



# The Colonial Master Gardener

October  
2014

PUBLICATION OF JCC/WMASTER GARDENER ASSOCIATION &  
VIRGINIA COOPERATIVE EXTENSION

## THE PRESIDENT'S MESSAGE

BY SUE LIDDELL

Browsing our website photo gallery I found a picture of the 2005 MG training class. This was one of the classes I helped Sally Sissel coordinate. In those days we had two tests each class, one open book and one closed. The good old days? While I was taking classes in 1995 in Northern VA, Marie Sexton was in the class of 1995 here. The following year she was the class coordinator and remained in that post until 2003 when Sally took over with me and Rudy Roberts helping. Rich Bunger filled in when Rudy retired.

Fast forward to 2014, past classes have been run by Linda Lucas, Mary Liz Sadler, Reba Hazelwood, Barb Landa,

### Next Meeting:

Thursday, October 2

Speaker:

Patricia Foreman;  
Chickens as Master Gardeners

Carol Fryer, Barb Floyd and Patti Lupton. Varied years of MG experience, varied styles of leadership, but the same outcome: enthusiastic classes of new volunteers in the MG program. This year Barb and Patti would like to mentor the class leaders of 2016. Whether you are an Intern looking forward to graduation in January or a few years from emeritus, if you love learning and helping others learn, this is the time to step forward and make yourself known.



## THANKS FROM PHYLLIS PUTNAM

Thank you Master Gardeners for all your cards, phone calls, emails, food and support for me and my family after the death of my husband Ted.

2014  
MG Board

**President:**  
Sue Liddell

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**Past President:**  
Margene  
Hartsough

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

**Program Asst.,  
ANR:**  
Kate Robbins

The MG Board meets on the third Friday of each month, at 9:30 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 KATHY BUSH

### General Meeting October 2<sup>nd</sup> 9 AM

Don't miss this month's meeting as we hear from Patricia Foreman, a sustainable agriculture author, local food activist, and popular speaker. She recently spoke at the Mother Earth Fair in PA, and has been a guest on radio and talk shows, including NPR and CBS. She will be talking about chickens as master gardeners. She has some wonderful books available including *City Chicks- Employing Chickens as Garden Helpers*, *Compost Creators*, *Bio-recyclers and Local Food Suppliers*. Pat is a graduate of Purdue University with degrees in Pharmacy and Agriculture and a Masters in Public Affairs from Indiana University Graduate School of Public and Environmental Affairs.

### Upcoming Field Trips and Opportunities

#### Field Trip to Greenhouse, Herbarium & Wildflower Refuge at William & Mary October 15, 2014 9 a.m. to 1 p.m.

Number of participants limited to 24 due to size of these facilities. E-mail Ruth Schultz [reschultz8888@yahoo](mailto:reschultz8888@yahoo) to sign up. Assignments to this group will be based on time and date of your e-mail. We expect to schedule additional trips in the future.

#### Field Trip to Philadelphia Flower Show and Longwood Gardens, March 6-7, 2015.

We will travel by bus and stay overnight in hotel. Approximate cost \$200. Questions and sign up (we need to know how many are interested) with Nancy Cassano at [travelagentnancy@aol.com](mailto:travelagentnancy@aol.com). Reserve your spot with a \$100 deposit. Make check out to JCCW MG and mail or give to Kathy Bush.

#### Biltmore Estate Landscape and Gardens Lecture.

Maymont Park and Estate in Richmond is having a lecture on Wednesday **October 8, 6-7:30**. Bill Alexander, who has dedicated 38 years to the care and research of Biltmore's 8,000 acre landscape, will share the fascinating story of the majestic grounds and their designer, Frederick Law Olmstead. \$15 or \$10 for members. Call 804-358-7166, Extension 329 for reservation.

#### Tidewater Gardening Lecture Series- Norfolk, VA.

The Norfolk Unit of Virginia Cooperative Extension (VCE) is conducting its 3<sup>rd</sup> annual *Tidewater Gardening Lecture Series* at the Mary D. Pretlow Public Library, in Norfolk, each Wednesday afternoon in October from 2:00 p.m. until 3:30 p.m. More information is available here: <http://vcemastergardener.blogspot.com/2014/09/tidewater-gardening-lecture-series.html>



#### Sale at Knotts Creek Farm.

All Master Gardeners in the area are invited to come down to Suffolk on **October 18**, Saturday from 8-12. They will sell to us wholesale at 10% plus tax any of their perennials. It is about a 45 minute drive, they are a farm, not a nursery center. Check or cash only, no charge cards. She asks that everyone check out their web site and look at online catalog before they come. [www.knottscreeknursery.com](http://www.knottscreeknursery.com)

#### How and Why Rain Gardens?

MG Carol Fryer will provide information about their construction in home gardens. She will suggest suitable plants and locations in typical environments. Freedom Park Interpretive Center, **October 18, 10 AM**. Donation \$5 recommended.

#### Planting, Pruning, and Design for the Advanced Gardener.

Saturday **October 18** from 9-3 at Maymont Estate in Richmond. Gather design ideas, practice pruning, learn about composting, study rain collecting systems, fertilizers, insects, and plant diseases, design a bulb garden, and plant a unique container. Cost including lunch \$130. Register by October 14 by calling 804-358-7166 Extension 310.

#### Light and Native Plants.

Dr. Stewart Ware, Professor Emeritus in Biology from W&M will be talking about sunlight and shade requirements for plants and what plants can grow together. Learn about special adaptations leaves develop to capture sunlight in deep shade. Freedom Park interpretive Center 10 AM, **November 15**. Donation \$5 recommended.

Have you heard of a seminar, lecture, plant sale, or learning opportunity that you would like to share with our MGs? Send me an email [kathykbush@verizon.net](mailto:kathykbush@verizon.net) with all the information and I will put it in the newsletter.

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## ADMINISTRATION

BY DIANE HARE

### Important Training for all MG's:

Thanks to all who attended the Standards of Behavior Training at our September meeting! Because of the importance of this training, Kate Robbins (our ANR representative) will provide the training again for us in October, ~at the end of our meeting. So if you missed it last month, please attend this brief training session in October. Once you complete the Standards of Behavior Training, you will be asked to complete the Standards of Behavior Form, which we must have on file for each Master Gardener in our Unit. ***Please be sure you have completed the Standards of Behavior Form and returned to Diane Hare on or before November 1st, 2014.***

### Forms now on our Website:

Check out our website at the Members' Page (<http://jccwmg.org/mgmembers.htm>) for all of the Forms needed, they are on the left side of the tool bar in yellow, and are in fillable format (thanks to our webmaster, Dave Banks!!!!).

### Required Forms and their frequency:

- Standards of Behavior; annually by all MG's
- EMG Recertification Template; annually by all MG's
- EMG Application Template; once by all Trainees
- One Day Form; to be used as needed, by visiting volunteers, on a daily basis

Thanks again for your help and kind understanding, as we work to get our Unit's files in compliance with the guidelines of VCE. This compliance protects all of in our Unit and those we serve.

## 2014 FARMERS MARKET YEAR

BY SALLY SISSEL

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Thanks to all fellow Master Gardeners and interns who helped make the 2014 Farmers Market a success. For the past six months, everyone volunteering for the Market did a superb job—all showed up on time, ready and willing to help set up, and stayed to help tear down. The project chairs came through, as always, with wonderful information and handouts for the public. A special thank you to Bev Baker and John Giffin for filling in for me when I was out of town.

This season saw a “radical” change in our Market scheduling. Instead of having 13 markets from May through October, we moved the schedule up a month and were there for 13 markets from April through September. All of us agree that it was a wise move as we were conflicting with Occasion for the Arts in October and, let's face it, there aren't a lot of gardening questions in October—many more in April.

We also made a major change to our side of the shed in Matthey's Garden. After a possible serious accident, the ramp leading to the door to our side, was replaced with steps. Seems to be working well.

One final note: a special thank you to Dan Tevlin, John Giffin, Larry Gaskins, and Richard Stratton who picked up the tents and needed supplies and delivered them back to storage at Market's end.

Come next season, I will, once again, be recruiting. My master plan is always to have one “real” MG and 2 interns at each market, so when I put out the call, I hope you will consider volunteering for one of the 13 markets. **A special appeal: if there is anyone out there with a truck, van, or large station wagon who would be willing to help deliver the tents, etc., I would be delighted. One doesn't have to stay for the entire market—you can deliver and return to pick up if that works better. Please be thinking of helping in this way--I will ask again in the Spring!!**



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## E2 UPDATE

BY KARI ABBOTT



September has been a month of all sorts of wonderful explorations.

Our first grade friends have learned about seeds, with all sorts of varieties being brought in by Master Gardeners. They sort them in several ways.

Vince brought in cool seeds that had diamond shaped heads, "like a king cobra waiting to strike". Mitzi brought in spiked covered seedpods that had the children wondering. Cathy gave us passion vine fruit to cut open with all the jelly-covered seeds inside! The children had a blast!

In fourth grade, children learned big picture questions cannot be answered with one investigation! So we started helping them learn how to ask investigative questions so they can explore outside.

In Kindergarten, our shapes in nature class was a success. The American chestnut seed pod was a sight to behold.

We foray into insects and spiders next month in first grade and kindergarten.

Our fourth grade friends are going on a field trip Oct 9-10th at York River State Park.

There will be a one station with an oyster tank to show the food web of an oyster. There will be identification of the creatures in the tank connected to the book *Life In the Chesapeake Bay*. The counter activity will have the children on a trail, identifying the living and non-living components around them and mapping them out. There should be beautiful days at the parks. If you are interested in joining us, please let Kari Abbott know. Everyone is welcome, Water Stewards get credit for the hours they volunteer with the York River State Park Field trip if that helps any Water Steward.

Respectfully, Kari Abbott

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## DIAGNOSTIC CLINIC HOURS

BY DONNA XANDER

The Diagnostic Clinic will be open Wednesdays (ONLY), October 1 through the 29th from 8:30 am to Noon in the kitchen at the Extension Service in Toano.

Everyone is invited to join us for a great learning experience. If you wish to bring any samples in to diagnose, please be sure to take a large specimen and not just one leaf. Does it have flowers or berries? Put it in a

plastic bag and put it in your refrigerator over night to preserve it.

There is also a refrigerator in the 4H office next to Sandra's office to keep it until we can see it on Wednesday. It is also helpful to take a picture of the whole plant.

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## BLACK SWALLOWTAIL CATERpillARS

BY PATTY TOWNSEND, NEW KENT

The fennel plant in Carole's Garden is being enjoyed by 50 or more caterpillars. This is a plant that we like to share with this particular specie. In return the Black Swallowtail Butterfly works as a pollinator for our vegetables. Favorite foods for the swallowtail are parsley, carrots, milkweed and fennel.



## WILDFLOWER OF THE MONTH – OCTOBER 2014

BY HELEN HAMILTON

JOHN CLAYTON CHAPTER, VIRGINIA NATIVE PLANT SOCIETY

### Fireweed

*Erechtites hieraciifolia*

Unlike many members of the Aster Family, the heads of Fireweed lack the distinctive ray petals. They have a cylinder shape with a swollen base, topped with white disk flowers. They are most conspicuous the fall as they fill with copious masses of fine, soft hairs attached to the young fruits. The oblong leaves are alternate, often with sharp teeth or irregular lobes. Fireweed can grow to over 6' tall, with leaves to 4" wide.

This is an annual weed invading various habitats, including dry woods, marshes, and ditches, blooming all summer, from July through November. The range is from Maine to Minnesota, south to Virginia and Illinois. The common name refers to its preferred habitat, clearings from recently burned areas. Fireweed is found in every county in the state of Virginia.

While neglected by scientific investigators, Fireweed has been used as an astringent, a tonic, and for muscular rheumatism and sciatica. The Algonquin crushed the leaves and rubbed the sap on skin irritated by poison ivy. Terpenes, a large class of organic compounds, have been identified as the plant's primary chemicals - they are essential oils found in many plants and flowers, and are used widely as natural flavor additives for food, fragrances in perfumes and aromatherapy. Vitamin A is a terpene. Some writers highly recommend the leaves of the plant as desirable food in various preparations. However, deer avoid the plant because it has an undesirable odor and taste when raw.



**Photo:** Fireweed (*Erechtites hieraciifolia*)  
taken by Helen Hamilton

*Erechtites* is an ancient name used by Dioscorides. The species name *hieraciifolia* refers to its leaves which are like those of Hawkweed, genus *Hieracium*. Also known as Pilewort, the oil of this plant has been used to treat hemorrhoids externally – “Fireweed puts out the fire.”

The common name “Fireweed” is also used for a lovely showy pink wildflower (*Epilobium angustifolium*) which is native in Virginia only to the mountains but an abundant invader of disturbed areas further north.

For more information about native plants visit [www.claytonvnps.org](http://www.claytonvnps.org).

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## UPCOMING NATIVE PLANT EVENTS

### Colby Swamp Plant Walk in Williamsburg. Saturday, October 4th at 9:30 am

Donna Ware will lead this walk to see butternut in fruit, log fern, and bigtooth aspen, among other sights. Meet in the Freedom Park Interpretive Center parking lot at 9:30 am; the trip will involve walking about 3/4 mile.

Freedom Park is at 5537 Centerville Road 23188, in James City Co. To register contact Donna at [\(757\)565-0657](tel:7575650657) or at [dmware@verizon.net](mailto:dmware@verizon.net).

### Williamsburg Tree Walk. Saturday October 25th at 9:30 am

Phillip Merritt will lead a walk through downtown Williamsburg to enjoy the fall color. Trees to be seen: yellow buckeye, black gum, hop hornbeam, dogwood, catalpa, maple, Kentucky coffeetree and who knows what else. Maybe we'll pick up a horse apple or two for your Christmas wreaths. Meet at the Williamsburg Library in the garden along Scotland Street. Email Phillip at [phillip.merritt@gmail.com](mailto:phillip.merritt@gmail.com) to register.



## INTERESTING PHOTOS

### *Pictures of Kew Gardens*

Donna Xander went on a fantastic garden tour of London and Wales this summer and she wanted to share her unusual pictures of two large trees in Kew Gardens that she came across.

The sign said that there were about 4 or 5 local needlework guilds that had crocheted these patterns completely covering the large trunks. Below the tree were 2 life sized sheep carved out of wood.



Do you have a unique photo of interesting insects, trees, gardens, or hardscapes from your travels or in your neighborhood that you would like to share with our MG group? Send them with your name and a caption to Cathy Lohwater at [cathy.lohwater@cox.net](mailto:cathy.lohwater@cox.net). Some may be featured in our next newsletter!

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## TRIP TO HERITAGE HARVEST FESTIVAL

BY KATHY BUSH

Master Gardeners pose with Colonial Williamsburg's Thomas Jefferson at the Heritage Harvest Festival at Monticello, September 13th.

We had a wonderful time and learned a lot. Save the date for next year so you can go too! September 12<sup>th</sup>, 2015

Photo, Left to Right:  
Kate Wilhide, Kathy Bush, TJ, Kathy Briggs, Ruth Schultz



### Important Dates

- 10/2 Monthly Meeting @ WRL
- 10/27 Newsletter Submissions Due

### 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 MG Secretary, Patsy McGrady, 258-1181, [patsymcgrady@cox.net](mailto:patsymcgrady@cox.net).

### 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.*

### NEXT NEWSLETTER DEADLINE

The deadline for submissions to the November newsletter will be Monday, October 27.

Please send any submissions to Cathy Lohwater, newsletter editor, at [cathy.lohwater@cox.net](mailto:cathy.lohwater@cox.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.

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