



# GARDEN BUZZZZZZ



Volume 31 Issue 10 Central Alabama Master Gardener Association

## October 2022



### **Message from Lynda** *Lynda Edwards, President CAMGA President*

HAPPY FALL Y'ALL!! I'm hoping that Fall is here, but sorry that it took a major hurricane to lead the way. Please remember our Florida friends as they recover from this disaster. Some of the pictures on television are heartbreaking.

If you haven't responded to the recent survey that hit your email box, please find a few minutes to respond. It won't take much of your time and should be a valuable tool for the committees who will be studying ways to wisely use funds from our treasury. Beginning with our October meeting, I plan to have speakers talk about various opportunities and projects that CAMGA might be interested in adopting that have been successful elsewhere.

Also, the Fall Pathways came out tonight and will be made available on our website at [camga.net](http://camga.net). I enjoyed reading about all the different activities around the state that have been adopted by other master gardener associations. Did you know that Montgomery now has a Grow More, Give More Garden at Eat South? I did not know about this and hope to make my first visit there before winter. This is probably the most informative newsletter I have read recently.

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## **Message from Lynda (Continued)**

*Lynda Edwards, President  
CAMGA President*

The AMGA Conference is April 3-5, 2023 in Tuscaloosa on the Alabama Campus and the 2024 Conference will be in Baldwin County in the Daphne area. Last year was my first conference and I hope to attend every year if possible. Lots of information to be found so check it out.

The Nominating Committee needs your help. Please be open minded when you are asked to serve. I am so thankful for those who are giving so much of their time weekly and monthly at the gardens, at LanArk, the mansion and to all our many projects. I appreciate all the officers who faithfully serve each month. We have room and need more volunteers. If someone would be willing to write an article for the next Pathways, the deadline is November 15, 2022. Please let me know if that is something you would enjoy. It takes a village for an organization to be successful. Thanks to all who serve.

Jimmy Johnson was a successful NFL Coach and inducted into the Pro Football Hall of Fame in 2021. He coached the Miami Dolphins and was a two-time National Champion as a player and coach and two-time Super Bowl Champion. He once made the statement that the difference between ordinary and extra ordinary was that “little something extra.” I challenge you to give a “little extra” and serve this great Association.



**See you at the October monthly meeting at LanArk beginning at 10:00 a.m. If you need directions, contact any CAMGA member!**

*Lynda Edwards  
CAMGA President*

## **Proposed Slate of CAMGA Officers 2023**

The Nominating Committee would like to present to CAMGA membership the following nominees for office in 2023:

President : Kelly LaFreniere  
Vice President: Sandy Rosamond  
Secretary : Sheila Radford  
Treasurer : Sherri Davidson  
Advisory Council Rep: Cindy Augustine

This proposed slate of officers will be presented at the October meeting. Nominations from the floor will be taken at that time.

Terry Chambliss and Cheryl Fitzgerald comprised the Nominating Committee.

**Article Submitted by: Cheryl Fitzpatrick**



## Message from Mallory

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

### Lawn Burweed

Your thoughts of those pesky stickers in your turfgrass this summer may be a distant memory now, but if you don't want to battle them again next early summer, now is the time to act!

Lawn burweed (*Soliva sessilis*) is a winter annual that germinates throughout thin turf in the fall months as temperatures cool. It is small and not very noticeable during the cold winter months. However, as

temperatures warm in the early spring, lawn burweed initiates a period of rapid growth and begins to form spine-tipped burs at the base of each leaf. The seed is contained within the hooked bur.

Now that you know what it is, the most important question remains – how can you get rid of it? The best strategy in controlling lawn burweed is to apply a preemergence herbicide, containing the active ingredients atrazine or isoxaben in early October, before the winter weeds germinate. This method will kill it upon sprouting and greatly reduce its presence in your yard next spring. One point to mention – these products are available in either a granular or liquid form. Granular products require ½ inch of rainfall or irrigation to become active.

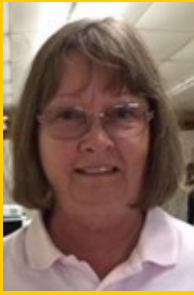
Just in case you have a few weeds that escape the preemergence herbicide (which is not unusual), you can also spot spray with a postemergence herbicide. The key to success is to treat between November and February, when lawn burweed is very small and much easier to control. During this time, the weed has yet to develop the spine-tipped burs. Spray your lawn with a postemergence herbicide containing the active ingredients of three broadleaf weed killers: 2,4-D, dicamba, and mecoprop (MCP). Many brands of broadleaf herbicides on the shelf contain these ingredients. Using the herbicide 2-4-D alone may not be quite as effective, so a three-in-one product is preferred. Keep in mind that broadleaf herbicides are not effective unless applied when the air temperature is above 68 °F. The window of opportunity can be very limited during the winter season. Again, another reason to use pre-emergence herbicides in the fall.

Unfortunately, most people do not notice a lawn burweed problem until warmer temperatures arrive. However, waiting until spring is too late. If you delay until April or May to attempt lawn burweed control, you are fighting a losing battle. Once the weed has reached a more mature state, multiple herbicide applications may be necessary, which can increase the potential for turfgrass injury. Because lawn burweed is a winter annual, it will begin to succumb to the warmer air temperatures (~90 °F); however, the spines have already formed and will remain after the weed withers and dies. Mowing the area at a very low height and bagging the seeds might offer some relief.

Some severe situations may call for killing the entire area, including the turfgrass, with a non-selective herbicide, such as glyphosate. Of course, one will have to replant grass or lay new sod but this method may be worth it, since it will ensure no more lawn burweed!

Dead or alive, lawn burweed poses a painful problem. The only solution is early identification and control. Remember lawn burweed is an annual and will come back from seeds that develop each spring. Take action now for prickle-free turf later.





**CAMGA Minutes**  
**First Presbyterian Church, Wetumpka and**  
**September 20, 2022**  
**10:00 a.m. — 12:00 noon**  
**By: Sheila Radford, Secretary**

After the scheduled speaker had to cancel, CAMGA members Deb Kelso and Mary McCroan volunteered to present information about making bread with ancient grains.

Bread is basically formed from flour, water, salt, and starter. The starter is a mixture of fresh flour and water that has been allowed to ferment naturally. There are two kinds of starter 1) Rye sourdough starter does better in a drier, cooler environment. It requires less bacteria and more yeast. 2) Wheat sourdough needs a moister, warmer situation and utilizes more bacteria and less yeast.

When preparing bread avoid using stainless steel or other metal equipment. Yeast is a live entity. Do not use chlorinated water to make bread nor use bleach to clean kitchen counters for this will destroy your starter. Its suggested that oven be pre-heated to 170 for rising the bread. The oldest batch of sourdough was found in Switzerland. its estimated to have been created in 3700 B.C.!

Sourdough baking techniques improve the digestibility and greatly reduce the toxins in grain. Ancient wheat and non-wheat grains have not been altered by selective breeding contrary to the changes wrought in corn, rice, and modern wheat products.

Globally, there are a great many grains that are used to make bread. Amaranth, millet, sorghum, teff, quinoa, oats, rye, barley, and buckwheat are all also very high in beneficial trace minerals. Some forms of wheat are: einkorn, emmer, durum, spelt, and common wheat. It is a commonly quoted myth that common wheat contains more gluten than other forms of wheat. Be aware that many commercial breads likely have additives that increase the gluten content.

Bread made using ancient grains is deliciously satisfying, offers great nutrition, and is better tolerated than commercial products.

Deb and Mary's presentation ended at 11:00.

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Lynda called the September meeting to order at 11:20. Twenty-six members signed the attendance sheet. Please remember Carol Rattan's family in prayer. Her mother passed away very recently.

Thank you letters with a CAMGA letterhead have been sent to those who have donated in memory of Becky Brown. Donations do continue to be received.

The greenhouse feasibility committee consisting of members Katrina Mitchell, Andy Wallace, Jesse Miles, Terry Chambliss, Earnie Edwards, Sherri Davidson, and Mary McCroan met on Sept. 13.

Jane McCarthy served as the facilitator and Lynda Edwards as ex-officio member. CAMGA has sufficient funds, and an available location, but the biggest concern is having a consistent volunteer base to support such a facility.

## CAMGA Minutes Continued September 20, 2022 Meeting

Other ideas to consider are expansion of the Learning Gardens, establishment of a Community Garden, starting a "Grow more Give More" program, and doing more outreach education projects involving the public.

Sherry Davidson is putting together a survey to be sent to ALL CAMGA members for their input. There is no reason to rush into these undertakings. Good decisions are crucial to the success of any endeavor. CAMGA's October meeting will be held at Lanark. Kelly suggested that members start donating door prizes to be given out at monthly meetings. Perhaps this would be an incentive to folks to attend meetings and to sign the attendance log.

Last month's minutes were unfortunately not included in the Garden Buzz. Those minutes will be published in this month's edition along with the current minutes.

Sherri presented the Treasurer's Financial Report.

Beginning Balance (August 16, 2022)	\$21,901.05	
Income	685.00	
Expenses	<u>-85.57</u>	
Ending Cash Balance (September 20, 2022)		<b>\$22,500.48</b>

Report was approved and will be filled for audit.

Cheryl reports that AMGA now has a Speaker's Bureau for all Master Gardener Associations to use. AMGA is also preparing a guide and will conduct workshops to help answer questions about pertinent state tax regulations. Maybe this will give more insight regarding the value of attaining 501(c)3 status.

Incidentally, Autauga County Master Gardeners Association and the Alabama Herbal Society have gotten the 501(c)3 designation in recent years.

Robin announced that the Plant Sale Committee meeting will be in January or February. Sandy spoke about upcoming projects.

Wetumpka will hold its first Oktoberfest Sept. 30 -Oct. 1.

CAMGA has been invited to set up a table to sell plants and give attendees information about master gardener programs. The annual Scarecrow Contest will be on Oct. 21. Sandy will announce a time to meet to design and create an entry.

A sachet bag workshop is planned for Nov. 8 from 10:00 to 11:30 at the extension kitchen. Two workshops are set up on Wednesday, Nov. 9 for making Christmas ornaments from all natural components. Several members have been gathering these various items all year. The first workshop will be from 10:00- 12:00 and the second workshop will go from 1:00- 3:00 in the kitchen at the Extension office.

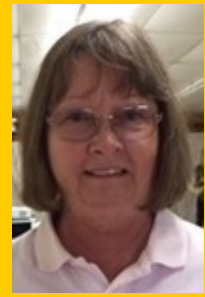
Old Business: none

New Business: none

Meeting adjourned at 12:20

*Minutes respectfully submitted by,  
Sheila Radford, Secretary*

**CAMGA Minutes**  
**First Presbyterian Church, Wetumpka**  
**August 16, 2022**  
**10:00 a.m. — 12:00 noon**  
**By: Sheila Radford, Secretary**



Forty -seven members signed the attendance sheets for the meeting/ intern graduation. Lynda called the meeting to order at 10:05.

Sheila made a motion to dispense with reading the July meeting minutes since they available for perusal in the Garden Buzz.

Betty approved the motion and it was seconded by Terry Chambliss.

Sherry read the treasurer's report:

Beginning balance as of July 19, 2022	\$11,933.22	
Expenses	<u>-493.27</u>	
Ending balance as of August 15, 2022		\$21,901.05

The financial report was approved and will be filed for audit.

In honor of Becky Brown her family members have requested that any monetary donations be made to benefit CAMGA in memory of her devotion to the Master Gardener program. Those will be include in next month's report.

Carol needs to get together with the interns and anyone else that still needs to have their picture taken for next year's directory.

Mallory welcomed the interns and guests. The class of 2022 started with 19 enrollees and has produced 15 graduates. There 12 attendees from this class at the luncheon today. These folks have a combined total of 1,678 hours invested in this program! Teresa Paglione, Jon Carrick, Michelle Sharpton, Diane Wonderly, Willie Leonard, and Al Griffith were awarded Extra Hours Certificates for their participation over and above the course's required hours.

Old business: none  
 New business: none

Meeting was adjourned at 10:15

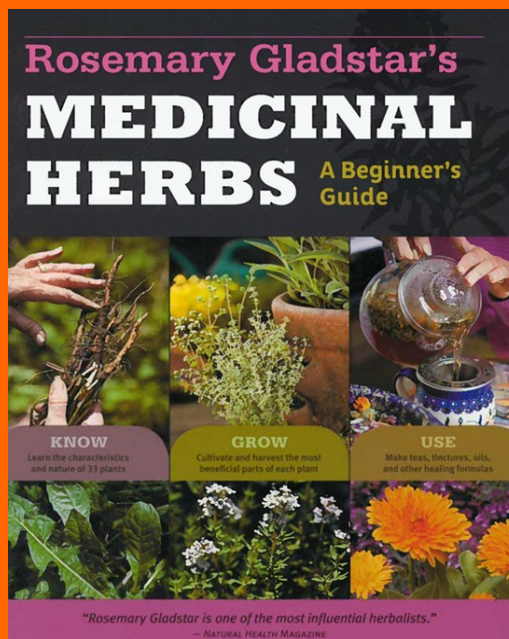
***Minutes respectfully submitted by,***  
***Sheila Radford, Secretary***



## CAMGA Library News October 2022 By: Dee Turberville

### Rosemary Gladstar's MEDICINAL HERBS — A Beginner's Guide

Rosemary Gladstar is a leading name in herbal circles, so we need to have at least one of her herbal books on our CAMGA shelves. She is the founder of Sage Mountain Herbal Retreat Center and Botanical Sanctuary located on 500 acres in East Barre, Vermont, and the director of the International Herb Symposium. Ms. Gladstar is considered the godmother of modern herbalism with over 40 years of experience as an activist, teacher, and mentor. The goal of this easy-to-read beginner's guide is to teach readers how to identify and cultivate medicinal herbs and then how to use them to create healing oils, soothing salves, tonics, tinctures, syrups, restorative teas and more. (Note: the author does not advocate that herbs or home remedies be used to replace the guidance of trained health-care professionals.)



For this fresh introduction, *Medicinal Herbs*, is a quick reference guide that covers 33 herbs and their uses, with recipes for using each one. Craft a soothing aloe lotion after an encounter with poison ivy, make a dandelion-burdock tincture to fix digestive issues, and brew up some lavender-lemon balm tea to ease a stressful day. Other medicinal recipes include Creaky Bones Cayenne Rub, Brain Tonic Tincture, Nutritive Heart Tonic Tincture, Rosemary's Famous Face Cream, Ginger Lemonade, and Peppermint Tooth Powder. The colorful photos are closeup and helpful for plant identification. With fall upon us, and winter just around the corner, it may be the perfect time to create a small home apothecary and fill it with our homemade herbal remedies.



## Governor's Mansion Report September 2022 By: Amanda Borden



We took Labor Day off. We spent two Mondays in the Green House and Herb Garden area and a full morning in the side lawn area and back yard weeding. Cooler mornings are wonderful.

**In October, the starting work time at the Mansion will change to 9 a.m.**





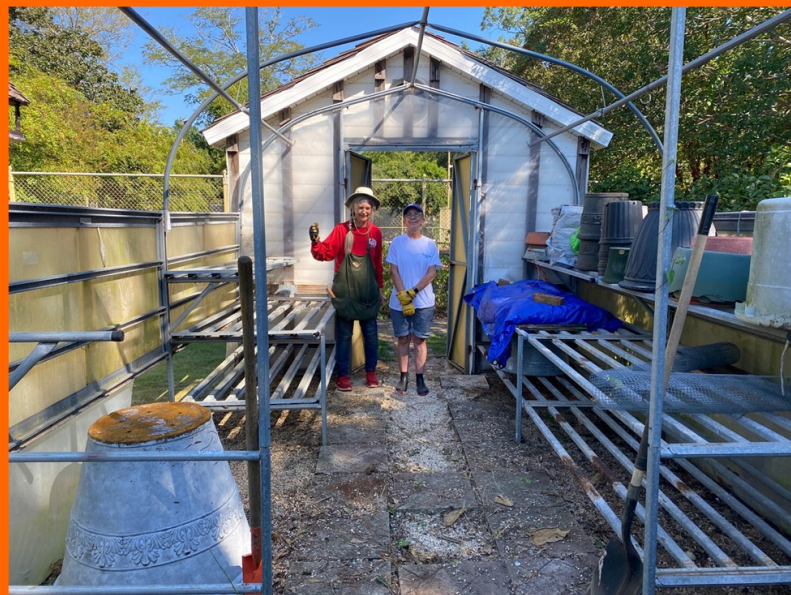
# Governor's Mansion Report (Continued)

## September 2022

By: Amanda Borden



Before: The greenhouse area was a mess.

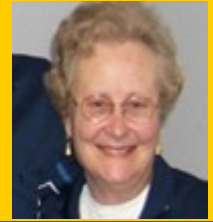


After: Quite a difference after Kathy and Cheryl worked their magic!

## SPOTLIGHT On VOLUNTEERS

### September 2022

By: Judy May



On September 8, Judy May made her Orchid Basics presentation to the intern class. There were 17 interns and nine mentors present, plus Mallory and two helpers. Class facilitators were Cheri Cook and Robin Snyder. Mentors were Sonya Moore, Jane Boysen, Sheila Pearson, Vickie Williamson, Glenn Houvenin, Diane Wonderly, and Lee Ann Marona who was filling in for Lynda Edwards.

Members who brought refreshments to the September meeting were Linda Jennings, Dee Turberville, Sandy Mikashus, Iva Haynie, Sandy Rosamond and Bonnie McCormick. Deborah Kelso and Mary McCroan shared their sour dough breads with us for a sampling of various possibilities with sour dough and ancient grains...scones, pancakes, and lots of bread.

Mary Ann Hatcher worked the Helpline by herself again this month. God Bless Mary Ann!

Jane Mobley did a class on Pruning for the intern class September 15<sup>th</sup>. She did Wicking Tubs, September 1<sup>st</sup> at the Wetumpka Merchant's Market.

Volunteers at the Governor's mansion this month were Shap Ashley, Amanda Borden, Anne Carr, Linda Cater, Jane McCarthy, Cheryl McKiearnan, Darwin Prewitt, Kathy Quinn and Robin Snyder.

Fun was had by all for the "Make and Take", this year. We sanded and assembled plant stands/ stools. They turned out great.

Dave Tollner, Capitol City Master Gardener, cut all of the wood making them into kits for each of us. He also donated two stools that Sandy Rosamond painted that are to be door prizes for the upcoming fall conference in Auburn. One of the stools was done in an Auburn motif while the other was done in florals. She is so talented. Dave, Andy Wallace and intern Jason Mattox were a big help with those of us lacking woodworking skills. Other participants were Rhona Watson, intern Darlene Dixon, Jane Mobley, Marjorie Hannah, Barbara Wallace, Michelle Sharpton, intern George Walthall and Terry Chambliss.

Oktoberfest in Wetumpka was a huge success if you judged by the crowds. It will probably be an annual event. A huge thank you to the volunteers who sold plants, answered questions and promoted our organization. At least 75% of the plants were sold in two days. Those who participated were Rhona Watson, Rhonda and Jesse Miles, Jane Mobley, Mary McCroan, Barbara and Andy Wallace, Michelle Sharpton, Kelly LaFreniere, intern Rebecca Ridley, Terry Chambliss and Sandy Rosamond. Sandy was there the whole time, while others worked in shifts. Thank you Sandy for hooking us up with the city. You are such a great ambassador for CAMGA.



## GETTING TO KNOW OUR MEMBERS

### October 2022 Featured Member:

### *TERRY CHAMBLISS*



I was so fortunate to have been raised in the beautiful little valley town of Dunsmuir in the Siskyou Mountains of Northern California. It sits in the shadow of majestic Mount Shasta. At 14,179 feet, the mountain dominated the whole area and provided a lot of recreational activities I enjoyed as a child, including— hiking, sledding, riding the rapids of the Sacramento River on inner tubes, water skiing, fishing, swimming, and playing in lava tubes. I miss it.

My mother was the gardener and her specialty was roses, but she always had a vegetable garden. The soil seemed to grow anything. Our fruit trees included apples, pears, two huge cherry trees, and plums. She canned a lot. My love of gardening came from her, but I have never been as successful with roses.

After junior college, I moved to Virginia and stayed with my sister to continue my education. I met and married Gary and finished an undergraduate degree. We moved to Montgomery so that Gary could attend Auburn University in engineering. After graduation, he took a job in Charleston, South Carolina where we had two children. I received a graduate degree in Education from the Citadel. We moved back to Alabama in 1981 and have been here ever since.

I worked as a social worker for the State of Alabama in Montgomery and Elmore Counties for 15 years in services including the foster care program, day care licensing, protective services and child abuse and neglect investigations.

In 1999, we purchased a day care and turned it into a child development program. We became accredited with the National Association for the Education of Young Children and at the time was one of 88 of five thousand childcare centers with this accreditation in the State. The business owned us for 15 years. We sold it in 2014, and my retirement fun began. Gary had been retired for 14 years at the time.

I enrolled in the Master Gardener program in 2014, just for the information to help me correct the many, many landscaping mistakes around our home. I had no interest in volunteering beyond getting the certification. But, the friendliness and camaraderie of everyone was appealing and those volunteer activities became pleasurable rather than work. This camaraderie is the compelling reason I am still with the program.

I am still correcting the landscaping mistakes including shrubs too close to the house and driveway and poor landscape design. Our small pond has dealt with invasives I just had to have including parrot feather, iris, elephant ears, lizard tail, lotus and hydrilla. All of these were so pretty to begin with. The lotus was stunning behind the sitting area on the pier. The big leaves and huge white flowers were eye candy. But it continued to multiply and threatened to take over the pond. I couldn't pull it out by hand and had to use an aquatic herbicide. The pond is spring fed, so it didn't hurt the koi, bass and bream. The hydrilla wars continue to this day. We have drained the pond three times so that we could pull it out by hand. The grass carp we introduced were too small to keep up, but now they seem to be keeping it somewhat under control.

Besides hanging with you, my favorite interest is medicinal herbs. It is just fascinating to me that so many weeds have medicinal properties. Yes, even that pesky gripe weed, or chamber bitter has medicinal value.

Thanks for being my friend!



# October 2022

Sun      Mon      Tue      Wed      Thu      Fri      Sat

						1 Wetumpka Oktoberfest
2	3 Governors Mansion Workday 9—11 a.m.	4	5 Lanark Gardens Workday 8-11 a.m.	6 Learning Gardens at Extension Office 8 a.m. First Thursday Wetumpka Community Market Helpline at Extension Office 9 a.m. — 1 p.m.	7	8
9	10 Governors Mansion Workday 9—11 a.m.	11 Project Committee Meeting 9:30—11:00 am. Extension Auditorium Lunch & Learn 12 noon First Presbyterian Church	12 Lanark Gardens Workday 8-11 a.m.	13 Learning Gardens at Extension Office 8 a.m.	14	15
16 CAMGA Board Zoom Meeting 3:00 p.m. <a href="#">Click Here to Visit Google</a>	17 Governors Mansion Workday 9—11 a.m.	18 CAMGA Monthly Meeting at LanArk 10 a.m. — 12 noon	19 Lanark Gardens Workday 8-11 a.m.	20 Learning Gardens at Extension Office 8 a.m.	21	22
23	24 Governors Mansion Workday 9—11 a.m.	25 Plant Swap and Propagation Workshop 10-12 Extension Auditorium	26 Lanark Gardens Workday 8-11 a.m.	27 Learning Gardens at Extension Office 8 a.m.	28	29
30	31 Governors Mansion Workday 9—11 a.m.					