

The Leaflet

March 2016



Exploring Garden Tours Sites

Contents

Exploring Garden Tours Sites	1
Plant Sale	1
RCMGA Shirts to be Ordered	1
Three Common Backyard "Weeds" And Their Medicinal Benefits	2
Nashville Garden Show Recap	3
Pots for Plant Sale or Other Project Available	3
Members Report On Favorite Garden-Related Websites	3
Support The Kids: Buy Plants at School Greenhouses	3
Happy Spring!	4
Upcoming Events	4
Contact List	4

Project co-managers Lynn Cantrell, Gwen Day, and Lynn Stenglein explored sites in the Cross Plains area for our 2016 Robertson County Master Gardener Garden Tour. In addition to a couple of gardens (waiting owner confirmation) in downtown Cross Plains we may include plant-decorated porches of Cross Plains. Recognizing the importance of our Robertson County farms, tour participants will visit a farm growing tobacco, alfalfa, and foster-farmers for dairy cattle and a farm with antique farm equipment. The tour will be



Saturday, June 18th. Remember, we will need docents at each location on that day (10am—3pm).

Plant Sale

Don't forget our plant sale Saturday May 7th, 8am—noon. the signup sheets for workers will be at our march meeting. contact project manager ursula otto (615-382-9560, ursulaotto@att.net) if there are questions.



Sneak preview of Ursula's plants for the plant sale.

RCMGA Shirts to be Ordered

The order for a Robertson County Master Gardener polo or t-shirt (light green with logo) will be submitted Friday, March 25 so that we will have them to wear at the Plant Sale. Polo shirts are \$15-\$18 each depending on the size. Tees are \$12-\$15. You can see a sample polo shirt at the Extension Office



or at the March 24th meeting. Email Lynn Stenglein (lcsgrts@hughes.net) if you are unable to come to the March meeting but want to order a shirt.

NEXT MEETING

Mar. 24, 2016
7 pm

Program:

Show & Tell

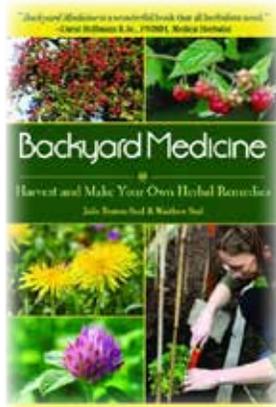
The Robertson Co. Master Gardener Assoc. meets the fourth Thurs. of every month.

Meetings are at 7pm at the UT Extension Office, 408 Main Street, Springfield, TN

Three Common Backyard “Weeds” And Their Medicinal Benefits

by René Kriek

I'm sure we've all heard of, and even used, a simple household remedy to treat a cold, cough or sore throat. Recipes with everything from honey to baking soda, lemon to cayenne pepper, just to name a few. But did you know that right outside your front (or back) door, nature's medicine cabinet awaits? Yes, some of those pesky, persistent weeds that you just can't seem to get rid of, are actually loaded with medicinal benefits! I have recently taken an interest in studying these “weeds” along with other wild-growing edible plants and trees, and I have a newfound respect for and understanding of them. I am by no means an expert on this subject, but I feel that we need to take an honest, closer look at what nature has to offer us, and at the same time learn a valuable foraging skill that we can pass down to our children. Even though there are hundreds of books on this matter and countless websites devoted to the topic, I have chosen to use parts of the book *Backyard Medicine* by Julie Bruton-Seal & Matthew Seal for this article. I will discuss 3 local common backyard weeds and their health benefits.



- **Dandelion:** Oh, how we love to hate the dandelion! This is probably the most known, and cursed, weed known to man. With its mile long taproot and fluffy parachute seeds, it's a pain to get rid



Dandelion

of and spreads like wildfire. However, dandelion is one of my new favorite plants! Use the sap for warts, calluses, corns or rough skin. Use it in a salad to improve a sluggish liver, constipation, urinary problems and fluid retention. Make a tincture for skin problems, arthritis, gout, hangovers or chronic illness. Dandelion flower oil can be used for muscle tension and stiff joints.

- **Chickweed:** I was a little less familiar with chickweed, but I have learned to recognize and love it. Its floppy, sprawling growth with little white star flowers makes it easy to identify. Other names include chick-wittles, clucken wort, and chickeny weed. This

is the best known herbal remedy for itchy skin and skin inflammations. Use it in a bath for shingles, rheumatism and rashes. You can also eat it in a salad; the taste is very mild and pleasant.



Chickweed

- **Plantain:** Just like the dandelion, plantains are literally everywhere! To me, this is the weed of weeds; not much to look at, no bright flowers, growing out of every crack and crevice. In short, a pure nuisance. But, I must confess, now I have I seen the light! This little plant has benefitted me and my family more than once with great success. Crush the leaves and use it for insect bites and stings, allergic rashes, cuts and wounds, bleeding, mouth ulcers, burns, acne and shingles. Make a tea or tincture to treat coughs, bronchitis, irritable bowel, hemorrhoids and hay fever.



Plantain

Some other local medicinal plants and trees include birch, blackberry, cherry, elderberry, honeysuckle, mint (deadnettle), oak, raspberry, red clover, self heal (hen-bits), wild rose, willow and yarrow. It is important to learn to identify these wild edibles and their uses and also being able to differentiate them from possible poisonous lookalikes. Always use more than one reliable source in your studies and always try a small amount first to check for possible allergies. Like any other medication, moderation is key. I have a lot more learning to do, as learning never ends, and I hope that I have piqued your curiosity a bit regarding these greens and their uses. If anything, nature sure is fascinating!

So remember, next time you pull weeds, instead of tossing them into the burn pile or compost, consider tossing them into your salad!

Happy weeding!

Nashville Garden Show Recap

Spending a day at the Nashville Lawn and Garden Show is an early springtime ritual for many RCM-GA members, i.e. visiting demo gardens, chatting with vendors and garden organization representatives, and attending the garden lectures by Carol Reese, UT's Ornamental Horticulture Specialist for W. TN. Here are some of the plants she recommends.



Amethyst Falls Wisteria Wisteria 'Amethyst Falls' has bright green foliage that resists pests and disease and produces blue flowers that are lovely for arbors and containers. 'Amethyst Falls,' like other Wisteria, is a strong grower,

reaching 30 feet or more. It is, however, not invasive like its Asian cousins. This native variety is less vigorous and

easier to manage, refraining from choking out trees over time, as some Wisteria are wont to do. It flowers sooner than the Asian types blooming its first season with fragrant, vividly blue flowers on 4- to 6-inch racemes that appear in spring and repeat all summer. Its bloom also arrive about two weeks later than others, so late-winter frosts seldom affect flowering. It is deer and drought tolerance and disease-resistant.

Clematis Rooguchi This vine dies to the ground each winter, and springs forth each spring, eager to flower on new growth and needs no pruning at all. Since it's a mannerly garden citizen, it can even be permitted to sprawl atop a shrub or climb through a Japanese maple without taking over. This plant blooms all season long.. It's also resistant to clematis wilt.



Pots for Plant Sale or Other Project Available

We stored several hundred plastic pots behind the Extension Office in Springfield on the parking lot at the corner of Willow and 5th Street. The pots are stacked behind the shed adjacent to the wall behind the Extension office. Most of the pots are 2 qts in size which was the smallest available at the landscape company; but there are a few larger pots and a small stack

of 9-pack trays. There are plenty more where these came from; B&T Landscaping in south Goodlettsville donated the pots and invited us to come back for lots more. (Email Lynn Stenglein, lcsrgts@hughes.net for the contact information). The containers are in good condition and come in four colors, including the ever-popular black plastic.

Members Report On Favorite Garden-Related Websites

My favorite gardening website is the **Greenhouse Megastore** at www.greenhousemegastore.com. I find it to be a good source of reasonably-priced garden supplies, especially from their 'Overstock Deal' section. In addition to garden product sales, I use the Learn and Grow link on the site for information about food, flowers, greenhouse, lawns, and landscaping. By *Vickie Nixon*

If you are interested in the weather (and what gardener isn't), like maps and statistics, and feel

your fellow-gardeners' pain in drought or floods, sign-on www.cocorah.com. Though primarily a site to report and observe weather information, you can download or access the "Climate Resources for Master Gardeners" document. From the Master Gardener link and you can easily navigate to national master gardener sites. In case you are wondering, Robertson County has received 10-12 inches of precipitation thus far this year.

By *Lynn Stenglein*

Support The Kids: Buy Plants at School Greenhouses

Several area high schools have greenhouses and will be selling plants to the public in the next few weeks. They include:

Hendersonville High School Greenhouses, 123 Cherokee Road, Hendersonville, TN. They open April 9th, 8-4pm and thereafter Monday-Saturday 8-4pm until sold out. Hanging baskets, herbs, bedding plants, Geraniums, peppers, and 18 varieties of tomatoes, will be sold.

Jo Byrns High School, 7205 Hwy 41N. Cedar Hill: Bradley Tomatoes are available by April 18th. Other plants and flowers are available beginning April 25th. The greenhouse is open 8-3:15 Mon—Fri. In addition to the Bradley tomatoes they sell Beef Steak tomatoes, peppers (bell, banana, jalapeno), petunias (Easy Wave, Shock Wave), impatiens, and much more. Call 615-330-5859 if there are questions.

Note: **East Robertson High School** also sells a variety of plants. We did not receive their information in time for this publication.

Profiles in Gardening

Deborah Dawson

Deborah completed the Master Gardener training classes in 2015. Her sister and brother-in-law, who are master gardeners in Texas, inspired her to join the Master Gardener program here in Tennessee. "Every single time they spoke of the love of their garden and the fruits, vegetables, and herbs they were growing, it absolutely made my mouth water—not to mention how much fun they had. It made me want to give back to the community, make valuable relationships, and become more knowledgeable about gardening. I was envious about what I could do here in our community." I like "knowing that I am not alone in enjoying gardening and I can surround myself with people that enjoy playing in the dirt as much as I do!"



In 2014 Deborah and her husband built their home in Joelton on six acres. At the present time she is very involved in designing the landscape and fixing their 1000 ft driveway so that it does not wash out with each rainfall. Although Deb has not yet held a RCMGA office, she said that she "...would hope that I held the position "best Mom" I could ever be." If she is required to choose, the area of gardening she is most interested in is flowers and herbs. Her passion is "to try and create an atmosphere where it is not only appealing to the eye or fragrant, but a place that beckons you to enter and enjoy all its glory, to relax and be peaceful." She lists Calla Lilies and Bird of Paradise as two of her favorite plants.

In addition to gardening, Deborah loves to travel, visit, and learn about different cultures. She enjoys crafting, swimming, boating and fishing. (She does not bait hooks or take the fish off). An Air Force "brat" as a child, she has lived all over the United State and the Philippines.

Debs became interested in gardening when her father retired to Florida and decided to try his hand at growing tomatoes and jalapeno peppers. His peppers were successful but tomatoes would not grow no matter what he did. Years later Deborah and her husband moved to Tennessee and decided to attempt to grow the tomatoes that her father couldn't. They planted corn, tomatoes, and peppers; they even had a scarecrow. They had great success and have been gardening ever since...minus the corn and scarecrow.

Deborah and Bob have been married 33 years, have two sons and a daughter, and six gorgeous grandchildren. Semi-empty nesters, they do have a "furry 7 lb baby" multi-poo named Butter. Debs reports that her children used to make fun of her when they were younger because she was the only Mom in town who enjoyed pulling weeds from the front yard for hours... Deb thinks it is very therapeutic!

Leaflet 2016 Contest: Garden Related Sayings

"Some family trees have beautiful leaves, and some have just a bunch of nuts. Remember, it is the nuts that make the tree worth shaking." Unknown.

Submitted by Ann Rausch

"All the flowers of all the tomorrows are in the seeds of today."

"If your garden is no fun, you have the wrong plants."

Submitted by Dorothy Briggs

Happy Spring!

The spring herb newsletter is available at www.dianns-greenhouse.com. Just follow the links.

Upcoming Events

Mar 26, 12:30pm	Herb Workshop	Diann's Greenhouse
Mar 26, 9am	Build Bench	Extension Office
Apr 14	Wildflower Hike	Taylor Hollow
Apr 16	Organic Farming Q&A	Mansker Station
May 7	RCMGA Plant Sale	Springfield
Jun 11	Monarchs & Milkweed of TN	Mansker Station
Jun 18	Garden Tour	
Jul 9	Canning Tomatoes	Mansker Station
Jul 14	Summer Celebration	Jackson
Aug 13	Carnton Garden Tour	Franklin
Sep 10	Using Native Plants	Mansker Station
Oct 8	Growing Fruit in Middle TN	Mansker Station

CONTACT LIST

PRESIDENT:
Jeanne Protsman
(615) 859-2042
jeanne.protsman@comcast.net

VICE PRESIDENT:
Doug Buck
(615) 766-2402
historybug52@yahoo.com

SECRETARY:
Lynn Stenglein
(615) 859-9659
lcsqts@hughes.net

TREASURER:
Shelley Pritchard
(615) 364-6261
shelleypritchard29@yahoo.com

ROBERTSON CO. EXT. AGENT:
Paul Hart (615) 384-7936
pehart@utk.edu

The Leaflet:
Trina Fulton (615) 382-6822
trinaf@charter.net

René Kreik (606) 656-0041
boerekind82@yahoo.com
Lynn Stenglein (615) 859-9659
lcsqts@hughes.net

RCMGA Webmaster:
Julee Orr (615) 838-5772
julee@mojoridge.com

RCMGA Facebook Administrators:
Ann Rausch (615) 746-8581
alrausch@charter.net
Nicole Adams (615) 495-0629
nicole.adams2677@gmail.com
Lynn Cantrell (615) 969-5931
tlan@comcast.net