

# The Leaflet



June 2015

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## Summer Celebration Need-To-Knows

- Master Gardeners' Plant Sale begins at 9am (Thursday, July 9<sup>th</sup>)
- Garden Lectures begin at 10am
- Admission is \$5 for adults, free for children 17 and under
- Admission to UT Kitchen Divas Cooking Demo is an additional \$5;
- Pack a snack and carry a bottle of water; although there is food concessions and ample water stations, but you don't want to miss a gardening experience waiting in line.
- Dress and shod yourself comfortably, seasonally, and bring a hat; there are air-conditioned classroom lectures, but a lot of sessions and action is outside; you don't want to miss the flowers, shrubs, trees, garden art, and pollinators.
- Wear your Master Gardener pin. Summer Celebration is a great place to network with Master Gardeners from across the state.

## Bring a Recruit to the RCMGA July Meeting

All RCMGA members are encouraged to bring a guest(s) to our July meeting (Thursday, July 23rd, 7pm). Carroll Marrero, Davidson County Master Gardener and guest on Volunteer Gardener segments, is our speaker on Native Plants. We ask that you especially invite those who are interested in joining the RCMG Association.

**NEXT MEETING**  
**June 25, 2015**

Preserving the  
Harvest:  
Beyond Canning  
and Freezing  
by Judy Kovach

### MEETING INFORMATION

The Robertson County  
Master Gardener  
Association meets on  
the fourth Thursday of  
every month.

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

## New RCMGA Members



Sonny Pritchard, Shelley Pritchard, Nicole Adams

## Only 17 More Days Until Summer Celebration

You're sooo much a RCMGA if you are looking forward to attending the 2015 Summer Celebration in Jackson on Thursday, July 9<sup>th</sup>! The theme this year is "Bees, Birds, Butterflies, and Bottles". The talks include:

- **Pesticides and Pollinators**—Fact and Fiction: Latest research concerning the environmental stressors of pollinators.
- **Landscapes for Year-round interest:** Make the most of your space with over-achievers that look great in all seasons. Many of the plants can be found at the on-site plant sale.
- **Woody Ornamentals for a Pollinator's Paradise:** You will be introduced (via a tour of the gardens) to the best trees and shrubs for bees, birds, and butterflies.
- **Know your native bees:** Get to know the native bees in



the Mid-South and discover ways to incorporate their preferred food and habitat in your landscape.

- **Plants that butterflies love:** Float along on a walking tour of the best butterfly plants.
- **Sex in the garden:** Carol Reese will remind you that flowers are sex organs; expose some of the deviant and even kinky forms; and relate bizarre stories of the sex lives of frogs, bees, moths, and more. You will get some fabulous ideas on garden design too.

If any have not already abandoned reading this Leaflet and headed for the UT Extension AgResearch Center in Jackson, sign onto <http://west.tennessee.edu/event/SummerCeleb> for information about other activities (Madison County Master Gardeners' Plant Sale, the AgResearch Wagon Tour, Plant Diagnosis Station, etc.) and lectures.

## RCMGA Officers Attend TEMG Alliance Meeting

Doug Buck and Lynn Stenglein attended the central region TEMG Alliance meeting Saturday, June 13 along with Central Region officers from Davidson, Wilson, Warren, Putman, Rutherford, and Sumner Counties. Topics of interest include:

**New Tennessee Master Gardener web site:** Check out the extension.tennessee.edu/mastergardeners web site. If you have searched for Master Gardener forms, contacts, events, you will find that information readily available. We have found the volunteer reporting to be about the same.

**Streamline and change annual reports:** Financial and project reports by officers and coordinator has been reduced.

**Handbook revisions:** The Master Gardener Handbook (used and distributed in the M.G. classes) is being revised to use greater online materials

and references. Future options include a totally online handbook option with decreased class costs.

**Materials revisions:** The brochures and posters which we order from UT Extension are revised and business cards also may be ordered.

**Educational Events:** The 2016 state conference ("Winter School") will be in Knoxville March 17–19. The first day is dedicated to the Junior Master Gardener program. There was some interest in a Central Region day of garden education; Association officers will be polled for dates and suggestions.

**Other items** gleaned from discussion and networking:

- Templates, tools, and time to create county MG web sites on many Associations' wish-lists: Kudos to Julee Orr, who created and maintains our excellent [rcmga.org](http://rcmga.org)

site. Several of the Central Region Associations are just beginning.

- Need ideas for kids' garden-related activities? Want to make some neat garden art for your yard and garden? Visit <http://empresofdirty.net> for creative and frugal ideas.
- Master Gardener perks: Rutherford County issues MG "business cards" to active members entitling them to a pre-negotiated discount at local garden centers.
- Need a new acronym in your life? TEMG (Tennessee Extension Master Gardener) is being used to denote the official Tennessee Master Gardener program and volunteers rather than "TNMG" or "Master Gardener", the latter term often used for gifted gardeners who are not in the TEMG program.

## Plant Swap Alert

Unable to discard those plants you just divided but reluctant to over-winter them until next year? Worried that they will find a good home? We have the solution: the Middle TN Plant Swap, Saturday, October 17, 2015 at Henry Horton State Park. Twice a year gardeners from all over Tennessee and surrounding states come together for swapping plants, delicious food,

informative lectures, and great fellowship. Everyone is welcome.

The Middle TN Plant Swap is sponsored by the online gardening community Garden Web. In addition to the swapping and eating, you learn new gardening tips and ideas from guest speakers. Past topics include winter sowing, rooting plants using florist oasis, daylily hybridizing, and hypertufa.

We will include swap rules and additional information as we approach the event. Meanwhile check out the Garden Web site for lots of good gardening info and [www.midtnplantswap.com](http://www.midtnplantswap.com) for details about the plant swaps. *Thanks to Nicole Adams, who attended the Spring plant swap and alerted us to this event.*

By Nicole Adams

## Benefits Of Essential Oils

As gardeners, we enjoy the fruits of our labor. This is more literal than figurative in our craft. We enjoy eating what we grow, seeing what we plant, how we feel from pulling weeds after a stressful day at work, and taking pleasure in the scents and sites associated with our craft. The essential oils in plants directly influence our creativity and enjoyment.

*The term "essential oil" is a contraction of the original "quint-essential oil." This stems from the Aristotelian idea that matter is composed of four elements, namely, fire, air, earth, and water. The fifth element, or quintessence, was then considered to be spirit or life force. Distillation and evaporation were thought to be processes of removing the spirit from the plant and this is also reflected in our language since the term "spirits" is used to describe distilled alcoholic beverages such as brandy, whiskey, and eau de vie. The last of these again shows reference to the concept of removing the life force from the plant. Nowadays, of course, we know that, far from being spirit, essential oils are physical in nature and composed of complex mixtures of chemicals.* (quoted from <http://www.naha.org/explore-aromatherapy/about-aromatherapy/what-are-essential-oils>, original quotation from Sell, Charles. (2010). Chapter 5: The Chemistry of Essential Oils. (Can Baser K H, and Buchbauer G. Editors) in the book *Handbook of essential oils : science, technology, and applications*, (pp. 121–150). Boca Raton, FL: CRC Press, Taylor & Francis Group.)

An essential oil is extracted from a plant when the oil of a plant is physically separated from the water of a plant through steam or water distillation. What we use is this isolated oil. The oils, while unseparated from the plant, provide the plant with adaptations to survive environmental affects, such as attracting pollinators, protecting themselves from animals that would eat the plants, and keeping other weeds from growing up and choking them out. Many plants also have oils that act

as antibacterial, antifungal, and antimicrobial components to protect the health of the plants. We use these plants in their whole forms many times for companion planting, healing cuts and burns, keeping mosquitoes away, and relaxing in the evening.

As gardeners who look to the fruits and vegetables we grow to sustain our bodies with nutrients, or to keep insects at bay during the summer, or to give us soothing, refreshing scents and flavors to relieve stressors, these oils, whether in the plant or extracted as an essential oil, directly give us benefits through what we call aromatherapy. Aromatherapy is more than just smelling something good to feel better. The chemical compounds in the oils directly affect our nervous and limbic (emotional) systems, just as eating healthy vegetables and fruits do.

Many well-known and multi-purpose essential oils include lavender, peppermint, citrus fruits, black pepper, herbs, and edible flowers (such as roses). Therapeutic-grade (pure) oils are generally more potent than just the herb, root, or other plant part is, and so the result you get from an oil may be stronger or more effective. For example, it's an age-old method to dry lavender flowers and stuff sachets with the flowers to make dresser drawers smell good, or to use dried peppermint leaves for peppermint tea in the winter. These are useful and beneficial to our health and well-being. You can use the oils, however, separated from the plant, in the same ways, but with a stronger effect. Remember, with the oil, you are using the essence (the life force, so to speak) of the plant.

Be sure when you use essential oils, however, that you use pure, therapeutic grade. Many oils you find in health stores are synthetic in some way, or they were manufactured with poor-quality plants and/or methods. Doing some research will help you find what is most beneficial.

## RCMGA Reminders

- **RCMGA @ Farmers' Market:** Saturday morning August 1st. Signup sheet will be at the June meeting. Give aways are iris rhizomes. Find a good home for your extras!
- **County Fair booth** ("Turning frowns upside down") August 24-29: Jeanne and JoAnn report that plans for our MG booth are progressing well. They

need volunteers for the committee and to work at the booth during the fair. We want to have an "action display" this year, i.e. lights, movement, etc. If you know where we can borrow or acquire a display, please call Jeanne (615-859-2042) and let her know. Remember to start saving seeds to give fair booth visitors.

- **Fall Fieldtrip to Fairview** (GroWild): Scheduling in progress for either Friday, October 23rd or Saturday, October 24th. If you have a preference, please email Lynn Stenglein ([lcsqts@hughes.net](mailto:lcsqts@hughes.net)). GroWild is open to the public by appointment only.

## Dorothy's Tomato Preserves

- 3 cups prepared tomatoes (about 2-1/4 lb. fully ripe tomatoes)
- 1/4 cup fresh lemon juice
- 1 box Sure-Jell
- 1/2 tsp. butter
- 4-1/2 cups sugar, measured into separate bowl

Peel, seed, and chop tomatoes. Place in large saucepan. Bring to a boil. Reduce heat to low; cover and simmer 10 minutes, stirring occasionally. Measure exactly 3 cups prepared tomatoes



into 6 or 8-quart saucepot. Add lemon juice. Stir pectin into tomato mixture in saucepot. Add butter to reduce foaming, if desired. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon. Ladle immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with 2-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 minutes. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

## Thanks from CCC Activities Director

To the Robertson County Gardeners:

Thank you so much for your time and the beautiful plants. It means a lot to have volunteers such as yourselves to give of your time and talents to those who can no longer do for themselves. You certainly put a smile on many of our residents' faces.

The plants are certainly growing and the tomatoes and peppers are now blooming. Please feel free to drop by and see your handiwork.

Sincerest thanks, Darla Goad,  
Christian Care Center of Springfield.

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## Upcoming Garden Events

<b>Jul 9</b>	Summer Celebration	Jackson, TN
<b>Jul 9</b>	Plant a Fairy Garden	Diann's G.H.
<b>Aug 22</b>	Make Herbal Oils and Vinegars	Diann's G.H.
<b>Aug 25</b>	Fall Gardeners Festival	Plat. Res. & Ed. Ctr.
<b>Sept</b>	Master Gardener Classes	Extension Office
<b>Oct 12</b>	Making Herbal Breads	Diann's G.H.
<b>Oct 17</b>	Plant Swap	Henry Horton

## Photo Contest



Spring Blooms  
submitted by Lynn Cantrell