



The Gardeners of America-Fort Wayne Inc.

August 2011

Vol. VII No. 8

FROM THE PRESIDENT:

I want to apologize for not being able to attend the Annual Flower and Garden Show. Cheri and I were attending the American Horticultural Society's Youth Gardening Symposium at Michigan State University representing the national TGOA/MGCA. Cheri attended as the chairman of the TGOA/MGCA Youth Gardening Committee and I attended as a representative of the Executive Committee to promote TGOA/MGCA. We felt that it was very worthwhile for us to be in attendance.

This year we had a totally new arrangement for the Annual Flower and Garden Show. It was an experiment to see if we could make it more productive for our club. This year we could not have our annual pot luck lunch, because of space limitations. It is my understanding that we had more visitors enter our show and more visitors to view our show. This is the largest expense the club has. We are paying out approximately \$800 for the show this year. This includes the cost to store our materials, fee to the 4H, lunch for the judges, ribbons, etc. We need to fully discuss this event at our September meeting. If we had someone who could store the materials for free, it would reduce the cost by about \$480. We need to figure out ways to reduce the costs.

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The Annual Summer Conference of the

The Annual Summer Conference of the Central Great Lakes Region was held on July 29 and 30, 2011. Cheri and I along with Kay and Jerry Musgrave attended the Conference. Our regional first vice president, Leroy Hart and his committee from the Akron club did a great job of arranging the conference. Next year, Cheri will be arranging the conference.

This year we have a 55 passenger bus from Excursions Trailways for our September 17, 2011 trip to Michigan State University to visit the gardens that they have, which are among the finest. We have a good program and good food for a very fair price of \$75. This is the only major fundraiser our club has. As of the date of the writing of this newsletter all of the reservations except for two are from people who are not members of our club. We need to have our club support this trip. If you cannot attend please encourage and recruit your family and friends to attend.

Those who attended the Summer Picnic had a great time and enjoyed the camaraderie of fellow club members. The weather cooperated and we had an enjoyable time. Hopefully, next year it will be possible for more members to attend.

Yours in gardening,
John Kessen

KATHY'S KIBITZIN'

Kibitzin' is all about the show this month. Thanks to the set-up gang who showed up at 8:00ish to help cover the tables, put out the blocks and section name cards, carry in exhibits: Lynda Heavrin, James Davison, Bernie & Sue Holm, Nancy & Russell Parker, Marggie Faley and Melinda Hammen. Then Mildred was able to join us and be our Recorder. Marggie served also as the Clerk for the show.

You will notice in the table (at the end of this newsletter) that shows the exhibitor's names and the number of ribbons awarded at each level, there are several exhibits that were assigned to the Not Judged column. For the most part, those plants weren't judged because there were several of the same types in the class. So, after the 1st, 2nd, 3rd, and perhaps Honorable Mentions were selected, the others didn't receive a designation. They might also not have been judged because they didn't meet the requirements for the display; i.e., perhaps it was to be "with stem" or "3 leaves attached" and the requirement wasn't met.

As a point of reference: In 2006 the show had 114 entries - 15 (5 non-members) exhibitors; in 2007 there were 113 entries - 15 exhibitors; in 2008 there were 102 entries - 13 (3 non-member youth) exhibitors and in 2009 there were 146 entries - 15 adult (7 non-members, 6 of which were youth) exhibitors.

Over the past few years, the club has lost several members who were avid show exhibitors; Vivian Gordon, Mary Graft, Carl Smith, and Martin Rust. Times like this I miss them even more.

The Family and Arts Building at the Allen County Fairgrounds was a lovely place for the show. It was air conditioned, spacious, and the tables were set up. We did have a lot more public visiting our show and a couple of fellas said they'd like to participate next year. The 3 non-members who exhibited said they had a great time and hoped we do it again next year. We had publication space in the AC Fair Insert that was in the Sunday paper.

The off side of the story is no one asked about joining the club. The building rent was \$200.00. And, the ribbons that I ordered cost about \$360.00. Several of those ribbons were returned to the club and I expect a few more will dribble in over the next few months. Due to the low participation, we have an abundance of the blues, reds, whites, and Honorable Mention ribbons.

Keep those 3 R's revvin' in 2011!

So, what are you doing this month to Keep those 3 R's Revin' in 2011? I'm working at being efficient with watering of plants were ever I'm watering. I water at the base of the plant. Give the area a quick hit of water to release the surface tension over an area. Then I come back and give a good drink at the base of the plants. Very little water or nourishment is taken into the plants by the foliage. The roots are where all the action happens.

Occasionally the foliage may need to be watered to wash the dust off. Avoid doing that in the heat of the day when the sun is shining on the plant or you risk burning the leaves.

That's it for this month. Catch you later!
Kathy Lee, igarden2@aol.com

Willie Weedpuller

Recently Willie got to visit an organic farm at the MSU Horticulture Teaching and Research Center. He learned so very much and found the experience quite interesting. *Organic* is so much more than just not using synthetic chemicals or fertilizers to manage pests and fertility in the fields. Did you know that there are as many as seven billion organisms in a cup of healthy soil? By feeding the living soil using a combination of crop rotation, cover cropping and compost- healthy plants can be produced which in turn contributes to healthy animals and humans. On this farm over 70 different vegetable crops were grown so if one of the crops yields poorly because of bad weather or some other reason, the effect is not as troublesome since there are many other crops to fill the gap. Hoophouses, heated only by the sun, enable crops to be grown year-round-even in the middle of the winter.

Willie really enjoyed the story of the two sad little pigs who were also on the farm. These two little pigs were rescued from a modern day pig facility where the pigs never see daylight and only live in a small pen for their entire lives. These two little pigs were brought back to the organic farm and were so happy to be outside, breathing fresh air and playing in the warm sunshine. They were truly living the life of a pig of the past. Each pig gave birth and now there are 15 pigs living freely and happily as they were created to do. When the pigs saw everyone standing at the fence line, they came running over to sniff and snort and

just enjoy some human interaction. What a difference humane treatment can make. There are now very happy pigs. Willie is aware that these same type of facilities also raise chickens, packed in so tight they can hardly turn around. Is it any wonder that some of our food does not taste as good as it use too? Certainly animals living in such conditions and without any kind of exercise are not going to be equal to those who do.



Tall Cold Herbal Drinks for Summer

Those old Southerners really knew how to live - they had mint julep. August is a month for herbal beverages - tall cold drinks and hot, spicy teas. As Rudyard Kipling said:

“Excellent herbs had our fathers
of old
Excellent herbs to ease their
pain.
Alexanders and marigold,
eyebright, orris, and elecampane.
Basil, rocket, valerian, rue
Almost signing themselves
they run).
Vervain, dittery, ‘Call me to you.’
Cowslip, melilot, rose-of-the-sun:
Anything green that grew out of the
mould.
Was an excellent herb to our
Father’s of old.”

Sleeping with a sunflower: a treasury of old-time gardening lore. Louise Riotte. 1987

YOUTH GARDENING

Cool treats for hot young gardeners and easy enough for them to help make.

Swamp Juice Smoothie

1. Peel and slice one ripe banana, put it in a plastic container or sealable plastic bag and freeze overnight.
2. Remove the banana from freezer and thaw for 10 minutes. Place in a blender with ¼ cup orange juice and ¼ cup pineapple juice.
3. Throw in a bunch or raw spinach or kale leaves and blend on high for 3 minutes or until the drink is smooth. Pour into a tall cup and sip with a straw.

Serves 1- 2 kids on a hot day. *The Kids' Multicultural Cookbook* by Deanna F. Cook.

Other people have talked about making a smoothie with 1. spinach, a pear and lime juice. 2. parsley, coconut and pineapple juice

Lemonade and More

1. Fill an ice cube tray with hot water from the tap. Drop a small blossom of lilac, viola, borage, Johnny-jump-up or rose petal into each section of the tray and freeze.
2. Make lemonade and add a blend of berries to give it zing.
3. Drop in some flower ice cubes.

Edible Caterpillar

Slice cucumbers and carrots into coins. Assemble by alternating the coins and add celery for antennae. Add eyes:

olives, raisins or blue berries and mouth: radish, pimento, tomato or red berry.

Ants on a Log

Cut a piece of celery and stuff it with peanut butter. Line up raisins on the top.

Grape Marbles

Freeze whole bunches of grapes (don't worry about wrapping them). Use them as a snack or as a substitute for ice cubes in a fruity drink.

Veggie Medley

Clean and slice celery, red and yellow bell peppers, carrots and tiny trees of broccoli. Tuck them into a small vase filled with cold water and set them on the table. Fill small bowls with ranch or other favorite dressings and dip into them.

Toad Cottages & Shooting Stars by Sharon Lovejoy

Grapes in the Snow

Place equal parts of cream cheese, cool whip and sour cream in a bowl. Add a little vanilla and mix together. Wash grapes, place in another bowl and pour the mixture over the grapes gently coating them. Marge Taylor



The Value of Cucumbers

1. Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, zinc and potassium.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, Spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent to drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite? Try rubbing a slice or two of cucumbers along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works on wrinkles too!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain sugar, B vitamins and electrolytes to replenish essential nutrients the body loses.

7. Looking to fight that afternoon or evening snacking binge? Cucumbers

have been used for centuries and used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have time to polish your shoes? Rub a freshly cut cucumber over the shoe; its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problem hinge, and voila, the squeak is gone!

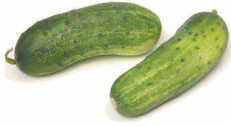
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber react with the boiling water and released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a "green" way to clean you faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface to remove tarnish and bring back shine; all this without streaks!

13. Using a pen and make a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing; also works great on crayons and markers the kids use to decorate the walls.

Thanks, Cheri, for “cucumber wisdom”



FLASH PROFILE: Kay Musgrave,
TGOA Director

“Gardening has always been a joy for me no matter if it’s pulling weeds or starting new projects”.

“I grew up in Maryland just across the line from Washington, D.C. We had an acre lot with $\frac{3}{4}$ acre in garden. Silver Queen Corn was one of my favorites”.

“Jerry and I married in 1954 and came back to NW Indiana until 2000. With Jerry’s help making raised beds, a deck and a curved sidewalk and my flowers, the yard was transformed. We left it to move to NE Indiana. It has taken 10 years to take out grass in the backyard to form beds and paths. In addition, to create beds along the side of the house where stone was four feet wide. Flowers and whimsical pieces of art can now be found throughout our yard”.

In 2001, Kay took the Master Gardener course and she is now an Advanced Master Gardener. Activities at the Extension Office have included working as part of a team in the Trial Garden, Woodland Fen and the Nursery Group. She also participates in garden walks and sales, phone response (answering questions about gardening), and with food group for MG classes and work days. “These activities are fun and a learning experience as others share information”. “Currently I am taking a Diagnostic class to further my

knowledge and to share accurate information with others”.

“Community involvement is important to me so I also volunteer at the Botanical Conservatory, my church, and at the two county parks. Most recently, I helped start a butterfly garden at Fox Island and outside the play area at our church”.

“One activity I share with others is flower pounding. Flower pounding uses paper or fabric to place a flower on and pound with a hammer to release the pigments onto the medium being used. Fabric needs to be specially treated to use but water color paper works well if covered with a paper towel. Flower pounding is a way to get people interested in flowers and help them to be creative. This activity is fun for children and adults.

“Gardening provides benefits for mind, body and soul”. - Kay



FARMERS' MARKETS

A farmers' market is a place to buy fresh home grown produce. You will find produce where small vendors have hands on involvement. It is "One Stop" shopping.

Farmers' markets are one of the oldest forms of direct marketing by small farms. From the traditional "Mercado's" in the Peruvian Andes to the unique street markets of Asia; growers all over the world gather weekly to sell their produce directly to the local citizens. In the last decade they have become a favorite marketing method for many farms throughout the United States and a stop during the growing season for shoppers seeking fresh produce.

Shopping at a farmers' market is a great way to meet local farmers and get fresh, flavorful produce.

Farmers' markets started 1000 years ago. In recent years a boon to return to the land brought farmers' markets to the interest of locals due to the love of the natural and love of the land. In the 1990's new markets grew with eye for sustainability, quality and variety of foods right here in Indiana. In our area, Amish farmers have sold their produce at farmers' markets for a long time. Nationally, the number of farmers markets in the United States has grown dramatically in recent years, increasing from 1,755 in 1994 to 5,274 known facilities nationwide by mid- 2009. From a community perspective, farmers' markets can nurture local economic development, maintain diversity and quality of products and provide opportunities for producers and consumers to come together.

A farmer/vendor once said: "I enjoy meeting the people coming in and talking to me and when I get home I even have a little money to spend"

Due to the close proximity of buyers and vendors, markets give vendors the opportunity to share their knowledge with customers and their ideas with other vendors. Farmers, who are using sustainable methods of production, should be regarded as assets to and stewards of their communities. Farmers' markets welcome affordable, sustainable food, and a variety of food that is good for you. While the challenges to locally grown foods are substantial, markets that put producers in contact with the customer offer both stability and promise.

The Farmers' Market Book: Growing Food, Cultivating Community. J. Robinson and J. A. Hartenfeld. 2007.

Northern Indiana and Fort Wayne Farmers' Markets can be located using the Purdue Cooperative Extension Service listing of dates and times of area farmers' markets.

www.extension.purdue.edu/ces/allen



**2010- 2011 TGOA FW Inc.
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Flower & Garden Show & Sale -
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 Kathy Lee
Assistants: Marggie Faley
 Melinda Hammen
Public Relations: Lynda Heavrin
 Assistant: Melinda Hammen
Librarian - Jayne Jones

2011 TGOA Flower Show Pictures



PROGRAMMING

August Program - Ricky Kemery will
 present a program about
 Sustainability.

AUGUST BIRTHDAYS

August 6 - Jayne Jones
August 30 - Robert Schmidt

REFRESHMENTS FOR MEETINGS

August - Ellsworth Smith, Jerry & Kay
 Musgrave



Pictures from TGOA Summer Picnic at
Kessens; A great day of companionship.



TGOA Newsletter
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Section Supplement						
Name	#	1st	2nd Red	3rd White	Hono- ra ble M en t- io n	Not Jud ged
Monia Alexander (Non-Member)	4	3			1	
Barbara Buhlman (Non-Member)	11	4	4	3		1
Marggie Faley	14	6	5			3
Lynda Heavrin	10	4	1	1	1	3
Kathy Lee	19	8	8	1		2
Lee Purdy (Non-Member)	1		1			
Marlene Purdy (Non-Member)	25	9	4	3	3	6
Mildred Smith	1	1				
Total Entries	85					
Total Exhibitors	8					
Total Member Exhibitors	4					
Total Member Entries	55					

Awards Table		
Award	Plant	Exhibitor
Best of Show	Japanese Maple	Kathy Lee
Best Artistic Arrangement	Tropical Night	Marlene Purdy
Section Winners		
Vegetables	Jalapeño Peppers	Marggie Faley
Annuals	Lisianthus	Marlene Purdy
Perennials	Anenome	Marlene Purdy
Bulbs, Tubers, & Corms	Dahlia	Barbara Buhlman
Herbs	Rosemary	Marggie Faley
Wildflowers	Solidago (Goldenrod)	Marlene Purdy
Ornamentals	Coleus	Lynda Heavrin
Roses	Minature (Unknown Variety)	Barbara Buhlman
Potted - Flowering	Lantana	Kathy Lee
Potted - Foliage and Ferns	Japanese Maple	Kathy Lee
Potted - Succulents & Cacti	Sansevaria	Marlene Purdy
Potted - Mixed	Terrarium	Kathy Lee

Jaye Bausser wrote the "Prairie" article for Allen County Extension "Friends of the Garden" Newsletter column "Garden Chat".

The Display Gardens: Ehle-Ford Prairie Garden



The Ehle-Ford Prairie Garden at first glance may look like an overgrown weed patch, but don't be fooled. Packed into the dense vegetation are plants that our ancestors would have seen on the prairies as they moved into the Midwest and settled. This garden was started by Ricky Kemery, Horticulture Educator, in the late 1990s, shortly after he began working at the Allen County Extension Office. Prairies were a special interest of Ricky's, and along the way he was joined by a few Master Gardeners who shared his interest. Today, the garden and the number of volunteers working it has grown considerably, and Ricky has turned over responsibility for the garden to the Master Gardeners headed by Kathy Lee. The garden is named in honor of a Master Gardener, the late Ruth Ehle, who was particularly helpful when Ricky first came to IPFW, and Bob Ford, a member of the community who shared Ricky's interest in Prairies.

The purpose of the garden is to educate people about plants native to the Midwest, especially those found on the prairies. Allen County was not a prairie, but parts of Indiana were, and some of the plants in the Prairie Garden include specimens that settlers would have brought with them to this area. Examples are Queen Ann's Lace, Common Mullein, and Orange Hawkweed. There are also plants native to this area of the Midwest so that people who find them in their own landscapes can identify them.

A new area of the garden is being started with Prairie Dropseed and Indian Grass, and a concrete slab nearby is being creatively incorporated into a niche demonstrating what a prairie settler might have planted around her home. Near the sidewalk connecting the campus to Student Housing is the Now Garden demonstrating how native plants can be incorporated into a landscape. Here you'll find Prairie Dropseed, Little Blue Stem, Big Blue Stem, Tall Iron Weed, Joe Pye Weed, and Queen of the Prairie.

The main part of the garden includes several different native grasses: Big Blue Stem, Little Blue Stem, Indian Grass, Prairie Dropseed, Switch Grass, and Canada Wild Rye. Three different kinds of Milkweed include Common, Butterfly, and Purple. Some of the plants are huge. One of them, the Cup Plant has a leaf arrangement that cups rain water, holding it for enjoyment of birds. Prairie Dock has flower stalks 8-10 feet high and large, rough leaves. Its Aster-like flowers bloom in July. The Compass Plant orients itself north and south so it always gets sunshine. Its flower stalks also grow 8-10 feet high.



Spring in the Prairie begins with flowering bulbs such as Shooting Star and hyacinths. Baptisia Carolina Moon, Wild Cream Indigo, other baptisias follow. Then the Orange Hawkweed, milkweeds, and False Sunflowers bloom. By July, the Prairie will be reaching its peak bloom time with Goldenrod, Wild Senna, Cup Plant, Compass Plant, Prairie Dock, Brown-Eyed Susan, Liatris, Tall Iron Weed, and Joe Pye Weed all in bloom.

Maintenance in the garden is a challenge. Gardeners have to pull weeds, keep the prolific seeders from taking over the garden, and simulate the controls Mother Nature imposed. In native prairies buffalo and antelope helped keep growth in check by foraging, and their hooves aerated the soil and broke plants. Master Gardeners simulate this in the fall by stomping the garden, breaking down plants. Grasses are left up for seeds for the birds. In the spring, the grasses are stomped down, debris is cleared, and persistent weeds and woody volunteers are pulled. Once plants are established, no watering is needed because prairie plants have deep roots, but until they are well established, gardeners water the new ones. Gardeners begin their work in the spring coming together one evening a week for six or seven weeks. They get to know each other and the plants, and then they split into teams of two, rotating the work among the teams for the remainder of the season.

A wonderful time to visit the Prairie Garden will be during the Plant Walk July 9th. The garden will be in full bloom and there will be guides to identify the plants and point out special interests. You'll experience the vista that a pioneer might have seen from a cabin door, as in the photo above, and learn about ways to incorporate some of the plants into your own landscape.

Gardeners are Jeffrey Dutt, Marggie Faley, Jenean Gibbons, Kathy Lee, Robert Nash, Judith Nastally, Mike Perry, and Kathleen Silliman.

Cheri E. Kessen, Newsletter Staff
Flora Flash
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