

HEART OF MISSOURI MASTER GARDENER NEWSLETTER

"HELPING OTHERS LEARN TO GROW"

November 2008



University of Missouri Extension - Boone County, 1012 North Hwy UU, Columbia, MO 65203
extension.missouri.edu/boone/mg.html

Harvest Dinner: Fun & Feast

By Julie Fisher

The Heart of Missouri Master Gardeners enjoyed our annual Harvest Dinner in October, with thirty-five Master Gardeners and guests in attendance. Master Gardeners love to eat and apparently also love to cook! Many delicious dishes were made using our gardeners' home-grown produce and included appetizers, main dishes, breads and desserts. All these goodies were enjoyed on tables beautifully decorated by Marie Pasley, Barbara Rothenberger, and Alice Havard.

Kent Shannon entertained us with a presentation featuring projects by several of our committees, including Plant a Row, Habitat for Humanity and the Community Gardening Coalition, among others. Kent also shared some photos of his family and their interests. We enjoyed getting to know Kent a little better, and we were delighted to meet his wife and son at the dinner.



Kent expounds, and Master Gardeners and their guests sample the delicious fare at the annual Harvest Dinner.

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A lovely Angel-wing Begonia was donated as a door prize by Rose Mayfield (right) and was won by Shari Crespy.

Part of the secret of success in life is to eat what you like and let the food fight it out inside. ~Mark Twain

Time Flies – Annual Volunteer Hour Reports Due by Nov 18

"An Active Master Gardener must report annually at least 20 hours of volunteer service in regionally approved programs."

All right, Master Gardeners, it's time to report your volunteer hours for 2008! If you have web access, you can get the form from the website at: <http://extension.missouri.edu/boone/Master%20Gardeners/MG%20Time%20Sheets.htm>. The form is available in either PDF or Word format. If you use the Word document, you can simply type in your information and send it via email to Kent Shannon at

ShannonD@missouri.edu Or, you can print it out and complete it by hand.

If you do not have access to the Internet, you can request a form from Kent Shannon by stopping by the Extension office, or if you call them, they'll be happy to mail one to you.

At the October meeting, it was decided (between bites and going back for seconds, apparently) that we would like to have the volunteer hours for 2008 turned in at the November meeting, on November 18th. If you don't turn them in by then, we will have to report you to the Great Pumpkin! ☺

Upcoming Events

- 11/1 The Art of Slow Food** 7 to 9 p.m. at Orr Street Studios (106 Orr Street, Columbia, MO) Enjoy delicious appetizers while listening to live music and browsing items in the silent auction. Advance tickets are \$20 (\$25 at the door). Proceeds benefit the chapter's Edible Schoolyard and Farm-to-Table projects with local children. Tickets are available from: www.brownpapertickets.com/event/44679
- 11/2 End of Daylight Savings Time...**Don'tcha just hate it?
- 1/22/09 TreeKeepers Program** with the City of Columbia trains volunteers in the proper care and maintenance of trees. The 2009 class will be held Thursday, 1/22 from 6 to 9 p.m.; Saturday, 1/24 from 8 a.m. to noon and Tuesday, 1/27 from 6 to 8 p.m. For more info: <http://www.gocolumbiamo.com/Volunteer/Opportunities/treekeepers.php>

Plant-A-Row Update

By Betty Gayle Smith

Plant-A-Row for the Hungry (PAR) donations for the year to the food pantry are **459 pounds**. Of that, over 200 pounds have been from individuals and the Route B greenhouses, where Karen Birk was able to coordinate surplus produce from the owners. Our own PAR raised beds were not as prolific this year as in past years mostly due to the unusual weather.

If you know of anyone with surplus green tomatoes or fall root crops, our committee would be happy to see that the produce gets to the pantry.

We make an annual report to PAR headquarters in Atlanta, so if anyone donated any produce directly, due to our project's promotion, we would like to add it to our "count." Contact me at (573) 874-3997 turtleisland@tranquility.net

And a special "thank you" to members who donated their surplus to the pantry and/or food bank.



Plan to Bee Friendly

The following was posted by "Honey Gal" at OCA's web forum:

"I'm a beekeeper and teach classes in bee stewardship. One thing folks can do to help, even if you aren't a beekeeper, is to **make your yard bee friendly**. Plant a **flowering herb garden**. Bees use herbs medicinally and your plants can help make a difference. I suggest rosemary, sage, THYME (lots of it), marjoram, chives, basil, all the mints and other herbs with flowers. Bees will find them.

"To do more, plant **native flowering bushes**, too. In our area (WA) spirea and goldenrod are bee magnets. Try to have flowers in bloom through into fall. Put out a **big shallow dish of water with sticks or moss** in it (so they don't fall in) and keep it moist. If you can get seaweed, bees are particularly fond of the minerals so I keep a little pile of seaweed in the "bee pond." All these small actions add up and make it a little easier on your local bees."

Thanks to Betty Gayle Smith and Julie Fisher for passing this along!

MGs Make a Difference

Mary Kroening, State Master Gardener Coordinator, provided tips for using the 2008 volunteer hours record form. Be sure to reference the code for the type of activity in which you participate, such as continuing education, elderly, farmer's market, etc. Page 2 of the form provides the codes.

Also, Mary stressed the importance of recording the number of contacts. The number of contacts is much more important than gender or ethnicity. It would be helpful to share comments from participants to indicate the impact your volunteer service has. While total number of volunteer hours is important, Extension supervisors and often legislators are more interested in how many people we reach and the impact of the services we provide.

Officer Elections at November Meeting

Remember, we will be electing officers at our meeting on November 18th so start polishing your campaign slogans now!

Heart of Missouri Master Gardeners - Officers:**President: Rich Frieden**

friedenr@missouri.edu, 573-875-5078

Vice-president: Julie Fisher

julie8401@tranquility.net, 573-445-3488

Secretary: Kaye King

kayeking@socket.net, 573-442-2877

Treasurer: Sandy Perley

perleys@missouri.edu, 999-2643

State Representative: Debbie Scholes

scholesD@missouri.edu, 573-657-9731



(This article was excerpted from “Step Away from the Rake” in the *Fine Gardening eLetter*, October 20, 2008 #46)

Improve your soil by raking less

by Terry Ettinger

If you dread the annual fall leaf-raking marathon, I have good news for you: Raking and collecting leaves every autumn is a tradition without scientific basis. Research has proven that mowing leaves into your lawn can improve its vigor, and observation shows that unraked leaves in planting beds don't smother shade-tolerant perennials.

Based upon research at several universities, the organic matter and nutrients from leaves mown into lawn areas has been proven to improve turf quality. At Michigan State, researchers set a rotary mower to cut at a height of 3 inches and then mowed an 18-inch-deep layer of leaves into test plots. That's the equivalent of 450 pounds of leaves per 1,000 square feet. The tests resulted in improved soil and healthy lawns with few remnant leaves visible the following spring.

You can achieve similar results if you set your mower to cut at the same height as in the Michigan State study, and mow at least once a week during peak leaf fall when your lawn reaches a height of 4 inches. Leaves shred most efficiently when slightly damp, so mow after a light dew. If you follow these simple guidelines, you will never rake another leaf and improve the quality of your soil.

Build planting beds with leaves

Under trees or in other shady spots where a lawn won't grow, you can create planting beds from fallen leaves as a source of soil-building organic matter. Shredded leaves applied as mulch protect tree roots from heat and cold and retain soil moisture during dry spells. Some gardeners believe that excess leaves can harbor insects or disease, but I have experienced no such problems in my garden.

After we bought our property, I created planting beds where the leaves would naturally collect on our densely shaded and sparse front lawn. It's been 15 years since I've raked a single leaf dropped by these trees. Instead, the leaves settle among the hellebores, epimediums, Japanese forest grass, hostas, and spring-flowering bulbs, where they decompose over time, just like on the forest floor.

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: Nov 18th at 7:00 p.m.
Location: Extension Center
Topic: City of Columbia Tree Ordinance and Proposed Tree Board with Lou Phemister, City of Columbia arborist



Refreshments to be provided by:
Snacks - Roseanne Mayfield & Elizabeth Hoyos
Drinks - Mary Jane Wheeling

Remember to wear your MG nametag!

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