

Washington County Master Gardeners Newsletter • October 2020



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However, *Garden Thyme* is best viewed in your browser (instead of viewing it within your email). Formatting within an email often gets messed up (sorry for the technical jargon there), which is a frustration for you and for your newsletter committee that works so hard to provide you with a newsletter lovely to behold. **So, to view *Garden Thyme* in its full glory, just click on the link at the top of this page that says "View this email in your browser."**

October Zoom Meeting

Mark your calendars for our meeting on **October 6 at 6:30 p.m via Zoom**. A link inviting you to participate will be sent out through Mail Chimp and through Colin's listserv.



Our guest speaker is Jane Maginot, an extension agent with the University of Arkansas System Cooperative Extension Service. Her responsibilities include outreach and education for the Northwest Arkansas Urban Stormwater Education program. Prior to coming to the extension service, Maginot worked in East Africa managing water access projects. Maginot attended Arcadia University where she earned an M.A. in international peace and conflict resolution with a focus in environmental conflict management.

Jane will talk about urban water issues and low impact development (LID) in residential landscapes. These methods and techniques are used to slow down, spread out, and soak in stormwater on-site creating a more environmentally friendly habitat for wildlife while protecting water quality.

Taking Care of Business

We will vote on the following at our October 6 Zoom meeting.

September 2020 Meeting
Minutes

August 2020 Treasurer's
Report

2020 Annual Meeting Minutes

From Your President

KATHRYN BIRKHEAD

One of the things I miss about being in the classroom is the beginning of the year when the students and I were getting to know each other, exploring different approaches to listening and learning and trying new things. When we found a way that worked for them to understand a concept, it was magical to see the joy they felt in understanding. That never got old.

It's great fun now as a Master Gardener to have that opportunity again, as we get to know our new colleagues who are starting their training. We get to experience again through new eyes the deep satisfaction we enjoy from caring for our world and of seeing things in a new

light.

In the last few weeks, several of us interviewed our new trainees to get to know a little about them, and one of the goals of that interview was to be able to match them with mentors who share their interests. It's fun to get people connected. To all of you who said "yes" to being a mentor this fall, thank you. We all owe you a debt of gratitude for your willingness to guide our trainees as they begin their journey with us.



To the new trainees, it is a joy to hear the enthusiasm in your voices as you describe why you want to become a Master Gardener. Your eagerness to learn is contagious, and it reminds me of why I wanted to be a Master Gardener to begin with. We are glad you are with us.

From "For a New Beginning" by John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

...

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.

May you all have a wonderful October.
Kathryn

Endowment News

RUTHANNE HILL

Endowment Committee

As you may have heard at our last meeting, we have a BIG announcement about the WCMG Endowment Fund. Are you ready? Sitting down?

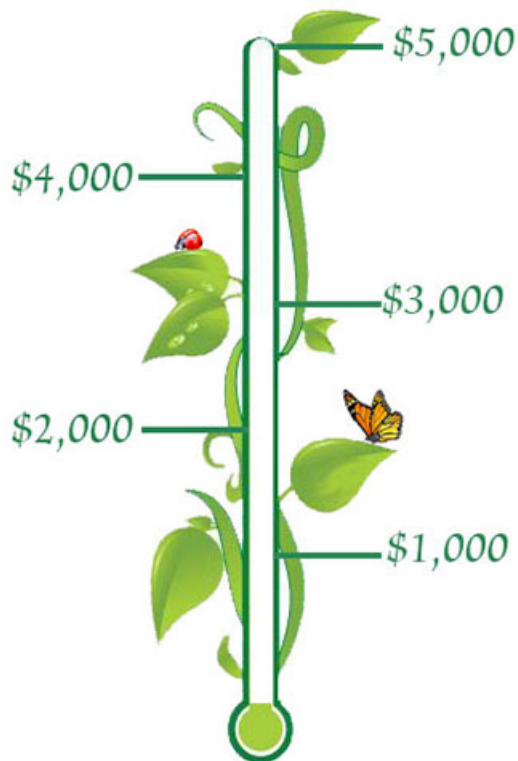
One of our fellow Master Gardeners has offered up a \$5,000 Match Challenge to help us build the endowment! That's right, because of this wonderful donor, every dollar up to \$5,000 contributed to the WCMG Endowment Fund will be doubled. If we meet the full challenge, we'll add a whopping \$10,000 to the fund. Now that's the kind of news that makes you sit up and pay attention!

As with any match challenge, there are a few stipulations. To count for the match, these

contributions must be personal gifts (not from a fundraiser) and the gifts must be received by December 15, 2020.

This next part is very important! **Checks should be made out to ADC Endowment #30011384 and mailed to the Washington County Extension Office, 2536 N McConnell Ave, Fayetteville, AR 72704-5521.** An updated form to accompany the donation is being approved and will be shared/published soon.

We'll keep you posted on the progress toward the \$5,000 goal and, of course, we'll all celebrate when the Challenge has been met and we add \$10,000 to the endowment!



So, “What’s the deal with this endowment?”

I hear some of you asking. Well, let me tell you. It’s been the dream of this group since way back in 2009 to be able to award University of Arkansas horticulture students with scholarships from the Washington County Master Gardeners. This idea kind of sat on a back burner, growing slowly for more than a decade, until this year when Endowment Chair Dolores Stamps and others breathed new life into the idea.

The ultimate goal is to increase the endowment to at least \$20,000 and that’s why your support of this Match Challenge is so important. If everyone will contribute—a little or a lot, whatever is appropriate for your means and circumstances—together we’ll raise \$5,000. Then we’ll match it with the challenge donor’s own \$5,000 and then—BAM! Just like that, we’re halfway to our ultimate goal!

Your gift to the endowment is tax deductible and while we can’t give tax advice, there is a special rule in effect this year, due to the pandemic, for tax deductible charitable gifts even for those of you who don’t ordinarily itemize. Ask your tax consultant for details.

So, we’re off and running! Who will be the first to donate? How fast will we reach \$1,000? \$2,500? Whose gift will put us over the top of our \$5,000 goal? How will YOU participate?

Meet Our Trainees

SANDY JENSEN

I grew up on a farm in Kansas and graduated from Oklahoma State University with a degree in mathematics. I spent my working years doing IT work in the oil industry in

Tulsa, Denver, and Houston. We moved to Mountain Home after my husband retired, and then we relocated to Fayetteville a year and a half ago after I retired. I completed my Master Gardener training in 2007 in Baxter County and transferred my membership to Washington County in 2019. I currently serve on the Website Committee. Along with the Master Gardeners, I am a member of the Fayetteville Newcomers Club and a volunteer at Washington Regional Medical Center. My other interests include reading, cooking, sewing, basket weaving, and travel. My husband and I have traveled to all fifty states, and we are looking for a local travel group.



LYNETTE TERRELL

Jonquils, walking down the Jungle Garden Road, and the bulbs Mrs. Turner gave us began my gardening journey. My mom and I planted those bulbs around the clothesline poles. Each spring the ones with more blooms were mine. That's what Mom said.



I grew up in southeast Arkansas. My daddy was a farmer. He grew cotton and soybeans and always had a huge garden for us. My mom's flowerbeds were showplaces. It seemed natural to me that I would have a green thumb, and I looked forward to having flowerbeds of my own.

For several years my gardening dreams wilted as Jim and I raised our two daughters, attended hundreds of swim meets, and, as an English teacher, I graded thousands of essays. I loved our happy, crazy busy lives; there was simply no time for gardening.

Time passed. I dug a flowerbed. I planted zinnia seeds and they came up—I was thrilled! That small zinnia patch rekindled my dreams. Jim grows vegetables, but my passion is flowers. Since I retired from teaching last year, if I'm not running, reading, or writing, I'm planting flowers, picking flowers, or arranging flowers. More often than not my flowers are beautiful, but it's been trial and error, luck and happenstance. It was not unusual for someone to ask, "What's this?" My answer, "I have no idea . . . pretty." That's why I wanted to become a Master Gardener, to continue my passion, add some knowledge, and share both throughout our community. Through the training and all the reading and zoom workshops, I am learning lots. My big passion now is propagating. I love taking cuttings and getting new plants started. I've created a free plant stand by my little free library, and every now and then I add a new kind. It brings me great joy when I see people stop, smile, and take a plant! Our world can never be too beautiful.

Log Your Hours and Pay Your Dues (Please)

Due to the COVID-19 pandemic, there will be no volunteer work requirement for 2020. However, all active members and trainees are still required to record at least twenty education hours and pay their 2021 dues in order to retain membership for next year. If you have done some work hours this year, please make sure to record them. Every single hour counts, especially this year!

The deadline for trainees to complete and record their hours is November 1; for all other members the deadline is December 15. Please do not wait until the last minute—start recording your hours today!



Any member who needs to request a leave of absence for 2020 can contact Annette Pianalto for more information: annettepianalto@gmail.com or 479-361-2007. The deadline to request a leave of absence is November 1. If you have any questions or need help resetting your password, Annette can help you out with that as well.

Please pay your 2021 dues between October 1 and December 1. Make your check for \$20 out to WCMG and mail it to WCMG treasurer Chris Bell, c/o Washington County Extension Office, 2536 North McConnell, Fayetteville, 72703. Dues go up to \$25 after December 1.

Photo by [Nathan Dumlao](#) on [Unsplash](#)

Veterans Community Garden Project Report

STEVE BRIZZI

Project Chair

I want to express my gratitude to Annie Moore, Glendann Robillard, Jean Nelson, and other Veterans Health Care System of the Ozarks (VHSO) staff who have faithfully tended the garden while the VHSO campus was on lockdown. Things are loosening up a little, especially for the garden project, since it is in the open air. I have been to the garden a few times in the last two months to work a little, but mostly to measure and envision some improvement projects. Our project became the beneficiary of about \$8,000 of grant money in late August. The mission is to improve the Veterans Community Garden project in whatever way we see fit. The expectation is that the funds will be used to make the garden more efficient and more attractive.

I met with VHSO representatives Jean Nelson and Sue Hess to come up with a plan to meet the goals of the grant:

- Build a deer fence around the perimeter of the garden. It will be 8 feet tall and designed to go with our entrance pergola. Below is a photo from the [Dust Bunnies](#)

[and Dog Toys blog](#) showing the fence design we would like to use. I think it will be really beautiful and functional. Cost of materials: \$3,100.



- Set 16"x16" pavers over the entire pathway areas. Pavers will reduce weeds and make the garden more accessible to persons with mobility issues. 1400+ pavers
Cost: \$3,200.
- Install an irrigation system in the main beds. The system will reduce the time and energy required to water and volunteers will only need to water pots and planters. It will be run by a digital timer. Cost of materials: \$700.
- Install weed barrier and rubber mulch to the sitting area next to the Herb Garden.
Cost: \$300
- Replace 15 rotted timbers on the original 3 raised beds. Cost: \$600
- We also bought some garden tools and other supplies.

As you can see, we have our work cut out for us. We will be renting machines to dig post holes, do trenching for irrigation lines and have the use of a forklift to move the pavers. I envision having weekly workdays with extended hours starting in late September and continuing until we get it all done this fall. Our hope is to make this a true joint endeavor between the VHSO and WCMGs. We will ask the VHSO maintenance department to supply us with some workers and machinery, the VHSO volunteer services department will enlist some clients and veterans, and I will be looking to many of you Master Gardeners to participate as well.

Please let me know if you are willing and able to help us with these projects, and I'll let you know what our schedule is. You could also let me know some time slots are available in your schedule. Jean and I will be conducting a planning session to line out the details of getting these projects done. If you'd like to be a part of this planning, let me know. My phone number is 870-350-6606.

**August Photo of the Month:
"Wildflowers"**



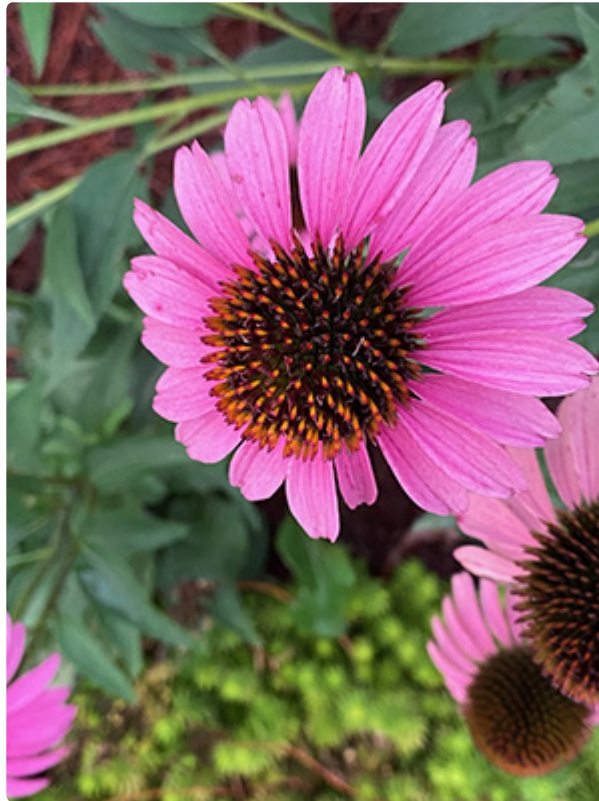
FIRST PLACE

"Basketflower" by Kitty Sanders



SECOND PLACE

"Wildflowers and Willow" by Steve Lisle



THIRD PLACE

"Good Morning!" by Carol Sue Wooten

Gardening in the Time of COVID-19

AUDLEY HALL



WCMG Annie Moore proudly displays the Veterans Community Garden 2019 Project of the Year award at the project's "farmers market" produce distribution event.

WCMGs Glen Robillard and Annie Moore have spent their quarantined summer in the Veterans Community Garden (winner of Project of the Year award for 2019). Though the

Veterans Healthcare System of the Ozarks (VHSO) grounds have been closed to the public due to COVID-19, because these women are veterans, they were allowed to continue to work in the garden throughout the summer of 2020. The results of the work have been both bountiful and beneficial.

This year Glen and Annie contributed their gardening expertise in battling deer, squirrels, and rabbits as well as insects and fungus. Glen explains that the increase in pests "could be related to only having two people working at the garden." But, she says, "In spite of everything, we harvested carrots, beets, potatoes, onions, tomatoes, lettuce, peppers, spinach, kale, lettuce, watermelon, strawberries, blueberries, and raspberries."



Spinach and kale grown at the Veterans Community Garden and given to local veterans.

Annie and Glen are no strangers to service or veterans. Both served our country for many years. Glen served as a registered nurse in the U.S. Air Force, and retired after twenty-two years at the rank of lieutenant colonel. Annie served in the U.S. Navy for two years working as a flight captain and setting up air shows for the Blue Angels. Afterwards she joined the U.S. Army where she spent eight years as a photo layout specialist producing leaflets for distribution by the Army's psychological units.

The Veterans Community Garden provides food for area veterans. VHSO Medical Center director Kelvin Parks suggested a "farmers market" to distribute produce from the garden to Northwest Arkansas veterans. Glen and Annie were joined by other VA staff in setting up the farmers' market to distribute food to veterans.

Tri-City Produce and Walmart Neighborhood Market in Fayetteville also contributed food for the market, and two private donations allowed for the purchase of canned beans,

chicken, and tuna as well as healthy snacks, pasta, and fruit. In all over 800 pounds of food was given to 113 veterans, plus veterans in intensive outpatient programs. The remaining food was given to homeless veterans through a HUD/VA program.

Photos courtesy Glendann Robillard

Natural State Natives

MEL ZABECKI



Bounty from a pawpaw tree.

Asimina triloba, or pawpaw, is an Arkansas native fruit that is delicious but elusive! Locations of these understory trees are guarded by landowners who want the fruits all to themselves and who can blame them? The fruits, which sometimes grow in clusters, are green and fist-sized or a bit larger. When they get ugly with dark spots they are ripe and the flesh is custardy and tastes like a cross between a banana and a mango—I think the taste is sublime.

Getting pawpaws before the wildlife find them fallen to the ground is difficult and the fruits are often too high up to pick. Shaking the tree is possible but it is said that the tree-ripened fruit is really the only way to get it at its best quality and that they don't ripen well off the tree. There are a few cultivars around, but they are very rarely grown commercially, so foraging for them is practically the only way to get them. When they are ripe, however, they only have a shelf life of about a day or two! The rarity, coupled with the secret locations and the short shelf life make pawpaws a real treat if you can get even one. So why not grow them? Well, you have to make sure that you get seeds from different patches

because they are self-incompatible, which means if a patch has genetic clones, then pollination will not occur. Last fall I stratified seeds from two different locations in my fridge, planted the seeds in late January, and almost gave up on any germination. Eventually, after about four months they germinated and now I've got little seedlings that will overwinter in my garage and hopefully next year I'll transplant to a wooded area at a friend's property and will hopefully get a patch of my own started.



The innards of a very ripe, very delicious pawpaw.

Pawpaw seeds show up in the archeological record, and when they do, it allows archeologists to pinpoint an exact season of when the deposits were created since September-October is really the only time these fruits are eaten since they can't be stored.

Not only did the American Indians eat the fantastic fruit, they used the plants for fiber. "Retting," or soaking the plant fibers to soften them, was done by stripping the bark and submerging in a water about a week in hot weather. Afterwards, the stinky water was poured off, fibers were separated out (fiber close to the outside bark is rougher), processed by pounding and splicing, and the finer inside fiber was used to make ropes, bags, and nets.

If you can't identify pawpaw trees in your foraging, go see the two trees on the north side of the Washington County Extension Office to get a good look at what they look like in an ideal setting. In the wild under the canopy, pawpaw trees are not as full, they're kind of spindly. But at the Extension Office you'll at least get a good look at the leaves to commit to memory and then go out and find some in the wild!

Photos courtesy Mel Zabecki

Nature Sightings on a Trail

MARY McCULLY

Many miles we ride to see the wonder of Nature explode before our very eyes.
Our ears listen to hear the calls of the birds' melodious songs.

Our eyes open wide and a smile emerges when we see the graceful flight of the butterflies
as they seek out the nectar of the perennial wildflowers that grace the trails.

So much is seen for only an instant that illuminates our vision in vivid awe.
My wheels spinning my body bending my lungs taking in the fresh air.

The beauty of Nature available to one and all, no fee required.

Our eyes have a shutter speed quick enough to freeze the actions of the graceful flights
of all the wildlife that catches our attention for one moment in time.

Morning dawns along the trail, bringing out the playful rabbits and squirrels.
A late afternoon turn around a curve often causes us to brake as we await the crossing of
leaping deer.

Walk on, pedal on, and seize the moments that are unveiled with each turn of the trail.

In sunshine and fog, mist and rain, morning's dawn and evening's rest
every ride brings the treasures of Nature at it's best.

As I put away my bike, I often think to myself . . .

Was my excursion coincidence or purpose* of all that is available for me?
Thankful for the beautiful Story of Nature that was revealed before my eyes.

**Quote from Mike Martin, Ozark Nature Gallery*



A slide show of Mary's photos from a recent bike ride with her husband, Bill, on the Razorback Regional Greenway.

BGO Virtual Workshop

Fun with Pumpkins and Succulents

One of the great fall workshops at the Botanical Garden of the Ozarks is led by horticulturalist Lee Witty. In this virtual class Lee will show you how to artfully decorate a pumpkin with objects from nature as well as succulents. The delightful pumpkins create a holiday display that lasts through Thanksgiving. Lee will encourage your creative talents by demonstrating combinations and then will be available to guide and answer questions as you put together your own creation. All needed materials will be provided, but you can also find your own small items from nature to add. What a wonderful pastime for a fall evening!



Kits for this virtual workshop will need to be picked up at BGO. For more information and to enroll in the October 6 workshop, visit <https://www.bgozarks.org/succulent-pumpkin-workshop-a-make-take-class-3/>. The second of these workshops will be held on October

20th and information can be found here: <https://www.bgozarks.org/succulent-pumpkin-workshop-a-make-take-class/>.

Just Us

JUDY SMITH

Poems by Carter Carrigan

Just Imagine

That you are a seed.
There is so much to be and
so much you need!

You need to be healthy, hardy, and sound
and find your way at last to the ground!

You need to find moisture and then find the sun,
It is not always so easily done.

You must give your best!
Give it all you've got
the difference being
what is and what's not!

Carly's Poem

She is so impetuous,
obstreperous, tempestuous.
She can be incongruous,
Like an Elephant or Rhinoceros!

She's not like any one of us,
not two of us, or three of us,
yet, she is still one with us.
Incredulous! Preposterous!

Life can be so calamitous,
insidious, and duplicitous.
Youth can be splendidous,
and make life hell for the rest of us.

Delights

Oh, the delight of
intersections and crossroads
connections and linkages
the nexus of old friends and new.
Oh, the delight of
discovery and enlightenment
exaltation and jubilation
encountering ideas, ideals, and dreams.
Oh, the delight of
expectations and revelations
contemplation and conversation
understanding and comprehending.
Oh, the delight of
comfort and security
hearth and home
the serenity of heart and mind.

Book Review

Dolores Stamps

*Gardentopia: Design Basics for
Creating Beautiful Outdoor Spaces* by
Jan Johnsen



East, the home of the morning sun, is considered auspicious and known for encouraging growth. Plants wake up to the sun and the gentle rays of the morning light. An Eastern guru explains that east is beneficial for us as well. *Vastu*, the ancient Indian teachings on design, maintains that we think better when we face east. The word "orientation" means "to face east." Move your garden bench so that it faces east.

Author Johnsen encourages use of round pots and rounded shrubs, suggesting maybe they harken back to organic shapes like eggs, fruit, or seeds. If everything you have done so far is linear or box-shaped, try interrupting that vista with a round pot. The author advises that it takes less work for us to recognize rounded forms than hard-edged shapes.

There are forty garden design ideas (along with suggestions for walls, walks, and steps) and seventeen ideas for color use in your garden. Delightful concepts that can be added with little expense. Feeling down? Surround yourself with yellow in your garden. This happy color lifts our spirits.

All public libraries in Washington County offer curbside service, so grab a book and earn some education hours. Don't let the pandemic put hesitation in your garden planning.

Photo by [Radek Grzybowski](#) on [Unsplash](#)

November Meeting Preview

Our November 3 guest speaker is Lucy Capelle, who will discuss the culture and challenges of the Marshallese community in Northwest Arkansas, especially as it pertains to health and diet. She will tell us about the Marshallese Garden Project, which offers fresh produce to their community, as a means of promoting healthy eating.



Contact Information

The *Garden Thyme* email address is wcmgnewsletter@gmail.com. You may use this address for submissions and for questions and comments that are specific to the newsletter. For other needs, please contact the appropriate officer or chairperson as listed in your WCMG workbook.

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WCMG Website



UA Extension Service Website

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information or any other legally protected status and is an Affirmative Action/Equal Opportunity Employer.

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