



November 2016

Garden to Table

News from the Yard, Garden and Locally Grown

Recipe of the Month

Pumpkin Apple Cake

Ingredients

- 1 package (18.25 ounces) white cake mix
- 1 can (15 ounces) pumpkin
- 1 teaspoon cinnamon
- 2/3 cup apple juice
- 3 eggs
- 1 teaspoon vanilla
- Nonstick cooking spray or flour



Instructions

- 1) Preheat oven to 350°F.
- 2) Combine cake mix, pumpkin, cinnamon, apple juice, eggs, and vanilla in large mixer bowl.
- 3) Beat at low speed for 30 seconds. Beat at medium speed for 2 minutes.
- 4) Pour into a 12 cup bundt pan or a 9"x13" cake pan that has been sprayed with cooking spray and floured.
- 5) Bake for 35-40 minutes or until wooden toothpick inserted in cake center comes out clean.
- 6) Cool 10 minutes. Then invert onto wire rack to cool completely.

SPENDSMART
EATSMART

Current Topics

Flavors of Northwest Iowa Harvest Dinner with Local Foods 2016

Event included guest speakers, appetizers and dinner.

Guest speakers featured local food producers:

- [Calico Skies Vineyard and Winery](#), Inwood
- [GoodEetens Produce Farm](#), Everly
- [Seven W Farm](#), Paullina
- Beth Thole, Bee Keeper from Sibley

It was an evening of great conversations, delicious food, and an overall wonderful time of fellowship to celebrate the season.



I Spy ... falling leaves (who doesn't)

What can I do with all those leaves? Spread them as a mulch around trees, shrubs, and in planting beds. Add them to your compost pile. Leave some of them where they fall.

Leaves make an excellent mulch for use around trees and shrubs, or in flower and vegetable gardens. They help retard the growth of weeds, help retain soil moisture, help maintain lower soil temperatures in the summer, and protect against temperature

fluctuations during winter. They eventually decompose, adding their nutrients to the soil and improving soil structure.

Leaves make a good addition to your compost pile. Shredding is not required, but it may speed their rate of decomposition. Leaves are difficult to compost alone and will require extra nitrogen in the form of a commercial fertilizer (no weed 'n' feed products), or materials high in nitrogen such as grass clippings.

If you plan to allow leaves to remain on the lawn, it must be done cautiously and should be confined to lawns with only a light covering of leaves. (Grass blades should still be visible through leaves before shredding.) Shredding is recommended; several passes using a mower with or without a leaf shredding attachment will improve your chances for success. Even when shredded, it does not take a very heavy layer of leaves to smother the grass, causing partial die-back, or making it more susceptible to diseases. It is often necessary to remove at least some of the fallen leaves from the lawn.

Excerpt from University Of Minnesota article: [Options for Disposing of Leaves](#)



NOVEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click <u>underlined links</u> for more information on a topic...		1	2 	3	4 <u>Winterize lawn mower and clean garden tools</u>	5
6 Daylight Saving Ends—Turn Clocks Back	7 	8 <u>Put up fencing for rabbit protection</u>	9	10	11 Veterans' Day	12
13	14 <u>Plant a kitchen herb garden indoors</u>	15	16	17 <u>Mulch strawberries with 3 to 5 inches of straw</u>	18	19 
20 	21	22 <u>Protect your hybrid tea roses</u>	23 	24 Happy Thanksgiving	25	26
27 <u>Keep newly planted evergreens well watered before ground freezes</u>	28	29 <u>Fertilize lawn, if needed</u>	30	1 December	2	3 
4	5 Gather pine cones for Christmas decorations	6	7 	8	9 <u>Place poinsettias in a bright location away from drafts</u>	10



Master Gardener News

Food Security Project with Iowa Master Gardeners—2017

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 was an **informational call on October 26** giving tips on applying for the grant. It was recorded so if you are interested in learning more about this opportunity, contact me.

Volunteer Service Opportunities

- * Help **answer yard and garden questions** either in the office or accompanying me on site visits
- * Help with **administrative tasks & planning** for the 2017 master gardener & local food programs—nice winter task

please share your volunteer projects & pictures for 2016

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.

See “**Save the Date**” section for more educational opportunities.

**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

Deterring Deer from Your Yard

One of my sisters lives in the wilds of northern Wisconsin. Not surprisingly, her yard is often visited by deer. So, we have had a few conversations about ways to deter deer from grazing on her garden plants. My sister is in good company. How to prevent deer from damaging plants in the home landscape is a familiar challenge for many gardeners.

Deer are associated with wooded areas but can be found anywhere with decent cover and sufficient food. They have a diverse diet that varies by location and time of year. Deer prefer to browse on tender fare. Their menu includes such items as emerging shoots and flowers, fruits and berries, young leaves and stems as well as terminal buds on trees and shrubs. If visiting a backyard, they may be enticed to sample many things. Let's face it, most home landscapes offer a pretty sweet smorgasbord.

At this time of year, browsing on trees and shrubs may increase as other food items become unavailable. If food is scarce, deer may browse on the older twigs and branches. During autumn and winter, trees may also suffer damage from bucks rubbing up against them. Deer antlers are covered with soft skin known as 'velvet'. In the fall, the skin begins to shed and bucks will often rub their antlers against tree trunks to remove it. Males may also make 'rubs' to mark their territory, show dominance or to help shed their antlers.

A commonly used approach to prevent deer from damaging yard and garden plants is to apply a repellent that offers an offensive scent or taste. Deer have an excellent sense of smell. To discourage them repellents usually contain the odor of rotten egg or predator urine. According to the Colorado State University Extension, one of the most effective repellents is a solution of 20 percent whole egg and 80 percent water. Taste deterrents generally include a bitter or hot sauce component.

Other deterrents sometimes tried include hanging netted bags of human hair, moth balls, or strongly scented bars of soap from the branches of trees or shrubs. Another method is to scare off the unwanted visitors with a device that makes noise or offers a surprise. Some gardeners report success using a motion-activated sprinkler that shoots a stream of water plus, emits a startling noise.

Unfortunately, both scare tactics and repellents are usually only temporary controls. You often need to alternate among different types of noise makers or repellents in order to keep deer from becoming habituated to them. It also helps to implement these tactics before the deer become accustomed to foraging in your yard. Deer are creatures of habit and once a pattern of behavior develops it can be difficult to break.

Longer term solutions include exclusion methods such as fencing around garden areas or individual plants to prevent deer from having access. This is the most effective way to eliminate problems. Gardeners will also landscape with plants that deer find undesirable. You can minimize damage by not using plants that deer especially like and try instead plants they typically avoid due to the fragrance, texture, or having thorns. Keep in mind that though there are ample plants considered deer-resistant none are fully deer-proof.

For a list of plants that are rarely, occasionally, or frequently damaged by deer, see Michigan State University Extension's publication ["Deer-Resistant" Plants for Homeowners](#). Also, see [The Iowa Gardener's Deer-Resistant Trees and Shrubs for Iowa](#). For more information on repellents and other types of deterrents, see Colorado State Extension article [Preventing Deer Damage](#).



From the Garden

Thyme “when in doubt use thyme “



Thyme (*Thymus vulgaris*) - when in doubt use thyme is the rule of thumb according to an old saying for cooks as it pairs well with so many foods.

Thymus is Greek for courage. Thyme is thought to have been used by the ancient Egyptians for embalming and by the ancient Greeks as an incense. It was also burned to chase stinging insects from the house.

The Romans helped to spread thyme around Europe.

Cultivation – start with common thyme. If you grow it from seed, it is best to start the plant indoors. Thyme seeds need a warm soil temperature in order to germinate (70° F).

You can also propagate from cuttings. Snip a three inch piece from stems with new, green foliage. Keep stem moist in wet sand for two weeks or until roots appear. Or just buy a transplant in the spring as they are readily available.

Thyme is a cut and come again plant. Harvest the leaves before blossoms open in mid-summer (though bees love the tiny flowers). I have read that you can harvest the whole plant leaving two inches above ground and it will grow back by the end of the season though I have not tried this.

Thyme is usually treated as a tender perennial in our area. There is a creeping thyme that is often used for ground cover that can withstand winter better than it's busy counterpart.

Companion – In the garden, thyme pairs well with eggplant, potato, strawberry and tomato. It is said that it will help repel cabbage worms and whiteflies. I intend to plant thyme next to my collards and kale to see if it does help ward off those cabbage worms.

Culinary - Thyme is commonly used in South American cuisine, European cuisine, and Caribbean cuisine. You can use it to season soups and stocks or flavor marinades. Try it in seafood or poultry dishes or with red meat. The flavor of the herb is released as it is cooked slowly, making it a great herb for crock-pot or slow cooker meals.

Evergreen Needles are Falling

This article was published originally on 10/4/2006
by Paula Flynn, Department of Plant Pathology

The term "evergreen" used to describe conifer trees isn't exactly accurate. It's normal for some of the needles on evergreens to turn yellow or brown and fall from the tree in autumn. This seasonal needle loss, also called fall needle drop, is a natural occurrence. The oldest (innermost) needles are eventually shed from trees such as pine, spruce, and fir. The discoloration and loss of needles can be alarming to tree owners that are not aware of this normal process. Some fear that a disease is rapidly occurring.



Seasonal needle loss is especially striking on bald cypress and larch trees. All of the needles turn brown and fall from these trees. Unfortunate events have occurred in the past, where owners or caretakers of such trees removed them after incorrectly concluding that the barren trees were dead!

Environmental stresses, such as drought and hot temperatures, may cause greater-than-normal loss of needles. The normal pattern of seasonal needle loss is a gradual discoloration and eventual loss of inner needles from the top to the bottom of the trees. In contrast, fungal diseases often cause browning of the newest (outermost) needles, death of entire branches, or thinning of needles on just the lower branches.

Knowing what is normal for landscape plants at different times of the year is the first step in diagnosing possible problems. Fortunately, samples submitted to the Plant Disease Clinic at this time of year that show only seasonal needle loss can be diagnosed as "healthy".

Upcoming Events & Conferences

Save the Date

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](#)

February 23– March 30

Osceola County will be hosting [Annie's Project](#): Farm Business Management next spring. The focus is on five areas of risk management: financial, human resources, legal, marketing and production. Course includes six, three-hour classes.

Time: 6pm-9pm—Includes **supper** served at 5:30pm

Location: Osceola Community Hospital Education Room in Sibley

Contact Sandy Lamfers at 712-754-3648 or slamfers@iastate.edu for more information.



FALL WRAP-UP

Fertilize lawns (1 pound N per 1,000 sq.ft.) to promote root growth and encourage early green-up in the spring.

Cover strawberries: cover strawberries with several inches of straw mulch to protect flower buds during winter.

Trees and shrubs: protect young trees from rabbit damage with chicken wire or hardware cloth fencing. Keep watering your evergreens, trees and shrubs until the ground freezes.

Flowers: remove diseased foliage from iris and peonies to prevent problems next year. Protect hybrid-tea roses with several inches of soil and straw over the winter. Plant hardy bulbs.

Houseplants: stop fertilizing houseplants until spring.

Vegetables: amend soil with some organic matter such as manure or compost. Leave the “fern-like” foliage of asparagus to stand for the winter.

Quick Links

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[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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