

March/April 2019

Garden to Table

News from the Yard, Garden and Locally Grown

Recipe of the Month

Whole Meal Salad

Ingredients:

- **2 cups** salad greens (romaine, spinach, or mixture)
- **1 cup** chopped vegetables such as cucumber, frozen peas (thawed), onion, tomatoes, carrots, fresh mushrooms or bell peppers
- **1 egg** (cooked and sliced)
- **1 ounce** chicken, beef, or pork (cooked and chopped) or 1/4 cup canned beans, drained
- **1 tablespoon** shredded cheese, chopped dried fruit, or chopped nuts
- **2 tablespoons** low fat salad dressing



Directions:

1. Arrange greens on large plate or bowl.
2. Add vegetables.
3. Add egg, meat, or beans.
4. Sprinkle with cheese, dried fruit, or nuts.
5. Drizzle dressing over top

Recipe from ISU Extension and Outreach

[Spend Smart. Eat Smart Spend](#)

see online recipe for tips and nutrition facts

Current Events

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, March 14 at the Hull Public Library from 1:00 p.m. to 2:30 p.m.

The coffee is free and open to everyone. Please RSVP to Margaret Murphy at 712-472-2576 or mmurphy@iastate.edu by March 13 if you plan to attend.

New on ISU Extension Online Store

- [Master Gardener Red Polo](#)
- [Fresh Vegetable Guide](#)
- [Mammals of Iowa Field Guide](#)

Aeroponics

Aeroponic systems nourish plants with nothing more than nutrient-laden mist. Aeroponics dispenses with the growing medium, leaving the roots to dangle in the air, where they are periodically puffed by specially-designed misting devices. [Learn more.](#)

Garden Shows

- **Siouxland Garden Show**
- When: April 5 and 6
- Where: Delta Hotels Center in South Sioux City, NE.
- <http://www.siouxlandgardenshow.org/>
- **3rd Annual Outdoor Living Expo**
- When: March 8 through March 10
- Where: WH Lyon Fairgrounds in Sioux Falls, SD
- <http://www.outdoorlivingexposf.com/>



March/April

Garden Calendar

Garden Tips
& Reminders

Click on links for
more information!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March					1	2 Checkout our local MG Face-book page
3 Start Petunias & Impatiens Indoors	4	5 Keep an eye out for bare-root stock	6	7 Master Gardener Webinar—Vegetable Pests	8 3rd Annual Outdoor Living Expo	9 3rd Annual Outdoor Living Expo
10 Daylight Savings Time Begins	11	12	13 Start cabbage & other cole crop seeds indoors	14 Coffee with Commercial Horticulturalist, Joe Hannan	15	16
17 	18 Vegetable Gardening 101	19	20 SPRING Begins!	21	22 	23 Prune Raspberries
24	25 Prune apple trees	26	27 Start fertilizing houseplants	28 The Succulent Craze - NCC Continuing Education	29	30 Prune Grapes
31	1 April	2 Start peppers indoors	3	4 Cooking with Herbs—NCC Continuing Education	5 Siouxland Garden Show	6 Siouxland Garden Show
7 Plan out your flower / herb garden	8	9 Start tomatoes indoors	10	11 Master Gardener Webinar—Engaging New Audiences	12	13
14	15	16 Forsythias blooming? Apply crab-grass preventer	17	18 Do a soil test if it's been over 4 years since last one	19	20 When soil can be worked— plant cool season crops
21	22 Earth Day! Plant a tree!	23 	24 Divide perennials that can be dived in spring	25	26 Arbor Day! Plant another tree!	27
28	29	30	1 May	2 Master Gardener Webinar—Container Gardening	3 Acclimate seedlings to the outdoors before planting	4



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**



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!



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

Spring Lawn Care

April is the time to head out and clean up lawn debris. Much like in the fall, we pick up downed twigs and branches, rake up leaves that have accumulated, and pick up any trash that may have migrated to the yard. It's also the time to think about spring lawn care. It's a good time to over-seed thin and bare areas, and if necessary, apply fertilizer, do crabgrass prevention or aerate the lawn.

If you need to over-seed your lawn, actually early fall is the best time; however, if you are noticing thin areas or bare spots, you can do some early spring seeding. Rake over the area to be seeded to clear out any dead grass. Then roughen the soil to a depth of about a half an inch or so. Spread the seed liberally and cover with a thin layer of soil. In order for the seeds to germinate, they must have good contact with the soil so pat it down well. Water lightly, as needed, to keep the soil surface moist until the seedlings are established. For more information, see [Establishing a Lawn from Seed](#).

If seeding bare spots in shady areas, there is a variety of fine fescue grasses that can be used. Fine fescue refers to a group of fine-textured, green grasses that are tolerant of shade. In Iowa, creeping red and chewing fescues are often mixed for shade conditions (see [Selecting a Grass Species for Iowa Lawns](#)).

For yards that have difficult shade areas and your repeated attempts to get grass to grow have failed, consider planting shade-loving ground covers, hostas or other perennials.

Spring fertilizer needs are best assessed by a soil test but if your lawn didn't get fertilized last fall, a light application of nitrogen in April or May can help get your grass off to a good start. Slow-release fertilizers are preferred. Organic fertilizers such as those derived from fish emulsion, or poultry and cow manure not only release nitrogen slowly but will also add organic matter back into the soil and help build soil structure. Grass clippings are also a great source of nitrogen. Consider leaving your clippings after mowing instead of bagging them, if you don't already do so.

Spring is also the time to thwart crabgrass from taking hold in your lawn. Crabgrass is an annual grass that germinates from spring to mid-summer. The seeds begin to germinate when soil temperatures reach 55 to 60 degrees F. A pre-emergent herbicide can be used to prevent the growing of crabgrass. For successful crabgrass control, timing is everything. Pre-emergent herbicides should be applied when soil temps (at a 2 inch depth) are about 55 degrees F. In the northern areas of Iowa, this can be late April or early May—typically, when you see the bright yellow flowers of forsythia or start to smell the lilacs in bloom.

Gardeners can also control crabgrass by applying corn gluten meal. A corn milling byproduct, corn gluten meal inhibits the root growth of crabgrass seedlings. Whenever using an herbicide always read and follow the instructions carefully. Avoid applying pre-emergent herbicides in areas you are trying to reseed. These chemicals will inhibit the growth of the grass seed. Apply the pre-emergent well after the grass seed has sprouted. (See the [Yard and Garden: Control Crabgrass](#) article published April, 2015).

Spring is also a good time to aerate your lawn, if needed. Aeration relieves soil compaction and improves air and water movement through the soil. Additional benefits include: increased root growth and improved fertilizer uptake. For lawns with well-drained soils, aerating once a year is usually fine. Lawns with heavier soils such as clay may need regular aeration to prevent soil compaction. A core aerator with hollow metal tubes or tines that remove plugs of soil does a better job at reducing compaction than a spiked-type aerator. (See the [Yard and Garden: Properly Aerating Lawns](#) published August, 2015)

For tips on Nonchemical Alternatives for the Home Lawn, [click here](#).

Save the Dates

- **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 8-10** — 3rd Annual Outdoor Expo– WH Lyon Fairgrounds, Sioux Falls, SD - <http://www.outdoorlivingexpof.com/> - Master Gardeners earn continuing education hours for attending educational presentations about gardening
- **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

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Extension and Outreach



BUILDING A #STRONGIOWA

Vegetable Gardening 101

New to vegetable gardening or looking for a few refreshers?

We'll cover the basics of growing vegetables.

Date: March 18, 2019

Time: 6:00 p.m. to 7:00 p.m.

Location: Hull Public Library
(1408 Main St, Hull, IA 51239)

Free and open to everyone. RSVP at 712-472-2576 or at mmurphy@iastate.edu. Master Gardeners earn 1 hour continuing education.

Topics will include:

- cold season & warm season vegetables
- seeds or transplants
- vegetable selection
- pest management
- grow more in less space

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For questions, comments or to contribute an article or photo

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