

Garden to Table

News from the Yard, Garden and Locally Grown



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In The News

- **Attention Master Gardeners**, we now have a Master Gardener [Facebook page](#) for our local area—take a look and like us!
- **Master Gardener Winter Wonderland Open House**
You're invited for coffee, treats and green-thumb conversation!
 - Date: Saturday Jan. 16 (rescheduled from Dec. 15, 2015)
 - Time: 1:00 pm—3:00 pm
 - Place: Prairie Queen Bakery and Restaurant, 301 10th St., Sheldon — It's never too early to talk gardening!

- **Food Security Mini Grants**

Connecting Gardens to Food Pantries & People to Gardening

The **Master Gardener winter webinar series** (see page 3 for details) will focus on hunger in Iowa and how Master Gardeners can help. Watch all three webinars that focus on hunger in Iowa, working with food banks and best practices for food safety and be eligible to apply for a mini grant up to \$1000.

Mini grants are available to support projects related to growing food for food pantries, connecting gardens to food banks, and/or teaching food insecure people about gardening. Grant applications are due March 1st, 2016. Click [here](#) for more information plus, visit www.mastergardener.iastate.edu.

In 2016, the **ISU Demonstration Garden at the Lyon County Fairgrounds** will be planting a pantry-friendly garden. Master Gardeners wanting to participate in a local food access project can volunteer at the Rock Rapids' site or other options might be to:

- * Secure a plot at a local community garden to grow food for a pantry
- * Create a new garden for pantry donations
- * Come up with a unique hunger project for your local area



Quick Links

[Iowa Master Gardener](#)

[MG Hours Online](#)

[Yard & Garden FAQs](#)

[Hort & Home Pest News](#)

[Flavors of Northwest Iowa](#)

[Questions or Comments](#)

Find us on Facebook 

I Spy ... 2016 trends in gardening

According to the **2016 Garden Trends Report**, the trend is to **get back to nature** and taking **technology** along. Whether it's to explore, educate or entertain, technology is there. From designing to shopping to staying connected with other garden enthusiasts. **Houseplants** are trending as they help elevate mood, provide fresh air and overall improve one's feeling of wellbeing. **Living landscapes** that bring the backyard to its natural habitat and support local, natural ecosystems, pollinators and other wildlife are popular. People are planting trees, shrubs and perennials that provide function as well as beauty to preserve and conserve our natural resources. Lastly, let's not forget 'dogscaping'. Pets run through the lawn, roll over on it and sometimes eat some of it. Gardeners with pets are thinking more about how to make their landscape pet friendly and pet safe by excluding poisonous plants and harmful chemicals.

For 2016, syncing with nature is in!



Calendar

January 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  HAPPY NEW YEAR!	2 Start a garden journal
3  Poinsettia care	4	5 <u>Start an indoor herb garden of culinary herbs</u>	6	7 <u>Check bird feeders keep cleaned & filled</u> 	8	9
10	11	12 <u>Application deadline for Landscape For Life™ Train the Trainer</u>	13	14 <u>Start planning next year's gardens</u>	15	16 MG Winter Wonderland Open House — Prairie Queen Bakery, Sheldon 1-3pm
17	18	19  <u>Rotate houseplants to avoid one-sided growth</u>	20	21 Order vegetable and flower seeds 	22 <u>Practical Farmers of Iowa Annual Conference</u>	23 <u>Practical Farmers of Iowa Annual Conference</u>
24	25 Windbreaks 101 NCC Sheldon 9:30am-noon MG Winter Webinar Hull Library 6pm-8pm *Both program are free and open to the public	26 	27 Get outside and spend time with nature (bring a camera & your journal)	28	29 	30
31						

Volunteer Service Opportunities

Opportunities you can start anytime

- * **Create a Food Bank Directory for Lyon, O'Brien, Sioux & Osceola counties**
With the Iowa Master Gardener program addressing food access and food insecurity issues in 2016, we hope to have several local gardens available to donate food to local food pantries. So we need an **up-to-date directory of food banks/pantries** in our area with information on whether they accept fresh produce and /or are connected to gardens or want to be connected to a garden. The directory should include name of the food bank/pantry, organization (if any) that they are affiliated with, location, years service and principal contact person(s).
- * **Volunteer on a committee to plan Master Gardener advance trainings, workshops, gardening events, meetings, etc.**
- * **Volunteer on a committee to plan local food-related events**
Examples include: farm to table dinner, farm to fork tour; food tastings at county fairs and/or farmers' markets; organizing an 'Ask a Master Gardener' table at a farmers' markets; other?
- * **Write articles for Master Gardener newsletter**
- * **Help with local Master Gardener Facebook page**
- * **Give gardening presentations to the public (resources available for you at the extension office)**
- * **Accompany horticulture educator on site visits to address yard and garden questions**
- * **Assist with answering yard and garden questions at county extension office**
- * **Take pictures at Master Gardener-related events for newsletter and Facebook page**

Opportunities coming up in 2016

- * **In 2016, the ISU Demonstration Garden at the Lyon County Fairgrounds will be planting a pantry-friendly garden.** Master Gardeners can participate in a local food access project at this garden or feel free to create your own project (hopefully with mini grant funding). A few thoughts: secure a plot at a local community garden to grow food for a pantry; create a new garden for pantry donations; come up with a unique hunger project for your local area
- * **Garden Beds at Sioux County Office**
2 sun drenched beds and several shade tolerant pots need to be designed, planted and tended
- * **'Ask a Master Gardener'**
Set a time to answer gardening question at the ISU Demonstration Garden in Lyon County or at a participating farmers' market

Continuing Education

- * **3 Master Gardener Winter Webinars**
Focus is on hunger in Iowa and how Master Gardeners can help. Watch all three webinars that focus on hunger in Iowa, working with food banks and best practices for food safety and be eligible to apply for a mini grant up to \$1000.
Dates: Monday, Jan. 25; Monday Feb. 8; and Monday Feb. 22
Time: 6:00 p.m.-8:00 p.m.
Place: Hull Public Library, 1408 Main St., Hull, IA
Free and open to the public
Counts as continuing education for Master Gardeners.
- * **Growing Strawberries for Home Gardeners Using Integrated Pest Management**
In case you missed this webinar originally aired in October, it has been archived at <https://learn.extension.org/events/2198#.VfCExesqexl>
- * **Check with me for other educational opportunities such as available webinars.**

Basil: King of Herbs

I always enjoy reading about the folklore that surrounds a plant. Herbs, in particular, are usually rich in tradition and basil is no exception. This is an herb you'll want to have if you are ever bitten by the basilisk, a fabled, fire-breathing dragon. Roman legend claims that basil is an antidote to the dragon's venomous bite. Not surprisingly, the lore associated with basil has changed over time. In later years, it became a symbol of love. The saying goes that a man who gives a woman a sprig of basil will have her fall in love with him and that she will never leave him. It is said that young Englishmen would wear basil to show their serious intentions when courting a woman.

The term basil is believed to come from the Greek word basilikon, meaning 'royal' or 'king'; hence, the herb's distinction of being called the 'king of herbs'. Given its lovely fragrance and surplus of uses, I'd say it was aptly named. It is one of the most popular herbs grown by the home gardener. A great choice for any garden as its fragrant qualities are said to repel aphids, white flies, mites, and mosquitoes. In the vegetable garden, basil is hailed as a good partner to tomatoes and peppers since it is believed to enrich both their growth and taste.

Basil also has many uses outside the garden. Add a basil-infused oil to the bath for help with relaxation. It is believed that a sachet filled with basil together with other aromatic herbs can help with a restful night's sleep. For beauty, basil is sometimes included in rinses to give hair more luster. Of course, most people know this herb for its culinary uses. Commonly found in Italian, Mediterranean, Thai, and Asian cuisine, basil can be added to so many dishes the list seems unending. There are recipes for stews, soups, meat dishes, fish dishes, egg dishes, vegetable dishes, sauces, and even fresh fruit desserts that call for basil to spice them up. It can be used dried or fresh.

This versatile herb is easy to grow. Most often it is grown by direct seeding into the garden but basil will grow well in a pot. Make sure the plant receives plenty of light while indoors. Frequent trimming will encourage new growth and keep the plant bushy. Keep in mind though that, as with all annuals, the plant will eventually flower and die so keep a packet of seeds handy for planting outdoors next spring.



Easy Herb Butter



Take one-quarter pound of butter, softened at room temperature
Add approximately 4 tablespoons of dried herb leaves (your choice)
Add a dash of lemon juice
Mix with an electric blender until light and fluffy
Keep refrigerated in a covered container

This makes a very tasty gift for family or friends.

Recipe from: Iowa State University Extension and Outreach publication *Growing and Drying Herbs* (PM 1239)

Upcoming Events

(Stay tuned as more events are added)



January

Train the Trainer Webinar Series

FREE Landscape For Life™ 'Train the Trainer' Webinar Series. The Lady Bird Johnson Wildflower Center and the United States Botanic Garden are

offering a new Landscape For Life™ 'Train the Trainer' webinar series free of charge in January-February 2016. Bring Landscape For Life (LFL) to your community by becoming an official trainer! This training is ideal for horticulture educators, master gardeners, garden clubs, landscape designers and those interested in teaching sustainable gardening practices. For more information go to ["Train the Trainer" webinar series](#). Application deadline January 12.

Saturday, January 16 MG Winter Open House

It's never too early to talk gardening!

Master Gardeners

Winter Wonderland Open House

Saturday, January 16

1 - 3 p.m. (rescheduled from Dec. 15, 2015)

You're invited for coffee, treats and green-thumb conversation!
Learn about the Iowa Master Gardener program!
Cheers!
Margaret Murphy
Horticulture Educator / Regional Food Coordinator
Iowa State University Extension and Outreach

Prairie Queen Bakery and Restaurant
301 10th St. | Sheldon

Become a Master Gardener!
Contact the ISU Extension and Outreach office in Lyon County
712-422-2050, or email Margaret.Murphy@iastate.edu
www.extension.iastate.edu/lyon



Monday, January 25

Windbreaks 101—presented by Dr. Jesse Randall, ISU Extension Forester. Landowners will learn the value of windbreaks, how to design and select trees for a new windbreak, how to plant and maintain trees and what to look for in old windbreaks in terms of disease and insects. **Free** and open to the public.; **Time:** 9:30am-noon; **Place:** NCC in Sheldon, Blding A, Room 117.

Monday January 25

1st of three **Master Gardener Winter Webinars** focusing on hunger in Iowa. If you are planning to apply for a MG mini grant, at least one person in your group will need to watch all three webinars offered this winter.

Time: 6pm-8pm

Place: Hull Public Library, 1408 Main St., Hull, IA

Free and open to the public

February

Tuesday February 2

MarketReady Workshop—presented by Linda Naeve, Extension Program Specialist, Value Added Agriculture Program—this workshop is for local food producers who currently sell their products direct to consumers and are looking to scale up to wholesale marketing to restaurants, grocery stores and institutions.

Time: 10am-4:30pm

Place: NCC Sheldon, Building A, Room 117

Fee: \$55/person; click [here](#) for more details

Monday February 8

2nd of three **Master Gardener Winter Webinars** focusing on hunger in Iowa. **Time:** 6pm-8pm

Place: Hull Public Library, 1408 Main St.

Free and open to the public

Tuesday February 9

Introduction to High Tunnels at Woodbury County Extension Office, Sioux City, IA. Presented by Joe Hannan, Commercial Horticulturist, ISU Extension and Outreach

Monday February 15

Good Agricultural Practices (GAP) Level 1—presented by Dr. Catherine Strohbehn—for farmers who provide food direct to consumers through CSAs or farmers' markets or considering retail foodservice sales and will be trained in good agriculture best practices and market considerations

Time: 8:30am-4:30pm

Place: NCC Sheldon, Building A, Room 117

Fee: \$55/person / \$10 discount if also attend Market Ready

Monday February 22

3rd of three **Master Gardener Winter Webinars** focusing on hunger in Iowa.

Time: 6pm-8pm; **Place:** Hull Public Library, 1408 Main St.,

Free and open to the public



For questions, comments or to submit an article or event:

Contact: Margaret Murphy, Horticulture Educator & Regional Food Coordinator
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