



June 2017

Garden to Table

News from the Yard, Garden and Locally Grown

Recipe of the Month Garlicky Mustard Greens

Ingredients:

- 3 pounds mustard greens
- 1 tablespoon olive oil
- 1 cup chopped onions
- 3 cloves garlic
- 1 large red bell pepper, chopped (about one cup)
- 1/2 cup chicken or vegetable broth
- 1 tablespoon cider vinegar
- 2 teaspoons sugar

Directions:

Pick through the greens removing yellow, wilted greens and large tough stems and veins. Run the sink full of cool water and wash the greens in three changes of water. Fresh greens hold soil and dirt. Swish the greens through the cold water to remove the clinging grit. Drain. Stack several leaves; roll up jelly-roll style. Cut crosswise into 1/2 inch slices. Repeat with remaining greens. Heat oil in large saucepan over medium heat. Add onion and garlic, cook and stir for about 3 minutes. Stir in greens, red bell pepper and broth. Bring to boil then reduce heat to low. Cook, covered for 20 to 25 minutes or until greens are tender. Young greens cook quickly, large older greens can take longer. Add more water if needed. In a small bowl, combine vinegar and sugar. Stir until dissolved. Sprinkle over cooked greens, remove from heat. Serve immediately

Recipe from University of Illinois Extension
(<https://extension.illinois.edu/veggies/mustard.cfm>)

In the news...

2017 Master Gardener Training

Training this fall will be at the Northwest Iowa Community College (NCC) in Sheldon.

Orientation is on September 12.

Class will meet every Tuesday for 9 weeks with an additional 3 Thursdays.

The on-campus class is offered on Saturday October 7 or 21.

This year we will be exploring a flipped-classroom for some of the classes.

Master Gardeners are welcome to attend classes for a refresher on subjects and can count that time as continuing education.

Those interested in the training can apply online at www.extension.iastate.edu/mastergardener/training.

Deadline to apply is September 1.

I spy with my little eye... a pantry garden!



This year, the ISU Home Demonstration Garden at the Lyon County Fairgrounds is once again a pantry garden. Last year we donated over a 1,000 pounds of produce to several area pantries. This year we hope to do more and can use your help.

A training on the goals of the pantry garden project, garden safety and harvest data collection will be held starting at noon on June 12 at the ISU Extension and Outreach Lyon County office (710 North 2nd Ave. East, Rock Rapids). Lunch will be provided. Individuals interested in volunteering their time and assistance are encouraged to attend.



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click <u>underlined</u> links for more information on the topic...				1	2	3
4	5	6 <u>Regular irrigation of tomatoes helps prevent or reduce blossom-end-rot</u>	7	8	9 <u>Stake, trellis or cage tomato plants</u>	10
11	12 Pantry Garden Volunteer Training Lyon County Extension office at noon	13	14  Flag Day	15 <u>Mulch garden beds to conserve water & reduce weeds</u>	16	17 End <u>rhubarb</u> and <u>asparagus</u> harvest
18 <u>Plant a tree for Father's Day!</u>	19	20 <u>Check on compost pile & turn regularly</u>	21 First Day of Summer!	22	23 <u>Renovate June-bearing strawberry beds immediately after final harvest</u>	24
25	26	27	28	29 Keep watering newly planted trees and shrubs	30	1 July is here!



Volunteer Service Opportunities

- Volunteer to be at an **“Ask a Master Gardener”** table
 - **Friends of NISO (northwest iowa symphony orchestra)** is having their annual garden tour to raise funds for young musicians. This year volunteers are needed to staff a table at one of their sites (Heritage Village in Sioux Center). Volunteers would answer yard and garden questions plus, we’ll have information on the upcoming Master Gardener class in the fall. Tour dates and times are July 6 (4pm-8pm) & July 7 (9am-1pm).
 - Also, I would like to schedule times we could have a Master Gardener at the **ISU Home Demonstration Garden** throughout the summer to be available to answer questions. We can discuss what times work best for people and would advertise the dates to the public.
- Volunteer this summer at the ISU Home Demonstration pantry garden. Whether for a day or throughout the summer—your help is needed to harvest and pack fresh produce for delivery to area food pantries.
- Help administrate the 2017 Master Gardener Training - fun opportunities.
- Answer yard and garden questions either in the office or accompanying me on site visits.
- Participate in the [Monarch Conservation Professional Development Pilot Project](#). If interested, sign up ASAP.

Continuing Education

Master Gardener 2017 Summer Webcast Series

GROWING SEASON



Urban Tree Selection

Build your skills to make recommendations about tree species selection. Explore urban considerations for site selection and tree maintenance.

Location: Lyon County Extension and Outreach office, Rock Rapids (710 N 2nd Ave E)

Time: 6pm-8pm

Date: Tuesday, June 20

Master Gardener 2017 Summer Webcast Series

GROWING SEASON



Landscaping for Wildlife

Learn about simple steps to bring landscaping alive with birds, butterflies and more. Explore ways to beautify the yard and provide critical habitats for migratory and resident birds year-round.

Location: Lyon County Extension and Outreach office, Rock Rapids (710 N 2nd Ave E)

Time: 6pm-8pm

Date: Tuesday, July 11

Yard, Garden & Local Food

Raised Bed Vegetable Gardening

Simply put, a raised bed is any planting surface above ground level. Styles can range from a simple mound of soil to an elaborately constructed framed bed. Raised bed gardening is a nice alternative for people who have limited garden space, poor or rocky soil, inadequate soil drainage, or physical limitations.

Benefits of raised bed gardening

Raised beds offer the opportunity to amend your soil or to create new soil for a bed. They can be created at different heights to allow for easier access for people with limited mobility. Since the soil in a raised bed is never walked on, it can be planted more densely. The soil remains loose and easier to cultivate plus, weeds pull easily as do carrots!



Drawbacks of raised bed gardening

Building framed beds does require some initial investment of time and money. Also, raised beds tend to dry out quicker in the summer heat and may need more frequent watering.

Materials for framed beds

Almost anything that retains soil will work such as brick, stone or lumber. Material choice depends on the look you want and on your budget. Wood is most commonly used. For longer life use naturally decay-resistant wood such as cedar. Treated lumber is also readily available but there is some debate about the safety of its use, especially for beds that grow edibles. Avoid using railroad ties unless very well weathered as creosote is harmful to plants and humans. Recycled plastic lumber is another option.

How big to make them

The rule of thumb is nothing wider than four feet so the interior can be easily reached. How long to make the bed is up to you. How deep to make the bed can vary too. Beds that are twelve inches tall give plants plenty of room to stretch their roots but six inches will certainly work. Actually, gardeners who practice the Square Foot Gardening method pioneered by Mel Bartholomew often use six inch high beds to grow a wide variety of vegetables. Many raised bed kits also use six inch borders.

Filling raised beds

Raised beds are usually filled with high-quality soil mixes that have large amounts of organic matter to improve drainage and add nutrients. Standard potting soil or growing mix can be used; however, this can become expensive when filling a large bed. You can also do a blend of soil, compost and soil-less mix. Make sure any soil you use is free of contaminants. In Square Foot Gardening, Bartholomew suggest filling boxes with 1/3 blend of compost, 1/3 peat moss and 1/3 coarse vermiculite. You will need to add some compost or soil mix each year as the soil settles and ages.

Other considerations

With longer raised beds (usually more than 6') that are made from flexible material such as lumber, you may want to place a stake half way down the length to prevent the side from bowing outward due to the pressure of the soil.

Lastly, take time to consider where to place your raised beds. Vegetables need plenty of sun and once built, framed beds are not easily moved. If several beds are being used, they don't need to be grouped together. They can be placed where convenient or where they look best. Also, keep in mind where your water sources are located.

Farmers' Markets



Lyon County

Rock Rapids Farmers' Market

1st Ave and N Boone St (Sunshine grocery store parking lot)
Rock Rapids IA
Mondays 4:00pm-7:00pm; June-August
Mondays 4:00pm-6:00pm; September-October

O'Brien County

Hartley Farmers' Market

130 3rd St NE (tent on north side of Fiesta Foods), Hartley, IA
Thursdays 5:00 pm; June – early October

Sheldon Farmers' Market

1200 S 2nd Ave (Old Train Depot), Sheldon IA
Mondays 4:30pm-6:30pm; June-September
Fridays 11:00am-1:00pm; June-September

Osceola County

Sibley's Farmers Market

407 9th St (Super Foods parking lot), Sibley IA
Saturdays 8:00am; June-September

Sioux County

Granville Farm Stand

Hwy 10 and Broad St, Granville IA
Fridays 4:00pm-6:00pm; mid-June-October

Hawarden Farmers' Market

13th St and Ave E (Veterans' Memorial Park), Hawarden IA
Thursdays 5:00pm-8:00pm; July-October

Orange City Farmers' Market

Windmill Park, Orange City IA
Saturdays 9:00am-11:00am; end May-September
Wednesdays 4:00pm-7:00pm; June-September
Find them on [Facebook](#)

Sioux Center Farmers' Market

251 N Main Ave (Centre Mall parking lot off Hwy 75)
Sioux Center IA
Wednesdays 8:00am-1:00pm; May – mid-September

Flavors of Northwest Iowa

Find more farmers' markets in northwest Iowa at

www.flavorsofnorthwestiowa.org

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Farmers' Markets



Clay County

Everly Farmers' Market

Everly City Park Shelter House, Everly IA
Fridays 4:30pm-6:30pm; mid-May-September

Spencer Farmers' Market

1019 S Grand Ave (Commons at T Parking Lot), Spencer IA
Saturdays 7:30am-12:00pm; June-October
Wednesdays 4:00pm-6:00pm; June-October

Spencer Riverfront District Farmers' Market

24 W Park St, Spencer IA
Saturdays 8:00am-12:00pm; June-September
Find them on [Facebook](#)

Dickinson County

Arnolds Park

Corner of Hwy 71 and Broadway, Arnolds Park IA
Thursdays 4:30-6:30pm; July-mid-September

Lakes Area Farmers' Market

1600 15th St (Dickinson County Fairgrounds), Spirit Lake IA
Saturdays 7:30am-12:00pm; June-mid-October
Wednesdays 7:30am-12:00pm; June-mid-October
Find them on [Facebook](#)

Lake Park Farmers' Market

Silver Lake City Park Shelter House, Lake Park IA
Wednesdays 4:30pm-6:30pm; mid-June-October
Find them on [Facebook](#)

5 Great Reasons to Visit Your Local Farmers' Market

1. Exceptional taste and freshness
2. Always something new to try
3. Supports the local economy
4. Helps the environment
5. Builds community

Check with market vendors on whether they participate in the Iowa Farmers' Market Nutrition Program (FNMP) and accept WIC and Senior FNMP coupons.

Flavors of Northwest Iowa

Find more farmers' markets in northwest Iowa at

www.flavorsofnorthwestiowa.org

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Save the Date

July 6&7

Friends Garden Tour. Sioux Center Symphony fund raiser to support young musicians. Four locations will be on the tour. July 6 sites available for visiting 4:00pm-8:00pm. July 7 sites available for visiting 9:00am-1:00pm. Stay tuned for more information on sites. Fee: \$15/person.

July 13

Gardening with Herbs

Sioux County Fair 1:00pm-2:00

Discover what herbs grow best in garden and containers & which herbs make good companions in the garden. We'll make an herbal cleaning solution called "Thieves Vinegar" Free. (continuing ed. for Master Gardeners)

July 14

Gardening with Herbs

Osceola County Fair 5:00pm-6:00pm—same program as above.

July 18

ISU Home Demonstration Garden Walk. Lyon County Fairgrounds. 6:00pm-8:00pm. Enjoy samples of fresh grown produce. Free. (continuing ed. for Master Gardeners)

July 25

Gardening with Kids. O'Brien County Fair 11:00am-12:00pm. Discover the importance of eating healthy and being physically active. We'll have lot's of fun with lot's of

activities. Free.

August 5

In the Garden with Kids. Lyon County Fairgrounds 9:00am-12:00pm. Enjoy a morning in the garden with garden themed make & takes, crafts and games. Youth K-5 welcome. Pre-registration at 712-472-2576 by July 31. Fee: \$10/person.

August 9

Cooking with Herbs. Osceola Community Hospital-Sibley 6:00pm-8:00pm. This is a hands-on cooking class featuring tips & recipes using fresh herbs. Pre-registration at 712-754-3648 by August 7. Fee: \$15/person.

August 10

Cooking with the Family. Forster Community Center-Rock Rapids 6:00pm-8:00pm. This is a hands-on cooking class where parents and children cook together using healthy, kid-friendly recipes and garden-fresh vegetables. Children under 16 must be accompanied d by an adult. Pre-register at 712-472-2576 by August 8. Fee: \$15/family.

August 17

Cooking with Herbs. Multi-Purpose Building-Sioux County Fairgrounds 6:00pm-8:00pm. Same class as August 9 but pre-register at 712-737-4230 by August 14.

Contact Margaret at 712-472-2576 or mmurphy@iastate.edu with questions.

In search of tender seedlings Peter Cottontail



In Iowa, the most common type of rabbit we see is the eastern cottontail. Cottontails generally spend their life within an area of 10 acres or less. As long as the place offers good food and shelter, they are happy to stay.

Over the years, I have heard numerous tips on how to protect plants from rabbits. Some of the most common suggestions have to do with an odor-based deterrent. Rabbits have a well developed sense of smell. Applying a chemical repellent that offers an offensive aroma can keep rabbits away from plants. Many commercially avail-

able products that are designed to be sprayed around your garden beds contain capsaicin, which is the ingredient that makes certain peppers hot. I have had good luck with a homemade repellent that includes eggs, garlic and hot sauce.

Scare tactics are another way to go. People will set out motion detectors that turn on lights or sound or leave a radio playing. My dad placed a plastic owl that hooted every time something passed it by. It did not keep the rabbits away but gave mom and me a few good laughs. A device intended to scare rabbits may work for a while but, in time, they will most likely become desensitized to it and begin to ignore it (unless the scary object is a dog or a cat).

Hands down the most effective way to keep rabbits from enjoying your garden is to put up a fence. Usually a two foot high fence made from chicken wire is sufficient. Mesh size should be kept to no more than one inch and the bottom needs to be well secured against the ground or buried several inches deep.

Quick Links

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For questions, comments or to contribute an article or photo

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