



September 2022

Johnson County Master Gardener

THYMES

MG Steering Committee Meeting

Next meeting *Wednesday, Sept. 14, 6:30 P.M.*, hybrid meeting at Extension Office and by Zoom. All MGs are invited to attend; contact Shannon for more details!

Thymes Deadline

Information/articles for the Thymes should be sent to Melissa Serenda at msserenda@gmail.com or Doug Geraets at: dougrph@aol.com.

Please send news, volunteer opportunities, stories, pictures, gardening book reviews, etc., for the **October** issue by **Wednesday, Sept. 28**.

IMPORTANT REMINDER: *Record Your Hours!!*

You wouldn't wait to pick produce from your garden until the last day before frost is expected so why wait to record your MG volunteer hours? Your project coordinators collect volunteer hours to assemble informational reports for the steering committee and the nonprofit and governmental organizations where the projects exist. Timely reports help everyone stay on track and meet deadlines.

Please make a habit to record your hours each day or week to stay current! Click [here](#) to record your hours on the Volunteer Reporting System.

Babes in Demo-Land

BY CHRIS SEDREL



This year I had the most fun at the fair engaging the children in Demonstration Garden offerings. Between the Butterfly House and our garden, the kids were having a wonderful time of learning.

The wax beans were ready to be picked, so I took a grocery bag and picked what was there. As children came into the garden, I asked if they would like to sample the beans. Almost every child and some parents took a sample, and many came back for more. The beans were a hit. Some kids said they picked beans at home and ate them while they were in their gardens. Others seemed surprised that you could eat them that way. One little boy came and got a fist full of beans and ate them.

The next day we began taking the kids over to pick green beans and sample them. Before long we no longer had any green beans or wax beans to feed them. They were all gone. I suggested we try the radishes, so we pulled some and washed them off. About three kids took the radishes. One little boy

came back to me and put the radish from his mouth and what was left in his hand into my hand.

We had one little boy who was constantly crawling between the tomato cages and disappearing in our tangled mass of tomato plants. We later discovered that if we slid on our backs in that spot and looked up, we could pick loads of ripe tomatoes hiding in there and hand them out to a master gardener waiting on the outside. Of course, we take turns being the slider-inner.

That same little boy was hiding behind the rock wall and I signaled for him to come out. He had his hands behind his back. I asked him if he had found something. He shook his head yes and looked a little like he might be in trouble. I asked if I could see it. He showed me a tomatillo he had picked. I took it and turned it over where the husk was beginning to split apart. I opened it and showed what was inside. He carried the opened tomatillo around for about an hour before he left the garden.

One child wanted to pull an onion so I let him. We picked ground cherries and took the husks off so kids could taste them. They were pretty popular, and we ran out of those too.

One of the attractions we didn't anticipate was the new shed that is painted like a barn. Many children wanted to see what was inside. One little girl said she wanted to see what was in "Old MacDonald's" barn.

I let a little boy pick a zinnia to take to his teacher. I'm not sure if the teacher was at day-care or maybe a babysitter. He was very careful picking the "right one."

Our fountain was a real draw too. One little boy took the fountain part to heart and climbed up on the rocks and started to get a drink. The rest of the kids just stuck their arms in the water until a parent or grandparent would have to drag them away screaming.

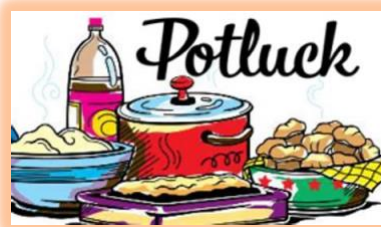
We are lucky our cucumbers were a little late this year. Ann was at the garden one morning and was surprised by a multi-green striped "snake." It turned out to be a long skinny burpless cucumber with stripes. They are very tasty!

We did have an adult that stopped at the Attended Displays and asked if they could have the

four tomatoes on the ground in front of the tomato cages. They were our first tomatoes, and we were displaying them. He was told they couldn't give him permission, but he could ask me. He didn't. He just went and picked them up and walked out with them. I hope his family enjoyed them.

Although we had many adults ask questions about how we got such big onions and about the straw bale gardens, it was the interest the little ones had in growing things that brought me the most joy.

Save the Date... Fall Potluck!



The first MG Fall Potluck since 2019 will be held **Sunday, Sept. 18** at the Johnson County

Fairgrounds. The

event is planned for the breezeway of the Heritage Barn but in case of bad weather it will be moved into the ISU Extension office.

Set-up (everyone is welcome to help) and social hour from 4–5 P.M., dinner served at 5 P.M.

This is a great time to get to know your fellow Master Gardeners and enjoy some excellent food.

Please bring your own table service and a dish to share with the group. Please contact Beth Fisher, scrabblegirl2@gmail.com with any questions.

JOHNSON COUNTY

Programs Get Nutritious Food to Locals in Need

PARIS BARRAZA, IOWA CITY PRESS-CITIZEN

Monday, Aug. 1, 2022: Johnson County community members are seeing expanded access to free, nutritional foods with the return of produce stands, a community fridge and other efforts designed to feed residents. The Coralville Community Food Pantry, Holiday Lodge Mobile Home Court, the

Modern Manor Mobile Home Park and the Pheasant Ridge Neighborhood Center are four sites where people can visit a free produce stand twice a month, regardless of income or household location.

The free produce stands are an initiative of Table to Table, a nonprofit that seeks to prevent food from being wasted and redistributes it to those in need, in partnership with organizations like CommUnity Crisis Services and the Coralville pantry. "We are definitely in favor of reducing the barriers to accessing nutritious food," Allison Gnade, program and services manager, told the Press-Citizen.

Last year, Table to Table started a program to glean produce, or to collect fresh excess foods, from farm fields, Gnade said. Volunteers visited farms and gathered all the produce that was in perfect shape to eat, but due to various reasons, may not otherwise be used. Table to Table collected kale, blueberries, corn, winter squash, potatoes and more. One of the farms, Echollective in Mechanicsville, has already donated thousands of pounds of food to Table to Table this year, Gnade said.

"Unfortunately, in our country, the cheapest foods are generally the least nutritional. Predatory marketing has been telling families that their cheapest and most efficient meals are fast food, which we know is not true." "Since we increased our efforts to work with local farms and fill the gaps with volunteers to do the work of harvesting on farms, that really increased the fresh produce that we have available for our food pantries in the summer, and that's always a food category that we are always trying to increase," Gnade said.

Preventing Food Waste and Providing Nutritional Food Through Table to Table

Table to Table developed free produce stands with food pantries, popping up at different locations. What's changed this year is that the free produce stands happen at a fixed schedule and will continue through September or October, depending on the weather and how it affects the growing season,

according to Gnade. People can know in advance when these free produce stands will happen, acting as a reliable source of groceries as opposed to popping up at times that could be inconvenient for some, Gnade said.

The times and locations for each free produce stand:

- Coralville Community Food Pantry: Aug. 5, Aug. 19, Sept. 2, Sept. 16 from 4–5:30 P.M.
- Holiday Lodge Mobile Home Court: Aug. 9, Aug. 23, Sept. 13, Sept. 27 from 5:30–7 P.M.
- Modern Manor Mobile Home Park: Aug. 12, Aug. 26, Sept. 9, Sept. 23 from 5:30–7 P.M.
- Pheasant Ridge Neighborhood Center: Aug. 2, Aug. 16, Sept. 6, Sept. 20 from 4–5:30 P.M.

CommUnity Crisis Services Director of Supportive Services Sara Barth added that free produce stands have been scheduled so people can visit their mobile pantries and the produce stands, rounding out their food needs as opposed to having competing opportunities. "One of the things that Table to Table is really working on is trying to get that good, nutritious food out and not have it just go to waste," she said..

Food insecurity is often talked about in social services, but Gnade said nutritional security should be discussed more. Nutritional security is the "consistent access, availability and affordability of foods and beverages that promote well-being and prevent disease," according to the U.S. Department of Agriculture. Table to Table has increased its high nutrient food collection, produce, meat and dairy, according to Gnade. That is now 63% of the food it collects, vs. 43% in 2019, knowing it's what "food pantries want the most."

Recent free produce stands have served 50-60 families each, increasing from 40 households over the season as word spreads. Those that stop by are welcomed to take as much as they'd like, including taking some for neighbors. Some have shared images of what they got and how they cooked it on

Facebook. "Sometimes we have some really good conversations at the free produce stands and everybody's talking about what recipes they're making (and) what they like to cook," Gnade said.

How Produce From Local Growers Get into the Bellies of Johnson County Residents

Table to Table has received donations from 14 farms in 2022, including those that donate regularly after the Iowa City Farmers Market. One example is Nam and Anna's Garden, a family that sells Asian produce from their home garden at the market and who give to Table to Table. There's also Trowel & Error, a two acre vegetable farm that began in 2019, providing produce through a Community Supported Agriculture program and farmers markets. Farmer Carly McAndrews told the Press-Citizen that, when you're running a vegetable farm, there's always going to be some extra produce.

Table to Table volunteers went to the farm during a break week in its CSA program, in which a buyer purchases a "share" at the beginning of the season and receives a box of the seasonal produce grown weekly, according to the farm's website. Crops were still producing, McAndrews said, but they needed the food to go somewhere. It also helps farmers like McAndrews ensure that their produce gets out into the community, she said. The Johnson County community gets to enjoy vegetables like summer squash and zucchini. Across from the Trowel & Error Farm is Grow Johnson County, a hunger relief and educational farm that began in 2015, according to its website. The farm produces more than 30,000 pounds of produce annually that is donated to partners across Johnson County, including the Iowa City Free Lunch Program and the North Liberty Community Pantry to provide fresh food to community members in need.

In 2021, between gleaning and farm donations, Table to Table collected 50,000 pounds of fresh produce in Iowa's growing season from spring to fall, Gnade said. Still, some challenges remain for organizations like CommUnity Crisis Services

trying to provide for the community. Barth said it's been difficult for the organization to source affordable food for the pantry, which purchases some items in bulk. Other items have been limited, more than the organization has experienced in the past, she said, and things like dairy products and diapers have been a challenge. "Everything is just getting more and more expensive," she said. "You're getting less and less with your dollar."

For folks stepping into the food bank, that means some days there's no milk or eggs. Other days, it is limited, which means they'll arrive early to be the first in line to grab what they need, Barth said.

Community Fridge in The Coralville Public Library Reduces The 'Stigma' Around Food Insecurity

Since late May, visitors of the Coralville Public Library have been able to enjoy free food via a community fridge. Ellen Hampe Alexander, assistant director, said before the COVID-19 pandemic, library staff had noticed that kids were coming after school, staying until closing time, and being disruptive. It was because they weren't eating, she said. With the Coralville Community Food Pantry's help, the library began offering snacks to those who asked, later doing occasional community meals where people were invited to grab free food.

"One thing that the pantry really likes about us as a location is there not being any sort of stigma to coming in here," she said. The Coralville Community Fridge, located inside the library, is part of one of three projects supported by a \$250,000 COVID-19 health disparities grant, John Boller, director of the Coralville Community Food Pantry, said in an email. The Coralville food pantry stocks the fridge. The food varies slightly at times depending on what the pantry receives, but has included bagged salads, fruit, bread, yogurt and baked goods. In addition to what the food pantry provides, Hampe Alexander and Samira Abdalla, community resources navigator, have been visiting local businesses to gather more food, including

Bruegger's Bagels. Businesses or restaurants in town that are interested in donating their goods are encouraged to reach out to the library, Hampe Alexander said. "We even are encouraging library staff to go out and take a look and grab something. And so we really want it to be a community thing and for there not to be a stigma attached to using it," she said.



Ellen Hampe Alexander, assistant director of the Coralville Public Library and Samira Abdalla, community resources navigator, stock the Coralville Community Fridge located at the library on July 29.



Samira Abdalla, Coralville Public Library's community resources navigator, stocks the Coralville Community Fridge located at the library on July 29.



Bagged salad, strawberries, raspberries and more are placed inside the Coralville Community Fridge.

Volunteer Opportunity

Volunteers are needed to help clear brush from the [Sycamore Greenway trail](#) in south Iowa City: the small trees and shrubs threaten to crowd out the native prairie flowers and grasses that line the trail. Workdays are scheduled for various Sunday mornings September through November, from 9 to 10:30 a.m. The work will primarily involve using loppers to remove woody brush.

The hours can be counted towards non-JCMG-approved project hours (when recording hours, mark it under *other* and then make sure to include *location* and a *description of the task*).



This work is done with support of the City of Iowa City; please visit the SignUp Genius link for

more details and event dates:

<https://www.signupgenius.com/go/10c0f48acab2fa4fdc25-brush2>. Email JCMG Melissa Serenda at msserenda@gmail.com with questions.

Early September is NOT Too Late to Plant

BY LINDA SCHREIBER

My gardening guides and prompts indicate *it's not too late to plant*. You can plant **lettuce heads, arugula and mustard greens, baby leaf salad greens, radishes, salad turnips and spinach**.



The spinach you plant in the fall can survive winter. Just mulch it with straw or row cover. In the spring when the snow thaws, remove the mulch or row cover to allow it to regrow. Spinach harvest can happen until May.

If you want to harvest throughout the winter, it will be necessary to cover with hoops and row cover or plastic. Weigh edges down and clip the cover with clamps. Propping the hoops up will prevent the cover from damaging the leaves and will make a small greenhouse. Hoops can be made of PVC or metal wire or conduit. Here is a link to a YouTube video which includes how to measure (WARNING ... some math involved!!):

<https://www.youtube.com/watch?v=NZmPDPx6GCQ>



The Plants We Eat: Fruits

BY MARY LOU MAYFIELD

When is a fruit a vegetable?

Fruits: the plant part that contains seeds. Tomatoes, cucumbers, squash, peppers, and eggplant are the fruit of the plant, although they are designated as vegetables if categorized by food group.

SNAP educational resource, “Growing Healthy Habits: Parts of the Plant We Eat”, pg. 67
<https://drive.google.com/file/d/1VG0PqcmLsFc2yOWekJzsyHq1W3UMd41/view>

Although bean and okra pods are technically fruit, the fruits we usually eat are grouped according to how their seeds grow.

Berries usually have seeds throughout the fleshy interior. Tomatoes, blueberries, and grapes are berries.

- **Pepos** are berries with a hard, thick rind, like melons and winter squash. Other cucurbits, like cucumbers and summer squash, are also pepos.
- **Hesperidiums** are berries with a leathery rind, like citrus fruits. Their seeds and pulp are in membrane-covered sections.

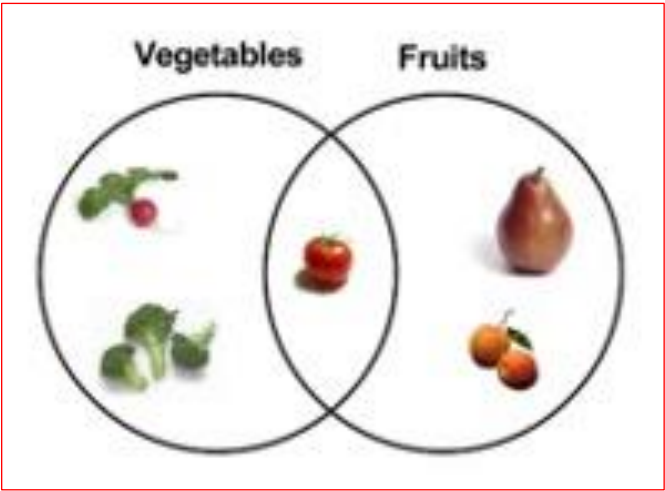
Drupes, or “stone” fruit, have a single seed enclosed in a pit and surrounded by pulp with a thin skin. Peaches and other members of the prune family are drupes

Pomes have a central ovary, or seed cluster, surrounded by pulp and a thin skin. They include apples and pears.

Aggregates have many tiny fruits, from a single flower. Blackberries, and raspberries have each seed surrounded by pulp and a thin skin. Fruit like strawberries have seeds imbedded in the fleshy pulp.

<https://www2.palomar.edu/users/warmstrong/termfr4.htm>

So ... many vegetables are also fruits!



(recipes below)

If you want your tomatoes to be sweet, here is a recipe:

https://www.canr.msu.edu/news/savory_and_sweet_a_tomato_jam_to_enjoy

Of course, fully ripe homegrown tomatoes are sweet off the vine!

For sweet cucumbers, a classic salad:

<https://www.aces.edu/blog/topics/by-ingredients/live-well-recipe-cool-cucumber-salad/>

I like to bring the sugar and liquids to a boil before pouring over the cucumber and (sweet) onion.

Whole wheat zucchini bread:

<https://uwoextension.org/uwnutrition/recipes/zucchini-bread/>



Something different in a fruit salad:

<https://www.eatgathergo.org/recipe/fruit-salad/>



MG Birthdays

September 2022	
1	Cynthia Pickett
4	Dorothy Fowles
5	Gwen Elling
7	Doug Parsons
7	Amy Blessings
8	Marilou Gay
8	Sue Kloos
16.....	Michele Sorrell
20.....	Tracy Hufford
20.....	Jane Zukin
21.....	Esther Retish
22.....	Holly Hotchkiss
28.....	Cindy Parsons
29.....	Brandi Janssen

It's Thyme to ...

BY MELISSA SERENDA AND LINDA SCHREIBER

The heat of July and August seems to have passed. The calendar says September and fall is in the air. It's still not time to clean your tools just yet. Get those gardening gloves out—there's plenty of work to do this month.

It's Thyme to dig and pot tender herbs and put them in a sunny window to supply seasonings all year long.

When gladiolus leaves begin to brown, dig and dry corms in the sun for a few days.

Divide perennials (not asters and mums that haven't bloomed) and replant peony roots (but don't plant peonies too deep). Cut perennials back after a frost.

Bring coleus, geranium, caladium, and begonia plants indoors. Now is a good time to take coleus cuttings and share them with friends. Let your amaryllis and Christmas cacti rest in a cool area for three months.

Inspect and plant spring flowering bulbs—tulips, daffodils, hyacinths, Siberian squill, dwarf irises, anemone and crocus—in early September and add fertilizer as you prepare the soil. Sow snapdragons, cornflowers, and other hardy annuals a few weeks before the first frost—be sure to mark where you've planted to avoid damaging the seedlings in the spring.

Don't trim rose bushes in the fall. It's best to wait until spring so diseases aren't easily introduced to your plants but it is okay to remove damaged leaves.

In the vegetable garden, get weeds out before they set seeds that will create havoc in the spring. Clear gardens after harvest and destroy diseased or damaged plants. It's okay to compost them at the Iowa City Landfill because compost is heated sufficiently (140-150°F) to kill any bacteria or disease.

Watch for early frosts and cover the garden to allow for more growth. Remove newly-set tomatoes, blossoms and new growth five weeks before an expected frost—those fruits won't have time to mature. Some root crops can be left in the garden and dug as needed. Apply mulch to keep the ground from freezing.

Sow annual ryegrass or other cover crops and add green manure to areas of the garden that won't be planted until spring. Harvest carrots, beets, and turnips before the first frost kills the foliage. These veggies will store better and longer. Harvest pears when they are light green. Harvest grapes and fertilize vines with bone meal. Rake leaves and fallen apples to control any disease. Cut spent raspberry and blackberry canes.

After onion tops have wilted lift the bulbs out of the ground and dry them in a warm, dry, sunny location for a few days.

Aerate the lawn when temperatures drop to 60 to 70°F and if you fertilize apply a slow-release fertilizer. Overseed lawns to fill in bare spots. Fall is an excellent time to plant trees and shrubs. Cooler temperatures encourage good root development. Water until the ground freezes. Stop fertilizing trees and flowering shrubs.

Keep your tools handy for another month or so. In the meantime, it's never too late to identify perennials with permanent tags or stakes, or create a map so you can find them again in the spring. Your effort will be rewarded when you avoid accidentally digging up something you wanted to keep.

Sources:

- <https://www.thegardenhelper.com/calendar/September.html>
- <https://store.extension.iastate.edu/FileDownload.ashx?FileID=1080>

Secret Barn Update

BY DEB CASSELL



[We last highlighted the Secret Barn in the June 2021 *Thymes* and encouraged the site for JCMG volunteer activity. Since then, Deb Cassell has been busy working on transforming some of the landscaping. In her own words ...]

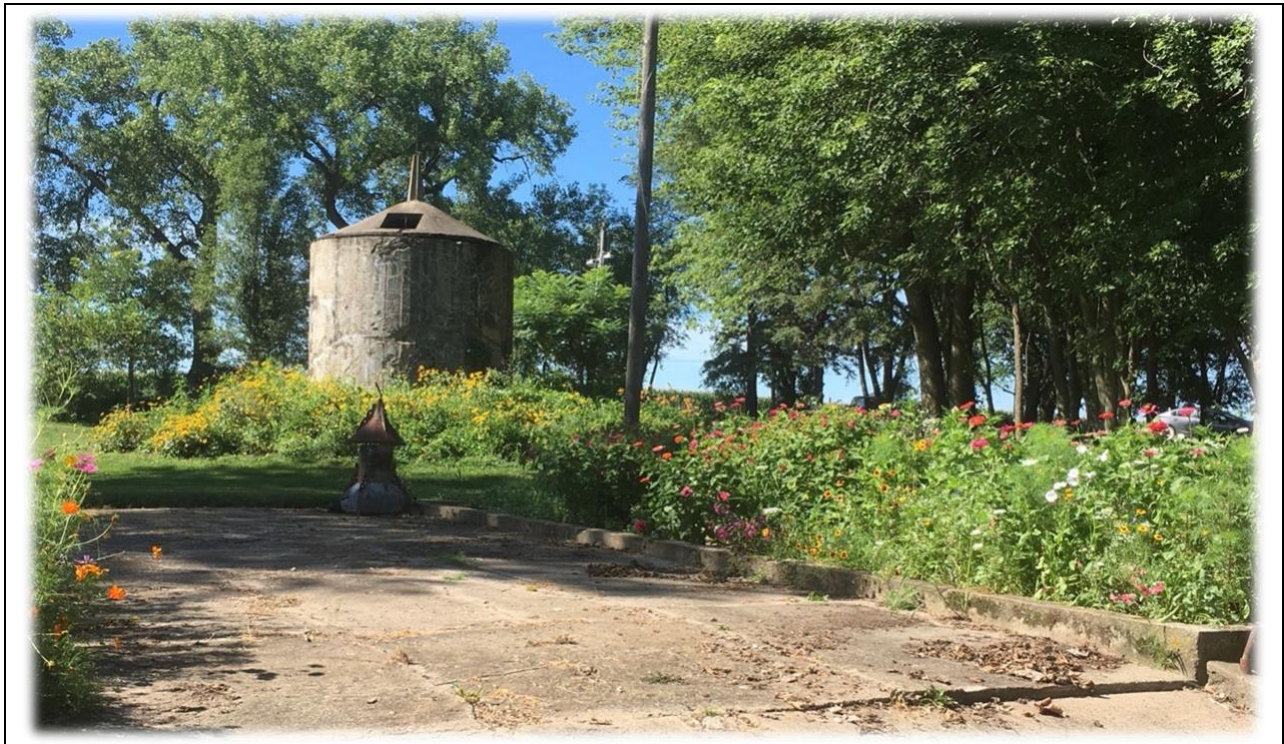
The mound with the tower was a mess of volunteer trees and weeds (nettles and other undesirables). It was cleared and sown with wildflower seeds, a mix of annuals and perennials.

The two long beds, which were the foundations of previous buildings, were cleared of trees, and the concrete bases broken up and removed. This area was then backfilled with soil from elsewhere on the site where soil had been mounded.

In May I planted rudbeckia, coneflowers, bee balm, salvia and red and white yarrow from my own garden and spread a wildflower perennial mix. Two catmint plants that I purchased from the JCMG Plant Sale have spread amazingly and will need to be controlled for next year. There is also a large area of four o'clock (*Mirabilis jalapa*) grown from seed, which I don't like particularly, but are serving a purpose this year of keeping out the weeds.

There are lot of annuals planted from seed—the zinnias, Cosmos and Mexican sunflowers have all grown very well and are again filling in space to prevent weeds from taking it, whilst the perennials become established. The site has been visited by numerous pollinators: tiger and black swallowtails, monarchs, buckeye, and great spangled fritillary butterflies.

For those interested in helping or wishing to visit the barn send an email to Deb Cassell: debcase11@gmail.com





How to Establish a No Mow Lawn!

by Joel Wells

I have an area in the yard that is fairly steep and can be challenging to mow. I did not want to have to mow it so I decided to try growing no mow grass. The area I planted was about 30 feet by 100 feet or ~ 3,000 sq. ft. A no mow lawn requires little maintenance, is drought resistant and crowds out weeds. It does not require fertilizer and in fact fertilization is discouraged. No mow lawn is a combination of six different fine fescues that have deep roots that make them drought resistant. No mow thrives in most soil types but it is not recommended for wet soils, clay soils, or deep shade. I bought my seed at Prairie Nursery in Westfield, Wisconsin (www.prairenursery.com). Five pounds of seed for \$6.95 will cover 1000 sq. ft.

The only time it should be mowed is when the fescue grasses produce seed heads, which can reach 2 feet tall in mid June, to a height of no closer than 4 inches. Also, mow at the end of summer about the middle of November to a height of 2-inches. This will reduce thatch build up and produce a denser thicker lawn the next year. For a more manicured lawn it can be maintained by mowing only once a month but not shorter than 3.5 to 4.0 inches. I recently learned that it is routinely used on golf courses.

It is recommended that to establish a no mow lawn it should be planted in the fall between August 20 to October 20. One of the first steps to establish the lawn is to kill all the vegetation in the area that is to be planted. On August 9 the area I was planting was big (3000 sq. ft.) so I laid out the area using white spray paint so I would have guidelines to know what areas I had covered with herbicide.





On August 9 I sprayed the yard with glyphosate herbicide (Roundup®). It takes about 2 weeks for the lawn to die and be ready for planting. After 2 weeks the lawn looked as above and on September 5 and 6 I dethatched the grass and got it ready for planting.



See above dethatchers, one dethatcher rake and one dethatcher blade for a lawnmower (Menards \$11.21).



Lawn after dethatched



On September 7 I planted the grass with a broadcast spreader and started watering. It is recommended that it be watered for 15 to 30 minutes every other day during the first four to six weeks after seeding. I watered every other morning and evening for 20 minutes for two months.



I took this picture on October 21 and was glad to see the grass growing well. I watered early every other morning and evening for another week then quit.



On November 8 the grass is very green while the rest of my lawn looks very rugged, probably because it has a lot of creeping charlie or ground ivy. I kill the creeping charlie once in a while but, as I have 2 acres, I normally just live with it.



This is the lawn on June 10 you will notice how green it is compared to the just mowed regular grass in the foreground. The no mow grass came up in the spring and looked better than my regular lawn.



This is a picture, June 15 of the no mow grass and you can see the seed heads that were springing up.



On June 28 mowed both lawns. These are the two different lawns, foreground traditional mowed 3 ½ inches, and no mow 4 inches on top.



July 7 this is what the lawn looks like. It still has its vibrant green. It has not grown much. I noticed the Creeping Charlie is intermingled in the no mow grass but is not making headway; the no mow grass is keeping it at bay. Next time it will be mowed is in November to 2 inches long so it will come in better next year. The steep bank has not eroded at all. It has been an amazing success.



Close up view of no mow grass

MG Upcoming Events/Volunteer Opportunities

*****Check organization website for cancellations prior to event date.*****

September 2022

100 Grannies

<http://www.100grannies.org>

Monday, Sept. 26, 4 to 5 P.M.

GOOD NEIGHBOR COMMITTEE MEETING. Calder Park. Monthly Meeting. Our committee encourages change in our paradigm of beauty. Let us move away from a perfectly manicured look; toward appreciation for the benefits of diverse lawns. We are a local partner to a statewide public education initiative, Good Neighbor Iowa, of the University of Northern Iowa's Center for Energy & Environmental Education. This program aims to reduce unnecessary urban pesticide in order to protect child health, water quality, pets, pollinators and biodiversity. Contact Linda Quinn, 100granniesiowacity@gmail.com.

Backyard Abundance

<http://backyardabundance.org/events>

Sliding scale fee for programs: from \$0 to \$100, based upon the program and your access to resources. See details and register for all programs at <https://www.backyardabundance.org/events>.

Sunday, Sept. 11, 2 to 3:30 P.M.

AUTUMN WILD MEDICINE. Hickory Hill Park, 1439 E Bloomington St., Iowa City. Explore a wooded slope and tune in to its plant and mushroom inhabitants. Learn about plant ID, preparation, and how to bring in simple observances to acknowledge the land and medicine plants.

Thursday, Sept. 22, 5:30 to 7 P.M.

FLOWER CROWN WORKSHOP. Happy Hollow Park, 800 Brown St., Iowa City. Join us in celebrating the autumn equinox. Commune together the evening of the equinox, while making autumnal folk flower crowns. Explore a brief history of the purpose and role of these headdresses and step by step directions for making one of your own. We will also discuss how best to preserve your flower crown as decorative adornment or ritualistic use.

Saturday, Sept. 24, 10 A.M. to 4 P.M.

MEDICINE WALK: A DAY LONG FOREST BATHING EXPERIENCE. Wapsipinicon State Park, 21301 Co Rd E34, Anamosa. Bathe in the medicine of forest, prairie, cave, river and stream. Our day will include a group Forest Bathing experience, a break for lunch and then time on your own with the land. Meet at the playground/restrooms/picnic area.

Wednesday, Sept. 28, 5:30 to 7 P.M.

YOGA OUTSIDE: SEPTEMBER. Harvest Preserve, 1645 N Scott Blvd., Iowa City. Tap into your wild peace and deep presence. All-level yoga to help you come back to the body, calm the mind, and expand your comfort zone. We will ask the tall, old stones and trees to support a sense of place while we breathe with the green. Classes will be customized based on the needs of attendees. Tell us if any accommodations are needed for inclusion. We will reschedule meetings in bad weather.

Eastern Iowa Bird Watchers/IC Birds

<http://www.iowacitybirdclub.org/events>

Saturday, Sept. 3 through Monday, Sept. 5

CY-HAWK BIG DAY CHALLENGE. It's the Iowa City Hawkeyes (Iowa City Bird Club) vs. Ames Cyclones (Big Bluestem Audubon Society), in a competition to find the most bird species. Birders from across Iowa can participate with either team in the designated area. Pick one calendar day of Sept. 3, 4, or 5. Pick a birding group of friends or go individually. Our Hawkeye strategy will be to coordinate our locations to cover as much area as possible. So please register ahead with your name(s) and desired locations, or ask Chris if you want location suggestions. Each participant is asked to donate \$5 or more to support the bird conservation programs of Iowa Audubon. Register with Iowa City Bird Club ASAP with Chris Edwards at credwards@aol.com (preferred) or by phone/text at 319-430-4732. Competition rules and more information can be found here:

<https://iowacitybirdclub.org/cy-hawk-challenge/>.

Trees Forever

<https://treesforever.org/Events>

Tuesdays, Sept. 20 and 27, and Oct. 4, 5:30 to 8:30 P.M.

TREEKEEPERS CORRIDOR. Join Trees Forever for our three-part class series and gain the knowledge to become an effective environmental volunteer! The TreeKeepers program is designed for people who want to become more knowledgeable about urban tree planting and care and who wish to become a stronger voice for trees in their neighborhoods and communities. Fee: \$30 includes all sessions and class materials, plus a light meal. Learn more and register at

<https://treesforever.org/treekeepers/>

Additional Resources/Event Opportunities

Bur Oak Land Trust

www.facebook.com/BurOakLandTrust/events

Iowa State Extension

<http://www.extension.iastate.edu/calendar/>

Johnson County Conservation

<https://www.facebook.com/pg/johnsoncountyconservation/events/>

<https://www.mycountyparks.com/County/Johnson/Events.aspx>

Johnson County-ISU Extension

<http://www.extension.iastate.edu/johnson/>

Linn County-ISU Extension

<http://www.extension.iastate.edu/linn/>

New Pioneer Coop

<https://www.newpi.coop/community>

Project GREEN

<http://www.projectgreen.org/> and <https://www.facebook.com/www.projectgreen.org>

Seed Savers

<https://www.seedsavers.org/events>



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