



July 2016

Garden to Table

News from the Yard, Garden and Locally Grown

Recipe of the Month

Roasted Kalettes

- 6 cups Kalettes (about 12 ounces)
- 2 tablespoons extra-virgin olive oil
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions:

- Preheat oven to 475°F.
- Combine Kalettes, oil, salt, and pepper in a large bowl. Spread in an even layer on a large, rimmed baking sheet.
- Roast in the lower third of the oven until just tender and browned in spots, about 10 minutes.

Nutrition information per serving:
 108 calories,
 7g total fat,
 1g saturated fat,
 0mg cholesterol,
 115mg sodium, 6g
 total carbohydrate,
 1g fiber, 2mg potas-
 sium, 4g protein



Source: [Jan/Feb 2015 EatingWell](#)

In The News

- **Kalettes**—you may have heard of them or may even be growing them—Kalettes look like miniature ornamental kale but grow much like Brussel sprouts. It took more than a decade to create the kalette, which is described as having a blend of sweet and nutty flavors. Look for them at local grocery stores or farmers' markets



- **Saving your vegetable seeds for next year** is becoming more popular— From the University of Minnesota Extension— When saving seed, choose open-pollinated varieties rather than hybrids. If open-pollinated varieties self-pollinate or are cross-pollinated by other plants of the same variety, they set seed which grows into plants that are still very similar to the parent plant, bearing similar fruit and setting seeds that will produce more similar plants. Open-pollinated varieties may be "heirlooms," varieties that have been passed down from one generation of gardeners to the next, or they may be more recent selections. For more information on saving vegetable seeds, see

www.extension.umn.edu/garden/yard-garden/vegetables/saving-vegetable-seeds/



I Spy ... Fireflies (Lightening Bugs)

There are a number of different species of fireflies, none of which are actually flies—they're beetles! They get the names "firefly" and "lightning bug" because of the flashes of light they naturally produce. This phenomenon is called bioluminescence, and the bioluminescent organs in fireflies are found on the underside of the abdomen.

Facts about Fireflies

Size: Up to 1 inch; **Diet:** The larvae eat snails, worms, and slugs, which they inject with a numbing chemical to disable. Adults eat other fireflies, nectar, or pollen, although some don't eat at all; **Typical Lifespan:** Approximately 2 months in the wild.

Habitat: Found throughout the United States in parks, meadows, gardens, and woodland edges. They are easily seen on summer evenings. **Range:** Fireflies are found in temperate and tropical regions on every continent except Antarctica.

Life History and Reproduction: All larvae are able to produce light to deter predators, but some species lose this ability in adulthood. Each species has its own pattern of light flashing, which is controlled by the nervous system. Some species, such as the Pennsylvania firefly (*Photuris pensylvanica*) are still bioluminescent as adults and use their flashes to attract mates of their species. This species also uses light to attract their prey, the big dipper firefly (*Photinus pyralis*), which they eat to obtain defensive chemicals. Aside from mating and prey attraction, it's thought that bioluminescence may be a defense mechanism for the insects—the light lets predators know that their potential meal isn't very tasty and might even be toxic!



Source: [National Wildlife Federation](#)

Welcome JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click underlined links for more information on a topic...			Enjoy the County Fairs!		1	2 Remove suckers at the base of crabapple trees
3	4 Happy Independence Day! 	5	6 Deadhead flowers to keep them looking good and encourage additional blooms	7	8	9 Water vegetable and flower gardens in the morning
10 <u>Keep watch for garden pests</u>	11	12 <u>Divide bearded iris</u>  <small>© Can Stock Photo</small>	13	14 <u>Mow with cutting height 3—3 1/2 inches</u> (Don't mow lawn that has gone dormant)	15	16
17	18	19 Garden Walk Lyon County Fairgrounds	20	21 Enjoy your summer vegetable harvest!	22	23 Visit a farmers' market
24	25 <u>Growing Culinary Herbs Talk O'Brien County Fairgrounds</u>	26	27	28	29 <u>Remove canes of summer bearing raspberries after last harvest</u>	30
31	1 Welcome August!	2	3 ▲	4 <u>Sign up for Master Gardener Core Training</u>	5	6



Master Gardener News

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. Starts September 20th.

Volunteer Service Opportunities



Starting this month, I'm looking for volunteers to help harvest, collect data and distribute produce to area pantries as part of the Master Gardener Food Security project at the ISU Demonstration Garden in Rock Rapids. I will set up a schedule of harvesting days depending on when produce is needed at the pantries. Help out when you can!

- * On **Wednesday July 13**, help at the Osceola County Fair at a table of information on gardening and the Master Gardener program. Share your knowledge about yards and gardens and enjoy some cucumber lemonade!
- * Help out at the ISU Demonstration Garden Walk on **Tuesday July 19**. Be available to answer questions on raised beds, container gardening and trellising.
- * 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. I can help set something up, if needed.
- * Looking for a volunteer to help with some administrative tasks for the Master Gardener program

Continuing Education

Summer Webinars

The webinars will be shown at the Sibley Public Library, 406 9th St. 5:45pm-7:45pm. They are free and open to the public.

- **Thursday July 28** *Getting to the Bottom of Tree Problems* a talk given by Lina Rodriguez-Salamanca, ISU Extension and Outreach plant pathologist and diagnostician.
- **Thursday August 25** *What's all the Buzz About?* Nathan Brockman, curator of the butterfly wing of Reiman Gardens at Iowa State University. Will discuss insects native to Iowa and what to do to increase the enjoyment of these six-legged garden visitors.

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

Buying Fresh Produce? Keep it Fresh!

Reprinted from ISU Extension and Outreach Words on Wellness, June 21.
Source: Amy Peterson and Alice Henneman from the
University of Nebraska–Lincoln

Fruits and vegetables come in terrific colors and flavors. Just as their nutritional benefits differ, the way in which you store fresh produce differs too! The required storage temperature and humidity level varies depending on the type of fruit or vegetable. Avoid placing produce in a sealed plastic bag on your countertop. This slows ripening and may increase off-odors and decay.

Use the guides below to store your garden bounty.

Store these at room temperature, making sure they are clean, dry, well ventilated, and away from direct sunlight:

- Tomatoes
- Onions
- Potatoes
- Melons
- Bananas
- Pumpkins
- Winter squash

Ripen these on the counter, then store in the refrigerator:

- Avocado
- Kiwifruits
- Peaches
- Nectarines
- Pears
- Plums

Most other fresh produce keeps best stored in a clean refrigerator at 40°F or below.

Store fruit in a different refrigerator crisper drawer than vegetables. Fruits give off ethylene gas, which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.



From the Garden

Earwigs...



Earwigs are a fairly well-known insect, from folk lore if not from actual experience. The earwig is the insect reputed in superstition to purposefully crawl into the ears of sleeping persons for the purpose of burrowing into the brain to lay eggs. Of course, there is no truth to these tales, though earwigs, like moths, beetles, cockroaches, ants and flies may wander into our ear canals by accident.

Earwigs are fairly common, though not often abundant in Iowa. They are rarely noticed except after prolonged periods of a year or more with wet weather. Earwigs are relatively easy to identify by the prominent pincers or forceps on the end of the abdomen. On females the pincers are fairly straight, while male pincers are more curved and caliper-like. These pincers are used as both offensive and defensive weapons. Though they may try to pinch if captured and handled, they do not harm people.

Read more about earwigs at www.ipm.iastate.edu/ipm/info/insects/earwig.

Pests of squash, pumpkins and other cucurbits...

This is the time gardeners need to stay vigilant about checking their cucurbits (squash, melons, pumpkins, cucumbers, gourds) for summer pests. Here are the three main headliners looking for a cucurbit near you.

Squash bugs: These will attack all members of the Cucurbitaceae family but seem to prefer pumpkins and squash. They feed on the foliage by sucking out the sap but can also feed on the fruit. A severe infestation can cause leaves to wilt, turn brown and die. This makes them more of a concern when plants are seedlings and when they are flowering. The adult is unremarkable in appearance. It has a flat, dark grayish body about 5/8 of an inch long and 1/3 as wide. It can be easily confused with a stinkbug. Adult squash bugs are difficult to kill. Control of adults and any egg clusters found on the underside of leaves or on stems is usually done by picking them off by hand. As squash bugs like to gather under debris, you can also lure the adults by placing a board or heavy cardboard under the plant. Check in the morning and place those found hiding in a bucket of soapy water. Immature squash bugs (nymphs) can be controlled with insecticidal soap or spray. Read the label to ensure it works on the intended pest and can be used on your crop. As with any insecticide, please follow the directions carefully.

Cucumber beetle: Both the spotted and the striped cucumber beetle feed on the leaves and stems of cucurbits and can kill or greatly curtail the growth of young plants. Adults will also eat the blossoms and fruit. As they forage, cucumber beetles can spread bacterial wilt. A non-chemical control for cucumber beetles is to use floating row covers. These covers create an effective barrier between the beetles and plants. Just remember to take the covers off when plants are in bloom to allow for pollination. If your crop is small enough, you can remove the beetles by hand. Good cultural practices such as eliminating weeds in and around the garden can help deter them as well. Insecticides are also available.

Squash vine borer: The adult borer is a wasp-like moth with an orange colored abdomen dotted with black spots. It typically appears in late June or early July to lay its eggs primarily on squash and pumpkin plants. The eggs hatch in about a week. The larvae then bore into the plant stem to feed.

Damage to the stem by the tunneling larvae blocks water flow to the rest of the plant causing it to wilt and eventually die. Now is the time to monitor for the presence of the adult borer. Early use of floating row covers will prevent this female pest from landing and laying eggs. Remove the row cover when plants flower to allow for pollination by bees. Chemical control includes applying an insecticide to the stem of the plants at the end of June or early July or when an adult borer is seen. Reducing insecticide impact to bees is always a concern. See [Protecting Bees from Pesticides](#) for more information.





Upcoming Events

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 5:30pm for local food treats 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. [See flyer on the next page for more information.](#)

Thursday July 28

Master Gardener Summer 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. [See flyer on the last page.](#)

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. [See flyer on the next page for more information or to register.](#)

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

Visit with our Rising Star Interns this summer as they offer local food tastings at farmers' markets:

- Saturday, July 9 at the Lake's Are farmers' Market—Spirit Lake
- Monday, July 11 at the Sheldon Farmers' Market
- Thursday July 21 Hawarden Farmers' Market
- Monday July 25 Sheldon Farmers' Market
- Monday August 8 Rock Rapids Farmers' Market

August 7 through August 13 is National Farmers' Market Week!

PEST OF THE MONTH

Spotted Spurge

Spotted spurge grows close to the ground, often forming a dense mat. A very hardy plant, it can germinate and grow in pavement cracks, stone walls, dry and compacted soils, and disturbed sites. Spotted spurge produces tiny, pinkish flowers.



A single plant can produce several thousand seeds, which are small and can remain dormant in the soil until conditions are suitable for germination (sprouting). Seeds produced in summer germinate immediately while those produced in late fall mostly will lie dormant and won't germinate until spring.

You can mechanically till or hand pull new plants before they produce seed. Take care as you weed, since plants that you hand pull often break at the stem, leaving the root and several buds or a single stem from which regrowth is possible. Wear gloves when you hand pull, since the milky sap can be a skin irritant. Mulches can effectively limit spotted spurge if they prevent light from reaching the seed. Spotted spurge is rather difficult to control with herbicides. Products that contain triclopyr are generally most effective. Source: [UC IPM](#)

Quick Links

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[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



WHAT WE WANT

#STRONGIOWA

JOIN US WWW.EXTENSION.IASTATE.EDU

Garden to Table

Gardening & Cooking wth Herbs



Monday July 25, 2016

Gardening With Herbs

Margaret Murphy, Horticulture Educator / Regional Food Coordinator—Lyon, Osceola, O'Brien and Sioux

Learn :

- How to grow herbs in your garden or containers
- What herbs grow well with what vegetables
- How to grow fresh herbs indoors through the winter

Time: 2 p.m. to 3 p.m.

Place: Administration Building
O'Brien County Fairgrounds, Primghar, IA

FREE and Open to the Public

Thursday August 11, 2016

Cooking With Herbs

Renee Swears, Human Sciences Specialist, Nutrition and Wellness
Iowa State University Extension and Outreach

Take part in a **hands-on workshop** featuring:

- Easy cooking tips and recipes using fresh herbs
- How to preserve fresh herbs
- Hands-on cooking, demonstrations and tasting
- Recipes & locally-grown, fresh herbs included.

Time: 6 p.m. to 8 p.m.

Place: Sutherland Fire Rescue & Ambulance Building
509 S Beech St, Sutherland, IA 51058

Registration Fee \$15/person. Deadline to register Tuesday August 9

For More Information Contact

Margaret Murphy
Horticulture Educator
Regional Food Coordinator
(712) 472-2576 or mmurphy@iastate.edu

IOWA STATE UNIVERSITY
Extension and Outreach



Cooking With Herbs Registration

Cooking with Herbs
\$15/person

Attendee(s) _____

Number in party

Address _____

City, State, Zip _____

Contact Phone and Email _____

Check here to receive monthly email updates on local food and gardening

Checks payable to:
ISU Extension and Outreach

Send registration form and fee to:
O'Brien County Extension
340 2nd St. SE, P.O. Box 99
Primghar, IA 51245-0099

The fees for service will be used to offset direct expenses and to support agriculture and natural resources county extension programs. Iowa State University Extension and Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of Equal Opportunity and Compliance, 3030 Boardwalk Hall, (515) 291-7612.



WHAT WE WANT

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Garden to Table

Cooking with Garden Vegetables



Tuesday August 9, 2016

Renee Sweers, Human Sciences Specialist, Nutrition and Wellness
Iowa State University Extension and Outreach

Take part in a **hands-on workshop** featuring:

- Easy cooking tips and recipes using fresh garden vegetables
- Hands-on cooking, demonstrations and tasting
- Recipes & locally-grown, fresh veggies included

Time: 6 p.m. to 8 p.m.

Place: Forster Community Center, 404 Main St., Rock Rapids IA

FREE and Open to the Public

Pre-registration required by Friday, August 5



**To pre register
or for more information contact**

Margaret Murphy
Horticulture Educator
Regional Food Coordinator
(712) 472-2576 or mmurphy@iastate.edu

IOWA STATE UNIVERSITY
Extension and Outreach



Programs funded by the USDA SNAP-ED and
Northwest Iowa Experimental Association

Volunteers Needed

This summer the ISU Demonstration Garden at the Lyon County Fairgrounds will be a pantry-friendly garden. We are looking for volunteers to help with harvesting, washing, sorting, counting, weighing and distributing produce to food pantries in Lyon, Sioux, Osceola and O'Brien counties. If interested please contact the Lyon County Extension office at



The fee for service will be used to offset direct expenses and to support agriculture and natural resources county extension programs. Iowa State University Extension and Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of Equal Opportunity and Compliance, 3283 Boardman Hall, (515) 291-7612.