

THE GARDEN PATCH



November 2008

Salt Lake Master Gardener Association

Vol. 10, No. 11

Gardening is Good for You

By Jenny Allgrunn

I carry a copy of the *Reader's Digest* magazine in my bag for when I have to wait in line or whatever. The June 2004 issue (yes, over four years old. Some waiting lines are longer than others!) had an interesting little article titled "Healing Powers of Gardening" by Jennifer Matlock.

The author made the following observations:

Gardening reduces stress: "Checking on the size of my cucumbers, picking a ripe tomato, even turning my compost relieves tension and can head off a migraine."

Gardening is good for your bones: "In a 2002 study of 3,310 women, University of Arkansas scientists found that strenuous yard work (pushing a lawn mower, pulling weeds) had the same beneficial effect on bone density as weight training did."

Gardening is good for your heart: "In 2000, researchers in Denmark reported that moderate exercise such as gardening decreased the risk of heart disease by lowering blood pressure and cholesterol. Aim for at least 30 minutes a day."

Gardening is good for your mind: "Exercising mind and body has been proved to reduce dementia risk. Gardening does both. It's an excellent mental workout that requires planning and foresight and encourages learning, says neuropsychologist Paul Nussbaum."

Gardening is good for your blood sugar levels: "A 2002 Dutch study found that male gardeners were more likely to have lower blood sugar levels. And a University of Alabama study of 505 men and women with type 2 diabetes found that active people, including those who gardened regularly, reduced or eliminated their need for medication."

Gardening is good for your weight program: "A 150-pound person burns 162 calories pruning, digging or weeding for 30 minutes." She also says that kids benefit from gardening because it lures them away from a sedentary lifestyle and teaches them about biology and nutrition.

I do wonder about her last statement. "A recent Texas A&M study found kids who gardened 30 minutes a week were more likely to eat vegetables."

Hmmm . . . didn't work with my kids.

WHAT'S WITH THOSE REBLOOMING IRIS THAT AREN'T RE-BLOOMING?

By Jenny Allgrunn

After several years of watching a new planting of iris that were advertised as 'reblooming' and even dividing some to give away at the summer picnic, I have been wondering what's up with those non-reblooming iris. Since I had seen two reblooming iris before (one in the gardens at the Columbus Center and one Bev Sudbury cut and brought to a meeting one autumn) I decided to ask an expert.

Kathy Kasparak is in charge of the Floriculture competition at the State Fair. She and her family operate Zebra Gardens, an iris hybridizing and marketing business in Elwood, Utah. They have developed some incredible strains of streaked iris and have a wonderful display in late May and early June each year.

She told me that reblooming depends on season length. Rebloomers need a long season. The smaller iris varieties tend to rebloom easier, but the tall bearded rebloomers need to be planted in a warmer microclimate in the yard. She said they are more likely to rebloom after separating, and that if they are producing a lot of increase, be sure to remove the excess.

From surfing the web, I found that some are occasional rebloomers and some are cycle rebloomers. The cycle rebloomers have the second bloom come from maturing new increases. A third group, repeaters, grow the second bloom from old growth but bloom by mid-summer. The Reblooming Iris Society site says that in zone 5, rebloomers do so in September and October if temps don't fall below minus 20. This means they should rebloom in the Salt Lake valley. The site also mentions giving them a little extra fertilizer and water to encourage them through the growing season. It also encourages patience, as they may take some time to get established.

If any of you Master Gardeners have had success with them, please let us know. Meanwhile, I'm going to stick some in the planting area on the south side of my house where the tomatoes last a little longer each year and hope for the best.

ELECTION RESULTS

Elections for the SLMGA 2009-2010 Board were held October 14 with the following results:

Kathy Dennis, President
Barbara Braeden, Vice President
Allison Topham, Secretary
Cathy Miller, Treasurer
Diane Curtz, Historian

Thanks to everyone who ran for office.
Congratulations and best wishes to our new Board.

PROJECTS

These projects are done year-round. Please volunteer if you are interested.

Christmas Box House

Peggy Call

Email: pcall@xmission.com

Community Talks

Barbara Larsen

Email: endlesspromos1@msn.com

Phone Help Line

Maggie Shao

Email: maggie.shao@usu.edu

UTAH DAHLIA SOCIETY

Mark Hurst is helping form the Utah Dahlia Society and asked that we publish the following. They will have 6-7 meetings a year. Members will get 4 bulletins a year from the American Dahlia Society plus a yearly mailing of the Classification and Handbook of Dahlias and Guide to Growing and Caring for Dahlias. They will also sponsor a Dahlia show in the Salt Lake area annually.

If you are interested in joining, the annual Individual Membership fee is \$25.00 and the Family fee (2 per household) is \$28.00. Please get a check made out to the Utah Dahlia Society to Mark Hurst. Please include your name, address, phone number, and e-mail address if applicable. Also, if you have tubers to share, would be interested in becoming an officer or a trustee of the Utah Dahlia Society, or could help with a website, please let them know.



Isn't Gardening great!?!

EXTENSION

Utah State
UNIVERSITY

By Maggie Shao

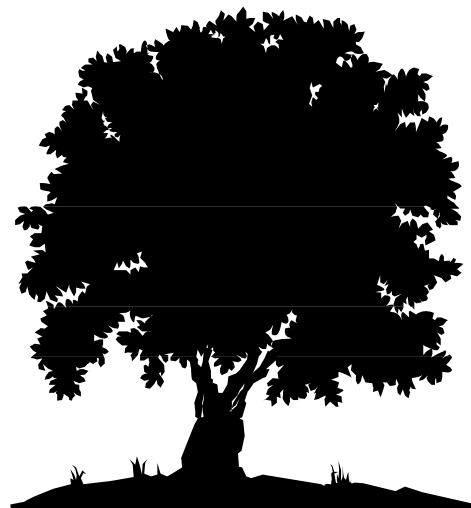
Where did the month of October go? In September and October, I held a total of six orientation meetings for next year's Master Gardener Volunteer Training. I probably met with a total of 140 people who were interested in the program and it gave me an opportunity to describe the Master Gardener Volunteer program, talk about many of the great projects, and give them a history of both Cooperative Extension and the Master Gardener program. It looks like we'll have both a day and evening training and the deadline for applications will be October 31. I'm anticipating holding one more orientation on Thursday November 13 for those who missed one of the previous six orientations. Because of elections and our USU Training room unavailable for meetings – I held 2 orientations at Jordan Valley Water Conservation Garden Park. If you haven't been out there recently, they've expanded the gardens and anticipate a full opening in Spring 2009. I got a sneak preview, and it looks great.

I guess October has flown by because I was on annual leave for 10 days and missed the first wintry storm. It was beautiful weather clear and in the 70s in New York where I reconnected with old friends. It was three gal pals and I who have been friends since junior high and high school days. Our lives have sent us in different directions -- France, Washington, D.C., and Oakland, CA and me in Salt Lake City. Our friend flew in from France to visit her eldest son who is in his freshman year at Skidmore College (yes, it's hard to believe I'm old enough to have friends with kids in college). She came in early so we could spend a fun weekend in New York on the Upper West Side. We went to a Broadway show "The 39 Steps", ate at lots of good restaurants and got yummy bagels and lox at Zabars, walks around Manhattan, lunch with another old friend who works at the Guggenheim museum and even spent a morning at the New York Botanical Garden in the Bronx where there was a exhibit of several Henry Moore sculptures. After a long weekend in New York, I flew out to California to have

a quick visit with friends and family, but the main portion of my California trip was to attend an Advanced Teacher Training for Soaring Crane Qigong. This is a continuation of my studies over the last five years including my trip to China in April. The weather again was beautiful in California with clear warm days in Vacaville where our teacher lives. We practiced every morning in her backyard that is well tended with lemon, lime, and pomegranate trees, chickens and a veggie garden and still had room for 17 of us to practice our qigong. It was a great group of folks including three women from Cork, Ireland (one who is a practicing acupuncturist) women from Brooklyn, and several folks from Oregon and Washington. It was a wonderful vacation

I heard from Heidi Wayman that the canvas art project went well and would love to get feedback if you liked that presentation. We are finally in the process of looking at applicants for the other Horticulture Extension Agent position that has been vacant since June. The search committee is currently reviewing CVs and resumes, and the interview process will be quite intensive (we will spend 1-2 days with each candidate). We are hoping this position will soon be filled and the new agent will start in January 2009. That will be nice for the horticulture program in Salt Lake County to have another extension agent.

Be sure and save the date: Thursday December 4 for our annual banquet and graduation at Wheeler Farm barn. It's our opportunity to recognize all of you great volunteers who are so important to the Master Gardener program.



With my computer woes over with, I can get back to writing for the newsletter. It only took \$1,800.00 to get me up and running again and I am still not sure if this is the end. With a new computer there are different set ups and ways of getting to where you want to go. I would feel better outside playing in the garden than playing on a new computer.

A few weeks ago I was out picking tomatoes and as I was looking through an opening for ripe ones there was a mouse looking back at me. They really like the 'Sun Sugar' tomatoes but will eat any of them. As I moved the green tomatoes into the basement after the frost, I found some were being eaten down there. With a trusty mouse trap and some peanut butter, that mouse went to the happy garbage dump.

I have picked the 'Golden Delicious' apples and am still waiting for the others to ripen up. I have found over the years that it is best to let them ripen on the tree even though there is some light freezing. When the temperatures get below 24 degrees I need to get them off the trees. The 'Mutsu' apples are just about there as far as sweetness is concerned but I will wait a little longer.

On the Wheeler Farm pumpkin patch all of the pumpkins have been harvested and I was able to pull all of the drip irrigation tubing and take out the header hoses and the timers. I had a lot of trouble with weeds and watering this year but that finally got resolved, and there was a good crop any way. Thanks to all of those who helped with the project this year.

The garden this year at home has been great. I hate to put it to sleep for the winter. With only a few tomatoes and peppers left, the rest of the



By Wm. Golden Reeves

garden has been dug up and walkways cleaned ready for the garden debris from this year to fill it up. Over the last twenty years or so of using the walkways to sheet compost in, then taking it out to go on top of my raised beds the soil is great. That is a big improvement over the clay soil I started with a long time ago. As I was taking the plants out I was impressed with how soft the soil was. I will load the walkways with as much debris from the yard before hauling leaves to finish the job.

With 3 five gallon buckets of carrots I should have enough to last the winter. The corn planted the last week in June was able to make it before the last frost, but some of it was a little young. With the high price of produce in the stores, anything helps. The 'Granny Smith' apple tree is loaded, and I hope it will survive until I can get the apples removed from it.

I have taken a lot of cuttings from some of the flowers and cut way back some of the older plants and potted them up to see if they will survive the winter in the house. The ice plant has done very well over the years with this treatment. So I will try verbena and snow storm to see if they will work also.

One weird thing happened to me this summer. I store the wheelbarrow in the green house, and it had been all closed up. When I went in to get the wheelbarrow out, the temperature was 145 degrees and it had a flat tire. I have had it for over 46 years with no problems. I pumped the tire up, and it is still holding. I haven't been able to figure that one out

If you are going to haul leaves to compost from those left curbside on city streets, make sure there are no carburetors or rocks in those bags.

It sure is a lot easier to take care of the garden when you are retired!

“One of the worst mistakes you can make as a gardener is to think you are in charge.”

--- Janet Gillespie
Gardening How-To, Nov.
Dec. 2007 p. 12

Test Your Flower Power

“What’s in a name?” mused Shakespeare’s Juliet. “That which we call a rose by any other name would smell as sweet.” In fact, some flowers have several charming common names, some of which are little used today. Match the unusual flower name in the left hand column below and their more widely used names at the right. Answers appear at the end of the newsletter.

- a. Indian cress
- b. heartsease
- c. scorpion grass
- d. plantain lily
- e. deadmen’s bells
- f. ragged sailor
- g. ephemera
- h. wolfsbane

1. hosta
2. nasturtium
3. bachelor’s button
4. monkshood
5. pansy
6. for-get-me-not
7. lily of the valley
8. foxglove

Thanks to the Master Gardener who submitted this. The answers are on page 6

REFLECTIONS

By Jan Konold

When I handed in my hours at about the first part of October, my mind started to reflect on the past year and all I had learned.

About 1 year ago I made the phone call that started the whole ball rolling. When I went to the orientation, I knew how hard it is for me to absorb knowledge and retain the things that I learn, so the word "test" was the one thing that stood out in my mind.

I think everyone in my class will agree that the classes were very informative and presented very well by each and every teacher we had on the various topics. The classes were at times very overwhelming, but applicable to being able to apply the information we received.

I recall coming home after the Fruit Tree class, and Ted was afraid I would plant fruit trees in every spare spot in the yard because of everything I was telling him, but I laughed and said, "You know what I really learned? Pack a lunch and go to Brigham City often."

There was not one thing I can think of that I have not tried to apply to my yard or someone else's this year. An unbelievable amount of knowledge, and yet inexpensive tidbits of "try this". The one that made Ted the most nervous was "no herbicide" in the lawn fertilizer this year to get rid of dandelions and weeds." But you know what? Digging them out like the instructor explained WORKED! No herbicide helped my grapes, because last year some got on the roots and caused an odd leaf deformity.

Examples of differences in last year vs. this year:

2007	2008
Bugs – lost my beans, hollyhocks, raspberries, pumpkins. Really almost everything did not do well.	I could almost say none this year, and the best part is that I use loads of IPM to do it
Root Weevils in Strawberries	Gone
Mildew on pumpkins	1 – 27 lb Pumpkin
Spider mites on everything	Gone
Cane Borer on raspberries	Gone

My vegetable garden was so happy this year and all because of what I learned and was able to apply. Of course it starts with the power of the Soil Analysis.

Maggie also handed out Remay® and I used it on my spinach to keep the quail from eating it. I am proud to report that it worked. It protected the plants left in the garden - tomatoes, green peppers, eggplant - when the cold spell came early too.

Fungus in the lawn, thanks to Kent, is gone. I had less of things like powdery mildew and mushrooms, and my family used him for a few problems also.

Composting - I always did that, but this year instead of 2 batches, I was able to produce 4 batches.

My mother had received her Master Gardener certification about 15 years ago and found some of the knowledge I received to be of more benefit now than then. She said the program has improved a lot in the classroom.

I learned so much from every one of the project leaders we were able to work with. The first project I did was the propagating of blackberry plants. Spencer was a great teacher. I applied some of that information to different plants and it sort of worked for the first try. I received great information for dahlias that I had never been able to grow. I had 3 of the 4 bulbs work.

The information booths I worked at were fun because I received more information from talking to the experienced Master Gardeners than I could give out this year. Val Chatwin at the County Fair, Karen Crook at Pioneer Park, and others at the Home Show booth (I don't recall names). Dorothy Lamb and I listened intently to everyone that day. I still chuckle when one lady referred to us as "sprouts."

Peggy Call with the Christmas Box House is great with those children. I learned from listening to her. Bob Moss and Dorothy Lee with the Wheeler Farm project really know their veggie gardens. I was a very cold start for that project, but with teamwork it came together. Matt and Brian with Tracy Aviary are the reason it has improved so much. Lasagna gardening, seed collecting, transplanting, and working with trial plants are a few of the experiences that stand out in my mind. Next spring will be interesting.

Container Gardening for Fresh from the Heart, Channel 4 garden, Aids Foundation, Diagnostic Clinic were all informative with the project leaders. I tried a little bit of everything. My favorites were Wheeler Farm and Tracy Aviary.

The 5 minute presentations from the classroom gave me loads of information. Wow, what you can learn in 5 minutes is amazing. Geraniums, deadheading plants, collard greens (which were wonderful to eat, and I shared very little of that dish), worm composting, vertical gardening in a small area, germination . . . I think the only thing I did not have a change to try was asparagus, because of no room. But you never know!

I do regret not being about to get to the information phones in the Extension Office, but hey, maybe next year.

I guess I wrote this article to say Thank You to every one who has touched my life because of this experience. I this sprout hope to grow up just like all of you.

DID YOU ENTER PRODUCE/ FLOWERS IN THE COUNTY FAIR?

Please let us know which fair(s) you entered and tell us your experiences. Let's encourage other Master Gardeners to support the fairs.

Gilgal Garden

Farewell for the season!!!

We had another successful year, much appreciated by the Gilgal Board because of the generous donations of plants and supplies, and the good work of the many volunteers from the Master Gardeners. We were able to encourage the City Parks crew to take out some of the trees which were diseased, and we replanted a Burr Oak, two Crab Apples, and our Weeping Willow which is necessary for one of the Stone creations. We have talked with the City Parks director, and I think we will be able to solve the watering problems next year.

One of our wonderful volunteer's husband has taken pictures of the garden for our history and we appreciate them for that. Each of you has contributed in your own important way to the success of our project.

Thank you.
Bev

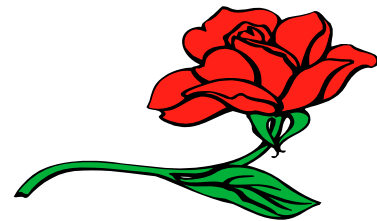
To see the latest issue of
The Garden Patch
online, plus past issues, go to:
[http://www.slmg.org/
gardenPatchTOC.html](http://www.slmg.org/gardenPatchTOC.html)

The PowerPoint slide show and handouts for the Photographing Flowers meeting can be found on-line at <http://www.slmg.org/>

Utah Aids Foundation Gardens

We want to THANK everyone who did service hours at UAF this year. Your work made a big difference in how the garden looks. THANK YOU to those who did our recent "mulch-spreading". The UAF garden is more ready for the Winter months because of you. We look forward to having you join us again in the Spring.

Kay & Theresa



Christmas Box House

By Peggy Call

We could use any seeds you may have or find that are too old, too many or too anything. We allow the children to handle and inspect them. We have vegetables, fruits, flowers, trees, and some seeds that are as yet unidentified. We could also use burrs and other obnoxious/weed seeds. I know none of us have any in our gardens or yards, but when you are hiking if it is permissible, please grab any interesting seeds. You can contact me at pcall@xmission.com or 446-7922.

Answers to *Test Your Flower Power* Quiz

a-2, b-5, c-6, d-1, e-8, f-3, g-7, h-4

Calendar

**Thursday, Nov. 20
7 p.m.**

**General Meeting
Karen Bastow from
Square Foot Gardening
will our speaker in the
USU Training Room
(S1007/08).**

**Thursday, December 4
Graduation/Holiday Party
Wheeler Farm Barn
6351 South 900 East**

*Be sure to come and bring a partner
More details coming in next month's issue of
The Garden Patch*

**Check out the USU Extension Web Site
<http://extension.usu.edu/saltlake>
Follow the Master Gardener links**

**THE GARDEN PATCH
is ON THE WEB at
www.slmg.org**

Bulletin Board



You can read our past issues
on the web at:

[http://www.slmg.org/
gardenPatchTOC.html](http://www.slmg.org/gardenPatchTOC.html)

Please note that the current year is the
first column, not the third column.
Issues from previous years are



The Garden Patch is published monthly
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Salt Lake Master Gardener Association.
Editor: Jenny Allgrunn
Send address changes to:
e-mail: gardenpatch2@juno.com

**November General Meeting
Thursday, November 20
7 p.m.
In the classroom**

**Come and learn about
SQUARE FOOT GARDENING**

**We will also display the photos from our
Garden Photography class at the November Meeting.
Be sure to come and see the great photography done
by our Master Gardeners.**