



## Johnson County Master Gardener

# THYMES

## March 2022

### MG Steering Committee Meeting

**Wednesday, March 9, 7 P.M.**, virtual Zoom meeting will continue for the near future. Interested MGs are invited to participate—contact Shannon for instructions!

### Thymes Deadline

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

Please send news, volunteer opportunities, stories, pictures, gardening book reviews, etc., for the **April** issue by **Monday, March 28**.

### Plant Sale & Flea Market 2022

BY EMIL RINDERSPACHER

**The 13th annual Plant Sale & Flea Market** will be held on Saturday, May 7, at the JC Fairgrounds. We need all Master Gardeners to get involved. You can help by donating plants and flea market items; working presale activities and the sale; and spreading the word about the sale to friends, family, gardening friends and co-workers. Here's how you can help:



### Donate

We need perennials, grasses, herbs, veggies and annual starts, trees, shrubs, houseplants and garden items. Email me at [emil-rinderspacher@uiowa.edu](mailto:emil-rinderspacher@uiowa.edu) and let me know what you plan to donate. If you aren't sure what or how many, let me know so I can add your name to our donor list. We especially need folks to start veggies and annuals.

### Volunteer

There are many jobs to be done in April and May as well as sale day. You can help at our potting days in April; help make plant markers in early May; work set up crew on May 4; help price, label and set up sale floor on May 5 and 6; and work one of the many jobs at the sale on May 7. A call for volunteers will go out on March 24 through Sign-Up Genius. Please sign up to work! It's fun and it will give us a chance to work with other MGs (which most of us haven't done since before the pandemic).

### Spread the Word

Tell gardening friends and co-workers about the sale. We'll send you a flyer to print and post at your work. If you're on Facebook, please share the event with your friends. *Please remember we will be holding a Silent Auction to benefit the Butterfly House. If you have interesting or unique yard/garden items no matter how outlandish please consider donating them to the auction. We usually have a variety of items, thanks to the MGs' talents and humor.* You can send a list of your item(s) by Wednesday, May 4 to Mike & Carolyn, Butterfly House chairs at [candmmurphy@aol.com](mailto:candmmurphy@aol.com).



Email me if you have questions at [emil-rinderspacher@uiowa.edu](mailto:emil-rinderspacher@uiowa.edu)

## Project GREEN 2022 Garden Forums



**Sunday, March 13, 2022, 2 P.M.** at the ICPL **Andy Dahl**, University of Iowa Urban Forestry Supervisor and Campus Arborist, will give us a visual survey and commentary on the most notable of the 8,000 trees on campus (check out the cool [campus tree map!](#)). The UI campus has over 320 species and countless cultivars in the maintained areas. Of note are two Conifer Reference Gardens as recognized by the American Conifer Society and a Literary Grove featuring trees with connections to famous authors at the Writers Workshop. In addition, the campus boasts a Quercereturum (oak collection), and extensive collections of ginkgoes and several Iowa State Champion Trees.

Andy has been the campus arborist at UI for the past 22 years. During that time, the University achieved [Tree Campus USA designation](#) and most recently became an accredited arboretum through [Arbnet](#). He has received the Urban Forestry Professional of the year award from both the Iowa Urban Forestry Council and the International Society of Arboriculture and an Award of Merit from the Midwest Chapter of the International Society of Arboriculture. Andy says when he isn't busy working at the University arboretum, he's dragging his family to other arboretums. He loves "neat trees" and talking trees to like-minded enthusiasts.

*As a special bonus and added incentive to attend, Andrew is donating a very special bur oak seedling—an offspring of THAT TREE ([thattree.net](http://thattree.net))—to be given away as a door prize.*

## The Plants We Eat: Roots

BY MARY LOU MAYFIELD

**W**hen we think of eating plants, we can define "vegetables," as a plant or part of a plant used as food, such as a cabbage, potato, carrot, or bean. We also speak of "Fruit and vegetables," separating fruit as "the usually edible reproductive body of a seed plant, *especially*: one having a sweet pulp associated with the seed. The fact is, we eat many parts of plants, including the roots.



Roots are the part of a plant which attaches it to the ground or to a support, typically underground, conveying water and nourishment to the rest of the plant via numerous branches and fibers.

If you think about the roots that we eat, which ones come first to mind? Carrots and potatoes? Even though potatoes are considered stems because they have buds that sprout stems and leaves, they do grow underground, and like many roots, store food for the plant.

Beets, carrots, parsnips, radishes, turnips, and rutabagas are all root crops. These vegetables offer a prolonged harvest season and, for the most part, a long storage life. They also produce a large amount of food in a small amount of space.

- <https://ag.umass.edu/home-lawn-garden/fact-sheets/root-crops-growing-tips#>:
- <https://www.extension.iastate.edu/news/yard-and-garden-planting-carrots-home-garden>

Note: When planting root crops in raised beds, make sure the prepared soil is at least as deep as the plants' roots will grow.

RECIPES:

**Roasted Root Vegetables**

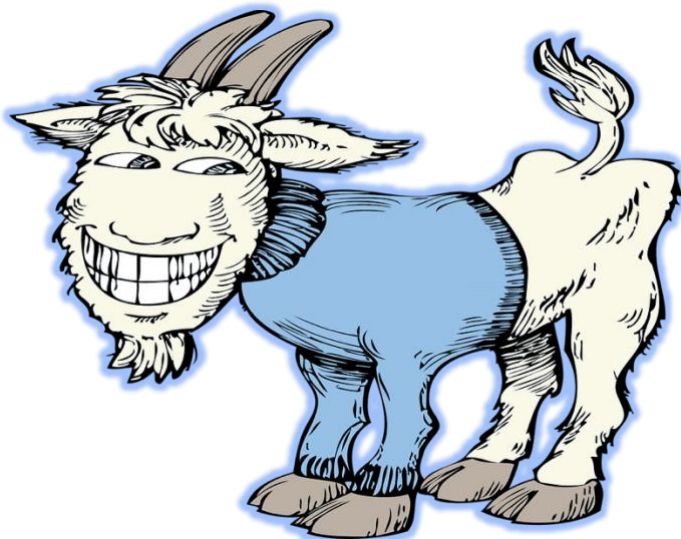
- <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-root-vegetables>


My husband, Jim, and I are very fond of beets, and eat all parts of the plant. The following recipe can be made with just the roots, as described, but also including steamed stems and raw baby greens. To prepare them, we put the roots in boiling water, in the bottom of a pasta pot. Ten minutes before the roots are done, we add the stems to the water, in the basket. We steam the leaves on top, for a hot dish.

**Marinated Beet Salad with Walnuts and Goat Cheese**

Iowa State University “Flavors of Northwest Iowa”

- [www.extension.iastate.edu/flavorsofnorthwestiowa/marinated-beet-salad-walnuts-and-goat-cheese](http://www.extension.iastate.edu/flavorsofnorthwestiowa/marinated-beet-salad-walnuts-and-goat-cheese)



 **MG Birthdays** 

**March 2022**

<b>4</b> .....	Reed Renneckar
<b>8</b> .....	Mahmooda Ahmad
<b>11</b> .....	Sadia Embree
<b>14</b> .....	Mardi Rasmussen
<b>15</b> .....	Carl Hensley
<b>19</b> .....	Angela Murphy
<b>20</b> .....	Nancy Wehrheim
<b>20</b> .....	Laurie Canady
<b>22</b> .....	Joanne Grey
<b>23</b> .....	Barb Schintler
<b>24</b> .....	Torrie Masko
<b>26</b> .....	Chris Parizek
<b>27</b> .....	Karen Miller



## 2022 JCMG Continuing Education

Johnson Co. Extension Office  
 3109 Old Highway 218 S., Iowa City, IA. 52246  
 319-337-2145

Sunday, March 6, 2022




1:30 to 4:30 P.M.

(alternate date March 20, 2022)

The continuing educational sessions are free to MGs;

MGs from surrounding counties are welcome to participate.

Register to join in-person by clicking here: <https://go.iastate.edu/FSZN05>

Time	Topic	
1:30 P.M.		<p><b>Perennial Movement Design: The Role of Native Plants</b> - Tyler Baird, Iowa City Superintendent. Parks and Forestry, 2015. A shift from annual to perennials and grasses brings native plants to the forefront to transform Iowa City's parks and gardens into a green scape sanctuary. This appreciation for Iowa's native plants has redefined the character of modern urban gardens in Iowa City. Tyler's approach features perennials that change throughout the seasons producing an effect that nature is flourishing – as the plants grow and patterns evolve, the gardens reflect Tyler Baird, Iowa City Supt. of Parks and Forestry, has incorporated a <i>perennial movement design</i> into the city's landscape highlighting living, changing spaces advanced by legendary Dutch plant artist and nurseryman Piet Oudolf. A native Iowan, Tyler majored in landscape architecture at Iowa State University and a M.S. degree from Utah State University. He worked for the National Park Service in the western U.S. and Missouri State Parks before joining the Iowa City staff.</p>
2:30 P.M.		<p><b>What's Wrong with My Tree?</b> - Mike Anderson, LCMG, 2006. A correct diagnosis of a tree problem is an important first step in saving an unhealthy tree or determining when a tree becomes a hazard and must be removed. Mike's presentation will cover environmental, bacterial, and insect-related tree issues and provide a systematic approach when examining a tree for possible problems. Mike Anderson, a retired Rockwell engineer, completed Master Gardener training in Linn County in 2006. He is a frequent presenter at the Linn County Winter Gardening Fair and at public libraries in the Linn County area. Mike's topics include <i>Outstanding Trees of the Midwest</i>, <i>Ash Tree Alternatives</i>, <i>Outstanding Shrubs</i>, <i>Gardening with Color</i>, as well as <i>What's Wrong with My Tree</i>. He has been a member of the Linn County Extension Council since 2015.</p>
3:30 P.M.		<p><b>Grow: Johnson County Improves Healthy Food Access</b> – Jason Grimm, Executive Director, and Clare Zabel, Food and Farm Specialist, at Iowa Valley <b>Resource</b> Conservation and Development (IVRCD). Started in 1998, the Iowa Valley RC&amp;D is cultivating change for a sustainable future by completing strategic local work that serves as a catalyst. Their program GROW: Johnson County, at the Johnson County Historic Poor Farm, delivers a just food system by improving healthy food access through charitable food production and hands-on education. The program was launched in 2015 and has freely distributed over 130,000 pounds of produce to 15 agencies in Johnson County. Jason has been with IVRCD since 2009 and has degrees in Landscape Architecture and Environmental Studies from Iowa State University. Clare Zabel, leads the daily production activities for the program and provides technical assistance to other local growers. Clare grew up on a small dairy farm in Minnesota, and moved to Iowa 10 years ago. She obtained her undergraduate degree in Communication Studies from The University of Iowa and a Master's Degree in Agronomy from Iowa State University.</p>



## Sedges For Shady Area With Low Moisture

BY JOEL WELLS



I have an area between evergreen trees that, as they have grown older, has developed more light between them. A shady area with nothing but Virginia creeper, weeds and honeysuckle growing so I want to plant some type of ground cover and flowers. To fill this void I have elected to grow sedges (will grow in acidic soils, are deer resistant, will crowd out invasive species) and some Woodland native flowers:

<https://www.prairienursery.com/plants-seeds/native-plants/native-sedges.html>.



These are the trees and the space between that needs flowers and ground cover.

There are over 100 type of sedges but the two I selected are the Pennsylvania Sedge and the Ivory Sedge. Pennsylvania Sedge grows 8-feet tall with a rhizome root system and requires a well-drained drier soil, in partial to full shade. Rhizomes are modified stems running underground horizontally. They strike new roots out





of their nodes, down into the soil. They also shoot new stems up to the surface out of their nodes, so they spread well. Examples of plants with a rhizome root system are Creeping Charlie, and Kentucky Blue Grass.

Ivory Sedge grows 6-feet tall with a fibrous root system that requires a well-drained drier soil, in partial to full shade. Fibrous root systems are all more or less the same size, and they look like fine, branching hairs which have grown to create a dense mat. Examples of fibrous root plants are onions and corn.

Growing these plants from seed is unrealistic as they are difficult and slow to germinate so I will buy plants that will be delivered in April/May. The recommended plant spacing is 1 foot. The area I have is about 80-feet by 10-feet which would be 800 square feet or 800 plants. Not realistic for me so I will start in a small



area and see how they progress. Then divide and spread them out over time and plant woodland wild flowers from seed.

In the fall I plan to plant some of the area with native wild flowers and more hostas and ferns.

<https://www.opnseed.com/products/woodland-edge>



Example above is woodland flowers.



Edge of area started with hostas and ferns.

## MG Upcoming Events/Volunteer Opportunities

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

### March 2022

#### 100 Grannies

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

**Monday, March 21, 4 to 5 P.M.**

**GOOD NEIGHBORS COMMITTEE.** Zoom. Monthly Meeting for Good Neighbor Committee. For Zoom link contact Linda at [quinnhenry@msn.com](mailto:quinnhenry@msn.com) or 319-330-3328.

#### Backyard Abundance

<http://backyardabundance.org/events>

**Saturday, March 5, 10 A.M. to 12 P.M.**

**RITUALS AND ALTARS AT HARVEST PRESERVE: A MINDFUL PRACTICE.** Harvest Preserve, 1645 N Scott Blvd, Iowa City. Through mindful practice, explore how the use of ritual and altars can become a part of your spiritual and emotional growth. There will be a brisk hike and mindful practices throughout the experience. Cost: sliding scale fee: \$25 - \$0, based upon your access to resources. Details and registration links at <https://www.backyardabundance.org/events>.

**Friday, March 18, 6 to 8 P.M.**

**NATURE AND FOREST THERAPY: FULL MOON AND SPRING EQUINOX**

**CELEBRATION.** Harvest Preserve, 1645 N Scott Blvd, Iowa City. Join Backyard Abundance and Good Medicine for an immersive experience with the land and the full moon. Bring your whole self on this gentle, reflective walk with the land and let's see what we encounter. Nature & Forest Therapy provides us with an opportunity to slow down and be present with self and with the world around us. Cost: sliding scale fee: \$25 - \$0, based upon your access to resources. Details and registration links at <https://www.backyardabundance.org/events>.

**Friday, March 18, 6:30 P.M. to Sunday, March 20, 1 P.M.**

**SOUL-SCAPES RETREAT: CREATING SACRED SPACE INSIDE AND OUTSIDE AT**

**HOME.** Prairiewoods, 120 Boyson Rd, Hiawatha. Come to Prairiewoods to reimagine your home's Soul-Scape, where sacred dreamings coalesce with nature's symphony, bringing light and life to those natural wonders that are integral to our spiritual meanderings. Cost: \$230 and includes sessions, lodging and all meals. The commuter fee is \$180 and includes sessions, Saturday lunch and dinner, and Sunday lunch.

**Friday, March 25, 12 to 1 P.M.**

**GARDENING TO EASE STRESS & ANXIETY: A FOUR-PART SERIES.** Prairiewoods, 120 Boyson Rd, Hiawatha. Intentionally cultivate and grow that connection in this four-part series. Easy-to-understand, scientifically proven benefits will be covered alongside hands-on gardening techniques. Offering many of the benefits of meditation, gardening can be a powerful mindfulness practice. All are welcome, whether we plan on growing an herb container garden in a window, joining a community garden for the first time or growing veggies in our own backyard. This first session is offered free via Zoom; following sessions are in person with a cost of \$20 per session. Details about additional sessions, dates, and registration links at <https://www.backyardabundance.org/events>.

### **Bur Oak Land Trust**

<https://www.facebook.com/BurOakLandTrust/events>

**Saturday, March 12, 12 to 3 P.M.**

**FOSTER A PAWPAW.** 2339 Heinz Road, Iowa City. Sign up today to grow pawpaw seeds into seedlings. Later this fall, you will return the seedlings, pots and crates to us so we can prepare to plant the pawpaws on Bur Oak properties next spring. You don't have to have a green thumb to participate. Pawpaw seeds only need water and lots of sun to grow at the start — pretty simple! More information and instructions will be provided at pick-up. The cost is \$30 for a crate of 9 plants. You can also purchase stratified pawpaw seeds to plant in your backyard; cost is \$10 for 8 pawpaw seeds. Details and register at <https://buroaklandtrust.org/events-3/>.

**Saturday, March 19 and Sunday, March 20., 9 A.M. to 12 P.M. and 1 to 4 P.M.**

**FOSTER A PAWPAW SEEDLING PLANTING.** Turkey Creek Nature Preserve, 2339 Heinz Road, Iowa City. We're looking for volunteers to plant 800 pawpaw seedlings for our Foster a Pawpaw project at Turkey Creek Nature Preserve. These seedlings were started by fosters last year and are ready for their permanent homes. Once these plants grow, they will be ideal habitat for the zebra swallowtail butterfly. Details and register at <https://buroaklandtrust.salsalabs.org/pawpawplantingsignup/index.html>.

### **Eastern Iowa Bird Watchers/IC Birds**

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

**Saturday, March 5, 8 A.M. to 2 P.M.**

**FIELD TRIP: CONE MARSH.** Cone Marsh in Louisa County: for Snow Geese, Sandhill Cranes, and migrating waterfowl with leader Linda Rudolph. A local favorite not to be missed at this time of year! We'll stop at several points around the marsh and take a walk on the dike, returning by noon. Dress for cold, wind, and wet or muddy trails, and bring a scope if possible. Meet at the Fin & Feather parking lot, 125 Hwy. 1 W in Iowa City. Carpooling is optional and only for those vaccinated for COVID.

**Thursday, March 17, 6:45 to 8:45 P.M.**

**BIRD CLUB MEETING.** Zoom. Karl Jungbluth, birder and retired meteorologist with the National Weather Service, will present "Weather, Radar, and Birds." He will discuss websites that provide insight into bird migration. Visit <https://iowacitybirdclub.org/event/bird-club-meeting-19/> for details.



**Saturday, March 26, 6:30 A.M. to 2 P.M.**

**FIELD TRIP: BURLINGTON AREA MISSISSIPPI RIVER.** Burlington Area and Mississippi River: for spring waterfowl migration. Target birds include ducks, geese, pelicans, Winter Wren, and many more. This is an all-day trip led by Burlington local expert birder Chuck Fuller, with stops at locks and dams, riverside parks, and other hotspots. Walking is usually short distance from frequent stops. We'll stop for lunch at a nearby restaurant. Dress for cold and wind, and bring a scope if possible. Meet Karen Disbrow at 6:30 at the Fin & Feather parking lot, 125 Hwy. 1 W, Iowa City; or at 8 A.M. at the Port of Burlington, 400 Front St., Burlington. Carpooling is optional and only for those vaccinated for COVID.

### **Johnson County Conservation**

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

#### **JOHNSON COUNTY CONSERVATION HAS MANY PROGRAMS SCHEDULED THROUGH MARCH:**

- Friday, March 11, 1 to 4 P.M. Volunteer Tree Planting Event. Conservation Education Center, F.W. Kent Park, 2048 Hwy 6 NW, Oxford. Help JCC naturalists plant hundreds of acorns and hickory nuts into pots for a community tree give-away.
- Saturday, March 12, 2 to 4 P.M. Naturalist Hike. Pechman Creek Delta, 5875 Sand Rd SE, Lone Tree. Look for signs of spring on this 3-mile loop to a quiet JCC property.
- Thursday, March 17, 9 A.M. to 12 P.M. Forts and Fires. Johnson County Conservation, CEC, 2048 Hwy 6 NW, Oxford. Join our naturalist to learn a bit about surviving in cold conditions as we break into family groups to build shelters and fires using basic survival tools and skills.
- Saturday, March 19, 9 A.M. to 12 P.M. F.I.N.D. LGBTQ+ Forts and Fires. Johnson County Conservation, Youth Group Camp, 2048 Hwy 6 NW, Oxford. Members of the LGBTQ + community and their friends, family, and allies join our naturalist to learn a bit about surviving in cold conditions as we break into small groups to build shelters and fires using basic survival tools and skills.
- Tuesday, March 22, 10 A.M. to 12 P.M. Pack Hike. Cedar River Crossing (North Access), 5473 Sutliff Rd NE, Solon. Bring your four-legged best friend on a 3-mile hike into one of the most wildlife-rich JCC properties.

Learn more about each program and register at

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

### **Linn County-ISU Extension**

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

**Tuesdays, 6:30 to 7:30 P.M.**

**FREE LINN COUNTY MASTER GARDENER LIBRARY TALKS 2022.** Coggon Public Library, 202 E. Main St.

- March 1: Seed-Starting at Home - Phil Pfister LCMG
- March 8: New and Interesting Perennials - Deb Walser LCMG
- March 15: Beginner Vegetable Gardening - Karie Pohl LCMG
- March 22: Critter Control - Devon Dietz LCMG

**Tuesdays, 6:30 to 7:30 P.M.**

**FREE LINN COUNTY MASTER GARDENER LIBRARY TALKS 2022.** Cedar Rapids Ladd Library, 3750 Williams Blvd. SW

- March 1: Vegetable Container Gardening - Wil Carew LCMG
- March 8: Weaving Plant Collections into Your Garden! - Wanda Lunn LCMG
- March 15: Plant a Salsa Garden - Deb Walser LCMG
- March 22: Herbs for the Butterflies - Linda Hinzman LCMG
- March 29: Public Gardens of Iowa - Cindy Fagan LCMG
- March 22: Critter Control - Devon Dietz LCMG

**Thursdays, 6:30 to 7:30 P.M.**

**FREE LINN COUNTY MASTER GARDENER LIBRARY TALKS 2022.** Fairfax Public Library, 313 Vanderbilt St.

- March 3: Cheap Tricks Gardening - Lisa Hinzman Howard LCMG
- March 10: Containers - Beyond Thrillers, Spillers, and Fillers - Cindy Fagan LCMG
- March 17: House Plants! - Karie Pohl LCMG
- March 24: Plant a Salsa Garden - Deb Walser LCMG
- March 31: Tool Care for the Yard and Garden - Wil Carew LCMG

Find more details about the Tuesday and Thursday Library Talks at

<https://www.extension.iastate.edu/linn/free-linn-county-master-gardener-library-talks-2022>.

### **Project GREEN**

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

**Sunday, March 13, 2 TO 4 P.M.**

**PROJECT GREEN SECOND SUNDAY GARDEN FORUM: UNIVERSITY OF IOWA**

**URBAN FOREST.** Iowa City Public Library, Meeting Room A + Livestream. Andrew Dahl, the University of Iowa Urban Forestry Supervisor and Campus Arborist, will give a visual survey and commentary on the most notable of the 8,000 trees / 320 species of trees on the UI properties. As a special bonus and added incentive to attend, Andrew is donating a very special burr oak seedling (an offspring of THAT TREE (thattree.net) ) to be given away at this event as a door prize. Details at <https://www.icpl.org/events/40104/2nd-sunday-garden-forum-university-iowas-trees>.

### **Trees Forever**

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

**Tuesday, March 15, 12 TO 1:30 P.M.**

**ROADSIDE PLANS FOR COMMUNITIES.** Zoom. Join Trees Forever Program Manager Jeff Jensen to learn more about what a roadside plan is, why they are important, steps to completing a plan, grants your community may be eligible for, and how Trees Forever can help through the whole process. This is a great opportunity for city administrators, mayors, public works directors, street superintendents, and concerned citizens to learn about improving their communities and natural areas. Join the meeting at <https://treesforever.org/event/roadside-plan-mar15/>.

**Friday, March 18, 12 TO 1 P.M.**

**FOREST RESERVE PROGRAM FOR LANDOWNERS.** Webinar. Join Trees Forever Field Coordinator Jeff Jensen, Iowa Nut Growers Association President Mary Ellen Miller, and a panel of IA Woodland Owners as they talk about the Forest Reserve Law in Iowa. Jeff will provide a quick overview of the program, Mary Ellen Miller just signed up her property in January and will provide her perspective on the process of getting signed up. Register at <https://treesforever.org/event/forest-reserve-program-for-landowners-webinar/>.

## **Additional Resources/Event Opportunities**

### **Iowa State Extension**

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

### **Johnson County-ISU Extension**

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

### **New Pioneer Coop**

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

### **Seed Savers**

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



*The Johnson County Master Gardener Thymes is published monthly, except January and August. It is distributed under the auspices of Iowa State University.*

#### **Mail can be sent to:**

*Johnson County Extension Service  
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Iowa City, IA 52246*

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