

Eau Claire Area Master Gardener News



September 2013



they had preserved.
with samples of the

Some really great
Dehydrator Bible
Robert Rose, Inc.,
good one is



How Well Preserved Are You (Or, How Well Do You Preserve)??

by Carol Cox (pictures by Carol Cox)

There was a lot to be said for pickling, preserving, dehydrating as Gayle Kleppe and her husband, Beau Wold, took the floor at the August 20th gathering of Master Gardeners and the public interested in food preservation. The event, held at the Eau Claire County Extension Office in Altoona was well attended. If you missed the event you also missed out on a lot of very tasty things as the two shared many of the items that There were Dilly Beans and many other tasty treats along preserved items.

tips were given on books to check out (like **The**
by Jennifer MacKenzie, Hay Nutt and Don Mercer;
2009) as well as a number of website resources (one
<http://www.foodsafety.wisc.edu/preservation.html>).

Gayle also gave out butter. This method helps to protect and preserve the authentic flavors of the herb. The trick is to wash them and sort through the leaves. Then dry the leaves. Next place the herbs in a food processor with 1/3 cup of olive oil for every 2 cups of leaves. Then pulse the processor, scraping down the sides periodically, until you get a chunky paste and all the leaves are chopped up. Next put 1 cup of herb oil into a 1-quart zip-top bag, flatten it out to spread the mixture and make a thin layer. Freeze flat. They you can break off pieces as needed for cooking or to add to soups, etc.

a great way to preserve herbs by freezing them in oil or
helps to protect and preserve the authentic flavors of the herb. The trick is to
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layer. Freeze flat. They you can break off pieces as needed for cooking or to add to soups, etc.



Gayle being introduced by Andy Heren. Beau can be seen in the background Researching some information.

On the right is a jar of dehydrated Carrots. Many, many carrots went into that jar proving that dehydration is a method that maximizes storage.



Also check out the history of food preservation at
<http://acswebcontent.acs.org/landmarks/landmarks/frozen/fr o2.html>.

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Local Master Gardener News

Changing e-mail? Moving?

If you do, **please** remember to notify the ECAMG and the newsletter editor of your new e-mail address and/or mailing address so you don't miss any Eau Claire Area Master Gardener happenings!



Email your new information to Carol Cox at c7w6c2200@charter.net or notify her by snail mail at 1908 Hogeboom Ave., Eau Claire, WI 54701 (or call her at 715-783-0016 - cell).



Bulletin Board Postings Stories and Opportunities!!!!



ECAMGA Board

ECAMGA BOARD MEMBER CONTACT INFO		
NAME/TITLE	e-mail address	phone number
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Daria Hutchinson	dariahu@aol.com	216-797-4793

NOTE: The ECAMGA Board minutes no longer appears in the newsletter. You may access them by going to the website at <http://www.eauclairemastergardeners.com/forms.html>

Dear ECAMGA Members,

I am assisting Lee Pelham, our WIMGA representative, in compiling our yearly report to WIMGA. This is where we need your assistance. If you are part of, or head of a group that is doing work, please write a short report as to what you have done this past year and get it to me at the email address below.



For instance, if you are volunteering at Beaver Creek, what is happening? How about those who work at the Schlegelmilch house? I will be doing a report on the Ask A Master Gardener booth. What other groups are out there? Tell us what work has been done, how many Master Gardener Volunteers help on that project, etc.

I would also encourage you to forward your report and possibly pictures, to Carol Cox so she can include it in her newsletter. Her email is cwc53@charter.net. She is always looking for good articles!

As a board member I can tell you that we have had conversations at our meetings about what is happening in our group. We aren't sure what projects are going on and this would be a great opportunity to get the information out to our membership, as well as the state association.

Thanks for taking the time to do this!

Andy Heren
Rcktnut007@aol.com

Hello Master Gardener Volunteers,

It's time to find all those pieces of paper you've been using to track your volunteer efforts. Hours are due October 1. You are reporting on activities you've done from September 30, 2012 – September 30, 2013. Check out our website under the "Volunteer" tab for forms you can use to send in your hours. Send to this email address or send through postal mail to the address below.

Please include the time it took you to drive to and from volunteer activities (do not count drive time for continuing education activities).

How are these reports used? 1. To determine if individuals met the 24-hour minimum requirement to maintain MGV status. 2. I use the numbers in



performance management reports to the County. 3. The state MGV Program office reports to the UW system AND (continued page 3)

Upcoming Events

Hello Master Gardener Volunteers continued...
officials that determine funding.

It is also time to pay your 2014 ECAMGA dues. Dues can be sent with the reporting hours too. The ECAMGA dues are \$10 to receive an electronic



copy of the newsletter. If you prefer a paper copy of the newsletter dues are \$15. In addition, the Wisconsin MGVA dues are \$5 for a total of \$15 or \$20

depending upon whether you want an electronic newsletter or a paper copy.

Both state and local dues can be paid with one check. **Make payable to ECAMG and send to Eau Claire County UW Extension, 227 First St. W., Altoona, WI 54720.**

Thank you

Erin LaFaive

Horticulture Educator & Co-Dept. Head



Upcoming Classes

Registration is not required for most classes but is appreciated.

Thursday, September 5th 5:00 pm

Saturday, September 7th & 14th 10:00 am

Fall Porch Pot Class - *Build your own, only pay for what you take home.* Come create your own fall porch pot to add some great fall color to your home. We have a great selection of fall plants that can handle the cold weather and will give you nice color for the whole season.

6025 Arndt Lane

Eau Claire WI, 54701

715-833-1234

E-mail - home@dwntoearth.com

Website: <http://www.dwntoearth.com/index2.html>

Garden Gathering and Sharing by Nina Logan



Come join us on Tuesday, September 17 at 6:30 p.m. at the Eau Claire Extension Office (227 First Street West, in Altoona. Phone 715-839-4712.) for a gathering of gardeners and a potluck supper.

Bring your garden knowledge, garden questions, funny stories and strange happenings in your garden this year. We will have an evening of camaraderie and laughs.

Also, bring a dish to pass, any extra fruits or vegetables you wish to share, and tomatoes for tasting. We'll have a tomato tasting session.

If you have any really great fresh out of the garden recipes to share, bring those also. We can have a question and answer session testing the skills of our group of experienced gardeners.



Let's get to know each other better! **See you there!**



September 9 to October 24 Permaculture Design: Fundamentals of Ecological Design Online course

The study of permaculture helps gardeners, landowners, and farmers combine a knowledge of ecology combined with its application to support healthy soil, water conservation, and biodiversity. Permaculture systems meet human's needs while restoring ecosystem health. Common practices include no-till gardening, rainwater catchment, forest gardening, and agroforestry.

This 6.5-week course offered by Cornell University Horticulture Department provides an opportunity for students to build knowledge about permaculture and ecological design. Participants will explore the content through videos, readings, and activities and complete portions of a design for a site of their choosing. While the course is online, the format is designed for consistent interaction between instructors and students through forums and live video conferences. Readings and presentations will be directly applied through hands-on activities students will engage with at home.

View the full syllabus for the course and find registration information at the [course website](#). View the full syllabus for the course and find registration information at the course website: <http://hort.cals.cornell.edu/cals/hort/teaching/distance-learning/permaculture1.cfm>. For more information contact [Lori Brewer](#) at (607) 255-918.



BEAVER CREEK RESERVE

S1 County Highway K ■ Fall Creek, WI
54742 715.877.2212 ■ bcr@beavercreekreserve.org

Phenology Hike for Elder Explorers - September 5 from 9:30 a.m. until 11:00 am |at the Wise Nature Center.

Cost: \$3 for Friends, \$5 for Non member. 10 spots available.

This program is targeted for our older nature lovers. The hike (an hour or so) is led by a Beaver Creek Reserve naturalist, that takes place on the Reserve trails. Explorers can document the changes taking place in the Reserve's woods.

The walk will be capped off with coffee and a treat and further discussion about the changes and things seen on the trails. The program is geared for adults 55 and older. Hikers should expect about a mile long hike with uneven terrain and stairs to negotiate.

Registration and full payment required by September 3.

ECAMGA Photo Contest

Rules:

1. Pictures must be taken between
2. October 1, 2012 and September 30, 2013.
3. Deadline for submission is October 1 (send a digital copy of the photo via email to c7w6c2200@charter.net.)
4. Photo theme must deal with the garden in some way, either from your garden, from an ECAMGA event or a garden you have toured between the dates listed in item #1.
5. There will be three prizes (details about the prizes will be in the August newsletter) and the entries will be judged by the ECAMGA Education Committee.
6. We will publish as many of the entries as possible in the fall and winter newsletters.

REMINDER!



6. Along with the picture submit a title for the picture and some information about the photo (when, where, why, what, who, how – whatever is pertinent).
7. The person who submits the entry must have taken the photo.

Bits and Pieces



Photo courtesy of Rotary Gardens and on NGB website.

Why Garden? The National Garden Bureau's Top Ten

by Janis Kieft

This article originally published in 2006 and obtained from The National Garden Bureau website (www.ngb.org)

Cell phones, PDA's, and MP3 players have become the tools of our modern lives. But it wasn't that long ago that a shovel, a patch of soil and a bag of seeds were the only tools needed to provide sustenance and satisfaction. Gardening was a part of daily life. Ask any gardener today why they garden and

you'll get a variety of reasons why it's important to them.

1. Garden for safe, healthy food. Reports of food-borne illnesses and contamination regularly appear in the news media. Growing concerns about pesticides in our food supply have led to an increased interest in organic gardening and availability of organic produce. Processed foods contain additives and preservatives that many consumers want to avoid. The National Garden Bureau believes an easy solution is to grow your own vegetables. It's estimated that during WWII, 20 million homeowners had Victory Gardens that produced close to 40% of the fresh vegetables consumed in the United States. Start your own garden and know the food you're eating is fresh and safe with fantastic flavor not always found in grocery store produce.

2. Garden for exercise. Tired of the gym routine? Get a good workout without even thinking about it. Gardening activities provide both cardio and aerobic exercise. Studies show that an hour of moderate gardening can burn up to 300 calories for women, almost 400 calories for men (*editor's note: some things are just patently unfair!!!*). For older people, especially women, gardening can help reduce osteoporosis. Mowing the grass is like taking a vigorous walk, (continued on page 6)

Master Gardener Mikel Reise as she worked as a volunteer at Beaver Creek Reserve's butterfly lab.

In the picture below, Mikel is cleaning out a bucket and carefully transferring monarch caterpillars to a clean bucket along with a day's supply of milkweed leaves freshly



picked from her garden of native plants.

(Picture by Annie Grewe)



Master Gardeners are found at work in many places. Here we see them at work at the Schlegelmilch House gardens in downtown Eau Claire. To the left, Joann Rutz along with Rhonda Cooke oversee the peony bed. Below Jan



Haywood prepares the front garden for planting.

(Pictures by Ann Heywood)

Why Garden? Continued from page 5...

bending and stretching to plant a garden compares to an exercise class, while hauling plants and soil is similar to weightlifting. Adaptive tools help those whose physical limitations prevent some activities. And after you're finished, you see immediate results in your garden even as your physical health improves—without being bored.

3. Garden to add beauty. A house with a nice yard is a pleasure to look at and satisfying to live in. Your home can be made more inviting simply by adding a container of colorful flowers near the front door. Herbs in the kitchen add freshness to the room, as well as flavor to daily meals. Trees and shrubs not only provide color and shade, but shelter for birds and wildlife. Think of the garden as another room to be enjoyed whether you are inside or outside the house.

4. Garden to learn. Gardeners find that the more they learn about plants and gardening, the more they want to know. Problems with insects or spots on leaves provide the opportunity to find out the cause and understand how to keep plants healthy. Moving to a new house may mean leaving favorite plants but also provides the opportunity to discover new plants and growing conditions. There are a variety of ways to increase gardening know-how such as seminars, Master Gardener programs, vo-tech courses and formal degree programs at a college or university.

5. Garden to make money. For some people gardening is a lifelong hobby. For others, the love of plants can lead to a rewarding job at a local garden center, a large global company, or even owning their own business. A garden can be a source of flowers, vegetables, herbs, and other crops that can be sold at local farmer's markets and roadside stands. And whether you live in your dream home or plan on moving soon, gardening adds value to your property. Real estate agents estimate that attractive landscaping increases a home's value by as much as 15%. It also creates interest in the house and can mean the difference between a potential buyer simply driving by or stopping to take a closer look.

6. Garden to meet people. Gardening is a great way to expand your social circle. Whether it's with someone who lives down the street or halfway around the world on the Internet, (continued on page 7)

Why Garden continued from page 6...

gardeners love to talk about plants. Surplus tomatoes, a bouquet of flowers, or an extra plant, are gifts to be shared with friends and neighbors. Meeting other gardeners through garden clubs, plant organizations, and gardening websites is an easy way to share information, ask questions and get involved.

7. Garden to be creative. Gardening provides an outlet for creative and artistic expression. A garden's design can reflect a personal sense of style such as a romantic cottage garden or a peaceful Japanese garden, as well as provide a showcase for art and sculpture. Like to try something new? With the wide variety of seeds and plants available in garden centers, it's easy to experiment with new plants or change a garden's color scheme every year.



8. Garden to win. For people with a competitive streak, gardening is a friendly way to show off their skills. Garden clubs regularly have shows that highlight the best flowers grown by local gardeners. County and state fairs provide an opportunity to show everyone the giant pumpkin, beautiful beans or luscious tomatoes harvested from the garden. Competitive gardening is not only fun and interesting, there can even be national recognition and financial rewards.

9. Garden for emotional needs and spiritual connections. Gardens play an important part in our well being. A garden might serve as a tranquil retreat or private escape from the demands of everyday life. The beauty of flowers can lift spirits, while pulling weeds can be a great release for stress and excess energy. A harvest of colorful flowers or tasty vegetables provides a sense of achievement and feelings of success, while neighbors and visitors often express their appreciation of those efforts.

On a higher level, gardening provides a spiritual connection to life. It's a miracle to take tiny seed, nurture it, and watch it grow into a beautiful flower or delicious food for your table. Tending a garden also contributes to improving your own living space, the environment and our planet.



10. Garden for lasting memories. Yards that once grew gardens have been replaced with hot tubs and driveways. Today's kids are missing the joy of cutting a bouquet of flowers for their mom or tasting the sweetness of a cherry tomato picked right from the plant. Gardening is a fun activity that can be shared with children and grandchildren, even if the garden is a single container or small spot in the yard. And a garden provides a beautiful way to remember a special person or time of life.

The National Garden Bureau encourages you to discover your own reason to become a gardener. And forget that excuse about not having enough time. Gardening takes less time than that new television show and is much easier than getting a new video game to work on your computer. Whatever reason appeals to you, gardening is a satisfying activity that provides a lifetime of benefits.



Eye Candy...



Fairy Garden – from Pintrist



Dudleya farinose (picture from Pintrist)



Rotary Gardens in Janesville, Picture by Dana Cox.

"I trust your Garden was willing to die ... I do not think that mine was—it perished with beautiful reluctance, like an evening star—"

Emily Dickinson, in a letter to her Aunt Katie Sweetser, 1880



Entry area at the Rotary Gardens in Janesville, Wisconsin. The use of orange tones and dark browns and "blacks" was gorgeous.

Picture by Dana Cox

EAU CLAIRE AREA MASTER GARDENER NEWSLETTER
A newsletter for the Eau Claire Area Master Gardener Association members.

Unless otherwise noted, articles for this newsletter are submitted and/or written by ECAMGA members or the newsletter editor, Carol W. Cox. Unless otherwise noted, graphics are from clipart. Newsletter layout by Carol W. Cox

LABOR DAY



For more Eau Claire County UW Cooperative Extension information go to our website:
www.uwex.edu/ces/cty/eauclore
Phone: 715-839-4712
Fax: 715-839-6277
M-F 8AM-5PM



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**Eau Claire County
Extension Office
227 First Street West
Altoona, WI 54720**