

Celebrating 40 Years of Helping our Neighbors Grow!

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The submission deadline for the upcoming February 2024 newsletter is Friday, January 12.

Send your submissions to our editor, Marion Guthrie at vp-communications@jccwmg.
org, and our new vice president of projects, Gary Griffith, at vp-projects@jccwmg.org



The James City County Williamsburg Master Gardener Association is a volunteer-driven non-profit that supports the outreach mission of the Virginia Cooperative Extension by utilizing research-based information to educate the public in our communities; Williamsburg, James City, Charles City, Upper York and New Kent counties, on the best practices in sustainable horticulture and environmental stewardship.



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.



President's Message



DEBORAH BUSSERT '16

Greetings, Master Gardeners,

As my last monthly message to you, here is a summary of the achievements of the previous two years.

Outreach Programs

- Landscape Love, Pruning Clinic, Turf Love, Water Stewards, and Tree Stewards reached hundreds of homeowners and received many compliments and expressions of thanks.
- Therapeutic Gardening continued its work with the Arc of Abilities and received a grant from the Ford's Colony Garden Club to continue its work.
- MGs presented a well-regarded lecture series at the Williamsburg Regional Library.
- Members participated in both the 2022 and 2023 Virginia State Fairs.
- MGs now have a booth at the Toano Community Farmer's Market.
- Water Wise brightens the day of thousands of people visiting the JCC Social Services Center.
- Help Desk continues to answer questions and assist community members; and
- The Speakers Bureau presenters offered a variety of interesting garden-related topics to local garden clubs and other groups.

School Gardens

- Mattey's Garden is being extensively renovated, partially through a grant from VCE.
- The Clara Byrd Baker Garden started up again after a severalyear hiatus and is being renovated and improved.
- The J. Blaine Blayton Garden continues to offer diverse programs, and in 2023, donated over 100 pounds of produce to FISH. Co-lead Pam Arnold was named Blayton Volunteer of the Year.
- After a pause of several years, Seeds of Learning will be offered again.

Demonstration Gardens

• The Historic Triangle Learning Garden formalized its relationship with the City of Williamsburg, received grants from VCE and the Ford's Colony Garden Club, and doubled its size. Donated hundreds of pounds of fresh produce to local food banks and worked in partnership with the Chickahominy Indian Tribe in developing the Tribe's learning garden.

- Williamsburg Botanical Garden received a grant from the Williamsburg Community Foundation to update and improve signage throughout the Garden. They installed a much-needed gravel driveway and redeveloped several areas, including a new Fall and Winter Interest Border and a garden of Native Shrubs for the Home Landscape.
- The CW Learning Gardens continue to delight and educate visitors, with MGs leading educational tours throughout CW during the prime tourist season and
- The Jamestown Settlement Café Garden has dramatically improved the look of the patio area and has installed educational signage for interested visitors.

Community Partnerships

- Established the Jamestown Settlement Café project in partnership with the Jamestown/ Yorktown Foundation.
- Continued in partnership with the James City County Department of Parks & Recreation at the Williamsburg Botanical Garden and Freedom Park, created a pollinator garden at Veteran's Park and a Shoreline Preservation project at Brickyard Landing.
- Continued in partnership with the Colonial Williamsburg Foundation, maintaining the Orr and Shields Gardens, establishing and expanding the Arboretum at CW and offering regular tours of various CW Gardens; and
- Partnered with the Williamsburg Regional Library to present a series of lectures and assisted with its new seed-sharing program.

Plant Sale

- Under the leadership of Donna Tierney, we held our first public plant sale in 3 years in 2022, raising over \$8,000.
- In Donna's memory and building on her success, the 2023 Plant Sale was even better, involving 120 MGs with 2,600 donated plants and raising over \$11,000.

Social Activities

- Organized picnics in July 2022 and July 2023 at the beautiful 4H facility on the James River, with excellent food and great company.
- Held a Holiday/Graduation reception celebrating our new Master Gardeners in December 2022 and will do so again on December 7.
- · Hosted the October 2022 VMGA meeting.

Continuing Education

- Graduated classes of both Tree Stewards and Water Stewards.
- Presented many exciting and informative programs, including
 - Stretching and Strengthening for Gardeners
 - Orchids
 - Peonies
 - Tidewater Butterflies
 - History of the Catherine Orr Garden at CW
 - · The Art of Moss Gardening
 - · Japanese Gardening
 - History of the JCC/W MGA
 - First Aid Preparedness
 - Boxwood Blight
 - The Arboretum at Colonial Williamsburg
 - · Native Plants in Your Landscape

Administration

- Amended the By-Laws to create the position of Vice President of Communications.
- Revised the Operating Policies and Procedures, Continuing Education Guidelines and Purchasing Guidelines.
- Mourned the loss of President-Elect Donna Tierney and Trainee Lester Picot.
- Accepted with regret the resignations of two Board members and quickly found volunteers to take on those roles.
- Acknowledged the retirement of Agent Forrest Hobbs and worked with Janet Spencer on hiring a replacement.
- Established a cash reserve account for future emergencies.

- Created balanced budgets, funding all projects, operating and administration expenses.
- Funded Nature Camp, 4H and MG training scholarships.
- Graduated two full classes of Master Gardeners and quickly signed up the 2024 class.
- Began gathering records for the Williamsburg Historic Records Association.
- Completely revamped the Colonial Master Gardener, our Newsletter.

Celebrations

- In July 2023, we marked the 40th anniversary of Master Gardening in James City County and Williamsburg with recognition from both the Commonwealth and the JCC Board of Supervisors.
- In November 2023, we celebrated the 20th anniversary of the Waterwise Project.
- In 2024 we will be celebrating the 25th anniversary of Mattey's Garden.
- VCE announced milestone awards to 56 members, including Rick Brown and Jim Word-3000 hours, Ruth Huber-4000 hours, Gary Streb-5000 hours, Carol Fryer-6000 hours, and Angela Cingale-7000 hours.

As I prepare to step down as your President, I must extend my heartfelt thanks and appreciation to all of you, and especially to the following:

- Marty Oakes, who was a member of the training team when I became a master gardener. A friend ever since, he encouraged me to become President.
- Dot Finnegan, who, as Secretary, presents us with meeting minutes that are accurate, concise, and precise, no matter how many people are talking simultaneously.
- Linda Nielson, who, as Treasurer, has kept our finances on a sound footing and prepares accurate and timely budgets and reports.
- Bill Dichtel and Debe Sineath, who as Vice Presidents of Internal Education, have presented such interesting and diverse continuing topics

- at our monthly meetings.
- Vickie Rockwell, Christine Mason, and Emily Coyner, who, as Vice Presidents of Administration, have explored the capabilities of Better Impact and helped so many members solve its mysteries.
- Marion Guthrie, who, as Vice President of Communication, has created a talented team and raised our community profile through social media and the beautifully revamped newsletter.
- Ruth Huber and Elizabeth Myers, who as Vice Presidents of Projects, have worked closely with the Board and the project leaders, assisting with project proposals and budgets.
- Joanne Sheffield and Marilyn Riddle, who, as VMGA Representatives, have kept us wellinformed and represented our unit to VMGA and VCE.
- Gary Griffith and Marilyn Riddle, who answered the call to become Board members in 2024.
- Project leaders who do so much in our community and keep our projects fresh, relevant, and engaging.
- Webmaster Dave Banks, who maintains and updates our website and provides much-needed technical assistance.
- Zoom master Rick Brown, who has enabled us to continue to Zoom Association meetings for those who don't want to get out of bed so early on Thursdays and
- Gary Streb, who has done so much for the Association in the many roles he has undertaken, including but not limited to our most recent Plant Sale and
- Vickie Rockwell, who, quickly agreed to take on the role of President-Elect, upon Donna Tierney's death and has been a welcome support and sounding board. The Association will be in good hands with Vickie as President in 2024.

I hope all of you are as proud of our accomplishments as I am to the extent that my time as your President has been a success, mainly due to your support and hard work.

Deb

Congrats to the New Grads!

December 7th, 2023, Graduation & Reception

DEBE SINEATH '22

Over 60 friends and family attended the graduation of our newest Master Gardener class of 2023 on December 7 at 9:00 a.m. in the Williamsburg Regional Library's Auditorium and met with our distinguished guests, Dr. Mike Gutter, Associate Dean and Director for Virginia Cooperative Extension (VCE), and Janet Spencer, Southeast District Director Tidewater AREC. After the brief business meeting, Dr. Gutter delivered the graduation address, followed by the presentation of certificates by Ms. Spencer and then a reception at the Stryker Center.

A bit of history on <u>Dr. Gutter</u>. He was named the director of Virginia Cooperative Extension and an associate dean of the Virginia Tech College of Agriculture and Life Sciences in November this year. Prior to that, he served as Associate Dean of Extension at the University of Florida. His Ph.D. is in Family Resource Management from The Ohio State University. He began his career as an Extension

Specialist over two decades ago at the University of Wisconsin and then moved to the University of Florida in 2007 as a state specialist.

His own Extension work was rooted in economic disparities and emphasized creating supportive mechanisms for those who were facing financial burdens or challenging economic situations. Some of his major programs have included Living On My Own, the Florida Master Money Mentor, and Taking Control of Your Cancer Diagnosis, which addresses financial toxicity in rural cancer patients through an extension financial counseling program.

For more information, contact Debera Sineath, Vice President of Internal Education, at vp-internal-ed@jccwmg.org. In the event that you weren't able to attend in person, a video will be posted shortly on our website.



Ecology Corner

Mini Medows

JUDY KINSHAW-ELLIS '15

Many of you have heard of Doug Tallamy and may have read one or more of his books. As an entomologist at the University of Delaware, Dr. Tallamy studies insect populations. He advocates for planting native plants and encourages people to strive for a 70/30 split in their yards, with 70 percent of plants being native.

One way to quickly increase your native plant percentage while increasing the value of your yard to pollinators and other beneficial insects is to establish a mini meadow. If you live in an HOA community, this project is better suited for a side or backyard. Installing a border at the edges will help keep it looking intentional. You might also consider planting a circle of shorter plants around the meadow area to help hold up the plants, which may get a bit leggy.

Starting small will help determine what you like, what works in your garden, and whether you like the look of a meadow plot. You can plant plants, plugs, or seeds, and you will want to select plants for height and bloom time. Consider bloom colors and foliage textures. Also, consider planting a mix of perennials and grasses, which maintain interest well into the fall and winter. If you want to plant seeds, December is an excellent time to sow them. Seed companies have readymade mixes and will custom-mix seeds for customers.

If you live in Colonial Heritage, you may have seen the native meadow there. In December, Freedom Park will be seeding a mini meadow near the Interpretive Center. You can also see another large meadow at the Warhill Sports Complex on the hill near the stadium.

Select where you want to place your mini meadow,

how big you want it to be, what plants you want to include, and plant seeds or plugs. If you decide to order a seed mix, it can be sown as late as December. Plugs can be ordered for spring planting, and they will give you a bit of a head start, as will plants. Happy planting.

Photos by Judy Kinshaw-Ellis







2023, A Growing Year at HTLG

BILL DICHTEL '18

The Historic Triangle Learning Garden has had a banner year. Starting in November 2022, we had a groundbreaking event on our garden expansion with fencing installation in our new West Garden, including our two garden gates. By the end of December, all of the fencing for the new garden was up, including trenching and underground fencing to deter groundhog activity. We also ran underground conduits and installed hose bibs for the waterers in both gardens, a significant improvement.

Our gardeners have worked throughout the year to build raised beds in the West Garden. These beds are complete and filled with topsoil and compost. In addition, we assembled a waist-level elevated raised bed, a sitting-level elevated raised bed, and an elevated asparagus bed.

We have surrounded the West Garden with a border garden and have started planting a fragrance garden to benefit the neurologically challenged children of Child Developmental Resources. We have produced a good crop of English Lavender along the front of the West Garden, and we're planting additional flowers and aromatic herbs throughout the Historic Triangle Learning Gardens.

During 2023, the garden has been growing in other ways, too. We raised vegetables for FISH and House of Mercy Food Banks. Kim Silver and Renee Kingnan led our teams in this effort, and to date, we've delivered over 620 lbs. of fresh produce.

We increased our outreach in the community, giving lectures on vegetable gardening topics to local garden clubs through the Master Gardener Library speakers program and other venues. We also hosted a Girl Scout troop that grew tomatoes, sunflowers, and peppers and harvested carrots with us this summer. They donated a significant portion of their produce to the food banks.

In conjunction with the Master Naturalists, we built and mounted bluebird boxes around the garden and are now hosting the newest bluebird trail in Williamsburg. During the coming year, 2024, we'll monitor the boxes to determine the success of this nesting effort.

Because of this expansion, we have gone from 15 garden beds last year to 34 beds available next year. We anticipate having beds for additional master gardeners interested in a protected gardening environment with instruction, cooperative efforts, and a friendly atmosphere. For those of you with shady yards, heavy deer or squirrel invasion, or other gardening obstacles, this may be your chance to join us, get a plot, and grow some fresh vegetables for the coming year! If you would like to join the project in 2024, please contact Bill Dichtel (bill. dichtel@gmail.com).

Those of us at the HTLG would like to thank the City of Williamsburg, which owns most of the land we garden on and licenses it to us. We wish to thank Child Development Resources for being our landlord and host. Our expansion was made possible by a Virginia Cooperative Extension Grant in 2022, a generous philanthropic grant from the Ford's Colony Garden Club, and other gifts. We appreciate their generosity and realize it comes with an obligation to continue benefiting our community and neighbors.

The garden's success is possible because of the hard work and dedication of a great garden team. We all contributed, and we had a great time along the way!





Riparian Buffer A Project is Born Demonstration Garden

JUDY KINSHAW-ELLIS '15









After more than a year of planning, meeting, coordinating, and compromising, the first plants from the formal design plan for the Brickyard Landing Riparian Buffer Demonstration Garden went in the ground on November 14. And it was not easy.

Twelve volunteers, both Master Gardeners and Master Naturalists, arrived at Brickyard Landing Park ready to dig. And dig, they did. It did not take them long to discover that bricks were the most common item at a retired brickyard. The brickyard was operational from 1900 to 1953, but every volunteer will tell you that the bricks age pretty well. As the crew installed 34 plants, they discovered that for nearly every hole that was dug, there was a layer or two of bricks about eight inches below the surface.

On November 15, the James City County Parks delivered a backhoe to the park to fill in some holes. They then offered to dig some holes to help speed up the planting process. Volunteers and park staff planted the remaining plants on November 16.

This first extensive planting consisted of about 90 native trees and woody shrubs. Some trees planted included Sweetbay Magnolia, River Birch, Sourwood, and American Holly. Among the dozens of shrubs planted were Beautyberry, Virginia Sweetspire, Hydrangea, and Wax Myrtle. Over the next few weeks, after top dressing with compost, the team will water the new plantings. JCC will also mulch the entire area, which will help with spring planting. The winter will be spent sourcing native grasses and perennials to line pathways constructed this winter. Volunteers will plant the grasses and perennials in the spring.

The first round of planting was much more difficult than anyone had anticipated, but the group was enthusiastic and goodspirited about the work. It is a thrill to see Master Gardeners, Master Naturalists, and JCC Park staff work together to bring this project together. If you want more information or wish to join the fun, contact Co-leads Donna Benson (mid520@ me.com) or Judy Kinshaw-Ellis (kinshawellis@gmail.com).

Business Notes

WAYS TO HELP WITH THE 2024 PLANT SALE!

The Plant Sale will be held on May 11, 2024, and there are several ways you can help now to ensure we have a successful sale.

Volunteer to serve on the Plant Sale committee. Your assistance is definitely needed, and what a great way to get hours in early in the year. We need volunteers to lead the following plant sale teams:

- Propagation and Acquisition
- Intake and Quality Control
- Pricing/Sales Tally
- Placement/Set-up

Plan your plant donation. It's time to consider what plants you will donate and if you are going to dig and divide plants from your garden, or propagate, or purchase plants for the Sale! Propagation is a great way to satisfy your gardening habit in the colder months and get a jump on the growing season for yourself and our Sale.

Hunt for Green Thumb items. Keep an eye out around your garage and your attic for items that can be donated. Some holiday gifts are perfect for passing along.

Contact our Plant Sale Director, Mary Sipe, at mcsipe2@gmail.com or (704) 763-3533 to volunteer and for more information.

NO JANUARY NEWSLETTER

There is no January Newsletter as our volunteer staff is taking a break. We hope that you enjoy your holiday!

The deadline for article submissions to the Colonial Master Gardener's February publication is January 12, 2024. Please send your submissions to Marion Guthrie, newsletter editor (marion.guthrie@gmail.com), and Gary Griffith, VP of Projects (ggriff@ksu.edu) our new VP of Projects.

SUPPORT YOUR FELLOW MEMBERS

If you know of a Master Gardener who is experiencing difficult times or deserves recognition, please let us know by contacting Dot Finnegan at secretary@jccwmg.gorg.

OUR ZONE HAS CHANGED

The USDA recently released a new hardiness zone map, and our zone has changed from 7b to 8a. 2023 USDA Plant Hardiness Zone Map.

YOUR BACKGROUND CHECK

Meeting the Volunteer Industry Standards

Background checks are necessary to meet volunteer industry standards and are part of our Master Gardener certification process. VCE uses Sterling Volunteers, a secure, highly-rated platform. Running these checks helps protect our community, safeguards the volunteer experience, and upholds our organization's reputation.

If you haven't had an MG background check in the past three years, you'll receive an email notification from Sterling (not JCCW Master Gardner's or Better Impact) in the first quarter of 2024 that you're due for one and requesting your written consent. Please look for this email and be sure to comply because, just as having sufficient volunteer hours, this background check is required for you to maintain your master gardener standing.

Email your questions to Emily Coyner, VP of Administration, at vp-admin@jccwmg.org and look for more information in the February 2024 Newsletter.

Training our Master Gardeners

ELIZABETH MYERS '22

The Training Team of the James City County Williamsburg Master Gardener Association (JCCWMGA) started planning for the upcoming 2024 class in July. That preparation resulted in the timely opening of the online application process on November 1. During that four-month planning process, our Training Team focused on new ways to spark the public's interest in becoming Extension Master Gardeners (EMGs) and joining our Association.

Traditionally we use word of mouth, flyers, and Facebook to publicize our class enrollment period. But this year, we added a few new ways to get the word out about our 2024 class. So, while Pam Hatten and Pam Mageland pursued those more traditional advertising methods, Dave Banks and Susan Zickel created an email to everyone who, in the past two years, had signed up on our website to become a Master Gardener or had subscribed for a Landscape Love visit.

They were invited to an informative talk at the Stryker Center by Master Gardeners Sue Barton, Elizabeth Myers, and Terry McGlennon, who presented the how-to of the application process and answered questions from our audience of 25. It must have made an impression because the application process opened at midnight on November 1, and by early morning, we were well on the way to total enrollment with a target of 20 people.

We closed the application process at 9 pm the same day with 23 accepted and two on a waitlist. The high level of interest was obvious, as many applicants submitted references even before their applications were received. The class filled in record time. Welcome, EMGs Class of 2024!

Your Dues Are Due

LINDA NEILSON '18

2024 membership dues are due by year-end 2023. The dues are \$25.00, and payment options are check, cash, and credit card.

- Go to jccwmg.org/wordpress/mg-dues-payment-2024/
- PayPal credit card payment method is available on the <u>iccwmg.org</u> website. By using the PayPal service, you agree to pay a PayPal transaction fee.
- If paying by check, the payee should be JCCW MGA, and note "2024 Dues" on the check.
- If you wish to mail your check, please use the following mailing address. JCCW MGA PO Box 1951 Williamsburg, VA 23187-1951

Thank you for your prompt attention.

In the Garden

ELIZABETH MCCOY '18



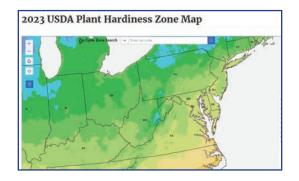
Eastern Red Cedar: An Uncommonly Useful Tree

If fragrance is the gate of memory, the spicy aroma of Eastern red cedar takes me back to childhood holidays. My parents would load us in the car, about a week before Christmas, for a drive out to a friend's farm where we could walk through the meadows in search of our Christmas tree. After a lively debate about the trees we found, Dad would pull out an old handsaw and begin cutting the tree. We would all help carry the fresh tree back to the car, where Dad...



The Problems with Nandina

What's the big fuss about Nandina? It is attractive, easy to grow, and can be found growing throughout older neighborhoods in our area. Its berries (drupes) turn bright red in October, just in time to brighten up the winter landscape. Some people cut the red fruit for use in holiday decorations. Nandina's foliage may even turn bright scarlet after frost, depending on the cultivar. It can be a beautiful and useful plant. Nandina is so tough and versatile that it has been a top pick for landscapers for decades...



Updated 2023 Plant Hardiness Map

The United States Department of Agriculture released an updated Plant Hardiness Zone map on November 15 that reflects changes for about half of the country. This updated map, the first since 2012, is based on the average coldest winter temperature, on the coldest night of the year, for each region of the country. The trend shown on this map paints an accurate picture of how many parts of our country are warming. The USDA cautions, however, that the data used to make this map, collected over the past 30...

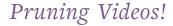
Find more articles on our blog on our website, jccwmg.org

Pruning Clinics!

Pruning season has opened, December 1 to January 30, with free on-site home visits by James City County Williamsburg Master Gardeners, who demonstrate the best way to prune right in the homeowner's yard! There is an online application form at jccwmg.org/wordpress/home-visit-programs-2/. For more information and to volunteer, contact this year's project leader, Frank Caruso (feedpanthers@yahoo.com).

Pruning 101

On Saturday, January 20, 2024, from 10:00 a.m. to 11:30 a.m., Master Gardener Frank Caruso will present Pruning Basics at the Freedom Park Interpretive Center as part of the Williamsburg Botanical Garden Learn & Grow Educational Series. Seating is limited, and registration is required. For more information, see the WBG website: williamsburgbotanicalgarden.org/events/.



The JCCW Master Gardeners Pruning Team explains the right tools for the job, demonstrates proper techniques, and shows how to maintain your tools for years of service in the garden with these three pruning videos you can share with friends!

youtube.com/playlist?list=PLKoUwYYfBwka9Gs-Rirj7tRSdOAj9ORTW









KAY CLAPP '18 & ELVIN CLAPP '18

On Tuesday, November 14, 2023, the James City County Williamsburg Master Gardeners Association (JCCWMGA) celebrated 20 years of gardening at the Water Wise Low Maintenance Demonstration Garden located at the Human Service Building on Olde Towne Road.

Over 35 people attended the anniversary celebration, including past and present master gardener project managers as well as JCC Social Services officials, the JCC Sustainability Team, and Olde Towne Medical and Dental staff. Five officials representing these organizations spoke, recognizing the Water Wise team's work and dedication over the past 20 years.

To honor this celebration, current project leaders Elvin and Kay Clapp presented a commemorative stone marker engraved by Stone and Chisel Engraving of Williamsburg, which will be placed in front of the garden's new interpretive sign.

Elvin Clapp narrated his presentation, highlighting the changes in the garden since 2003 and recognizing the ongoing support from the JCCWMGA. Three exhibit tables showed the team's work in proper landscape design, adult education, and kids' activities.

Special recognition was given to two Master Gardeners, Linda Neilson and Jim Akridge. Linda Neilson's accolades included developing the garden's new brochure in English and Spanish, creating copper plant identification tags, and working with the County to develop an interpretive sign. Jim Akridge was also recognized for his many hours in the Water Wise Garden during the 2023 season.

The Water Wise team has worked hard this year to maintain this garden and educate the public. Currently, it is estimated that approximately 15,000 people walk through this garden each year.



Water Wise Garden



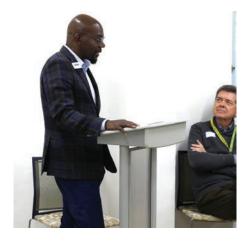
Speaker Barbara Watson, JCC Assistant Director of Social Services



Stone commemorating the anniversary



Elvin and Kay presenting the anniversary stone



Aaron Thompson, Executive Director/CEO of Olde Towne Medical Center



Water Wise team members



Editor's Message

MARION GUTHRIE '19

Rosemary is for Remembrance and Turkey!

You're out the kitchen door with your gardening shears, headed for the rosemary. You plan to cut some sprigs to use for your holiday turkey. While you're out there, fight off the urge to prune it. Rosemary pruning can be done any time during the spring or summer up until four to six weeks before the first frost.

We've already had our first frost, so pruning now will cause the rosemary shrub to focus on growing new growth rather than hardening off and protecting the growth that it has. Remember, while you hover over it with a-might-as-well-while-l'm-here attitude, that rosemary plants are unlikely to survive temperatures below 10 to 20 F. (-7 to -12 C.).

What's so great about cooking with rosemary? In addition to enhancing the flavor of my roast turkey and stuffing, it contains substances that are useful for stimulating the immune system, increasing circulation, and improving digestion. Also, it has been shown to increase blood flow to the brain and improve concentration and memory, which should help us remember not to prune our rosemary until spring!

Have a happy holiday!

Marion Guthrie, Editor vp-communications@jccwmg.org

