



The Colonial Master Gardener

May
2017

PUBLICATION OF JCC/W MASTER GARDENER ASSOCIATION &
VIRGINIA COOPERATIVE EXTENSION

THE PRESIDENT'S MESSAGE

BY GARY STREB

“The real aim of a garden is beauty, not low maintenance, but if we can attain a measure of beauty without spending all of our spare moments on weeding, pinching, staking, deadheading, spraying, encouraging, dividing, and conquering, we might have time to enjoy the garden more. Good design helps.”

— Frederick McGourty, *The Perennial Gardener* (1989)

What an impressive event! Awesome! This weekend's annual plant sale had to have been the best in our association's history. The layout was well designed and thought out. The amount and quality of the Extension Master Gardener home-grown plant material was simply outstanding. The wide selection and color palette of the vendor plants added a visual pop that was welcoming and enticing to our customers. None of this could have been executed without thorough detailed planning, clear direction, and total dedication to mission success. Bess Hopewell and Liz Favre, along with the whole plant sale committee, are to be commended for a job well done. To every single one who worked before, during, and after the sale—a sincere thank you. (And a special thanks to Niels Favre—Liz's husband—for the all-night guard duty.) Kudos all around!

With the plant sale behind us, we now have to focus on the many projects that we have ahead. But don't forget to take care of yourselves and your own garden. Please consider some personal enjoyment time along with your fellow Extension Master Gardeners at our annual Master Gardener Association picnic on Thursday, July 20. Details will follow. Mark in on your calendar now, before you forget!

As a reminder—your association is offering four scholarships for attendance at Master Gardener College at Virginia Tech in late June. I encourage all of you to apply—the registration form is on our website. See more details in Angela Cingale's article in this newsletter.

Our May 4 meeting will begin at 9:30am, rather than our normal 9:00. To make up for your inconvenience we will have donuts and cookies at 9:00 for a social

Next Meeting:

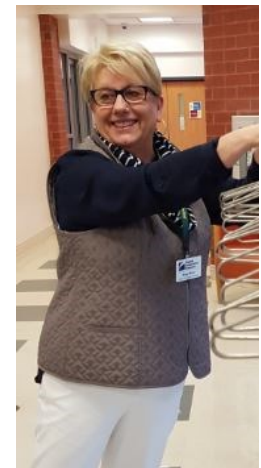
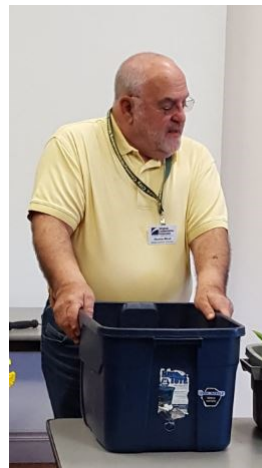
Thursday, May 4

**Program:
Maintaining a Healthy Body to
be a Successful Gardener**

**Speaker:
Betsy Mitchem,
Williamsburg YMCA**

get-together. Betsy Mitchem, health and well-being coordinator at the local YMCA, will talk about maintaining a healthy body in order to be a successful gardener. We will again have JCC/Williamsburg Master Gardener logo clothing available at the monthly meeting. Bring cash or your checkbook. Please see last month's newsletter for more details.

We are losing a pair of cornerstones of our Master Gardener association and its projects with the relocation of Dennis and Mary Wool to their new home in California. Their contributions have been invaluable to the organization and personally to many of us, but compost happens. Their departure will leave a void in our organization and in our hearts. Dennis and Mary, best of luck in your new life!



Photos: Hope Yeich

“It is utterly forbidden to be half-hearted about gardening. You have got to love your garden whether you like it or not.”

— W. C. Sellar and R. J. Yeatman, *Garden Rubbish* (1936)

2017
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THIS MONTH'S SPEAKER BY HAZEL BRAXTON, VP FOR INTERNAL EDUCATION

Betsy Mitchem, the health and well-being coordinator and master trainer for the R. F. Wilkinson Family YMCA, is May's Master Gardener speaker. Betsy has both a bachelor of science and a master of science degree in exercise science from the George Washington University in Washington, D.C. Her area of concentration is in exercise, nutrition, and eating behavior.

Betsy's clients come from all walks of life. Clients range from professional athletes to individuals with significant health considerations, such as high cholesterol, hypertension, arthritis, asthma, fibromyalgia, multiple sclerosis, a variety of knee and hip disorders, and two individuals who have received heart transplants. She is certified by the American Council on Exercise (ACE) and the Aerobics and Fitness Association of America (AFAA). She is a member of the American College of Sports Medicine (ACSM), the American Association of Health, Physical Education, Recreation and Dance (AAHPERD), and the American Association of Personal Trainers (AAPT).

Prior to working as a personal trainer Betsy taught dancing in Richmond, Virginia, and in Northern Virginia. She has taught workshops and given seminars in dance and exercise and has provided corporate lectures on fitness and nutrition.

Betsy is a very high-energy person. She is married, the mother of two small children, and loves living in Williamsburg.

ASSOCIATION MEMBERSHIP ROSTER BY CATHY HILL, VP FOR ADMINISTRATION

During the transition to our new website, I felt that I should give you the option of receiving the association membership roster directly from me.

If you are at the meeting on Thursday, I will have a sign-up sheet for those wanting me to email the list to them. If you can't attend the meeting and want the roster, please email me at needles51@icloud.com.

The MGA board meets on the third Thursday of each month at 9:30am at the Williamsburg Regional Library, Room B, on Scotland Street, Williamsburg.

The board meetings are open to all Extension Master Gardeners, and all are encouraged to attend.



Photo: Hope Yelich

The Colonial Master Gardener May 2017

UPCOMING SALES, SEMINARS AND EDUCATIONAL OPPORTUNITIES

BY HAZEL BRAXTON, VP FOR INTERNAL EDUCATION

May 6 (Newport News Park). 10:00am. **Spring Flowers.** Peninsula Master Naturalist Susie Yager will lead a walk through this lakeside woodland area to see numerous spring flowers as well as several ferns. Meet at the park's Discovery Center, Constitution Way. The round-trip walk will be about two miles. Contact Susie Yager to register at soozigus@cox.net. Sponsored by the John Clayton Chapter, Virginia Native Plant Society.



May 6. (Carrollton Library, 14362 New Towne Haven Lane, Carrollton). 10:00am-2:00pm. **Western Tidewater Master Gardeners First Annual Plant Sale.** Educational displays and presentations by Master Gardeners, Master Naturalists, Bee Keepers, and Portsmouth Hen Keepers. Rain date is May 7.

May 9. (Our Saviour's Lutheran Church, 7479 Richmond Rd., Norge). 1:00pm. **Roses, Past, and Present.** Presented by Laurie McMinn at the open meeting of the Colonial Triangle Unit, Herb Society of America. Ms. McMinn, a certified horticulturist on the staff of Lewis Ginter Botanical Garden, maintains the roses and teaches Master Gardener training. Previously, she was historic grounds supervisor at Old City Cemetery in Lynchburg. There she maintained several hundred antique rose cultivars dating back to the 1500s and managed the twenty-seven-acre property.

Ms. McMinn will have some surprising facts about the herbal uses of roses through the ages. For more information, contact Mandy Baldrige at (757) 645-4039.



May 20. (Lee Hall, University of Mary Washington, Fredericksburg). 8:30am-3:30pm. **Living in the Garden symposium.** The program theme is textures and natives, which will emphasize the use of herbaceous plants for color and texture in the garden and the use of native plants, particularly those that attract pollinators. Featured speakers are Bob Lyons, Grace C. Elton, and Guy Mussey. The symposium costs \$50, with a box lunch. Advance registration is required.

May 20. (Freedom Park). 10:00– 11:30am. **Gardens with No Flowers.** Helen Hamilton, retired biology teacher, Master Gardener, and past president of the John Clayton Chapter, Virginia Native Plant Society, will suggest some plants that deer won't eat -- ferns for a shade garden and mosses on pathways and in little gardens. These plants grow wild in much of Virginia, don't need much care, and are not interesting to deer or rabbits. . This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. The program is free, although a \$5.00 donation to help the Garden grow is appreciated. For more information, contact Helen by email at helen48@cox.net

After the program, Master Gardeners will be in the Garden to answer questions and talk about what is in bloom. Open to the public.



All images from pixabay

UPCOMING SALES, SEMINARS AND EDUCATIONAL OPPORTUNITIES —CONTINUED

May 20. (Henricus Historical Park, Chester). [Henricus Spring Garden Day](#). 10:00am-5:00pm. Come out and learn about colonial horticulture and methodologies. Gardens include the Virginia Indian garden, English officer's garden, English soldier's garden, plantation garden, and the garden at Mt. Malady. Admission: Adults \$8.00, Children three-twelve \$6.00.

Also that day is a **Herbal Remedies Class** from 1:00-3:00pm. Cost for adults over eighteen: \$50.00. Advance registration is required for the remedies class. Call (804) 748-1611 to register for the class.



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June 15. (Stryker Center, 412 N. Boundary St., Williamsburg 23185). 7:00-8:00pm. [Savoring Regional Foodways: Picking, Cooking, Preserving Produce](#). Two culinary experts will share ideas and tips for selecting and preparing food from our regional farmers markets.

Cathy Barrow is a food columnist for the *Washington Post* and author of *Mrs. Wheelbarrow's Practical Pantry*. Travis Milton is the former chef of the Comfort and Family Meal in Richmond and owner-chef at Shovel and Pick, a Bristol restaurant specializing in Appalachian ingredients and foodways.

This event is free and open to the public. Organized by the Williamsburg Farmer's Market.

June 17. (Freedom Park). 10:00-11:30am. [How and Why of Rain Gardens](#). Master Gardener Carol Fryer, who has designed rain gardens for homeowners and developments, will provide information about their construction in home gardens. With PowerPoint slides and demonstrations, she will suggest suitable plants and locations in typical environments. This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. The program is free, although a \$5.00 donation to help the garden grow is appreciated. For more information, contact Carol by email at cfryer@cox.net. After the program, Master Gardeners will be in the Garden to answer questions and talk about what is in bloom. Open to the public.



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June 22-25. (Virginia Tech, Blacksburg). [The 30th Annual Master Gardener College](#).

MATTEY'S GARDEN AT VIRGINIA GARDEN WEEK

BY LOUANN MARTIN

Tuesday, March 25, was Williamsburg Day during the annual Virginia Garden Week celebration. One of the stops, a favorite each year, was the Extension Master Gardener project at Matthey's Garden. The garden is located at the Matthew Whaley Elementary School on Scotland Street in Williamsburg.

While the day began rainy, this did not deter the visitors from enjoying the garden. Extension Master Gardeners Pat Crowe, Judy Corello, Su Carlile, Jim Henry, Genrose Lashinger, and Louann Martin welcomed over 150 visitors to the garden. Visitors came from as far away as Oregon, Minnesota, and the Northeast in addition to many from Williamsburg, Northern Virginia, and the Hampton Roads area. This year, a shuttle bus transported visitors to the different sections of the garden tour with a stop at Matthey's.

The EMGs shared the history of the garden as well as discussed the different programs with the children of the school.

As the day continued, the sun and warmth welcomed students from two kindergarten and one first grade class who performed songs and poems for the visitors.



A wren enjoying the spring day. When children aren't in the garden, this is a great place to birdwatch.

LANDSCAPE LOVE UPDATE

BY SHERRY WALKER

Landscape Love is well under way for the spring session. Fifty-nine enthusiastic Extension Master Gardeners attended the orientation meetings on April 17 and 20 to learn the latest information we are sharing with homeowners this season. The teams have been formed and visits have started.

Overall, homeowner applications are lower this year than in recent years, but as always, applications in some neighborhoods are stronger than others. We extended the application deadline through our plant sale, April 30, so we could discuss Landscape Love with homeowners buying our plants. We finalized the number of on-site visits at sixty-three.

We continue to promote our other Extension Master Gardener home-visit programs, such as Turf Love and the Pruning Clinic, to benefit the homeowners in our area. The help desk and diagnostic clinic are additional projects that focus on homeowner issues. Applications show an increased interest in native plants, backyard habitats, and rain gardens.

JCCW MGA SCHOLARSHIP AWARD - REMINDER BY ANGELA CINGALE

The JCCW MG Association is pleased to establish an annual scholarship award of \$250 each to four members of our organization who will be attending 2017 Master Gardener College. The event will be held June 22-25 at Virginia Tech in Blacksburg. The scholarship was established to help defray expenses associated with attending (registration, room and board, and gas).

Note: If you received a 2016 milestone award last year but were not able to attend, you still qualify for a discount in 2017. A special treat will be meeting Dr. David Gibby who started the Master Gardener Program in 1972 in Washington State. Let's also celebrate thirty years of Virginia's MG initiatives to empower our communities with research-based information.

For many who have not attended MG College, this is a wonderful opportunity to see how VA Tech, VCE, VMGA, JCCW MGA, and other units are connected, educationally and horticulturally. You can expect to hear wonderful speakers, receive hours for advanced training, experience a great college campus, and interact with MGs from all corners of our diverse state. The MG College offers gardening trips, tours, and a visit to a local farmer's market as well as the beautiful Hahn Gardens on campus.

The JCCW scholarship application is on our website <http://jccwmg.org> under MGA Members. The one-page form does not ask invasive or personal questions, and it is very straightforward. The scholarship committee is looking forward to making four people happy to attend MG College whether it's the first or tenth time participating.

Please fill out the application form and mail it to the scholarship chair, Angela Cingale, at 4077 Coronation, Williamsburg, VA 23188 asap!

The deadline for receipt of the form is May 15. We are planning to make the awards at the JCCW MGA meeting on June 1. Thank you.

SPRING DIAGNOSTIC CLINIC BY DONNA XANDER

The spring diagnostic clinic will be for the whole month of May from Monday May 1 through Monday, May 22, from 9:00am to noon.

This is where homeowners have a chance to bring in samples of their diseased plant materials and insects that are a problem. If any of you are going out on Landscape Love calls, bring in your samples of the homeowner's problems. You can get a chance to look at them through the microscope, a really cool experience. Maybe you are seeing some problems in your own yard. Bring those samples in also for answers.

No need to feel like you don't know enough, we try to make this a fun-to-learn activity.

No need to sign up. Just come in. Everyone is welcome.

NATIVE PLANT COURSE

BY JUDY KINSHAW-ELLIS



Columbine at York River State Park. Photo: Judy Kinshaw-Ellis.

On April 5, 2017, three JCC/Williamsburg Master Gardeners attended the "Native Plants for Wildlife Habitat and Water Quality" workshop at Fort Monroe. Mike Whitfield, Jeanne Millin, and Judy Kinshaw-Ellis spent the day with nearly thirty other Master Gardeners, Master Naturalists, and other environmentalists brainstorming and learning about improving outreach and increasing the use of native plants in home gardens and common areas of developments.

One component of the training was watching and discussing the film *Hometown Habitat. Stories of Bringing Nature Home*, which featured Doug Tallamy, whose work is well known in our region. The film included sections on tree planting in New York City and a development in the Midwest, where the common areas were planted as wild

prairies, among others. The film stressed the importance of changing the mindset of those in the construction and planning industries so that natural landscaping becomes the norm rather than the exception.

Another segment of the day was spent breaking into small regional groups to discuss actions in their communities to improve use of native plants. Groups proposed coordinating with other community organizations, one of which was churches that tend to have large properties that would benefit from more environmentally conscious practices. The JCC/Williamsburg group decided to propose increasing the discussion of native plant use on Landscape Love visits, which was something that could be implemented immediately.

Participants were provided with publications that are available online. If you are interested in improving your native plant knowledge, do an internet search for these titles or click on them here: [20 Most Valuable Woody and Perennial Plant Genera](#), [Creating Inviting Habitats](#), Virginia Cooperative Extension, and [Native Plants for Southeast Virginia Including Hampton Roads](#).

The training was sponsored by the Virginia Department of Game and Inland Fisheries Habitat Partners Program.

A TIP FROM AILENE BARTLETT

If you need garden shortcuts and have run out of ideas of your own, try and find a copy of this book:

[*Trowel and Error: Over 700 Shortcuts, Tips and Remedies for the Gardener*](#), by Sharon Lovejoy (New York: Workman Publishing, 2003).

It contains things you've probably never thought of before (I hadn't!), and some that your grandmother taught you. You might like to put a little sticky beside the ones you try and that are successful so you don't have to read the whole book to find them again.

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VMGA REPORT

BY MARILYN RIDDLE

The Virginia Master Gardener Association met April 8 in Lynchburg. Following is Marilyn's report.

- * My observation—crowd was missing quite a few regulars but had good representation from Chesapeake, a new group.
- * The education chairman announced that VMGA would be co-sponsoring with VCE the trip to the state arboretum on Sunday, August 27. No lunch will be served but there will be a break for eating.
- * Auction items that have a higher value should not be placed in baskets. This is to boost the money that is made at MGC.
- * The Battlefields Farm trip was very successful. There were almost 100 in attendance. (I was originally wait listed and then got the call. Upon serious thought, I decided that my foot would not allow me to drive to the site, over 100 miles away, nor walk once I got there. I gave up my spot.) This may be offered again next year.
- * Dave reported that forty-two of sixty-two EMGAs had returned the survey. He was to follow up the next week with the ones who had not responded.
- * Master Gardener College will be \$185 for registration this year. It is expected that registration will open on May 1. The Land Care Stewards program will be the training session. Five-seven slides will take the place of the brag boards this year as a way to spotlight units' programs.
- * Both John and Dave are slated to attend the National Conference on Volunteerism in Extension as well as the International Master Gardeners Convention. By the way there are only three countries participating in the IMG---US, Canada, and South Korea. He also repeated that there is the opportunity for us to attend the MGC in North Carolina on June 8-11. He said that since the word was getting out, Virginia will likely host the International group in 2021.
- * District director interviews will begin soon. Two retired—one from the Southeast District, our area.
- * Replacements of agents will be made on a case by case basis. This is the time for us to make the case for JCCW!
- * Three departments in CALS are merging due to low student enrollment. Roger Harris, longtime Hort Chair is stepping down. There are four candidates for this new department head's position.
- * There is a new garden director with the retirement of Dr. MacDuffie, the professor who led many European tours over the years.
- * The president's question produced two interesting facts. The dues range from \$10-\$30 for the various associations. The range of profit from fundraisers was \$3000-\$5000. Remember this is the input from the ones who were there and reporting.
- * Some of us went out to the community gardens at the former Presbyterian Orphanage. This property has barns in which to store tools and some huge equipment that had been donated as well. It is on loan to the master gardeners to produce food for those in need.

SCENES FROM THE PLANT SALE

BY HOPE YELICH

To whet your appetite for next month's report, here are some photos of April 29's plant sale.



Important Dates

- 5/6 Western Tidewater MG Plant Sale (Carrollton)
- 5/6 Spring Flowers (Newport News Park)
- 5/6 Farmers Market (Merchants Square)
- 5/9 Roses (Our Saviour's Lutheran Church)
- 5/20 Farmers Market (Merchants Square)
- 5/20 Henricus Garden Day (Chester)
- 5/20 Gardens with No Flowers (Freedom Park)
- 5/29 Living in the Garden (Univ. of MW)
- 6/3 Farmers Market (Merchants Square)
- 6/15 Regional Foodways (Stryker Center)
- 6/17 Rain Gardens (Freedom Park)
- 6/17 Farmers Market (Merchants Square)
- 6/22-25 Master Gardener College (VA Tech)
- 7/15 Garden Favorites (Freedom Park)
- 7/20 Master Gardener annual picnic

SUNSHINE NOTES



The organization would like to send cards to members with difficult medical issues or who have experienced a death in the immediate family. Please provide names to the EMG secretary, Cathy Johnson, at (757) 208-0065, or cathypji@gmail.com

NEXT NEWSLETTER DEADLINE

The deadline for submissions to the June 2017 newsletter will be Monday, May 22.

Please send any submissions to Hope Yelich, newsletter editor, at hopeyelich@gmail.com



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Note from the editor:

Because I'll be away the last week of May, the June issue will likely be late and not available for the June monthly meeting, which is June 1. Please bear with me; I'll get the issue out as soon after I return as I can. If you have a timely announcement, consider sending a blast email to members.

—Hope

JCC/W Master Gardener Mission Statement

The purpose of the James City County/ Williamsburg Master Gardener is to learn, educate, and communicate environmentally sound horticultural practices to the community. Trained by the Virginia Cooperative Extension, Master Gardener volunteers are committed to offering information to the public through sustainable landscape management educational programs.

ABOUT THE VIRGINIA MASTER GARDENERS AND VIRGINIA COOPERATIVE EXTENSION

Virginia Master Gardeners are volunteer educators who work within their communities to encourage and promote environmentally sound horticulture practices through sustainable landscape management education and training. As an educational program of Virginia Cooperative Extension, Virginia Master Gardeners bring the resources of Virginia's land-grant universities, Virginia Tech and Virginia State University, to the people of the commonwealth.

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