THE COLONIAL MASTER GARDENER

Celebrating 41 Years of Helping our Neighbors Grow!



2024 JCCW MGA BOARD

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PLEASE NOTE: Our Board typically meets on the 3rd Thursday of each month at 9:30 a.m., in Room B at the Williamsburg Regional Library on Scotland Street. All members are welcome to attend.

NEWSLETTER

Layout & Design: Odd Moxie

Webmaster: Dave Banks <u>dfbanks2@gmail.com</u> The submission deadline for the upcoming June 2024 newsletter is Friday, May 17.

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

COMMUNICATIONS LEADERS

Newsletter Editor: Marion Guthrie Educational Video Production: Crystal Skeeter-Davis & Debe

Sineath

Sineath

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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

A Potpourri of Thoughts

VICKIE ROCKWELL '19

The Plant Sale, a crucial event for the funding of our Master Gardener programs, is taking center stage in May. Mary Sipes is doing an exceptional job organizing and coordinating this significant project. The success of our Master Gardener programs for 2025 is directly tied to the success of the plant sale. Your participation, whether it's signing up online to volunteer for the setup on Friday or helping with the sale on Saturday, is instrumental in this. Several activity leads still have vacancies. Click on this link to our SignUpGenius to review the remaining tasks and time frames. Remember, the plant sale is not just a fundraising activity, it's a community effort that we all contribute to.

The Master Gardener Virtual College, a fantastic learning opportunity, is scheduled for June 5 - 9. Registration is now open, and there's an early bird discount of \$40 for those who register before May 8. After that, regular registration begins, and the fee is \$60. This is a chance for you to enhance your gardening knowledge, learn new techniques, and connect with fellow Master Gardeners. Don't miss out on this valuable opportunity. Here is a link to more information.

I want to take a moment to recognize our Master Gardener Board of Directors. They are a dedicated team, and they're doing an outstanding job. Debe Sineath has a full list of programs for our meetings throughout the rest of the year. Dave Kleppinger and Gary Griffith are collaborating on a special project to ensure we have enough volunteers for our projects. Marilyn Riddle is keeping us updated on the activities of the VA Master Gardener Association (and Virginia Tech Sports). Linda Neilson and Dot Finnegan are doing an excellent job as Treasurer and Secretary. Emily Coyner, VP of Administration, is ensuring we stay compliant with the regulations from VMG. Marion Guthrie and her team are keeping our Communications fresh and current online and off. I am grateful for their contributions.

On the heels of Earth Day, I was recently browsing past issues of the Colonial Master Gardener. I came across the May 2005 issue, in which there was mention of Aldo Leopold, a famous American ecologist, conservationist, and environmentalist. The article pointed out that no matter how well you plan and how beautiful a place you create, if the garden you make is not child-generated, then children will lack ownership. The key to teaching environmental sustainability, how to maintain an ecological balance in our planet's natural environment, is to nurture children and their well-being through connecting and learning in nature. It reminded me of our mission and our work in gardens like Blayton and Mattey's.

On a personal note, my husband Terry is finishing up the 'wee wall of Williamsburg' in the front of our yard. (He completed the side yard last year.) This new garden area requires landscaping. So far, we have selected Mugo pines, dwarf Loropetalums, and Azaleas. The 'discussion' is ongoing.

Vickie



Master Gardener Member Meeting Programs

An Introduction to Mushrooms!

Join us on Thursday, May 2, 2024, at 9:00 a.m. in the Williamsburg Regional Library or via Zoom when Theresa Augustin, Vice President of Education at the Norfolk Botanical Garden, will present an Introduction to Mushrooms. In this presentation, you'll learn what a mushroom is, its role in the ecosystem, and basic mushroom identification.

A graduate of Old Dominion University with a BS in Biology, Theresa joined the staff at Norfolk Botanical Garden (NBG) in 2000 as an Apprentice Gardener. In 2016, as part of NBG's initiative to become a leader in environmental education and stewardship, she became their first Director of Environmental Engagement and Outreach. In 2021, Theresa was promoted to her current role as Vice President of Education. She is engaging and knowledgeable

about the natural world, particularly focused on native plant communities, conservation, and mushrooms!

Thursday, May 2, 2024, at 9:00 a.m. in the Williamsburg Regional Library or via Zoom

Your Zoom Meeting ID is 889 8534 0423. Log into the Zoom application, click on Join a Meeting, then enter your Meeting ID, and click Join. This meeting ID will be used for all of the 2024 programs.

This presentation is open to the public. Bring a friend!



The A-Zs of Crape Myrtles

Join us for an enlightening presentation with Andrew Koenig, ISA Board Certified Master Arborist, Certified Tree Care Safety Professional, and ISA Certified Tree Risk Assessor, as he explains everything about Lagerstroemia, commonly known as *crape myrtle*. This woody plant is a genus of around fifty species of deciduous and evergreen trees and shrubs native to the Indian subcontinent.

Also known in this region as the lilac of the south, it is an immensely popular landscape tree. With that popularity comes challenges with Aphids, Bark Scale, Crape Murder, and a host of other situations that Andrew will be able to tell us about and show us how to deal with.

Andrew has been involved with tree care since graduating from the University of Illinois in 1994. He holds a degree in Forestry, and his career has focused on Arboriculture, urban forestry, and Horticulture. Andrew joined Bartlet Tree Experts in 2001 as an Arborist Representative in the Williamsburg office. Among several accolades, he was recognized as the "Arborist of the Year" by the Williamsburg Council of Garden Clubs.

Thursday, June 6, 2024, at 9:00 am in the Williamsburg Regional Library or via Zoom

Your Zoom meeting ID is 889 8534 0423. Log into Zoom, Click on Join a Meeting, then enter your Meeting ID, and click Join. This meeting ID is used for all the 2024 programs. This presentation is open to the public. Bring a friend.

The Class of 2024 Starts Logging Hours!

ELIZABETH MYERS '22

Our intern trainees have been busy in March and April! They have completed all of their core classes by the end of April and are on their way to full Extension Master Gardner certification as they start to log volunteer hours.

On Tuesday, March 27, at the James City County Recreation Center, our Project Leaders met our enthusiastic trainees and encouraged them to check out each of their projects at our Projects Fair. This annual event helps our new class learn about the almost 30 projects that our extension manages in the greater Williamsburg area. It was also an excellent time for our master gardeners to meet the new recruits. The Project Fair was followed by a project field trip bus tour to familiarize the class with where all projects with a fixed location can be found.

Class members have contributed to a number of projects already, including the Brickyard Landing, Jamestown Settlement Café Garden, Pollinator Garden at Veteran's Park, Farmer's Market and Community Outreach, Mattey's, Clara Byrd Baker and Blayton School Gardens, Williamsburg Botanical Garden, Water Wise, Historic Triangle Learning Garden, participating on the Communications Committee, and completing their required Help Desk sessions. The class is full of enthusiastic gardeners who will be an asset to any project. Welcome to our newest recruits!













Judy Kinshaw-Ellis Receives Lifetime Achievement Award

Every year, James City County has a reception that honors volunteers from all corners of the county. At this time, they also announce the volunteer of the year, the Peg Boarman Lifetime Achievement Award. This year, on April 24th, it was awarded to our own Judy Kinshaw-Ellis. This is the highest volunteer honor that can be given within the county, and Judy is only the second recipient of the accolade. Alister Perkinson, JCC Parks Administrator, presented

the award to her. He highlighted so many of her service achievements, including her initiatives at Freedom Park, Brickyard Landing, tree plantings, and grant writing. We can all be proud of this Master Naturalist, Master Gardener, and 'Master Volunteer' because she truly makes a difference in our community.



Family Day at Jamestown Settlement

SU CARLILE '16

Family Day on April 6 at Jamestown Settlement was an opportunity to participate in a variety of programs highlighting the importance of agriculture in early America. Throughout the day, visitors enjoyed special hands-on demonstrations of 17th-century planting techniques and tools, including a make-and-take craft activity.

James City County Williamsburg Master Gardeners Angela Cingale, Su Carlile, and one-time volunteer Gary Carlile brought the Family Day activities to life with their interactive demonstrations. Children were thrilled to make mini greenhouses and learn the ancient art of pound dyeing. Angela was swarmed by kids eager to create tiny greenhouses complete with seeds, while Su had a queue of children waiting to try their hand at pound-dyeing pansy flowers onto muslin fabric. This ancient Japanese dyeing technique involves hammering plants onto fibers to transfer the color and leaf patterns onto the fabric.

For their adult visitors, this team focused on the educational aspect of the event, particularly on native plants and pollinators. They engaged in discussions about the importance of native plants in the garden. They demonstrated the process of removing invasive non-native plants and replacing them with native varieties. They also provided educational materials for the children, such as coloring pages, maze puzzles, and small notebooks with covers made from empty seed packets for their audience to journal their visit to Jamestown Settlement.

Based on the number of notebooks they gave away, the number of muslin squares used for pound dyeing, and the count of tiny greenhouses, they estimated over 300 contacts were served! Su Carlile said, "We left feeling satisfied that we had represented the James City County Williamsburg Master Gardeners to our visitors who came to this event from as far away as Washington State and as near as Norge."

In response to their outstanding efforts, Cindy Daniel, Annual and Family Programs Manager for the Jamestown-Yorktown Foundation, said, "A million thanks to Su, Angela, and Gary for a fabulous handson, interactive station representing Master Gardeners for our first agriculture-themed Family Day at Jamestown Settlement! You went way above and beyond my expectations and really made this a well-rounded community event."





The Brickyard Transformation

JUDY KINSHAW-ELLIS '15

Fifteen hundred plants, including plugs, quarts, and gallons, arrived in Williamsburg in mid-April for planting at Brickyard Landing Park in Toano. Team co-lead Donna Benson set up a work schedule for the week of April 15 for both Master Gardeners and Master Naturalists, with people signing up for two-hour shifts.

Teams of volunteers arrived each morning and afternoon to dig, weed, plant, and water. The first day was hot, reaching 90 degrees, and volunteers were happy to finish their shifts. The crews still planted approximately 300 plants. In the days that followed, they planted the remaining plants and cleaned up some of the beds, removing weeds and raking mulch back into place.

This is a Water Steward project and will be a demonstration garden for people who want to help control stormwater run-off and erosion on their property, whether they live on the water or not. The plants in the garden can tolerate occasional flooding and various growing conditions. Plants

like Virginia Sweetspire, which sucker, are good plants for areas that need to hold soil in place. A plant list will be made available to anyone who needs it.

We have had a great group of hardworking volunteers work on this project. It has been a lot of work, but it has been fun working at the most beautiful spot in James City County. The riparian buffer garden is starting to transform, adding to the park's natural beauty. If you have not had a chance to see the park, it is a hidden gem located at 990 Brickyard Road, Toano. Take a lawn chair and a lunch and enjoy a break on the dock.

This phase of the Brickyard Landing project was funded by a grant from the Colonial Soil and Water District, and we are grateful for the support. For more information, contact project leaders Donna Benson (mid520@me.com) and Judy Kinshaw-Ellis (kinshawellis@gmail.com).





Pictured is the afternoon crew: front row, Judy Kinshaw-Ellis, Kim Owens, Donna Benson; back row, Sig Kopinitz, Alice Kopinitz, Wayne Koenig, Christine Mason, Lisa Jesseman, and Amanda Kiritz. Not pictured: Martha Moss.

Ecology Corner

Cicadas - What to Do?

SHAWN T. DASH B. SC., M. SC., PH.D.

Associate Professor Department of Biological Sciences, Hampton University

In response to a recent inquiry to our association Dr. Dash, an Associate Professor of Integrative Biology, Zoology, Invertebrate Ecology & Entomology with Hampton University, gave this advice to protect our plants during the rare Cicada Co-Emergence this year.

Dr. Dash explained that during a <u>periodical cicada</u> emergence, there is generally little cause for concern about your plants. However, damage can occur to young or small trees if too many insects feed on them or lay eggs in the branches. This may result in damage to peripheral small branches, a phenomenon known as flagging.

He pointed out that many of our native trees have evolved in the presence of cicadas and other insects, so they possess compensatory adaptations. Still, special care should be taken with small, young trees. To protect these trees, a simple strategy is to use a hose to wash the insects off the plants. Another option is to use netting, but it should have a very tight mesh (less than 1/4 inch) to avoid entangling birds and other wildlife. Finally, given the abundance of food available for wildlife during this time, pesticide use is not ideal and should be avoided.

If you're interested in more information, here is a link to a <u>recent article in Time</u> that even has animated cicadas and a great map. Special thanks to Rick Brown for his help with this story.



Your Native Garden of Long-Lasting Blooms

JUDY KINSHAW-ELLIS '15

Who doesn't love the flowers that appear in the spring? Spring is, without a doubt, my favorite season, and I am one of the lucky ones who does not suffer much from allergies. If you are new to the area or simply want to add plants to your landscape, some flowers have longer bloom times. Here are a few natives to get you started.

Coral Honeysuckle (*Lonicera sempervirens*) is the longest-blooming plant in my yard; some years, it has bloomed all 12 months. This vine has two native varieties: Major Wheeler, which is red, and John Clayton, which is yellow. It is a host plant for the Snowberry Clearwing Moth and the Spring Azure Butterfly. It is also a favorite of hummingbirds.

Golden Ragwort (*Packera aurea*) blooms from March to May. It is yellow and has low-growing foliage that makes a nice ground cover once the flowers fade. It tolerates a wide variety of conditions and can be seen growing along streams in the woods. Blue False Indigo (*Baptisia australis*) is a bushy plant that blooms from April to June. Once established, it is showy.

Another favorite of mine is Columbine (*Aquilegia canadensis*), which has an intricate bloom that is mostly red with a bit of yellow. It does not bloom quite as long as some others, blooming in April and May, but its flower makes it worth mentioning.

If you love exquisite flowers, make sure to add a Purple Passion Vine (*Passiflora incarnata*) to your garden. It is the host plant for the Variegated Fritillary Butterfly. It is a little vine that happily runs around the yard, so you might consider sinking a pot in your yard to help control its spread. It looks beautiful on a trellis, and the bumblebees love it. It blooms from May to September.

The host plant for the Monarch Butterfly is milkweed, and a lower-growing variety is Butterfly Weed (Asclepias tuberosa). The orange blossoms can last from May to September. Another long-blooming plant is the Orange Coneflower (Rudbeckia fulgida),

which blooms from June to September or perhaps a bit longer. It is a compact Black-eyed Susan.

Although goldenrods can be quite large, a smaller variety is the Bluestem Goldenrod (*Solidago caesia*), which grows to about three feet. Its yellow flowers bloom along its stem during October and November.

Planting a few of these varieties will lengthen the bloom time in your garden. If you would like to see some of these plants, stop by the native garden near the Interpretive Center in Freedom Park or take a drive out to the new demonstration garden at Brickyard Landing a bit later in the summer. When you shop for native plants, use botanical names. Straight species plants will generally not have names in single quotes. Many plants have multiple varieties, and shopping with a list of botanical names ensures that you will come home with the plant you intended to buy.

For a more complete list of natives with their bloom times, consult this link:

https://www.plantnovanatives.org/bloom-time-table



James City County Williamsburg Master Gardener Annual

PLANT SALE Saturday, May 11 9:00 a.m. - Noon

Annuals, Perennials, Herbs Veggies, Trees, Shrubbery

Garden Treasures at the Green Thumb Sale:
Garden art, unique Mother's Day gifts,
and more!

Rain or Shine

Williamsburg Botanical Garden inside Freedom Park 5537 Centerville Rd.

The JCCW Master Gardener Association partners with the Virginia Cooperative Extension to educate the public in our communities on best practices in sustainable horticulture and environmental stewardship. If accommodation is needed for this event at the Williamsburg Botanical Garden, contact 757-564-2170 during business hours.

Business Notes

CLARA BYRD BAKER VOLUNTEERS NEEDED

If you enjoy sharing your gardening knowledge with children, volunteer at Clara Byrd Baker's school garden at 3131 Ironbound Rd, Williamsburg, VA 23185, where the kids excitement is catching! We teach classes on basic gardening, growing crops, and caring for vegetables. Master Gardeners come at 3:00 pm on Tuesdays, and the school club meets from 4 to 5 pm. There are lots of opportunities to help! For more information, contact Gail Weaver at gpweave@cox.net.

THE NEW COMMUNITY OUTREACH EFFORT!

A core group of JCCW Master Gardeners are planning to represent our Association at various events, including fairs, festivals, and outdoor markets! Your help is needed. Please get in touch with Shadow Harmon at shadow.harmon@gmail.com or Dennis Hewston at phewston@warwick.net to learn more and volunteer.

MAKE YOUR GREEN THUMB DONATION NOW!

Time is running out, but we can work with you to accept your last minute donations for the Green Thumb Market, such as gently used garden tools, watering supplies (like hoses, sprinklers, and watering cans), planters, clean bird feeders or birdhouses, garden statues, garden flags, and patio decor. For questions and donations, simply contact any member of the team: Linda Becker (lindabecker53@gmail.com), Terry McGlennon (TerryMcGlennon4@gmail.com), or Elizabeth Myers (egmyers@comcast.net)! Arrange your Green Thumb donation today.

TREE CALL IS OPEN!

The Tree Call program opened on March 18 for the 2024 Season. This is a free consultative service offered by the James City County Williamsburg Master Gardener Association (JCCWMGA) to homeowners who want educated advice about the health of their trees. At the homeowner's request, a small team of two or three tree stewards visit the property to answer the homeowner's questions and make recommendations.

To schedule a Tree Call, homeowners complete the form at this link: https://jccwmg.org/word-press/home-visit-programs-4/. Contact Barry Holland, project leader, at francisholland64@gmail.com for more information.

VBMG GARDENING TALKS

The Virginia Beach Master Gardeners' Gardening Talks and Workshops committee plans and hosts a series of public lectures each year. The one-hour lectures are currently being offered via Zoom. The lectures are not sequential, so you can attend all or just your favorite topics. All talks are free and open to the public. No registration is required. Here's the link for more information: https://www.vbmg.org/gardening-talks-and-workshops. html. Earn CE Credit.

WE MADE THE HONOR ROLL!

Vickie Rockwell, our president. recently accepted an award from the Williamsburg-James City County School Board, recognizing the James City County Williamsburg Master Gardener Association as a 2024 Virginia School Boards Association Business Honor Roll recipient. We were applauded for our "commitment to enhancing students' experiences, which positively impacted the school community." The presentation was held on Tuesday, April 16, 2024, at James Blair Middle School, Williamsburg, VA.

VMGA Report

MARILYN RIDDLE '01

The New River Valley unit went all out to host the April 13th meeting in Christiansburg. They began with breakfast and a flower arrangements workshop with CEUs and ended with a buffet luncheon and complimentary transportation to various horticultural sites of interest in Christiansburg. They even announced a plant sale nearby. A few of these offerings had fees. Meeting near the interstate made driving convenient and was an added bonus.

Schedule of hosts:

- · August: Henrico Co.
- October: Hill City at Poplar Forest.

Special events:

- May 18, VMGA education event, 2 ½ hr CEUs, zoom, register on Devon's bi-monthly, no cost, 9:30-12:00
- June 5-9, MGC, zoom, register on Devon's bi-monthly, \$40 until May 8, then \$60, six months availability
- June 15, VMGA annual meeting, Brent & Becky's, Gloucester Co, registration available soon; Br. Heath, H. Scoggins, J. Tyconievich, speakers; \$15 for VMGA members, \$30 for VMGA non-members; Max of 100 total, 9:00-4:00. As soon as I am notified, I will contact President Rockwell.
- VCE Director Dr. Gutter thanked VMGA for the \$1000 donation received during the giving campaign.
- The newsletter deadline for the VMGA newsletter is April 23; any EMG may submit to me.
- · New officers are:
- President Stacey Morgan Smith, Suffolk
- Vice President Joanne Lamcyk, Prince William
- Secretary Debbie Straw, Hill City
- Treasurer Betsy Brown, Bedford
- VCE EMG Director Ed Olsen said there is no new State EMG coordinator, but the position will be advertised soon.
- For more information, contact Marilyn Riddle, vmga-rep@iccwmg.org



2024 PLANT SALE

MARY SIPE '14

The sale is almost here, and I hope you are all looking forward to it as much as I am. You all have worked hard to care for and prepare your donations, and I know it will all be worth the effort!

Get those Green Thumb Market donations delivered before the 10th. Contact Elizabeth Myers, Terry McGlennon, or Linda Becker to donate your items.

Prepare your plants for the sale before the 10th:

- Remove any yellowing/dead foliage or spent flowers.
- · Mark out any old pricing that may be on the pots.
- · Please water your plants the night before setup day.

There are no restrooms in the garden. Restrooms are located in the Interpretive Center (the white building close to parking). Some are inside and in the back of the building. *Please do not leave valuables in your car.*

The garden tool shed area will be set up as a Volunteer Rest Area. We will have water, light snacks, and chairs in this area if you need a break. Hopefully, you will not need it, but there is a First Aid Kit in the shed as well. We will have pizza around noonish on both days. There will be sanitary wipes in the rest area.

Set Up Day-Friday, May 10th

Parking is just past the garden. If volunteers have heavy or bulky items (other than plants), you may stop briefly at the entrance/pedestrian gate to leave them. The Park Staff have asked us not to block traffic or leave cars unattended.

Plant donation drop-off will be between 9:00 a.m. and noon. We realize that some MGs may not be able to do it during these hours, but you may ask a spouse, friend, or even a neighbor to do it for you. Our peak time is between 9 and 10:30, so if you can drop off a little later, that will help reduce backups.

If you will be lending your wagon for use during the sale, please drop these off at the entrance/pedestrian gate between 8:00 a.m. and noon. There will be a volunteer there to accept and put a name tag on your wagon. You may pick up your wagon after the sale ends at noon on May 11th.

Sale Day-Saturday, May 11th - 9:00 a.m. to Noon

Please do not bring plant donations on sale day. If you missed the setup day, we do not have the materials or time to set these up on sale day.









Please wear clothing that identifies you as a Master Gardener if you have it. Wear a hat and sunscreen. Garden gloves are a good idea for handling plants. Keep your team leader's contact information with you if you need help.

We will have a flood of customers in the early hours of the sale day, with many arriving before the opening hour of 9:00 a.m. We are asking our volunteers to consider carpooling or having a spouse or friend drop you off to limit the number of cars in the parking area on the sale day. If you must drive, the Park Staff has asked us to **park by Go Ape**, which is at the end of the parking area past the Interpretive Center (white building). The park is open to other visitors, and it is usually busy on Saturdays, so please do not impede traffic by stopping at the garden.

We will have someone at the entrance/pedestrian gate until the sale opens at 9:00 to let our volunteers in. Please make sure you wear your name tag to identify yourself and go to the front of the line to enter.

If you loaned us a wagon for the sale, please pick it up at the Exit gate by the cashiers after 12 p.m. noon.

Thank you for your support. If you have questions, please feel free to contact Mary Sipe, Plant Sale Director, at mcsipe2@gmail.com or (704) 763-3533.







Our News is Special

Swem Library is the main library on the William & Mary campus and is home to the Special Collections Resource Center, which houses manuscripts, rare books, and other historical information. The library is interested in archiving our newsletters for its Williamsburg Historic Records Association project.

Michael Runyon, a digital archivist for Swem, said, "The Special Collections Research Center is interested in archiving local community groups and local environmental history. Archiving historic records from the JCCW

Master Gardeners would further both goals, especially seeing how the group responds to developments like the recent USDA zone changes."

Just a reminder, our newsletters, spanning from November 2003 to the present, are already accessible to the public in digital format. They are archived on our website (jccwmg.org) under the "Newsletter" tab. Our Communications Team is excited to collaborate with Michael Runyon on this project with Swem.

In the Garden

These articles are culled from our website (<u>iccwmg.org</u>). Take time to see what else has been captured for your viewing pleasure.

Hedges and Hedgerows, Part 1

Hedging is an ancient gardening art form that remains relevant today because of a hedge's many benefits. Make yours useful and beautiful through careful planning and thoughtful maintenance. **Read more...**

Fit for Gardening

Physical therapists Jessi Voltin, PT, DPT, Cert DPT, and Courtney McTheny, PT, DPT of Pivot Physical Therapy in Williamsburg, were our speakers for a February Master Gardener Membership educational program. They described the body mechanics involved with routine gardening chores and demonstrated techniques to help strengthen and protect the gardener. We captured their good advice on video. Watch now!

Yaupon, A Native American Tea

There is a homegrown tea tradition more than a thousand years old in the Southeastern United States. While yaupon tea went out of fashion for a time, it is just as tasty and healthful as ever and still grows here to quench our thirst today. Learn more here

