



The Garden Gate Newsletter

June– July 2010

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Ann Dutton

1st Vice President

Erica Gilliam

2nd Vice President

Grace Harrison

Treasurer

Barry Hayes

Recording Secretary

Vickie Bell

Corresponding Secretary

Theresa Hawkes

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Continuing Education

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Finance

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Membership

Beverly Cochrane

Communications

Jody Taggart

Hospitality

Peggy Lowry & Shelby Earehart

Service and Recognition

& Historian

Joyce Carole Brannon

4-H Youth / Jr Master Gardeners

Faye Derkits & Pat Baskins

Plant Clinics

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 9** for the Annual Meeting at 1:00pm 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 – Barry Hayes

1st Vice President – Sandra Walton

2nd Vice President – Grace Harrison*

Treasurer – Doug Green

Recording Secretary – Vicki Bell*

Corresponding Secretary – Theresa Hawkes*

(*current members of the Board)

-Carol Colby, Lee Pulling and Theresa Hawkes,

- Nominating Committee

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.

July 14 Association Meeting

Johnnie Wallin from the Virginia Department of Transportation will be traveling from Petersburg and telling us about the VDOT Wildflower Program.

President's Message

This is my last President's Message so I would like to take this opportunity to tell you what a wonderful group of people you are! It has been a pleasure to serve and lead you for the past two years. I am leaving office with wonderful memories of working with so many great people.

I especially want to thank those who have served on the MG Board during my tenure. You patiently heard all my visions and strategies for change. Thank you for your support and for working with me as a true team. I appreciate each and every one of you!



Thanks go also to the Extension Office staff that has worked along side me so smoothly. There were many times when I came to one of you with a need and your support was always there.

Lastly, during the past two years I have gotten to know so many Master Gardeners and it has been pure joy to form friendships with so many great people. Gardeners are a special type of person – usually friendly, sharing, and gracious. These attributes certainly describe our Henrico MG's and I count it as a great privilege to be a part of this group.

Thanks for the memories!

The President Responds...

Q: Are we still going on a bus trip this year?

A: Yes. Mark your calendar for Wednesday, September 15, 2010. We have the bus engaged. Now we need a destination! Please give us your feedback! Where would you like to go? We will have a survey sheet at the June Annual Meeting. However, you can let me know your thoughts before then if you choose!

Q: Why do we need an Annual Meeting?

A: The Annual Meeting is a time...

For our new officers to be introduced and installed.

To congratulate us as committee leaders share accomplishments during the past year.

For committees to meet together for a brief time to select a new chairman and/or map out plans for the upcoming year.

To sign up for a new committee or sign up to be a leader.

To enjoy great food and friends! (It won't be like Christmas, but there will be more food than a normal monthly meeting.)

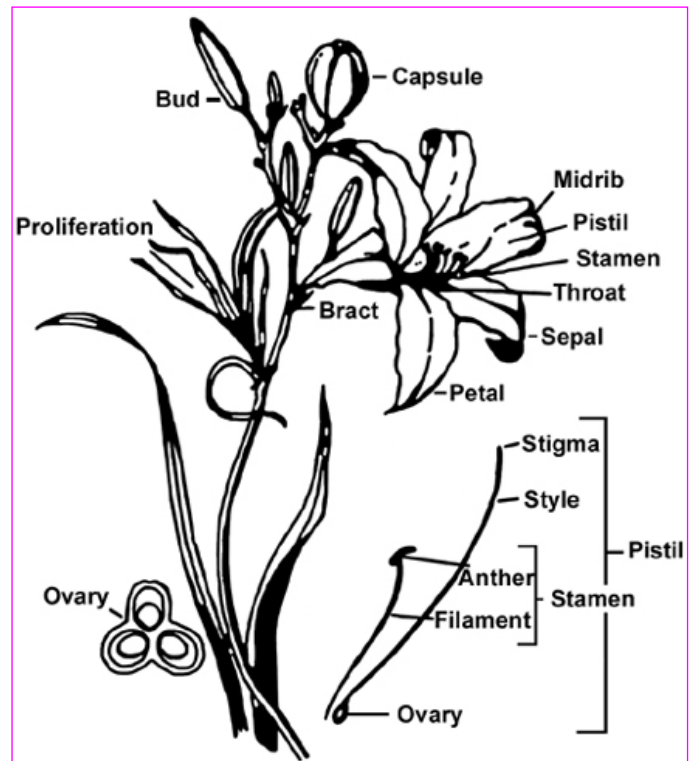
***** Please mark your calendar for Wednesday June 9. See you there! *****

-Ann Dutton

annforddutton@verizon.net 740-2514

A Little Bit About Daylilies

Best loved of all the lilies, the daylily has fascinated hybridizers and a multitude of growers who have created today's blossoms in an array of different colors and forms. Daylilies are native to central China where the ancients grew them mostly for food and medicine. Flower buds were used as a spring tonic and were also dried for use in the winter for food as well as medicine. Dried buds were ground into powder to be used to relieve pain, to purify the kidneys and to fight depression. One book on medicine in the Sung Dynasty (about 1500 A.D.) said, "The root of the daylily is cooling and non-poisonous. It is diuretic and is advised for curing incontinence. The juice extracted from fresh roots after pounding is administered internally to patients suffering from cirrhosis and jaundice. Boiled young shoots are also advised." Today in some parts of China the root is still considered helpful to treat urinary tract infections. Studies today show, however, that root toxins accumulate in the body and can lead to vision problems. Daylilies and rhubarb were carried on the ancient silk routes to Asia Minor and to Europe. About 1500 they had reached western Europe, and in the late 1500's Huguenots fleeing from France introduced them to the English who called them "liricon fancy." Gerard said, "It is fitly called Faire and beautiful for a day, so we in English may rightly term it the Day Lillie." The name *hemerocallis* is from *hemera*, day, and *kalos*, beautiful. Gerard also advised that the roots and leaves "may be laid with good success upon burnings and scaldings."



So admired by the English, daylilies were taken to the colonies, and by the late 1600's the tawny and lemon lilies were grown in New England and Virginia gardens. The Dutch planted them in Manhattan and the Quakers in Delaware; and so, along with lilacs, daylilies became a favorite dooryard plant. They followed the settlers across the plains and spread to naturalize along roadsides and in meadows. Sometimes a clump of day lilies was the only remaining trace of an old farm or graveyard.

In China today daylilies are cultivated on an agricultural scale, the buds being a staple food there. It is a common crop in the Orient; the buds are sold as "golden needles" or "gum jum" in Asian groceries. Seed pods are often pickled the same way as cucumbers. Large quantities of green buds are dried as well as newly opened blossoms, and some dealers swear that the flavor is improved by drying. The buds impart taste and texture to soups, stews and stir fries and are also eaten by themselves, steamed and buttered. The flowers are used fresh or

dried in hot and sour soup and moo shu pork. The fresh flower petals have the texture and sweetness of lettuce, and the pigment that creates the different shades and colors of the flowers causes them to have various flavors and tastes. The reds are inclined to be somewhat bitter. In fact, the taste of different parts of the plant varies because of local growing conditions. One old recipe reads, "Pick the blossoms near dawn as they open. Remove the necks where they join the stem. Bake in a low dish with rich milk, butter and salt."

Clustered right under the plant are edible tubers about one half inch in diameter and one inch long. If the connecting rhizomes and feeder roots are removed, the young tubers can be roasted and eaten like peanuts or boiled about fifteen minutes and taste like sweet corn. Tubers can be harvested any time of year when the ground is not frozen. In the spring, sprouting stalks are also edible if cut just above the root. The outer layer of the stalk is removed and the inner, tender portion can be sliced and added raw to salads or cooked like asparagus. The new leaves in the spring are crisp and have a nutty flavor raw.

One of the easiest to grow perennials, the daylily, is tolerant of garden mistakes and a wide range of growing conditions. Water is essential for a healthy plant; withstanding dry periods, it will bloom less with smaller flowers. Although they love the sun, they will tolerate partly shady conditions. Generally, they should receive six hours of direct sun a day. They will grow in a wide range of soils and pH. Good drainage is a must, and root competition can be avoided if they are not planted too close to shrubs or trees.

Dense clumps and masses of roots make them ideal for banks and ground covers. One of the most hybridized of all garden plants, thousands each year are registered. Hybridizers seek variation in size, scent, ruffled edges, contrasting eyes, improvements in color, disease resistance, and on the whole, hardier plants. New colors today include pale pink, reds, lavender, purple, greenish, near black, and near white. Because they are so easy to grow and care for, they make a wonderful splash of color in any garden. Several varieties bloom from June to September. By choosing those that rebloom during different times in summer, you can enjoy extended color. Daylilies propagate so rapidly that many have spread along roadsides, fences and fields. They have been called Roadside Lily, Railroad Lily, Wash House and even Out House Lily because they were frequently planted there. One plant will quickly spread to form a large clump, and the common roadside daylily may soon be listed as a weed. Over 60,000 cultivars are registered, and botanists have estimated that there are more daylilies in North America than in their native Asia.

-Peggy Lowry

Save the Date
Good Green, Bad Green
Invasive Plant Control for Habitat Restoration
A MID-ATLANTIC FOCUSED CONFERENCE

Sept. 16 & 17, 2010
Northern Virginia 4-H Center and Smithsonian Conservation Ecology Center
Front Royal, Virginia

Auditorium and Field-sessions include:

- Species identification techniques
- Integrated Pest Management
- Treatment demonstrations
- Strategies for conducting site triage
- Herbicide safety
- Restoration successes and challenges

Who should attend:

- Natural Resource Professionals
- Master Naturalists
- Consulting Foresters
- Landowners
- Arborists & Horticulturalists
- Master Gardeners
- You!

To make sure you receive final notice of this conference, please complete this 1 minute survey:
<https://www.surveymonkey.com/s/goodgreenbadgreen>

Special Note for Intern Master Gardeners

Come to the annual meeting on June 9 at 1:00pm to meet the new officers and join for the 2010 – 2011 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.

Volunteer Milestone Awards

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

250 Hours

**Virginia Axtell
Gladys Bowles
Robin Bryant
Grace Harrison
Gwen Hipp
Harold Huey
Genne Johnston
Brenda Orton
Keith Wyllie**

500 Hours

**Sandy Ashworth
Ann Dutton
Jane Hartough
Theresa Hawkes
Nancy Penick
Ed Piper
Alice Preston
John Sartin
Sally Stockslager
Barbara Talley**

1000 Hours

**Faye Derkits
Pat Remley**

10,000 Hours

Judy Burton

Attracting Insect Predators to Your Garden

To make your yard and garden attractive to beneficial insects, you should include certain plants and herbs in the landscape, because insect predators have their favorites. Some of these predators are pretty to look at like the green lacewing, but most of the others have a formidable appearance like assassin bugs, the spined soldier bug, certain types of mini wasps and tachinid flies. Even bell hornets that cartoons depict as aggressive man-stinging insects, spend their lives eating other insects and don't attack unless threatened. There are also several beneficial beetles and the beneficial daddy long legs or harvest man. Some of the adults feed on nectar and pollen while their larvae do the control work.

Attracting insect predators is not new – the Chinese have been practicing it for centuries.

About 1% of insects are pests, and for every insect pest, there are several beneficial insects that will prey on it. For example, the trichogramma wasp is so tiny that six of them could perch on the head of a pin. It is not a threat to humans, but it is the enemy of over 200 species of destructive insects including cutworms, cabbage looppers, European corn borers, codling moths and tomato hornworms.

Insects also need moisture and shelter and are attracted to windbreaks and hedgerows. A thick stand of cosmos, for example, makes an attractive shelter. Try growing wild flowers native to our region like wild asters, tickseed (coreopsis), members of the coneflower family, and goldenrod. There are several types of goldenrod that are not invasive, and their pollen attracts beneficial predator wasps. Herbs to plant include coriander, fennel, dill, lovage, chervil, and flat leaf parsley. By selecting predator friendly plants that bloom at different times, you can have a longer season of enticing these beneficial insects. These plants can be included in your flower beds or in sections of the garden with the biggest problems.

If you are willing to stop using pesticides and tolerate some infestation by incorporating a haven for insect predators, you would have a healthier garden, not to mention, a new world of wildlife to discover and observe. There are many look a likes in the insect world. So, of course, identify before you kill. Two online guides to help you identify these beneficials are:

www.janetmarinelli.com

www.nysaes.cornell.edu/int/biocontrol

-Peggy Lowry

From the Smithsonian

“When West Nile virus surged across the United States between 2001 and 2004, infected migratory birds were blamed for the disease’s rapid expansion. Now Johns Hopkins researchers say mosquitoes themselves, which transmit the virus to animals they bite, cover enough ground to carry the virus cross-country. Analyzing DNA from *Culex tarsalis* mosquitoes from 20 locations in the West, the researchers found that the insects, known to travel up to 2.5 miles a day, interbreed throughout much of the West, mingling more than researchers expected.

-Peggy Lowry

2010 Master Gardener College

Registration is now open for the 23rd Annual Master Gardener College in Blacksburg, VA, June 22-27, 2010. Registration is a two-stage process:

- 1) Register for the conference: <http://www.cpe.vt.edu/reg/mastergardener/>
- 2) Register for on-campus housing:
<http://www.studentprograms.vt.edu/conferences/conferences.php>

If you choose to stay off-campus, we have a block of rooms available at the Inn at VT and the Holiday Inn. Please check the “Room and Board” page on my website (www.hort.vt.edu/mastergardener) for details about housing and other off-campus options. This link can be found under “MG College.”

Please read all information carefully, especially with regards to Water Steward training. **Registration will be open until Friday, June 11.**

For details about the conference please check out the Spring issue of *In Season* newsletter:
http://www.hort.vt.edu/mastergardener/newsletter/InSeason_Spring2010.pdf

-VCE Master Gardener Coordinator Dave Close

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.

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 9, 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). And remember, attendance at all of the HMGA events and programs counts toward your recertification hours.

To join the HMGA, or renew your membership, please complete the form below and return it by July 1, 2010 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 90775
Henrico, VA 23273-0775

Or pay at the June membership meeting.

Planning Ahead & Thank You

On Thursday, July 8, we will take a field trip to CrystalHill Garden, Stuart William's garden of more than 300,000 daylilies . This will be a morning field trip. You can meet us at the Extension Office at 9:30 to carpool to the garden, or drive yourself. We will meet at Stuart's at 10:00 AM.

CrystalHill Garden is located at 5967 Anvil Lane, Mechanicsville, VA 23111.

Stuart will sell his daylilies if he has more than two fans. This garden is a real treat. I hope to see you there. You can check out his website at: . www.crystalhillgarden.com

In August, Kim Singhas, Master Gardener and beekeeper, will present the program 'All about Bees' (and their importance to our food chain.) For September our own Pat Remley will share her trip to the Galapagos with us.

A big THANK YOU to all who helped make the plant swap run so well.

Thank you!!!!

The plants were well conditioned, the luncheon items were delicious... Thank you for helping us to carry things in coolers, ice, drinks, paper goods and cutlery, and again back out to the car, for collecting our donation for paper goods and drinks which was turned over to our treasurer to help pay the bills, for making signs so that we knew where to put our plants, for helpers to direct us where to place our garden treasures, for a spokesperson who could be heard above our conversations, for helpers to set up and cleaned up, and for a volunteer to help those who needed help labeling or identifying their plants. This program is definitely an event that couldn't run without the help of all of you!

Our Master Gardening Association is the BEST.... And it wouldn't be without all of you.

See you all at the Annual Meeting. Don't forget, if you planted some of the garlic cloves from Kevin Damian (THE GARLIC MAN- last September's program) bring your largest harvested garlic head (you should be able to harvest by June 7th)

We will have a table set up to place your home grown garlic head and a team to 'judge' the largest. A small prize will be awarded.

Thank you for your attendance, your enthusiasm and support for the programs these past two years. It has indeed been an experience in organization for me to plan and execute the many speakers and garden tours...and of course a pleasure to work with all of the HMG's and Interns.

Please give Sandra Walton, our new Program's Chair, any speaker ideas/ garden tour ideas.

Your surveys pointed me in the right direction... I thank you for your help. -Erica Gilliam

Fudge Pops

A summer treat for children and grown-ups alike.

$\frac{3}{4}$ cup sugar
3 tbs flour

3 tbs cocoa
4 cups milk

In a saucepan, combine the sugar, flour and cocoa. Gradually stir in the milk until smooth. Bring to a boil over medium heat. Cook and stir until thickened. Cool and pour into molds. Freeze until set.

-Peggy Lowry

Meeting Date Reminders

Board Meetings

June 2, 1:00pm

July 7, 1:00pm

Association Meetings

June 9, 1:00pm Annual Meeting

July 14, 1:00pm

Please submit your contribution to the next newsletter
by **July 20** to Jody Taggart
Jody.Taggart@verizon.net 360-2680