Allamakee County Master Gardeners

Next meeting:
Agenda Thursday, October 27, 2016
Waukon Wellness Center Activity Room
at 7:00 p.m.
This is the last meeting of the year.

Hostesses: Judy Egeland and Connie Benedict

Roll Call: Excess rain problems/solutions in your garden

Secretary's Minutes

Treasurer's Report

Old Business: Posting educational and community service hours
Final reports on Farmers Markets
Fair Advisory Board Committee Report
Status on Allamakee Gardeners clothing order and vote on club amount

New Business:
Nominating Committee for New Officers
Vote on reimbursement amount for Master Gardener Training Program
Memorial tree for Erik Nykkanen
Christmas Tree Fantasy Committee, November 11-14
Appoint coordinator for Luster Heights
Jan. seed order
2017 Master Gardener Calendar Update

Next Meeting – February 23, 2017
Where - ?
Host: Need volunteers
Meeting adjourned for Make & Take “Junk Art” workshop by Mary Kay Winke and Pat Meeter

Are you keeping track of your volunteer service hours?
How about your continuing education hours?
The MG Volunteer Hours requirement is 20 hours per year - all active MGs must complete at least 20 hours of volunteer service. The MG Educational Hours is 10 hours required annually. Even if you may have more than the required hours, please track it all. Log in at http://mastergardenerhours.hort.iastate.edu/ to do it yourself throughout the year! It is fast and easy! You may drop them off or email them to dahlstro@iastate.edu by November 15.

For further information of requirements or for the forms visit our web page www.extension.iastate.edu/allamakee/county-master-gardeners-information-page

Always remember ~ have fun in the garden!

2017 Annual Garden Calendar

For many, active gardening begins in spring and ends in autumn. But the indoor gardener reaps rewards year round. Each month of this beautiful calendar brings you striking, closeup photos of the endearingly familiar and dramatically exotic indoor plants that bring flower power into our homes. The large calendar grid offers you ideal space to record your indoor garden’s progress as well as note planting, emergence, and harvesting dates and totals for your outdoor garden. You can put timely tips to use for both indoor and outdoor garden chores. Be sure to pick up enough copies for yourself and for holiday gifts. Gardeners, anyone who enjoys the outdoors and the beauty of nature alike, will certainly thank you. We will have a few of these available at the Extension Office.

REMINDER:
For the Master Gardener Christmas tree, the Christmas Tree Fantasy theme is ”25 Years of Caring and Sharing”. The Christmas Tree Fantasy will be celebrating it’s 25th Anniversary on November 9-10, 2016! ATTENTION!!!!! Remember to collect milkweed pods and bring them to the October meeting. We will be making seed packets to hand out to the public at the Tree Fantasy. We will also use the dried pods for decorations. Mary Kay and Pat

“Don’t wear perfume in the garden unless you want to be pollinated by bees.”
Anne River

“My wife’s a water sign. I’m an earth sign. Together we make mud.”
Roger Dangerfield
Master Gardener Meeting Minutes August 25, 2016 —By CiCi Mueller

35 minutes of education hours was acquired with Russ Hagen tree presentation prior to the meeting.

Aug. 25 Master Gardeners meeting was called to order by President, Mary Techau at the Allamakee Co. Extension office. 20 members responded to roll call. The Secretary’s Report was approved.

Treasurer’s report: Balance was stated. $5 dues need to be paid. Treasurer’s Report was approved.

OLD BUSINESS
1. Fair Report- Caroll Schreiber included it in the August newsletter. The hot weather did affect our attendance and entries.
2. Growing Season webinar- 25 people attended. If you missed any one of them, contact Lana Dahlstrom to see it. Mary Techau has watched some webinars on line. She will include the link in the October newsletter.
3. MG fall training- Clayton County is hosting it. You must register for it by September 1.
4. MG $250 Scholarship- no report
5. Sweatshirt report- Mary Trebbien brought 2 samples from Riverland Expressions. It was approved to have Irish green as the color and #2 design (shovel) as our design. Members signed up for their size preference. Mary Techau will contact those not in attendance if they would like to order.
6. Bob Hauer- Bob will take us on a garden walk on August 30 @ 7 pm at Old East Paint Creek parsonage. 1 hour of education + refreshments afterwards.

NEW BUSINESS
1. 2017 Fair MG Recommendations committee- will be meeting with the fair board in October. If anyone wants to be on this committee let Mary Techau know. Email any member with any suggestions for the Open Class building. The committee consists of Mary Techau, Mary Kay Winke, Pat Meeter, Caroll Schreiber, Gayle Bahlman.

Meeting was adjourned at 8:20 pm

NEXT MEETING

7 pm October 27 at Waukon Wellness Center. Hostesses: Judy Egeland and Connie Benedict

Presidents Notes ~ Mary Techau

October has swiftly come and we are getting our garden beds ready for winter. As you clean out your gardening pots, gather up your empty seedling and plant containers and bring to the October meeting, or drop off at Kris Kovarick’s house in Waukon at 101 4th Ave. NW for Luster Heights’ to use next year. By the way, thank you to Don Haler and Caroll Schreiber, who presented the “Putting Your Garden to Bed for Winter” program at the Robey Memorial Library on September 19 with question and answer session at the end. It is good for Master Gardeners and Associates to be out and about in the public to educate them, a big part of our mission, so continue to volunteer to do programs the rest of this year if you get the opportunity. And don’t forget to log in those volunteer and education hours. Incidentally, if you don’t have enough education hours yet, here is a link to the Iowa State website where you can watch webinars to get your hours: extension.iastate.edu/mastergardener/webinars. Scroll down the page to choose subjects that interest you, or if you missed last year’s webcasts, you can see them now. Looking forward to seeing you at the October meeting, which has been changed to the Wellness Center to accommodate more room for our make-and-take fun junk art project, hosted by Mary Kay Winke and Pat Meeter – thanks ladies!

Harpers Ferry & Waukon Farmer’s Markets give a BIG thank you to our vendors and customers for a great 2016 season.

New managers are needed for both markets next year!

“We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.”
Abe Lincoln

“Pardon the weeds...I’m feeding the birds.” Unknown

“A weed is a plant that is not only in the wrong place, but intends to stay.” Sara Stein
French Onion Soup ~ Mary Kay Winke

After bringing in your harvest of onions, you may need to find some recipes to use them. This is a crockpot soup recipe. I have combined a couple of sources.

- 1 quart beef stock
- 3 T. butter
- 1 T. sugar
- 1 bay leaf
- 2 T. flour
- 5 slices of French Bread
- Parmesan Cheese

Cook onions slowly in large skillet may take 15-20 minutes...may cover for some of the time. Add salt, sugar, flour, wine, spices and stir well. Place in crock pot with the broth. Cover and cook on low 6-8 hours or high for 3 hours. When ready to serve put in bowls or soup cups, place toasted French Bread on top and top with cheeses. Brown under the broil until cheeses melt. Very hot...so be careful and enjoy.

Baked Pork Chops & Apples ~ Lana Dahlstrom

- 2 T. butter
- 6 pork chops
- 4 apples
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon

Peel, core, and slice the apples. Preheat the oven to 350 degrees. Melt the butter in a skillet. Brown the pork chops on both sides in the butter. Grease (or spray) a large baking dish. Put the apple slices in the bottom of the dish. Mix the brown sugar and cinnamon. Sprinkle the cinnamon and sugar over the apples. Place the pork chops on top of the apples. Cover with foil and bake for 1 and 1/2 hours.

Apple Pie Bars ~ Cindy Gibbs

Fall is my favorite season in this beautiful corner of our state. Hot summer days have ended. The colored leaves on the trees make a beautiful backdrop for fall photos. For me, it is apple harvest time. My grandkids love applesauce so I freeze many quart bags of it. I also freeze gallon bags of sliced apples. A favorite apple treat of my family is apple pie bars. It’s like an apple pie you can eat with your fingers!

Crust:
- 2 1/4 C. flour
- 1 C. butter (as a dairy farmer it is necessary to use it)
- 1 egg yolk + milk to make 2/3 c.
- 1 tsp. salt

Mix together ingredients to make dough. Roll half of it into a rectangle to fit a small jelly roll pan (10 x 15). Spread crushed corn flakes on the crust dough, then the apples mixed with sugar and cinnamon. Roll out top crust and put over the filling. Trim crust as needed. Sprinkle a little sugar on top crust and bake 45 min. at 375 degrees. I usually brush very little powdered sugar frosting (made with butter) on it when still warm.

Filling:
- 1 C. crushed corn flakes
- 4-6 C. sliced apples (fresh or frozen)
- 1/2-1 C. sugar (depending on type of apples used)
- 1 tsp. cinnamon

Best Zucchini Bars ~ CiCi Mueller

- 1 C. sugar
- 1 C. oil
- 3 eggs
- 2 C. flour
- 1 tsp. cinnamon
- 1 tsp. salt
- 2 tsp. baking soda
- 1/4 tsp. baking powder

1 tsp. vanilla
1 C. shredded zucchini
1 sm carrot shredded
3/4 C. rolled oats
1 C. chopped nuts
1/2 C. butter
2 tsp. vanilla
1 tsp. baking powder
1/4 tsp. almond extract
2 tsp. vanilla
2 1/2 C. powdered sugar
1-3 oz. pkg cream cheese softened.

Beat all ingredients together until smooth. Cool bars and frost bars.

Beat together sugar, oil, and eggs in large bowl or food processor. Beat in flour, cinnamon, salt, baking soda, baking powder, and vanilla. Fold in rest of ingredients. Pour into 15x10x1 pan. Bake 350 degrees for 15-20 minutes.
Fall is the Time to Plant Garlic—Mary Kay Winke

Fall is traditionally the time to plant garlic in many regions. Just like onions and other plants in the allium family, garlic is sensitive to day length and matures during the longest days of summer. Fall planting gives it a jump start on the growing season and it will be one of the first things to come up in the garden next spring. Garlic is extremely easy to grow but good soil preparation is necessary if you want to produce the best and biggest bulbs. They need deeply cultivated, well-drained, rich soil with a pH of 6.4-6.8. Add 2-3 inches of compost and well-rotted manure to the bed before planting. Use quality seed garlic and plant several different varieties just in case one does poorly. Separate the cloves no more than 48 hours before planting to keep them from drying out. The largest cloves will produce the biggest bulbs. Plant individual cloves, peels intact, pointy end up, 2 inches deep and 6 inches apart. Mulch 5-8 inches deep with seedless straw. It will pack down over the winter to about 2 inches by spring and help to keep the weeds down during the growing season. Your garlic will form roots but little or no top growth before the ground freezes solid. Early next spring it will be ready to grow, sending up tiny green shoots as soon as the ground thaws.

Not too many pests bother garlic but don’t plant it where you have had trouble with wireworms or nematodes. Disease is more of an issue in poorly drained soils. Feed the plants every other week with a liquid fish emulsion fertilizer from the time shoots emerge in early spring until June 1. Water is critical during the bulb forming stage in early summer so try for an inch a week, including rainfall. If you are growing hard neck garlic - the best type for the northeast - around the time of summer solstice your garlic will send up a seed stalk called a scape. This should be cut off to encourage the plants to put all their energy into bulb formation. These stalks curl into a loop and are delicious. Chop them and add to salad, stir fry, soup, scrambled eggs, or any dish you want to enhance with a little garlic flavor. Buzzed in the blender with a little olive oil and parmesan cheese, they make especially good pesto. Leave one or two flower stalks standing to help you decide when to harvest your garlic. About four weeks prior to harvest the outer wrappers on the garlic bulbs start to dry so stop watering in July. Too much water at that stage can stain the wrapper or even cause mold. Harvest your garlic around the end of July or early August, when the lower third to half of the leaves have turned brown and wilted but the upper leaves are still green. It can be tricky deciding exactly when to harvest so that is where the flower stalks can come in handy. If the leaves are starting to turn brown and the scapes uncurl and stand up straight it is time to harvest. Hang bunches of newly harvested garlic to dry in a cool, well ventilated, shady spot for 3-4 weeks to cure. After the leaves, roots, and outer wrappers are completely dry, brush off any loose soil, trim the roots to 1/4 inch, and cut the tops back to an inch or two above the bulb before storing. Under optimum conditions of near freezing temps and 65-70% humidity, hardneck garlic will keep for five months and softneck for 8 months. Save your biggest cloves to replant for next year. Old timers say that garlic “learns” because it adapts to your growing conditions and improves each year. Grab life by the bulbs and plant some garlic this fall!

Garden and Art Show at Brucemore in Cedar Rapids —Connie Benedict

I finally made it to Brucemore this year for the Garden & Art Show. What a surprise. The historical grounds are beautifully landscaped with trees, gardens and flower beds. 60 artists were situated throughout the grounds. A huge garden surrounded by a white pickett fence caught my eye. I could have spent much more time just walking in there looking at the plants. The Linn County Master Gardeners had a very nice setup with several displays and demonstrations going on. They had one demonstration set up to show how to propagate plants (hands on). Another display was all about lavender. Lavender plants, products made from lavender etc. Also a display about bees with a cage showing live bees and information displayed about beekeeping etc. They had plant doctors there to answer garden questions and roaming presentations on pruning trees and seed saving. I didn’t begin to spend enough time looking at all they had to offer as was trying to help my niece with her 3 little boys. You know how little guys can be. So definitely putting this on my list for next year and I would strongly suggest putting this on your list. You will enjoy it.

Remember your Master Gardener dues for the upcoming year are due now.

$5 for Master Gardeners and $10 for Associate Gardeners.

Thank you!
Brussels sprouts along with its cousin broccoli grew wild throughout southern Europe. The people of Brussels gave the vegetable its name and were one of the first to cultivate it. Brussels sprouts contain high amounts of vegetable protein. Some health qualities attributed to sprouts are lowering cholesterol, aid in digestion and anti-inflammatory support. It is a fact that 1 cup of Brussels sprouts contains only 38 calories and has 4 grams of fiber. The healthiest way to prepare sprouts is a 5 minute steaming (halve 1st.). Do this over boiling water; then eat or cool and freeze. Sprouts are harvested from the bottom of the stem up. They grow best in cool weather and are sweeter after a frost. They can be picked until gone or until right before serious winter weather. Brussels sprouts will keep fresh in the fridge up to a week, but the longer they sit, the stronger the flavor and odor.

A few tidbits:

- Remember to remove, bag and dispose of all tomato plant material to help kill diseases.
- Covering the tomato soil area with black plastic is another way to retard the spread of disease. Soil under the plastic will warm even in winter sun and help kill diseases in the soil.
- Did you know that less than 2% of the insects in the world are harmful?
- This is a tip I heard and tried from the Food Network. Wash and pat dry fresh herbs that are intended for cooking. Next put a handful or so into freezer bags and freeze. To use: remove from the bag and chop while still frozen. They will chop easier and retain fresher flavor. I experimented with parsley and it was easy and worked. I will try with some others before the frost.

On Tuesday, August 30, retired ISU Extension agent Bob Hauer led 20 Master Gardeners and guests on a garden walk at the Old East Paint Creek Church parsonage. He also demonstrated making a picture frame planter, a hanging planter, and gave away several butterfly weed plants he had propagated. Many thanks to Pastor Ken and Debbie Kimball for graciously allowing us to tour their gardens and have refreshments and fellowship in their garage afterwards. Thanks to Waterville Master Gardeners for providing the lemonade, bottled water, and bars. Bob gave everyone a paper with different online Resources.

Waterville Parsonage
Garden Walk—Mary Techau

No one can really pinpoint when frost and snow will come. Many gardens survive just fine with no attention at all in the fall. Consider this listing as guidelines and the complementary Plants to Leave Standing Until Spring, as guidelines. You will learn what works and what doesn’t, for your own garden. But it never hurts to take some time and put your garden to bed, in the fall.

- **Painted Daisy (Tanacetum coccineum)** Painted Daisies can easily rot in wet soil. Prune in the fall to prevent the foliage from flopping over onto itself and acting as a mulch. (USDA Zones 3 - 7)
- **Penstemon (Penstemon barbatus)** Penstemon don’t like wet feet and should be planted a little higher in the ground than most plants. The foliage usually declines toward the end of summer and can be trimmed back, inducing new basal growth that is sufficient to mulch the plants through winter. Allowing the older, tall growth to flop would hold too much moisture around the crown. (USDA Zones 5 - 9)
- **Phlox (Phlox paniculata)** Phlox is prone toward powdery mildew. Even the resistant varieties can become infected in bad weather. If so, prune and destroy all foliage and stems in the fall. (USDA Zones 4 - 8)
Perennials to Trim Continued

- **Peony (Paeonia)** Peonies need a period of cold to set buds for the following season. That coupled with the fact that their foliage is extremely prone to mildew is reason enough to remove the foliage in the fall. Infected foliage can be removed and disposed of in late summer. Healthy foliage will turn golden in fall and can be removed once it has turned to mush, after the first frost. (USDA Zones 3 - 8)

- **Perennial Sunflower (Helianthus)** By this time Helianthus foliage isn’t a standout to begin with and by the time the flowers have faded, it’s also time to cut the plants down. (USDA Zones 4 - 9)

- **Plume Poppy (Macleaya cordata)** Try and kill a Plume Poppy, I dare you. Cut these back before they go to seed or you will have Plume Poppies EVERYWHERE. (USDA Zones 3 - 8)

- **Salvia (Salvia nemorosa)** Perennial Salvia benefits from several prunings during the growing season. In fall when blooming slows, cut the whole plant back to the new basal growth. (USDA Zones 3 - 8)

- **Siberian Bugloss (Brunnera macrophylla)** Although it’s not necessary, since Brunnera is an early riser in the spring and its foliage will turn black and unattractive with the first frost, fall clean-up is preferable. (USDA Zones 3 - 8)

- **Sneezeweed (Helenium autumnale)** Helenium usually doesn’t finish blooming until mid-fall, but by that time it is often covered with mildew. The foliage can be cut back and removed before winter. (USDA Zones 3 - 8)

- **Veronica/Spire Speedwell (Veronica spicata)** As flowering ceases, the plants can be sheared to the ground. They will only turn black and ugly if left until spring. (USDA Zones 3 - 8)

- **Wild or False Indigo (Baptisia australis)** Baptisia is one of those plants that splits in the middle if not sheared back after pruning, however many gardeners like the seed pods and simply stake the plants. Come frost, the foliage turns black and even staking isn’t going to help its appearance. Cut back for aesthetics. (USDA Zones 3 - 9)

- **Yarrow (Achillea)** Achillea don’t like to sit in cold, wet soil. By fall, most of their blooms are spent and the foliage is flopping and possibly diseased. Cut back in early fall and new basal growth will fill in before frost. (USDA Zones 4 - 8)

- **Golden Marguerite (Anthemis tinctoria)** By late summer, Golden Marguerite daisies have finished blooming and are nodding off. Pruning to the crown will encourage new basal growth that helps protect and sustain them through the winter. (USDA Zones 3 - 7)

- **Goldenstar (Chrysogonum virginianum)** Often has problems with powdery mildew. If so, remove and destroy foliage in the fall. (USDA Zones 5 - 8)

- **Ground Clematis (Clematis recta)** This is a clump forming clematis that blooms late summer into fall. It produces attractive seed heads, but when hit by a frost, it’s as slimy as wet petunias. Blooms on new growth, so don’t be afraid to clean it up in the fall. (USDA Zones 3 - 7)

- **Hardy Bergonia (Bergonia grandis)** Frost will blacken and collapse the foliage of Bergonia. If left at the base of the plant, it can cause crown rot. Prevent this by cutting back in the fall. (USDA Zones 6 - 9)

- **Helianthus (Perennial varieties) H. x laetiflorus, H. salicifolium...** These perennial members of the sunflower family usually finish blooming toward the end of summer and go down hill from there. Deadheading does not improve their appearance and the tall stems are guaranteed to break and flop. Cut back to ground for aesthetics. (Zones 5 - 9)

- **Hollyhock Mallow (Malva alcea)** See Macleaya cordata (Plume Poppy) And I do mean EVERYWHERE. (USDA Zones 4 - 8)

- **Japanese Anemone (Anemone x hybrida)** Japanese Anemones are favorites of certain beetles and are often defoliated by fall. If not, the foliage of Japanese Anemones turns black and very unattractive with frost. Unless your Japanese Anemones have had a very good year, it’s advised to cut them back in fall. (USDA Zones 4 - 8)

- **Ligularia (Ligularia dentata)** is predominantly grown for its foliage, which turns to a dark mush after frost. Feel free to cut it back. (USDA Zones 4 - 8)

- **Lilyleaf Ladybell (Adenophora lilifolia)** Can be cut back after flowering diminishes. Basel foliage will remain fresh until spring. (USDA Zones 4 - 8)

- **Masterwort (Astrantia major)** Masterwort is often deadheaded throughout the summer, to prolong the bloom time. If conditions are dry, the foliage will begin to yellow and it can be sheared to the crown. Allow the new growth to remain through the winter. If no yellowing occurs, leave the plants for spring cleaning. (USDA Zones 4 - 7)

- **Meadow Rue (Thalictrum aquilegiifolium)** Performance wise, it doesn’t really matter when you cut back Meadow Rue. But since it’s done flowering for the season, pruning in the fall is one less thing to do in the spring. However, some varieties will self-seed. If that’s desirable, let it go until spring. (USDA zones 5 - 8)

- **Mountain Bluet (Centaurea montana)** Mountain blues tend to become black and unsightly with the first frost and can be cut back in the fall. However, if you sheared them back in late summer and only basal growth is present, you can allow that to remain. (USDA Zones 3 - 8) Another name for this is perennial Bachelor Buttons

Taken from [http://gardening.about.com/od/maintenance/a/Fall_Pruning_3.htm](http://gardening.about.com/od/maintenance/a/Fall_Pruning_3.htm)