FALL HORTICULTURE HAPPENINGS

I can't believe it's November and Thanksgiving will be here in just a few weeks. Overall, we had a good garden year. The abundant rainfall kept plants growing and thriving for the most part. Some plants, particularly grapes that were not sprayed, succumbed to disease. I tried some new things this year which included Burgandy Okra and Garden Huckleberries. It's always fun trying new varieties and growing different kinds of plants.

I had my first experience with elderberries this summer. I made jam and froze some for later use. I had a wonderful elderberry pie made by my friend Teri. I made apple butter and canned peaches for the first time. I've canned so many different things I ran out of canning jars. I never thought I would say I'm done canning or I'm tired of canning, but by mid-October when I was offered a bag full of pears, I had to turn them down. But, here it is nearly November and I couldn't resist a box of fresh pears when Kirksville Master Gardeners Sam and Sandy, offered me some. I freed up some canning jars and will can some for use this winter.

I also have a pie pumpkin I need to bake and make into puree to freeze. We will be eating good this winter. I will be preparing a Thanksgiving meal, and like last year, will use as much locally grown and harvested food as I can. Typically only the turkey and cranberries are from out of state.

We are getting into tree nut season. This means my boys will be begging me to buy them a bag of mixed nuts to crack open.

We recently took our annual fall trip to the Ozarks to my parent’s farm. We picked persimmons and wild grapes. You can make bread, pudding and cookies with persimmon puree. This year more persimmon seeds have had spoon shapes which means above average snowfall. This is not research-based, but just a fun way of predicting the weather. We also came back from the farm with a bucket of hedge apples (Osage Orange). My boys have heard the old wives tale about how they keep away spiders. I'm not so sure that is true. I actually like the smell of hedge apples. This year’s fall color has been beautiful, both here in northeast Missouri and in the Ozarks. The trees are a brilliant orange, yellow and red this year.

As we go into late fall, clear off your garden, prune your shade trees, finish planting your spring bulb flowers, put winterizer fertilizer on your lawn and clean and put away your garden tools. Wait until spring to prune your roses, fruit trees and cut back your chrysanthemums.

You can find many pictures of things I’ve grown and harvested on our MU Extension-Adair County facebook page. “Like” us and follow what we are doing. Scroll down to see pictures from this summer and fall. We currently have 96 likes, help us reach over 100.
EATING HEALTHY SHOULD INCLUDE A RAINBOW OF COLORS

As gardeners, we often grow a wide variety of fruits and vegetables in our gardens. A lot of us eat wild edibles such as wild greens in the spring, elderberries in the summer and persimmons in the fall. But, a large percentage of Americans do not grow or eat fresh fruits and vegetables. We live in a country where fresh and frozen produce is available in supermarkets and where farmers’ markets are the place to go on Saturday morning, but still Americans are not eating enough healthy foods.

The healthiest (and tastiest) diet is a colorful one, but 80% of Americans still don’t eat enough brightly hued fruits and vegetables, according to a new analysis of the National Health and Nutrition Examination surveys. Produce contains phytonutrients, plant-based compounds that researchers believe may help ward off obesity, cancer, and heart disease. A woman’s increased odds of surviving a stroke if she has 3 servings of produce daily is 53%, according to the American Journal of Clinical Nutrition.

The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. One simple way to eat more healthfully is to add more color to your plate. Did you know that the more naturally colorful your meal is, the more likely it is to have an abundance of carotenoids, as well as other healthy nutrients? Carotenoids are the pigments that give fruits and vegetables, such as carrots, sweet potatoes, and tomatoes, their bright colors. Beta-carotene, lycopene, and lutein are all different varieties of carotenoids that act as antioxidants with strong anti-cancer properties.

One weapon against cancer is prevention, and the first step is with your diet and the types of food you eat. Dr. Trish Sexton, associate dean for curriculum for the Kirksville College of Osteopathic Medicine, shared the following information on Good Morning Heartland recently:

Red Foods: Tomatoes have been shown to be protective against ovarian cancer, pancreatic cancer. Eating a half-cup of tomatoes five or more times a week may reduce your cancer by up to 60 percent.
Yellow Foods: Citrus fruits are a powerful antioxidant shown to be protective against almost all cancer, especially throat, mouth and colon cancers. These foods are also rich in flavonoids.
Green Foods: There is abundant evidence that suggests eating cruciferous vegetables, like kale, cauliflower, broccoli and cabbage, is associated with a lower risk of stomach, ovarian, breast, colorectal cancers.
Neutral-Colored Foods: Think mushrooms, garlic, onions, shallots and chives, which belong to the onion family. They have been connected to lower levels of stomach cancer.

Other tips:

- Eliminate soda: Drink no more than one can of soda a week.
- Reduce processed meats: Lunch meats, hot dogs, bacon and sausage are high in carcinogens.
- Reduce sodium: Avoid foods high in sodium, especially soy sauce and foods that are canned and packaged.

So, think about how you might include more fruits and vegetables into your diet on a daily basis, and how you might improve your overall health.
MASTER GARDENER VOLUNTEER HOURS DUE DECEMBER 1

It’s time once again to begin compiling your volunteer hours for 2014. Report forms should be submitted to your club advisor at your November meeting, or submit hours online in the Master Gardener volunteer reporting system at [http://report.missourimastergardener.com/](http://report.missourimastergardener.com/), which is the preferred method. It is an easy way to keep track of your hours.

Volunteer hours are included in the extension annual reports for each county I serve in the northeast region. I will start pulling reports from the online system and tallying reports the first week of December. Please do not be late or your hours will not be included in your county’s report.

Everyone’s hours are important! Don’t think just because you only did 20 hours or maybe less, that they are not. It is very important that I receive your hours in a timely manner. Please remember to use the correct project codes for your activities. Also, 45 minutes is recorded as .75, 30 minutes is .5, and 15 minutes is .25. Please be sure to record your time this way.

Thanks for all you do for the Master Gardener program and University of Missouri Extension! Keep up the good work!

WHO IS BONNIE PLANTS?

I mentioned in a previous newsletter that I attended a session about Bonnie Plants at the National Association of County Agriculture Agents Conference in Mobile, Alabama in July. Many people buy Bonnie plants each spring at local garden centers, so I would like to tell you more about them. I’m not promoting them. You can buy plants from whomever you want, but I do want to tell you more about Bonnie Plants and what they do.

A national plant wholesaler based in Alabama, Bonnie Plants supplies retail stores all over the United States. You may recognize them by their green hat logo and their biodegradable pots. If you’re a Bonnie gardener, you know them for their quality plants. Bonnie Plants began in 1918 in the backyard of Bonnie and Livingston Paulk and has grown to include 70+ greenhouse locations around the country. Throughout the company’s history, Bonnie Plants has brought top-quality plants to gardeners across the country.

Bonnie Plants is a family of gardeners who love to share the joys of vegetable and herb gardening with our millions of customers. Committed to green gardening, they provide products that are safe for the environment and easy to use. Their biodegradable pots have already prevented millions of pounds of plastic from entering landfills. Their commitment starts at their headquarters in Alabama, where they employ green growing practices such as sustainable energy production, reuse, and recycling. Bonnie Plants grows hundreds of varieties of vegetables, herbs, and flowers. All of their plants are either heirlooms or traditional hybrids. They do not grow plants from GMO seed. As a Bonnie gardener, you can rest assured that your plants are non-GMO. Bonnie’s quality plants are shipped to your favorite local retail outlets from their 70-plus greenhouse locations around the country. These strategic locations and several cross-docking points help them deliver the best local varieties with timely service to you. Anabel and California, Missouri are the two locations in Missouri growing Bonnie Plants.

“The plant business has changed in many ways since 1940. When I started working at Bonnie Plant Farm in 1967, our product was almost exclusively field-grown vegetable plants. The product mix began to change in the early ’70s as customer demand for greenhouse potted plants grew. To meet this shift in demand from bare-root to container plants, we began to construct greenhouses. We extended our fleet in the 1960s and 70s. Then as today, customers often follow our trucks to the stores so they can get the freshest plants. Business grew rapidly through the ’80s as we added trucks and greenhouses to service an expanding market area. In 1983, we delivered plants into 13 states. As mass-market retailers began to expand into the home garden trade by opening garden centers, we suddenly saw an opportunity to increase sales at an even greater pace. To prepare for this new market, we increased our distribution stations in other states. We hired more salesmen, constructed more greenhouses, and generally geared our operation for what was to be significant growth in the 1990s. In 2012, over 500 sales reps continue to deliver quality vegetable and herb plants to over 14,000 accounts in the 48 contiguous United States and in the Ontario and Quebec provinces of Canada”. (Stan Cope, the grandson of the late Livingston and Bonnie Paulk and current President of Bonnie Plants).

Bonnie Plants are very generous in their donations, donating thousands of dollars a year to groups and organizations and donating thousands of pounds of produce from their trial gardens to homeless shelters, food pantries, churches and other non-profit organizations.

There is much more to the history and interesting story of Bonnie Plants on their website.

Source: [http://bonnieplants.com/](http://bonnieplants.com/)
NOVEMBER GARDENING TIPS

Vegetables
- Any unused, finished compost is best tilled under to improve garden soils.
- Fall tilling the vegetable garden exposes many insect pests to winter cold, reducing their numbers in next year’s garden.

Fruits
- Keep mulches pulled back several inches from the base of fruit trees to prevent bark injury from hungry mice and other rodents.
- Fallen, spoiled or mummified fruits should be cleaned up from the garden and destroyed.
- Mulch strawberries for winter with straw. This should be done after several nights near 20 degrees, but before temperatures drop into the teens. Apply straw loosely, but thick enough to hide plants from view.

Ornamentals
- Continue watering evergreens until the ground freezes. Soils must not be dry when winter arrives.
- Now is the ideal time to plant trees and shrubs. Before digging the hole, prepare the site by loosening the soil well beyond the drip line of each plant. Plant trees and shrubs at the depth they grew in the nursery and no deeper. Remove all wires, ropes and non-biodegradable materials from roots before back filling. Apply a 2 to 3-inch mulch layer, but stay several inches away from the trunk. Keep the soil moist, not wet, to the depth of the roots.
- Remove the spent flowers and foliage of perennials after they are damaged by frost.

Lawns
- To prevent injury to turf grasses, keep leaves raked.
- Continue mowing lawn grasses as long as they keep growing.
- A final fall application of fertilizer can be applied to bluegrass and fescue lawns now.

Miscellaneous
- Now is a good time to collect soil samples to test for pH and nutritional levels.
- Roll up and store garden hoses on a warm, sunny day. It’s hard to get a cold hose to coil into a tight loop.

UPCOMING EVENTS

November 4- Salt River MG Meeting, 7:00 p.m. Sesquicentennial Building, Palmyra MO. Terripin Farms presentation. Call Sue for details at 573-795-2334.

November 13: Missouri Master Gardener Association meeting, 9:30 am, Columbia Public Library, 100 W. Broadway, Columbia, MO. Each dues paying chapter may have a representative at the meeting. Please plan to send a rep from your chapter. This is a great way to be informed of what is going on with MOMGA. License plate covers can be picked up at this meeting. They are $5 and your order must be placed in advance of the meeting.

November 30: Please have Master Gardener volunteer hours entered online and up-to-date. I will pull reports from the online system the first week of December. Please do not be late or you will not be included in the county annual reports.

December 5-6: Missouri Livestock Symposium, Kirksville. I will be doing a flower arranging class on Saturday at 3.


Summer 2015: Advanced beekeeping workshop.

August 20, 2015: Master Gardener training in Kirksville; Thursdays, 1:30-4:30 pm. I like fall trainings better as there is more to see in gardens that time of the year. If you are interested in MG training contact me. We must have 10 to have a class.

Happy Thanksgiving

(Missouri Botanical Garden)