

May 2016

# Garden to Table

News from the Yard, Garden and Locally Grown

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## In The News

### ● [National Public Gardens Day is May 6, 2016!](#)

In celebration of botanical gardens, arboreta, conservatories, educational gardens and historical landscapes, many of the American Public Gardens Association's 590+ member institutions will mark the day with special events and activities for schools, families and thousands of visitors. Many of the activities will continue through Mother's Day weekend, offering time to enjoy the beauty of the gardens while learning about each garden's commitment to education, research and environmental stewardship.

### ● [Interested in Gardening for Pollinators?](#)

Iowa State University Extension and Outreach publication "[Gardening for Butterflies and Pollinators](#)" (RG 0601) discusses how to create butterfly gardens by planting a few of the insect's favorite plants in a sunny corner of the yard. It is available online at the Extension Store.

### ● **Thinking about beekeeping?**

Jesse Randall, assistant professor and extension forester at Iowa State, has released a [series of short videos on beekeeping](#). The series of nine videos covers a wide variety of topics, helping producers learn how to begin the process of beekeeping, how to handle the bees and ultimately harvest their honey.

### ● [Using tomatoes for power?](#)

A team of scientists is exploring an unusual source of electricity -- damaged tomatoes that are unsuitable for sale at the grocery store.



## I Spy ... A bumblebee in my yard

All bumble bees belong to the genus *Bombus* within the family Apidae. The family Apidae includes the well-known honey bees and bumble bees, as well as carpenter bees, cuckoo bees, digger bees, stingless bees, and orchid bees.

Bumble bees are important pollinators of wild flowering plants and crops. As generalist foragers, they do not depend on any one flower type. However, some plants do rely on bumble bees to achieve pollination. Bumble bees are able to fly in cooler temperatures and lower light levels than many other bees, and they perform a behavior called "buzz pollination," in which the bee grabs the pollen



producing structure of the flower in her jaws and vibrates her wing musculature causing vibrations that dislodge pollen that would have otherwise remained trapped in the flower's anthers. Some plants, including tomatoes, peppers, and cranberries, require buzz pollination.

The major threats to bumble bees include: spread of pests and diseases through commercial bumble bee rearing or other methods, habitat destruction or alteration, pesticides, invasive species, low genetic diversity and climate change.

Source: [www.xerces.org/bumblebees/](http://www.xerces.org/bumblebees/)

# It's May!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Click the link for more information ...	2	3 <a href="#">Plant spring loving flowers such as pansies, violas, snapdragons, sweet pea</a>	4	5	6 <a href="#">National Public Gardens Day</a> 	7  <a href="#">Plant for pollinators</a>
8 Mother's Day	9	10	11 <a href="#">Raise your mower height to 3-3 1/2 inches</a> 	12	13	14 <a href="#">Acclimate seedlings before planting outdoors</a>
15	16 <a href="#">Prune spring blooming shrubs</a> 	17	18	19 <a href="#">Do not remove foliage of bulbs such as tulips, daffodil until it yellows and dies</a>	20	21 Mulch around newly planted trees and shrubs
22 <a href="#">Pinch mums to promote compact growth and more blooms</a>	23	24 Plant tomatoes, peppers, egg-plants, squash, corn after danger of frost has passed	25	26	27 Thin seedlings to prevent overcrowding and weak growth	28
29	30 Memorial Day	31	1 <a href="#">June Begins</a>	2 <a href="#">Plant groundcovers where grass won't grow</a>	3	4
5	6	7	8 Soon it's time to stop harvesting rhubarb and asparagus	9	10	11 <a href="#">Vegetable Gardening for Small Spaces</a>



# Master Gardener News



Beth and Glenda

Every year, Sioux County Extension and Outreach has a *Citizens for Extension* banquet to recognize the many volunteers and community members that support extension and keep our programs strong. This year we were thrilled to be able to recognize two Sioux County Master Gardeners who have been committed volunteers for many years. The first was Glenda DeKoster, a Hull master gardener who has been active with the program for over 13 years. She has contributed many hours to landscaping public areas in Hull, helping to establish the Hull Community Garden and has helped at the ISU Demonstration Garden in Rock Rapids on multiple projects. The second was Beth Doran, our regional beef expert with extension. Beth has been an active master gardener for over 15 years and has written numerous horticulture articles for our weekly Clippings column plus, fields questions from home owners addressing questions from insect pests to tomato blight to sunscald on maples. Both are a great asset to our Iowa Master Gardener Program!

## Volunteer Service Opportunities

- \* Volunteers are needed throughout growing season at the ISU Demonstration Garden
- \* Write something for the Garden to Table newsletter
- \* Help with local Master Gardener Facebook page, [SOLO Master Gardener](#) (Sioux, O'Brien, Lyon, Osceola)
- \* Accompany horticulture educator on site visits to address yard and garden questions
- \* Participate in 'Ask a Master Gardener' - set a time to answer gardening question at the ISU Demonstration Garden in Lyon County or at a farmers' market
- \* Assist with answering yard and garden questions at county extension office

Please send me photos of your garden(s) or your Master Gardener activities—we love to share!

## Continuing Education

### Extension Master Gardener Social Media Training

<https://sites.google.com/a/extension.org/social-media-resources/welcome>

National Extension partners developed this website to share social media best practices. Master Gardener volunteers can complete the online modules to receive a certificate and continuing education hours. Great tool for folks who manage Master Gardener Facebook pages!

### Two upcoming Master Gardener Conferences:

1. Upper Midwest Master Gardener Conference will be September 14-17, 2016 in scenic Wisconsin Dells. The theme is "Helping Nature Thrive," and will feature area garden tours, educational sessions, expert speakers, and the Wisconsin Master Gardener Association annual meeting and ice cream social. Visit the [conference website](#) for more information.
2. The 2017 International Master Gardener Conference will be July 10-14, 2017 in Portland Oregon. Please visit the [conference website](#) for more information.



# Articles for the Yard, Garden & Local Fare

## Gardening Tips for Older Adults

Gardening offers many benefits. It's an enjoyable form of exercise and provides physical activity that helps increase strength, balance, flexibility and endurance. Being outdoors surrounded by nature also reduces stress levels and promotes relaxation. Many studies reinforce the idea that being around greenery promotes wellbeing. Plus, there is the great benefit of having easy access to nutritious, home-grown produce and the sense of self satisfaction of having grown it yourself.

Unfortunately, as we age, some gardening activities may become more difficult. Low energy and limited mobility are often two of the biggest impacts of aging but growing older doesn't have to mean giving up gardening. Here are some simple ideas and tools that are available to help older adults or people with mobility problems stay active in the garden.

First, a few precautions to consider before one gets started. These are important for gardeners of all ages. Before engaging in exercise, it's always well advised to warm-up first. This can be as simple as walking around the garden a time or two or doing a few easy stretches. It is also important to protect yourself from the sun and the intense heat of midday. If possible, work in the garden early morning or late in the day. Wear a hat and apply sunscreen frequently. Be sure to have water or juice on hand to stay hydrated plus, wear protective clothing that covers exposed skin. Lastly, take regular breaks. Have a place to sit and relax that is out of the sun. Remember, too, to change-up your gardening activity to avoid over-stressing one set of muscles. So, take some time to weed, then maybe switch to watering.

When planning a garden for older adults keep in mind mobility. Make paths wide enough to comfortably move through the garden. Add rest areas by placing benches nearby and, if possible, include railings or chairs with arms to aid in standing up. Create garden beds that allow for ease of use. For example, planting your crops in straight rows rather than in clusters or groups can make weeding and harvesting easier. Stick with easy to grow vegetables or flowers.

To aid in getting better access to the plants, consider using raised beds. These can be made narrow enough to allow for ease of access from all sides. Plus, raised beds can be constructed at a height comfortable for people who require wheelchairs or have trouble bending. Another way to create easier access to plants, particularly to harvest, is by growing vertical. Cucumbers, squash, melons, beans and many other vegetables grow well when trellised. You can also attach containers to the side of a shed or on a fence to give your garden more height.

A simple and convenient way to garden, especially if space is limited, is to container garden. I grow almost all my flowers and about half my vegetables in containers. I stack the containers or set them on a table or bench to make access easier. Unused pots, bricks or boards also make handy bases for containers, if you want to add some height to escape stooping.

Finding the right tool can also help. Hand tools can be made more comfortable by adding foam grips. If bending is difficult, "grabbers", long-handled tools or extension poles can make the job easier. I find my garden cart to be invaluable. I pull tools, potting soil, pots, and much more around the yard with my 4-wheel garden cart. This year, I am also going to try one of those kneelers that converts to a bench. My mom, who recently turned 88, has switched to using light-weight, easy to coil garden hoses. She also uses a walking stick to help maneuver through the garden.

To help with getting the garden planted try a seed syringe that plants individual seeds, or mixing seeds with soil and "planting" the soil in the garden. Many vegetables and flower seeds are now available in a seed tape, which can make planting much easier. This year, I planted my carrots using seed tape. It made the job quick and simple.

Another valuable resource to aid in gardening is to find a helper. Helpers come in all shapes and sizes. They can be found in friends, grandchildren, 4H groups, church groups and at community gardens.

One last thing to consider when creating a garden for any age and that is to include plants that stimulate all the senses. Not only does that keep a garden interesting and fun but it helps keep our senses sharp.



# From the Desk of Master Gardeners



Master Gardener, Barb Altena, sends us these photographs of beautiful potted plants from a project she did for their winter home in Mesa, Arizona. Barb shares that spring comes much earlier there so you get to enjoy all the perennials and annuals sooner.



The following is from the Pest Update (April 27, 2016) Vol. 14, no. 12 by John Ball, Forest Health Specialist SD Department of Agriculture, Extension Forester, SD Cooperative Extension

## Tasks to Complete Now

**Apple scab:** symptoms do not show up till this summer (see picture) but management started recently with a fungicide application applied just as the buds were beginning to expand, less than a 1/4-inch of leaf showing. The warm weather means many apple and crabapple trees are ready for the second application. Fungicide sprays continue about every 7 to 10 days apart until petal fall. After that the weather usually turns a little drier and a 10-14 day interval can be used until the end of June when applications generally stop.



The most common fungicide used for control of apple scab is Captan. Captan is also the fungicide included in multi-purpose fruit tree sprays, however *Multi-purpose fruit tree products should not be used during flowering.* These products also contain insecticides that are deadly to bees and other pollinators. The first two apple scab fungicide treatments are critical to the successful control of this disease and if missed will significantly reduce effective control of the diseases even if the remaining sprays are properly timed.

Editor's Note: For more information on pesticides and bees, visit <https://store.extension.iastate.edu/Product/Protecting-Bees-from-Pesticides> to view or download the ISU Extension and Outreach brochure titled: *Protecting Bees from Pesticides*.



# Upcoming Events

## April 29 and 30

Learn about **Iowa's grape and wine industry**. ISU Extension and Outreach together with Flavors of Northwest Iowa are offering two FREE workshops in Sioux City on April 29 & 30. For more information click on [Workshop 1](#) & [Workshop 2](#).

## Saturday May 7

Minnehaha Master Gardeners **plant sale** at the fair grounds in Sioux Falls. Starts at 9am.

## Saturday May 21

Rock County Master Gardeners 12th annual **plant sale** at Bomgaar's parking lot in Luverne. 9:30am-noon.

## Saturday June 11

**Garden to Table Series: Vegetable Gardening for Small Spaces:** The garden workshop will include a raised bed, a container garden plus, garden trellises. We'll also explore how to use inter-planting & succession techniques. From 9:30am-noon. Free & open to the public. Click [here to download a flyer](#).

## Monday June 20

Rock County Master Gardeners **annual garden tour**. Bus leaves south side of Luverne high school at 6:30pm returns by 9pm. Rain date June 21. Cost: \$10/ \$15 after June 16. Call Community Ed to register (507) 283-4724. Call Extension office for questions (507)

283-1302.

## Tuesday July 19

**Annual Garden Walk and Local Food Tasting** at the ISU Demonstration Garden, Lyon County Fairgrounds. The walk will be led by Cindy Haynes, Associate Professor of Horticulture, Iowa State University.

**Monday July 25 Garden to Table Series: Gardening with Herbs** at the O'Brien County Fair from 2pm-3pm. Learn how to grow herbs in the garden or in containers, companion planting with herbs, grow herbs indoors through the winter. Free & open to the public. [Click here to download a flyer](#).

**Tuesday August 9 Garden to Table Series: Cooking with Garden Vegetables** with nutrition & wellness specialist, Renee Sweers. A hands-on cooking class featuring tips on how to prepare easy, nutritious meals using fresh garden fare. Time: 6pm-8pm at the Forster Community Center, Rock Rapids. Free but pre-registration required. [Click here to download a flyer](#).

**Thursday August 11 Garden to Table Series: Cooking with Herbs** with Renee Sweers. Join a hands-on cooking class featuring easy cooking tips and recipes using fresh herbs at the Sutherland Fire Rescue and Ambulance building from 6pm-8pm. Cost: \$15/ person. [Click here to download a flyer](#).

## PEST OF THE MONTH

### Dandelions

Because dandelion seed can be windborne for several miles, prevention of new infestations is difficult. Solitary new dandelion plants along fence rows, roadsides, flower beds, and in turfgrass should be grubbed out (digging out the entire plant, taproot and all) before they produce seed. Monitor the area for several months to make sure that removal was complete. Areas with infestations should be isolated and seed heads removed until control can be accomplished. Turfgrass and ornamental areas should be well maintained to assure maximum vigor. Making these plantings as competitive as possible will slow invasion of the weed. Dense stands of turfgrass and ornamentals shade the soil surface, making the establishment of new dandelion seedlings more difficult.

In the home landscape, dandelion plants can easily be grubbed out, especially when they are young. Dandelion knives and similar specialized tools are available for removing individual weeds and their roots while minimizing soil disturbance. Control dandelion plants before they set seed to reduce the potential for further invasion by this weed.

No single control procedure has been successful in controlling dandelion in turfgrass. Early grubbing of new seedlings has been successful when practiced diligently. These plants must be dug up regularly for several years to be successfully eliminated. Spot spraying isolated plants with glyphosate can be helpful, but the turfgrass is killed, leaving open areas. Overseed the open spots to establish a vigorous turf sod. Herbicides that control broadleaf weeds can control dandelion seedlings. Control of established plants is much more difficult— 2,4-D works best for established dandelion control. Make sure with all herbicide use that you follow label directions. Source: [www.ipm.ucdavis.edu](http://www.ipm.ucdavis.edu).



## Quick Links

- [Find us on Facebook](#)
- [Iowa Master Gardener](#)
- [MG Hours Online](#)
- [Yard & Garden FAQs](#)
- [Hort & Home Pest News](#)
- [Flavors of Northwest Iowa](#)
- [Questions or Comments](#)



## For questions, comments or to contribute an article or photo

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