



The Garden Gate Newsletter

June – July 2009

OFFICERS

President
Ann Dutton

1st Vice President
Erica Gilliam

2nd Vice President
Suzanne Pericle

Treasurer
Beverly Cochrane

Recording Secretary
Brenda Orton

Corresponding Secretary
Shelby Earehart

COMMITTEES

Master Gardener Training
Jim Smith

Programs
Erica Gilliam

Continuing Education
Suzanne Pericle

Horticulture Helpline
Gwen Hipp

Finance
John Simmonds

Communications
Jody Taggart & Brenda Orton

Hospitality
Peggy Lowry & Shelby Earehart

Service and Recognition
Joyce Carole Brannon

Historian
Joyce Carole Brannon

4-H Youth / Junior Master
Gardeners
Faye Derkits & Pat Baskins

Plant Clinic
Dave & Joanie Brobst

SMART Lawns
Teddy Martin

Special Events
John Simmonds & Judy Burton

Websites
www.co.henrico.va.us/agent
www.henricomga.org

Annual Meeting & Election of Officers

Please join us on Wednesday, **June 10** for the Annual Meeting at 1:00 pm in the demo kitchen. 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. General nominations will be accepted from the floor at this meeting.

The following individuals have been nominated to serve as officers of the Association for the 2009 fiscal year:



President – Ann Dutton
1st Vice President – Erica Gilliam
2nd Vice President – Grace Harrison
Treasurer – Barry Hayes
Recording Secretary – Vicki Bell
Corresponding Secretary – Theresa Hawkes

Thank you to the Nominating Committee:
Brenda Orton, Joyce Brannon and Grace Harrison

Thank You!

Thank you to Pat and Hugh Greene for hosting the annual plant swap again at their home and lovely garden. We had beautiful weather, great food and traded lots of interesting plants.

President's Message

Avid gardeners know all about seasons of time. Seasons are an integral part of gardening. Knowledge of seasons helps to ensure successful gardening.



Our Henrico Master Gardener Association also has seasons of time. Each year at this time, we end our term with last year's officers, committees and committee chairs. In June each year we begin a new season of time, our new calendar year, with a new slate of officers and a fresh start for our committees with opportunities for acquiring new committee members and new committee leadership.

Now is a wonderful time to get involved in a fresh way because our committees are currently welcoming new-comers and greeting old-comers! It's also a great time to begin or renew a leadership role in an area of our association's work.

Just as the regular calendar lends itself to resolutions at its beginning in January, let's too resolve here at the beginning of our new Master Gardener Association year to be involved, be active, and be a part of a wonderful gardening organization!

-Ann Dutton annforddutton@mindspring.com 740-2514

By now you should have received your Ukrop's Golden Gift certificates. If you would like to contribute it to the Henrico Master Gardeners Association, please bring or mail it to the VCE office by **June 10th**. I have to turn them in to Ukrop's by June 13th. I will report on how much we earned in the newsletter published following the payout date.



Thank you, as always, for your support of your Henrico Master Gardener Association.

Beverly Cochrane, Treasurer

Volunteer Milestone Awards

Congratulations to these volunteers who have reached special milestone levels this past year!

250 Hours

**John Baranowski
Pat Baskind
Denise Bunting
Ray Clemen
Betty Fahed
Jane Hartough
Janice Kuhns**



500 Hours

**Beverly Cochran
Allen Earehart
Erica Gilliam
Teddy Martin
Lettie Muncy
Lee Pulling
Shirley Shultz
Carolyn Snyder**

1000 Hours

**Flo Grigg
June Walker**

3000 Hours

Joyce Brannon

5000 Hours

Peggy Lowry

Special Note for Intern Master Gardeners

Come to the annual meeting on June 10 at 1:00pm to meet the new officers and join for the 2009 – 2010 year. We would like to meet you and welcome you to the association. It is also a good time to sign up for committees that interest you.

A Little Bit about Horseradish

by Peggy Lowry

Horseradish is thought to have been around at least 3000 years, and we know that the Egyptians used it as far back as 1500 B.C. Early Greeks called it wild radish and used it in back rubs and as an aphrodisiac. The Delphic Oracle said to Apollo, “The radish is worth its weight in lead, the beet is worth its weight in silver, and the horseradish is worth its weight in gold.” It has been cultivated since antiquity and prized for its medicinal and gastronomical qualities. Murals in Pompeii show how it was cultivated there. It was used by Jews in Passover Sedars as one of the five bitter herbs, the other four being coriander, lettuce, horehound and nettle.



During the Middle Ages both root and leaves were used regularly to prevent kidney stones, as a stimulant, expectorant, diuretic, and to prevent scurvy. They were also used to treat infections, sinus, bronchitis, and congestion. In some back woods communities today, it is still used in poultices for aches, pains, mild frost bite and chilblains. At one time it was used to treat worms in children. “Of all things given to children for worms, horse radish is not the least, for it soon killeth and expelleth them.”

During the Renaissance, consumption of horseradish spread all over Europe. In Britain it was eaten only by country folk and laborers for it was considered “too strong for tender and gentle stomachs.” The name horseradish means large or coarse (horse) and root (radish). John Gerald, in his Herbal, said, “The horseradish stamped with a little vinegar put thereto is commonly used among the Germans for sauce to be eaten with fish and such like meates as we do mustarde.” By the late 1600’s it was a standard accompaniment for beef and oysters among all Englishmen. Owners of inns and coach stations grew it and used it in cordials to revive weary travelers. Early German and Eastern European settlers brought the root to America, and it became common in North America even growing wild by the mid 1800’s. Several counties in Illinois, known as the American Bottoms, have soil rich in potash, a nutrient on which horseradish thrives. Today this area grows about two thirds of the world’s supply.

Horseradish is thought to be native to Russia and the eastern Ukraine, but today it is found throughout the temperate climates of the world. In this country, any that is found growing wild has escaped from a planting. It is a hardy perennial of the mustard family and can easily regenerate from a small piece of root. It can grow up to five feet tall, send down a root two or more feet, and is able to maintain itself in the wild. Small roots branching at the lower end of the main root can and do produce new plants. Once established, it is extremely persistent. In fact, if left undisturbed in the garden, it can become quite invasive. Growing horseradish is easy, but it should be replanted every few years. If planted in a prepared bed at the correct depth and kept free of

weeds, no further care is needed. The main root is harvested and one or two off-shoots are replanted to produce the next crop. The first leaves gathered while young and tender can be added to salads or cooked. The flavor resembles watercress. The greens contain trace minerals, vitamin A and more vitamin C than lettuce or green bell peppers. Usually only the roots are used, and they contain potassium, calcium, magnesium and phosphorus. They grow larger and stronger in taste as the summer progresses. They are scraped and the scrapings dropped into water to keep from discoloring, then drained, chopped, and usually mixed with oil or vinegar. In the past, sometimes the roots were dried, ground and sprinkled in corners on steps and door sills to banish evil and diffuse any spells made against the household.

The term “prepared horseradish” refers to the grated root mixed with vinegar. When the root is cut, scraped, or grated, enzymes release a volatile oil containing sulfur. Vinegar stops the reaction and stabilizes it. Generally, the whiter the root the fresher it is. When it begins to darken, it loses flavor. Horseradish sauce made with various ingredients is popular almost world wide. In the United Kingdom a favorite is Tewkesbury mustard – a blend of horseradish and mustard. The recipe was created in the Middle Ages and said to be a favorite of Shakespeare. In South America horseradish is mixed with roquefort cheese and used as a spread. In some regions in Poland, horseradish soup is a main Easter Sunday dish. The Japanese sometimes dye horseradish green and substitute it for the more expensive wasabi traditionally served with sushi. They call horseradish “western wasabi.”

Today over six million gallons of prepared horseradish are made each year in the U.S. – enough to generously season enough sandwiches to circle the globe twelve times.

Horseradish Spread

5 ounces garlic-and-herb-flavored spreadable
cheese
3 tbs prepared horseradish, drained

4 ounces cream cheese, softened
¼ cup sour cream
1 tbs chopped fresh dill or 1 tsp dry dillweed

Mix all ingredients and blend well. Cover and refrigerate up to a week.

-Peggy Lowry

Crunchy Cole Slaw

(Carolyn Snyder served this dish at the plant swap.)

16 oz. package shredded slaw mix	1 cup sunflower seeds
1 bunch green onions, chopped	1 cup oil
2 packages ramen beef noodles	1/3 cup white vinegar
1 cup slivered almonds	1/3 cup sugar

Combine shredded slaw and green onions in a bowl; cover and refrigerate.

Crumble noodles. On baking sheet, combine noodles, slivered almonds and sunflower seeds. Toast in 300 degree oven for 10 minutes. Cool and store in a sealed zip lock bag.

To make dressing, combine oil, white vinegar, sugar and the 2 packages of noodle seasoning in a glass jar. Refrigerate.

When ready to serve, mix all ingredients in a large bowl. Shake dressing and pour over ingredients and stir. Serves 30.

NOTE: Other cabbages can be substituted. I have used Napa cabbage before.

-Carolyn Snyder

Newsletter and Website Submissions:

If you would like to submit information for the newsletter or website please note that I have recently changed my email address. -Jody Taggart (Newsletter/Website Editor)

Jody.Taggart@verizon.net
360-2680

Annual Dues Notice for HMGA

It's time to renew memberships in the Henrico Master Gardeners Association (HMGA). Our membership is **\$12.00** annually and the membership year is from July 1 through June 30. If you have been a member in the past, thanks for your support. If you are an intern or a MG who has never been a member, you might find interest in what the HMGA provides for you.

- ☺ Advanced training and programs on the 2nd Wednesday of the month April through November. These programs include garden tours, various guest speakers, the annual Plant Swap and luncheon, and bus trips;
- ☺ This newsletter (*Garden Gate*) with interesting articles and other gardening-related information;
- ☺ A website (www.henricomga.org) with great information and links of interest to Master Gardeners;
- ☺ Funding for significant Master Gardener activities such as Junior Master Gardeners and the Henrico Harvest Fair.

Our officers, board members and committee chairs volunteer many hours working to make the association strong which, in turn, helps make our Henrico Master Gardener program strong. Without the HMGA and our annual dues, as well as the tireless efforts of our members it would be difficult to provide these benefits.

As a member of the HMGA you can get more involved in what we do by serving as an officer or on a committee. Some of our committees include: **MG Training (Intern and Advanced), Horticulture Helpline, Finance, Hospitality, Junior Master Gardeners, Communications, Special Events, SMART Lawns, Service and Recognition, Historical, and Plant Clinics.** At our meeting on June 10, we will have more detailed information about committees and how you can participate.

Membership in the HMGA is completely voluntary—you do not have to be a member to continue to be an active Master Gardener. However, to be a member of the HMGA, you must first be an active Master Gardener (or an Intern working toward certification). So, if you have not joined HMGA, I urge you to consider becoming a member. And remember, attendance at all of the HMGA events and programs counts toward your recertification hours.

If you have any questions about membership in the HMGA, please feel free to contact me, or any officer or member of our board.

Thank you,

Beverly Cochrane, Treasurer, Henrico Master Gardeners Association

To join the HMGA, or renew your membership, please complete the form below and return it by July 1, 2009 along with your check for \$12.00. Dues may be dropped off or mailed to the extension office or handed to the Treasurer at a meeting.

**Henrico Master Gardeners Association
Membership Renewal Form**

Name: _____

Please check one:

I prefer my newsletter to be sent by **Email**

Email Address: _____

I prefer my newsletter to be sent by **USPS mail**

Address: _____

Make checks payable to: **Henrico Master Gardeners Association** and mail to:

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

Meeting Date Reminders

Board Meetings

June 3, 1:00pm

July 1, 1:00pm

Association Meetings

Annual Meeting June 10, 1:00pm

July 8, 1:00pm

Please submit your contribution to the newsletter
By **July 20** to Jody Taggart
jody.taggart@verizon.net 360-2680