



The Garden Gate e-Newsletter

June - July, 2005

OFFICERS

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Jack Kelzer

Vice President:
Mary E. Vetovec

Treasurer:
Chuck Bingley

Recording Secretary:
Lauryn Lindemann

Corresponding Secretary:
June Walker

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Master Gardener Training:
Shelby Earehart, Cynthia Seal

Programs / Continuing Education:
Mary E. Vetovec

Horticulture Helpline:
Lyn Dodge

Finance:
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Communications:
Jeanette McKittrick

Newsletter:
Jody Taggart

Hospitality:
Peggy Lowry, Cynthia Seal

Service and Recognition:
Joyce Carole Brannon

Historian:
Joyce Carole Brannon

4-H Youth / Junior Master Gardeners:
Stephanie Feaser

Plant Clinic:
Dave & Joanie Brobst

SMART Lawns:
Stephanie Feaser

Special Events:
John Simmonds, Judy Burton

Website:
www.co.henrico.va.us/agent

Annual Meeting & Election of Officers

Please join us on Wednesday, **June 8, 1:30PM**, at the Henrico Training Center for our Annual Meeting. We will have a year end review, elect officers and sign up for committees. This is a great time to join the Association for another year, get more involved and share your ideas. The following individuals have been nominated to serve as officers of the Association for the 2004 fiscal year:

President:	Jack Kelzer
1 st Vice President:	Mary E. Vetovec
2 nd Vice President:	Marty Janner
Treasurer:	Allen Earehart
Recording Secretary:	Gina Polich
Corresponding Secretary:	June Walker

** Don't Forget **

The meeting location for JUNE and NOVEMBER is changed to the Henrico Training Center. The Training Center is located at the intersection of Parham and Shrader Roads across from London Towne Apartments.

Farmer's Market Manager

On **July 13th 1:00PM** our speaker will be Eleanor Rouse, Director of the Richmond Farmer's Market in Shockoe Bottom. Eleanor will bring some of the local growers who sell their products at the Farmer's Market. She will also show slides of how the Market came back from the destruction of Gaston to be bigger and better. Please come to hear how these local enterprising growers are changing the face of Virginia Agriculture

Asian Gardens of Junko Liesfeld

Join us on **August 13th at 1:00PM** for a field trip to the Asian gardens of Junko Liesfeld who was prominently featured in the Maymont Flower and Garden Show. The Liesfeld's five acre garden will show how cool and peaceful gardens can be even during the heat of summer. This garden is not normally open to the public for owner-led tours so please come and enjoy this very special event. (Driving directions can be found on page 10.)

President's Message



Our 2004-2005 Master Gardener Association year finishes at the end of June. Our Association grew to 92 members during the past year and we contributed many hours to carry out our mission of Horticulture Education.

We will hold our Annual Meeting, June 8th, at which we will hear reports on the activities of the various committees. The nominating committee will present the slate of officers for the coming year for your vote and you will have the opportunity to volunteer to work on the activities of the various committees for next year.

Being active on such activities as the Horticulture Help Line, Plant Clinics, and Special Events, gives you an opportunity to increase your Horticultural knowledge and experience.

Another major area for volunteering is running and managing the functions that are required to make the Association work. These activities give you the opportunity to work with fellow MG's and Horticulture professionals in the area to support our Association mission.

Our objective is to have a cadre of MG's signed up for committees of their choosing to work on that committee's activities throughout the year. This will greatly help the committee chairs and officers and eliminate a lot of phone calls and E-mails during the year to recruit you for something at the last minute.

I encourage you to volunteer on June 8th and maybe even try something new this year.

Jack Kelzer

Sally Lund Bread

Sally Lund, a favorite of southern cooks, is named after an 18th century woman who sold it by "crying" in the streets of Bath, England. The following recipe calls for no kneading or shaping – just time. The secret of a good Sally Lund is in the three risings.

1 stick butter or margarine, melted
1 cup warm (whole) milk
1 Tbs plus 1½ tsp sugar
1 tsp salt
1 packet yeast
2 eggs, well beaten
3 to 3½ cups flour

Mix warm milk, melted butter, sugar and salt. Add yeast and leave until foamy. Stir in the beaten eggs. Add enough flour to make a thin dough and beat or stir until smooth.

Place in a greased bowl, cover and let rise until doubled. Beat down, cover and let rise again.

Beat down and spoon into a well greased tube pan. Cover and let rise again until doubled.

Cover loosely with foil and bake at 350 degrees for 30 minutes. Remove foil and bake 5 or 10 more minutes until light golden.

Freezes well.

-Peggy Lowry

Getting to Know Margo Burgwyn

Margo became a master gardener in 1983 and still has her open book exam. Over the years she has worked mostly on the telephone Helpline, but has also enjoyed working the display gardens at the State Fair, plant clinics and the Master Gardener booth at Maymont.

Margo grew up in the country well outside of Detroit during World War II. There were chickens, dogs, Holstein milk cows, black Angus beef cattle, alfalfa fields, horses and trillium-filled woods. She fondly remembers picking strawberries and cherries, and bass fishing with her father those many years ago.

Margo married her husband, Nat, in 1950, and after moving ten times, settled in Richmond in 1955. By then they had three children—the fourth born here in 1958. At present, the girls live in Texas, one son in Warrington, VA, and one in Virginia Beach. Three children are gardeners!

Margo has always had a vegetable garden—Nat the planner and record keeper. Nat ploughed and planted, and she looked after the plants. After his heart attack in 1979, Margo started growing herbs for cooking instead of using salt, and she has spent many happy hours volunteering in the herb garden at Maymont. Her favorite flower at the moment is the fragrant old 1850 hardy climbing tea rose, Sombreuil. There are too many favorite herbs to list.

Margo went back to college in the 1970's and graduated from VCU with a B.S. degree in elementary education. She has done volunteer work with the girl scouts and tutored Richmond city school children. She used to enjoy canoeing and fly-fishing with her husband, tennis and the beach, but he had a stroke and has advanced Parkinson's; taking care of him takes most of her time now.

Margo still likes to read and knit and enjoys sharing and learning with fellow master gardeners.

Crestview Elementary Junior Master Gardeners Earn Awards

Eighteen students from Crestview Elementary participated in the Junior Master Gardening program during the 2004 – 2005 school year. Eight MG volunteers worked on the project teaching the lessons.

The children completed a service project by planting butterfly attracting plants in the school's courtyard garden. The plants were paid for with a donation from the HMGA.



HMG Friendly Garden Tour

The friendly garden tour is scheduled for June 12, 1-6PM. If you would like more details, please see the April-May issue of the Garden Gate or contact the Extension office.

Allergy Free Gardening

By Debbie Wilson

This Spring I have finally admitted that I suffer from allergy induced symptoms and decided to do something about it. Denial has not been working, as my children have been reminding me. I have been showing signs of allergies for years. Reading for a cure, I found a horticulturist, Thomas Ogren, who is writing about allergy-free gardening.

Ogren became interested in the gardening/allergy connection about 20 years ago when he was teaching horticulture to California prison inmates. He had never experienced allergy symptoms himself and like many others, he had believed that allergies were psychosomatic. He had asked a big, muscled gang member to pull Pride of Madeira weeds. The inmate wanted a different job because he had gotten a terrible rash the last time he pulled the weeds. Ogren rubbed some of the prickly leaves on his own arm and it “flamed up”, so he gave the inmate another job. Next he noticed that certain monoculture plantings, in this case acacia in full bloom, were causing everyone around him to sneeze. These two experiences gave him the idea to do a sniff test experiment with his class to observe if certain plants created problems. He became a believer.

He writes that allergies are on the rise. In 1959, it was reported that 2 to 5 % of the population suffered from allergies. By 1984, the number reported was 12 to 15 %. In 1999, it spiked to 38 %. Ogren attributes these increases to major changes in our landscaping practices, in particular, the exclusive use of male plants, and monocultures – mass groupings of the same type of plant.

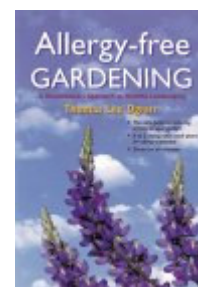
In 2000, Thomas Ogren published *Allergy-Free Gardening: the Revolutionary Guide to Healthy Landscaping*, which can be found in the Henrico County library system. He includes tips for producing low-allergy gardens, which can be summarized as:

-Don't plant any male trees or shrubs. These are often sold as “seedless” or “fruitless” varieties (meaning less messy droppings), but they're males and they all produce large amounts of allergenic pollen.

-Do plant female trees and shrubs. Even though these may be messier than males, they produce no pollen, and they actually trap and remove pollen from the air. There is also some very good all-female sod to use for pollen-free lawns. (female lawns stay low and require less frequent mowing – another plus)

-Plant disease-resistant varieties: mildew, rust, black spot and other plant diseases all reproduce by spores and these spores cause allergies. Disease resistant plants aren't as susceptible to infection, and the air around them will be healthier.

-Use only trees and shrubs well adapted for your own climate zone. Plants grown in the wrong zone will often fail to thrive. Because they are not healthy, they will be magnets for insects. Insect residue, “honeydew”, is a prime host for molds and molds produce allergenic mold spores. Often native plants will be the healthiest choices.



-Be careful with the use of all insecticides, fungicides and herbicides. Accidental exposure to all of these chemical pesticides has been shown to cause breakdowns in the immune system. Go organic as much as possible. Make and use compost.

-Diversity is good. Don't plant too much of the same thing in your landscapes. Use a wide selection of plants. Lack of diversity often causes over-exposure.

-Wild birds are a big plus because they eat so many insects. Plant fruiting trees and shrubs to encourage more birds. Suet also attracts many insect-eating birds. Insect dander causes allergies and birds consume an incredible amount of aphids, whiteflies, scale, and other pests.



-Use pollen-free selections whenever possible. There are many hybrids with highly doubled flowers and in many cases these flowers lack any male, pollen parts. Examples would be double chrysanthemums, which usually have no pollen, and most tuberous begonias. These have complete female flowers, but their male flowers have nothing but petals, making them pollen-free.

-If you must have some high-allergy potential plants in your yard, then plant them away from windows, doors or next to outdoor living spaces. Place the highest allergy plants as far away from the house as possible. The closer you are to the high-allergy tree or shrub, the greater is your exposure.

-Know the exact name of a tree or shrub before you buy it. Don't buy any that are not clearly tagged with the correct cultivar (variety) name and the Latin (scientific) name. Compare the exact name of the plant with its OPALS allergy ranking (see end of article for description of OPALS). Your goal should be to achieve a landscape that averages at OPALS #5, or below.

-If you have a tree or hedge that has high allergy potential and don't want to remove it, consider keeping it heavily sheared so that it will flower less.

-Get involved with your city's tree and parks departments, and encourage them to stop planting any more wind-pollinated trees. The type of trees and shrubs used in modern city landscapes has changed dramatically in the past three decades. In the past, the majority of street trees used were perfect-flowered, insect-pollinated trees. Today, many of the most widely used city trees are wind-pollinated species because they are advertised to be seedless, low-maintenance, pod-free or litter-free. These fruitless, seedless trees are male plants, and male trees produce large amounts of allergenic pollen. Female trees produce no pollen.

Just a couple more things to think about as we plan our landscapes . . .

Note: OPALS (Ogren Plant Allergy Scale, a trademarked name) measures the allergy potential of all garden and landscape plants. It is described in detail with more than 3,000 plants individually allergy-ranked in *Safe Sex in the Garden* by Thomas Ogren, 2003.

A Little Bit about...Hollyhocks

By Peggy Lowry



Consider the hollyhocks. To some they are only for cottage gardens to add vertical lines or to others colorful and elegant statements. In the 1930's and 40's in my neighborhood, hollyhocks were planted not only in gardens but also along the alleys to hide the trash and garbage cans from sight. Once planted, the winds carried the seeds and hollyhocks abounded. We really had beautiful alleys.

Originating in India and China, hollyhock seeds were carried to the eastern Mediterranean over caravan trails. In ancient China they were grown in the gardens of the wealthy as ornamentals and in the peasants' gardens as edible greens. The flower buds were considered a delicacy and the slimy juices were used for coughs and insect bites. Chinese hollyhocks had large double flowers and a wide range of colors that Europeans hadn't seen in theirs. The Romans brought them to Britain for food and medicine. Mallows were called "hocs" by the Anglo Saxons, and the folk name holig-hoc or holy hoc referred to its healing powers. Its generic name, *Althea rosea*, is from the Greek "althaia" meaning healer.

By the Elizabethan era hollyhocks were grown all over the United Kingdom. "Buds of hollihocke" were included in a recipe to see a Fairie in *A Midsummer Night's Dream*. The crusaders also brought hollyhock seeds in their treasure from the holy land. They found that the cup up leaves, fresh or dry, strewn on top of straw covered floors effectively controlled fleas, lice and bedbugs found in floors and beds of rich and poor alike.

When the Huguenots arrived in England, they brought with them a renewed interest in horticulture with new techniques, new plants and new hollyhocks including a new double yellow. Also brought was a double purple that was grown everywhere and called the Outlandish Rose. With all of its uses it became popular in all of Europe.

The first recorded hollyhocks in America were in New England, and in time they flourished from Maine to Georgia. Here they were used as pot herbs, for poultices, chilblains and insect repellents. Hollyhocks are a member of the Malvaceae – a family of over 1,000 – all non poisonous and all mucilaginous.



The hollyhock can be grown as an annual, biennial or perennial, the most familiar being the biennial. Plant the seeds in mid summer and the following year the plant will bloom. Planting more seeds each year will give you blooms every summer. Or let them self-sow. They can suffer from rust, but this can be controlled. Hollyhocks are a favorite of the Painted Lady butterfly and occasionally the Japanese beetle. It was said that "hollyhock cheeses, the round seed cases neatly packed with delicious seeds, are not the least of its treasures. Children of China, Egypt, Europe and America have chewed the seeds of hollyhocks with wonder and delight."

Association Committees

The Master Gardener Training Committee will provide training for future Henrico Master Gardeners. It will recruit trainees and screen applications to the HMG program subject to guidelines established by VCE. It will provide documentation of training for participants each year.

The Advanced Master Gardener Training Committee will plan and coordinate educational activities sponsored by the Association. This will include, but is not limited to, documenting those activities necessary for Master Gardeners to retain their active status in the HMG program.

The Horticulture Helpline Committee will coordinate the orientation and scheduling of Master Gardeners for telephone duty and maintain the hotline's reference library.

The Finance Committee will assist the Treasurer in preparing and submitting an annual budget to the Board of Directors for their approval and recommendation to the Association. It will review the financial transactions of the Association, and plan and coordinate fund-raising projects to continue the activities of the Association.

The Hospitality Committee will coordinate refreshments for regular meetings of the Association, continuing education sessions, the annual volunteer recognition reception, and any Association social events as requested by the Board.

The 4-H Youth Committee will help plan and implement learning activities in horticulture in cooperation with the Henrico 4-H program.

The Communications Committee will foster communication among the Association's members and local community and will publish a newsletter.

The Special Events Committee will recruit and schedule MG interns and veterans to answer gardening questions from the public at various events throughout the Richmond-metro area (i.e. the Maymont Flower and Garden Show, the Richmond Home Show, and the State Fair of Virginia) They will ensure that the appropriate resources (tables, chairs, Extension publications, etc.) are provided for each clinic.

The Smart Lawns Committee will coordinate all aspects of the Smart Lawns Water Quality and Protection Program for Henrico County. This program prepares MG's to work one-on-one with participating homeowners to teach them the best management practices for turf.

The Service and Recognition Committee will keep a record of volunteer work time and continuing education time contributed by each Henrico MG and provide for the recognition of these volunteers for their service to VCE.

The Historical Committee will keep written and pictorial records of HMGA and MG functions and activities. This committee will be chaired by the Historian, who is appointed by and serves at the pleasure of the Board of Directors.

The Presentations Coordinator develops and provides resources for volunteers to present programs to civic organizations.

The Plant Clinic Committee will recruit and schedule Master Gardener interns and veterans to answer gardening questions from the public at various commercial garden centers in the spring and fall each year. They will ensure that the appropriate resources (tables, chairs, Extension publications, etc.) are provided for each clinic.

Please familiarize yourself with all the committees so that you can sign up for one at the annual meeting on June 8!

Henrico's Horticulture Extension Agent,
Karen Carter

will be presenting the following programs in 2005:

To join us, please **call the Office at 501-5160 to register.**
Registration is FREE, but LIMITED.

“Starting a New Lawn, Renovating an Old One”
“Winterizing Your Lawn”

August 2, 2005 August 4, 2005
September 13, 2005 September 15, 2005

SMART Lawn Field Day

Saturday, August 20, 2005

Visit with local vendors of lawn products and services from 8:30 A.M. – 9:30 A.M. Then from 9:30 – Noon, enjoy a seminar on “Steps to a Beautiful Lawn” and have your lawn questions answered.

8:30 A.M. – Noon
Henrico Extension Office
8600 Dixon Powers Drive, off Parham

Thoughts on becoming a Master Gardener...

“What a great experience going through this course has been. Regardless of how well I did (or didn't do on this exam), this has been an absolutely priceless learning experience and I cannot wait to put all I have learned into practical use.

Committee members, Thanks for your help along the way, and a special thanks to Stephanie and Karen. They have been a special help to us all, a great resource and probably above all patient! They are both great! I have a feeling this is going to be a long term continuous learning experience.

Wish I had done this years ago!”

Teddy Martin, Jr. Class of 2005

Annual Dues Notice

Please complete this registration form and return it along with your check for \$10.00. Dues may be dropped off or mailed to the extension office or handed to the Treasurer at a meeting.

Henrico Master Gardeners Association Membership Registration Form

Name(s): _____

Checks should be made payable to: _____
Henrico Master Gardeners Association

Please continue to mail me the newsletter
 I prefer my newsletter be sent by email.

email address: _____

Mail To:

Henrico Master Gardener Association
P.O. Box 27032
Richmond, VA 23273-7032

Newsletter Distribution

In an effort to save the Association some money, the newsletter will be distributed by email to as many people as possible. The last issue was sent electronically as well as through the mail. However, if you would like to continue receiving this newsletter by mail, please contact the Extension office to let us know, or check the appropriate box on your dues payment form.

If you have already emailed me with your preference then you don't need to do anything. If you need help receiving it electronically (it will be sent in PDF format) please feel free to email me at j.taggart@att.net with your questions.

Jody Taggart, Newsletter Editor

Planning Ahead

As a result of the annual survey sent out at recertification time, the Association meeting time will change to 1:00PM beginning in July. We hope that many more Master Gardeners will be able to attend meetings.

Attention SMART Lawn Measurers!

Please let Stephanie know, as soon as possible, what your summer vacation schedule will be, especially if you will be away for a week or more, so she can schedule Measuring Teams accordingly. Thank you.

Ukrop's Golden Gifts

June 8 is the last day for handing in your Golden Gifts receipt for the association. Please give it to Chuck Bingley or mail it to the Extension office soon!

Some Statistics about Gardening in the United States

From the National Gardening Association

82 Million households gardened in 2004, up 22% since 1999.

\$449 is the average amount consumers spend on lawns and gardens annually, including plants, equipment and supplies.

\$542 is the average amount households spend on professional tree care annually.

\$4,921 is the average spent by households that hire professional landscape designers, including fees for installation and construction.

\$2 Billion is the total fiscal '04 sales for Scotts Miracle Gro – the largest consumer lawn-and-garden company – up 16 percent from 2002.



Directions to Junko Liesfeld's Garden August 13, 1:00PM

Take I-64 West if you come from town. Take the Rockville/Manakin Exit # 173. Turn right at the top of the ramp onto Ashland Rd. (Rt.623 North). Travel approximately 2.6 miles. Turn left at the stoplight onto Pouncey Tract Rd (Rt.271). Go about 0.2 miles, turn right onto Howards Mill Rd. (Rt. 673). Travel approximately 2.7 miles. Cross over a concrete bridge (South Anna River). Take an immediate left onto Casco Mill Lane. Pass two houses then onto a cobblestone driveway.

Food For Thought

GOD: Frank, you know all about gardens and nature. What in the world is going on down there on the planet? What happened to the dandelions, violets, thistle and stuff I started eons ago? I had a perfect, no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long lasting blossoms attracts butterflies, honey bees and flocks of songbirds. I expected to see a vast garden of colors by now. But all I see are these green rectangles.

ST. FRANCIS: It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers "weeds" and went to great lengths to kill them and replace them with grass.

GOD: Grass? But it's so boring. It's not colorful. It doesn't attract butterflies, birds and bees, only grubs and sod worms. It's sensitive to temperatures. Do these Suburbanites really want all that grass growing there?

ST. FRANCIS: Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn.

GOD: The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

ST. FRANCIS: Apparently not, Lord. As soon as it grows a little, they cut it -- sometimes twice a week.

GOD: They cut it? Do they then bail it like hay?

ST. FRANCIS: Not exactly, Lord. Most of them rake it up and put it in bags.

GOD: They bag it? Why? Is it a cash crop? Do they sell it?

ST. FRANCIS: No, Sir. Just the opposite. They pay to throw it away.

GOD: Now let me get this straight. They fertilize grass so it will grow. And when it does grow, they cut it off and pay to throw it away?

ST. FRANCIS: Yes, Sir.

GOD: These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work.

ST. FRANCIS: You aren't going to believe this Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it so they can continue to mow it and pay to get rid of it.



GOD: What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. Plus, as they rot, the leaves form compost to enhance the soil. It's a natural circle of life.

ST. FRANCIS: You better sit down, Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles and pay to have them hauled away.

GOD: No. What do they do to protect the shrub and tree roots in the winter and to keep the soil moist and loose?

ST. FRANCIS: After throwing away the leaves, they go! out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

GOD: And where do they get this mulch?

ST. FRANCIS: They cut down trees and grind them up to make the mulch.

GOD: Enough. I don't want to think about this anymore. St. Catherine, you're in charge of the arts. What movie have you scheduled for us tonight?

ST. CATHERINE: Dumb and Dumber, Lord. It's a real stupid movie about

GOD: Never mind, I think I just heard the whole story from St. Francis.

Henrico Master Gardeners Association

P.O. Box 27032

Richmond, VA 23273-7032

The Henrico Master Gardeners Association, and all VCE programs, services, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age national origin, handicap, or political affiliation. VCE is an equal opportunity/affirmative action employer.

Meeting Date Reminders

Board Meetings

June 1, 1:30PM

July 6, 1:30PM

Association Meetings

June 8, 1:30PM

July 13, 1:00PM



Please e-mail your contribution to the newsletter
By **July 20** to
Jody Taggart j.taggart@worldnet.att.net