

January 2020

# Garden Beet



MASTER GARDENER ASSOCIATION OF TIPPECANOE COUNTY

## A Word from Your Co-Presidents, Dee Dee & Jan

First of all, we would like to thank Jolaine Roberts and Cheryl McCool for their service as 2018-19 Co-Presidents of the Master Gardener Association. We hope we can serve you all as well as they have.

It takes all of us working together to make our association successful, and

2019 was no exception: the Garden Expo brought in record income; over 3,000 pounds of food were donated to the local food pantries; the AAS Garden took first place again; the Open House was a success; many school classes toured our extension gardens; we had a new graduating class of 30 students; and the list goes on.

As the new Co-Presidents, we want to work with you in continuing to “Help Others Grow.” If any of you have any comments (good or bad) or new ideas, we hope you feel comfortable enough to share them with us.

Dee Dee Long and Jan Sadler  
Co-Presidents

## Congrats to Our New Officers

Please join me in welcoming the new MGATC officers starting in January 2020:

Co-Presidents - Dee Dee Long and Jan Sadler

Vice President - Maralee Hayworth

Recording Secretary - Jim Jeray

Treasurer - Pat Miller

Corresponding Secretary - Kathy Cox

Member-at-Large - Nancy Cope

Past Co-Presidents - Cheryl McCool and Jolaine Roberts.

A big thank you goes out to last year's officers:

Co-Presidents - Cheryl McCool and Jolaine Roberts

Co-Vice Presidents - Dee Dee Long and Jan Sadler

Recording Secretary - Kristen Noel

Treasurer - Jim Jeray

Corresponding Secretary - Jeri Bosworth-Parker

Member-at-Large - Pat Miller

Past Co-Presidents - Jerry Millard and John Pickett

There are two seasonal diversions that can ease the bite of any winter.

One is the January thaw.  
The other is the seed catalogues.

~Hal Bortland

## Garden Gadgets and Tools

By Kathryn Reeves and Mike Hathaway

We hope your holidays were peaceful and filled with joy and we wish you health and happiness this year. This month, we're looking for indoor gardening activities to help keep our spirits high.

While it's cold outside, we're bundled up inside contemplating the wisdom of hibernation. Various species have different ways of coping with winter. Frogs are smart enough to sink to the bottom of deep ponds or burrow deep

into the ground to hibernate until the weather is more reasonable. Frogs' underground winter quarters are called *hibernaculum*. Looking around our home, we realized we have a bunch of frogs INSIDE the house. And they're all green. And they're an essential part of our winter gardening and winter mental health plan. Let us explain that we're taking about floral frogs for flower arranging. And by green, we mean eco-friendly.

(continued on page 5)

## Programs

January 7 • 6:30 p.m. • TCEO

6 p.m. Social Time  
*Sowing Your Seeds  
for Spring Starts*  
Karen Mitchell

February 4 • 6:30 p.m. • TCEO

6 p.m. Social Time  
*TO BE DETERMINED*

For more information on upcoming events, contact Maralee Hayworth at [mhaywort@purdue.edu](mailto:mhaywort@purdue.edu).

Please submit items for the *Garden Beet* to [MGATCGardenBeet@gmail.com](mailto:MGATCGardenBeet@gmail.com) by the 15th of the month for the next month's issue.

Items to be emailed to the membership should be sent to Dee Dee Long at [deedee1mg@gmail.com](mailto:deedee1mg@gmail.com).

<http://www.tippecanomastergardener.org>

<https://www.purdue.edu/hla/sites/master-gardener/>

# MGATC Minutes: December 3, 2019, 6:30 p.m., Judi's Catering

Prior to the dinner, Mickey Penrod offered a blessing for the meal and a rousing rendition of "Praise God, From Whom All Blessings Flow"

At 6:45 p.m., Jan Sadler introduced the evening's speaker, Darrell Schulze, Professor of Agronomy at Purdue University. His presentation, "Tundra on the Wabash," explored how Indiana's past as a site for glaciers has created ice wedge polygons and shaped soil development.

Cheryl McCool called the meeting to order at 7:19 p.m.

The November meeting minutes were approved as posted in the December issue of the *Garden Beet*.

Jim Jeray delivered the Treasurer's Report. The November beginning balance was \$43,752; income of \$1,723 included dues and donations from the public education workshop. Expenses of \$29,850 included Purdue depositing the \$1,000 scholarship check and two

checks for the compost project totaling more than \$28,000. Karen Mitchell added that these checks will be reimbursed by grants from the McCaullister Foundation and WREC. Jim reported that the month's end balance was \$15,624.

Cheryl McCool moved to certify the election of Board officers and invited those present to stand and be recognized. Members approved the 2020-2021 Board: Jan Sadler and Dee Dee Long, Co-Presidents; Maralee Hayworth, Vice President; Jim Jeray, Recording Secretary; Pat Miller, Treasurer; Kathy Cox, Corresponding Secretary; Nancy Cope, Member-at-Large; Cheryl McCool and Jolaine Roberts, Past Co-Presidents.

Karen Mitchell showcased the All-American Selections certificate recognizing MGATC as 1st place winners in the national competition. She presented Mickey Penrod, Bill Dilling, and Sue Swick with certificates and thanked them and other members

for their hard work. Mickey Penrod added that the 2020 theme will be "Make an Entrance."

Karen Mitchell reported that she worked with the Wabash Heartland Innovation Network to install two more weather stations at the community gardens.

Cheryl McCool thanked everyone on behalf of her and Co-President Jolaine Roberts for their effort throughout the year. She announced that the first 2020 Garden Expo organization meeting will take place on December 16th; the 2020 Expo will take place on April 25th at the Tippecanoe County fairgrounds.

With no further business, Cheryl McCool wished everyone happy holidays and adjourned the meeting at 7:30 p.m.

Respectfully Submitted,  
Kristen Noel, Recording Secretary

## Treasurer's Report

Thanks to everyone who have paid their club dues. We use this money plus sales at the Garden Expo in April to support all our activities. If you have not yet paid, please send your check to the extension office or drop it off there. I will be available at the January meeting, but that meeting is sometimes iffy due to weather, so it's best to get it in mail.

We have not yet received the large reimbursement grant for all the fine work done on the composting project. Nevertheless, we are still on solid

financial ground. As of the middle of December we had \$13,840 in the checking account (part restricted to special projects) and \$10,540 in emergency savings.

After 28 months as Treasurer, this will be my last report to the *Garden Beet*. It's been a fun learning experience. Thank you to everyone for your cooperation, patience, and enthusiastic reception of my monthly reports.

Jim Jeray, Treasurer

January brings the snow,  
Makes our feet and fingers glow.

~Sara Coleridge, Pretty Lessons in Verse

## Cheese Chicken Soup

- 4 cups cubed cooked chicken breast
- 3-1/2 cups water
- 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
- 1 package (16 ounces) frozen mixed vegetables, thawed
- 1 can (14-1/2 ounces) diced potatoes, drained
- 1 package (16 ounces) Velveeta, cubed, (or cheese of your choice)

In a Dutch oven, combine the first 5 ingredients. Bring to a boil. Reduce heat; cover and simmer until vegetables are tender, 8-10 minutes. Stir in cheese just until melted (do not boil). Serves 8.

~ Taste of Home

# MGATC Board: December 12, 2019, 6 p.m., TCEO

Cheryl McCool called the meeting to order at 6 p.m. In attendance were Jeri Bosworth Parker, Karen Mitchell, Jim Jeray, Cheryl McCool, Jan Sadler, Maralee Hayworth, Kristen Noel, and John Pickett.

The November Board meeting minutes were approved as posted in the December *Garden Beet*.

Jim Jeray delivered the Treasurer's Report. The December beginning balance was \$15,624. Income of \$613 included \$502 in dues; expenses of \$2,478 included \$1,567 for the December holiday dinner. The unrestricted balance was \$17,896 and the end balance was \$13,759. The reimbursement check for the compost project will be received in January or February 2020.

Jim Jeray provided an update on 2020 membership dues. One hundred thirty-nine members, including 11 from the 2019 class, have paid their dues. Jim emailed a reminder to a list of existing members who have not yet paid; the Board then divided up the list to follow up with members. Jim added that there is currently a \$1,200 difference between budgeted dues and the actual amount as of December 12th.

Jim Jeray asked about applying for a dealer's license for the 2020 Garden

Expo; Karen Mitchell confirmed that MGATC received the license.

Jim Jeray then reviewed the committee chairperson job description sheet with Board members. The only change made was the addition of the Chatham Square Garden.

In response to a previous Board meeting, Jim Jeray confirmed that excess unrestricted money from the 2019 budget would be moved to the 2020 garden improvement fund line. Jim estimated that this change would result in approximately \$3,000 moved to the fund in January 2020.

Cheryl McCool announced that the 2020 Garden Expo planning meeting will take place on December 16th at 6 p.m. at the TCEO. Vendor applications will be sent in January 2020. Cheryl discussed how vendors will be arranged within the building, especially as many areas of the fairground will be under construction.

Karen Mitchell asked for any updates for the 2020 *Green Book*; the Board then reviewed the listed chairperson and committee positions for the publication. Jan Sadler and Dee Dee Long will become nominating committee members. Columbian Park was removed from the list of MGATC gardens.

In response to recent feedback, Karen Mitchell announced that she will send an online survey to get members input on the time of the monthly meeting and location of the holiday dinner.

Cheryl McCool asked for an update on the compost project. Karen Mitchell responded that the reimbursement check from previously received grants will be received in early 2020. That reimbursement will replenish the garden improvement fund. Future additions in early 2020 include signage, a gate, and moving the compost pile. The pollinator seeds will be sown when it snows.

As new officers will take effect in January 2020, Cheryl McCool thanked all Board members for their service and commitment.

With no further business, the meeting was adjourned at 6:55 p.m.

*Respectfully submitted for the final time,  
Kristen Noel, Recording Secretary*

## Expo Exchange

Start planning for the Garden Expo 2020 now. Start your seeds early and clean out your garden sheds so you can donate to the plant sale and garden shed booths.

Also think about what cookies or cakes to bake for the cafe. The Garden Expo will be Saturday, April 25, 2020 from 9 a.m. to 3 p.m. So plan ahead and get ready to participate!

*Cheryl, Garden Expo Chair*

## Miscellaneous

Please update your green books. Jan Sadler has a new email. Please begin using [jansadler23@comcast.net](mailto:jansadler23@comcast.net)



## Roasted Brussels Sprouts

1-1/2 pounds Brussels sprouts  
3 tablespoons good olive oil  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately. Serves 6.

*~ Ina Garten, The Barefoot Contessa Cookbook*

# What's Happening

## Save the Date(s)

- ⇒ January 14, 12-1 p.m. - Brown Bag Lunch & Learn: *Conifer ID - When a pine isn't a pine* with Rosie Lerner.
- ⇒ January 18, 9 a.m.-12 p.m. - *Herbs: From Growing to Cooking Public Workshop*.
- ⇒ January 21 - Tippecanoe Invasive Cooperative Taskforce: *Invasive Species Meeting*
- ⇒ January 23, 6-9 p.m. - *Bi-State Annual Garden Conference* at The Beef House, Covington.
- ⇒ February 5, 6-9 p.m. - *Junior Master Gardener: Train-the-Trainer*.
- ⇒ February 6, 6-9 p.m. - *Bi-State Small Ag Conference* at The Beef House, Covington.
- ⇒ February 25, 12-1 p.m. - Brown Bag Lunch & Learn: *Lawn Care with John Orick*.
- ⇒ March 2, 9, 23, 30, and April 6, 6-9 p.m. - *Growing Through Leadership Series*.
- ⇒ March 4, 12-1:30 p.m. - Brown Bag Lunch & Learn: *PPDL How to Sample*.
- ⇒ March 5-7 - *Indiana Small Farm Conference* at Hendricks County fairgrounds.
- ⇒ March 11, TBD - *Master Gardener Pruning Workshop*.
- ⇒ March 31, April 7, and April 14, 2-4 p.m. - *Landscape Design Series*.
- ⇒ April 1, 1-2 p.m. - Brown Bag Lunch & Learn: *New Resources to Help with Insect Problems*.
- ⇒ April 25, 9 a.m.-3 p.m. - *Garden Expo* at the Tippecanoe fairgrounds.
- ⇒ May 6, 12-1 p.m. - Brown Bag Lunch & Learn: *Vegetable Diseases*.
- ⇒ July 18-25 - *Tippecanoe County 4-H Fair* at the Tippecanoe fairgrounds.
- ⇒ July 30 - *Small Farm Educational Field Day* at Purdue Student Farm/Turfcenter.
- ⇒ August 2 - *Master Gardener Open House*.

More details for each of these programs will be coming out in the new year.

## Wednesdays in the Wild

**January 15 • 7-9 p.m. • LNC**  
*Healthy Creeks and Water Bugs*  
Riley Rackliffe

Come explore the aquatic insects of Indiana with Purdue graduate student Riley Rackliffe by learning about their life cycles and habitats. Learn what the insects living on the bottom of the creek can tell us about the water quality in the streams and rivers around our communities, without having to wade in an icy cold creek! An introduction to our state's water quality citizen science program, Hoosier Riverwatch, will also be covered.

**January 22 • 7-9 p.m. • LNC**  
*An Appalachian Trail Thru Hike: The Good, the Bad and the Ugly*  
Ed Schools

In 2019, Ed "Steady Eddie" Schools completed a 2200-mile, single season thru hike of the Appalachian Trail (AT). His presentation will touch on a range of topics about the AT itself, life on the AT, and completing a thru hike. Topics will include: AT history, some AT natural history, trail culture, giving back to the Trail, and what it takes to do a thru hike.

**January 29 • 1-3 p.m. • LNC**  
*Signs in the Sky: Using What You See In the Sky to Make a Forecast*  
Chad Evans

Join Chad Evans (WLF1 Chief Meteorologist) to take a look at cloud formations and sky phenomena to make a weather forecast without any modern computer guidance.

**February 5 • 1-3 p.m. • LNC**  
*Maple Syrup*  
Richard Hines

Richard Hines will present a brief history of the maple syrup industry and give an overview of how it's done at the Springboro Tree Farms sugaring

operation near Brookston. Come and hear how maple syrup is made on a small scale and then taste the difference between popular pancake syrup and real wood-fired maple syrup.

### LOCATIONS:

**LNC (Lilly Nature Center/Celery Bog Nature Area):** In West Lafayette, on the north side of Lindberg Road, between Northwestern Avenue and McCormick Road at 1620 Lindberg Road.

An  
optimist  
stays up  
until  
midnight  
to see  
the new  
year in.  
A  
pessimist  
stays up  
to make  
sure the  
old year  
leaves.

~ Bill Vaughan

# Gadgets

(continued from page 1)



Fresh cut flowers foster happiness. Andrew Weil, M.D., a highly respected physician of health and wellness, put flowers on his short list of things that promote well-being. In his book *Eight Weeks to Optimum Health*, Dr. Weil recommended “that both men and women keep fresh flowers in the home for their beauty, fragrance, and the lift they give our spirits.”

At Harvard University, a behavioral research study conducted by Dr. Nancy Etcoff and her research team, concluded that people had less worry and anxiety, generally felt better when flowers were present in their home, and experienced an increase in feelings of kindness for others. Dr. Etcoff said “Our results suggest that flowers have a positive impact on our well-being. Other research has proven that flowers make people happy when they receive them. What we didn’t know is that spending a few days with flowers in the home can affect a wide variety of feelings.”

Big armloads of fresh cut flowers delivered every week would break our budget, but the best news is that a bouquet of any size, even a single flower, improves mental and physical health. The second best thing is that flowers are biodegradable and compostable.

The bad news is that some flower arrangements use floral foam. Florists cleverly design arrangements to look full and lush, but use as few flowers as possible to reduce costs. Floral foam allows the careful placement of foliage and flowers to achieve the look of abundance. Some floral foams are not biodegradable, although the newest premium Oasis® has been reformulated to biodegrade in 567 days. (Maybe not so much inside a plastic trash bag.) Generally floral foam has been considered bad for the environment. It may also be bad for those coming into con-

tact with it since floral foam (phenolic plastic foam) contains a number of toxins or carcinogens: formaldehyde, barium sulfates, and carbon black.



Floral frogs are a green alternative. Traditionally frogs are made from metal, glass, or ceramic. These gadgets can be cleaned and re-used countless times. Shown are a few vintage frogs that we’ve collected. The small metal frog has a grid on top, sides and bottom. The large metal one, with remnants of its original green paint, has a grid on top and sides, and wicked sharp spiky needles on the bottom for holding flower stems firmly in place. The other two are heavy clear glass.



Frogs are especially useful in low bowls where flowers would flop over without some support - and you can save money by using fewer flowers. Low arrangements are nice for dinner tables and bedside tables.



A frog keeps a single stem of red alstroemeria straight. Yellow mums are inserted in a glass frog in a low bowl. (We left out the water for this photograph.) Generally, the frog would be partially filled with foliage first to hide the frog and then more flowers inserted. Or, start from the center and work your way out.



The Japanese version, a floral pin frog called *kenzan*, is used in Ikebana flower arranging. The name *kenzan* literally means “sword mountain.” The bottom is very heavy so it can hold tall flowers

and branches. Different sizes and shapes (circles, ovals, rectangles) as well as low vases and bowls with built-in *kenzan* are available.

In next month’s column, we’ll continue exploring eco-friendly gadgets that are alternatives to floral foam.

## JANUARY TO-DO LIST:

- State Park First Day Hike on New Year’s Day. Prophetstown State Park, 10 a.m. to noon on January 1st. Meet at the far east end parking lot near the basketball court for a hike on Trail 3 and bird watching at the overlook with the Sycamore Audubon Society. Hot drinks and cookies provided at the Visitors Center after. See events at all state parks: [StateParks.IN.gov/2420.htm](http://StateParks.IN.gov/2420.htm).
- Cover perennials with mulch to keep frost-thaw cycles from heaving plants out of the ground. Don’t throw away your Christmas tree after the holidays - cut branches are good covering for perennials.
- Mulching with branches and leaving plant stalks provides places for beneficial insects like spiders, beetles, solitary bees, and ladybugs that need brush piles and dead ground cover to overwinter in. Be on the lookout for Preying Mantis egg sacs. Leave them in place and they’ll reward you next spring and summer by devouring the bad insects in your garden.
- Keep bird feeders filled. Leave native plants and flower stalks standing, since their seeds and berries are most likely to be edible for local wildlife. Decorative seed heads of sunflowers, black-eyed Susan, purple coneflower, and others provide vital food too.
- See tips from Rosie Lerner, Purdue University Extension Consumer Horticulture Specialist at <https://www.purdue.edu/hla/sites/yardandgarden/january-garden-calendar-2/>.
- As winter really sets in, stay indoors and start planning your spring and summer garden. Seed catalogs, feet up, and hot cup of coffee - heaven. And buy some fresh cut flowers!

# **Congratulations to the Master Gardener Class of 2019!**

The Master Gardener Training of 2019 is complete! We ended the training with a fantastic feast, celebration, and volunteer fair this week. It has been a terrific class of 30 eager interns. Thank you to all the volunteers that helped throughout the semester. It is a bittersweet ending. I truly enjoy teaching and leading this class, but it takes a lot of work. I'm thankful for the upcoming winter recess to recharge for all the great educational programs coming up in the new year.

*Karen Mitchell*

## **Garden Beet**

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