

January / February 2019
Garden to Table
News from the Yard, Garden and Locally Grown

Recipe of the Month

Winter Black Bean Soup

Ingredients:

- 3 cups black beans, cooked
- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 can (14.5 ounces) Mexican style diced tomatoes
- 1 cup water
- 1 tablespoon lime or lemon juice (optional)

Nonfat yogurt or low fat sour cream and cilantro for garnish (optional)

Directions:

- Prepare beans as directed.
- Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften (about 2 to 3 minutes). Add chili powder. Add cumin, if desired. Cook and stir for 1 minute.
- Add tomatoes, beans, and water. Bring to boil. Reduce heat and simmer for 10 minutes (covered).
- Remove from heat and stir in lime or lemon juice, if desired.
- Garnish before serving.

*Recipe from ISU Extension and Outreach
Spend Smart. Eat Smart Spend
see online recipe for tips and nutrition facts*



Current Events

Siouxland Garden Show

When: April 5 and 6

Where: Delta Hotels Center in South Sioux City, NE.

For more information on the garden show, go to

<http://www.siouxlandgardenshow.org/>.

Volunteer at the garden show. The planning committee is looking for individuals or groups to volunteer in a variety of areas. (Volunteers must be 14 years or older.) For more information or to sign up, go to <http://www.siouxlandgardenshow.org/volunteer>.

Coffee gatherings with Joe Hannan, ISU Extension Commercial Horticulturalist

Joe's expertise includes commercial horticulture, high tunnels, small fruit, tree fruit and vegetables. The coffee will be an open discussion so please come prepared with topics of interest to discuss.

- Thursday, February 7 at the O'Brien County Extension office 1:00 p.m. to 2:30 p.m.
- Thursday, March 14 at the Hull Public Library from 1:00 p.m. to 2:30 p.m.

The coffees are free and open to everyone. Please RSVP to Margaret Murphy at 712-472-2576 or mmurphy@iastate.edu by close of business on the day before the scheduled coffee you plan to attend.

A successful season of volunteering Thanks to all our volunteers for the great work you do!



Congratulations to Karen Appleton, Jan Snyder, Deb Warner and Bert Van Batavia who received ISU Extension and Outreach Exceptional Volunteer Service Award for their work with the Growing Together mini grant funded donation gardens.

Well done!

January/February

Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 January	21 Martin Luther King Jr Day	22	23 Rotate house-plants to avoid one-sided growth	24	25	26 Prune Oak Trees in Winter
27	28 <u>Put out suet for woodpeckers, chickadees and white breasted nuthatches</u>	29	30 Go Ice skating!	31	February	2 Ground Hog's Day
3	4	5 Randomly pick a new plant variety to try while browsing through seed catalogs	6	7 <u>Coffee Gathering with Commercial Horticulturalist, Joe Hannan—Primghar</u>	8 <u>Check woody plants for chew marks or other damage</u>	9
10	11	12 Visit a botanical garden for a taste of the tropics	13	14 Valentine's Day 	15	16
17	18 President's Day	19	20  <u>Sow geranium seeds indoors</u>	21	22 Treat yourself to a new trowel or pair of gardening gloves	23
24	25	26 Pruning Season for <u>Trees, Shrubs Raspberries and Grapevines</u>	27	28	1 March	2 Walk around the neighborhood & see what yards have nice winter interest for ideas



Master Gardener Training

When: Saturday, August 24 through Saturday, November 2, 2019

Where: Sioux County Extension Office (400 N Central Ave # 700, Orange City)

Format: Our local program employs a flipped classroom approach. Each week, depending on the topics covered, participants are assigned specific chapters to read from the Master Gardener Resource Guide and given a link to view corresponding online videos presented by Iowa State University faculty and staff. Online videos can be watched from home or, you can make prior arrangements to view in an Extension office.

You will have 1 week to watch the online videos and complete your assigned readings before the corresponding in-person session. There will also be a self-study quiz to complete after each chapter. Quiz homework will be reviewed at the in-person session. These in-person sessions are a great time to bring in any questions you may have from the readings, videos or homework.

In-person sessions are held Saturday mornings from 9:00 a.m. to 11:00 a.m. at the Sioux County Extension office. They will include hands-on activities that reinforce concepts learned in the readings and videos.

In-person sessions may include field trips to local sites and invited presenters.

There is also a required on-campus class that is on Saturday, October 19. This all-day class counts as one of the in-person sessions.

Contact Margaret at 712-472-2576 or mmurphy@iastate.edu for more information. Online registration will open this spring. Register at <https://www.extension.iastate.edu/mastergardener/become-master-gardener>. Deadline to register for our local program is Friday, August 9.

Master Gardener Winter Webcasts

All webcasts are from 6:30 p.m. to 7:30 p.m. at the Sioux Center Public Library

- **March 7—Managing Vegetable Pests**
- **April 11—Engaging New Audiences**
- **May 2—Container Gardening**

Webcasts are free and open to the public. Master Gardeners earn one hour of continuing education.



Engaging New Audiences

Container Gardening

Managing Vegetable Pests

Winter Webcast Series

To register for the 2019 winter webcast series, contact your ISU Extension and Outreach county office today!



Pruning oak trees

Oak trees, generally pruned for safety reasons and the health of the tree, should be pruned during winter months. Learn why and how from horticulturists with Iowa State University Extension and Outreach. To have more questions answered contact Hortline at 515-294-3108 or hortline@iastate.edu.

When is the best time to prune oak trees?

Winter, December through February, is the best time to prune oak trees in Iowa. Pruning oak trees in winter greatly reduces the risk of an oak wilt infection. Oak wilt is a fungal disease that is lethal to many oaks. It can be spread from infected trees to healthy trees by sap-feeding beetles called picnic bugs. Oak wilt infections most commonly occur in spring and early summer when the sap-feeding beetles are very active.

During this same time, oak wilt infected trees are producing masses of spore-producing fungal material or spore mats. These mats release a fruity odor that attracts sap-feeding beetles and other insects. As the beetles feed on the spore mats, spores often accumulate on the surface of their bodies. Sap that forms at the surface of pruning cuts made on oaks in spring and early summer may attract sap-feeding beetles that were previously feeding on an oak wilt infested tree. As the beetles feed on the sap of the pruning cut, fungal spores may be dislodged from the bodies of the insects and get into the fresh wound, infecting the tree. Pruning oak trees in winter greatly reduces the risk of an oak wilt infection, as the beetles and fungal mats are not present at that time of year.



Photo: triocean/stock.adobe.com

What is the proper way to prune oaks and other trees?

When pruning oak and other trees, cut off the branch just beyond the branch collar and branch bark ridge. The branch collar is the swollen area at the base of the branch. The branch bark ridge is the dark, rough bark ridge that separates the branch from the main branch or trunk. Pruning just beyond the branch collar and branch bark ridge retains the tree's natural defense mechanisms and promotes compartmentalization and callus formation.

To prevent extensive bark damage, use a three-cut procedure when pruning branches that are greater than 1.5 inches in diameter. Make the first cut 6 to 12 inches from the main branch or trunk. Cut upward and go about one-third of the way through the branch. Make the second cut 1 to 2 inches beyond the first. Saw downward from the top of the branch. As the second cut is made, the weight of the branch will cause it to break at the pivot point between the two cuts. (The initial, bottom cut prevents the branch from ripping off a large piece of bark as it breaks.) Make the final cut just beyond the branch collar and branch bark ridge.

Do not apply a pruning paint or wound dressing to pruning cuts. The application of a pruning paint or wound dressing does not prevent wood decay and may interfere with the tree's natural wound responses. However, there is an exception to the no paint recommendation. If an oak tree needs to be pruned in spring or summer, for example to correct storm damage, paint the pruning cuts with a latex house paint within 15 minutes of making the cuts to prevent the transmission of oak wilt.

By Richard Jauron and Willy Klein, Iowa State University Extension and Outreach
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Save the Dates

- **Feb 7** – Coffee with Joe – 1:00 p.m. -2:30 p.m. – O'Brien County Extension office
- **Mar 7** – Master Gardener Winter Webinar – Managing Vegetable Pests - 6:30 p.m. -7:30pm – Sioux Center Public Library – Free – Master Gardeners earn 1 hour continuing education
- **Mar 14** – Coffee with Joe – 1:00 p.m. -2:30 p.m. – Hull Public Library - Free – RSVP through the Lyon County Extension
- **Mar 18** – Vegetable Gardening 101 – 6:00 p.m.-7:00 p.m. - Hull Public Library – Free – RSVP through Lyon County Extension – presenter Margaret Murphy - Master Gardeners earn 1 hour continuing education
- **Mar 28** – The Succulent Craze – 6:00 p.m.-8:00 p.m. – NCC Room A112 – Fee \$59 – register through NCC - presenter Jan Zandstra of Zandstra Family Greenhouse, Hull - Master Gardeners earn 2 hours continuing education
- **Apr 4** – Cooking with Herbs – 7:00 p.m.-9:00 p.m. – NCC Room D409 – Fee \$29 – register through NCC – presenter Jan Snyder, Iowa Master Gardener - Master Gardeners earn 2 hours continuing education
- **Apr 5 & 6** – Siouxland Garden Show—Delta Hotels Center—South Sioux City, NE—
www.siouxlandgardenshow.org—Master Gardeners earn continuing education hours for attending educational presentations
- **Apr 11** – Master Gardener Winter Webinar – Engaging New Audiences - 6:30 p.m.-7:30pm – Sioux Center Public Library – Free – Master Gardeners earn 1 hour continuing education
- **May 2** – Master Gardener Winter Webinar – Container Gardening - 6:30-7:30pm – Sioux Center Public Library – Free – Master Gardeners earn 1 hour continuing education
- **Jul 23** – Annual Garden Walk – 6:00 p.m.-8:00 p.m. – Lyon County Fairgrounds – Free – Master Gardeners earn 2 hours continuing education



Apple Tree
in Winter

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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