

THROUGH THE GRAPEVINE

Volume 11, Issue 1

Jan-Feb 2010

Concho Valley Master Gardeners



President's Message

By Carolyn Mason

Master Gardeners:



What does it mean to be a Certified Master Gardener? All of us were told in our class that to be a Certified Master Gardener, we had to take the

class and complete 50 volunteer hours on Master Gardener projects. I am not sure everyone knows that every one of us needs to complete certain requirements to maintain our certification each and every year. When Allison and I started work on the necessary documents for chartering with the Texas Master Gardener Association, we went through the Concho Valley Master Gardeners membership to see who qualified as active members. We do have a number of new Master Gardeners who fulfilled the requirements for active membership which means that these individuals paid their 2010 dues of \$5.00 prior to the December 31, 2009 deadline and performed 50 hours of volunteer service in addition to attending the class in the Fall of 2008. We do have some ongoing active members who paid their 2010 dues by the deadline, performed at least 12 hours of volunteer service and attended close to 6 hours of continuing education. Then we have people on our list that have fulfilled only one or two of the criteria for

active membership. I will be sending a letter to these individuals reiterating what is required to be an active member of the Concho Valley Master Gardeners. Those individuals who completed some service and possibly some continuing education hours in 2009 may reactivate their membership by paying the \$5.00 dues (\$2.00 goes to the state and \$3.00 remains locally) plus a \$20.00 reactivation fee. Those individuals who only paid dues will be asked to fulfill the required service hours and continuing education hours in 2010 to continue on as active Master Gardeners beyond 2010. Members may petition Allison to be placed on the inactive list for up to 2 years if the service and continuing education requirements are not possible in a given year. The membership criteria have not changed from the past. What is changing is the enforcement of the membership criteria. We do have a provision for those past Master Gardeners who would like to regain their certification. These individuals need to attend 15 hours of class, pay the \$20.00 reactivation fee plus dues of \$5.00. If the termination period was greater than one year, back dues may be requested. Allison and the Executive Committee do not want to penalize people but we do want active interested

people as members. Show up at some of the continuing education programs, complete some service, and pay your dues so that we know you want to be a Master Gardeners.

Upcoming Projects

The Home and Garden Expo will be March 27 and 28. We will have an outdoor booth this year. Our focus will be on rainwater harvesting. We will have a sign up sheet for people who want to help man the booth at the next meeting.

The Annual Plant Sale will be Saturday, April 3 at the 4-H Building. We will be selling plants and possibly rain barrels. Lots of volunteers will be needed for the set-up the day before the sale and during sale on Saturday. Watch the email blasts for requests.

We have other projects in the planning stages so watch the twice monthly email blasts for more information.

Happy planning of your spring garden.

Carolyn Mason,
President



Plant Features—Issue 1

By Kay Thompson

The propagation team has been hard at it. I'm amazed every weekend when I visit the greenhouse at the number of plants and the continuous turn over. As the plants mature they are moved to the ASU greenhouse to make room to start more. There is something new every week, which is why we decided to feature a few of these plants in this issue to help you become familiar with them prior to the plant sale.



Bouncing Bet (*saponaria officinalis*) : our variety is a low growing perennial (18") and has a double pink phlox like flower. It spreads (very well) from rhizomes and grows best in morning sun and afternoon shade. Roots contain soap like cleanings agent, which describes the common name Soapwort.



Hinkley Columbine (*aquilegia hinckleyana*): A short lived perennial but usually re-seeds to replace the mother plant. It blooms yellow in early spring and does best in shade or AM sun only. I have this plant on the north side of my house and it has even survived this last freeze in the teens. It stays evergreen most all year. Makes about a 12" by 12" standing, the bloom shoot can be as tall as 2 feet. It is believed to have originated in Presidio County.



Juniper Beard

(*centranthus*): This is a very hardy plant that tolerates full sun. I have one that Loretta propagated for me several years ago. It is planted in full sun and tolerates arid conditions and stays semi-evergreen. It grows a little over a foot tall and makes about a two foot round stand. Our variety is dark pink, but there are some white varieties in the area.



Lion's Tail (*leonotis leonorus*): New this year to the propagation team it is an African herb and tender perennial. It grows four to six feet tall and blooms an orange, lion's tail shaped flower in the fall. It attracts butterflies and hummingbirds. It can survive our winters if sheltered. This will be a must have for my butterfly garden this year.

This is just a sample of the "many" great plants that will be offered at the plant sale this year. It is a must mark your calendar event. **April 3rd**. See you there!!



Master Gardener Spotlight

By Sandy Rogers

This quarter we are featuring Master Gardener Bob White, an outstanding member from the 2008 class. Bob is the guy who volunteers for projects large and small, completes what he starts, and does it all with a smile on his face!

After growing up in Snyder, Texas, Bob attended Sul Ross University in Alpine, served our country in the US Air Force, and arrived in San Angelo to attend

Angelo State University in the mid-1970's. Following that (and lucky for us) he and his wife Betty have made their home here on their 13 acres in the Carlsbad/

Water Valley area. He first owned his own business, and then worked with the Civil Service at GAFB until receiving a medical retirement in 1994. Betty has had a long career as a pediatric nurse at Shannon Medical Center, beginning in the original hospital building over 30 years ago. Her nursing skills were put to good use two years ago when Bob fell off a ladder in their back



yard and broke both feet just before starting the Master Gardener class. Their determination was evident every week, as Betty drove Bob to the classes and helped him navigate his wheelchair, and Bob smiled through his pain while attending the sessions – Now that's dedication!

Bob's interest in gardening began with growing tomatoes and other vegetables, then other plants, with a special interest in trees. Naturally, living in our area, his next focus quickly became rainwater catchment. He now has two 1200-gallon tanks, with plans for a computer-operated Energy Management Control System for measuring soil moisture, using sensors for temperature and humidity, and controlling the drip system from inside his home. This is a large undertaking, and to make it a success Bob is using his electrical background along with knowledge gained from his membership in the Texas Rainwater Catchment Association and his Master Gardener Rainwater Harvest Specialist training.

Besides gardening, some of Bob's

other hobbies include woodworking, playing wooden stringed instruments (banjo), and remodeling their home. In addition, Bob has devoted countless hours to the CVMG program. He spear-headed the construction of our 8' x 24' compost bin, drawing the plans, securing supplies, and bringing his own tractor to drill postholes in the rocky soil behind the 4H Center. He and a few other hard-working MG's endured the August heat and concrete-hard soil, and we now have our "Bitter End Compost Bin" in constant use. Bob also helped complete the rainwater harvest system at the 4-H Center and is currently involved in a landscape project at the A&M Research Center/District Office, as well as assisting with the rain barrel fundraising project.

Bob has enjoyed being a Master Gardener, seeing plants and landscapes he didn't even know existed, and working with other MG's. He stated his goal as helping anyone who needs help, and Bob has proven this by his willingness to participate in so many activities. We are truly fortunate to have him in our CVMG program.

Comments from Allison

It's hard to believe that another year has passed; I hope it was as great a year for you as it was for me! It has been very exciting, rewarding and fun to come here to San Angelo, and have the privilege to work with the Concho Valley Master Gardeners. I have learned so much over the last year, and I know I will continue to

learn from you in the year to come.

The CVMG's had a large impact on the community in 2009, with over 3,850 volunteer hours that are worth over \$75,000. The educational events and service projects you provided were of great benefit to those who participated, and were enjoyed by

many. Thank you all for the remarkable work you have done for the Concho Valley. There are more projects to come - be sure to spread the work about the new Master Gardener training class to all your friends, so they can join the fun!



A NATURAL FOR GROWING VEGETABLES FOR HEALTHY EATING

By Doreen Grimes

Master Gardeners and the entire Concho Valley are reveling in our recent abundant rains! Who would think arid West Texas could receive soaking rain for two consecutive days! And this after rain only a few days before!

These conditions have created an ideal situation for gardeners. We can actually expect to have an unusually productive spring garden. Of course, this involves labor but then that's what gardening is all about.

In the health-conscious society of today I'm hoping Master Gardeners as well as Concho Valley residents in general will grow lots of fresh vegetables, at least enough to supply their own families and freeze some for the cold weather months. Why not grow vegetables that will allow you to follow the Mediterranean diet (the diet followed by those countries bordering the Mediterranean Sea) like Greece, and southern Italy. It seems that scientists have discovered that these people have significantly less heart disease as well as other serious illnesses than the people of the U.S.

According to the February 2010 Mayo Clinic Women's Health Source, the key components of the diet are:

- ◆ Getting fat from healthy sources like olive oil or canola oil.
- ◆ Eating fish or shellfish twice a week
- ◆ Eating fewer dairy products like cheese and yogurt

- ◆ Eating very little red meat
- ◆ Eating sweets only occasionally
- ◆ Eliminating salt and using herbs and spices instead
- ◆ Drinking wine in moderation (1 glass per day for women and 2 for men)



- ◆ Getting lots of physical activity and eating with family and friends

Here's what we know about fruits and vegetables and why they're good for you:

- ◆ They are naturally low in fat and sodium
- ◆ They have no cholesterol
- ◆ They contain beneficial substances known as phytochemicals (which helps prevent cholesterol buildup in arteries)

Antioxidants including vitamins C, E and beta carotene can be found in dark, leafy greens as well as red yellow and orange fruits and vegetables.

Mediterranean residents typically eat breads, pastas and rice made from whole grains rather than refined. This returns their nutritional value. Whole grains give us fiber and a variety of vitamins and minerals. Because certain types of dietary fiber help reduce blood cholesterol levels, these whole



grain products may reduce the risk of heart attack.

The Mediterraneans eat very little red meat but they do eat beans, peas, and lentils. These foods provide protein low in fat and have no cholesterol. And, they are a good source of fiber and antioxidants too.

The type of fat used by Mediterraneans is also key. Olive oil is chief among the oils they use. This type of monosaturated fat helps reduce the LDL (bad) cholesterol. Other healthy fats used include polyunsaturated fats and omega-3 fatty acids found in vegetable oil, nuts and fish.



In summary, for a healthy diet eat a variety of fruits and vegetables daily. Try for 7 to 10 servings per day. Use olive oil rather than butter or margarine. Get more whole grains. Choose 100% whole grain bread. Use whole grain pasta and try brown rice. Go for fish and skinless chicken. Try a few meatless meals. Use chickpeas, black beans or other legumes instead. Snack on nuts. Consider a glass of red wine unless you don't drink.



NEW CONCHO VALLEY MASTER GARDENER CLASS TO BEGIN

March 4th thru June 10th, 2010Cost—\$115 per person.

Tom Green 4-H Building, 12:00 pm to 3:30 pm

Classes can be used as CEUs for all current MGs. No charge for current members but..... Please call to RSVP if you plan to come & eat. Invite your friends...Contact Office for info.



Concho Valley Master Gardeners

Training Class 2010

Agenda



Date	Topic	Speaker
March 4	Intro, Plant Growth and Development	Allison Watkins CEA - Horticulture, Tom Green County
March 11	Native Plants and Other Ornamentals	Debbie Frost CEA - Horticulture, Ector/Midland County
March 18	Vegetables and Herbs	Debbie Vinson Master Gardener Vegetable Specialist
March 25	Rainwater Harvesting	Billy Kniffen Water Resource Specialist, Texas Agrilife Extension
April 1	Entomology and IPM	Dr. Chris Sansone Professor and Extension Entomologist
April 8	Soils, Water and Nutrients	John Begnaud Retired CEA - Horticulture, Tom Green County
April 15	Landscape Design	Lynne Alexander Landscape Designer and Master Gardener
April 22	Junior Master Gardeners	Melissa Sturdivant CEA - Horticulture, Taylor County
April 29	Greenhouse Management and Propagation	Allison Watkins CEA - Horticulture, Tom Green County
May 6	Turf and Landscape Maintenance	Roger Havlak City of San Angelo - Parks Manager
May 13	Fruits and Nuts	John Begnaud Retired CEA - Horticulture, Tom Green County
May 20	EarthKind - Soil Management and Roses	Dr. Steve George Professor and Extension Horticulture Specialist
May 27	Arboriculture	Manon Shockey Instructor, Tarleton State University
June 5	San Angelo Nursery and Garden Tour	
June 10	Test and Closing Party	

Classes will be held Thursdays from 12pm to 3:30pm,
 (plus a field trip on Saturday June 5), and will take place at the
 Tom Green 4-H Center, located next door to the Animal Shelter
 Registration will be accepted thru February 25th for new applicants.



Volunteer Opportunities

✿ **Canna Dig & Giveaway**—Feb. 22 thru 27th. Help Parks Dept to dig and prepare for their annual giveaway; Bring tools & prepare to help for Volunteer hours—anytime Monday thru Friday, 8 am to 3:30 pm, at Sunken Gardens.



City of SA Canna Giveaway—2nd Monday in March....9th to giveaway to general public for free—bulbs of cannas for planting;

begins at 8:00 AM.

CV Master Gardener Class—begins March 4th thru June 10th. All classes can be used as CEUs for current members. RSVP to let us

know if you plan to eat with the lunch. Call office to volunteer for snacks/foods for new class. Call Allison if you have any other questions.

🏠 **Home & Garden Show**—March 27 & 28—CVMGs will host a booth outside; call Elaine Briley or Carolyn Mason to volunteer to work

🏠 **Annual Plant Sale**—Saturday, April 3rd at TGC 4-H Building. Fund-raiser for MGs. Contact Loretta Burgess to volunteer or contribute seeds/ plants or any other info.

🏠 **Concho Valley MG Business meeting**—March 9th, 5:30 pm at TGC 4-H Building; CVMG business and CEU program info will be held EVERY month

from March thru November.

📖 **Public Speaking Opportunity**—April 9th & 20th...

.Contact Allison to volunteer for program for Garden Club & Senior Circle program.

Kids, Kows & More—May 4th & 5th; need volunteer to help with Pecan Tree demonstration; contact Allison at office for more information.



CONCHO VALLEY MASTER GARDENERS

Doreen Grimes, Editor



Tom Green County Extension Office
Concho Valley Master Gardeners
113 W. Beaugard
San Angelo, Tx 76903

Phone: 325-659-6528
Fax: 325-659-6467

E-mail: tom-green-tx@tam.u.edu

The 2010 TMGA Conference will have it ALL...

Beautiful Conference/Hotel Site
Omni Mandalay Hotel



State Master Gardener Conference
2010
Dallas County

- 📌 Timely Educational Topics
- 📌 Hands-On Sessions
- 📌 Well-Known and Respected Speakers
- 📌 Tours to Inspire



For updated 2010 TMGA Conference information visit:
www.2010TMGAconference.org

2010 TMGA Conference Office: (214) 904-3054
Dallas County Master Gardener Association, Inc.
Texas A&M University Extension Service