



Through the Vine



A Quarterly Newsletter of the OSU Extension Fairfield County Master Gardeners

SUMMER 2021

Mission: To make a difference in the community in which you live through gardening education and knowledge.

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Tech Gardening

by Barbara Kochick, Master Gardener 2013



I suppose it is inevitable in these times when people are spending more time in their own outdoor space that they are also looking to reduce the amount of work time involved in those spaces. Here is a short list of some of the time savers available.

As I walk my neighborhood, I have been intrigued by the lawn with the little sweeper like robot cutting the grass. By giving grass a regular (even daily) trim robo mowers leave small clippings the soil can supposedly more easily reabsorb. An app controls the mower's schedule, and sets trimming height. A boundary wire is installed around the property and you get pinged if the sweeper leaves the yard or gets kidnapped. Models can mow away for up to four hours and drive themselves back to their charging stations. Hills can be a problem for lower end units. All claim to be safe in use.

Watering systems have also become smarter. Less water is wasted while keeping the property hydrated. They now have the technology to detect coming weather patterns. Some can be integrated into existing systems by simply replacing the controller box. The highest end new system installs a water bottle sized weather station on a six foot pole. The device provides a forecast to it's app and alerts to systems such as frost and high winds. Potted plants and container gardens also get an upgrade with devices such as the Soil Moisture Sensor or Self-Watering Wet Pots.

Roaring trimmers could become a thing of the past with the new light weight cordless electric models. Improved battery life has gotten to the point that it makes sense to use them.

I am more than a little skeptical about this one but the Tertill Company has a solar powered weeder that roams the plant beds chopping off the tops of emerging weeds.

The last gadget, Bird Buddy, is for the birders. Using a camera and a phone app, this bird feeder counts up the variety of species that come to feed. Just add bird seed.



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CONNIE'S CORNER

Dear Master Gardener Friends....

I think it is finally time to get back together for a face-to-face meeting!! Are you ready? Let's plan to meet at the Wagnall's Garden Gazebo on Tuesday, June 22, 2021 at 6:30 pm. Bring a chair and we will have a brief update on MGV projects and talk a bit about some of our plans for the year ahead. More importantly, it will be great to see each of you in person!! So, please mark Tuesday, June 22 on your calendar. Since we are going to be outdoors and can socially distance, masks will be your choice. If the weather does not cooperate, we will meet in the basement at Wagnall's.

I am very excited to be able to get you all back together for our first face-to-face meeting, but I do understand, if some of you may not feel ready to meet in person. Please be assured, we are not going to "rush" into programs, events or gatherings that you are uncomfortable with. It is going to take time to find our new normal. And as a part of our new normal, we will be planning MGV training on-line in 2021 in late fall/early winter. It will be a new and different way to conduct training, but there are many benefits to be gained from that effort.

I would also anticipate the way we conduct our winter meetings to become ZOOM meetings as I think we can gather during the nasty weather months without being out and about.

I would encourage each of you to think of things we could do differently as we begin to "reinvent" the Fairfield County Master Gardener program post COVID.

Many thanks for your dedication and inspiration as Master Gardener Volunteers. You are, **SIMPLY THE BEST...!!**

Connie Smith
Master Gardener Coordinator
Smith.3204@osu.edu

Helping Hands in the Garden, Fairfield County

by Linda Fisher Knicely, Program Coordinator



After a mostly dormant season of serving last year because of COVID concerns, the Fairfield County chapter of Helping Hands in the Garden is eager to begin beautifying the gardens and landscapes of county residents currently battling or coping with the residual effects of a cancer diagnosis. Potential clients complete an interest form, which is quickly followed up with an onsite assessment to determine services (and plants/mulch, etc.) needed. Then a half day is scheduled for Master Gardeners and other volunteers to arrive and help to turn that vision into reality (volunteers are free to arrive/leave whenever their schedules permit). Note that this is a "one time" service per client, not an ongoing one. Typical services include weeding, deadheading, pruning, edging, planting, mulching, etc. Plants and mulch are purchased from local sources at no cost to the clients. We currently have 3-4 clients on board and are hoping for more as the season progresses. All safety protocols as mandated for OSU Extension Master Gardeners will be followed!

If you are not already identified as a Helping Hands in the Garden volunteer but are interested in this opportunity, please contact Linda Knicely at ffcohhinthegarden@gmail.com for an application or print the application attached to this newsletter. We welcome new volunteers at any time! You can also find us on Facebook (Helping Hands in the Garden Fairfield County) and Instagram ([helpinghandsinthegarden](https://www.instagram.com/helpinghandsinthegarden)). Lastly, if you have any friends, neighbors, or acquaintances who could benefit from our services, please encourage them to e-mail the address above to be added to our list!

At the end of this newsletter is a Helping Hands in the Garden brochure along with donation and volunteer application forms.

See photos from first HH project on next page

First helping hands in the Garden Project— 2021

collage created by Linda Fisher Knicely, Fairfield County Helping Hands in the Garden Coordinator



Using Pesticides Safely

by Jeff Schalaus, Agent, Agriculture & Natural Resources, University of Arizona Cooperative Extension, Yavapai County



Gardeners often encounter plant-damaging pests in their gardens, landscapes, and orchards. In these settings, pests can be insects, fungi, bacteria, weeds, mollusks, or animals. There are pesticides to manage each of these organisms, but the first question after correctly identifying a pest should be: Do I really need to utilize a pesticide to manage this pest?

Before any product can be sold or used as a pesticide, the US Environmental Protection Agency (EPA) reviews all appropriate data to ensure the product will not cause undue risk to people or the environment. While pesticides have been an asset in the reduction of crop losses and improving human health, they can also be harmful to people, the environment, and non-target organisms – especially when misused. When you purchase a pesticide, you are implicitly agreeing to use it according to label directions and knowingly failing to do so can constitute a crime. Read the label and follow the directions to be as safe as possible.

Insecticides and arachnicides are designed to kill or repel insects, mites, and ticks (they do not work as well for spiders and scorpions). They include products such as: garden dusts, insect sprays, soap sprays, mosquito repellents, ant and roach baits, flea shampoos, flea and tick collars, moth balls, and pheromone lures. Some insecticides are designed to kill by direct contact while others are taken in when feeding (stomach poisons). Each type of product varies in the species controlled and the time it will remain effective. Insecticides should be carefully researched before use to minimize their potential harm to non-target organisms, people, and the environment.

Herbicides are designed to kill weeds and other unwanted plants. They include products such as: weed killers, weed-and-feed lawn care products, and cut-stump treatments. Herbicides can be selective (affect only broadleaf or grass plants), non-selective (kills everything), pre-emergent (kills germinating plants), post-emergent (kills existing plants), and soil sterilants (kills and prevents all plants). While these products have their appropriate uses, many times people use soil sterilants on driveways and fencerows and then learn they have unintentionally killed

desirable plants. These herbicides move with rain or irrigation water downward or laterally in the soil where they can be taken up by roots of trees and shrubs. Read the label and avoid products containing imazapyr, prometon, diuron, dicamba, bromacil, simazine, or atrazine. In settings where no vegetation is desired, use glyphosate or glufosinate to kill existing weeds and an appropriate pre-emergent herbicide to prevent new weeds from returning.

Pesticide labels contain lots of useful information. Probably the most prominent is the signal word which describes the acute (short-term) toxicity of the pesticide product. The signal word can be either CAUTION, WARNING, or DANGER. The signal word CAUTION means the pesticide product is slightly toxic if eaten, absorbed through the skin, inhaled, or it causes slight eye or skin irritation. WARNING indicates the pesticide product is moderately toxic if eaten, absorbed through the skin, inhaled, or it causes moderate eye or skin irritation. DANGER means that the pesticide product is highly toxic by at least one route of exposure. It may be corrosive, causing irreversible damage to the skin or eyes. Alternatively, it may be highly toxic if eaten, absorbed through the skin, or inhaled. When choosing a pesticide, try to select a product that will do the job at hand, has the lowest human toxicity, and is in the smallest quantity necessary.

Speaking of safety, vegetable and fruit gardeners often try to use “least-toxic” pesticides. These include insecticidal soaps, horticultural oils, and botanically-derived insecticides. These pesticides are often used for growing crops organically, according to guidelines set forth by certification programs. Least-toxic pesticides have gained favor in recent years, due in part to the perception that, because they originate from plant material, they are more safe or “natural.” Pyrethrin and neem extract are both botanically derived least-toxic insecticides. Bt (*Bacillus thuringiensis*) is a class of least-toxic insecticides derived from bacteria. These products are still regulated by the EPA and should be treated with the same care as conventional pesticides.

As a final note, we gardeners must learn to tolerate some pest damage, use prevention, cultural, and mechanical (non-pesticidal) practices to manage pests when possible, and use pesticides appropriately and with discretion. In addition, do not trust home remedies that contain salts, dish detergents, or vinegar. These are not effective and often more environmental harm than conventional pesticides.

Spring Cleaning from the Inside Out

by Jami Dellified, Ohio State University Extension, Family and Consumer Sciences Educator, Hardin



Anyone else love saying good-bye to winter? Warm spring days with the sunshine on my face, birds chirping, the smell of the flowers

blooming, and a walk outside are some of my favorite times. I also love the rainy spring days, the rainbows, and curling up with a good book listening to the rain on the roof. Spring cleaning is also an important part of these longer days. Whether it is planting flowers, organizing closets, or purging, there is always a sense of accomplishment as I re-order my corner of the world.

In November 2019, I began a “spring cleaning” journey for my physical and mental health. I wanted to share with you some research and tips that have helped me as I have worked to bring the new-ness of spring into my daily life no matter the actual season.

THROW OUT THE TRASH. Be kind to yourself. This may sound like a no-brainer, but it is not. Over the last few years, I noticed myself becoming more and more critical and more and more judgmental, and not just to those around me. I had become my own worst critic and was very unkind to those around me. I am learning to be kind to myself and I am stepping back when the actions of others don’t make sense to me. Learning to be kind includes practicing positive self-talk, forgiveness, and taking it slow on a personal level. Positive self-talk helps reduce stress, boosts confidence, and helps with relationships. I am trying to stop trash-talking myself. And for those around me, I am learning to ease off on the pressure I am creating for them to also fit in to a perfect mold. I am remembering to tell myself daily something I learned in middle school, “I am a very special and worthwhile person, and I deserve the very best.”

OUT WITH THE JUNK AND IN WITH THE NEW. Let your breath help you to breathe in the good and breathe out the old. Our bodies are so amazing—we breathe even when we are not intentional about it. Yet, when I take moments each day to stop and slow my breathing and to let myself just be, my world reorders itself into chunks I can handle. My self-care spring-cleaning has opened my eyes to the clutter I carry in my mind. I am learning that the past should stay in the past, I cannot change it. The future has not happened, I cannot change it. So now I am trying to live each moment of today being fully present and enjoying each moment. My presence in a moment is my gift to me and those I am with. When I feel my thoughts drifting to places that are cluttered, I stop and I breathe slowly in and out for 20-30 seconds. Controlled breathing can lower blood pressure, improve immune systems, increase physical energy, and increase feelings of calm and wellbeing.

FRESHENING UP THE SPACE. Add something that you need to your day—something that makes your heart sing. As I began this reset of myself, I realized that I had stopped really listening to my body and to what I needed to be healthy. I am eating healthier and listening to how my body responds when I eat too many foods with carbs or sugars. For me, I become sluggish and angry. I am exercising more regularly—yoga, walking, ZUMBA, stretching, and not sitting at my desk all day long. I am wearing more sparkles and colors and finding ways to look at myself with new eyes. I am listening to the music I enjoy. I am talking with my friends. I am opening up to the joy of the world around me. I am finding more gratitude. I hope you are able to let the showers and sunshine of spring help you to find a space for rejuvenation and rest. You are worth every second you spend in spring cleaning your personal and internal spaces.

Word of the Week— Allelopathy

source: Amy Stone, Buckeye Yard and Garden



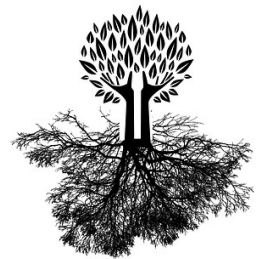
Today we will be covering the word ALLELOPATHY. The meaning of the word is actually derived from two separate words. The first word is *allelon* which means "of each other." The second word is *pathos* which means "to suffer." It refers to the chemical inhibition of one species by another. The "inhibitory" chemical is released into the environment where it affects the development and growth of neighboring plants. It is important to note that it doesn't necessarily inhibit the growth of *all* plants, but the effects can cause issues in both the landscape and garden when a plant giving off an allelopathic chemical is present, and you want to grow certain plants that find this biological phenomenon challenging.

The actual definition of allelopathy is the chemical inhibition of one plant (or other organism) by another, due to the release into the environment of substances acting as germination or growth inhibitors.

Probably one of the common horticultural examples used to illustrate an allelopathic relationship is the black walnut and its ability to affect the growth of some plants near the tree or within the spread of the root zone.

Years ago I was visiting a site where the homeowner had two matching mounded

landscaped beds on either side of the entrance of his driveway. He explained that the planting on the one side was doing great, but the other side was a very different story. Many of the plants on the "problematic-side" had been replaced numerous times and he could not understand why. The plants would start out ok, but quickly they would wilt, decline, and die. The soil conditions and care the plants received were the same in both beds. As I was running through the possible explanations in my head while at the site, I stepped back and looked up. Guess what I saw on the side of the driveway where the mounded bed had not been performing at the same level as the bed on the other side? A large black walnut tree (*Juglans nigra*). After looking at the list of plants that don't fare well as a result of "black walnut toxicity," those were also the picks of the homeowner for this landscape project.



The roots of black walnut (*Juglans nigra*) and butternut (*Juglans cinerea*) produce a substance known as juglone (5-hydroxy-alphanaphthaquinone). Many plants such as tomato, potato, blackberry, blueberry, azalea, mountain laurel, rhododendron, red pine, and apple may be injured or killed within one to two months of growth within the root zone of these trees. The 'toxic zone' also referred to as black walnut toxicity from a mature tree occurs on average in a 50' to 60' radius from the trunk, but can be up to 80'. Young trees 3' to 8' high can have a root diameter twice the height of the tree, with susceptible plants being impacted within the root zone. Because the root system radiates out from the tree's location, it is possible for a neighbor to have a black walnut or butternut tree, but you have some of the roots, thus inhibiting your ability to grow certain plants.

Everyone should carefully consider the planting site for black walnut, butternut, or Persian walnut seedlings grafted to black walnut rootstock, if other garden or landscape plants are to be grown within the root zone of mature trees. Persian walnut seedlings or trees grafted onto Persian walnut rootstocks do not appear to have a toxic effect on

A Few Tips to Remember on Pruning Those Hydrangeas

source: *University of Minnesota Garden Newsletter*



Hydrangeas that bloom on old wood from last year's growth are the earliest to flower – before July. Those that bloom later in the season – after July – are flowering from blossom buds on new wood that is growing during the current year.

If you feel uncertain about which variety you have, a safe rule for all types of hydrangeas is that no pruning is better than the wrong type of pruning.

A simplified approach, suitable for all types of hydrangeas, is to limit pruning to:

Winter-killed wood — Remove all dead branches in the spring before or as the buds are opening. Test the stem for life by scraping the bark with a knife. If it's not green underneath, it's dead and should be removed.

Rejuvenation — Old wood dies back on even the healthiest hydrangeas. In the early spring remove dead or very old stems by cutting them at the base of the plant. This will stimulate new growth and produce a more vigorous bloom set later in the summer.

Dead flowers —Removal of old dried flowers, known as dead-heading, is the safest pruning and can't be done incorrectly (however you don't even HAVE to do this!).

GARDEN MUSINGS

Summer Nights on the Veranda

by Robin Leja, Master Gardener 2013



Most summer nights, you'll find us on the veranda after dinner. Now we don't really have a veranda, it's just a patio. But my husband calls it the veranda, and the name just stuck. We treat it like a southern veranda anyway,

bringing our iced tea and reading materials out for entertainment. If the sun is still hot, the patio umbrella will keep the sun off. Bees will buzz by, and butterflies often flit past. The fragrance of herbs and flowers growing nearby will waft over. Often, the clouds will begin to turn colors as the sun starts to set.

I may or may not stay focused on the book I'm reading. Chances are, I'll get up to photograph the flowers nearby, to look for monarch eggs on the milkweed, or to see how the vegetables are growing. I might spy a weed to pluck or a new bloom that I hadn't yet noticed. I might even go to pluck the dreaded Japanese beetles off my roses!

But mostly, the veranda is a place to sit and enjoy my garden labors at day's end. If you have a patio or deck, try to think of it as a veranda, and you'll get in the spirit too.

Please Help Keep Information Current

If you have updates to your email or mailing address, please contact Lisa Stoklosa, lmstoklos@gmail.com.

Contact us



A Season for Every Vegetable

by **Landon Griffin, Senior Dietetics student at Middle Tennessee State University**



“Finish your vegetables before you can leave the table” was a daily mantra my mother had for me at our dinner table. It always seemed like it was her

objective in life to force those vegetables that simply could not compare to the extremely over-sweetened treats that had spoiled my taste buds. I never understood why I had to eat her under-seasoned steamed carrots or corn, and now my mother is still unable to give a solid explanation of why she wanted me to eat my vegetables. She had been told from her mother to eat her vegetables and this has been shared from mother to child over time. The more I have learned about nutrition, the more I understand just how important vegetables are in our diet.

Eating the same steamed vegetables can be boring but using seasonal vegetables and making dishes with many colorful vegetables are much more enjoyable. One dish I enjoyed trying with vegetables as the star was a *vegetable galette*. Of course, when making a dish with many vegetables it is more economical, convenient and tasty to use vegetables that are in season. A salad with out-of-season tomatoes will simply not compare to fresh tomatoes grown in the summer. Before trying a new vegetable, be sure to check if they are *in season*. Eating vegetables in season means that your diet will change throughout the year and you will have new and different recipes to try out!

Vegetables not only provide many different flavors and color to a dish; they are also a vital part of a healthy diet. Vegetables provide important nutrients like: *fiber, vitamins, and minerals* that can have a positive impact on our health. High fiber foods like vegetables have been shown to *decrease cholesterol, help regulate blood sugar, and increase fullness*. Trying out different seasonal vegetables and using them in different recipes is a fun way to eat healthier.

RECOMMENDED DOCUMENTARY The Gardener directed by Sebastien Chabot

Reviewer: **Barbara Kochick, Master Gardener 2013**



This 90 minute documentary takes you on a tour of Les Jardins de Quatre-Vents, a beautiful 20 acre garden created by Frank Cabot on the St. Lawrence River in the

Charlevoix region of Quebec. Mr. Cabot was at one time a chairman of the New York Botanical Gardens, and advisor to the Brooklyn Botanical Gardens and the Royal Botanical Gardens in Ontario.

This may be available on a streaming service you have or as a pay-to-view on a service such as the link provided.

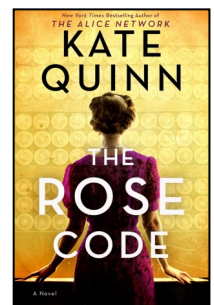
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FEATURED BOOK

The Rose Code by Kate Quinn

reviewer: **Barbara Kochick, Master Gardener 2013**

This excellent summer beach read has little to do with gardening but the flower name in the title. It is however a riveting historical fiction set in the Benchley Park of WWII. Three young women from hugely different backgrounds come together to form a friendship and learn to break codes. The dashing young Prince Philip of Greece even has a role to play! The author does a great job of weaving the fictional characters together.



GARDEN MUSINGS

Summer Gardening for Old Folks

by Chuck Zurhorst, Master Gardener 2019



Your landscape deserves a summer picnic, too. And, be sure to invite your flower and vegetable garden. Prepare a nice picnic basket of leaves, vegetable scraps, grass clippings, coffee grounds and eggshells and add some red worms or night crawlers for a desert. Mix the pile once a week to introduce oxygen and, if you can, cover to help keep in moisture and heat.

Nothing can make your landscape and garden more productive and beautiful than using compost. Adding red worms or night crawlers will speed up the process since they digest and process their weight in organic matter each day. You can buy them online or at bait shops.

You can buy many types of composting bins, but you can make your own with wire fencing, scrap lumber, bricks and cement blocks or just use it free standing. Be sure there is good drainage so it does not become water logged and locate it in a partially shaded area to prevent the compost from drying out. Try to make the pile in layers of coarse materials first to allow oxygen to circulate followed by finer plant materials, leaves and kitchen scraps, but no meat or fats and no diseased materials. Some sources recommend a layer of manure, It may not be a wise decision due to bad bacteria. Don't forget the red worms and night crawlers.

Organic material, microorganisms, air, water and nitrogen are essential for decomposition to occur. Air is the only part that cannot be added in excess. Turning the pile often will provide air and speed the process. If there is too little air in a compost pile because of compaction, decomposition occurs, producing an offensive odor like rotten eggs.

A compost pile can have too much water, so the pile location should have good drainage. During the summer, you may need to add water so that the compost pile does not dry out. A compost pile should be moist but not soggy.

As microorganisms begin to break down the organic material, heat is generated. This process will destroy most weed seeds, insect eggs and disease organisms, producing rich compost. Turn the pile weekly during the summer and monthly during the winter to increase the rate of decomposition. About 90 to 120 days are required to prepare good compost using the layer method. Composting can also be done directly in the ground. Dig up the area and remove the soil. Fill the area with compost. Cover it up with the removed soil and let the area rest for a few months. Turn the soil and use it for a new planting bed. Don't till the bed or you'll kill the valuable worms.

Newsletter Deadlines

Do you have an article, garden musing, photo from an MGVS project, calendar event or other idea you'd like to submit for the MGVS newsletter? Articles and information are welcome at any time! Items not used in an upcoming newsletter can be saved and used in a future newsletter. Newsletters are published quarterly with the following submission deadlines:

Spring Newsletter—submit by **February 1**

Summer Newsletter—submit by **May 1**

Autumn Newsletter—submit by **August 1**

Winter Newsletter—submit by **November 1**

Please email articles and information to Lisa Stoklosa at lmstoklos@gmail.com.

In and Around the Garden—You Won't Want to Miss It!

Mark your calendars with these important dates and upcoming activities and events!

UPCOMING EVENTS

Herb Use in Civil War Times—The Ohio Herb Lady June 16, 2021 at 7pm

Outdoor meeting at the Sherman House (weather permitting). In case of bad weather we will meet at the Fairfield Community Church, 860 E. Mulberry Street, Lancaster.

Will include a walking tour of the Sherman House herb garden. Refreshments will highlight the herbs. We hope all herb enthusiasts, Civil War buff or not, will attend.

Master Gardener Meeting (In person)

June 22, 2021 at 6:30 pm

Outdoor meeting at Wagnall's Memorial Gardens (weather permitting). Please bring a chair. In case of bad weather we will meet in the basement of Wagnall's.

Our meeting agenda will consist of plans for the remainder of the year, project reports and looking into 2022.



Through the Vine is a publication of the Ohio State University Extension Office in Fairfield County

Lisa Stoklosa, Fairfield Master Gardener Volunteer Editor

For more information contact:

Connie Smith, Master Gardener Coordinator and OSU Extension ANR Program Assistant

smith.3204@osu.edu — 740.652.7267

For the latest information and news about OSU Extension in Fairfield County, including the Master Gardeners of Fairfield County, visit <http://fairfield.osu.edu/>

Ohio Master Gardener Program Mission

We are Ohio State University Extension trained volunteers empowered to educate others with timely research-based gardening information.



Because your
battle with
cancer is all
you should be
focusing on.



THE OHIO STATE
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Fairfield County Master Gardeners Mission Statement

To make a difference in your community
thru research based Master Gardener
Education and volunteer activities



Fairfield County Helping Hands in the Garden

P.O. Box 105
Carroll, OH 43112

FFCoHHintheGarden@gmail.com



Gardening Assistance Fairfield County Cancer Patients





Helping Hands in the Garden is a volunteer organization founded with the intent to aid cancer patients during their treatment, when the comfort of a living environment will complement their medical treatment and recovery. Removing the stress of worrying about how a beloved garden will be cared for during a difficult treatment course also buoys spirits and aids recovery.

The Fairfield County branch is the newest chapter of Helping Hands in the Garden, which was established in Franklin County in 2009.

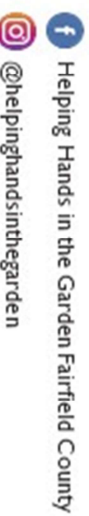
Fairfield County Cancer Patients

How this free program works

Helping Hands in the Garden will provide one half day of free gardening assistance to cancer patients who live in Fairfield County.

Volunteers with Helping Hands in the Garden may be interested county residents, as well as trained master gardeners. The Ohio State University Extension Master Gardener Volunteer (MGV) program is a key partner in this initiative.

Find Us



Who is eligible for gardening assistance

Helping Hands in the Garden requires the following information in order to utilize services:

- *Proof of treatment* statement from a patient's provider
- A waiver signed by the patient declaring and understanding the services
- Confirmation of patient's primary residence location

Contact Us

FFCoHHintheGarden@gmail.com

Example of services provided by Master Gardeners & community volunteers include:

- Mulching
- Deadheading
- Vegetable gardening
- Container gardening
- Weeding
- or flower planting
- Light pruning



Your donation allows cancer patients to focus on their healing.



Helping Hands
in the Garden

Helping Hands in the Garden is a volunteer organization founded with the intent to aid cancer patients during their treatment, when the comfort of a living environment will complement their medical treatment and recovery. Removing the stress of worrying about how a beloved garden will be cared for during a difficult treatment course also buoys spirits and aids recovery.

Gardening assistance for Cancer patients in Fairfield County.

How this free program works

Helping Hands in the Garden will provide one half day of free gardening assistance to cancer patients who live in Fairfield County. Example of services provided by Master Gardeners and volunteers include:

- Light pruning
- Deadheading
- Weeding
- Mulching, as needed
- Container gardening
- Vegetable gardening or flower planting

Who is eligible for gardening assistance

Helping Hands in the Garden requires the following information in order to utilize services:

- *Proof of Treatment* statement from a patient's provider
- A waiver signed by the patient declaring and understanding the services
- Confirmation of patient's primary residence

I am ready to make a donation:

Name: _____

Address: _____

Phone: _____

Email: _____

Enclosed is my tax deductible gift of:

(please check all that apply)

- ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250
☐ \$500 ☐ other: _____

I would like to donate materials:

☐ Tools ☐ Gardening Gloves ☐ Plants

☐ Lawn & Leaf Bags ☐ other: _____

Payment Method:

- ☐ My check made payable to the *Helping Hands in the Garden* is enclosed.
- ☐ My cash gift to the *Helping Hands in the Garden* is enclosed.
- ☐ Pay with Zelle® online by using the email
FFCoHHintheGarden@gmail.com

Signature: _____

Please mail this form to:

Helping Hands in the Garden
P.O. Box 105
Carroll, OH 43112

Questions?

Email:

FFCoHHintheGarden@gmail.com



Volunteer Information

Date: _____

Name: _____

Street Address: _____

City/State/Zip: _____

Home Phone: _____ Cell: _____

Email: _____

Emergency Contact: _____

Relationship: _____

Phone Number: _____

T-Shirt Size: _____

(men's t-shirt sizes)

Our volunteer work days are usually on Saturday, but we occasionally work through the week. If you are available at other times, please let us know.

(Days available)

Volunteer activities include: general garden maintenance, photography, donation of tools, water, snacks, plant materials and other items. If interested in making a donation, please contact us.

Bring your favorite gloves and tools

Helping Hands in the Garden
PO Box 105
Carroll, OH 43112
FFCoHHintheGarden@gmail.com

Volunteer Waiver/Release of Liability

As a volunteer in this and any other activity of *Helping Hands in the Garden*, I, for myself or the participant for whom I sign (if under 18 years of age), recognize and acknowledge that I/we may be exposed to a variety of risks and I/we agree to assume all such risks, including but not limited to, any damage resulting from physical injuries, death, loss of services or consortium, loss of damage of property, or any other loss or injury I/we may sustain as a result of participating in any and all activities connected or associated with *Helping Hands in the Garden*. I/we acknowledge that I/we have no physical limitations, or disabilities of any kind which would restrict me/us from participating.

In consideration of *Helping Hands in the Garden* accepting my/our volunteer waiver and with the intent to be legally bound, I hereby, for myself or the participant for whom I sign (if under 18 years of age) and all heirs, executors, administrators and assigns:

1. forever release, waive and relinquish any claim I/we have or may have as a result of participating in this and all other activities of *Helping Hands in the Garden*.
2. promise not to sue and agree to hold harmless and defend, *Helping Hands in the Garden* and its representatives and volunteers from any and all claims, liabilities, demands, actions or causes of action in any way resulting from my/our participation in this and all activities of *Helping Hands in the Garden*.

Use of Photographs: I/we do hereby grant and give *Helping Hands in the Garden* the right to use my photograph or image (or the photograph or image of the participant for whom I am signing) with or without my/our names, both single and in conjunction with other persons or objects for any and all purposes including, but not limited to, private or public presentations, advertising, publicity and promotion relating hereto. I/we warrant that I/we have the right to authorize the foregoing uses and do hereby agree to hold *Helping Hands in the Garden* harmless of and from any and all liability of whatever nature, which may arise out of the result of such uses.

Volunteer's Signature

Date

Print Name

Phone #

*****IF PARTICIPANT IS UNDER 18 YEARS OF AGE, PLEASE SIGN BELOW*****

Parent/Guardian Signature

Date

Print Name

Volunteer's Signature

Date

Print Name