

The Leaflet

May 2017



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Therapeutic Gardening

by Rene Kriek

Just over a year ago our family suffered the loss of my sister's stillborn baby boy, Isaac. Needless to say, it was a devastating time for us all, especially for my sister. There is no greater heartbreak.

At the time she didn't have a garden and I wanted her to stay busy and do something—anything—productive and satisfying. I didn't really know what to



say or what to do to help, but I knew that when I am in my garden, I am completely at peace. I wanted that peace for her too.

I helped her build four raised beds to get started and it wasn't long before she had a mini Eden

for Isaac. As every seed sprouted, every flower bloomed and every yield harvested, her grief faded away.

The garden became her focus and her sanctuary, she found peace again.

Once again Gardening has proved to be an amazing natural healing tool. Therapeutic gardening has become more and more popular recently as people correlate it with their mental, physical and spiritual health. Not only is it a magnificent stress reliever, whether you're pulling weeds or watering, it can be great exercise too; digging, shoveling, just general moving. All of which releases your "feel good" endorphins which causes you to be HAPPY! Not to mention a healthy dose of sunshine! Being in the garden gives you the opportunity to be alone with yourself and God, where you can meditate and pray and marvel at His glorious creation!



NEXT MEETING

May 25, 2017
7 pm

Speaker:

Mona Hitch

Program:

Aeroponics

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

Plant Sale 2017

Our 10th annual plant sale on May 13th was our most successfully yet. We saw an increased number and variety of plants and garden items; more customers; several persons expressing interest in a fall Master Gardener class; and increased profits for our Robertson County Master Gardeners projects. We include here plant sale pictures, suggestions, and comments from our RCMGA Plant Sale workers. Thanks to Ursula and Jeanne for co-chairing the sale and to all Master Gardeners who contributed their time and plants! Thanks also to Leanne Hazelwood for getting the banners and to Karen Ribble for heading up the graphics art team.



Thanks to Karen Sweatt who gets our flyers posted in Sudden Service Stations each year!“

- Great sale but we could have used more members to help out, especially to tear down. We need to get everything priced Ursula and I had to guess on some items.”—*Vickie Nixon*
- “Our labeling and pricing have greatly improved in the past two years. On the morning of the Plant Sale we

might discount items immediately if we realize we have too many of one item.”—*Ursula Otto*

- “Simplify pricing by color coding label stickers and posting pricing, i.e. \$2 red, \$6 green, etc. Solve inconsistencies by setting up a “pricing table” when un-priced plants arrive.”—*Rose Bagwell*
- “Have a designated set up and break down crew. Not all members are able to lift heavy objects, tables, large plants, etc.”—*Lavone Traugher*
- “Next year: **no orphaned plants!** (leftovers) No euthanasia of unsold plants! We will designate a yard sale or plant swap and/or compost heap where our unsold plants will go.”—*Lynn Stenglein*



Central Region Extension Master Gardener Workshop

We encourage you to attend the Central Region Workshop in Murfreesboro June 22nd. Highlights include tours at Ellington Ag Center, Cedars of Lebanon state park butterfly garden and the arboretum and garden in Fiddlers Grove at the James Ward Ag Center with (2) afternoon ses-

sions on 'help with your helpline' and working with youth and horticulture. Registration forms and session descriptions are at <https://extension.tennessee.edu/MasterGardener/Pages/default.aspx>. We will discuss a carpool from Robertson County at our May 25th meeting.

Robertson County Master Gardeners Enjoy Soil Conditioning Class

Members learned about soil composition, conditioning, composting, and encouraging pollinators at classes presented by the Robertson County Soil Conservation District (SCD) and Natural Resources Conservation Service (NRCS) personnel. The May 17th class at the UT Extension office in Springfield was attended by 12 association members. Services offered by SCD and NRCS include:

- Free technical advice to solve local conservation and environmental concerns

- Financial assistance to eligible private landowners wishing to enhance their operation and implement new conservation practices.
- Conservation education and outreach.

You can reach their offices at 615-382-9863 ext. 3 or visit their web sites at www.robertsoncd.com and www.nrcs.usda.gov.



Profiles In Gardening:

Mona Hitch

I joined the Master Gardeners because I love gardening and wanted to learn more. I also did it for myself. Herbs, food, and eatable flowers are my primary garden interests along with some house plants. I love the learning experience of Master Gardeners.



Growing up in California I was raised in the lettuce capital of the world. My first job, at 8 years old, was in the strawberry fields. When my kids were growing up, I had very large gardens. Three years ago I found myself gardening for therapy after losing four family members to cancer in a year. I fell in love with my gardens and decided to share how therapeutic gardening is. My favorite plants include orchids and plumeria from Hawaii.

In addition to gardening my interests include family, church, fishing and speaking to groups. As a master gardener I would look forward to working in our community garden in downtown Springfield, hosting field trips to my farm, and doing radio/tv presentations.

What are two "interesting" things that the RCMGA members don't know about me? I lived in Hawaii and worked as a private investigator, and I was the first women racehorse jockey at the Salinas California Rodeo.

Gardening Lecture Series

The Summer County Master Gardeners, in partnership with Historic Mansker's Station, are pleased to offer lectures on gardening in 2017. The lecture series will take place on select Saturdays. Most of these lectures are free of charge and take place at the Visitor's Center at Moss-Wright Park. Please check the program information for detailed information on each lecture. **Please note that pre-registration is required for each lecture so that preparations may be made prior to the lecture date.** You may register online or call Goodlettsville Parks and Recreation at 615.851.2253.

- Jun—Beekeeping
- Jul—Butterfly Gardens
- Aug—Orchids
- Sep—Foodscaping



Ridgetop Arboretum project: Horse Chestnut tree: RCMGA Legacy Gift. Phil Keathley labeling Winged Sumac



Thanks to Leann S., Doug, Vickie, Karen R., and Lynn S. for volunteering at the RCMGA outreach on April 27th at Tractor Supply!

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Upcoming Events

Jun 9	Herb Class	Diann's Greenhouse Clarksville
Jun 22 6pm	RCMGA Picnic	J. Travis Price Park
Jun 22	Central Region MG Workshop	Ellington Agricultural Center
Jun 12-15	Biltmore with Mont. Co. MG Trip	Asheville, NC
Jul 13	Summer Celebration	Jackson
Jul 26	RCMGA Mtg. Spring Pol- linators by Doug Buck	Springfield Extension Office