



Through the Vine

A Quarterly Newsletter of the OSU Extension Fairfield County Master Gardeners

Autumn 2016

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

Inside this issue:

Benefits of Gardening <i>How gardening benefits your health</i>	Page 1
Connie's Corner <i>A message from our MG Coordinator</i>	Page 2
MG and Garden News <i>News and updates, community projects, & more!</i>	Page 2-3
Propagation by Potato <i>A common vegetable nurtures flowers</i>	Page 4
Urban Homesteading <i>Part 2 of 2—being an urban homesteader</i>	Page 5
Garden Musings <i>MGV reflections and observations</i>	Pages 6, 12
Destination Gardens <i>MGVs enjoy gardens while traveling</i>	Pages 7-8
In/Around the Garden <i>See what's happening in and around the garden</i>	Page 10
Birthday Wishes <i>Happy birthday to our Master Gardeners!</i>	Page 10

Working in Garden Yields Multiple Benefits

by *Martha Filipic, OSU/CFAES Chow Line Editor*

This year, I greatly enlarged my vegetable garden. I enjoy it, but it's a lot more work than I realized. People tell me that gardening provides a lot of health benefits. Like what?

The health benefits associated with gardening are well documented.

First, growing your own fruits and vegetables increases the chance that you'll eat the amount of produce recommended by the Dietary Guidelines for Americans: 2-3 cups of vegetables and 1.5-2 cups of fruit each day. People who garden at home or at community gardens sometimes even report that they base their weekly menus around the produce they are able to harvest. There's a large body of research that indicates adopting a largely plant-based diet, which encourages consumption of plant foods in their whole form (especially vegetables, fruits, legumes, whole grains, seeds and small amounts of nuts), is associated with less risk of obesity, diabetes, heart disease and cancer.

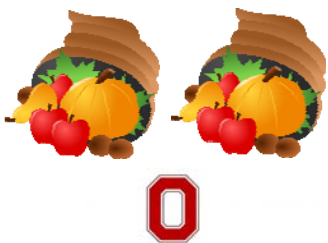
To get the most out of your garden, plant a wide variety of produce. Cool-season vegetables such as lettuce,

onions, spinach, beets, cabbage, carrots, cauliflower, peas, radishes and turnips thrive in the spring and provide an early start to the season. Many can also be planted again after the peak of the summer heat has passed and soil temperatures cool down again. Throughout the summer months, enjoy tending tomatoes, green beans, zucchini, cucumbers, okra, kale, Swiss chard and eggplant.

If you plant a wide variety of vegetables, you'll eat a wide variety, too, and that's important for making sure you are consuming a broad range of nutrients and health-promoting phytochemicals.

Gardening may also help you become more physically active. The Centers for Disease Control and Prevention recommends 2.5 hours of moderately intense activity a week (that's about 30 minutes a day, five days a week) to reduce the risk of heart disease, diabetes and some types of cancer and to strengthen bones and muscles. General gardening is considered a moderately intense activity.

Article continued on page 4.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

CONNIE'S CORNER

Dear Master Gardener Volunteers,

The compliments continue to roll in about the renovation of the Ag Center. Folks love the petunias but are even more impressed with the sunflowers. I hope next year we can get sunflowers to grow between the building and the shrubs, too. Congratulations on a job well done!!

Phase II of the Landscaping Renovation will be Saturday, September 24 beginning at 9 a.m. when we will plant some small shrubs along the sides of the building. The County Maintenance staff will have all of the existing plants removed and ready for us to plant. We may add some flowering shrubs to add a bit of color and spark to the sides of the building. I have shared with the remainder of the offices in our building we will only work at keeping the front of building full of color. If individual offices want summer annuals or pots in 2017 it can be their responsibility to maintain. I think keeping the front looking good and maintaining weed pressure is about all we can manage with the rest of our MGV projects.

Also on that day we will clean up around building sign...currently there are lots of coneflowers that we could dig, divide and plant among the daylilies on the west side of the building. I am thinking it might be easier to plant 2-3 small shrubs by the sign, mulch and be done. It is difficult to maintain many plantings around the sign, as water needs to be carried. Any suggestions to make it simple and easy to maintain are welcome.

Congratulations again on your success...you all should be very proud!! The Agriculture Center is used for a multitude of meetings and has a good bit of foot traffic; your efforts have definitely not gone unnoticed.

See you on September 24....

Connie Smith
Master Gardener Coordinator
Program Assistant—Ag and Natural Resources
smith.3204@osu.edu
740-652-7267

Green Machine Gardeners Farmers Market

Don't forget to stop by the Green Machine Gardeners Farmers Market located at 4465 Coonpath Road near Carroll. The garden is located in the rear parking lot area of the Opportunity Center complex. The Fairfield County Master Gardeners assist members of the Green Machine Gardeners with their microgreen growing operation as well as their large flower and vegetable garden. If you are looking for a large quantity of tomatoes, they have them plus much more!! Or if you would like to enjoy some fresh cut flowers for your home, you can stop by and pick your own bouquet with the help of the Green Machine Gardeners.



Ann and Jim Brocker with fresh cut flower bouquets at the Opportunity Center.

Hours for their Fresh Produce Farm Market are Monday - Wednesday - Thursday - Friday from 9:30 a.m. to 1:30 pm.



James Cannon IV TROOP 456 and team spreading mulch at Wesley Ridge Woodland Restoration Project earlier this summer. MGV Barbara Velez Barbosa (2013) coordinates this project.



Ag Awareness Building at Fairfield County Fair Needs MGV Help!

by *Connie Smith, Master Gardener Coordinator*

For the first time in many years, the Fairfield County Fair will have one very large building dedicated to Agricultural Awareness and Education during the Fairfield County Fair October 9-15. The Ed Sands/Farm Bureau Building on the North Side of the race track which in previous years had been the Sheep barn will now be the new home of learning about all things related to agriculture. We will be having a stage area dedicated to variety of demonstrations and contests, plus a tractor simulator so both, young and old can experience real world tractor driving. In addition all of the local FFA chapters will be a part of the display as well as OSU Extension, Fairfield County SWCD, and the Farm Service Agency.

I have a kit put together to engage youth to learn about seed germination by making Seed Necklaces. If possible I would like to make seed necklaces on **Sunday, October 9 from 1 pm until 4 pm ; Wednesday, October, 12 from 1 p.m. until 4**

pm and Friday, October 14 from 1 pm until 4 pm. It will take 2 volunteers to work with seed necklaces. Currently, I have a few agronomic crop seeds that we can use but if you want to use flower seeds we could do that as well if you have some seeds. **We will be having a quick training on Seed Necklace making on Wednesday, October 5, at the Extension office beginning at 1:00 p.m.** I will have a day pass to the Fair for all those who have signed up to work on October 5. Please send me an email (smith.3204@osu.edu) if you are able to work at any of the above times.

Please note, we are still in the planning phase for this building, so I may be contacting a few of you MGV's who have displays we can use to tuck in "here and there" at the Ag Awareness Center. Even if you can't work don't hesitate to stop by and visit during the 166th Edition of the Fairfield County Fair.



Did You Know???

MGV Melinda Lee Adkins' (2015) yard is in the process of being certified as a wildlife habitat. Pictures of her yard will be posted in the National Wild Ones Certified Wildlife Habitat publications and website and she will receive a sign to post in her yard. Add native pollinating food plants to your yard for the butterflies, bees, and birds and certify your yard as a wildlife habitat. If you are interested in the Wild Ones program go to www.wildones.org.



Native plants in Melinda Lee Adkins' yard help create a wildlife habitat.

Propagation by Potato

by Carol Schleich, Master Gardener 2013



Recently while taking pictures at a nearby abandoned area I noticed wild roses (species rose) blooming. Wild roses are almost always pink (although there are an occasional white, red or even less frequently, yellow) with five petals and being true wild flowers they would be easy care. I picked a rose and took it home.



Enter the floriculture method of using an everyday potato, a common vegetable, to nurture and nourish a commonplace flower. Research unearthed a process that is too complicated for this gardener, but I will include it for the perfectionists among us: Cut a 6" section on a 45 degree slant, remove all leaves, immediately immerse in water, punch a hole in the potato the exact diameter, remove the cane from water, dip into root hormone, shake off excess, place cane in potato, bury in a pot with high quality growing medium, cover with a growing cloche made from a large soda bottle, remove cloche several times a day, tug on plant to make sure it is rooting properly. Plant in its permanent home after the rose is established. Fertilize regularly.

I prefer a more simple system, which I am applying:



I cut a cane on a slant, removed leaves, poked a hole in the potato, substituted cinnamon for growth hormone*, dug a hole and sprinkled Epsom salt in it, planted the rose in its permanent home, and watered. I will casually supervise it so as to not let it dry out and with any luck enjoy flowers for years to come.

As I prepped my new plant I sang (butchered) "Every Rose Has Its Thorns", fondly recalling the

Benefits (continued from page 1)

In addition, several studies show gardening improves physical functioning in older adults. And a 2009 Kansas State University study indicated that gardening can help seniors' hands keep strong and nimble.

Finally, despite the work — and possible worry that a visiting rabbit might nibble away your harvest — gardening can ease stress. A 2010 Dutch study in the *Journal of Health Psychology* compared self-reports of mood as well as levels of stress hormones between those who spent a half-hour reading indoors or gardening outdoors after participating in a stressful activity. The gardeners were significantly better off than the readers. This study reinforces research dating back to the 1980s that shows being around nature has restorative benefits, including lowering blood pressure and boosting immune function.

So, rest assured you are harvesting more than food for your dinner plate. You're reaping multiple benefits that will pay off for years to come.

Editor: This article was originally published as an OSU/CFAES Chow Line column on July 1, 2016. The original publication can be found at: http://cfaes.osu.edu/sites/cfaes_main/files/site-library/site-documents/News/chow_gardening.pdf.

Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210- 1043, or filipic.3@osu.edu.

great (as in good looking) Bret Michaels' performance at his free concert at the Zucchini Festival several years ago.

* While cinnamon does not stimulate rooting, it does discourage fungal infection.

Urban Homesteading...Yes, You Can Do It! (Part 2 of 2)

by Melinda Lee Adkins, Master Gardener 2015



Editor's Note:

This is Part 2 of Melinda's article on Urban Homesteading. Part 1 was in the Summer Newsletter.

For this article I will start with easy steps and projects toward sustainability.

1. Food Independence

Plan and Plant a Garden. Include your children or grandchildren. Berry plants are a big hit with many children. Children love to pick fresh food from the garden and eat it. And don't forget to plant fun plants like pumpkins and loofahs. Just in case you are asking "What is a loofah plant?" It is a plant that produces a gourd like fruit. The fruit can be dried and peeled to reveal a fibrous sponge which can be used in the kitchen or bath.

Educate yourself on how to garden. Go to the library and borrow gardening books. Read and research gardening techniques. Attend free seminars, workshops, festivals, and presentations.

Surround yourself with people who are gardening. Join a seed swap group, gardening group, homesteading group, or take a Master Gardener class to meet gardeners who can advise you on your gardening adventures. To gain knowledge and experience volunteer at local parks, gardening clubs, and neighborhood gardens. Have a plant or produce exchange day with the people you meet at the groups or clubs. Most groups are free but some do have a nominal fee.

Utilize free resources. Check the Craigslist free section for gardeners who are removing a plant or just thinning out their garden beds. If you want to build raised beds look for people that are tearing down their deck. I built my raised bed from recycled decking wood that I painted, cut, and put together. Yes, it was work but I save money and it looks great. There are all types of items that people just want out of their yard or garage.

Plant as many perennials as possible. I planted strawberries, blueberries, and blackberries. I also planted perennial herbs.



I enjoy going out in my garden early in the morning and picking a few berries for breakfast. The birds enjoy my berries too.



Sprouting is an easy food source to grow and it is inexpensive. To sprout the seeds you can use a canning jar and a small piece of screen over the top secured with a rubber band. Or you can buy a sprouting tower for about \$14. The cost for a one pound bag of Mung seeds is \$6.54, alfalfa seeds \$10.90, and a sampler pack is \$12.85. I order my seeds online. If you purchase sprouts at the grocery store a small container can be almost half of the cost of a pound of seeds. You save when you sprout your own seeds.

Grow vegetables from your scraps. You can grow celery, potatoes, lettuce, sweet potatoes, and onions. Easy and free.

Learn to grow mushrooms. There are kits that you can purchase to grow mushrooms indoors for about \$24 and you may have two harvests. Another option is to purchase mushroom plugs to inoculate logs for growing mushrooms outdoors. The plug prices vary but I have seen 100 Shitake plugs for \$18.95. If you inoculate the logs correctly and place them in a shady location, you should have two mushroom harvests a year for many years.

Purchase heirloom or non GMO seeds. After your first crop save your seeds. Check face-book or craigslist for seed swap events.

Article continued on page 9.



GARDEN MUSINGS

Who Knew?

by Linda Landis, Master Gardener 2011



There I am coffee in hand, flip flops & sarong headed to the labyrinth to embrace my day. So thankful I don't have to dress for success or the neighbors anymore. Oh, and exceedingly grateful I have missed the spandex craze altogether.

It's always a mini adventure to see what is happening at the labyrinth. In the spring dedicated raccoons were dumping over pots of impatiens looking for grubs. Then the deer found the impatiens and decided to prune them to their liking. Yes, the deer were quite happy.

Aha, tomato cages to the rescue placed over each pot. This worked for a while but deer are persistent and hungry. The new strategy was to decorate the 14 inch square by 40 inch cages with baubles, bangles and small wind chimes to create noise when the deer hit the cage. This was working until super achiever deer went for that big pot. It was dumped over and half eaten. Just like there are hair extensions for people, who knew that deer are able to up cycle tomato cages as antler extensions? By the deer tracks in the dirt there was quite a dance that took place in the labyrinth. The tomato cage (just like my compost bin) was MIA. Should you drive on Snyder Church Road be on the lookout for the deer with the galvanized steel rack.

Ranch Deviled Eggs with Bacon & Spinach ***from the kitchen of Linda Landis, MGV 2011***

Dozen hard cooked eggs, peeled, cut in half & yolks mashed in a bowl

½ cup cooked chopped bacon, more if you like

½ cup frozen chopped spinach, thawed, drained & squeeze dry & chopped again

¼ teaspoon salt or to taste

¼ teaspoon pepper or to taste

1 tablespoon or more apple cider vinegar, not much more

1 tablespoon plain ole yellow prepared mustard

Your favorite bottled ranch dressing, just wing the amount. That is chicken talk.

Options: onion or garlic powder & parmesan cheese

(When using parmesan cheese, don't add salt or be sure to taste before adding salt.)

Mix mashed yolks and other ingredients together. Place filling in halved egg whites.

Optional Garnishes: sprinkle of paprika or cayenne, parsley or chopped chives & more bacon is always a great garnish for bacon.

There is no mayo in this recipe.



DESTINATION GARDENS

The Gardens of Alcatraz

by *Barbara Kochick, Master Gardener 2013*

When we travel I carefully research the areas where we will be staying for famous gardens to visit. This Spring our trip took us to Northern California. We had planned a few days in San Francisco. Of course on my must see list was The Botanical Garden, one of the most diverse gardens in the world. It is fifty-five acres with eight thousand plants depicting multiple different climates including the magnificent redwoods. In Golden Gate Park we were awed by the serene beauty of The Japanese Tea Garden which is the oldest public Japanese garden in the U.S. Also here the English major in me was thrilled by The Garden of Shakespeare's Flowers where brass plaques list each of the flowers from the bards work that is growing there.



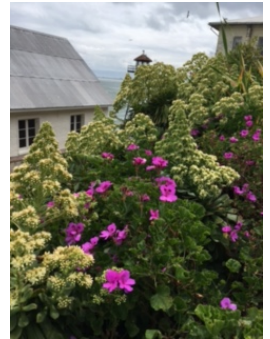
One cannot go to San Francisco for the first time without seeing that iconic prison on an island, Alcatraz. It was the place of incarceration for some of the most notorious criminals in American history. If you broke the law you went to prison. If you broke the law in prison you

went to Alcatraz, that barren rock in the ocean. I was shocked to find here the beautiful, tough and resilient Gardens of Alcatraz.

The wardens, staff and guards were permitted to live with their families on the island. The residents created gardens to lift their spirits and soften the harshness of their environment. They needed tough plants that survive with little water or care. Many of the



species that grow there were imported from Mediterranean climates. There was one garden on the fenced, heavily guarded hillside that inmates using salvaged materials, garbage scraps and donated seeds created for their own satisfaction. Gradually a landscape of flowering terraces, rose gardens, greenhouses and lawns was built. In 1963 the prison closed and the gardens became overgrown and wild. It is a testament to the toughness of the plants that they survived forty years of neglect. In 2003 the local conservancies and the National Park Service began a joint effort to restore and preserve the gardens. Today volunteer crews work with the staff year round to plant and maintain them.



Elliott Michener, a counterfeiter, was one of the most successful gardeners who later made his living as a landscaper. He said, "The hillside provided a refuge from disturbances of the prison, the work a release, and it became an obsession. This one thing I would do well...If we are all our own jailers, and prisoners of our traits, then I am grateful for my introduction to the spade and trowel, the seed and the spray can. They have given me a lasting interest in creativity." I think many of us can identify with that.



DESTINATION GARDENS

Biltmore Estate and Gardens

by *Melinda Lee Adkins, Master Gardener 2015*

Note: The Biltmore facts used in this article were taken from the Biltmore website and tour brochure.

I have wanted to visit Biltmore Estate for years and I had the opportunity to go in August 2016. The eight hour drive is worth the visit to the impressive home and stunning estate gardens. The view of the Blue Ridge Mountains from the Biltmore terraces is breathtaking, and the estate gardens are a gardener's dream. In the following paragraphs I will provide facts on the Biltmore home to depict the massiveness of the home and estate grounds.



On George Vanderbilt's first visit to Asheville, North Carolina in 1888 he determined that the Blue Ridge Mountains were the perfect location for his country home. In 1889 craftsmen began construction on the 250-room French Renaissance chateau. After six years of construction, in 1895 the home was officially opened on Christmas Eve. The finished home contains over four acres of floor space- 135,280 square feet, 35 bedrooms, 43 bathrooms, 65 fireplaces, an indoor pool, bowling alley, a library with 10,000 volumes, and a Banquet Hall with a 70-foot ceiling. It is largest residential architecture undertaking in America.

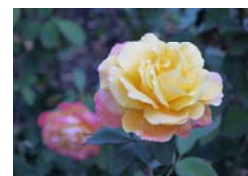
The Vanderbilt's appreciation for nature and art are visible upon entering the home. Just inside the Biltmore entrance is a glass roof winter garden filled with tropical plants and a fountain sculpture, *Boy Stealing Geese*, by Karl Bitter. The Vanderbilts filled their home with artwork, sculptures, tapestries, and each room of the home contains tropical plants and flower arrangements. The plant store rooms are in the basement area. The rooms are lined with shelves with a variety of vases, pots, and planting supplies for creating flower



arrangements.

The Biltmore home is on an 8,000 acre estate with formal and informal gardens designed by landscape architect, Frederick Law Olmstead. There are nine garden areas to explore with networks of paved paths or gravel trails connecting the gardens. The nine gardens are: the Library & South Terrace; Italian Garden; Shrub Garden; Spring Garden; Walled Garden; Rose Garden; Conservatory; Azalea Garden; and the Bass Pond and Boat House.

Each garden is unique. The Library Terrace is shaded by an arbor of wisteria and trumpet creeper vines. The Italian Garden has three formal water gardens where koi and goldfish swim among giant water lilies, lotus, and papyrus. The Shrub Garden has 500 varieties of ornamental shrubs, trees, and other popular plants of the 1890's.



The Walled Garden is a four-acre formal garden featuring flowerbeds and two arbors. The Rose Garden contains heirloom varieties. The glass roofed conservatory is home to exotic orchids, ferns, and palms. The 15 acre azalea garden is the estate's largest garden with an array of color. The Spring Garden and the Bass Pond / Boat House Trails are a joy to walk. The white pines and hemlocks provide shade while walking along the



babbling brooks. Small wooden and stone bridges are throughout the trail to provide access across the brooks. And a large growth of bamboo was a nice area to take a break and take pictures.

The estate gardens were a true delight to stroll through, gaze at the creative landscape designs, view the numerous flower varieties, and watch the wildlife, birds and insects. If you are interested in visiting the estate there are activities and areas of the estate that I did not cover in this article. Go to the official Biltmore Estate website for more information (www.biltmore.com). I enjoyed my visit and I recommend visiting the home and estate.

Homesteading (cont'd from page 5)

Learn to forage. There are common wild plants growing all around us that you can pick and eat. There are basic rules to follow. You must have a positive identification of the plant you intend to pick. You must have a clean pick free of pesticides and chemicals. You must have permission to pick on private or public property. Some parks do not allow foraging. Do not pick all of a plant in a location.

2. Cook at Home

Yes, it is easier to just buy a frozen dinner at the store but homemade tastes better and is healthier. Once you start cooking at home you will learn shortcuts and you will enjoy the food you cooked, especially during the summer when you can walk out to your garden and pick fresh food. The taste of fresh garden produce beats store bought produce. When I harvest my food an extra bonus is watching the wildlife in my garden: the butterflies and bees on my plants, the birds and squirrels at my bird feeders, and the toads at my small pond.

Learn to preserve your garden harvest. Learn to water bath can, pressure can, dehydrate, ferment and freeze food.

My garden is producing cucumbers faster than I can find ways to use them. I canned bread and butter pickles last night. By this weekend I need to find another cucumber recipe!



Stop eating processed foods. Soda pop, frozen dinners and prepackaged foods are simply unhealthy and expensive. After a couple of weeks you will not like or want processed foods.

Cook ahead. I cook dinners on the weekends and put them in the freezer. I have a week of dinners and lunches in the freezer and it is much easier to cook and clean up once. Again, the homemade frozen dinners are healthier and cheaper.

Make smoothies at home. It is so easy and they taste great. For convenience you may use canned fruit or frozen fruit or berries. I use soy milk and my choice of fruit. It only takes about three minutes to make. One day I may use strawberries and bananas and the next I may use pineapple, coconut, and mandarin oranges.

You will be amazed at the difference in your food bill when you limit your processed food purchases. You will love the savings.

3. Financial Freedom

Pay off debt. Think about the items you want to purchase. Do you really need it? Do you need the top of the line appliance just because it is the new hot item on the market? Can you buy a used item at an auction, garage sale, or Craigslist? How much can you save if you buy used? Some items I will not purchase used. A mattress is one of those items. When you pay off debt and save, if an emergency happens you will not be in a crisis situation.

Don't apply for multiple credit cards. The best policy is to not have credit cards. The interest or fees on the cards can lead to a long sentence of servitude if you cannot pay them off.

4. Invest in yourself

Get fit. Exercise, eat good food, quit smoking, don't abuse alcohol or drugs, stay away from processed foods and get a good night's sleep. Treat your body with care so that you can have a long healthy life.

Educate yourself. Go back to school. Take community college classes, vocational classes, or rec center classes. There are businesses that offer special interest classes such as medicinal herbal workshops, canning basics and fermentation basics. And for people that have tight schedules there are always online courses.

Note: Please use caution when using social media to scout for free items. Try to meet in a public location (e.g. a library) to pick up items. If you need to pick up an item at a residence, let family/friends know where you are going and if possible take someone with you.

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



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

COMING SOON:

Wednesday, September 14th—11:30am

Lunch and Learn

Ag Center—831 College Ave, Lancaster
Soil Health and Cover Crops for your Garden with MGV Ann Brandt. Bring your sack lunch and come learn more about improving and testing your garden soil. Register by Friday, Sept 9th by calling 740-652-7260.

Saturday, September 17th

Ohio State Master Gardener Conference

“Cultivating Passion”. Summit County/Cuyahoga Falls.

Tuesday, September 20—Local Foods Farm Tour

Slate Run Vineyard—Canal Winchester

1900 Winchester Southern Rd. Program starts at 6:30pm. To register or for more information, call 740-652-7260.

Saturday, September 24th—9:00am

Ag Center Renovation—Phase 2

See Connie's Corner on page 2 for more details.

October 9th through 16th

Fairfield County Fair

See article on page 3 for volunteer opportunities!

**October 10th—Fall Flower Show—Fairgrounds
Fairfield County Federated Garden Clubs**

Host club—Carroll Community Garden Club. Show theme is "Four Seasons". Show judging—10 am, Mon, October 10—art hall. Displays remain in place for viewing through Sat, October 15. The horticulture division is open to any amateur grower. Design classes are open to adults and juniors ages 5-18. You do not have to be a member of a Fairfield County garden club to enter the open classes. For more information, contact the co-chairs: Connie Rogers 740-215-2004 or Debbie Molisee 740-503-3137.

Monday, November 14 - 7:00pm

Basil Garden Club Guest Night

Christ United Methodist Church, Fellowship Hall, 700 South Main Street, Baltimore. Program by award-winning journalist Michael Leach on *Dirt Therapy: The Healing Garden*. Contact Linda Landis at landili@yahoo.com for more information.

SAVE THE DATE:

Thursday, December 8th—MGV Holiday Lunch

January 2017—Columbus Convention Center

21st Annual P.L.A.N.T. Seminar

A program of the Perennial Plant Association, featuring experts on trends, design, new plants and solutions.

Contact Kelley Scott at scott.1863@osu.edu or kelleynotez@yahoo.com with garden activities and events to include in the newsletter.



WISHES FOR A HAPPY BIRTHDAY... CELEBRATE AND ENJOY!

SEPTEMBER BIRTHDAYS...

Susan Blake, Lisa Dominguez, James Dyer, Linda Gaylor, Barbara Houston, Ann Huston, Mindy Killoran, Laura Raybourne, Carolyn Wilson

OCTOBER BIRTHDAYS....

Nancy Busack, Bill Huston, Esther Messerknecht, Connie Rogers, Patty Turner, Caryl Woods

NOVEMBER BIRTHDAYS....

Suan Priser, Carol Schleich, Diane Sheridan, Dianna Wears, Linda Werner

Chive Blossom Vinegar

from the kitchen of Melinda Lee Adkins, MGV 2015

Chive blossoms

White wine vinegar

The amount of ingredients will depend on the size canning jar you choose. You will need enough chive blossoms to pack the jar and vinegar to cover the chive blossoms. Sterilize the jar before adding the ingredients.



Pick chive blossoms and rinse under cold water to remove dirt. Shake off excess water and put aside.

Warm white wine vinegar in a pot. Do not boil.

Pack chive blossoms in canning jar and pour warm white wine vinegar into the jar. Let vinegar cool. Place the lid on the jar and set the jar aside in a dark, cool spot for 2 to 3 weeks to infuse the ingredients.

Use the Chive Blossom Vinegar over salads.



Zucchini Bread

from the kitchen of Caryl Woods, MGV 2009

- | | |
|-----------------------------|-------------------------------|
| 3 eggs | ½ tsp. baking powder |
| 1 C. oil | 2 tsp. soda |
| 1 ½ C. sugar | 2 tsp. cinnamon |
| 2 C. grated zucchini | 1 tsp. salt |
| 2 tsp. vanilla | 1 C. walnuts, optional |
| 2 C. flour | |

Combine zucchini, eggs, oil and vanilla. Mix dry ingredients. Blend together and bake in 2 greased loaf pans at 350 degrees for 1 hour.

New Bee ID Card Available

Ohio's bees are more than honey bees. They're bumble bees, carpenter bees, cuckoo bees and others, and you can identify more than a dozen of them — types you're likely to see in your garden — using a new 4-by-6 inch laminated pocket card from The Ohio State University. In all, the card shows you what 16 Buckeye State bees look like —including the squash bee, mason bee and mining bee, among others — along with a fly and a wasp that look confusingly bee-like. The bees' sizes and scientific names are included.

You can buy the card throughout the year in quantities of 25 — good for handing out to garden clubs and the like — for \$9.99 from the college's online store at go.osu.edu/BeelD.

Newsletter Deadlines

Do you have an article, garden musing, photo from an MGV project, calendar event or announcement you'd like to submit for the MGV newsletter?

Articles and information are welcome **at any time!** Information not able to be used in the current newsletter or received between newsletters are saved and used in a future newsletter or at a more relevant seasonal time. 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**

Email articles and information to Kelley Scott at scott.1863@osu.edu or kelleynotez@yahoo.com. Contact Kelley by email or at 740-475-8498 with questions or ideas! Thanks to all who contribute!

GARDEN MUSINGS

All About Allelopathy

by *Carol Schleich, Master Gardener 2013*



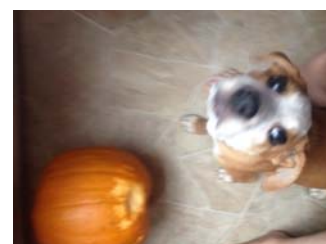
Well - not all, but enough to get us started on this no work - no worry weeding technique.

As I have done many other times before, I inadvertently stumbled onto a concept while looking for a short-cut. Pumpkin and other squash seeds are inexpensive and readily available so with any luck they will flourish and steal space that weeds consider their birthright. It sounds good in theory and one summer when The Big Dog Yard was empty for the first time in years I decided to put it to practical use. Sweetie and Lad by running and playing had kept the ground free of weed, grass and every other bit of flora, but after living long, happy lives they returned to dust. I was too busy to give much attention to The Yard so I scratched the dirt with the edge of a shovel and planted, very shallowly, pumpkin, zucchini, and acorn squash on their sides and watered several times a week. I was rewarded with vines everywhere, almost no weeds and in the summer enough zucchini to share, to put it mildly. The acorn squash produced fruit until frost. I'd never tasted it before and was pleasantly surprised about how good it was cut in half, baked for 45

minutes and topped with butter and brown sugar. I also harvested pumpkins of all sizes, using them for decoration purposes.

But there is more magic concerning squash than just shading out weeds. According to Stephen Duke, Ph.D., research leader at the USDA's Natural Products Utilization Research Unit, allelopathy is "chemical warfare between plants." In addition to squash, beets, corn, cucumber and peas produce growth inhibiting chemicals through their roots. Bye-bye, weeds.

Last year our little family welcomed a new face. When Shiloh came home he noticed a large pumpkin, and he sneaked small bites off it until it finally collapsed. This spring I planted pumpkin seeds to serve as both weed preventers and after harvest, safe puppy treats.



Through the Vine is a publication of the Ohio State University Extension Office in Fairfield County
Kelley Scott, 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.