



October 2016

Garden to Table

News from the Yard, Garden and Locally Grown

Recipe of the Month

Easy Roasted Vegetables

Ingredients

- 5 cups assorted vegetable pieces (cut in chunks) (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)
- 1 tablespoon oil (canola or vegetable)
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt



Instructions

1. Heat oven to 425°F.
2. Line a 9"x13" pan with aluminum foil.
3. Spread vegetables in pan. Sprinkle oil on vegetables. Stir. Sprinkle with Italian seasoning, pepper, and salt. Stir.
4. Bake uncovered 45 minutes. Turn every 15 minutes.
5. Serve while hot.

Tip:

Use thyme, basil, or rosemary in place of dried Italian seasoning

Source: ISU Extension & Outreach Spend Smart Eat Smart [website](#).

Current Topics

Welcome to a new Master Gardener

Congratulations to Melonee Lentell for completing her 40 hours of volunteer service as a Master Gardener Intern. We now welcome Melonee as a certified Master Gardener.

Well Done!!



2015 Master Gardener Trainees at class

A reason to let your dandelions & clover grow...

Declining populations of pollinators is a major concern to ecologists because bees, butterflies and other insects play a critical role in supporting healthy ecosystems. Now a new study from urban ecologists at the University of Massachusetts Amherst suggests that when urban and suburban lawns are left untreated with herbicides, they provide a diversity of "spontaneous" flowers such as dandelions and clover that offer nectar and pollen to bees and other pollinators.

[Read the rest of the article](#)



I Spy ... a Sowbug

It's the time of year for bringing firewood into the house. As I was picking up some well-weathered logs, I came across colonies of little critters on the underside of each damp, decaying piece. Sowbugs!

I like sowbugs (probably one of few who do). They are crustaceans, which makes them more closely related to shrimp and lobster than to insects. They eat decaying leaf and vegetable matter, which makes them beneficial recyclers. They can, on occasion, munch on hosta leaves or tender transplants but usually not enough to cause a panic. Some sowbugs are called pillbugs or "rollie-pollies". That's

because pillbugs can curl up into a tight ball when disturbed. Something the sowbug cannot do. The few pillbugs that have accidentally invaded the house get disturbed quite often as my cats enjoy pawing at them.

Sowbugs are usually found under mulch, dead leaves, rocks and other debris on damp ground. They need to stay moist and have several ways to ensure they don't dry out. They spend much of their time in damp, dark cracks and crevices where moisture is abundant and where they will be protected from drying winds and sunshine. They generally cluster in masses to reduce water loss and stay close to the ground. Also, sowbugs are primarily active at night when the humidity is higher and they can move about without desiccating.

Information source: ISU Extension and Outreach article [Sowbugs in the Landscape and Garden](#)





October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click underlined links for more information on the topic...						1 Reduce water, place in cool area (50-55°F) and increase time in shade or darkness (12-14 hours) to force Christmas cactus to bloom in late December
2	3	4 Dig glads and other tender bulbs and store for winter	5	6	7 Dig potatoes and let cure before storing for winter	8
9	10 Plant spring bulbs for early season color next year	11	12 Water trees until ground freezes if insufficient rain (or snow!)	13	14 	15 Go on a walk through the woods to enjoy the fall foliage
16 Rake and compost leaves (remember it's great exercise)	17	18 Prune out dead 'fruiting' canes in raspberries	19 	20 Flavors of Northwest Iowa Harvest Dinner Yum!	21	22 Continue to mow lawn until grass stops growing
23	24 Remove pumps from water features to prevent freezing	25	26 Roast pumpkin seeds for healthy snacks	27	28 Love your geraniums? Learn how to overwinter them.	29 Put up tree guards once the tree is dormant to protect from wildlife
30	31 Happy Halloween 	1	2	3 Mulch grapes once ground freezes to protect from harsh winter winds	4	5 Pot amaryllis bulbs to force blooms for Christmas



Master Gardener News

Food Security Project with Master Gardeners

The official total to date is almost 8,000 pounds of vegetables harvested in the Home Demonstration Gardens across Iowa! The garden at Rock Rapids contributed 1042 pounds! Some gardens still need to submit their final numbers but great job!

Produce from the Lyon County Fairground's pantry garden was donated to 6 different food pantries including Atlas of Lyon County, United Church of Christ in Larchwood, Hull Food Pantry, Hope Food Pantry in Sioux Center, Upper Des Moines Opportunity, Inc. in Sibley and in Primghar.

For the 2017 season, all the ISU Demonstration Gardens will again be pantry gardens and funding will be available to continue with Master Gardener Food Security projects. There are a few changes — \$5000 instead of \$1000 will be available to a county or partnering counties and only one application can be submitted per county (or partnering counties). Applications are due online by January 6, 2017. There will be an **informational call on October 26** about the grant opportunity. You can join the call (11:00am-noon) at <https://iastate.zoom.us/j/742570144>. Please note, the meeting "room" is limited to 100 people - if you are unable participate, the meeting will be recorded so you can view it at your convenience. I plan to participate on the call. If you'd like to join in, please contact me.

Volunteer Service Opportunities — please share your volunteer projects

- * Help **answer yard and garden questions** either in the office or accompanying me on site visits
- * Help with **administrative tasks & planning** for the master gardener & local food programs—nice winter task

Continuing Education

Webinars

[Food Security in Iowa Webcasts](#)

[All Bugs Good and Bad Webinar Series](#)

Watch live webinars or previous recordings about insects. These webinars from eXtension count towards Master Gardener continuing education credits.

Trainings

[Extension Master Gardener Social Media Training](#)

Master Gardener Conferences

The 2017 [International Master Gardener Conference](#) will be July 10-14, 2017 in Portland Oregon. Please visit the [conference website](#) for more information.

**Please log all of your volunteer service and continuing education hours
by December 31st**

at www.extension.iastate.edu/mastergardener/volunteers

Thank you!

About the Yard, the Garden or Local Food

CSA: short for Community Supported Agriculture

What is Community Supported Agriculture

Community Supported Agriculture is an additional way for producers to direct market their produce to local consumers. In this type of program, a farmer sells subscriptions or shares in advance of the growing season. As the produce is harvested it is then delivered to members on a regular basis throughout the growing season.

What Community Supported Agriculture offers growers and members

This arrangement allows the producers to have funds up front to help pay for farm expenses that occur prior to harvest season. CSA members in return enjoy fresh seasonal food, knowledge of their food's source and how it is grown or raised together with the opportunity to support local family farmers. Members, however, also share in the risks of production.

What Community Supported Agriculture offers the community

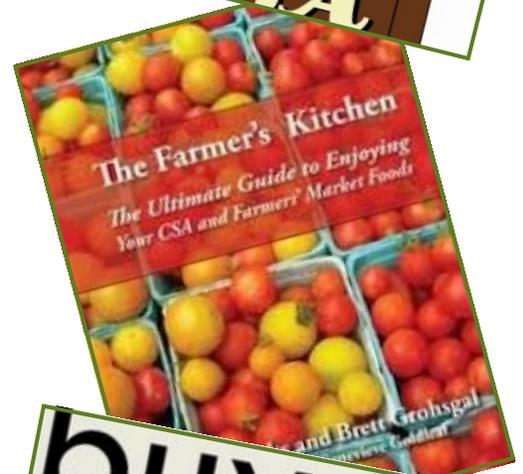
CSAs build economic and social partnerships between food producers and community members. This relationship increases an awareness of how food is produced and involves community members more closely in their local food system. Plus, buying local keeps more dollars circulating close to home and helps build the local economy.

With most CSAs, the production method is certified organic or the farmer uses organic or chemical free practices. Producers offering CSAs often grow a wide range of produce to give their members a variety of vegetables. Depending on the CSA farmer, deliveries can also include items such as fruit, herbs, flowers, bread, eggs, or meat. Producers often include a newsletter with their delivery, which gives information on the items and recipes using that week's produce.

Some CSAs provide home delivery, while others use a central pick-up site or have members come to the farm for pickup. CSA membership costs vary depending on the number of weeks in the subscription and the variety and quantity of food provided.

Today, to keep up with consumer needs, many CSAs now offer partial season options or add-on options so customers can tailor their CSA subscription in a way that works best for them.

For more information on CSAs or to locate one near you, [view or download the 2016 directory of Iowa CSA farms](#) at the Iowa State University Extension store.



From the Garden

Rosemary, a favorite herb



Having trouble remembering where the car keys are? Grab a sprig of rosemary. It has a reputation for improving memory. Like most herbs, this Mediterranean native has a rich history in folklore. In the Middle Ages rosemary was used to protect against evil spirits. If placed beneath your pillow, it would ward off bad dreams. One story tells how the flowers of rosemary were originally white and changed to blue when the Virgin Mary hung her cloak on a bush as she fled from Herod's soldiers. Today, rosemary symbolizes love and remembrance. Traditionally, sprigs are scattered on the grave of a beloved family member to show that they will not be forgotten.

Wild rosemary can be found growing along the coast of Italy, Greece, Spain and France. Its fondness for the seaside played a role in the herb's name, which comes from the Latin words *ros* (dew) and *marinus* (sea) or "Dew of the Sea".

A popular herb, rosemary is not just for cooking. Its aromatic oil is added to soaps, lotions and perfumes. The leaves are often placed in sachets and potpourris or used in herbal bath blends. Potted rosemary can be trimmed into a topiary sphere or other stylish shapes. Come Christmas time, you can often find rosemary topiary Christmas trees at garden centers.

A perennial evergreen in warmer regions, here in the Midwest we treat rosemary as a tender perennial. While it can be grown from seed, it is best propagated from stem cuttings. Seeds germinate very slowly and germination rates are low. It may take several years to produce a sizable enough plant to harvest. If you start a plant from seed sow the seeds indoors 8 to 12 weeks before the last frost of spring.

Many gardeners in our area grow rosemary in a pot as it does not transplant well and it makes it easy to overwinter the plant indoors. Rosemary can fall prey to root-rot so make sure it is potted in well-drained soil. Use a porous container and be careful not to overwater. But do not under water as rosemary can dry out very easily. Rosemary prefers a cool, sunny location but wants high humidity.

Depending on the variety, rosemary can be an upright shrub or a creeping plant. Both are used for cooking. Rosemary has a distinctive sharp flavor. It can be used fresh or dried and when properly preserved it will retain much of its flavor and fragrance.

Rosemary is used in many different meals and pairs well with roasted meats, cheese, breads, dried fruit and poultry. It is an excellent flavoring for potato dishes and other root vegetables like carrots and onions. Rosemary is a cut and come again plant. Harvest leaves just before use. Keep in mind that the flavor of rosemary often gains strength the longer a dish cooks.

Wintering Over Perennial Container Plants

Although snow cover may be enough insulation for some potted plants, the soil is more likely to freeze solid, destroying plant roots. Even pots on patios and decks where they can't draw moisture are often vulnerable. One way to protect plants is to use moveable pots which should be stored in a cool place such as a greenhouse, sunroom, or a frost-free place that is a few degrees above freezing. If a greenhouse is used, it should not be warm, as temperate plants require a dormant period. If bringing plants inside is not feasible, there are several ways to protect them from frost and freezing temperatures.

One way is to wrap plastic netting around the plant, then push straw between the branches and netting. An easier method is to drape sacking over the plant which is often used on evergreens, for instance. Draping horticultural fleece over the plant and tying it loosely will be more effective than sacking. Other container protectors are bubble wrap which can be wrapped around the pot then tied with wire or string. This works well for large pots. Sacking around the pot can also be used but straw should be packed between the sacking and the pot.

A method, which might require more muscle power, is to place the pot in a hole up to its rim. This is an effective method but it is important in the spring to tip the pots on their sides so water won't collect in them during the thaws and drown the plant when the drainage holes are frozen. Sometimes, merely packing pots close together in a sheltered area on the ground will be sufficient. After a few hard freezes, the plants should then be covered with evergreen boughs or a foam insulating blanket purchased from a garden supply store.

If you replot container plants in the spring, this would be a good time to divide them so they will not become rootbound. Putting in fresh potting mix, compost and fertilizer will also be a boost to starting them on their new growing season.

This article is an excerpt from an article printed in the South Dakota Minnehaha County Master Gardener October, 2011 newsletter, *From the Ground Up*, by Karen Roe.



Upcoming Events & Conferences

Thursday, October 20

Harvest Dinner Featuring Local Foods & Local Growers

Join us for a harvest dinner featuring locally raised shrimp, pork and chicken. We'll enjoy hearty dishes of squash, potatoes, carrots and an apple custard dessert. Local growers will be joining us to talk about their work.

Appetizers, wine tasting and meeting the local growers will begin at 5 p.m. Dinner will follow at 6 p.m. Location is at the Willow Creek County Park Lodge, 5545 Hwy 9, Ocheyedan (1.5 Mi. East of Highways 9 & 59 junction or 5 Mi. West of Ocheyedan on Hwy. 9).

Register online at <https://form.jotform.com/4Hregion1/2016-harvest-dinner> or contact Murphy at 712-472-2576 or mmurphy@iastate.edu. The cost for the dinner is \$35/person.

Save the Date

October 22

Greater Des Moines Botanical Garden Annual Symposium

[Symposium website](#)

November 4-5

Women, Food and Agriculture Network Conference
Nebraska City, NE

[Conference website](#)

November 13-14

Iowa Organic Conference, Iowa City, IA

[Conference website](#)

December 2-3

Local Foods Festival & Tradeshow, Rochester, MN

[Festival website](#)

January 12-14

Great Plains Growers Conference, St. Joseph, MO

[Conference website](#)

January 21-22

Practical Farmers of Iowa Annual Conference, Ames, IA

[Conference website](#)

January 26-27

Iowa Fruit and Vegetable Growers Conference, Ankeny, IA

[Conference website](#)

January 27-28

Women in Denim

Buena Vista University Campus; Storm Lake, IA

[Conference website](#)

February 23-25

MOSES Organic Farming Conference, La Crosse, WI

[Conference website](#)

SPIDERS AND BUGS OH MY

From Iowa State University Extension and Outreach Horticulture & Home Pest News. Published on 10/3/2016. Written by Laura Jesse, Plant & Insect Diagnostic Clinic

Insects and spiders seem to be everywhere in the fall. Some of the reasons for this seeming abundance are:

1. populations have been building all summer
2. they are moving around looking for overwintering places
3. favored food sources are dwindling and they are looking further afield for food.

Let's take a quick look at some of the insects we are seeing the most of right now (late September to early October) and why they are so abundant. Remember it is the first frosts that trigger lady beetles and boxelder bugs to move, so expect that in the next few weeks.

It is a great time of the year for all of us insect-lovers!

[Read full article](#)



Female wolf spider carrying her young

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For questions, comments or to contribute an article or photo

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