



# GARDEN BUZZZZZ



Volume 27 Issue 4 Central Alabama Master Gardener Association

April 2018

**Message from:** Rhona Watson  
CAMGA President



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Spring is officially here, the busiest time in the garden dealing with weeds and seeds. The yard is beautiful, with the spring blooming azaleas, spirea, daffodils, and clematis, if you just ignore the weeds. Every year I do a lot of seeds mostly annuals herbs and some vegetables. I like to do unusual plants that you can't find in the garden centers for my yard and containers. This year the germination is impressive. I planted 24 peppers and got 24, planted 12 basil and got 13,

guess an extra seed dropped in the tray. When it is time to transplant the seeds to individual pots for the plant sale and the yard, I always wonder what have I done, and what am I going to do with all these plants.

There are many opportunities to get hours in April. We have a work day April 4<sup>th</sup> at Lanark to help Maria get ready for their Plants and Pollinator Festival on April 14<sup>th</sup>. April 21 is the Plant Swap in Wetumpka to celebrate Earth Day.

It is for the public, so we are there to answer questions, bring plants and get some plants we just have to have. This event is one of our most successful recruiting of people interested in taking the Master Gardener Class.

There was only one intern at our meeting in March. Our monthly meetings are always informative, and the best opportunity to get to know the Master Gardeners in our group, and what events we are organizing. It is the most productive way for interns to get their hours in, so if you are a mentor, please encourage all interns to attend.



CAMGA Garden Buzzzz  
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**Message from: Rhona Watson**  
**CAMGA President — (Continued)**



The plant sale is our fund raiser for the year and coming up on April 28<sup>th</sup>. We will be finishing up our planters and bird feeders on Thursday April 26<sup>th</sup>, decorating and filling them with plants— some we have grown and the annuals we have purchased. Friday is pricing day and plants can be purchased that day if you bring plants for the sale. There are lots of opportunities to get hours and be part of the event. There is still time to contact Sherri Schaefer to volunteer for any of the three days.

There will be two pictures this month. Last month's picture was supposed to be a miniature garden I made with a Dwarf Hinoki Cypress, a small house, and moss from the yard. It was my happy dog Sherlock standing in the frozen fountain that is his favorite water bowl, wondering why he couldn't get a drink.

**This month's picture is a pot that I planted in the fall, but is the prettiest in April. The variegated Yucca stays beautiful summer and winter in our area, is drought tolerant, and needs full sun. The yellow flowers are trailing snap dragons, and violas are planted on the sides of the pot. At the end of April I will replace the violas and snap dragons with summer annuals, and the Yucca will still be the center piece. I am not sure what I will put in yet, but I have lots of little seedlings to choose from.**

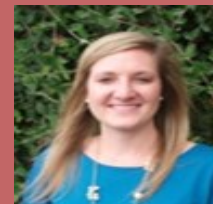


**Miniature Garden made  
with a Dwarf Hinoki Cypress, a small  
house, and moss from the yard.**

***YOUR FAVORITE GARDEN SHOULD BE YOUR OWN***  
***Rhona***

## Message from Mallory

**Mallory Kelley — Regional Extension Agent  
Home Grounds, Gardens, Home Pests**



In Alabama, a summer garden would not be complete without your favorite summer squash plants and its finally time to sow some seeds so you will have this wonderful produce in the coming months. These vegetables are a member of the cucurbit family and have many cousins in the vegetable garden. Now, you may be asking, “what plants are in the cucurbit family anyway?” These include all the different types of squash like, crook neck, straight neck, scalloped, zucchini, and butternut. The cucurbit family also includes the melons, such as watermelon, honeydew melon, cantaloupe, and cucumber.

Cucurbits in general have many different pests that affect them. In all my years as a horticulturist helping the public grow their vegetable garden, the growers first year growing cucurbits is a huge success. The grower gets a prolific amount of produce from healthy vigorous plants and not a pesky insect in sight. The grower is now fired up and geared up for year two and decides to double, if not triple, the size of their garden. Within the first few months of this second season is when my phone rings. Suddenly their plants are drooping as though they have never been watered. The squash blooms look like gray mold. The squash fruits have pin size holes all over them, and to make matters worse, the foliage appears to have a white cast to it.

That being said, I want to give you a few pointers as well as management techniques called Integrated Pest Management strategies to help lessen the threat of pests and increase your success, not only in the squash patch, but the vegetable garden as a whole.

Once the threat of frost is gone is when you should plant your cucurbits, whether you are transplanting or direct seeding. In south Alabama, this is no earlier than March 10 to 30; April 1 to 15 in central Alabama; and April 15 to May 10 in north Alabama. Make successive plantings of summer squash every 10 to 14 days throughout the summer and fall to ensure a steady supply of fruit. For plantings in the late fall, sow no later than 60 to 70 days before your first frost date.

It is important to note that cucurbits do not have perfect flowers. A perfect flower is when the flower has both male and female parts in the same bloom. Cucurbits have male flowers and female flowers individually, but on the same plant. This means pollination by insects has to play a role or no fruit will be produced. It's easy to tell if a bloom is a male or female, just look for the pollen, see photos 1 and 2. If there is pollen present then it is a male, if no pollen is present it is a female. The blooms will only be open in the morning and then drop from the plant. Male blooms usually come on the squash plant first, so don't get disappointed when no fruits set on your vine right away. The male blooms are just early and you will often have more male blooms than female blooms.



## Message from Mallory

**Mallory Kelley — Regional Extension Agent  
Home Grounds, Gardens, Home Pests**



Always be careful when you apply insecticides to control those problem insects like the squash vine borer, squash bug, and pickle worm. Never apply insecticides on a windy day. Avoid applying insecticides in the morning hours as this is when pollinator insects are working the blooms. You do not want to kill the pollinators. It is always best to identify the pest before you buy a product to kill it. First of all, you never want to kill the beneficial insects in the garden that are helping control the problem insects or moving pollen. Some insecticide products are very specific and only kill worms. Some products only kill by direct contact to the insect like oils and soaps that will suffocate soft bodied insects. Other insecticide products are very broad in their effectiveness and will kill any insect that comes in contact with it whether it is beneficial or not.



**Photo 1: This is a female bloom of a squash plant. It is open and waiting for pollen.**



**Photo 2: This is a male bloom on a squash plant. It will never make a fruit, its only purpose is to produce pollen to fertilize the female**



## CAMGA Minutes

### March 2018

By: Mary Lou Mullins, Secretary

**Welcome** Rhona Watson, President, welcomed the 40 members and one intern present.

**Monthly Program** Sandy Rosamond, Vice President and Programs Chairman, introduced our speaker, Glenn Huovinen, one of our own Master Gardeners. Through Power Point and discussion, Glenn gave a presentation on “Creative Small Gardens” along with information on “Air Pruning” that inspired us all.



**Master Gardener Glenn Huovinen presented a Creative Small Gardens” program at the March CAMGA meeting.**

### **Business Meeting & Committee Reports**

With the Plant Sale foremost in everyone’s mind, Rhona asked Sherri Schaefer (Co-Chairman of Fund Raising with Carol Rattan), to discuss what volunteers and preparations were still needed for the Saturday, April 28th sale. Through the generosity of various members, along with supplies available through Elmore County Extension Office, all the requested needs for trucks, trailers, tables, tents, wagons, and tray boxes were met.

**MOTION**, Charlotte Hall, Candy Jones, seconded, approved at the board meeting. Flats of flowering plants are to be purchased along with some hanging baskets from Leatherwood Nursery to not exceed a cost of \$300. Rhona said these will be delivered to the Extension Office on Thursday, April 26.

Volunteers are needed to place these in the planters created by Sandy Rosamond, Johan Beumer and all the crafters. The next day pricing will occur. Members can purchase plants on this day. A multitude of volunteers are needed to assist throughout Saturday.

Jane Mobley, Projects Committee, stressed the need for continued volunteerism. This is a cornerstone of the Master Gardening Program. Interns must complete 50 hours. Members must complete 25 hours each year to retain membership. Mentors are encouraged to take an active role with their interns. Work continues in the Learning Gardens routinely with Mary McCroan. Seventeen people participated at the recent Craft Day.

**CAMGA Minutes (Continued)**  
**March 2018**  
**By: Mary Lou Mullins, Secretary**



Volunteers are needed to work the MG table at Lanark's Plants and Pollinators Day on April 14. Anita Wishnieysky will gladly forward on volunteer opportunities via email to all members.

The December CAMGA Minutes and Treasurer's Report were approved by acclamation. Bill Quailes, Treasurer, reported \$532.30 in expenditures, \$24 in income with an end of February balance of \$8009.10.

Amanda Borden requested all interested in participating in the Book Club that is being developed, contact her. She also encouraged membership in the Montgomery Botanical Gardens and donation of needed plants.

Lee Borden reported that "The Stubborn Old Gardener" "You Tubes" continue to be watched. New ones will be developed soon.

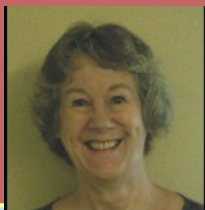
The Lunch and Learn Committee said 33 attended March's "Safety and Fitness in the Garden" program. Next month's lesson is on Wildflowers.

The next CAMGA meeting will be April 17 at 10 a.m. Stacey Lynn Harris will discuss "Sustainable Living". She can be found on Facebook at "Game and Garden". Sandy also discussed the May 22 Garden Tour which will be a separate event from our monthly meeting. More detailed information will be shared at our next meeting.

Rhona reminded everyone of the up-coming state convention in Birmingham on May 3-5. The registration is \$145.

The meeting was adjourned.

***Respectfully Submitted,***  
***Mary Lou Mullins, Secretary***



## Minutes from Projects Committee Meeting February 2018

### Projects Meeting Minutes March 13, 2018

Those present were Mallory Kelly, Rhona Watson, Candy Jones, John Butler, John Barns, Johan Beumer, Jane Mobley, Mary McCroan and Terry Chambliss.

Craft day was discussed. Rhona Watson authorized the purchase of pizza. Johan Beumer advised 30 planter boxes would be ready by the plant sale. It was decided to purchase plants to supplement those that are donated. Mallory Kelly shared information about a resource in Selma for flats and hanging baskets at a reasonable price to allow for profit, however they will not deliver.

Rhona Watson authorized the purchase of coffee and cookies for the Learning Garden workday.

Details regarding the Plant and Pollinator Festival were discussed. The table display will include soil test kits, master gardener applications, and sample publications on popular topics. To reduce costs, Candy Jones volunteered to make a list of ACES publications for a one page handout, and a business size card for contact information. Members took responsibility to support a planting activity for children. Supplies are to be brought to the next meeting.

Earth Day was discussed. The City of Wetumpka advised two tables will be located at the old courthouse on Commerce Street in downtown Wetumpka. Compost will be at the Recycle Center on Charles Avenue. Table setup will include resources on plant identification.

Elmore County Hospital requested assistance with a courtyard beautification project. Jane Mobley and Terry Chambliss met with the administrators for discussion. The hospital will purchase supplies and hopes to recruit labor. Jane Mobley emphasized the need for proper pruning and educated them about pruning existing plants. Jane Mobley and Mary McCroan will do measurements. Jane Mobley volunteered to create a landscape plan that will be low maintenance.

The committee decided to make Leopold benches as the fun project.

The following dates were adopted:

**September 21, 2018 at 10:00am---** Committee practice making Leopold Benches

**October 5, 2018 at 10:00am—**Group bench making with members

**October 26, 2018 at 10:00am---**Plant swap among members

*Respectfully submitted*

*Terry Chambliss*





## March 2018 Lunch & Learn By: Charlotte Hall

### **“Gardening without Injury” – Don Graham**

For our March Lunch and Learn program, Don Graham – a semi-retired physical therapist – gave an excellent program and demonstration on some wonderful techniques that we can all incorporate into our daily lives that will assist in gardening without injuries. And as we increase in age, we all need to be more cautious and more careful as to how we approach our gardening!

While younger, we normally we do enough physical activity to keep our muscles in use and manage to remain fairly active just with our basic activities such as walking, gardening, etc. . However, as we age and tend to decrease our activities, our muscles reflect the inactivity and respond accordingly from lack of sufficient use.

Exercise does not have to be exhausting to be beneficial, but it does need to challenge your muscles. resistance exercise is the most beneficial. This type of training or exercise is that in which you do a little all along and then increase the amount or the effort used to do this activity a little over time. This can be accomplished by either repeating the number of times a particular exercise is performed (the repetitions) or the degree of the difficulty.

In addition to strengthening our muscles, we need to stay flexible as we age to remain healthy. Ballistic stretching is not advantageous but stretch out slow and hold for a 15 second count. Do not jerk or perform ballistic stretching. It is very important to stretch after you’ve warmed up and performed some exercises. While light stretching before exercising is also helpful, it is even more helpful to stretch after you’ve warmed up and have blood flowing throughout your muscles. Frequent stretching and stretching upon completion of exercising is also recommended. Stretching when you have blood flowing to your cells will make a person more limber and more flexible.





## March Lunch & Learn (Continued) By: Charlotte Hall

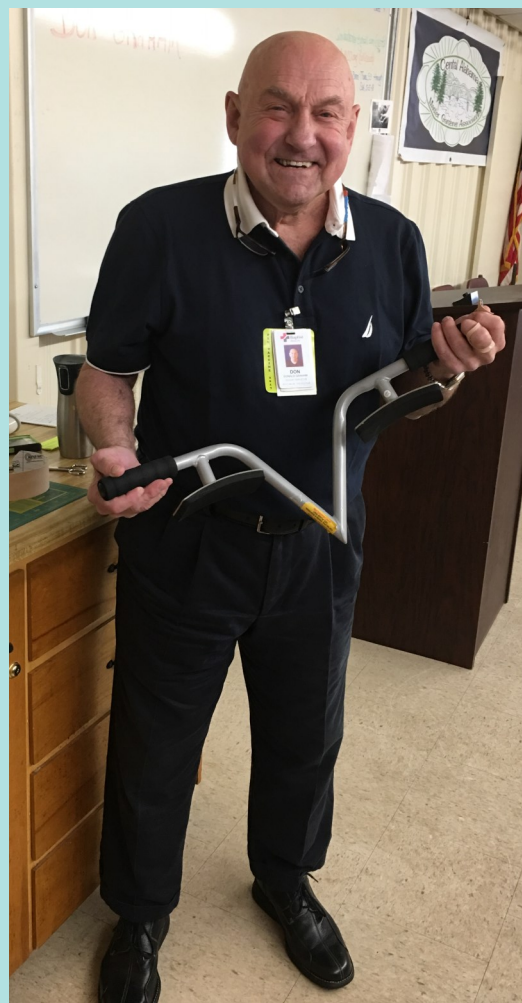


Don also discussed some areas where new techniques are being developed in the world of physical therapy. One is in the treatment of strokes where constraint induced therapy has been incorporated into rehab. It was developed and put into use by the Kirklin Clinic in Birmingham. This method incorporates intense therapy by restricting the area not affected by the stroke and concentrating the exercises mainly on the effected stroke muscles. A second area is in the use of kinesio tape. This is a different tape than that used by trainers or physical therapists wrapping joints with supportive tape to avoid injury. This tape – which comes in a variety of colors – is used for existing injuries to muscles, ligaments, tendons, or all connecting tissues. This tape is placed so that it has a place to pull and a place to pull from instead of the traditional restrictive type tape previously used. This tape stimulates the brain to stimulate the stretching process. The third area is in stem cell research with stem cell transplants. Much work is being done in this area with hopes to develop joint injections for cartilage regrowth possibilities in the future.

Don demonstrated a number of exercises that develop core muscles which are any muscles located from your knees to your shoulders and not just the stomach muscles. This would include the back, stomach, arms, thighs, muscles connecting your ribs, and any other muscles between your knees and shoulders.

In addition to informative handouts for various exercises to develop core muscles, Don also had a handout for some braces and other items to help with becoming stronger and more flexible.

Don concluded with three items to be considered when doing exercises. The general rule is to increase the number of repetitions on any one exercise once that specific exercise becomes easy. If any one exercise makes you sore, cut back on the number of repetitions for that exercise. If you have any doubts or questions about doing a specific exercise, contact your physician.



**Mr. Don Graham presented the March Lunch 2018 & Learn Program on “Gardening Without Injury”**

Please join us on April 10th, the second Tuesday in April, at noon to enjoy a presentation by Shirley Fifield on Alabama Wildflowers. Shirley has been a major officer in the Alabama Wildflower Society and has a vast amount of wildflower knowledge to share. By then we should have had enough spring warm weather for a lot of wildflowers to be appearing. Remember that drinks will be furnished. See you then.



## Governor's Mansion Report Continued — March 2018 By: Amanda Borden



During the blustery month of March, work in the gardens of the Governor's Mansion was limited by bad weather. However, volunteers accomplished a lot during the two days they were able to get out there. They weeded, planted new herbs, fertilized, and watered in the Herb Garden and weeded across the front of the Mansion.

**Amy Richardson and Allyson Ludington plant salad burnet**



**Kathy Quinn and Jane McCarthy  
dig up a *Salvia guaranitica***



## **SPOTLIGHT ON VOLUNTEERS**

### **March 2018**

**By: Judy May**



The Lunch and Learn speaker March 13 was Don Graham speaking on Gardening Without Injury. There were 33 attendees, 23 of them Master Gardeners. Assisting were Sandi Adkison, Charlotte Hall, Cathy Whigham and Bill Quailes

Attending the Projects Committee meeting March 13 were Johan Beumer, John Barnes, John Butler, Rhona Watson, Terry Chambliss, Candy Jones, Mallory Kelley, Mary McCroan and Jane Mobley.

CAMGA members who worked on March 15 for Crafting Day: Virginia Pruitt, Jane McCarthy, Jane Mobley, Sandy Rosamond, Lynda Edwards, Iva Haynie, Janet Lewis, Robin Snyder, Carolyn Placeway, Carol Pugh, Betty Plaster, Cathy Whigham, Cheryl Fitzgerald, Rhonda Miles, Johan Beumer, Sheila Radford and Terry Chambliss.

On March 10, Amanda Borden delivered a presentation about the Governor's Mansion garden work project to the Philanthropic Education Organization at a member's home in Montgomery.

Members who brought food to the monthly meeting were Iva Haynie, Barbara Wallace, Charlotte Hall, Robin Snyder, Mary McCroan, Freda Frye, Carolyn Placeway and Bonnie McCormick.

Following the monthly meeting the following members of the Plant Sale Committee stayed to finalize plans for the sale: Sherri Schaefer, Rhona Watson, Linda Mincey, Bill Quailes, Gale Wheeler-Leonard, Carol Rattan, Nancy Tribble, Lois Pribulick, Judy May, Candy Jones, Johan Beumer, and Robin Snyder.

Maria says the members who helped her at Lanark this month were Carla McCune, Leslie Bingham, Peggy Gelpi, Don Hoover, Norman Turnipseed, Judy May, Connie Willis, and interns: Betty Plaster, Cecelia Ball, Sharon Kochik, Dee Turberville, Cheryl Fitzgerald and Sue Brasel. Maria says all helped her get ready for the new season, preparing for several weddings, cleaning out hydrangeas, digging and relocating Daffodils, preparing pots and plants for the Plant and Pollinators plant sale April 14<sup>th</sup>, fixing broken or falling apart wooden boxes and arches in the Heirloom garden, picking up and dumping fallen sticks, pruning and propagating roses, hand weeding garden beds, pruning and cleaning Azaleas and other areas, spraying fungicide on grass, cleaning up the holding bed and sweeping out Historic Lanark. Whew! Couldn't do it without Y'all! Thank you so much! Maria.

Projects Committee members who worked in the Learning Gardens March 22 were Candy Jones, Carolyn Placeway, Mary McCroan, Bill Quailes, Amanda Borden and Sherri Schaefer.





## Stubborn Old Gardeners

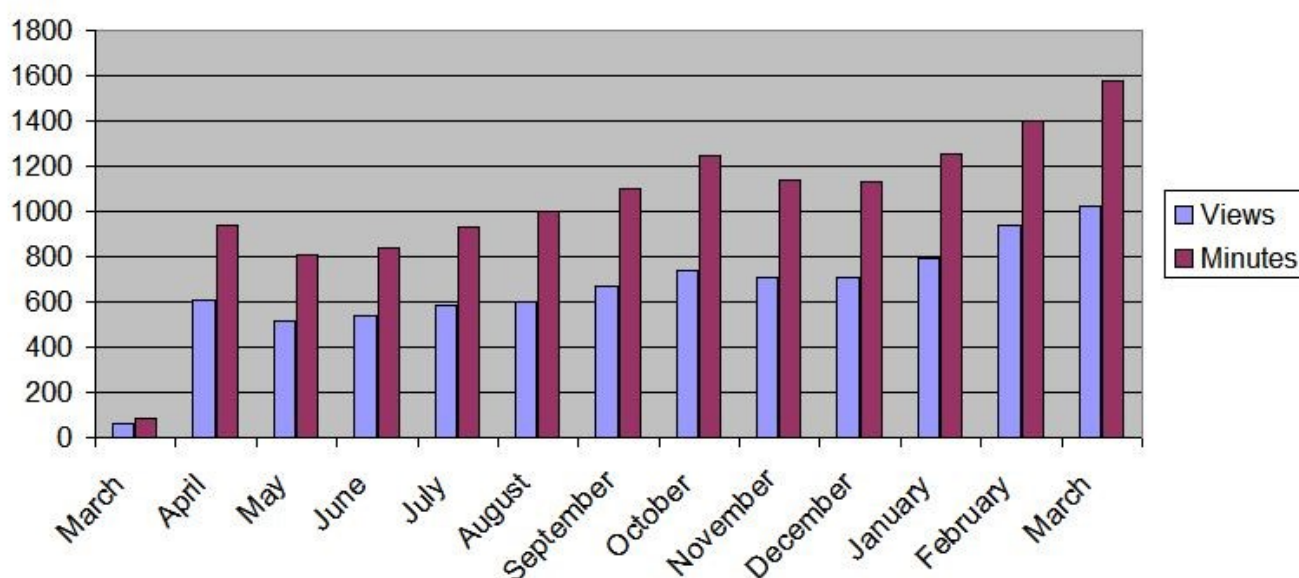
### By: Lee Borden

### Update on Stubborn Old Gardeners

by Lee Borden

You haven't heard much about Stubborn Old Gardeners lately. That's on me. The sad reality is that I've allowed cancer and other distractions to interfere with my focus on this vital part of our educational outreach. Let's take a look at how Stubborn Old Gardeners has performed since we launched the channel a year ago. The numbers on the side show the views (number of times someone watches one of our videos) and minutes watched during each month.

**SOG Performance**



Do you like the way our views and minutes have grown? So do I, but think about this: the last time we added a video was September. This demonstrates that we have found an eager audience that craves the simple, no-nonsense gardening information we are sharing, and that audience is growing even though our channel hasn't kept pace. Now imagine how that could look if we had been adding videos each month. That's where you come in.

Each of our videos follows a consistent format and runs 2-4 minutes. Because they're short, each video is finely focused on a relatively narrow subject. We've learned that it takes a person 6-8 hours of time to produce a video, and every minute counts toward your Master Gardener hours. Every CAMGA member has at least a handful of ideas for great, focused, useful videos. Yes, especially you.

To see if this might make sense for you, [start at our channel](#) and watch some of the videos we've published. Then check out [8 Steps, 8 Hours To Your Finished Video](#) and [Choosing the Subject for your Stubborn Old Gardeners Video](#). Whenever you're ready, head to [Ready To Submit Your Video Idea?](#) Can't wait to hear from you!

## March 2018 Helpline Report

### By: Mary Ann Hatcher

The Helpline has provided information to clients this month from our very capable interns and Master Gardeners.

Volunteering this month were: Betty Plaster, Cheryl Fitzgerald, Linda Jarzyniecki, Allyson Andrews, Dee Turberville, Melanie Eads, Cecilia Ball, and Ricky Hatcher. Cindy Beumer and Mary Ann Hatcher served as Advisors with Sharon Potts as Appointment Reminder.



**Betty Plaster responding to a client's call.**



## Upcoming Events

### Lee County Master Gardeners 2018 Gardens On Tour

#### LEE COUNTY MASTER GARDENERS 2018 GARDENS ON TOUR

Saturday, May 19 (10 am – 5 pm )  
Sunday, May 20 ( 1 pm – 5 pm)

Includes 10 private gardens and 2 public gardens  
Also included is one lunch from Chicken Salad Chick

Tickets are \$30 (groups of 10 or more \$28 )

[leemg.org](http://leemg.org)



### Felder Rushing Slow Gardening, Central Alabama Style

The Chapel Arts Series and The Chapel at the Waters in Pike Road are hosting Felder Rushing on April 12. See link below for information about this upcoming event:

<https://www.eventbrite.com/e/felder-rushing-slow-gardening-central-alabama-style-find-and-follow-personal-garden-bliss-using-all-tickets-41845871127>



# CAMGA ANNUAL PLANT SALE

## April 28, 2018

# PLANTS SALE



**CENTRAL ALABAMA MASTER GARDENER ASSOCIATION**



**Amazing prices and plant selections**

**Annuals / perennials / shrubs**

**Trees / vegetables / herbs**

**House plants / succulents**

**NEW THIS YEAR**

**Planters with annuals and herbs**

**Bird feeders / original containers**

**Hanging Baskets**

**APRIL 28, 2018**

**8: 00 a.m. To NOON**

**TRINITY EPISCOPAL CHURCH PARKING LOT**

**5375 US HWY 231 WETUMPKA**



# Calendar of Events



## April 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

*Happy  
Easter!*

2

*Governor's  
Mansion Work  
Day 8 a.m. to  
11 a.m.*

3

4

*Lanark  
Workday  
8 a.m. to 12  
noon*

5

*Work Day  
Elmore Co.  
Extension  
Office Learning  
Gardens 8 a.m.*

6

7

8

9

*Governor's  
Mansion Work  
Day 8 a.m. to  
11 a.m.*

10

*Lunch & Learn  
12 noon to  
1 p.m.  
Elmore Co. Ext.  
Auditorium*

11

*Lanark  
Workday  
8 a.m. to 12  
noon*

12

*Work Day  
Elmore Co.  
Extension  
Office Learning  
Gardens 8 a.m.*

13

14

*Plant &  
Pollinator  
Festival at  
Lanark*

15

16

*Governor's  
Mansion Work  
Day 8 a.m. to  
11 a.m.*

17

*CAMGA Meeting  
10 a.m. to 12  
noon  
Elmore County  
Extension Office*

18

*Lanark  
Workday  
8 a.m. to 12  
noon*

19

*Work Day  
Elmore Co.  
Extension  
Office Learning  
Gardens 8 a.m.*

20

21

*Plant Swap  
Earth Day*

22

23

*Governor's  
Mansion Work  
Day 8 a.m. to  
11 a.m.*

24

25

*Lanark  
Workday  
8 a.m. to 12  
noon*

26

*Work Day  
Elmore Co.  
Extension  
Office Learning  
Gardens 8 a.m.*

27

28

*CAMGA  
Annual Plant Sale  
8:00 a.m. at  
Trinity Episcopal  
Church in  
Wetumpka*

29

30

*Governor's  
Mansion Work  
Day 8 a.m. to  
11 a.m.*

