

# HEART OF MISSOURI MASTER GARDENER NEWSLETTER

"HELPING OTHERS LEARN TO GROW"

September 2008



University of Missouri Extension - Boone County, 1012 North Hwy UU, Columbia, MO 65203  
[extension.missouri.edu/boone/mg.html](http://extension.missouri.edu/boone/mg.html)

## Preserving the Harvest

Master Gardener **Sandy Deraps** has been raising her own fresh, organic vegetables since the 1980's. Icy roads in winter near their farm outside Jamestown made it difficult to always have good vegetables on hand to feed her family of six children and Hubby. So, she decided to grow her own!

Sandy explained **6 important areas** to consider when you want to start preserving your own harvest:

1. Consider **what your family likes to eat** (and what they don't like to eat) and plan your garden accordingly.
2. After you've decided what to grow, **plan your garden space**—keeping in mind the possibilities of using row covers and/or fall plantings to extend the growing season.
3. Decide what **facilities you will have available for storage**. These might include a root cellar, basement, or garage. Know the **storage needs** of the fruits and vegetables you plan to grow. Cool or warm? Dry or damp? Dark or light?
4. Be realistic about the amount of **time** it will require to plant, harvest, and preserve your produce. And, be aware of **timing**—you can't take a vacation right around harvest time!!
5. Think about **who will be available to help you**. Growing, harvesting, and preserving fruits and vegetables is hard work, and you may not be able to do it all yourself. Nor do you want to! Involving kids, grandkids, friends, and neighbors

## New MG Committee for Adopt-a-Spot

After an enthusiastic response at the August MG meeting, **Carolyn Oates** followed up with Columbia's Director of City Volunteers to outline how the Heart of Missouri Master Gardeners can assist with the popular Adopt-a-Spot program.

Carolyn expects that this new committee will need 5-6 active volunteers, who can expect to contribute 6-8 hours per season. She said that committee activity will start in late January or early February, by meeting with the group of individuals who want to "adopt a spot". The MG volunteers will provide advice and guidance on plant selection, placement,

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in your project will make for lots of fun memories. 6. And, last but not least, decide how much **money** you can spend on seeds, equipment, etc.

When you start to plan your garden, Sandy recommends that you consider ordering the seeds from seed catalogs, but do it early (like in January) because you will be more likely to get what you want plus there are often early order discounts available.

As Sandy makes her seed selections and places orders, she refines her garden plan. Sandy keeps a dated journal of her garden in order to rotate her crops each year; the journal includes planting diagrams, varieties planted, the date(s) of planting and harvesting, and notes about plant health, weather, etc.

Please see *Harvest* on page 2.

**One of the most delightful things about a garden is the anticipation it provides.**  
~W.E. Johns, *The Passing Show*

and maintenance. They may also help individual citizens or groups as needed at their Adopt-a-Spot site, to demonstrate proper planting techniques.

Between now and January, the committee will need to develop their initial presentation(s) for the group session, so the first year's volunteer hour requirements may be a bit higher.

Because Carolyn had such interest in the committee at our August meeting, she already had prepared informational packets for the MGs who had signed up to volunteer. This is going to be a great project for our MG group!

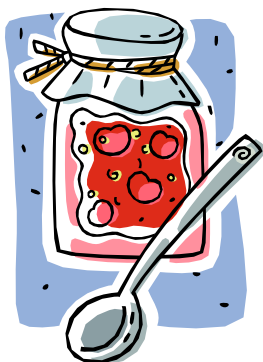
## Upcoming Events

- 8/30 - 9/1 Japanese Festival** at the Missouri Botanical Gardens in St. Louis. A great event to attend, and a great volunteer opportunity. [www.mobot.org](http://www.mobot.org)
- 9/4 Mizzou Botanic Garden Tour.** Starts at 9:30 am  
**Bradford Farm Tours.** 2:00-4:00 pm  
**Tomato Festival** at Bradford Farm. Starts at 4:00 pm.  
 Volunteers are also needed 9/3 and 9/4. Contact Leslie Shaw at 884-7945 to volunteer for a specific timeslot at the Tomato Festival.  
[aes.missouri.edu/bradford/events/tom-fest-08.php](http://aes.missouri.edu/bradford/events/tom-fest-08.php)
- 9/6-9/7 2008 EcoArtFest** at Cooper's Landing  
[www.morivcc.org/ecoartfest.htm](http://www.morivcc.org/ecoartfest.htm)
- 9/17 David Howard**, former gardener to Prince Charles, will speak at Anita B. Gorman Discovery Center in Kansas City, MO at 7:00 pm [www.powellgardens.org](http://www.powellgardens.org)
- 9/26-9/28 Missouri Master Gardeners Conference** in Branson [www.momg08.org](http://www.momg08.org)
- 10/18 6<sup>th</sup> Annual Chestnut Roast** in New Franklin. 10:00 am - 4:00 pm [www.centerforagroforestry.org](http://www.centerforagroforestry.org)

### Harvest, cont'd from page 1

Sandy feels very fortunate to have a terrific root cellar in which to store her preserved food. She is careful to label everything and has a 3-year rotation for her canned goods. Garlic and potatoes are stored in open crates in the cellar; she also freezes corn and strawberries, and dries pears. When it comes to food preservation, Sandy has done it all! We appreciate her willingness to share her knowledge and expertise with her fellow Master Gardeners.

Be sure to try Sandy's recipe for Crock Pickles! She stresses that you should only use a crock that is white inside (crockes that are brown and glazed inside are not food quality.)



### Info Booths at Farmer's Markets a Big Success

The information booths at the Columbia Farmer's Market and the Boone County Farmer's Market were a great success again this year. Many questions were received and answered, Extension guide sheets, and MG class information were distributed, plus the hot line was advertised.

Thanks to the following Master Gardeners for their time and work to make these events successful; Rose Mayfield, Tanja Patton, Craig Hosey, Shari Crespy, Tina Wheeler, Vita Collins, Phyllis Barks, and Elizabeth Hoyos. Our season is over for 2008 but we look forward to 2009.

*Marie Pasley*



### Sandy's Delicious Crock Pickles

Brine: 2 gallons cold spring or well water  
 1 pint sea salt  
 1 pint vinegar (either apple cider or distilled)  
 2 Tbsp honey

Ingredients:  
 Grape Leaves (washed, not just sprayed)  
 Dill sprigs  
 Cucumbers (wash to remove spines)  
 Peeled onion quarters  
 Peeled garlic cloves



Layer in a 5-gallon crock: dill, grape leaves, cucumbers, onions, and garlic. Pour brine over it. Put a plain dinner plate and a gallon jar of water on top. Cover with a towel and keep in a cool dark area. Mark your calendar on the date you started and check in one week for doneness. (They may require up to 10 days.) After one week, if they are not done, skim the scum and add ¼ cup of sea salt. Store in gallon jars in the fridge. Or, you can process them according to canning practices, but you don't really need to because they will get eaten so quickly! ☺

Sandy's top picks for ordering seeds online:

Johnny's Selected Seeds [www.johnnyseeds.com](http://www.johnnyseeds.com)  
 Baker Creek Heirloom Seeds [www.rareseeds.com](http://www.rareseeds.com)

## Committees and Leadership

Committee	Chairperson / Contacts	The Latest Scoop!!
<b>Advanced Training</b>	Open	New Chairperson needed!
<b>Community Gardens</b>	Barbara Michael (573) 445-0661 <a href="mailto:bam626_us@yahoo.com">bam626_us@yahoo.com</a>	
<b>Educational Displays</b>	Peggy Ann Eichen (660) 841-5253 <a href="mailto:eichenp@missouri.edu">eichenp@missouri.edu</a> Melissa Hough (573) 696-0198 <a href="mailto:mmhough@gmail.com">mmhough@gmail.com</a>	Chestnut Roast is October 18 <sup>th</sup> , and they need volunteers for the booth and for general assistance. Contact Peggy for more info or to sign up.
<b>Extension Grounds</b>	Kaye King (573) 673-6753 <a href="mailto:KayeKing@socket.net">KayeKing@socket.net</a> Mary Jane King (573) 474-2489 <a href="mailto:mjking@socket.net">mjking@socket.net</a>	
<b>Habitat for Humanity</b>	Phyllis Barks (573) 698-3845 <a href="mailto:BarksP@missouri.edu">BarksP@missouri.edu</a> Brenda Jones (573) 884-6190 <a href="mailto:jonesbj@missouri.edu">jonesbj@missouri.edu</a>	
<b>Hotline</b>	Emily Bonwich (573) 449-0444 <a href="mailto:ebonwich@mchsi.com">ebonwich@mchsi.com</a>	
<b>Gardening with Youth</b>	Lea Langdon: (573) 447-1257 <a href="mailto:langtrea@yahoo.com">langtrea@yahoo.com</a>	
<b>Mentoring</b>	Open	New Chairperson needed!
<b>Missourian Articles</b>	Kent Shannon <a href="mailto:shannond@missouri.edu">shannond@missouri.edu</a>	
<b>Mizzou Botanic Gardens</b>	Hsiao-Mei Wiedmeyer (573) 445-4735 <a href="mailto:WiedmeyerH@health.missouri.edu">WiedmeyerH@health.missouri.edu</a>	
<b>Newsletter</b>	Linda Christensen (573) 256-2590 <a href="mailto:lchriste@columbia.k12.mo.us">lchriste@columbia.k12.mo.us</a>	Please email me to have something included in the next newsletter!
<b>Plant-a-Row for the Hungry</b>	Betty Gayle Smith (573) 874-3997 <a href="mailto:turtleisland@tranquility.net">turtleisland@tranquility.net</a>	Thanks for all the surplus produce that was donated. They received 83 pounds this month, which is a new record!
<b>Speakers' Bureau</b>	Alice Havard (573) 445-4624	
<b>Adopt-a-Spot</b>	Carolyn Oates	A new committee! See the article on page 1.
<b>Web Page &amp; Plant Protection Grant</b>	Kent Shannon <a href="mailto:shannond@missouri.edu">shannond@missouri.edu</a>	
<b>Plants of Merit</b>	Open	New Chairperson needed!

### Heart of Missouri Master Gardeners - Officers:

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The **Heart of Missouri Master Gardener Newsletter** is published monthly for the Master Gardeners in Central Missouri. For more information, contact:

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Boone County Extension Center Office Hours are:  
Monday-Friday 8:00 a.m. - Noon and 12:30 p.m. - 4:30 p.m.

Next Meeting: Sept. 16th at 7:00 p.m.  
Location: Extension Center

**“This Year’s Pests and Problems”  
Presented by Simeon Wright  
Plant Diagnostic Lab Coordinator**

**Refreshments provided by:**

Snacks - **Tina Wheeler & Mary Jo Morris**  
Drinks - **Linda Christensen**

*Remember to wear your  
Master Gardener Nametag!*

**Heart of Missouri Master Gardeners**

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