The 9th annual Garden Walk, sponsored by Lake Area Master Gardeners (LAMG), will be held on Saturday, June 6, 2015 from 9 a.m.-2 p.m. Rain or shine.

Tickets go on sale May 1 and may be purchased from any LAMG member as well as all Bank of Versailles, Central Bank, and First National Bank locations. Tickets will also be available the day of the tour at any of the garden locations. Advanced tickets are $10 each.

This event offers a wonderful opportunity to see what people in the lake area grow. With our unique soil conditions, rocks, pesky deer, armadillos and rabbits, gardening is always a challenge here. Come and get ideas about plants and how to use them in your garden, as well as ways to deal with our seasonal environment.

This year LAMG has 6 diverse gardens to visit in the TT and MM area in Sunrise Beach. 3 of the gardens are grouped side by side. You will park and get to see all 3. They each had the rock work done by the same people, but the gardeners have made each one unique, water features included and they all sit on the lake. Another garden is mostly begonias planted by the owner every year. Next is a garden that has been on the walk 2 years ago, but has grown and changed in that time. The last garden has a beautiful waterfall with natives to enhance the roadside.

Lake Area Master Gardeners will be on hand to provide information about each site and how you can adopt new ideas in your own yard. Plants will be offered for sale and local artists from the Ozark Brush & Palette organization will be painting in the gardens the day of the tour. A local who does Glass Garden Art will also be on hand at one of the gardens for ideas and gifts.

Proceeds go to a scholarship fund sponsored by LAMG, a scholarship fund sponsored by Ozark Brush and Palette, STAFF and towards a demonstration garden at the Willmore Lodge in Lake Ozark.

Lake Area Master Gardeners is a part of University of Missouri Extension. Contact Gail at 573-286-5064 or email at theconavays@gmail.com for questions.
April Gardening Tips

**Ornamentals**

- Weeks 1-4: When buying bedding plants, choose compact, bushy plants that have not begun to flower.
- Weeks 1-3: Fertilize established roses once new growth is 2 inches long. Use a balanced formulation. Begin spraying to control black spot disease.
- Weeks 1-2: Examine shrubs for winter injury. Prune all dead and weakened wood.
- Week 1: Winter mulches should be removed from roses. Complete pruning promptly. Remove only dead wood from climbers at this time. Cultivate lightly, working in some compost or other organic matter.
- Week 3-4: Evergreen and deciduous hedges may be sheared. Prune the top narrower than the base so sunlight will reach the lower limbs.

**Lawns**

- Weeks 1-4: Start mowing cool season grasses at recommended heights. For complete details, refer to MU Extension Guide #6705, Cool Season Grasses.
- Weeks 1-2: Aerate turf if thatch is heavy or if soil is compacted.

**Vegetables**

- Weeks 1-2: Finish transplanting broccoli, Brussels sprouts, cabbage, and cauliflower plants into the garden. High phosphorous fertilizers help get transplants off to a quick start.
- Weeks 1-2: Finish sowing seeds of all cool-season vegetables not yet planted.
- Weeks 1-2: Start cucumber, cantaloupe, summer squash, and watermelon seeds indoors in peat pots.
- Weeks 1-2: Plastic films can be used to pre-heat the soil where warm season vegetables are to be grown.
- Weeks 3-4: Begin setting out transplants of tomatoes, eggplants, peppers and sweet potatoes.

**Fruits**

- Weeks 1: Plant bare-root or potted fruits as soon as the soil can be worked.
- Weeks 2-4: Protect bees and other pollinating insects. Do not spray insecticides on fruit trees that are blooming.
- Week 4: Spider mites and codling moths become active on apples.

**Miscellaneous**

- Weeks 1-2: Termites begin swarming. Termites can be distinguished from ants by their thick waists and straight antennae. Ants have slender waists and elbowed antennae.
- Weeks 1-2: Look for morel mushrooms when lilacs bloom and the forest floor turns green.
- Week 1: Mount a rain gauge on a post near the garden to keep track of precipitation so you can tell when to water. Most gardens need about 1 inch of rain per week between April and September.
- Week 4: Hummingbirds return from their winter home in Central America.
- Week 4: Wasp and hornet queens begin nesting.
Hello, Master Gardeners --

Happy March/April and welcome and warmer weather!

The first thing I want to do is thank everyone who helped at Willmore during our two March workdays. We had lots of people come and help in all areas. As Kathy Fayant noted in a recent email, the gardens are looking very good. Mulch is ordered and I believe we will be in good shape for the mid-April tours during the Federated Garden Clubs of Missouri convention.

During the pre-work meeting, the group decided that it would be nice to have the 2015 Master Gardeners' class use the herb garden as a design project. This not only helps us, it helps the prospective master gardeners to gain hours towards their certification. The 12’ round herb bed was completely turned over and is ready for planting. A temporary Spring planting of pansies is being considered for the garden tour. If anyone would like to be involved with this effort and has not already spoken to me, please do so soon. We are happy to include anyone interested.

We had a terrific presentation on tree diseases from Paul Johnson, MSU last month. In April, Caroline Toole from LOWA will share info regarding the watershed and low impact landscapes. Our Garden Walk project lead, Gail Conavay, should be back from a winter in Arizona and providing a project update. This all promises to be interesting, so I hope to see you there!

Tamara
Spice up Your Cooking with Turmeric

Turmeric is a golden colored culinary spice used commonly in curry dishes. It gives mustard that bright yellow shade and has been commonly used in traditional Chinese medicine for its health properties.

Human research shows turmeric may be effective for improving an upset stomach, and for reducing osteoarthritis pain. In some studies, the effectiveness of the herb compared favorably with that reported for pharmaceuticals according to a National Institutes of Health report. Other early evidence suggests benefits for Alzheimer's disease, colorectal cancer, gum disease, Crohn's disease, Irritable bowel syndrome, rheumatoid arthritis, diabetes, and other diseases. However, the Natural Medicines Comprehensive Database reports that it is too soon to rate the effectiveness of Turmeric for these conditions.

"Turmeric's benefits are attributed to its anti-inflammatory and antioxidant action," said Dr. Pam Duitsman, nutrition and health education specialist with University of Missouri Extension. "Curcumin, a constituent of turmeric, is also believed to have anti-inflammatory, anticancer and antioxidant properties, according to early findings from animal and lab studies. "The best news is that Turmeric is a spice that offers dishes a delicious subtle, earthy flavor, and can accomplish its health-promoting work with virtually no adverse side effects," said Duitsman. "It is easy to reap the health benefits of turmeric by cooking with it, rather than taking it as a supplement."

Duitsman recommends experimenting with Turmeric by adding a pinch to recipes like vinaigrettes, pizza dough, rice dishes, eggs and egg salad, sautéed vegetables, lentils, soups, smoothies, etc. Try this Salt-free Herb blend from the University of Missouri Extension:

Curry Blend:
- Two tablespoons turmeric
- Two tablespoons ground coriander
- One tablespoon ground cumin
- Two teaspoons ground cardamom
- Two teaspoons ground ginger
- Two teaspoons black pepper
- One teaspoon powdered cloves
- One teaspoon ground nutmeg

Directions:
- Combine the ingredients in a jar.
- Cover tightly, and shake.
- Keep in a cool, dark, dry place.
- Use in place of commercial mixes.
- Yield: one-half cup

For more information on nutrition contact Dr. Pam Duitsman, in Greene County, (417) 881-8909 or the regional nutrition office at (417) 886-2059. Information is also available online http://extension.missouri.edu.
Fall freeze dates for Missouri

Three types of freezes are described by weather experts:

- **Light freeze** — Temperatures between 28 and 32 degrees F, causing little or no damage to most plants, heavy damage to tender plants and to semi-hardy plants in low lands
- **Moderate freeze** — Temperatures between 24 and 28 degrees F, causing some damage to fruit blossoms and to tender and semi-hardy plants
- **Severe freeze** — Temperatures less than 24 degrees F, causing heavy damage to all plants

The image files below show the fall freeze dates according to the percent chance of a moderate killing freeze:

- [50% chance (GIF)](image) of a moderate killing freeze
- [20% chance (GIF)](image) of a moderate killing freeze
- [10% chance (GIF)](image) of a moderate killing freeze
- [5% chance (GIF)](image) of a moderate killing freeze

**Plant hardiness Zone Map of Southern Midwest U.S.**
Lake Area Master Gardeners Minutes March 10, 2015

The Lake Area Master Gardener executive board (the Board) meets each month prior to the regularly scheduled club meeting to review the upcoming agenda and coordinate club activities. The executive board is comprised of the President, the Vice President, Secretary, Treasurer, immediate Past President, and the MU Ext/MOMGA representative. Any club member may attend the board meetings. The board met February 27, 2015 at Tupelo Honey’s Restaurant in Greenview, Mo. The agenda included discussion of the agenda for the March Meeting, Garden Walk items, and a class update. The MOMGA meeting will be March 6th and will be reported on at the meeting.

The Lake Area Master Gardeners met on March 10th at 630PM at Willmore Lodge in Lake Ozark.

Paul Johnson, Missouri Department of Conservation, presented a program on Tree Health: Insects and Diseases.

A door prize of a gardening bench seat was won by Lisa Wayman.

Tamara Jorstad, president, called the meeting to order. The minutes for February were read. Two corrections were noted. Mary Delacy did not donate the door prize in February and the second date for the Willmore Lodge cleanup should be Saturday, March 14, not March 16. Jeannie Robbins made a motion to approve the corrected minutes. Mary Delacy seconded the motion and it passed. The treasurer’s report was given by Roni Vollmer. There was a beginning balance of $9,848.43 with expenses for printing of $158.04 and income from dues of $80. The ending balance was $9,770.39. Jeannie Robbins made a motion to approve the treasurer’s report. Winnie McKinley seconded the motion and it passed.

Committee reports were given:

Projects:  Jeannie Robbins discussed the gardens for the Garden Walk June 6, 2015 and the need for volunteers for managing the plant sale and finding artists and garden art for the different gardens. A sign up sheet for the various gardens was passed.

Central Bank:  Jeannie Robbins reported Patty Bailey will again be in charge of this project and expects the plants to be available close to Mother’s Day in May. A volunteer sign up sheet was passed.

Willmore Lodge:  Kathy Fayant has scheduled a work day at Willmore for Thursday March 12th to start at 10AM with plans to meet inside and discuss the various beds. A second clean up day is scheduled for March 14th. A sign up sheet describing the various beds volunteers may sign up for was passed. Several of the areas still need Bedheads” to be in charge of the bed as well as volunteers. Tamara Jorstad announced the Federated Garden Club conference will include two tours of Willmore Lodge on April 14. LAMG members can count service hours if anyone wants to be at Willmore that day to assist with the tours.

Garden Walk:  Tamara Jorstad has tickets printed and available for the Garden Walk June 6th. They will be available for sale at the Federated Garden Club conference tour of Willmore and at the Dogwood Festival Booth in April. Members may take tickets to sell if they wish. Any unsold tickets should be returned to her. She also has flyers printed up if anyone wants to distribute them. Gail Conavay will be at the April meeting with more details about the Garden Walk.

Membership:  Tamara Jorstad distributed membership books to those who have paid dues last month. She also distributed stickers with the information of the new members to be used to update membership books already passed out.

Scholarship:  Ginnie Boyle reported they have contacted Tuscumbia, School of the Osage, Mack’s Creek and Climax Springs Schools with scholarship information.

Publicity:  Charmaine Guyot reported she has emailed information and flyers to 8 local chamber of commerce with information about the Garden Walk June 6th. One chamber requested the club join the chamber before they would add the information. The club decided not to join the chamber. LAMG is under the MU Ext Center and the Ext already belongs to various chambers.

Ways and Means:  Mildred Webster reported everyone at this meeting had their name badge on. She has gardening gloves available if anyone needs them.

Historian/Scrapbook:  Sally Burke reported she is looking for pictures to put into the scrap book.
**LAMG Class:** Winnie McKinnley reported there are 13 people taking the current MG class. Hosts are still needed for some of the class nights. A sign up sheet for volunteers was passed. Registration is now open for the online Master Gardener Class scheduled for this fall. Also, shirts are being ordered. The deadline is March 13th. An email with the ordering information was sent out earlier from the Miller County Ext Center.

**MOMGA:** Winnie reported on the March 6th quarterly meeting. Master Gardener Volunteers who work with children 18 years of age and younger need to have a yearly background check. The MG State Conference will be in Columbia, Mo on Sept 11-13th. The web site should be up around May 1. Online registration will not be available this year. Increased advanced training opportunities are being planned for Saturday and Sunday instead of just on Friday. MOGMA plans a round table discussion of various topics for Friday evening after the tour of the MIZZOU Botanical Gardens.

**Hospitality:** Rita Burks thanked Kathy Fayant and Debbie Laemmli for providing refreshments for the meeting. A birthday cake was provided to celebrate the March birthdays of Jan Mitzel, Sally Burke, Mildred Webster, Winnie McKinley, and Shirley Wicker.

**Old Business:**

Report hours on line at [www.mg.missouri.edu](http://www.mg.missouri.edu). This is the only way hours can be counted. Notify Tricia Barrett at Miller County Ext office if you wish her to enter hours.

Library books are available. Please email Tamara if you want to sign one out and she will bring it to the meeting. Members are encouraged to bring garden related books/items to the meetings for trade among members. All items not taken at the end of the meeting must be taken back by the person who brought them.

Service Awards mentioned last month were given out to those members present.

Trish Barret awarded certificates of appreciation from the MU EXT center to club members Pat Griffen (118 hours), Gail Conavay (150 hours), Tamara Jorstad (160 hours), and Winnie McKinley (over 400 hours).

**New Business:** Roni Vollmer reported she has several copies of the club’s tax exempt status that members should use if purchasing items for the club. Not all businesses will accept it, but Menards’s and Staples both have the information on file. Please remember to use the tax exempt information.

**Announcements:** Kathy Fayant announced there will be extra native plants available at the LOWA plant sale on March 31 at the Sunrise Beach station for those who did not get a chance to preorder them.

Joan Eads shared the news that Jackie Bray’s sister passed away March 8th and cards may be sent to the address in the member handbook.

Trish Barret announced the MU EXT Center was offering a program March 18th on Fruits and Berries by Jim Quinn at Central Bank of Lake of the Ozarks Osage Beach branch. There are plans for other Learn at Lunch programs in the future.

Trish Barrett, MU EXT Center, announced she is ordering copies of a new publication “Weed and Brush Control”. It is $15/copy if any LAMG wants to purchase one.

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**Volunteer Opportunities:**

- LAMG Class hosts for Class at CBOLO—Main Bank on April 2
- Federated Garden Club Conference Tour of Willmore Lodge April 14
- Dogwood Festival Booth April 18th.
- LAMG Class hosts for Class at State Fair Community College on April 23

Hours to report: Education: 1 Hour Meeting: 1 Hour

*Jo Anne Gitchell, Secretary*
Lake Area Master Gardener Meeting

- Date: Tuesday, April 14th
- Time: 6:30 PM
- Location: Willmore Lodge
- Program: Healthy watershed & Low Impact Landscapes, Presenter—Caroline Toole, LOWA

April Birthdays!
April 9 Charmaine Guyot
April 22 Jennee Hunter

To help new and returning members remember LAMG Club Member Names—Starting 2015—a twenty-five cent fee will be charge to an member failing to wear his/her LAMG/Maser Gardener name badge at the monthly meetings. “Fines” are to be collected by the Ways and Means Chair, Mildred Webster, and funds added to the club’s income.

Items for the monthly newsletter are due to the Newsletter Chair, Charli Allee, by the 26th of each month—Send to normcharli@aol.com

Our Mission: "Helping Others Learn to Grow" and To Have Fun Along the Way!

Tusculumia, MO 65082
P O Box 20/ Courthouse Annex
Lake Area Master Gardener Club

UNIVERSITY OF MISSOURI EXTENSION