

Garden Beet

Master Gardener Association of Tippecanoe County

August 2010

Notes from the President

Welcome to summer and gardening in full swing! What a great time of year. The state conference was a success thanks to all who worked and attended. It was possible to earn 18 educational hours for the conference, so please turn them in to Carmen Dunn.

I have a couple of items of interest: The new slate of officers is presented below and will be discussed at our Hoe-Down on August 10. These officers will then be voted on at our September meeting. At the September meeting we will also discuss any updates to our bylaws, and then vote on them at the October meeting. Please plan to attend these meetings.

See you August 10, and Happy Gardening!

Linda Mann, President

2010-2011 Slate of Officers

President	Linda Mann
Vice President	Sue Swick
Treasurer	Lynn Laden
Recording Secretary	Carla Barnhart
Corresponding Secretary	Erica Timmerman
Member at Large	Sue Hiser

2010-2011 Committee Chairs

Nominating	Maribeth Slebodnik
Historian	Nancy Werner
Membership	Kristel Kaye
Public Education	Robin Hammel
<i>Garden Beet</i> Editor	Denise Dorsey-Zinn
Publicity	Glen Vick
Social	Marj Lawson
Finance	Pat Miller
Fundraising	Kay Conner

Expo Items and Storage Space Needed

Believe it or not, it's time to start thinking about Garden Expo 2011 coming up next April!

As you clear out your shed, garage or home, don't trash those gently used tools, "whimsical" items, or gardening magazines. Even household items with veggie or floral designs will sell. Put them aside and plan to contribute to the resale part of Expo.

If you have some empty space to store these items, please let Linda Mann (linda.mann1@comcast.net) or Sheila Koller (743-1458) know soon. We hope to announce that space is available in the September *Garden Beet*. Then, those with items can find a temporary home for them. Thank you!

Sheila Koller

Annual Hoe-Down!

NOTE DATE CHANGE

August 10 • 6 pm • TCEO

Hoe-Down Carry-in

Bring a dish to share! Plates, cups, drinks, and eating utensils will be furnished. Speaker is Dave Huth from Bennett's Greenhouse.

A Gardener's Perspective: A Day in Donana

by Ann H Hunt

Spain (España) just won the FIFA World Cup in Soccer. Before that victory my daughter and I had the pleasure of traveling in southern Spain. Spain is a beautiful, arid country filled with friendly people, olive groves, magnificent cathedrals, sandy beaches and modern cities.

A few days after our arrival we took the AVE (fast train) to Seville and drove to El Rocio for our tour of Donana National Park. El Rocio is a sleepy village that borders the park, and also the destination of an annual spring pilgrimage and festival. At festival time El Rocio is transformed when thousands of pilgrims arrive to celebrate as the statue of the Nuestra Senora del Rocio is paraded through the sandy streets.

We made our pilgrimage in June when birds and plants were still thriving in the wetlands. Horses and cattle grazed near the wading birds in the park's marshes right in front of the church. Later in the summer the wetlands dry up; the birds leave and the plants struggle.

Travel through Donana, except during the pilgrimage, is

restricted so we hired a licensed guide to take us through the park. We traveled in a 4-wheel drive vehicle with a spotting scope, books, cameras, water, and eager anticipation. Although we did not see all 185,000 acres we had a great time, and what we saw enriched our understanding.

Donana is a fragile treasure, and there is a constant envi-

ronmental struggle to maintain it. Two examples of invasive species in Donana are exotic crayfish and Eucalyptus trees. The few hundred crayfish originally put in the waterways as a cash crop have multiplied and now threaten the food chain in the park's scarce waters. Also a threat in the scarce waters: an ill-advised Eucalyptus-planting project begun in 1952.

Eucalyptus trees are now called "a weed tree that sucks up the water and prevents other plants from thriving." There is currently an effort to dig up the Eucalyptus and selectively place the dead trees as protective habitat for rabbits. Rabbits are the principal food of the endangered Iberian Lynx and large raptors. Donana is Europe's largest migrating bird

sanctuary and home to abundant raptors and other birds before the heat and drought of summer arrive.

The plant life in Donana is also abundant, with over 900 species present. The famous Cork oak tree (*Quercus suber*) is an interesting specimen, with its bark used for wine bottle stoppers. Lavender thrives in clumpy shrub form in the dry soil and hot sun of Donana. Lantana is also seen growing in shrub form. The Umbrella pines (Italian stone pine or *Pinus pinea*) with their attractive bark are visible, but may struggle to survive in the sandy environs. This evergreen's edible fruit is the pine nut, a yummy ingredient in pesto. In the cistus species we saw the small flowering rock rose; it is commonly called labdanum and has medicinal and cosmetics use. If we had visited in the spring we might have seen the tall, pale blue Spanish iris (*Iris xiphium*). We did see Cut Sedge, a sharp-edged grass that may be used to thatch a roof and can lacerate the skin.

There is so much to share about Spain's Donana National Park. I hope someone in our Master Gardener group has the special experience of visiting this treasure.

Do you have a perspective to share? Whether you travel to Spain or in your own back woods (see Connie Kingman's Herb Bed column), we'd love to publish your gardener's perspective. Send your article to Denise at ddzwriting@earthlink.net.

Wednesdays in the Wild

Aug 4 7-9 pm **The Natural History of Mud Daubers, Cicada Killer Wasps, & Carpenter Bees** Using a color slide presentation and demonstrations, Purdue Entomologist John MacDonald will cover the most common species of solitary wasps and bees associated with homes and yards in our area. The program will focus on biology and behavior, but will also include practical information pertaining to control when deemed necessary. indoor LNC

Aug 11 1-3 pm **Spinn Prairie Walk & Talk** Stuart Orr (North Central Indiana Land Steward, TNC) leads this walk to see the flowering plants at this local prairie remnant and to learn about the management techniques used to maintain this unique ecosystem. Participants will be walking through tall prairie vegetation with poison ivy prevalent: Wear long pants! SPINN

Aug 18 1-3 pm **Unlocking the Secrets of Indiana's Past** Steven Smith (K-12 outreach coordinator for Purdue's Dept of Earth & Atmospheric Sciences) leads this hands-on investigation looking at rocks, minerals, and a variety of fossils that have been found in our state. Using these clues, we create an image of Indiana's past! LNC

Aug 25 1-3 pm **Cruisin' on the Canal*** Take a trip back

in time and join the crew of "The Delphi" (a replica 19th century canal boat) on a leisurely, narrated journey down a restored section of the Wabash & Erie Canal. After the boat trip, explore the Canal Park Village, Interpretive Center or the historic Delphi trails. *Fee payable at start of boat trip: \$5/adult, \$4/youth (up to 18); lapsitting children are free. Attendance limited, so registration is required by contacting Joan Samuels at 765-567-7023 OR mohrsamuels@comcast.net DELPHI

Sep 1 1-3 pm **Wings & Wildflowers at Prophetstown** Naturalist Mary Cutler leads this walk to visit a fen and prairie at their peak. Butterflies, birds and blooming plants put on quite an end-of-summer display. Bring binoculars & bug repellent! (There is a gate fee to enter the park.) STPK

Locations

DELPHI (Canal Park): At Carroll County Court House, turn north on Washington St & go 11 blocks (0.7 mi); turn left at signs for Canal Park (1030 W. Washington St.). For help finding, call 765-564-2870.

LNC (Lilly Nature Center/Celery Bog Nature Area): On north side of Lindberg Rd (betw Northwestern & McCormick) in West Lafayette.

SPINN (SPINN Prairie/TNC): Go north on SR 43 (becomes SR 421). Two miles north of Reynolds, turn east/right on 200 N; go 1/4 mile; turn south/right at "T" intersection & go 1/4 mile to the TNC sign on west side of the road OR Carpool from LNC at 12 noon.

STPK (Prophetstown State Pk): Enter park via Swisher Rd (off North 9th St, just south of Battle Ground); meet at Coneflower Picnic Shelter. NOTE: PASS or \$5/car PARK ENTRY FEE is required.

MGATC Open Garden Day

You're All Invited!

The Master Gardener Association of Tippecanoe County will hold its annual Open Garden Day on Sunday, August 15, from 2:30 to 5 pm at the Tippecanoe County Extension Office on S.R. 52. The event is free and open to the public.

Visitors can tour the Demonstration, All America Selection Display, Idea, Memory, and Children's Gardens. Master Gardeners will be on hand to answer questions about vegetables, flowers, herbs, and the individual gardens and plants. Tomatoes and possibly melons from the Demonstration Garden will be available for tasting. Community gardeners will be on hand to display and discuss their personal garden plots—over 150 at last count!

If you have friends or relatives who are interested in gardening, in becoming a Master Gardener or community gardener, or have always wanted to stop to take a look as they whiz by at all the enticing gardens, this is a perfect opportunity to bring them for a visit!

Maribeth Slebodnik

WATERING IS LIKE
TELLING YOUR
SPOUSE, "I LOVE YOU."
THE MORE YOU DO IT, THE
BETTER THE RESULT.

~UNKNOWN

The Latest Dirt

by Flora N. Fauna

Put a kitchen shaker to work in your garden; it's a great tool for dispersing horticultural-grade diatomaceous earth. This nontoxic pesticide, which has sharp edges that kill slugs and bugs without chemicals, can be difficult to spread. But a shaker lets you dust an even ring on soil around plants.

What is a locavore? It is a term used to describe someone who seeks out locally grown and produced foods, usually within 100 miles. The word locavore was the New Oxford American Dictionary word of the year for 2007 and is a growing trend.

Time to look around the garden to see what is in need of repair. Check arbors, trellises, fences, stakes, walkways, planters, hoses, lighting, and anything else in the garden or yard.

Think of Chikutan as the ultimate swizzle stick. This white charcoal is made from Japanese Bamboo. White charcoal is naturally activated through a controlled burning process based on traditional Japanese methods. Use these sticks to stir your beverage and the charcoal will absorb impurities in alcohol, tea, or water for a pure taste. In Japan, you will find Chikutan sticks at high-end bars. Find at www.merchant4.com.

Want to straighten a bent tree without stakes and wires? The Tree-Trainer is a self-supporting tree brace that straightens trees up to 2 3/4" by oppositional pressure. Check out this American Nursery & Landscape Association 2001 Innovator Award winner at www.awesometools.com.

Master Gardeners at Work and Play

That's the name of the long-awaited calendar. If you're one of the 150 Master Gardeners who pre-ordered and you didn't pick yours up at the State Conference, they will be available at the August meeting (and until they are gone.) If you can't remember whether you ordered one or more, I've got the list.

Calendars are \$10 each (\$12 if you'd like it mailed to you). Checks should be made out to MGATC.

Kay Conner

Volunteer News

Your volunteer committee has been hard at work. They have developed a revised form for all new project approvals and worked to streamline the procedures for approval. Please contact Kay Falley at 471-4919 or kfalley@comcast.net to receive a New Project Approval Form.

'Rotten Eggs' ... Chase the Deer Away!

Carroll County Master Gardeners offer this "Rotten Eggs" home remedy as a deer deterrent.

Puree the following ingredients at high speed:

- 2 raw eggs
- 1 1/2 cups water
- 1/2 cup milk
- 2 T. garlic powder
- 2 T. hot sauce

Allow this tonic to sit covered for several days. Then, pour, sprinkle or spray the mixture over plants the deer like to eat. After the mixture dries it will leave a sheen on the plant and the odor will mellow. Re-apply after each rain.

Sheila Koller

Dues Due

It's MGATC dues time again! You will receive a notice in the mail. Payment is due by September 1. Please send your payment by the due date.

Kristel Kaye

YOU MAY GO
INTO THE
FIELD OR DOWN
THE LANE, BUT
DON'T GO INTO
MR. MCGREGOR'S
GARDEN.

~PETER RABBIT'S MOTHER AS
WRITTEN BY BEATRIX POTTER

Herb Bed

(continued from back)

sion, and pregnant women and small children should refrain from using this herb.

One interesting fact about goldenseal is that because of its mention in a 1900 novel by pharmacist John Uri Lloyd titled *Stringtown on the Pike*, its popularity increased. The story suggested that consuming goldenseal bitters would mask the presence of illicit drugs in the urine. To the contrary, there is no evidence that goldenseal camouflages drugs in urine. Because of this widespread but inaccurate legend, some commercial medical laboratories screen for goldenseal to identify individuals who may try to conceal other substances. In addition, goldenseal has been used on occasions in this century in an attempt to mask the use of morphine in racehorses. This practice, also, was unsuccessful.

Goldenseal is a small, erect perennial herb growing under two inches. It boasts a hairy stem, lobbed leaves, small greenish-white flowers that bloom in spring, and produces orange-red, raspberry-like berries in July. However, unlike raspberries, the berries of goldenseal are not edible. The plant rises from a short, knotty rhizome with yellow-brown bark and bright yellow pulp. The name goldenseal comes from the yellow scars left on the rhizome by its stem that bursts forth every spring. The scars look like the imprint of an old-fashioned letter seal. To establish goldenseal outside of its native forest cover, grow similarly to ginseng with overhead lath blinds for the needed 60% to 75% shade.

Fresh goldenseal root has a narcotic odor that sweetens to a licorice aroma as it dries. Harvest the rhizome and root in late fall, after frost has killed the top growth. Clean the root and dry until brittle, then powder and store in airtight containers. When buying the root, choose those that offer a sweetish, licorice odor and bit-

ter taste. Since goldenseal powder is often adulterated with bloodroot and many other members of the buttercup family, purchase only from reputable purveyors.

I will continue to search for goldenseal as I walk my woods, for I am now enamored of this herbal wildflower. I read that Cherokee Indians mixed goldenseal root with bear grease for use as a mosquito repellent. I have needed mosquito repellent on my walks, and for most Hoosiers this summer insect repellent has become a staple. But until I come upon my own goldenseal the Cherokee remedy will have to wait. Then my next challenge will be finding bear grease.

Goldenseal Salve

1-part goldenseal root
1-part comfrey root
1-part calendula blossoms
1-part Echinacea
1-part myrrh gum powder
extra virgin olive oil
beeswax, grated
vitamin E capsule
cheesecloth or muslin
small tin or container with tight lid

Clean any freshly harvested herbs thoroughly. Shake them to remove any loose dirt from the leaves and lay them in the sun to dry. If the salve is made with damp herbs, it can quickly mold.

Place the herbs in a slow cooker or a stainless steel pot and add enough olive oil to cover them, plus approximately an extra inch. Heat the mixture slowly over medium-low heat for 5 to 5 and one-half hour. Allow the salve to cool. Line a colander with a thick layer of folded cheesecloth or muslin and pour the warm mixture through it to strain. Squeeze the cloth after most of the oil has strained though to extract as much salve as possible. Stir in the beeswax and re-heat the mixture slowly over low heat until the beeswax melts. Add the vitamin E.

Place a small amount of goldenseal salve on a teaspoon and let it cool to check for consistency. If the salve

needs to be thicker, add more beeswax. Pour the goldenseal salve into containers and store them in a cool, dark place or in the refrigerator.

Use salve to prevent infection and to aid in the healing of wounds and abrasions.

Black Bear Chili

4 cups dry black beans
1/2 cup olive oil
2 lbs. flank steak, cut into cubes
2 large onions, chopped
1 green pepper, diced
3 cloves garlic, minced
2 T. cumin
2 T. oregano
4 1/2 t. (four and one-half) paprika
1 t. cayenne pepper
1 t. salt
1/2 cup (one-half) jalapenos, sliced
1 large can crushed tomatoes
Warm flour tortillas
Sour cream
Romano cheese, grated
1 red bell pepper (6 oz.), diced

Place beans in large pot and cover with cold water. Bring to boil. Remove from heat and let stand 2 hours. Drain beans and return to pot. Add enough cold water to cover by 2 inches. Cover and bring to boil. Reduce heat and simmer until beans are tender about 2 hours. Add water as necessary. Drain beans into Dutch oven, reserving 3 cups liquid. Add 1 cup of liquid to beans. Heat olive oil in large skillet and brown steak. Add onions, green pepper and garlic. Stir for 3 minutes. Add spices and cook for 10 minutes, stirring often. Mix in jalapenos and tomatoes. Bring to boil then add to beans. Add remaining reserved liquid to thin. Simmer covered one-half hour. Serve over tortillas. Top with sour cream, Romano cheese and diced red bell peppers.

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GARDENING REQUIRES
LOTS OF WATER—MOST
OF IT IN THE FORM OF
PERSPIRATION.
~LOU ERICSON

The Herb Bed by Connie Kingman

While thumbing through a wildflower identification book, I came across our native goldenseal (*Hydrastis Canadensis*). I haven't found this herb in my woods yet; but I know it's there. I can sense it. Goldenseal has many charming common names: eye root, ground raspberry, Indian dye, yellow Indian paint, yellow puccoon, yellowroot, and poor man's ginseng, mostly referring to utilitarian and medicinal uses.

American Indians are credited with discovering the healing properties of goldenseal, and passed their knowledge of the plant on to the early pioneers. Natives used it as a remedy for inflamed eyes, mouth ulcers, skin wounds, sore throats, digestive complaints, and recovery from childbirth to name only a few applications. They pounded its yellow root to express yellow juice and used the juice as a dye, applying it to their faces, clothing and weapons. As a dye plant and

used with a mordant, goldenseal produces permanent colors ranging from pale yellow to orange. When mixed with indigo, a green color is produced for dyeing wool, silk and cotton.

Goldenseal, a member of the buttercup family, came to be considered as a miracle cure-all, and was an ingredient in many patent medicines after the Civil War. It suffered from over-harvesting in the early 1900s, not only by the herb itself being over-harvested, but also by our native forests—its habitat—being over-harvested. For these reasons, goldenseal is now scarce and should not be harvested from the wild. Try to purchase goldenseal roots that are cultivated or try growing your own if you have a rich and shady woods or a damp meadow. In 1905, goldenseal sold for eight cents per pound. Today, organic goldenseal leaf sells for \$55 while its root sells for \$159. The non-organically grown herb sells for slightly less. The higher prices increase the lure to harvest from the wild, contributing again to the dwindling natural supply.

Goldenseal remains a very popular herb today among herbalists, while some scientists believe it has few, if any, rational indications. Its high cost makes its use prohibitive and through science and the advent of synthetic drugs, it no longer holds the importance as a medicinal herb that it once did. Goldenseal does have some uses in the herbal medicine cabinet, and modern day herbalists continue to use it as remedies for the same complaints as Native Americans and early pioneers: externally as an antiseptic and astringent for cuts, wounds, infections, bites, and stings, and internally for the treatment of sinus infections and other inflammations of the mucus membranes, including the stomach and intestinal tract. It is thought that goldenseal enhances the potency of other herbs and is found packaged with other herbs, most often with Echinacea as a treatment for colds and flu. Be cautious when using goldenseal internally, for alkaloids responsible for the plant's drug action are poisonous in large doses. Goldenseal is best used under medical supervision.

(Continued on page 5)