

September 2015

# Garden Beet

MASTER GARDENER ASSOCIATION OF TIPPECANOE COUNTY



## From Two Js

For the last two years we have been guided by the leadership of Elizabeth and Maribeth. Jerry and John (two Js) look forward to building on the accomplishments of past presidents and all the work of committee chairs and members. The Master Gardener Association of Tippecanoe County can rightly take credit for many community projects utilizing the interests and skills of our members.

Elizabeth Hartley will be co-chairing the 2016 Indiana Master Gardener Conference along with Jolaine Roberts. They and their committee chairs have already been hard at work along with John Orick. This conference will

require many of our members, serving both “up front” and behind the scenes, to make this a meeting many will want to attend, remember and model when their county hosts in future years. John is lining up some really interesting speakers and Four Points by Sheraton is working to give us a favorable venue. There will be something for everyone who wishes to volunteer.

It was very heartening to see how many of our members have already paid their dues. This says “I want to be a part of the association.” Hats off to Billie for her inspirational encouragement at our July meeting.

The two Js wish to have as many members participating in our on-going projects and to imagine how they can make them even better. Please bring your ideas to project chairs, monthly meetings and board meetings or speak to us personally.

Here’s hoping your gardens went well this year, that we enjoy a beautiful autumn and when the snows of winter come, we’ll sit warm and think about what to plant next year.

*John Pickett and Jerry Millard*

## The Latest Dirt

by Flora N. Fauna

 Following is information from *Old House Gardens Newsletter*, explaining why ‘Nonette’ dahlias may bloom red. “Dahlias are incredibly diverse, and most of the time that’s a good thing - but not always. Unlike most living things, which have two sets of chromosomes, dahlias are octoploids, meaning they have eight. This wider range of genetic possibilities is the source of their astonishing diversity, but it also



creates more opportunities for things to go awry. Chimeras - named for a mythological beast that was part lion, goat and snake - are plants in which cells of two different genetic makeups exist side by side. Many bi-tone, speckled, and other variegated dahlias are chimeras, and the interaction between their genetically different sections or layers is often unstable.

(continued on page 3)

## Programs

**Sept 1 • 7 p.m. • TCEO**  
**6 p.m. Hoedown**  
**MGATC Web Site**  
**Andy Hughes**

Andy Hughes is our new MGATC webmaster and will update us on the web site. Andy works at Purdue in the School of Electrical and Computer Engineering. He, and his wife Konie, are 2012 graduates of the Master Gardener program and have been active volunteers. **NOTE from the editor:** This is the annual Hoedown. Please bring a dish to share. The meal starts at **6 p.m.** Please be prompt.

**Oct 6 • 7 p.m. • TCEO**  
**6:30 p.m. Social Time**  
**Rosie Lerner**

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.

<http://tippecanoemastergardener.org/index.html>

<http://www.hort.purdue.edu/mg/index.html>

# MGATC Budget 2015-16

## Objective

### Income:

Public Education - delivers gardening education	
Garden Expo booth rental receipts	\$ 1,575
Garden Expo gross sales	5,000
Grants	500
Membership Services - dues, fees for <i>Garden Beet</i> , membership book	6,300
Administration - interest from checking & Vanguard	40
Total Income	\$ 13,415

## Expense

Public Service	
Design and Display Gardens	\$ 1,523
Cumberland Adopt-a-spot	150
Demonstration Garden	1,000
Extension office gardens	150
Hanna Adopt-a-spot	150
Indiana Veteran's Home	250
Lilly Nature Center - Butterfly Garden	150
Mascouten Adopt-a-spot	150
Memory Garden	150
Women's Shelter	150
Public Education	
Garden Expo booth expense	200
Garden Expo publicity	625
Garden Expo speaker expense	50
Garden Expo miscellaneous expenses	125
Public education workshops	100
Garden open house	100
Scholarships - Purdue and Ivy Tech	2,000
Membership Services	
<i>Garden Beet</i> postage	100
Membership books	300
Social events	150
Speakers, annual meeting	800
Educational rebate— state conference	2,000
Administration: bond, reporting, copying	500
Total Expenses	\$ 10,873

NOTE: This Budget Plan does not include any expense or income item for the 2016 state conference. Our experience from hosting the 2010 state conference shows us there will be several income and expense items, which resulted in a net gain in 2010. (Non profits don't talk about profit!)

It has been suggested that the MG's who volunteer at the state conference and pay the registration fee to attend could be given a rebate. The Board and Conference Committee will discuss details of

**Land, then, is not merely soil; it is a fountain of energy flowing through a circuit of soils, plants, and animals.**

~Aldo Leopold

# Latest Dirt

(continued from page 1)

'Nonette,' for example, is usually an apricot colored dahlia sprinkled with tiny bits of red. Sometimes, though, its flowers are all apricot or all red. Most of the time most flowers of a chimera are normal with only a random few that are different, but sometimes the plant changes completely so that all of its flowers are different, and sometimes only one part of a flower goes wacky. Growing conditions can make a difference, too. Flower colors often change as the weather cools and sunlight diminishes in the fall, and stressful conditions - too much heat or not enough water, sunlight, or nutrients - can sometimes make double flowers bloom with fewer petals. Most of these changes are only temporary and often entertaining."

 Here's another tip from *Old House Gardens Newsletter*, concerning mildew on peonies. "Although peonies are rarely bothered by pests or diseases, powdery mildew has become a problem in some areas. Expert Don Hollingsworth recently offered his perspective in the *American Peony Society Bulletin*. To control it [powdery mildew], Don says 'the first line of defense is to clean up and destroy all infected plant parts at season's end' to prevent spores from overwintering - and earlier is better than later. Instead of waiting until late fall, cut infected plants to the ground and carefully bag and remove all foliage 'before the leaves dry up, which is best accomplished well before frost.' Don also offers a recipe for a preventative spray by the Massachusetts Master Gardeners: 'In a quart of water add a few

drops of liquid dish soap and a teaspoon of baking soda.' That's similar to the spray we recommended two years ago: Mix 1 tablespoon of baking soda and 1 tablespoon of horticultural oil (or vegetable oil) in a gallon of water. Spray weekly throughout the spring, using a new mix every time and avoiding overuse to prevent a build-up of salts in the soil."

 Need an incentive to plant a late garden? Once plants like kale and cabbage are hit by a good frost, a remarkable difference in their taste occurs. Most winter vegetables use sugar as a natural anti-freeze. As temperatures become colder, they fill their cells with sugar to prevent water in their systems from crystallizing.

 Diane Blazek, writing for National Garden Bureau, offers an excerpt from *The 20-30 Something Garden Guide: A No-Fuss, Down and Dirty Gardening 101 for Anyone Who Wants to Grow Stuff* (St. Lynn's Press, 2014) by garden expert Dee Nash. "Urban farming is a movement sweeping the country: growing food closer to where we live, whether it's on a condo deck, in a backyard or in a community garden. Statistics show that many of these urban gardeners are in their 20s or 30s and are looking for ideas and how-tos for their own spaces. The *20/30-Something Garden Guide* gives that busy, mostly urban, cohort a fun, non-intimidating introduction to the basics of gardening. The author "divides her book into four types and sizes of gardens, starting with 'Farming Your Patio, Balcony or Deck,' giving incremental goals for the first year, and the second and the third. With this

guide as a basic road map, new gardeners can be as creative and out-of-the-box as they want - it's theirs to enjoy."

 Following is a partial list of Dee Nash's (from above) favorite beautiful edibles that will delight both your taste buds as well as your eyes. "Beets: 'Bull's Blood' beet is an heirloom from 1840. I grow this one primarily for its deep burgundy foliage, but I also eat the beets when they're small. Both the fruit and greens are excellent. Lettuce: 'Redina' French red-leaf lettuce is so attractive that you may not want to eat it, but leaf lettuces, no matter what the color, are great additions to your garden and taste better than anything you can buy from the store. Darker leaves also contain extra vitamins. Kale: 'Lacinato' kale is still in the greens category, but its leaves are a dusky blue/green. It is tender when small and works well in winter and spring soups. It's especially sweet after a cold snap. Sweet Peppers: 'Bullnose' sweet peppers ripen to a deep red. Their fruit is short and stout with thick walls. A version of 'Bullnose' was grown by Thomas Jefferson and although cross-pollination changes heirlooms over time, the ones grown today are considerably larger. Cayenne Peppers: 'Long Red Slim' cayenne peppers stand out in the garden like a spotlight. Although I grow several ornamental peppers just for looks, I think chile peppers, especially cayenne types, are hot in both looks and taste. Swiss Chard: 'Rhubarb' red Swiss chard is the last on my list of beautiful edibles. I've grown all of the popular colors, including pink, yellow and white, but I love the ruby red ones best."

# Et Cetera

## A Note From The Editor

To start off the new MGATC year, I would like to make a plea to please send *Garden Beet* items by the due date. I am writing this on the 18th, the *Beet* is due out to the membership in just six days and I am still waiting for content that sets the initial layout.

When items are sent after the deadline, it generally causes the entire layout of the *Beet* to be re-worked resulting in many extra hours of preparation. It is not as easy as just adding one more page; two pages of content must be added in order for copying and mailing to work properly. Some important items have had to be left out of an issue because they were too late. Also, it is very important to take the time to proofread your work. I have been receiving long reports that require a lot of rewriting/editing.

The deadline for all items is the 15th of each month. I try to send a reminder via email by the 10th of each month. If you are not getting a reminder and would like to, please send an email to [MGATCGardenBeet@gmail.com](mailto:MGATCGardenBeet@gmail.com) and ask to be added to the list.

I know we are all very busy. I work full time myself and, in the past, have spent my whole weekend trying to rearrange the *Beet* because of late submissions. I understand that occasionally there may be something that is late, but lately it has become the norm. I would appreciate everyone's cooperation so that your

items make it in the next issue, you receive a quality publication and you receive it on time. A very special thanks to everyone who sends their contributions early and on time each month!

Chris Ramsey

## Greetings

Dear MGATCers,

Greetings from hot, dry Tucson! It does seem to be true that the heat is more bearable because of the low humidity here, but when it gets up to 106 degrees, it's just HOT! I deeply appreciate air conditioning and the sunshade I put in my windshield every morning.

I'm enjoying my new job at the University of Arizona and the change in environment. Stan and I are renting a house so I have some time to learn about gardening here without maintaining a garden of my own. So far, I've visited the [Desert Museum](#), [Tohono Chul](#) and the [Tucson Botanical Garden](#) and learned a lot with each visit. I have a saguaro cactus in my front yard! It's VERY different...for example, it's about time to get the vegetable garden planted, while you may still be wrestling with what to do with your extra zucchini!

It's thrilling to see MGATC continue to thrive and grow as I read

the *Beet* each month. Congratulations to the new officers - I am grateful to those who stepped forward and those who continue to serve! The Garden Open House photos were lovely and it sounded like another great event. The Display and Demonstration gardens look wonderful! And of course, I am very impressed by the plans for next year's State Conference, which I plan to attend with you.

I'd like to echo Elizabeth's statement in last month's *Beet* that she received more than she gave as president of MGATC. It was



such a pleasure to co-preside with her and learn from her excellent example, and to work for all of you. It's very satisfying to reflect on everything that this group has embraced in the past two years. With great leadership from Karen and Roberta in the Extension Office and the dedication of all you lovely MGATC volunteers, I predict great things for MGATC in the years ahead! Keep green and growing!

Maribeth

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# What's Happening

## Sow? No, Sew!

The 2016 State Conference Committee has requested that we make Artic cooler ties for the participants' welcome bags. Cotton fabric contributions will be needed, if available. The critical need will be 12 or more people to cut out, sew, stuff and seal the ties. The sewing is simple but turning the fabric tubes takes some time. Please consider helping with this task and sign up at the September meeting so we can be ready to sew this winter. We'll aim to finish up by March so our gardening chores can then be resumed. Volunteers can contact Sheila Koller with their willingness to earn MG hours.



## Spring Forward 2016

Spring Forward 2016 is an event to celebrate the gardening community. You are invited to participate on Saturday, March 12, 2016 for an afternoon of fellowship, education and socializing. Guest speakers Joe Lamp'l, *Growing a Greener World*, and Roger Swain of PBS *The Victory Garden*, will offer an afternoon of unique views of our communities. The registration includes a dinner served by host, Teibel's Family Restaurant in Schererville, Indiana. If MG's register before August 31, 2015 and use the code "MG," they receive a \$5 discount. For more information go to: <http://thestjohngardenclub.com/spring-forward-2016/>.

## Kosciusko County Symposium

**Sept 12 • 9 a.m.-3 p.m. EST**  
**Warsaw Community Church**  
1855 South County Farm Road  
Warsaw, Indiana  
*Gateway to Gardening*

Featuring Janet Macunovich along with Kyle Daniel and Lyndsay Ploehn. Registration by September 4 is \$30 and includes a continental breakfast, lunch and handouts. Contact Kelly Heckaman at (574) 372-2340 or [kheckaman@purdue.edu](mailto:kheckaman@purdue.edu) for more information.

## Wednesdays in the Wild

**Sept 1 • 6-8 p.m. • PURDUE**  
*Purdue Arboretum*  
Campus Walk  
Sally Weeks

Join Sally (Purdue Dendrologist and author of *Native Trees of the Midwest*) on a hike around one of Purdue's Campus Tree Trails to see some of the interesting and sometimes unusual species.

**Sept 9 • 1-2 p.m. • LNC**  
*Monarch Migration & Tagging Demo*  
Reni Winter-Evans

Starting mid-August, the monarch butterfly population east of the Rocky Mountains will start its annual migration to Mexico.

Local Monarch conservationist Reni Winter-Evans will teach about the migration and demonstrate how she and thousands of other citizen scientists raise monarchs indoors and then tag the migrating generation to help researchers track the fall and spring migrations.

**Sept 16 • 1-3 p.m. • STPK**  
*Foods from Field & Stream*  
Angie Manuel

Join Angie (Interpretive Naturalist) for a leisurely stroll to the Prophetstown village. Then sit under the shade shelter while we prepare foods at the cooking hearth - dishes will include duck, mussels, corn, beans and more. NOTE: The park is charging a \$2/person program fee (the gate fee is waived). Meet at the park's visitor center and bring a chair.

**Sept 23 • 7:30-9:30 p.m.**  
LNC

*Meet Our Moon*  
The Wabash Valley  
Astronomical Society

The astronomical society will introduce us to Earth's closest companion - the Moon. Eclipses, phases, features and interesting lunar facts will be shared. Free and low-cost smartphone apps will also be discussed. If weather permits, we'll also observe the night sky with telescopes and binoculars. Bring binoculars.

(continued on page 6)

I bequeath myself to the dirt,  
to grow from the grass I love;  
If you want me again, look  
for me under your boot-soles.

~Walt Whitman

# Etc.

(continued from page 4)

## Open House & Tomato Tasting 2015

Our attendance was approximately 135, and we had many questions from interested guests. Several people signed up for the upcoming Master Gardener class and community plots!

Sue and I want to send a heartfelt thank you to the many, many MG volunteers who came out on a very hot August afternoon to help at the Open House & Tomato Tasting. Also, thank you to the volunteers who made cookies and helped set up and clean up. A special thank you to Don and Norma for all your hard work in preparation of the tomato tasting. The result of the votes for favorite tomato variety was a tie: Delicious variety and Sweet Millions Cherry.

Jim Jeray helped in numerous ways; Jerry Millard prepped the perimeter to look like it just got a "grass cut;" Polly Aranias and Bill Arthur, along with Connie Brown, Dona Brown and Jan Hipple came out in the days prior to give the Demonstration Garden a helping hand.

Mickey Penrod, Sue Swick, Jim Smith, Jim Mailloux, Joan Straber, Dona Brown, Dee Dee Long, Jan Sadler, Kelly Grieger, Viola Jones, worked so many hours to make the gardens in the Idea & Display Gardens so beautiful. We appreciate Roberta Crabtree and Karen Mitchell for their sup-

port and help during the event (yes, Karen attended and shared pictures of her beautiful baby).

Again, thank you to all these volunteers; the day was more enjoyable with everyone's help! We made many changes this year, and we welcome your feedback, which will be considered when making plans for next year. Please email either of us.

*Konie Hughes and Sue Swick*

## Green Book Change

Kay Falley has a new email address: [KayFalley@gmail.com](mailto:KayFalley@gmail.com).

## Wednesdays

(continued from page 5)

**Sept 30 • 1-3 p.m. • LNC**  
*Bird Watching Tips & Photo Poems*  
Barb Lucas

Barb (passionate birdwatcher for decades) will present beautiful bird photo poems while sharing some "Birding 101" information. Weather permitting, the indoor presentation will be followed by practicing with Sycamore Audubon's binoculars.

**Oct 7 • 1-3 p.m. • STPK**  
*Prophetstown Fen Nature Preserve Hike*  
Tom Swinford

Join Tom, Assistant Director and Ecologist for IDNR's Division of Nature Preserves, for an introduction to the beautiful world of fens: unique wetland communities which are dependent on groundwater.

### 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.

**PURDUE (Purdue Campus):** Meet at the north doors of the Forestry Building (behind Agricultural Administration/AGAD building). This is across the street from St. Thomas Aquinas church on the corner of Marsteller Street and State Road 26.

**STPK (Prophetstown State Park):** Enter the park via Swisher Road (off North Ninth Street, just south of Battle Ground). Please note: the park charges a \$2/person or a \$6/car fee.

How can I  
stand on  
the ground  
every day  
and not  
feel its  
power?  
How can I  
live my life  
stepping  
on this  
stuff and  
not wonder  
at it?

~William Bryant Logan



Below is a page from the Spring 2015, University of Maryland publication, *TERP* (Vol. 12, NO. 3). Unfortunately, I've misplaced the accompanying note, but I believe this is from Esther Chosnek whose husband is involved with the publication. She thought we might be interested in this page.

To see more of these publications visit [TERP.umd.edu](http://TERP.umd.edu) or to ask a question go to [extension.umd.edu/learn/ask-gardening](http://extension.umd.edu/learn/ask-gardening).

## HOME-GROWING SOLUTIONS

For 25 years, the Home and Garden Information Center has been answering Marylanders' questions about pests and plants. An arm of the University of Maryland Extension, the center provides free, research-based information to everyone from apartment dwellers with ants to avid gardeners with aphids. Its team of certified horticulturists has fielded more than a few odd questions among nearly a half-million phone calls and online queries. These are just a few that Director Jon Traunfeld insists his experts didn't make up:

**T** Find a longer list of funny questions at [terp.umd.edu](http://terp.umd.edu).

“WHAT IS THE NAME OF THE RED TREE ON THE ROAD TO PENNSYLVANIA?”

“IF I LEAVE THE TOILET SEAT DOWN, WILL IT KEEP THE SQUIRRELS FROM COMING UP THROUGH THE PIPES?”

“WHAT SHOULD I DO ABOUT CROWS FORNICATING IN MY RAIN GUTTER?”

“DO YOU HAVE A SOIL TEST FOR CRYSTAL METH?”

“WHAT KIND OF BEE IS THIS? IT HAS ANTLERS.”

“DO YOU KNOW OF A SOURCE FOR FIRE ANTS? I WANT TO USE THEM TO GET MY HUSBAND OFF THE SOFA.”

“I WANT TO HELP THE CICADAS EMERGE. IF I DIG UP MY DRIVEWAY, WILL THAT HELP?”

“I THOUGHT I ROTOTILLED A BAG OF SAND INTO MY VEGETABLE GARDEN, BUT IT TURNED OUT TO BE PORTLAND CEMENT.”

The center welcomes your questions via its website. (The phone service has been discontinued.) Visit [extension.umd.edu/learn/ask-gardening](http://extension.umd.edu/learn/ask-gardening).

# MGATC Minutes, August 4, 2015, 7 p.m., TCEO

Dan Decarlo was introduced at 7 p.m. as our speaker for the evening. Dan spoke on growing succulents. It was a wonderful and informative presentation.

Elizabeth Hartley called the meeting to order at 7:45 p.m. Meeting minutes were approved as printed in the *Garden Beet* from the previous July meeting.

Sue Swick spoke about the August 2<sup>nd</sup> open house. There was a good turn-out. Please give input from your perspective of the open house for next year. Norma Hackney spoke on the tomato tasting. Red Delicious and Sweet Millions won the tasting. Don Pickle talked regarding the trough gardens he made and all the interest in them at the open house.

Billie Seaton and Kristel Kaye talked regarding dues. So far 50 members have paid their dues for the year. Please fill in the bottom of the form for dues. Jerry Millard is collecting security forms to be filled out for Karen Mitchell. Come with the security form completed and your identification for Karen to check.

Lynn Layden reported that we currently have \$14,792 in checking and \$10,485 in the Van Guard account. More income than expenses. This does not include any income from the state conference.

Elizabeth talked regarding the state conference and the meeting at the Sheraton this afternoon of

the committee members. The next state conference planning meeting is September 15, 2015 at the extension office at 7 p.m.

Sheila announced the voting that was to take place from the Slate of Officers presented. The slate was approved unanimously by the membership. Sheila thanked the Nominations Committee for all of their work.

Jim Jeray thanked everyone for the cookies brought to the open house. Jim asked for 9-12 volunteers to help next Saturday to dig up the sweet corn. Jim also asked for volunteers to help divide seeds that were received from Rural King into bags.

Dee Dilling thanked everyone who worked at the county fair Master Gardener booth.

Mickey Penrod thanked everyone who worked at the extension office gardens before and

during the open house. She encouraged everyone to come out and work in the gardens.

Joanne Liphard spoke regarding the open house [Hoedown] on September 1, 2015 the meeting/dinner starts at 6 p.m. Meat will be furnished.

Angela Rainwater talked regarding the final load of soil to be spread on the tunnel in the Children's Garden. She would like volunteers for the project. Angela also encouraged everyone to use bug spray to keep from being bitten by mosquitos as her son recently developed meningitis from a mosquito bite.

Kay Falley is asking for workers for the state fair on August 14. See her to sign-up.

The meeting adjourned at 8:35 p.m.

Respectfully submitted,  
Cheryl McCool



# Herb Bed

(continued from back)

The fruits and produce that appeared were left to my free-ranging children and grandchildren. I, sadly, had to find my asparagus elsewhere. I learned to remain composed as I allowed the grandchildren and chipmunks to wipe out the alpine strawberry (*Fragaria vesca*) patch. I'll taste their sweetness next year. And the rabbits that I chase from the garden, year after year, now hold court there and hop from bed to bed, unfettered by my intervention. But, the time is fast approaching - the middle of September - that I will begin a new year of gardening. The first order of business will be to rid the garden of rabbits and chipmunks; the grandchildren may stay.

Last autumn, as I began this process of letting the land lie fallow, I wondered if I could really do it: spend a year without getting my hands in the dirt. The first hurdle came in the form of seed and nursery catalogs that filled my mailbox. What a temptation! I decided it best not to peruse them. I watched the beauty of the garden over winter, dreaming about it, as gardeners always do, and, come spring, the true test began. I can report that I passed.

As the end of Shemitah nears, I find myself reflecting on the garden and its role in my life and in the lives of those around me. I have thought much about the soil, especially during the flood. It is still a mystery to me how a seven-year-Sabbath and an

unprecedented flood worked in harmony to hold me to my commitment. Even though I allowed my garden to rest, I can't say the same for Mother Nature.

This time of reflection has led my husband and me to think about revitalizing the garden. He wants to rent a small bulldozer and start all over again. I think he is enamored more with the idea of playing with machinery than with improving the garden. I'm not encouraging his plan. But I do think I will rebuild the raised beds: cutting down on their size, moving them a few feet out of the flood area, and building them taller to protect them from rising water.

All in all, even allowing for the flooding, it was a pleasant garden year for me. I am still surprised that I can look at my garden in the shape it is in now and feel so calm. There is no sense of urgency to pull out the many six-footed weeds. In fact, I have come to admire the tall panicked asters (*Symphotrichum lanceolatum*) with their stately stature, elegantly towering over the other plants. They now nominate what was my lettuce bed.

Surprisingly, this year was no different than any other in that my garden never grows as planned. For me, most often, that is the joy of it. There seems to be the sense that another gardener is at work there, and I've learned volumes from those unseen hands. As I'm sure you have experienced, there is more to learn in the garden than how to grow plants.

## Layered Pasta Salad

8 ounces farfalle (bow-tie pasta, about 4 cups, cooked)  
2 stalks broccoli, cut into florets  
½ c. mayonnaise  
½ c. buttermilk  
¼ c. plus 1 T. chopped fresh chives  
¼ c. chopped fresh parsley  
Juice of 1 lime  
Kosher salt and freshly ground pepper  
2 avocados, diced  
2 c. diced deli ham or diced grilled chicken  
8 oz. yellow cheddar cheese, shredded  
1 small head romaine lettuce, sliced  
2 tomatoes, diced

Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 2 minutes less than the label directs, adding the broccoli during the last 4 minutes of cooking. Drain the pasta and broccoli and rinse under cool water; shake off the excess. Remove the broccoli and pat dry. Whisk the mayonnaise, buttermilk, ¼ cup chives, the parsley, half of the lime juice, ¼ teaspoon salt, and pepper to taste. Toss the pasta and a few tablespoons of the dressing in a medium bowl. Assemble the salad: Toss the avocados with the remaining lime juice in a large glass serving bowl and season with salt; arrange in an even layer. Top with layers of the ham, broccoli, pasta, cheese, lettuce and tomatoes. Drizzle some of the remaining dressing on top and sprinkle with the remaining 1 tablespoon chives, or cover and refrigerate the salad and dressing separately up to 6 hours. Bring to room temperature before serving. Serves 8. Tip: for a creamier texture, assemble salad while pasta is still warm to slightly melt the cheese. To accommodate other tastes, prepare extra dressing and serve on the side.

## Honeydew and Arugula Salad for Four

Cut ½ honeydew melon into small, thin pieces. Puree ½ cup of the melon pieces with 1/3 cup mixed fresh herbs of your choice, 3 tablespoons mayonnaise, 2 tablespoons lime juice, and salt and pepper. Toss with 10 ounces baby arugula and 1 cup of the melon pieces. Season with salt and pepper and shaved fresh parmesan.

# The Herb Bed

by Connie Kingman

What a gardening year this was for me. The first weeks of spring arrived so beautifully, but then came the rain and flooding. Once everything dried out, only a few weeks ago, the days have remained dry. Now comes September to relax the pace as autumn advances.

As I write, it is the middle of August and a surprisingly lovely day. The sky is full of June-like clouds, the temperature is in the 80s, and the crickets are beginning their evening chorus. I've already experienced my first

night of fitful sleep because a cricket found its way into the house - the most exuberant chanter that has ever sneaked in.

The garden continues to recover from the flooding. This morning I walked around the beds and marveled at the plants that have survived. Some appear healthier than ever. The baptisia (*Baptisia australis*), planted right-smack-dab in the middle of the bed that was under the deepest water and for the longest period of time, is vibrant with lush growth. It was planted next to a large boxwood tree that succumbed and, now, is

yellow and yearns for me to put it out of its misery.

However, all such garden tasks are on hold for a few more weeks. I haven't worked in the garden, at all, this year. And it wasn't the flood that prohibited me. I chose to honor the seven-year Sabbath I wrote to you about in our March newsletter. I halted all garden work last autumn and left my garden fallow to grant the ground a year of rest. Not a spade or hoe pierced the soil; no seed or plant was introduced there by me.

(continued on page 9)

## Garden Beet

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