

# Garden Beet

Master Gardener Association of Tippecanoe County

October 2010

## A Growing Season

by Linda Mann

I hope all have been able to enjoy this great fall weather. My yard and garden is about half transferred to fall and I'm still able to enjoy the end of summer.

For MGATC though, we're always in a "growing" season! For example, as you are working in the yard I must make a plug for our Expo Plant Sale and ask you to look ahead to that time. If you are dividing, we would love to have your extra potted perennials; if you have volunteers of good size, it's a great time to pot and have some of the spring work done. The pots may be buried for winter, covered with straw, brought in, etc., to protect from the worst of winter.

As we transition to fall, our October program fits right in. Rob Eddy will present a short program in Hort 117 and we will then tour the Purdue greenhouses. I hope you plan to attend and try this different approach to a meeting. We also need a quorum for the bylaws vote, so please mark your calendars.

At our September meeting we saw some great ideas for attracting birds to our gardens. We also voted the slate of officers as posted in the *Garden Beet*. We discussed bylaws, and that vote will be at the October meeting.

We have some new forms for this year including New Project, fund development, and requests for reimbursement. Our committee and project chairmen have these forms also, so just ask if you need one.

September 1 marked the start of our new year for MGATC accounting. Your dues are now past due if you did not send in the \$20. Please send as

soon as you can. The dues go to Kristel Kaye.

Your hours are not due until the end of the year, but it would be a great help to Carmen Dunn to send in what you have. You can send hours at any time.

Thanks to all for your part in making this organization work.

Happy gardening!

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A GARDEN IS A THING  
OF BEAUTY AND A  
JOB FOREVER.

~RICHARD BRIERS

## A Trellis for Each Vine

If you haven't signed up to be a Trellis for a new student in the current Master Gardener class, it's not too late! Just contact Jackie Scott and she will assign you a student to mentor. Contact Jackie at [scottswoods@verizon.net](mailto:scottswoods@verizon.net) or call her at (765) 743-3739. She can also answer questions you may have about the Trellis and Vine program. Let's show this new class that we are supporting them by having a Trellis for each Vine. Sign up now.

## Upcoming Programs

**October 5 • 6:30 pm • Hort 117**

Rob Eddy, Purdue greenhouse program and tour.

**November 2 • 6:30 pm • Hort 117**

Joan Sozen, Kay Conner & Marlene Hodge discuss their trip to Turkey.

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# From the Secretary

Minutes of the September 7, 2010  
meeting of the Master Gardener  
Association of Tippecanoe County

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## Program

Judy Gasvoda from the Wild Bird Shop presented an excellent program on feeding birds. The four most important elements for bird watching are water, food, shelter and nesting. She offered many helpful hints: raking up used seed to prevent moles/voles, stack twigs this fall for bird shelter, all niger seed sold is sterile (meaning it will not germinate). Feeders made out of recycled milk cartons are very popular because of their durability.

## Business Meeting

President Linda Mann called the meeting to order and thanked Judy for sharing her expertise. A motion to approve minutes printed in the Garden Beet from last meeting. m/s/p

### Standing Committee Reports

Treasurer: \$13,604.54 in checking, \$10,469.29 in Vanguard investment account. Gifts in kind and grants for the year total \$25,201.65. Motion to approve report by Sue Hiser, seconded by Sue Swick. Motion carried.

Membership: Dues to Kristel ASAP so green book can be completed. Dues are \$20 and were due 9/1.

### Special Projects

Public Education: No report.

Volunteer hours: Turn in hours quarterly—send or email to Carmen Dunn.

### Special Projects committee chairs

Trellis & Vine program: The new MG class has 46 students. Jackie Scott asked for members to sign up to mentor one or more of the new students. Please call her if you need further information.

Demo Garden: John Pickett reported that in August, 1,400 pounds of produce was delivered to St. Johns Food Pantry. We will continue to harvest on Monday and Thursday mornings. All are welcome to help.

We are looking for a new chair for the demo garden next year. A brainstorming meeting about the future of

the Demo Garden will be held Monday September 13 at 1:00 pm at the West Lafayette Public Library.

Children's garden: Cheryl Borst is stepping down from this project at the end of the summer. Please contact her if you are interested. Funding to complete the garden is in place, as well as a plan to follow.

Nominating: MariBeth Slebodnik, nominating chair, conducted election of officers for 2010-2011. John Knot motioned to approve slate as presented, seconded by Doug Mann. Motion carried. Thank you to the committee for their work.

Bylaws: Lynn Layden presented changes proposed in our bylaws and answered questions from the floor. Voting to approve changes will be at our Oct. 5 mtg. Thank you to this committee for their hard work.

Committee chairs need to see Linda Mann for their folder that includes budget information, reimbursement forms and job descriptions. These folders will be passed on to the next chair to make an easier transition.

Jeff Phillips invited us to attend any of the Wednesday night classes, 4-9 pm, 46 students are enrolled.

Congratulations to Kristel Kaye for receiving her gold badge at State Convention.

Meeting adjourned.

## Dues Reminder

Just a reminder that MGATC dues were due September 1. If you have not paid, please send them as soon as possible to:

Kristel Kaye  
6375 Whippoorwill Lane  
Lafayette, IN 47905

Make check payable to MGATC and include any changes to your address, phone or e-mail. Also indicate if you want your Garden Beet sent to you by e-mail or US mail.

## Demonstration Garden

Plans are already in the works for the 2011 Demonstration Garden. Linda Mann called a group together to discuss our goals and ways to make it a true demonstration of vegetable growing methods. We need innovative, new ideas to add to some we have tried in the past. We had success with the corn gluten and contractors' paper for weed and grass control this year. Not tilling the ground to prevent weed germination was not a success. Our crops were good and plentiful, but our future focus will not be on number of pounds, but on education utilizing comparison plots of crops and methods of growing. We welcome your ideas. (A meeting of interested Master Gardeners was held on September 28 at 6:30 pm at the Extension Office, so stay tuned for more information.)

*John and Ann Pickett*

## Public Ed Workshops Saturdays • 9 am • TCEO

October 16—Canning and Preserving Your Harvest

November 29—Gifts from Nature

December 18—Winter Sowing

We could use your help with refreshments; look for the sign-up sheet at the October meeting.

*Thanks,  
Robin Hammel*

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THE REAL VOYAGE  
OF DISCOVERY

CONSISTS NOT  
IN SEEKING NEW  
LANDSCAPES, BUT IN  
HAVING NEW EYES.  
~MARCEL PROUST

## Wednesdays

Oct 6 1-3 pm **Rain Gardens**  
Stewardship Coordinator Dan Dunten tells us how to landscape shallow depressions in the lawn with native plants in order to capture and temporarily hold rainwater from a roof, parking lot or other impervious surface, reducing the runoff to a drain or ditch. Participants leave with a 30-page "how-to" booklet and info on a special \$150 cost share program for Lafayette/WL homeowners. LNC

Oct 13 1-3 pm **Fall Colors Walk at Clegg Gardens** Jim Peterson (Clegg Garden manager and property steward) leads a walk through this wooded ravine to enjoy the fall colors of the many different trees and shrubs along the way. CLEGG

Oct 20 1-3 pm **Bryophytes & Pter Non-flowering Plants of Fall Creek Gorge** Join Bryologist Bill McKnight on a hike through moderate terrain in search of the mosses, ferns, liverworts and lichens of this amazing natural area in Warren County. Professional quality hand lenses (\$30) are available for purchase on this hike. POTHOLE

Oct 27 1-3 pm **Raptors in Rehabilitation and Education** Carol Blacketer (Executive Director, Wildcat Wildlife Center) will share the unique challenges that are part of rehabilitating raptors. The role these charismatic birds play in education may be highlighted by a visit from the Center's newest feathered ambassadors. indoor pgm—LNC

### Locations:

**CLEGG** (Clegg Garden): In Lafayette, on 400E (Eisenhower Rd) just south of its intersection with 200N.

**LNC** (Lilly Nature Center/Celery Bog Nature Area): In WL, on north side of Lindberg Rd, between Northwestern & McCormick.

**POTHOLE** (Fall Creek Gorge): In Warren County. Limited parking, so join carpool from LNC at noon.

## Pruning Help Needed

**TreeLafayette** (formerly Lafayette Tree Fund) prunes downtown street trees every Wednesday morning from about 8:30 am to noon. If you are interested in helping, contact Greg Shaner (crew leader) at (765) 586-4253 or Arlan Stavnheim at (765) 474-6364.

**West Lafayette Tree Fund** is pruning trees on Sagamore West, North Salisbury Street, Kent Avenue, and Henderson Street this fall. Volunteers should bring pruners and gloves and are asked to show up at 9 am for any of these two-hour, Friday work sessions:

- Oct 8 & 22: Meet at Kent Avenue and Salisbury Street

- November 5: Meet at Kent Avenue and Henderson Street

Contact Beverly Shaw at (765) 775-5161 for more information.

## A Gardener's Perspective: An Alpine Garden in July

by Ann H Hunt

I recently visited friends in Colorado. Before I left, a Master Gardener urged me to visit the Betty Ford Alpine Garden (BFAG) in Vail. My friends live near Vail and we made the visit. Oh my! I did enjoy Betty Ford.

The BFAG was founded in 1985; admission is free but donations are welcome. The garden is located at an altitude of 8,200 feet and plantings are very diverse. There are five particular gardens: the Children's, Schoolhouse, Alpine Tundra, Mountain Perennial, and Alpine Rock Garden. Given the short growing season in the mountains, the perennials that I call "spring bloomers," such as peony and columbine, were in full bloom alongside what I call, "summer bloomers," like trollius, campanula and delphinium. It was interesting to see the bloom diversity of a different climate.

The Rocky Mountain Columbine (*Aquilegia caerulea*) is the state

flower of Colorado, and the state tree is Colorado Blue Spruce (*Picea pungens*). These plants are plentiful in BFAG. The columbine blooms seem larger than the variety I see in Indiana and are abundant in the wild and in gardens. Blue Spruce trees are also abundant and beautiful. Trees of another beautiful evergreen family, the pine, envelope the mountainsides in Colorado and around BFAG. Most of these pines now stand stark and brown. Why? These mountain pines (lodgepole, limber, timber, etc) are infested with the Mountain Pine Beetle and are dead or dying. Experts expect that within five years this beetle will destroy the majority of pine forests in the Rocky Mountains. It is sad to see the decline of these magnificent trees.

You can take a virtual tour of BFAG at [www.bettyfordalpinegarden.org](http://www.bettyfordalpinegarden.org) but be warned: If you take the tour, you might be tempted to visit!

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# The Latest Dirt

by Flora N. Fauna

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The public has voted and it's time to announce the 2010 American Garden Award winners! Now in its second year, the award features flower varieties chosen by breeders for their excellent garden performance. Once these new varieties were planted and put on display by the participating gardens, the public was invited to vote on their favorite. The American Garden Award program is administered by the All-America Selections Display Garden program. Look for these exciting winners as seeds or plants at your favorite online or local retailer.

The grand prizewinner is Rudbeckia 'Denver Daisy'. 'Denver Daisy' wowed voters with masses of reddish ringed golden flowers having a delicious looking chocolate brown center. It's a knockout with huge 4-6 inch golden blooms that cover attractive deep green foliage. The long-lasting, golden, dark-eyed blooms proved their ability to stand up under extreme weather conditions. This winner guarantees fantastic summer-long flower power throughout the country in gardens, mixed containers and landscapes. This variety was created and named in honor of Denver's 150th anniversary.

Second place winner is Echinacea 'Prairie Splendor™'. Create a showstopper display with these large and abundant flowers that bloom non-stop

from early summer well into the fall. 'Prairie Splendor™' is a stunning first-year flowering perennial that will add years of enjoyment to a sunny perennial border. Voters were attracted by the abundance of large 3-3 1/2" soft rosy purple blooms. Butterflies are attracted to this long-lasting 24-inch tall beauty that begins flowering in June and continues blooming until first frost. Spent blooms, if left on the plant, provide winter food for birds.

Third place winner is Ornamental Pepper 'Purple Flash'. Unique and exotic looking Purple Flash enhances mixed containers and in-ground plantings with striking color. Its layered leaves are almost black with "flashes" of bright purple, topped with small, round, glossy black pepper fruits (too hot to eat!). Purple Flash offers great drought tolerance, taking sizzling summer conditions in stride. Voters agree you will definitely want to include this 12-inch tall ornamental in your sunny garden and containers.

Cool Springs Press and Horticulture, two garden publishing powerhouses, will launch an interactive series of co-produced and co-marketed online seminars and workshops geared toward gardening enthusiasts, garden writers, and garden industry professionals. The first of the series will be produced in January. Resources

from the two companies will give access to the "best-of-the-best" information from garden writers, photographers, designers, and other experts. Cool Springs Press will mine its 100,000+ pages of gardening content, and will provide its authors and gardening experts as hosts of and contributors to the workshops. The co-hosted live events will appear on Horticulture's online platform with participation from the Horticulture editorial team.

Workshops will kick off in January 2011 with both Cool Springs Press and Horticulture marketing these seminars and workshops via print, digital and social media channels. They plan to host between 10 to 12 events during the first half of 2011. For more information about this new initiative, including inquiries about sponsorship opportunities and participation, please contact Katie Elzer-Peters at Cool Springs Press at 317-313-8366 or Patty Craft at Horticulture via email at [patty.craft@fwmedia.com](mailto:patty.craft@fwmedia.com).

It's time to plant spring-flowering bulbs. Although most tulips give a clue as to how they should be planted by having a distinct point on top, it may be confusing as to how to situate other bulbs in their planting holes. If you find yourself with a handful of bulbs and no indicators of which way is up, plant them on their sides. The blooms will find their way to the surface as the roots work themselves downward.

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## Herb Bed

### (continued from back)

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phytonutrients and more than 60 flavonoids, many of which have been shown to have anti-inflammatory, anti-tumor, and blood clot inhibiting properties, as well as strong antioxidant effects. Eating a whole orange provides good dietary fiber. The greatest concentration of vitamin C is in its colored peel and white pith. Besides protecting the juicy flesh of the orange, the outermost layer of the fresh peel holds the aromatic essential oils that carry the aroma and flavor of the fruit.

Oranges have a shelf life of approximately one week at room temperature and approximately one month if refrigerated. Store loosely in an open or perforated plastic bag. When shopping for eating oranges, select those fruits which are firm and heavy for their size with bright colorful skins. Avoid those with bruised, wrinkled or discolored skins for this indicates age or incorrect storage. When shopping for pomander oranges, choose the thinnest-skinned ones for easier clove insertion and make sure they are firm and ripe with no blemishes.

I usually make two types of orange pomanders: the decorative type and the aromatic type. The quick-to-make, decorative ones do not need to be covered completely by cloves, reducing the time it takes to create them and allowing more visibility of the vibrant, sunny color of the orange. These decorative fruits look beautiful floating in punch bowls. The drawback to this type of pomander is that it does not last but a few days.

In contrast, the aromatic pomander is covered completely with cloves, then rolled in a spicy fixative that preserves the fruit to give it the ability to last for years. This process is the time-consuming one and can be harsh on fingers that must force many cloves into the orange peel. That is why it is so important to select the thinnest-skinned fruits possible. When it is necessary to work with tough-skinned varieties, pre-pierce the peel using a large needle, toothpick or whatever is available to pierce the peel.

Thimbles come in handy too. Needles are really helpful for children who may lose interest in projects when they take too much time or effort to complete. Keep in mind that pomanders can also be made with apples, lemons or limes, tangerines, kumquats, and even tiny crab apples.

Both types of pomanders look beautiful piled in large bowls, scattered on large platters, or stacked on tiered cake stands. They can also be tied with ribbons and hung as decorations or given as gifts. The smaller pomanders are charming as Christmas tree ornaments or when tied onto gift packages.

Here are a few tips for making pomanders. As you will read in the pomander recipe that follows this column, I like to cure my pomanders in a bowl of spices. However, another method is to simply place the completely studded oranges on newspapers in a well-ventilated room, turning then daily until dry. This practice of coating the pomander with fixative is to ensure the fragrance of the pomander lasts longer and keeps the fruit from rotting. Spices are expensive, so look for them in health food stores where they can be purchased less expensively in bulk. Online sources are another way to purchase them more reasonably.

If some of the whole cloves lose their "heads," use both head and headless base to create patterns as you stud the fruit. Strive to cover the surface of the fruit with the cloves in one setting, for the skin hardens once pierced, making it more difficult to pierce the peel. Any leftover fixative can be kept in an airtight container for later use.

Although pomanders last for years, after a while their fragrance needs a little boosting. When I store away my pomanders after the holiday season, I simply add a little essential oil to their airtight storage container—a blend of orange, cinnamon and clove. When I take them out the next autumn, they are fresh again and their fragrance lifts my spirits. I hope you will try this time-honored project, especially with the children in your life.

## Traditional Orange Pomander

2 whole oranges (makes two pomanders)

Needle-like tool to pre-pierce the orange peel if using tough skinned varieties

Whole cloves, at least ¼ c. depending upon your design.

Spice mixture of 3 T. ground cinnamon, 3 T. ground cloves, 3 T. ground nutmeg, 3 T. ground ginger, and 3 T.orris root powder as the fixative

Stick cloves into the peel of a whole orange, either in patterns or randomly, then continue until the orange is completely covered. Push the cloves tightly, evenly and closely into the fruit. Try to complete each fruit in one session.

Once the ball is completely studded with cloves, mix the spices in a bowl that will accommodate both oranges. Roll the studded orange in the spice mixture. Repeat with second orange. Leave the pomanders in the spice mixture and place in a cool, dark place. Daily roll the pomanders in the spices as they cure and dry, approximately two weeks. Once dried, either display or use to fragrance a room or area. To hang, tie a ribbon around the ball and extend from a hook.

## Orange Pomander Muffins

10 oz. Mandarin oranges, drained

1 medium egg, slightly beaten

1 ½ c. flour

½ c. sugar

½ c. butter

¼ c. milk

1 1/3 t. baking powder

½ t. salt

¼ t. allspice

¼ t. nutmeg

Preheat oven to 350 degrees. Sift the flour with all dry ingredients. Add butter. Mix together the beaten egg and the milk, and then add to dry ingredients and mix until just moistened. Fold in the Mandarin orange pieces. Fill greased muffin tins about ¾ full. Bake 25 minutes. Sprinkle with cinnamon sugar (optional) and let cool.

# Garden Beet

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DID YOU EVER THINK  
HOW A BIT OF LAND  
SHOWS THE CHARACTER  
OF THE OWNER?

~LAURA INGALLS WILDER

## The Herb Bed by Connie Kingman

This autumn season has me thinking about making pomanders, those fragrant, clove-studded oranges that exude a spicy fragrance. Since they require time to cure, I need to begin gathering supplies so they will be ready for the upcoming holiday season. Pomander making is a time-consuming project but a pleasant one, for I am surrounded by the combination of citrusy and spicy aromas. It is also a wonderful project for keeping young children busy. I plan to teach my 6-year-old granddaughter how to create these fragrant balls the next time she spends the day with me.

The orange (*Citrus aurantium*) originated in Southeast Asia with its name being thought to ultimately derive from the sanskrit *nagaranga* through the Arabic *naranj*. Oranges were introduced into Britain around 1290 and brought to the New World by Christopher Columbus who planted seeds in 1493.

The word pomander comes to us from the French phrase *pomme d'ambre*,

meaning the apple of amber. It was a ball of perfumes, such as ambergris (*d'ambre*), musk, or civet. Pomanders were used in the late Middle Ages through the 17th century. They were worn or carried in a vase, also known by the same name, as a protection against infection in times of pestilence and sometimes merely as an article used to mask unpleasant odors. The globular case containing the pomander was suspended from a neck-chain or girdle or attached to the finger by a ring and usually perforated and made of gold, silver, sometimes metal, or china. Many pomanders were worn as fashionable jewelry and often enriched with gems and enamels.

Late in the 16th century, the original sphere shape was divided into several segments in order to accommodate a variety of powdered spices, and soon afterward pomanders were fashioned in the form of dice, skulls and books. By the 17th and 18th centuries, the decorated orange studded with cloves was often mentioned as a Christmas or New Year custom. In 1616 Ben Jonson wrote in *Christmas, His Masque*, "He

has an orange and rosemary, but not a clove to stick in it." And a later description of New Year's Day in England mentions children carrying apples and oranges stuck with cloves and begging for a blessing for their godfathers and godmothers. The pomanders we make today are rooted in colonial and Victorian times.

Aromatherapists use the cold-pressed oil from fresh orange peel to refresh the mind and regulate the body. The orange is used in the manufacture of cleaning and polishing products and to remove stains such as those found in coffee pots. It is one of the most sought after fruits of the world, not only for its great taste but also for its nutritional value. In the language of flowers, the orange tree means generosity and indeed the orange tree is generous with its healthful qualities.

Oranges are an excellent source of vitamin C and a good source of vitamin A, the B vitamins, amino acids, beta-carotene, pectin, potassium, folic acid, calcium, iodine, phosphorus, sodium, zinc, manganese, chlorine, and iron. An orange packs over 170 different

(Continued on page 5)