



June 2016

Garden to Table

News from the Yard, Garden and Locally Grown

Recipe of the Month

Beet Chocolate Cake



- 2 cups sugar
- 2 cups flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3-4 ounces unsweetened chocolate
- 4 eggs
- 1/4 cup oil
- 3 cups shredded beets

Directions:

Heat oven to 325 degrees

Grease two 9-inch cake pans

Whisk dry ingredients together

Melt chocolate very slowly over low heat or in double boiler

Cool chocolate; blend thoroughly with eggs and oil

Combine flour mixture with chocolate mixture, alternating with the beets

Pour into pans

Bake until fork can be removed from center cleanly, 40-50 minutes

Recipe from Zephyr Community Farm
Published in From Asparagus to Zucchini
A Guide to Cooking Farm-Fresh Seasonal Produce
FairShare CSA Coalition, Madison, WI, Third Edition, 2004

In The News

- Not everyone has the room or time or mobility to keep a large garden. Small gardens are easier to manage, and keeping your garden size small doesn't mean you have to forfeit a bountiful harvest. Join our workshop on June 11 starting at 9:30am at the ISU Demonstration Garden in Rock Rapids to learn more about gardening small but with big results. (See flyer on page 7 of this newsletter.)
- The pantry garden at the Lyon County Fairgrounds is planted! This year the garden will grow produce especially for food pantry donations. We aim to increase the amount of donations to more pantries throughout the area. We now also have a sign board to keep people updated on what's happening at the garden!
- 2016 All-Iowa Master Gardener's Art Show
The exhibition will be held at the Greater Des Moines Botanical Garden on Thursday, August 18, 5:00-7:00 p.m. Applications are being accepted now through August 1. Entries must have a horticultural, floriculture, or gardening theme and must have been completed within the last 3 years. [Click here](#) for more information and to download an application. For questions, contact [Patricia Reeves](#).



I Spy ... A baby cottontail(s) in my yard

Eastern cottontails like a variety of habitats ranging from fields, farms, and landscaped backyards. Cottontails generally spend their life within an area of 10 acres or less. As long as the place offers good food and shelter, they are happy to stay. Rabbits usually live less than two years in the wild but a female can raise two to three litters in a summer. Each litter averages four to five young. At about 15 to 20 days after birth, the young are ready to switch to a vegetative diet that can include some of our garden fare but also clover, crabgrass chickweed, dandelion and quackgrass. During the winter months, they make the switch to woody stems and twigs.

Over the years, I have heard numerous tips on how to protect plants from rabbits. Some of the most common suggestions have to do with an odor-based deterrent. Rabbits have a well developed sense of smell. Applying a chemical repellent that offers an offensive aroma can keep rabbits away from plants. I have found that mixing 2 eggs, 1/4 cup of garlic powder and hot sauce (too taste) in a five gallon bucket of water works quite well. Scare tactics are another way to go. People will set out motion detectors that turn on lights or sound or leave a radio playing. My dad placed a plastic owl that hooted every time something passed by the garden. It did not keep the rabbits at bay but gave mom and me a few good laughs. A device intended to scare rabbits may work for a while but, in time, they will most likely become desensitized to it and begin to ignore it (unless the scary object is a dog or a cat). Hands down the most effective way to keep rabbits from enjoying your vegetables or flowers is to put up a fence. Usually a two foot high fence made from chicken wire is sufficient. Mesh size should be kept to no more than one inch and the bottom needs to be well secured against the ground or buried several inches deep.



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click the highlighted / underlined link for more information on a topic...			1	2 Plant groundcovers in shady areas where grass won't grow	3	4 Mowing the lawn this summer make sure no more than 1/3 of the blade length is removed—keep blades sharpened!
5 	6 Keep newly planted trees and shrubs appropriately watered	7	8 Prune spring flowering shrubs	9	10 Divide spring - blooming perennials but not during dry spells	11
12	13 Thin young vegetables as needed for healthier plants	14 Flag Day 	15	16 Irrigate tomatoes with consistency to avoid blossom end rot	17 	18
19 Father's Day Plant a tree for dad	20 First Day of Summer 	21	22 Deadhead flowers to keep up production and keep them looking good	23	24 Renovate June-bearing strawberries after final harvest	25
26	27 Keep on weeding 	28	29 Remember to tend your compost pile	30	1 July is Here	2
3	4  HAPPY 4TH OF JULY	5	6	7 	8	9

Master Gardeners built and planted a 4'x4' raised bed to showcase at the upcoming June 11 workshop on small space vegetable gardening at the Lyon County Fairgrounds



2016 Master Gardener Core Training

Will be at the Osceola Community Hospital in Sibley starting September 20. Online registration is now open at www.mastergardener.iastate.edu.

Volunteer Service Opportunities

- * Volunteers are needed to help with the Master Gardener Food Security project at the ISU Demonstration Garden in Rock Rapids. We will need volunteers to help harvest, collect data and distribute produce to area pantries starting in July.
- * Writers needed for articles or tidbits for the Garden to Table newsletter.
- * Help answer yard and garden questions either in the office or accompanying me on site visits.
- * Spend time at a farmers' market or the ISU Demonstration Garden in Rock Rapids to answer gardening question.

Continuing Education

7th Annual Growing Season Webinars

Topics for this season's webinars are benefits of shade in the landscape, tree problems, and native garden insects. The webinars will be shown at the Sibley Public Library, 406 9th St. 5:45pm-7:45pm.

- Thursday June 30 *Got Shade?*
- Thursday July 28 *Getting to the Bottom of Tree Problems*
- Thursday August 25 *What's all the Buzz About*

Look for a flyer with more information coming soon!

Food Security in Iowa Webcasts

Master Gardeners will gain educational hours while learning about the realities of hunger in Iowa, the best way to work with food banks, donation garden food safety, and more. [Click here to watch the series online.](#)

Extension Master Gardener Social Media Training

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

Master Gardener volunteers can complete the online modules to receive a certificate and continuing education hours. Great tool for those 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.

About the Yard, the Garden & Local Fare

Farmers' Markets are in Full Swing

At farmers' markets you can meet growers with a passion for bringing fresh, locally grown food directly to you from their farm!

5 GREAT Reasons to Visit Your Local Farmers' Market

Exceptional taste and freshness. You'll find high quality, farm-fresh produce at your local farmers' market.

Try something new. At farmers' markets you often find your favorite items plus you may find fruits and vegetables that are new to you. A great opportunity to discover a new favorite!

Supports the local economy. Buying local keeps more of your dollars circulating close to home and helps build the local economy.

Helps the environment. It takes less miles to bring locally grown food from farm to table. Plus, most growers you meet at a farmers' market follow sustainable growing practices.

Helps build community. Customers can get to know the growers and ask questions about how the food is grown or how to prepare it. Plus, the farmers' market is a great place to bring the kids or to catch up with friends and neighbors. Many markets also host community events.

Many farmers' markets or individual vendors participate in the [Farmers' Market Nutrition Program](#) and the [Senior Farmers' Market Nutrition Program](#)

GOOD THINGS grow at your local farmers' market!

View or download the [Farmers' Market 2016 Directory](#) featuring markets in Lyon, O'Brien, Osceola, Sioux, Dickinson and Clay counties. For additional markets in Northwest Iowa, visit the Flavors of Northwest Iowa website:

www.flavorsofnorthwestiowa.org



From the Garden of Master Gardeners



Master Gardener, Barb Altena, sends us these photographs of potted herbs, cannas and kale that grow on her patio. Barb states that her mom always grew cannas and that she loves



their blooms. The kale is dinosaur kale started from seed — Thanks Barb!

Share your photos & stories from the garden for our July newsletter!

Don't Be Afraid of the Dark

Shady sites can be a challenge in the landscape. My yard has quite a bit of shade and as I looked into shade tolerant plants, happily, I found quite a few possibilities. A well-planned shade garden can offer color plus, interesting texture and form throughout the growing season.

The first step to planning your shade garden is to assess the types of shade found in your yard. You'll find many different descriptions of shade but here a few often-used terms. *Light shade*, which refers to 2-4 hours of shade during the day. Plants preferring full sun generally can handle this amount of shade. *Part shade* consists of 4-5 hours of shade. Most sun-lovers may survive in part shade but won't bloom as well. *Filtered or dappled shade* is sunlight that is filtered through the tree canopy throughout the day. *Full shade* is no direct sunlight throughout the day. This type of dense shade can be created by large evergreens or tall buildings. A few plants can tolerate full shade.

When planning your shade garden, keep succession in mind. You can plant sun-loving, early bloomers before trees or tall shrubs leaf out. Follow with plant varieties that are more shade tolerant. Mix annuals, perennials, and bulbs to achieve continuous color through the season.

Annuals can offer an endless display of color from late spring until frost. Flowering annuals do not bloom well in heavy shade but I have enjoyed wonderful color in my shady areas with coleus, begonias, nasturtium and nicotiana, also known as flowering tobacco.

Many perennial varieties bloom well in light shade but some will flower in fairly dense shade. Most perennials flower for just a few short weeks. However, when not in bloom, they may still present remarkable foliage adding attractive form and texture to your garden. I tend to plant my shade-loving perennials in clumps as often their flowers are on the delicate side and not as visible on their own. Light colors stand out in the shade but don't be afraid to add dark colors such as reds and purples for added richness. Some of my favorite perennials for shade are astilbe, cardinal flower, bleeding heart, coral bells, hostas, lungworts, wild columbine, Virginia bluebell and woodland phlox. Be mindful of soil moisture needs when selecting plants. Astilbe and cardinal flowers, for example, like moist soils.

If planning a shade garden, take a stroll through the woods. We have many beautiful native, woodland perennials that are shade-loving. Notice nature's subtle way of blending their colors with leafy textures in a way that is unique from plants in sunny locations. Use nature as your guide to create a shady retreat in your yard. To learn more about shade gardening join us on June 30 at the Sibley Public Library from 5:45pm to 7:45pm for our Master Gardener Growing Season Webinar called *Got Shade?* by Iowa Master Gardener State Coordinator, Denny Schrock.





Upcoming Events

Saturday June 11

Vegetable Gardening for Small Spaces—kicks off our Garden to Table Series. This garden workshop will include hands-on projects to learn about space-saving planting techniques, growing vegetables using garden trellises & how to maximize your efforts using containers and raised beds. From 9:30am-noon. Free & open to the public. *See flyer on next page for more information.*

Saturday June 25

Tour of Gardens and Garden Market. Tour begins at the Woodbury County Extension office at 8am and goes until noon. *See flyer on the last page of the newsletter for more information.*

Thursday June 30

Master Gardener Growing Season Webinar on shade in the landscape. Master Gardeners receive 2 hours of continuing education. Place: Sibley Public Library (406 9th St.) Time: 5:45pm-7:45pm Free and open to the public

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. Starts at 5pm for food tasting and casual conversation.

Monday July 25

Gardening with Herbs at the O'Brien County Fair from 2pm-3pm—part

of our Garden to Table Series. 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.](#)

Thursday July 28

Master Gardener Growing Season Webinar on tree problems. Master Gardeners receive 2 hours of continuing education. Place: Sibley Public Library (406 9th St.) Time: 5:45pm-7:45pm Free and open to the public

Tuesday August 9

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

Cooking with Herbs with Renee Sweers—part of our Garden to Table Series. 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.](#)

Thursday August 25

Master Gardener Growing Season Webinar on native garden insects. Master Gardeners receive 2 hours of continuing education. Place: Sibley Public Library (406 9th St.) Time: 5:45pm-7:45pm Free and open to the public

PEST OF THE MONTH

Imported Cabbageworm

You are probably familiar with the adult form of the imported cabbageworm. These are the small, white butterflies fluttering around your garden. The female will lay tiny, light-colored eggs often on the underside of the leaves. Her larvae are velvety green caterpillars that have a faint yellow stripe down the back. They reach about an inch in length and move slowly as they chew their way through the leaf. Management of this pest begins with good surveillance. Keep an eye out for the butterfly fluttering around the yard. If she's there, it's time to protect your crop.



Physical control: Remove caterpillars by hand and drop them in a pail of soapy water to kill them. I have tried this, and while it works, the task can get a bit daunting if you have a large crop. I have switched to using floating row covers. Made out of very light-weight, synthetic material, they allow light and water through while creating a barrier to insect pests.

Natural control: There are a number of natural enemies that prey on the imported cabbageworm and many are commonly found in our yards including paper wasps, and parasitic wasps and flies.

Insecticidal control: When possible, select a control that is less impacting to natural controls and pollinators such as *Bacillus thuringiensis* (Bt), a bacterium that targets caterpillars (keep in mind Bt impacts all caterpillars, even the ones we want to encourage). Other controls include broad spectrum insecticides such as permethrin and carbaryl. Whenever applying any type of insecticide, remember to read the label and follow all the instructions carefully. Take a look at the publication, [Protecting Bees from Pesticides](#), to learn more about reducing insecticide impact to bees.

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

Contact: Margaret Murphy, Horticulture Educator & Regional Food Coordinator
Iowa State University Extension and Outreach - Lyon, O'Brien, Sioux and Osceola Counties
(712) 472-2576 / mmurphy@iastate.edu



Vegetables Gardening for Small Spaces Garden To Table Series

**Join us for a workshop on how to
grow more with less space**



Through hands-on projects, participants will learn about:

- space-saving planting techniques
- how to grow vegetables using garden trellises
- how to maximize your efforts with containers and raised beds



Small gardens are easier to manage and keeping your garden size small doesn't mean you have to forfeit a bountiful harvest!

Date: Saturday June 11, 2016

Time: 9:30 a.m. to noon

Place: ISU Demonstration Garden, Lyon
County Fairgrounds, Rock Rapids, IA

FREE and Open to the Public
Pre-register by Friday June 10

To pre-register, contact Margaret Murphy at
712-472-2576 or mmurphy@iastate.edu.



Funding support from the USDA SNAP-ED, Iowa Master Gardener Program and Northwest Iowa Experimental Association

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 Quota International &
of Sioux City

IOWA STATE UNIVERSITY
Extension and Outreach
Woodbury County

present the

TOUR of GARDENS & Garden Market

June 25, 2016
8:00 a.m. ~ noon

For Reservations call:
(712) 233-3332

A showcase of 6 Sergeant
Bluff & Singing Hills
area gardens

Tour begins at
Woodbury County Extension,
4728 Southern Hills Drive, Sioux City

Tickets \$20/\$25 day of event
Pre-purchase 10 tickets, get one free!