



May 2017

Garden to Table

News from the Yard, Garden and Locally Grown

Recipe of the Month

Apple Radish Salad

Ingredients:

Dressing:

- 1/4 cup oil
- Juice from 1 orange or lemon (or 2 limes)
- 1 teaspoon Dijon mustard
- 1 teaspoon honey, or more to taste
- Leaves from 1-2 sprigs fresh thyme
- Salt and ground pepper to taste

Salad:

- 2 Granny Smith apples, sliced or julienned
- 1 bunch radishes, sliced or julienned

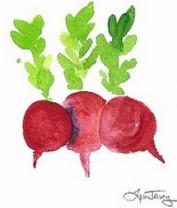
Directions:

1. Combine all the dressing ingredients in a small bowl and whisk to combine.
2. In a large bowl, combine the apples and radishes.
3. Drizzle with dressing and toss to combine.
4. Depending on the sweetness of the apples, you may need to adjust the amount of honey.

Serves 4

kohlrabi or young turnips can be used in place of radishes
Try your favorite apple variety!

Recipe from Amye Tevaarwerk
Published in *Farm-Fresh and Fast Easy Recipes and Tips for Making the Most of Fresh, Seasonal Foods*; FairShare CSA Coalition, Madison, WI, 2013; www.csacoalition.org



In the news...

If You Need to Ask the Plant and Insect Diagnostic Clinic to Identify Pests and Problems:

It is now simpler for lowans to submit insects and plants for identification and diseases for diagnosis. In an effort to streamline processes, the Iowa State University Plant and Insect Diagnostic Clinic has updated and simplified submission forms for receiving requests for diagnosis for plant problems and insect, plant or mushroom identification.

The "[Plant Nematode Sample Submission Form](#)" (PIDC 0032) and "[Sample Submission Form](#)" (PIDC 0045) are now available through the ISU Extension Store and through the [Clinic website](#). These two forms replace six forms that were previously available for submitting samples.

"These are the forms that must accompany any samples sent to the clinic," said Laura Iles, director and extension entomologist with the Plant and Insect Diagnostic Clinic. "They provide the information we need to diagnose the samples sent in by our clients and we wanted to make sure they were as user-friendly as possible."

Clients who are submitting samples to the clinic will also find a change in billing policy. Money no longer needs to be submitted with the sample; clients will be billed at the time of diagnosis.

I spy with my little eye... Tulips Galore!

Fun Facts :

- Tulips are part of the lily family
- Tulip petals are edible and can be used in place of onions in many recipes
- Tulips are native to central Asia but didn't really become popular until reaching the Netherlands
- Tulips only bloom for 3-7 days in the spring
- You can find tulips in almost any color
 - different colored tulips have different meanings
 - ◇ Red—declaration of love
 - ◇ Yellow—perfect for smiling occasions
 - ◇ White—forgiveness
 - ◇ Variegated—symbolizes beautiful eyes—perfect date flower

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click underlined links for more information on a topic...	1	2	3 	4	5	6
7	8	9 Don't forget the hard working pollinators—plant a pollinator-friendly garden	10	11 Cover frost-sensitive veggies like tomatoes if they're outside and the temperature dips	12	13 Lawn Fertilization
14	15 	16	17 <u>Mulch around newly planted trees and shrubs—keep mulch 4-6 inches away from trunk or stems</u>	18	19 Stagger plantings of spinach, radish, lettuce & beets for a continuous harvest	20
21	22 Keep foliage of tulips, daffodils and other bulbs until it yellows and dies	23 Tips on mowing the lawn	24 	25 Easy Care Gardening workshop at Willoway Complex, Sutherland	26	27 Thin seedlings to prevent overcrowding and weak growth
28	29 Memorial Day	30	31 Raise mower height to 3-3 1/2 inches	1 	2 June is Dairy Month Join us on a tour of Stensland Family Dairy Farm— see page 7	3
4	5	6 	7 Deadhead flowers to encourage more blooms	8	9	10



Volunteer Service Opportunities

- * Dutch Heritage Boosters in Orange City is looking for Master Gardeners willing to help plant around two historical buildings: The Century Home and The Little White Store. Master Gardeners will receive volunteer service time for helping. If interested, send me an [email](#) or call 712-472-2576.
- * Help plant flower boxes at the Sioux County Fairgrounds. Planting to be done in May and touchups the week before fair (Sioux County Fair is the week of July 11-18). Master Gardeners will receive volunteer service time for helping. Please contact Amy Den Herder for more information at 712-441-2811 or blooms@mtcnet.net.
- * 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.
- * Help with putting together a local food community profile.

Continuing Education

Upcoming Classes

Trees and Shrubs for the Great Southwest (Minnesota)!

Rock County Master Gardeners Annual Garden Tour; Saturday, June 10 -- 10:00 am - Noon
John Ball, an SDSU professor and the SDSU Extension and South Dakota Department of Agriculture forestry specialist, will be on location at the Mary and Harold Tilstra farm (583 110th Ave Luverne, MN) for the Rock County Master Gardener annual garden tour. The focus of this class will be to view and discuss the many other choices of plant material beyond spireas, maples and spruce – including plants you never thought could grow here! How to evaluate site conditions to determine what will grow best and the new methods of planting will also be discussed. Fee: \$15 if paid by June 7. Mail registration to Community Education at 709 N. Kniss, Luverne, Minnesota 56156. **Registration form attached to this email.** If you have questions, call 507-283-4724.

Webinars

GROWING SEASON



Urban Tree Selection
Gardening with Youth
Landscaping for Wildlife

To register for the 2017 summer webcast series, contact your ISU Extension and Outreach county office today!



Please keep recording your hours.

Thank you for all your volunteer service!

Yard, Garden & Local Food

Spring Annual Weeds

By David Graper, SDSU Extension Horticulture Specialist

There are a number of weeds that pop up very early in the spring and even start flowering before most other plants have shown any signs of growth. Most of these are spring or winter annuals that come back from seed each year. Spring annuals germinate early in the spring while winter annuals actually germinate during the previous fall, overwinter then resume growth the following spring, flower and die. In most cases, these cool season weeds are more prevalent in waste areas, growing on bare soil.



Prostrate knotweed (*Polygonum aviculare*) is one of the earliest annual weeds to germinate. Seedlings can often be found as early as March, particularly along gravel driveways or in heavily compacted soils where it is very common. It is also a common weed in cracks in pavement where it will usually grow flat and spreads out into a mat that may reach 24" in diameter or more. While it can germinate at very low temperatures it can also thrive during the heat and drought of summer, unlike many other spring or winter annuals. It usually doesn't flower and set seed until the summer months. It is called knotweed because there is a characteristic swelling at each node along the fine, wiry stems.

Bur buttercup (*Ceratocephala testiculata*) is an early spring flowering, low-growing winter annual that usually flowers once temperatures reach the mid-40s to 50°F then flower and set seed by the first part of May. The plants are quite small, usually reaching no more than an inch or two in height. The flowers are only about 1/4" across and mature into a spiny fruit, which can be quite painful to step on while barefoot. It also tends to grow in large mats containing many individual plants. It can be a tough one to control. I would recommend using combination weed control product in the fall or glyphosate. They will be much more effective on the young seedlings in fall than in the spring. Often this weed will be growing along the sidewalks, in pathways or in other sites with compacted soil.



Henbit (*Lamium amplexicaule*) may be a winter or spring annual that flowers very early in the spring. It can be a real problem in newly seeded lawns or bare areas in lawns or gardens. Since it is a member of the mint family, the foliage has a minty aroma when crushed or mowed. It has very small pink to lavender flowers that are borne in clusters around the stem at the nodes along the upright stems. The best control in a lawn is to keep the grass healthy. Over-seed bare areas, fertilize if that has not been done in recent years and raise the mowing height to at least 3". Henbit does provide food for some types of birds so it does have some merit in the garden.

Continued on next page.

Spring Annual Weeds Cont.

Shepherd's purse (*Capsella bursa-pastoris*) is another common winter annual that can be found growing and flowering in both the spring and fall. The common name of shepherd's purse refers to the triangular shape of the fruit, that resembles an old-fashioned coin purse. This annual produces lots of seed since each of the little "purses" are filled with seeds. The plant starts growth as a rosette of dandelion-like leaves before the flower stem develops that may reach 8 to 12" in height. It is actually a member of the Brassicaceae family so is related cabbage, kale, broccoli and other related plants. The leaves, seeds and oil is also edible.



to



Waterpod (*Ellisia nyc-telea*) is a plant often seen growing up in patches in partial shade to full shade locations. Like many of these other weeds, it is commonly seen growing on bare soil or where lawn grasses are thin. It has a distinctive pinnately lobed leaf. It can grow up to a foot tall. It has light blue flowers followed by small fruit that contain four seeds each. It is easy to hoe out when young or pull because it has a weak taproot.

Catchweed bedstraw (*Galium aparine*) is another very common early spring plant. It is easily distinguished by its finely textured

palmately compound leaves and also by the minute sticky hairs which sometimes leads to some of its other common names like Velcro plant and stickywilly. It can be fun to play with as it will adhere to most clothing, particularly if it is soft and fuzzy. But that feature is exactly what allows this plant to be spread around as it hitches a ride on your socks or pants, spreading seeds as it goes. The flowers are quite tiny, four-petaled and white or yellow. During the course of the summer, plants may grow to 4' in height or spread and become entangled in other vegetation making them quite troublesome. They are fairly easy to pull out when young but you must remove the very base of the plant with some of the roots – the stems can be rather brittle and just break off, only to grow back again.



As mentioned in the description of each of these common weeds, they are more prevalent in areas where not much else is growing or along the edges of gardens or lawns. So, the best way to prevent these weeds is to keep other kinds of groundcovers growing or use a mulch to help cover the soil, but often these weeds will be seen growing on the surface of mulch. Pre-emergent herbicides may provide some control but must be applied prior to weed seedling emergence so in many cases would need to be applied in early April for most of these weeds to do much good. Hand weeding, pulling or hoeing are probably the safest methods of removal. Post emergent sprays are another option but must be used with extreme caution as to not damage desirable, adjacent plants. As always, be sure to follow the label instructions. Remember that if weeds are allowed to go to seed, they will just be a more severe problem next year.

Upcoming Events & Conferences

May 20

Rock County Master Gardener 13th Annual Plant Sale. Bring pre-priced perennials and annuals. Location: Bomgaar's Parking Lot (321 W Hatting St, Luverne, MN)

When: 9am-11:30am

Contact Mary at 507-283-4019 with questions.

May 25

Easy Care Gardening. The program is geared toward seniors and individuals with mobility challenges, but anyone is welcome to attend. We'll be discussing and planting.

Where: Willoway Complex, Sutherland

When: 10am-11:30am

Free but please RSVP to Willoway at 712-446-2599 or willoway@midlands.net by Tue, May 23.



June 2

Stensland Family Farm Tour. Receive a close-up look at their dairy operations. Tour includes robotic milking system, creamery viewing, milk, cheese and ice-cream samples.

Location: Larchwood

When: 10am-11:30am

Fee:\$5 (add \$3 for a dish of homemade ice-cream)

Register by May 26 by calling the Lyon County Extension office at 472-2576.

June 3

Plant Swap Perennials, annuals, houseplants, shrubs, bulbs, tools, pots, garden art are all welcome. Plants must be healthy, labeled, & ready to plant.

Location: Lions Club Shelter, Peterson, IA

When: 9am-11am

Contact Melissa Fuhrman at melfuh@netscape.net

See flyer attached to this email.

Yard and Garden: Planting Carrots in the Home Garden

Excerpt form article by Richard Jauren and Greg Wallace

What would be a good garden site for carrots?

The garden site should receive at least six hours of direct sun per day. Carrots perform best in well-drained, slightly acidic, sandy loam soils. In heavy, compacted soils, carrots grow poorly and often develop branched or distorted roots. A raised bed would be a good option for gardeners with heavy, clay soils.

When should I sow carrot seeds?

Sow carrot seeds at a depth of ¼ to ½ inch beginning in early April in central Iowa. For a continuous harvest, make additional plantings every three to four weeks. The last practical planting date for carrots is Aug. 1. Space rows 18 to 24 inches apart. If necessary, thin the seedlings within a few weeks of germination. After thinning, seedlings should be spaced 2 to 3 inches apart.

What are some good carrot varieties for Iowa?

Numerous carrot cultivars are available to home gardeners. The main differences between cultivars are the shape and size of the root. Carrot roots can be long and tapered, cylindrical, or even roundish. Most carrots are orange. However, yellow, red and purple colored cultivars are also available.

Is it necessary to water carrots?

Carrots like a consistent moisture supply from seed germination until harvest. Adequate moisture supplies are most important during germination and root enlargement. Dry soils during germination usually result in poor stands. Inadequate moisture during root growth may result in small, woody, poorly flavored carrots. Cracking may occur if there is a sudden increase in the soil moisture levels (either from rain or irrigation) after a long, dry period. Carrots perform best when they receive 1 inch of water each week. If possible, water once a week during dry weather. [See full article.](#)

Quick Links

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[Yard & Garden FAQs](#)

[Hort & Home Pest News](#)

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[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

Join us for a
tour of

Stensland

• FAMILY FARMS •

Friday, June 2, 2017
10:00-11:30 a.m.

Would you like to have a first-hand look at where your dairy products come from?

If so, join the Stensland Family and ISU Extension and Outreach Regional Food Coordinator Margaret Murphy for a tour of this local dairy. Receive an up-close look at dairy operations, the creamery and the Stensland's store.

Tour includes:

- Robotic Milking System Walk-Thru
- Creamery Viewing
- Bottle Calf Encounter
- Milk, Cheese and Ice Cream Samples

Cost is \$5 per person (+ \$3 for a dish of homemade ice cream). *To register or for more information, call Margaret at 712-472-2576.*



The fees for service will be used to offset direct expenses and to support the Local Foods County Extension Program. Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.

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