

WHAT'S GROWING ON?

WINNEBAGO COUNTY MASTER GARDENERS

October 2016-Issue 23



Mission Statement: Our purpose is to provide horticulture education, community service and environmental stewardship for our community in affiliation with the University of Wisconsin Extension Program.

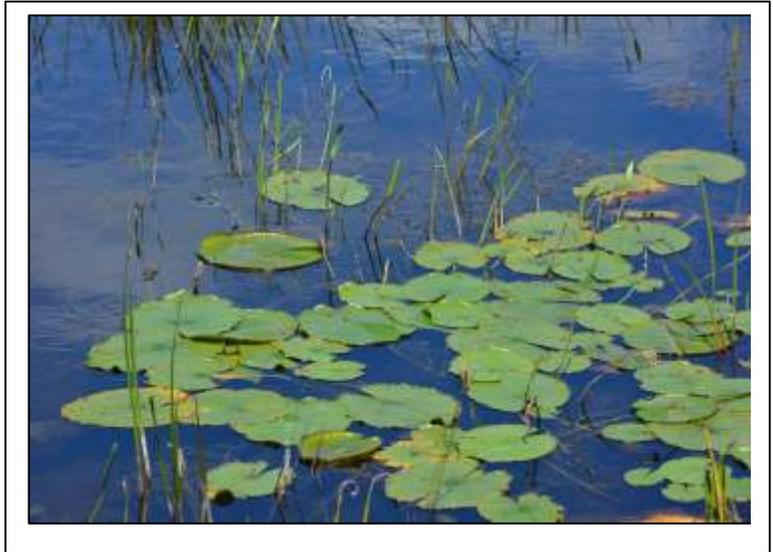


Photo by Maria Talin

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DATES TO REMEMBER

Board Meeting- October 4

Business Meeting & Plant Exchange- October 11

Fall Work Shop – October 3, October 15

Education Committee Meeting- Oct 18, Nov 15

Carter Library Gardens- every 2nd & 4th Monday 4-7

Park View Gardens – every Tuesday thru October

Buckthorn- Oct 29, Nov 5, 19, 26: 9:00 -12:00

The President's Pen

From Kathy Schultz and Linda Loker



Happy Fall To All!

Here we are into October already! This is a favorite time of year for many - the colors are such a showcase. October also greets us with a little nip in the air and a nice long list of chores!

Butterflies are all around - there is such beauty in watching the Monarchs feed on our zinnias and the Red Admirals on the sedum blossoms. Hopefully our gardens have plenty of food for the migrators for the start of their long journey.

Vegetable gardeners are winding their gardens down now and flower gardeners are planning their clean up strategy, along with their bulb planting strategy. Plus there still is time to place perennials in the ground. Cool fall weather is a great time for planting perennials according to Melinda Myers (Month by Month Gardening in WI). And remember to bring a plant to the member meeting this month and you will be able to take one home. Thank you to Donna Kudlas and Diane Iott for organizing our plant exchange.

Clean up is happening in some of the projects now so watch for email requests for help. Thank you to Patti Schmitz for gathering our volunteer hours data, especially with our new form. She reports that it basically went well. We believe that this is a very useful form for the organization. We appreciate your efforts Patti!

Our Basic MG Training course is in full swing now and you may have spotted the new trainees among our group at the September member meeting during our educational segment. Please give them a warm welcome when you see them.

And speaking of our educational piece of our member meetings, our advisor, Kimberly Miller will be presenting a talk on pruning this month. Perfect timing for us to use what we will learn - for some types of trees and shrubs.

The nomination committee (Linda Petek and Joni Pagel) is busy putting together a list of candidates for our November election of officers. At our October member meeting we will be offering a description of each of the roles that will be vacant. If you are contacted by either Linda or Joni, please consider being a candidate. We must admit that we were not sure of the role we now share, however we have learned so much these past several months, and now have a greater understanding of the organization. The board members, past and present, are all very supportive and really make a great team! Our advisor is also very supportive and readily available with valuable information.

Enjoy the colorful season!

Kathy and Linda

SHARING YOUR TIME

By Kathy Gore

The Carter Memorial Library Project was a new project for 2015. Pat Behm and Linda Petek are the Project Leads. They and other volunteers have put many long hours into the project to make the area more attractive for the community. As Master Gardeners, this is what we are here for, helping the community and volunteering our time and knowledge.

I asked Pat Behm and Linda Petek to tell us little about this new project.

The Carter Memorial Library Project started in the early spring of 2014. Julie Stobbe, Director of the Library, contacted Mary Shepard and Linda Petek about receiving some advice from the Winnebago County Master Gardeners on how to enhance the landscaping around the library. The landscape around the Library was put in place in the 1980's, some bushes had died, some had become overgrown, beds were weed infested and in general in need of professional attention. Pat Behm, Mary and Linda met with Julie and decided to have a workday with volunteers to see what could be done.

Joe Jares helped us by trimming yews and viburnums on the north side of the building. On the west side of the building, Linda cut down the dogwood bushes so they could regrow again. Carole Dorsch helped us by digging out some spireas that had died and transplanting some of the other ones. Julie and Pat trimmed the gangly ground-covering junipers (which we eventually took out).

The eastside of the building was all dandelions and weeds. We put wet cardboard and newspapers down and covered it with mulch donated by the City of Omro. As summer went on we would dig holes in the mulch and plant donated hostas, sedums, daylilies, and anything we had extra from our own gardens.

We decided we would put in a project application for the following year (January, 2015) so we could get some funding as much work needed to be done and we were enjoying working at the library. Summer of 2015 gave us the opportunity to take out the junipers in front of the building and plant variegated dogwoods, bleeding hearts, hostas, and sedums. We started a butterfly garden on the north side with natives and annuals and planted tulip and daffodil bulbs throughout. Wendy Wilber is our water person as she lives only a few blocks from the library.

This past summer we added another flowerbed by the curb and sign. We continued to add more plants and bushes, deadheaded and weeded and had a garden walk in August. We have much support from the community with many patrons stopping to comment about the gardens and talk about gardening. We are excited to continue work at the library and plan some educational opportunities and signage for the garden.

To volunteer for this project contact Pat Behm or Linda Petek.

WHAT AM I?

By Jane Kuhn

I am an upright herbaceous perennial which blooms from late summer through fall and can withstand frost but not a hard freeze. My three inch wide flowers are held singly on long, straight stems and have white petals and a greenish yellow eye. My plant height and width are both three feet with foliage of leathery, shiny, dark green leaves which are oval in shape and toothed. Grow me in USDA zones 5-9 in full sun and average well-drained soil. Once established I will tolerate drought well. My growth should be pinched back in spring to promote a bushy shape.

Propagation can be from cuttings or from seeds, but seeds may be hard to come by. Another method is by plant division in spring if clumps become too large. I am a good cutting flower, a welcome fall bloomer, and can be used in spacious rock gardens and in xeriscaping. I attract butterflies and bees and am deer and rabbit resistant



News Crew-

Kathy Gore, Virginia Slattery, Eric Kropp, Mary Jo Maher, Maria Talin, Lawanda Jungswirth, Marge Bolding, Lynne Slatt, Jane Kuhn, and Anne Murphy

Welcome the new photographer Maria Talin. Maria is a member of the 2013 class.

Welcome Maria!

Got a picture you would like to put in the newsletter? Please contact Maria at maria49@att.net

LAWANDA'S GARDEN PATH

By Lawanda Jungwirth

The Mighty Oak

There are almost 100 different species of oak native to the United States. They occur naturally in all of the 48 contiguous states except, oddly, Idaho.

Probably the oak most Wisconsinites can identify is the white oak, whose leaves have the classic round-lobed shape. The bur oak, one of the white oak group, is the most common oak native to the Midwest. Many people also know red oak and black oak, whose leaves have sharply pointed lobes similar to those of maples.

Before people came along and covered Winnebago County with roads, parking lots, buildings and farm fields, this area was oak savanna, a lightly forested grassland where oak was the dominant tree species. Today oak savanna is one of the rarest plant communities on earth.

Oak trees provide food for 534 species of butterflies and moths, more than any other tree. That doesn't even take into account the many other insects and the squirrels, chipmunks, deer, bears, turkeys, grouse and other birds that depend on oak trees to survive.

So why aren't people planting more oaks? The main reason is probably that they are relatively slow growing. But so what? They are the easiest of all the trees to plant, because you don't have to lug a heavy tree home from the nursery, dig a big hole, heave the tree into the hole, and deal with all the other issues attendant with planting a tree, along with the expense of the tree itself.

No, all you have to do is plant an acorn. Place it on its side in a mostly sunny spot, about 1 ½ times as deep as the diameter of the acorn. For example, if the acorn is an inch wide, plant it 1 ½ inches deep. Protect the acorn from squirrels and mice by laying a piece of chicken wire over it before covering it with soil. Water it well and wait. It may even germinate the same fall you plant it. For the first year, place a chicken wire cage around and over the seedling to protect it from animals.

Young oaks may be carefully transplanted, but it's best to just decide where you want it to grow for the next several hundred years and plant the acorn in that spot. Why not plant an oak to commemorate the birth of a child or grandchild, or to mark the occasion of a wedding or other special event? Generations to follow can visit the mighty oak and recall stories of family long gone who cared enough to plant an oak

It's Mum Time!

The entryways of plant nurseries, grocery stores, drug stores and department stores are filled with beautiful pots of chrysanthemums in an array of gorgeous fall colors. Soon all those pots of mums will migrate to front porches, decks and sidewalks throughout the area.

Don't be quick to buy the biggest most spectacular plants you see. In order for the plants to sport hundreds of blossoms, they have likely been in their pots for a very long time. They may be root bound, which means that all that you'll find inside the pot is a tangle of circling roots and very little potting soil. A root bound mum plant will have a much shorter life than one with plenty of potting soil. Pick up the pot before you buy. It should feel heavy and solid for its size and not top heavy.

As tempting as it is to buy a mum plant full of open blooms for instant beautification, you are better off buying a plant with more unopened buds than fully opened ones for a longer season of bloom. Each individual bloom has a short shelf life so unless you absolutely must have mum decorations in place immediately, remember this: "Buy the buds."

When you get the pot home, water it well, drenching the soil until water runs out the bottom of the pot. Mums can be placed directly in a sunny location without a period of adjustment, as most of them have been in the sun outside the stores while awaiting their new homes.

The smaller the pot, the more often you'll have to water, perhaps as often as every day. Larger pots may be fine for a few days.

To keep plants producing new blossoms, deadhead spent blooms by clipping them with a scissors. This can be tedious on a large plant, but so worthwhile when you've invested quite a bit of money on a relatively short-lived plant.

If you get the plant home and find you've inadvertently purchased a root bound plant, all is not lost. Remove the plant from its pot and set it in a bucket of water while you prepare a larger pot with fresh potting soil. Use a knife to make vertical ½-inch deep slices into the mass of roots from top to bottom. This will encourage the roots to grow into the fresh soil once in the larger pot. Water well when the plant is in its new pot.

One of the most-asked questions about mums is, "If I plant them in the ground at the end of the growing season will they grow next year?" The answer is "maybe." They will have a much better chance of survival if they are planted in the ground as soon as you purchase them so that they can develop a good root system before winter. Mulch around the plants after the ground has frozen with evergreen boughs, straw, or pine needles, making sure to keep the mulch from touching the stems.

WHO KNEW?



By Lynne Slat

Gardening and (hopeful) Prevention of Osteoporosis

Source- *Mayo Clinic.org*

What IS Osteoporosis?

[Addition information on Osteoporosis and Exercise – Click here](#)

Osteoporosis causes bones to become weak and brittle — so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine. Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone.

Osteoporosis affects men and women of all races. But white and Asian women — especially older women who are past menopause — are at highest risk. The risk factors increase after women go through menopause because estrogen levels decrease. Medications (Vitamin D-3 & calcium), a healthy diet and weight-bearing exercise can help prevent bone loss or strengthen already weak bones. And that makes gardening a very good choice for exercise.

Gardening provides all kinds of exercise. It is often a strenuous activity. Women are at a higher risk for osteoporosis than men. Bones are healthiest when the body is on an exercise regimen of light weight lifting, jogging or walking. Smoking and consuming alcohol also increase the risk. Smokers lose bone density quickly and consuming alcohol inhibits the absorption of calcium. Knowing the risk factors and symptoms can greatly reduce one's chances of getting osteoporosis. Weight bearing aerobic activities involve doing exercise on your feet, with bones supporting your weight. Examples include walking, dancing, stair climbing, low-impact aerobics and GARDENING.

There is a historical correlation between being in a pretty garden and your mood. The more time you spend outside, it makes sense that you relax more. Not to mention, the vitamin D you get from the sun. Pleasing sites tend to sooth the soul. As gardeners, it is our therapy.

So- you get to do what you love, see beautiful things, just be a part of nature- and maybe even prevent osteoporosis... how can you go wrong?

[Check out this book: Therapeutic Landscapes](#)



ANSWER TO “WHAT AM I?”

By Jane Kuhn

Answer to “What Am I?”

I am Montauk daisy. Order: Asterales. Family: Asteraceae/Compositae – Aster family. Genus: *Nipponanthemum* (Kitam.) Kitam. – Nippon daisy. Common names: Nippon daisy, Montauk daisy. While one common name acknowledges its Oriental origins (Nippon), the primary common name is based on the fact that it has become a naturalized plant on the sandy shores of Long Island, New York (U.S.). This flower has become so associated with the town of Montauk on the island that the name Montauk daisy has stuck.



References: USDA Plants Database and associated links.

FOOD FOR THOUGHT

By ReneeDonner

Triple Chocolate Bundt Cake

1 pkg. white cake mix
1/3 cup sugar
4 large eggs
1 cup sour cream
2/3 cup canola oil
2 tbsp. baking cocoa
1/2 cup mini chocolate chips

Frosting

1 can chocolate frosting
1-2 tbsp. milk

Preheat oven 350, Grease and flour a bundt cake pan.

In large bowl, combine first 5 ingredients; Beat on low for 30 seconds. Beat on medium for 2 minutes. Remove half of the batter to another bowl and stir in cocoa. Fold chocolate chips into remaining batter.

Alternately spoon batters into prepared pan. Bake 45-50 minutes. Cool cake for 15 minutes before removing to a wire rack to cool completely.

In a small bowl, mix the frosting w/milk, enough to reach glaze consistency. Spoon over cake.

Recipe by: Melissa Just of Minneapolis, Mn

The Latest Dirt

Latest news of the Winnebago Master Gardeners

A plant exchange has been scheduled for the October general meeting. Anyone who brings a plant can choose a plant. Please have your plant(s) labeled and include the name and growing conditions. Plants should be in a travel friendly container. A designated location will be available where these plants can be placed for our October meeting

The Education Committee will be meeting:

October 18 5:30 at Benvenutos

November 15 5:30 at Benvenutos

Water Hyacinth Update

Saturday brought us a beautiful morning and Linda Loker and I set out to hunt Water Hyacinth in the channels on the east side of Lake Winneconne. We checked all of them and had just started down the channel where I found the WH last fall and Linda found a clump of them! We paddled on north in that channel and Linda again found some more pieces. Way to go Linda!!!

Winnebago County Master Gardeners are sponsoring a Fall Garden Workshop at two locations.

The topic is "Preparing the Garden for Winter." The presentation will cover important fall tasks for protecting, nurturing and cleaning-up flower beds, vegetable beds, lawns, trees and shrubs, fruit trees, house plants and objets d'art before the cold winds blow.

Monday, October 3, 6:30-8 p.m., Neenah Public Library (part of its Suburban Homesteading series) and it will be repeated Saturday, October 15, 9-10:30 a.m., Coughlin Center, Rooms A&B.

The workshop is free to the public and there is no registration required.

Time for Buckthorn Removal

Where : North High Conservancy Park (behind North High School-1100 Smith St, Oshkosh)

Enter off Smith St (west side lot) or Vinland and park either in the big lot or drive into the park. There is an area next to the detention pond.

When : Oct 29, Nov 5th, 19th and 26th (Saturdays from 9-12)

Bring a lopper, small trimmer, chain saws, gloves and layer clothes (we tend to get warm after working awhile)

We will cut down large trees with chain saws and the smaller ones with our loppers. The small buckthorn can be hand pulled. It will be treated with a chemical supplied by the city forestry dept. Additional gloves will be supplied for those using the chemical. Then the branches are piled along the path, and the forestry dept will remove them. Any further questions call, text or email me.

See you Oct 29th.

Sue Egner-Invasive Species co-chair

920-231-1729 (H)

920-216-9455 (C)

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Fall Workshop	4 Park View Gardens Board Meeting	5	6	7	8
9	10 Carter Library	11 Park View Gardens Business Meeting/Plant Exchange	12	13	14	15 Fall Workshop
16	17	18 Park View Gardens/EDU meeting	19	20	21	22
23	24 Carter Library	25 Park View Gardens	26	27	28	29 Buckthorn removal
30	31 					

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Buckthorn removal
6	7	8 Board Meeting	9	10	11	12
13	14	15 Business Meeting/ Elections	16	17	18	19 Buckthorn removal
20	21	22	23	24 	25	26 Buckthorn removal
27	28	29	30			
30	31					