

# The Colonial Master Gardener

PUBLICATION OF JCC/WMASTER GARDENER ASSOCIATION &  
VIRGINIA COOPERATIVE EXTENSION



February 2011

## MEET OUR NEW 2010 MASTER GARDENERS !



1st row (front) L-R: Chere' Harper, Yvonne Forbes, Carol Cavanaugh, Renee Napolitano, Eric Bramfitt

2nd row L-R: Mary Liz Sadler (co-coordinator), Barbara Floyd, Gigi Burrows, Kate Wilhide, David Sisson, Betty Marcus, Mitzi Balma, Mandy Baldrige

3rd row L-R: Gary Rehm, Reba Hazlewood (co-coordinator), Patsy McGrady, Janet Giffin, Kathy Johnson, Mary Ellen Edwards, Karen Brooks, Lee Fehrenkamp, Richard Stratton, Nancy Cassano

4th row (L-R): Pamela Sisson, Judy Casone, Leanne Conrad, Janice Rockoff, Carol TenBroeck, Karen Griffin, Doug Dennis

Not pictured: Patricia Abraham, Susan Donnelly, Denise Fleischmann, Erin Halleran, Karen Harkins, Katherine Miniclier.

Congratulations!! More pictures from the Graduation  
and Awards Dinner can be found on Page 3!

### ANNUAL UPDATE/SURVEY FORM

Many thanks to those of you who have returned the annual update form for 2011. This is an annual VCE requirement, and we appreciate your cooperation. If you are an active MG or a MG on inactive status and have not yet returned it, please send it to Linda Lucas via email or regular mail or bring it to the February 3<sup>rd</sup> meeting.

### Next Monthly Meeting:

**Feb. 3**, 9 a.m.,  
Williamsburg Regional  
Library; Beth Chambers,  
Curator, "William and Mary  
Herbarium"

# The Colonial Master Gardener February 2011

2010  
MG Board

*President:*  
Linda Lucas

*VP Projects:*  
Jeanne Millin

*VP Internal Ed:*  
Harriet Parsons

*VP Administration:*  
Margene Hartsough

*Secretary:*  
Pat Janot

*Treasurer:*  
Linda Wever

*VMGA Reps:*  
Marilyn Riddle and  
Angela Cingale

*Past President:*  
Dave Banks

*Co-op Ext Rep:*  
Doris Heath  
564-2170

The MG Board meets on the third Friday of each month, at 9:00 am, at the James City County Health and Human Services Building, on Olde Towne Road.

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

## INTERNAL EDUCATION

BY HARRIET PARSONS

It has been a long, cold winter and it is not over yet. I am stressed! I just read an article about a study that shows what many of us already know. Gardening and reading each lead to decreases in the stress hormone cortisol. Positive mood was shown to be fully restored after gardening. These findings reported in the **Journal of Health Psychology** were the first experimental evidence that gardening can promote relief from acute stress. So it is either a road trip to sunny Florida or it is time to break out the seed catalogs.

Now is the time to decide what plants and vegetables you will want in your garden. I have successfully grown plants from seed as well as starting from mail-order plant stock on those varieties that are not commonly found in our big box stores or nurseries. My best success was from the seeds saved from an heirloom tomato purchased at a farmer's market in North Carolina. I dried them on a paper towel and put them in an envelope and stored them in the garage. This year I am trying to find a small round sweet, hot pepper called Piquante. It is always fun to try something new and unusual rather than the old reliable. Think about Burpee's Brokali, a cross between broccoli and kale. This fall I was searching for the Rugosa Butternut squash for soup, and I found I can order the seed from the **Seeds From Italy** catalogue. Some on-line seed catalogs are: **Seeds of Change, Burpee, Southern Exposure, Seed Savers Exchange, and Fedco Seeds.**

I attended the Middlesex Master Gardener's Saturday program in Saluda last weekend. I wanted to hear the "Lady of Dragon Run", Teta Kain, speak about butterflies. She was amazing and her photos were all outstanding slides that she had taken herself. She agreed to come to Williamsburg to speak to us and is happy to lead us on a tour of Dragon Run, a wilderness area and ecosystem, either by kayak or on a fall walk. Check the monthly speakers at the MG's web site.

On January 19<sup>th</sup>, a group of us toured the William & Mary Herbarium. We learned a lot and came away

with a new appreciation of the value of a Herbarium. Beth Chambers, the curator, mentioned that there is now a **Virginia Digital Atlas**, sponsored by the Virginia Botanical Associates that shows vouchered documentation of flora in the State. Once on the site you can go to James City County and see how much of the local flora of Virginia has been documented. As a reminder, Beth Chambers, the curator, will talk to the full membership at the February monthly meeting. Also, don't forget Master Gardener Day at VSU on February 26, when our own Linda Lucas and Barbara Gustafson will present on "Therapy thru Gardening."

Here are dates to hold for upcoming events: April 2, the Northern Neck Master Gardeners will sponsor a day-long event featuring Douglas Tallamy, Chair, Department of Entomology and Wildlife, University of Delaware and author of **Bringing Nature Home: How Native Plants Sustain Wildlife in our Backyard.** Peggy Singlemann, Director of Horticulture at Maymont Foundation, and Laurie Fox from Virginia Tech are also featured. I will send out the info and registration to all. White Stone, where the seminar is being held, is not too far and the topic of the highest importance, so let's have a good representation and carpool together. Mr. Tallamy will also be the lead at the 28<sup>th</sup> Annual Central Virginia Landscape Management Seminar in Charlottesville on February 10. Look for an e-mail on this program.

Save April 16<sup>th</sup> for CNU's 14<sup>th</sup> annual Gardening Symposium at the Ferguson Center for the Arts. Events will include Naturalistic Gardening with Gregg Tepper and Landscaping in Drifts of One with Tony Avent.

Tonight, I am off to the Kimball Theatre to see a viewing of the film, **Fuel**, part of a series of documentaries presented by the Williamsburg Climate Action Network. I mention this because one of the documentaries is **Dirt The Movie** showing from February 21 through the 28<sup>th</sup>. This concerns the wonders of soil and brings to life the environmental, economic, social and political impact soil has.

I think it will be a road trip to Florida with the seed catalogs!

## FREE! TURF LOVE "UNIVERSITY"

BY BARB FOLEY & BOB WINTERS

Virginia Cooperative Extension and the James City County/Williamsburg Master Gardeners present the 10<sup>th</sup> Annual Turf Love "University" Spring Edition. Turf Love "U" will be held at the James City/Williamsburg Community Center (Longhill Road) on **Sat., March 5**, from 9:30 a.m. until Noon.

Check-in for those pre-registered starts at 9:30 a.m. The program is FREE, but pre-registration is required by calling the Virginia Cooperative Extension Office at 564-2170.

All lawn care issues will be addressed by our specially trained "Lawn Rangers." Here are some topics you will learn about:

- Warm and Cool Season Grasses
- Weed Control (get that crabgrass before it gets you!)
- Fertilizing

Join us for answers to all your lawn care questions!

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## MG GRADUATION & AWARDS DINNER: JAN. 13, 2011



Gathering together.....



VP Projects: Jeanne Millin



VCE Ext. Rep.:  
Doris Heath



2010 MG Class Co-Coordinators  
Mary Liz Sadler and Reba Hazelwood



Ladies in hats: Gigi Burrows,  
Renee Napolitano, Carol  
Cavanaugh



NK gardeners: Sue Voight, Mary  
Ellen Edwards, Nancy Cassano,  
Gigi Burrows, Doug Dennis, Eric  
Bramfitt, Janice Rockoff

At the Annual Graduation & Awards Dinner held on Jan. 13, Jeanne Millin announced project achievement awards for 2010 for Carole's Garden and for the Envirothon held last April in New Kent. Sue Voight and many New Kent volunteers were on hand to accept. The Therapeutic Gardening symposium, organized by TG Co-chairs Barbara Gustafson and Linda Lucas and a host of TG volunteers, also received an achievement award; and Peg Crews was honored for editing and printing the resource book "Healing through Gardening" for the symposium. Bob Winters and Anne Nielsen were awarded for their work in organizing the Landscape Love/Turf Love training event held last fall.

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## JANUARY 6, 2011 MG MEETING



Speaker:  
Eric Bailey, nurseryman,  
"Challenge of Gardening in the  
Shade"



Linda Lucas, JCCW MG President

Photos submitted by  
Toddy Voorhees

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## “WALK IN THE FOREST”



The Rappahannock Chapter of the Society of American Foresters is hosting a "Walk in the Forest" Day at the Virginia Department of Forestry's New Kent Forestry Center (11301 Pocahontas Trail, Providence Forge, Va. 23140) on **Saturday, March 19, from 7:00 a.m. - 4:00 p.m.** The Forestry Center will be open to the general public during those hours, rain or shine. They will have tree seedlings to give away, and there are a few new trails you may enjoy. Bring a picnic lunch and enjoy the day with them. There is no cost to participate in this event!

Questions? Contact Lisa Deaton at 804-512-2933 or [lisa.deaton@dof.virginia.gov](mailto:lisa.deaton@dof.virginia.gov)

### Activities:

7:00 a.m. Guided Birding Trip  
10:00 a.m. Guided Nature Hike (also at noon and 2 p.m.)  
11:00 a.m. Exhibits Open and Seedlings Available  
Free Tree Seedlings & Planting Demonstration  
Forestry & Wildlife Exhibits  
Firewise Community Information  
Papermaking and Other Crafts

## WHAT IS A WATERSHED?

BY ALICE KOPINITZ

A watershed is defined as all land and water within a drainage divide. We all, every one of us, live in a watershed. But I don't have a stream on my property, you say. Just think about this for a minute. When it rains or you wash your car – where does the water go? It is easy to see some water flow down your driveway into a storm sewer. Not all water goes into the sewer; some flowing water results in surface runoff. As the water flows overland in a downhill direction, it creates channels as it moves into larger creeks, streams, and rivers.

As the water moves along, it can deposit sediment into the river. Sediment is not good for water quality. The moving water may wash salts from lawn fertilizer or animal waste products into the streams as well.

Here are some things that affect water runoff; **soil types; impervious surfaces; removal of vegetation; land use.** Let's be aware of the watershed in which we live. Eventually, the water makes its way from James City County to the York River or James River, then to the Chesapeake Bay and finally to the Atlantic Ocean.



MG Art Gustafson talking with a group about pruning.

## PRUNING CLINIC AT ELLIPSE GARDEN

BY HELEN HAMILTON

A pruning clinic will be hosted by the Williamsburg Botanical Garden on Saturday, **February 19** at the Ellipse Garden in Freedom Park. At 2 pm members of the James City County/Williamsburg Master Gardener Tree Stewards will demonstrate proper pruning techniques on trees and shrubs. The event is free and open to the public. For more information, visit the website [www.williamsburgbotanicalgarden.org](http://www.williamsburgbotanicalgarden.org), or call 880-1893.

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## WATER TIP OF THE MONTH

BY ALICE KOPINITZ, WATER STEWARD



Winterize outdoor spigots when temperatures dip below freezing to prevent pipes from leaking or bursting.

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## THE CREATIVE GARDEN

SUBMITTED BY SHARON GOODRICH

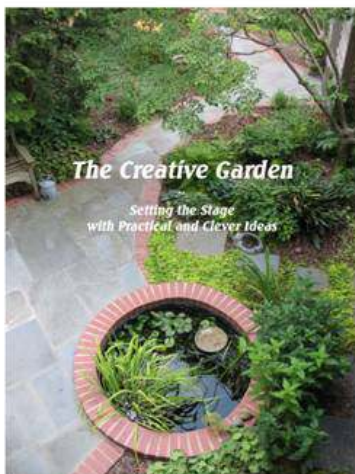
Does Your Garden Need a Few Finishing Touches?  
National Capital Area Garden Clubs (NCAGCs)  
Landscape Design Council has a NEW BOOK to help:

***“THE CREATIVE GARDEN~Setting the Stage with Practical and Clever Ideas”*** was written to spark creative ideas for those who are passionate about 'setting the stage' in their home garden. Filled with many examples and solutions to enhance your outdoor spaces, this new picture book promises to be an inspirational springboard to get your creative juices flowing.

The 130+ full **color** photographs in **THE CREATIVE GARDEN** offer a wide range of options - some to add a touch of drama, others to double the garden's view, create elegant flourishes or an eye-catching feature, camouflage less-than-lovely objects, apply new uses to old items, or illustrate common-sense *ah-ha's* for those difficult areas which each garden seems to have. Also, look beyond the specific captions for nuances which will further excite your garden creativity.

This 44-page book (written by Nancy Burns and Poss Tarpley, LDC) contains over 130 color photos in an 8.5" x 11" format. Cost is \$10 each for NGC members and Master Gardeners, \$14 for non-members.

Sharon Goodrich, a JCC/WMG will take orders via email at [sjgoodrich@verizon.net](mailto:sjgoodrich@verizon.net) or phone: 757-220-0747, and she will bring copies to the monthly meetings so there will be no postage charge. Make checks payable to "Landscape Design Council".



## EDIBLE FLOWERS EDUCATIONAL WORKSHOP

Duchess of Gloucester Flowers will be holding its second annual **“Edible Flowers Educational Workshop”** on Monday, February 21, 2011 from 2:30 p.m. to 4 p.m. It will be presented at:  
Ware Episcopal Church Parish Hall  
7825 John Clayton Memorial Highway  
Gloucester, Virginia

Chef Eric Garcia of Inn at Warner Hall, Gloucester, will prepare sweet and savory nibblers and will talk about his experiences using edible flowers. Marion Baker, Duchess of Gloucester Flowers, will share information on flowers that are edible, their culture and recipes for their uses.

Registration is limited to 20 participants. A fee of \$30 will be charged to cover workshop expenses. To join us, complete the registration form and return with your registration fee.

\*\*\*\*\*

Please register me for the Edible Flowers Education Workshop, Feb 21st 2011

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Return this form with your \$30 registration fee (checks written to Duchess of Gloucester Flowers) to Duchess of Gloucester Flowers, 8833 Coles Landing Dr., Gloucester, Virginia 23061

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### GET YOUR MATTEY'S GARDEN T-SHIRT

Reminder!!! Mattey's Garden t-shirts are for sale for \$10 through **February 14**. E-mail Genrose ([glashinger@cox.net](mailto:glashinger@cox.net)) if you want one!

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## A MESSY YARD?

BY HELEN HAMILTON,

AS SUMMARIZED FROM NWF JANUARY 01, 2000

An article from the National Wildlife Federation website says “an amazing array of insects and arachnids use dead plant stems, leaf piles and other summer debris as winter homes. Some of these creatures will later keep destructive insects under control; others may help pollinate plants. Ladybugs and lacewings next in the dry, sheltered crowns of native grasses.”

Butterflies and moths winter on the ground and baby spiders hide at the base of old stems, using them as supports for their webs in the spring when new plant growth is not sturdy enough. A researcher found 15 diverse animal species overwintering the stems of various prairie plants. But gardening with non-native plants does not provide the homes most insects are seeking.

If the neighbors complain, try cutting a few stems, and leaving a few standing, and help creatures by creating small brush piles. Clipping is not necessarily bad, as long as you keep the stems in a place where the animals can extricate themselves in the spring. But think about all those insect babies before you cut!

Many plants look stunning in the winter – sedums, orange coneflowers, switchgrass and Indiangrass provide contrast against evergreens in the winter.



This treehopper from Costa Rica guards eggs she has buried in the midrib of a leaf. She herself is protected from predators by the sharp horns protruding from her prothorax.

Photo from Doug Tallamy's  
“Bringing Nature Home”

## NATIVE PLANT: PUTTY-ROOT ORCHID

BY HELEN HAMILTON

Putty-root Orchid is easily found in the leaf litter or snow cover in winter as a single large oval leaf. Appearing in late summer, each corrugated leaf is uniquely pin-striped, with parallel silvery-white veins alternating with green stripes. No leaf is visible in late May or early June, when a flower stalk emerges, carrying several small purplish-green blossoms.

This orchid grows in rich deciduous woods and moist soil in most counties of Virginia, and the eastern half of United States and Canada. It is found in calcareous ravines in the Coastal Plain. Putty-root Orchid will spread underground through the growth of its tubers, forming large colonies.

Aplectrum comes from the Latin, meaning that the flowers are “without spurs.” The species name *hyemale* means “winter” and refers to the fact that this orchid has a solitary leaf that persists all winter. The plant is also called Adam and Eve.

The common name refers to a mucilaginous substance which can be removed from the tubers when they are crushed. The sticky substance was used to mend broken crockery by early settlers, and by Native Americans for medicinal purposes.

For more information about native plants visit [www.claytonvnps.org](http://www.claytonvnps.org). By Helen Hamilton, president of the John Clayton Chapter, VNPS



Photo: Putty-root Orchid (*Aplectrum hyemale*)  
taken by Helen Hamilton

## NEWSLETTER HOUSEKEEPING:

### REDUCING MAILED COPIES

BY CATHY LOHWATER

The Board recently discussed limiting the copying and mailing of newsletter hard copies to those members who get the newsletter via e-mail, and are able to download it.

Therefore, beginning with the March newsletter, I will suspend the mailing of hard copies to anyone with an e-mail address, unless you contact me prior to February 21 with special circumstances (for example, you don't have daily access to your e-mail). If you still need to get the hard copy, just let me know and I will keep your name on the list. We do not want this to be a hardship for anyone. My e-mail address is [cathy.lohwater@cox.net](mailto:cathy.lohwater@cox.net). Thank you!

### NEXT NEWSLETTER DEADLINE:

The deadline for submission of material for the **March Newsletter** is Monday, February 21.

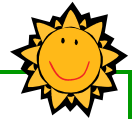
Please send to Cathy Lohwater, newsletter editor, at [cathy.lohwater@cox.net](mailto:cathy.lohwater@cox.net) or call 757-259-1133.

## Upcoming Dates to Remember

- Feb. 3 Monthly Meeting @ WRL, 9:00 a.m.
- Feb. 21 March Newsletter Deadline
- Mar. 5 Turf Love U
- Apr. 16 Environthon, New Kent
- 4/29-4/30 2011 Plant Sale (Rec. Center)
- 6/21-6/26 MG College 2011
- 10/11-15 International MG Conference, WV

### 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.*



## SUNSHINE NOTE

If you know a Master Gardener who is ill, facing surgery, has suffered a family loss, or any event in which that person might benefit from a **sunshine note**, please contact the MG Secretary, Pat Janot. She will send a note or take appropriate action on behalf of the organization. Pat may be reached at 221-0289 or [janotap@verizon.net](mailto:janotap@verizon.net).

## 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.

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments. Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer.