



The Gardeners of America-Fort Wayne Inc.  
September 2011 Vol. VII No. 9

**From the President:**

I want to remind you that our next meeting will be on Thursday, September 8 at 6:30 PM at the Parkwood Church of God. One item that we will need to discuss will be the future of our Flower and Garden Show. You have seen financial and participation statistics. Now we need to seriously review this activity.

In October we will have our annual Fall Pot Luck and plant auction. Since we have a number of new members, I want to introduce you to this event. Members bring plantings, seeds, plants, produce, garden tools, books, and various garden related items to be auctioned off to the attendees. The proceeds from the auction go to assist in the operation of the club. If it is related to gardening you can donate it for the auction. This would be a good night to invite a friend to visit. The attendees always have a good time. Russ Parker will be the auctioneer assisted by Jerry Musgrave. This will be the meeting that the youth and their families participating in the Pumpkin and Sunflower Contest will attend and be judged.

This year, I received an unexpected surprise at the Central Great Lakes Gardeners Summer Conference. I had been nominated and received the Delbert R. Dunbar Award for rendering

outstanding service on the local, regional and national levels. This award is not given every year.

Have any of you ever thought about judging at flower and garden shows? Each year we have asked the Van Wert Club to furnish judges for our flower and garden shows, but we have not had any judges in our club for a long time to reciprocate. Jim Bell is chairman of the Central Lakes Gardeners Judging Committee. He has offered to hold a class to train some new judges. It would be nice if we had some members interested in becoming judges. Please consider it and let me know if you decide to do it.

We still have some room on the bus for our September 17, 2011 bus trip to Michigan State University to visit their gardens. At this time we have forty-four registered for the trip. It would be nice to fill the bus. Please sign up if you have not already done so and invite your friends.

The next meeting of the Central Lakes Region Gardeners will be on Saturday, October 8 at Kingwood Gardens in Mansfield, Ohio at 10:00 am. I have sent the Fall Johnny Appleseed Newsletter to all of the members that I have in my e mail address book.

Yours in gardening,  
John Kessen



### Scribblin's from the Secretary

Lynda Heavrin opened the August meeting by introducing Ricky Kemery, Horticulture Educator at the Allen County Extension. Ricky's program spoke on "Creating A Sustainable Landscape and Garden." He explained that sustainability, or permaculture, is the newest trend in gardening quarters. That is not meant to say that it is trendy and thus, "Not Sustainable!" (Ha! Yes! Pun intended!)

Ricky pointed out some of our most evident environmental hogs; i.e., processed foods, transportation costs, big cars, vast manicured lawns and blacktopped non-permeable parking lots. The mantra of Sir Albert Howard, founder of modern day composting methods, was Healthy Soils = Healthy Plants: based on Antoine Beauchamp's Terrain Theory (1883). He suggested reading "The Sheer Ecstasy of Being a Lunatic Farmer" by Joel Salatin. It holds many tips to increase sustainability in your own little corner of the world.

Ricky also conveyed the topic of sustainability is the focus for author and lecturer Douglas Tallamy on September 14th. His program "Bringing Nature Home" is on IPFW campus and is free. In Ricky's opinion only 4 products need be in your arsenal against disease and pests: diatomaceous earth (DE) Dipel (bt), Serenade (fungicide), and Captain Jack's Insecticide.

Cheri Kessen provided John Kessen's list of topics for discussion:

← Bus Trip -- Bernie Holm reported 37 people were signed up for the trip to MI State. Plenty of room left with the bus being a 55 passenger. This is our only big fund raiser.

← National Convention -- Bigger turnout every year with a lot of sharing and visiting. National is putting together a cookbook which will be sold by the clubs. National will publish and distribute for the cost of \$1.00 each. Clubs will set their own selling price. Members are encouraged to send recipes and gardening tips. Ron Hagen was elected for the Treasurer position.

← Regional Convention -- Participants enjoyed one day of touring and learning in the Amish community of Holmes County, Ohio. Marggie Faley accepted the position of Editor of Johnny Appleseed Broadcaster with the retirement of Joe Alessi. (You Go Girl!) John won the Regional Delbert R. Dunbar Award. The award "recognizes a region member who has rendered outstanding service to the National Organization, the Central Great Lakes Region, and the local club in the TGOA/MGCA organization." (Hurrah for John!) Jim Bell is in charge of show judging. A paucity of judges sometimes makes it difficult to schedule them for shows. Jim is looking for people who are interested in being judges. He has offered to run a judging school at his home; maybe 2 entire non-consecutive days. Let it be known if you are interested.

On behalf of her own responsibilities, Cheri discussed the progress of the Youth Gardening Program she is (cont. p.8)

### Kathy's Kibitzin'

By the time you are reading this, August 2011 will be history! Seems like I just put the snow shovel back in it's rack and took the hoe out!

August is one of my favorite months; even though I know it is precursor to dreaded winter. The nights are getting a bit cooler, finally the days have cooled off. We've had some rain. The pressure is off for planting and fertilizing. The weeds have slowed down. And, my schedule has returned to a more comfortable pace. I even have some days when I'm home all alone and the car stays in the garage!

Late summer is a good time to divide some of your perennials. Things like irises and daylilies are finished blooming and taking a rest. So, this is a good time to divide them. Just be sure you give them plenty of water until they get established. It's a bit early for hostas. I usually wait until I see the leaves starting to turn yellow and die. There are a couple at my place that I've been pledging to move for 3 years. They just aren't as happy as they could be: too much sun.

If you haven't given your perennial herbs their last heavy pruning, do it soon. They need time to develop some reserve to get through the winter. Same with rhubarb. Harvest in the morning. Freeze or dry them for later use. The annual herbs can be harvested right up to frost.

If you don't have a compost pile, this is a good time to start one. Sooner than we like to think, the leaves will be falling

and they contribute many nutrients to a compost pile. Don't let the discussion about the C/N (carbon/nitrogen) ratio scare you away. Yes, it is documented that you get "the best compost" if you have the right C/N ratio.

But, my philosophy is, "Mediocre compost is better than no compost at all!" I'll remind you not to add the manure of ANY carnivores. Herbivore poop only!

I started vermiculture composting this past spring. That uses red worms to compost your kitchen scrapes...not meat, dairy or fat! The "worm castings" are another great, safe fertilizer for house and garden plants. I must have more kitchen scrapes than most, because the worms can't handle all of it, but then I started out with a smaller than recommended number of worms.

Another self sustaining activity that I have going on is mealworm production. One of the naturalist at Metea Park introduced me to his setup. So, I decided to give it a try. Took a while to get them going, but once we got together on what they wanted and needed, they really took off. Originally, I wanted them to feed to bluebirds. But, the other birds ignored my sign, "Mealworms are for bluebirds only!" Guess I'll just have to be happy with the bluebirds using the birdbath.

Keep on feeding the birds. The yellow finches have been nesting just recently, so they need a lot of seed to feed their babies. And, they will teach the little sprouts to come to the feeders once they fly the coop!

Keep those 3 R's revvin' in 2011!

Kathy Lee, [igarden2@aol.com](mailto:igarden2@aol.com)

## WILLIE WEEDPULLER

What a relief those few cooler days were mid August. It makes you think of fall, my favorite season. The temperatures, the colors, the crisper air and slower pace – what a relief! Gathering up the harvest is always a fun time, often with surprises. Autumn makes us think about saving seeds and drying herbs. I was checking out one of my favorite internet resources and found something I had never heard of before. We know about herbal butters, oils and vinegars – but have you ever made **herb infused sugars**? They are used in drinks and baked goods like cookies, cakes and biscuits. And, what a great gift idea! Want to try? Here's how: 1. Select 3-4 sprigs of fresh herbs. Good choices include lavender, mint, rosemary, sage or thyme. 2. Gently bruise the leaves by crushing with a mortar and pestle or the back of a spoon. You don't want a paste, but you do want to release the oil. When you can smell the herbs more fully, you can stop bruising. 3. Measure 2 cups of sugar and add to the crushed herbs, a littler at a time, stirring the herbs throughout the sugar. 4. Place the sugar mixture in an air tight jar and allow to stand for 2 days in a cool, dry place. 5. Open and stir the sugar every 2-3 days, to evenly distribute the herbal essence. The herbs still have moisture in them and stirring the sugar will keep it from clumping. 6. The sugar should be ready after about 2 weeks of storing and stirring. The sugar will have absorbed some of the herbs oils and the herbs themselves will have begun to dry. 7. Use the sugar, herb flecks and all, to season homemade goodies, iced tea and lemonade or when making homemade jellies. Tips: 1. Batch may be doubled, but any larger and it's hard to blend well.

2. Store out of direct sunlight. 3. Sugar is good as long as the herbal smell is still aromatic and true. *By Marie Iannotti*

If you don't want to make **herbal jelly and jams** from scratch, just flavor store bought ones. 1. Start by sterilizing wide mouth canning jars. 2. Coarsely chop or strip about 1/3 cup of your fresh herbs. Keep one whole sprig for each jar. 3. Empty jelly or jam into a saucepan and heat on low, until melted. 4. Stir your prepared herbs into the melted jelly. 5. Allow the mixture to simmer for about 20 minutes, stirring frequently. 6. Get your sterilized jars ready and place a sprig or leaf on the bottom of each one. 7. Pour the jelly mixture through a strainer, into the jars. A funnel will help. 8. Cover and let cool. 9. To store unrefrigerated, you will need to process the jars in a boiling water bath. 10. Your jelly is ready to use as soon as it cools. Unprocessed jelly will last in the refrigerator for about 3-4 months. Tips: 1. Good herb choices include lavender, lemon balm, mint, rosemary, roses and scented geraniums. 2. Rosemary-apple jelly for glazing lamb and marmalade-mint jelly to wake you up without caffeine. 3. Make up batches to give as gifts, with a recipe card for your favorite biscuits. *By Marie Iannotti*

## HAPPY HERBING



## YOUTH GARDENING

I am excited to tell you that across the nation there are 9,768 seeds in the hands of our youth! Clubs are busy helping, guiding and rewarding these young gardeners as they are learning and having fun growing their pumpkins and sunflowers and preparing for the national contest. Those in our club that are mentoring a child(ren) need to check on their progress and continue to encourage them. We need to decide as a club how and when we are going to judge this contest and what our local prizes will be. Start thinking about this.

Good picture of Cheri among the attendees at the National Children and Youth Gardening Symposium in Michigan. Picture courtesy of American Horticulture Society



## Watermelon Pickles

3 qt. (6 # unpared or ½ large melon)  
¾ Cup salt  
3 qt. water  
2 qt. ice cubes  
9 C. sugar (white)  
3 C. white vinegar  
3 C. water  
1 TBLS whole cloves (about 48)  
6 1-inch pieces stick cinnamon  
Red or green food coloring (optional)  
1 lemon thinly sliced

Pare the rind and all pink edges from the watermelon. Keep the rind in plastic bags in refrigerator until enough for one recipe is collected. Cut into inch squares. Cover with brine, made by mixing the salt with 3 qt. cold water. Add the ice cubes. Let stand 5 to 6 hours. Drain.

Rinse. Cover in cold water and cook until fork tender, about 10 minutes. Drain.

Combine sugar with vinegar, water and spices tied loosely in a cloth bag. Add red or green coloring, if desired. Boil 5 minutes and pour over watermelon with spices. Add lemon slices if desired. Let stand over night.

Heat to boiling. Cook until fruit is translucent and hot throughout, 10 minutes. Pack hot watermelon loosely into clear hot jars. Open the spice bag and add one piece of stick cinnamon to each jar. Cover with boiling syrup to the top of the jars. Adjust the lids. Process in boiling water bath for 5 minutes.

Yield: 4-5 pints.

## August 2011 Guest Speaker Ricky Kemery



## Rosemary For Remembrance

This neat and lovely plant, with its tiny blue flowers, has been famous for centuries as a healing plant. A general feeling of well-being was thought to be prompted by rosemary tea. The boiled leaves were applied to gouty legs. Extracting the oil from the leaves by pounding them with a little sweet oil in a mortar, an ointment was made. This was incorporated with melted petroleum jelly and the resulting ointment used for scratches and cuts. It is said the ancient Saxons made similar use of a rosemary ointment.

The name "Rosemary" comes from the Latin *rosmarinus*, meaning sea dew. In masses, blossoming rosemary looks like blue-gray mist blown over the meadows from the sea. Oil of rosemary is used in perfumes and cooks use the plant for seasoning. The plant is also an emblem of fidelity and remembrance. In *Hamlet* occurs the often-quoted remark of Ophelia, "There's rosemary, that's for remembrance."

John Gerard, the 16<sup>th</sup> century writer of the *Herbal or General History of Plants* noted, "Rosemary comfort the cold, weak, and feeble brain in a most wonderful manner".

Herbalists use the plant to help with dandruff control, eczema, and as an antibacterial.

This shrub thrives in USDA Zones 8b-10 and is heat and cold tolerant. It can live over thirty years. If left untrimmed, it can reach six feet in height and width. (well not outdoors in Indiana). Pruning improves the look and the health of the plant. Rosemary produces numerous small blue flowers in very early spring, and in fall. It is easily propagated with cutting.

Ideas for using rosemary in the Kitchen

Rosemary is typically used as a seasoning for lamb and pork dishes but there are also plenty of possibilities & use to make homemade stuffing.

\*Add to soups to flavor.

\*Mix with garlic and use as a seasoning for lamb or chicken.

\*Add to melted butter and pour over boiled potatoes and vegetables.

\*Add chopped rosemary to an omelet, scrambled eggs or a frittata.

\*Wrap rosemary leaves around pieces of chicken, pork or lamb and roast.

\*Use to season roast fish.

\*Add to tomato-based sauces and soups>

\*Add to olive oil and served on toasted bread.

\*Use to flavor homemade breads and biscuits.

Add to lentils, beans or stew.

Of all the myths and legends, the one I find most appealing is that Sleeping Beauty was awakened not only by a kiss from Prince Charming, but also with a touch from sprig of Rosemary..

## Rosemary Lemonade

One and ½ Cup Water

One and ½ Cups sugar

One and ½ cups lemon juice

Grated rind of one lemon

Two sprigs of rosemary

Ice Cubes

Cold water or club soda

Combine water and sugar in a sauce pan.

Boil 3 minutes. Remove pan from heat

and add lemon juice, lemon rind and rosemary. Refrigerate at least one hour.

Strain the mixture into a storage container. Add cold water, ice cubes or the club soda when ready .

**2010- 2011 TGOA FW Inc.  
OFFICERS**

President - John Kessen  
1<sup>st</sup> V.P. - Lynda Heavrin  
2<sup>nd</sup> V. P. -Melinda Hammen  
Treasurer - Sue Holm  
Secretary - Kathy Lee  
Directors - Kay Musgrave  
              - Nancy Parker  
Newsletter Staff  
    - Cherri Kessen, Bob Streeter  
              -Marggie Faley  
Calling Committee - Nancy Parker  
Historians - Bernie & Sue Holm  
Flower & Garden Show & Sale -  
Chairpersons: Lynda Heavrin  
                  Kathy Lee  
Assistants: Marggie Faley  
                  Melinda Hammen  
Public Relations: Lynda Heavrin  
    Assistant: Melinda Hammen  
Librarian - Jayne Jones

(continued from p.2) chairing. One quarter of the national member clubs have kids in the competition. Over 2000 seeds were given out to the clubs that are participating. The kids will earn a patch for competing. Kay Musgrave has 8 kids lined up for the competition. She has taken the first pictures of the items being grown. Cheri suggested the kids and parents be invited to the October Carry-In and the kids receive their awards and ribbons then.

The annual auction will be the same night, so be thinking about what you can bring. And put aside a bit of money so you can take home your own new treasures!

Respectfully,  
Kathy Lee,  
[igarden2@aol.com](mailto:igarden2@aol.com)

**PROGRAMMING**

**September Program**

Representative from Leisure Lawn to speak about fall lawn care and the problems with lawns in the fall.

**SEPTEMBER BIRTHDAYS**

September 5 - Melinda Hammen  
September 17 - Bob Streeter  
September 21 - Ellsworth Smith

**REFRESHMENTS FOR MEETINGS**

September Refreshments -  
Marggie Faley & Kathy Lee



*TGOA Newsletter  
Copyright September 2011  
Fort Wayne IN Section - The Gardeners  
of America  
Permission granted to use unmodified  
full articles without notification.  
tgoa.fwa10@yahoo.com*

Cheri E. Kessen, Newsletter Staff  
Flora Flash  
1205 Limberlost Trail  
Rome City, IN 46784

TGOA- FW SEPTEMBER 2011  
Newsletter

