FALLS

**Demonstration and Learning Garden**

(Hoffman Park) [Diana Alfuth](#)

**Junior Garden U** (June 14)

[Diana Alfuth](#)

**Grow to Share Community Garden**

(Hoffman Park)

[Kaitrin Halvorson](#)

**Grow to Share Herb Garden**

(Hoffman Park)

[Heidi Nemcek](#)

**Rain Garden, City of River Falls**

[Crystal Raleigh](#)

**Have a Heart Farm**

[Bobbie Kuhn](#)

**River Falls Farmers Market**

Saturdays

[Elaine Baker](#)

**VFW Cemetery**

[Kathye Beebe](#)

**Westside Elementary Garden**

[Becky Cunningham](#)

**Grow to Share**

[Kristin Wilson](#)

### ROBERTS

**Cross Community Garden**

[Mike Deneen](#)

### SOMERSET

**Christ Lutheran Church**

[Karen Nork](#)

### TROY

**Town Hall**

[Jill Berke](#)

**Glover Park Entrance**

[Jill Berke](#)

### WOODVILLE

**Norseman's Manor** (senior living)

Becky Strand, 715-222-5521

### OTHER WAYS TO HELP

**Hospitality Committee**

[Trina Frank](#)

*bring treats to monthly meetings*

**Helping Hands**

[Cindy Gleason](#)

*help fellow Master Gardeners with their gardens in time of need*

**Sprinklings Newsletter**

[Colleen Callahan](#)

*contribute articles, photos*

**Garden Book Collection**

[Joni Garbe](#)

*donate used gardening books, bring to monthly meetings*

**Event Photographers**

[Colleen Callahan](#)

*photograph SCVMGA events*

## NEW PROJECTS

The **Hudson Public Library** is looking for people who can do short (45 min – 1 hr) presentations on any garden topic during this growing season. If you have an idea for a topic, contact [Joan Bushman](#).

The **Ellsworth Public Library** is looking for help maintaining their indoor plants. Contact [Tiffany Meyer](#).

**Prairie Community Garden** in Hudson is looking for a MGV to consult with them. Contact [John Mueller](#).

## MGVs invited to tour garden, greenhouse

by Debby Walters

Master Gardeners are invited to join the Botany Belles & Beaus Garden Club on a bus tour on Wednesday, June 27 to Marilyn Saffert's gardens in Rice Lake and the Winter Greenhouse in Winter, Wi.

The Saffert's 5-acre property is filled with many perennial and annual beds, a water pond, rock garden, herb garden and large vegetable garden. Unique features include a huge in-ground sundial, a giant chair, labyrinth, arbors, and art items incorporated into the gardens.

Fifty containers of unusual annuals are scattered throughout the property. Marilyn and Paul's garden was featured in the Better Homes and



Garden's Country Gardens magazine. After spending the morning at the Saffert's, we will have lunch in Rice Lake and travel on to the Winter Greenhouse.

On June 27, the greenhouse is honoring garden clubs by offering 20% off of all perennials, providing a tour of their display gardens and a gift bag for everyone. The bus has storage area for purchases!

The cost of the trip is \$40. This includes the cost of transportation and lunch; plant purchases are your responsibility.

The registration form can be found on the Botany Belles and Beaus [Facebook page](#). If you have questions, call me at 715-698-2981.

## MAY MEETING



PHOTO BY PAT CAHOON

Sixty-five members, three guests, and Diana Alfuth attended Heidi Doering's Integrated Pest Management presentation at the May meeting.

## Help Wanted

### Assistant Program Director

Assist with monthly program scheduling. Contact [Carolyn Barrette](#).

### Assistant Speakers Bureau Coordinator

Assist in developing a list of members to speak to groups on areas of their expertise. Contact [Vickie Kittilson](#).

## New Richmond Garden gets some nurturing



PHOTO BY PAT CAHOON

On May 18, 30 high school students from New Richmond helped eight Master Gardeners plant the Community Garden. **Trent Kowalchyk, Carolyn and Dick Haselman, Carolyn Barrette, Donna Davis, Cindy Gleason, Pat Carlson, and Donna Cadenhead** helped direct the students and plant beans, peas, onions, cucumbers, carrots, radishes, turnips, corn and squash.

**Patricia Miller and Donna Cadenhead** planted a variety of pepper plants on May 22. On May 24, **Trent Kowalchyk, Barb Peterson, Peg Wastell, Donna Davis, Carolyn Barrette, Patricia Miller, and Donna Cadenhead** spent an hour and a half planting and mulching 35 tomato plants.

The garden is off to a great start with everything sprouted.

## Lend plants to the fair

by Amanda Lawrence

As the snow melts, the planning process for the St. Croix County Fair begins. The theme for this year is "Every garden has a story." The fair takes place July 18-22.

We are planning several different activities to engage children and adults, as well as plant displays. That is where *you* come into play. We are looking for volunteers to grow different plants in containers for our sensory garden, such as roses, herbs, scented geraniums, *Stachys* (lamb's ears), statice, *Artemisia* silvermound, and sweet peas, colorful annuals, and vegetables.



Containers can be any size or material. Remember that they need to be easy to move. Plastic pots work well. We look forward to a wide array of colorful, fragrant, textured and/or edible plants! If you can help, please [email me](#).

## Fish Tacos

by Karalyn Littlefield

### Fish Tacos

#### The fish or shrimp

Mix together

Juice of 2 limes or 1 lemon or a combination

3 Tbls olive oil

1 tsp chili powder

½ tsp. ground cumin

Add 1 ½ lbs. of flaky white fish (cod), cut into 1 -2-inch-wide strips or shrimp to the marinade and toss to coat.

Marinate for 15 minutes. In a large pan over medium-high heat, heat 2 Tbls. Oil. Remove fish or shrimp from marinade and season both sides with salt and pepper. Place in the pan. Cook until opaque and cooked through 3-5 minutes per side, less if thinner or smaller shrimp.

#### The Slaw

2 c. finely shredded cabbage, color of your choice

2 Tbls lime juice

1 Tbls olive oil

½ C. fresh chopped cilantro or parsley or combination

2 Tbls sunflower or pumpkin seeds

1 Tbls honey or sugar

Salt and pepper to taste

Mix lime juice and honey or sugar in a mixing bowl, add remaining ingredients. Toss.

#### Pickled Onions

1 large red onion, peeled, cut in half and thinly sliced.

Place onions in a colander and run under hot tap water, tossing or stirring, for 2 minutes. Shake off excess water.

While still in the colander, salt generously, toss a few times, let sit for 5 minutes.

Toss well. Taste an onion, if it is too salty, rinse under cool water. Toss to remove excess water.

Place drained, salted onions in a small non-reactive bowl. Add the juice of two limes. Press down on the onions with a fork. If the juice does not cover or almost cover, add additional lime juice.

#### The sauce

1/3 C. mayonnaise

1/3 C. sour cream

¼ C milk

Mix together

#### Assembly

Place a few strips of fish on a warmed tortilla (corn or flour), add some slaw and pickled onions, drizzle with sauce, sprinkle with fresh chopped cilantro and a squeeze of fresh lime juice. Serve with a bowl of radishes.

I have been a fan of fish tacos since I first ate one. In February, we took a Blue Grass Cruise that stopped in Ensenada, Mexico, home of the fish taco. This trip triggered a quest to find the perfect fish taco and then put together all that I learned to create my perfect fish taco.

The fish tacos in Ensenada were batter dripped and deep fried with several condiments that included shredded cabbage, pickled onions and various salsas that started out hot to me and ended up with a PELIGRO

warning from the ladies making the tacos. Each was served with a squirt of thin sour cream. There were dishes of whole radishes to eat along with the tacos.

I ate fish tacos and shrimp tacos. The tacos in Mexico came in corn tortillas, one place used a corn/flour blend and the others were flour. The tacos at The Lodge were fancied up a bit with creamy slaw and a few dipping sauces. The variety of fish tacos, all derived from the originals in Ensenada, give me the creative license to develop my own favorite fish tacos. I prefer to marinate and pan fry my fish or shrimp. Corn tortillas are my favorite though they tend to break apart rather too easily for me. I developed the following recipe from my experiences eating fish and shrimp tacos as well as reviewing numerous recipes. As always, change to your personal taste and enjoy.



## Sprinklings

 [SCVMGA Website](#)

*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 listed above.

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

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