

Wood Works

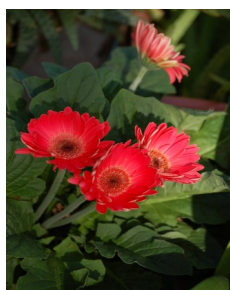


Master Gardeners Association Newsletter Wood County, Texas

Volume 2014, Issue 3

Edited by: Sylvia Johnson

The President's Musings...



Article and Photo by:
Ellen Atkins

One thing I really love about Master Gardeners is how they are interested in learning about various things. It doesn't always have to be gardening ideas or principles; it seems that we just like to learn (I just made "Mom's Laundry Sauce"). I suppose that is why we are drawn to a group whose mission is to "distribute horticultural information to individuals and groups in our community"

as well as increase our own horticultural knowledge. Now, as we swing fully into spring and summer, we will have many opportunities to teach and learn.

Your opportunities to teach will come in your volunteer activities when you help at the New Landowner Workshop on May 2 and/or the Spring Fling on May 3. Then, of course, we will be teaching in May for several days when we host the third-graders from our area schools. When you volunteer to teach in any of these areas, be sure to watch for that most rewarding moment that teachers everywhere know as the "Ah-ha" moment. It begins in the eyes of the learner and finishes in a smile of understanding.

And thanks to the determined efforts of our Vice-President, Molly Mathis, we have many wonderful and interesting opportunities to learn through the remainder of this year. Molly has arranged for all the programs for our association meetings with interesting and accomplished speakers. Don't miss a single meeting and the chance to learn more about herbs, landscaping with native plants, canning, butterflies, roses, native plants of Texas and seeds. If you desire a more intense learning experience, consider attending the Texas A & M Conclave for training as a Specialist in mid-May.

On April 22, we had a chance to honor our

[\(click here for full story\)](#)

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Scheduled Meeting Subjects and Events

May 2-New Landowner Conf. -4 CEUs ([Click here for full story](#))

May 3- Spring Fling—MNP

May 3- Alba G.C. Plant Sale

May 15- Regular Meeting-Kathi Ladewig - Herbs - Kathi is a WCMG member

May 17- Saving Water-Smith Co

May 21-23-JMG Science Days

May 31-Garden Tour Hunt Co.

June 19- Regular Meeting -Belinda McCoy McLaughlin owner of Black Mountain Gardens, 2214 CR 1103, (Holt Road), Daingerfield -

Topic, landscaping with native Texas Plants

Every Monday- Garden at the Quitman Library-help needed.

- [From the Editor](#)
- [Historian Needs Pictures](#)
- [On-Line with WCMG](#)
- [On-Line CEU](#)
- [Sunshine Contact](#)
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TEXAS A&M
AGRI LIFE
EXTENSION



News from the Quitman Arboretum
and the Stinson House

Photo by: Sylvia

INSIDE AND OUTSIDE THE PICKET FENCE By: Jan Whitlock

Spring has finally arrived and the gardens are beginning to show signs of recovery from a very interesting winter. February pruning and healthy dose of Osmocote fertilizer have encouraged the roses to fill out and set blooms. A few of the specimen plants will be replaced in the next few weeks with those of a heartier variety under Linda Avant's watchful eye.

The larkspur in our butterfly garden has surprised us all

with its ability to reseed itself and will prove a colorful backdrop for some of the later blooming perennials. Many hands have helped with the lily bed. These plants appear to have wintered well and are about to put on their spring show.

Our sensory gardens continue to be a work in progress and one of these days I will get that space planted appropriately and will have made peace with the mint and salad burnett that con-

tinue to flourish beyond my wildest expectations.

This year's MG Intern Class planed and subsequently planted the heirloom vegetable garden. Their seeds and transplants have weathered the cold snap and are going to be ready to share with our third grade guest during the Science Days in May.

Work continue on a storage

[\(click here to continue\)](#)



Mineola Nature Preserve on the
Sabine River

Photo by: Sylvia

WILDSCAPE GARDEN

By: Karen Anderson & Joan Morgan

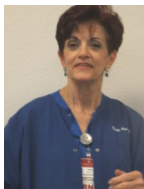
Well, it has been a rough year so far at the Wildscape Garden since the bad weather always seemed to hit on our Tuesday workday, but things are looking up. Some of the 2014 trainees have been working with us. Gloria Jean has adopted the Sensory Garden and is getting it in shape to add new

plants. We finally got the tree trimming session worked in with Daniel Duncum, even though it was a little late in the year to do much trimming. But, he gave us some good pointers and instruction for next winter.

We are beginning to see green sprouts on our native

plants, thus proving their toughness in Texas weather, so things are looking good. The group is working hard getting all the beds cleaned up, the Rainwater Garden finished and preparing for our "Spring Fling" Gardening Expo on May 3, from 10:00 am-1:00 pm. [\(click for full article\)](#)

Shirley
Hurt—Skin
and Sun
damage



Debbie Flem-
ming—
Cooking Fresh

What U missed at our meetings!

March Meeting: Shirley Hurt gave a great talk about skin care and sunshine with information she has learned during her 50 years as a nurse. She is also a skin care product specialist.



April Meeting: Chef Debbie Flemming gave a cooking demonstration on quick and easy fresh vegetable dishes. [\(click here for recipe\)](#)

Door prize was furnished by Ellen and was awarded to: Judy Swenson, class 2010. She is also a TX Naturalist

She is one lucky gardener.



AgriLife Agent Article: Peanuts in a Pot

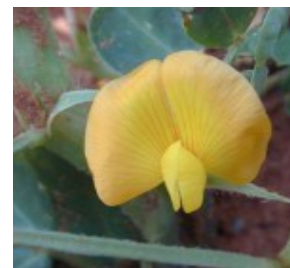
Picture: <http://aggie-horticulture.tamu.edu>

The peanut makes a fascinating flowering pot plant that can yield a crop of home grown goobers in 100 to 140 days after planting seeds. For a couple of dollars, you can buy enough seeds to start a dozen or more pots of peanuts. You can probably get them from the produce section at your supermarket. Just ask for green or raw peanuts. Peanuts that have been roasted or cooked in any way will not germinate. The varieties which mature quickest are

Spanish and Valencia. Virginia and Runner varieties produce larger peanuts but take longer to mature.

Some peanut breeders raise their seed crops in bushel baskets. They grow well in hanging baskets or pots. If you want to grow peanuts strictly as ornamental plants, a 4 to 6 inch pot will do. If you want the satisfaction of harvesting peanuts, however, you'll need to plant in a 10 inch plus size container. In fact, any container up to 18

inches across and 18 inches deep will give good pod production. Containers with a drain holes are a must. The soil must drain well. Use an "acid mix" consisting of two parts top soil, (blackland -type soil), one part silica sand and one part peat moss. Another good mixture can be made from equal parts of sphagnum peat, perlite and vermiculite. Production of well-filled pods requires an adequate source of calcium, ([click here to continue](#))



By: Clint Perkins

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ABOUT THE HERB OF THE YEAR 2014

By: Sandra McFall

Did you know that there is an herb of the year? Maybe you didn't, but there is. For those of us who favor herbs in our gardens it is possible that you know about the selection of one special herb for each year. It works like this; there are a group of people with the International Herb Association that choose

the herb each year. In fact, they choose for several years at a time. I tell you this information so you know who has chosen what seems to be an unusual herb for such an honor. To be chosen for this place of honor the herb must be outstanding in at least two of three major categories: culinary, medici-



nal, or ornamental. As you will see this diverse family group of plants is important in cooking, medicine, and as a landscape plant. This herb not only meets the major requirement to be the herb of the year, but it is prominent in folklore, long in history, endeared by many ([click here for full story](#))

Dressing: 2 tablespoons minced chives

2 tablespoons **tarragon** vinegar

2 tablespoons mayonnaise

2 tablespoons olive oil

1 clove garlic, minced

Salt and pepper to taste

Combine all ingredients in a bowl and mix well

Featured Plant: Another Notable Wildflower in the Texas Flora Quilt

By Lucy Germany, Texas Master Gardener

Helianthus maximiliani, is one of our taller wildflowers—one that stands proudly in open places of our East Texas landscape, that startles the viewer with the intensity of its gold petals, with its ringing beauty so much more

stylish than the many native wild flowers of yellow. *Maximiliani* has a presence, not only because it sticks to its neighborhood, coming back into bloom time after time even when daunted by the cruelty of cold and human

neglect. It starts blooming in that narrow line between summer and fall but before the appearance of blooms, it is still an eye-catcher -- sturdy and triumphant --with long curved leaves, ([click here for full story](#))

Photo by: Jim Willis



Re-published article with the authorization of the Big Sandy/Hawkins Journal. Lucy is a regular contributor to their newspaper in The Holly Lake Effect column.

President Article continued:

most recent “learners”, our interns, as they graduated into our award-winning Wood County Master Gardeners’ association. As a group, we are appreciative of the dedication of each person in the class of 2014 as they learned in class and as they learned or taught through volunteer activities. Thanks to all who were present to welcome our newest members!

At the end of your day, always ask yourself, “Did I learn something today?” Perhaps it will be something about that stubborn plant that refuses to respond to your loving care or something about yourself or your mate that was always there but was unseen until now. Never stop learning!



2014 Wood County Master Gardener Trainee Class

Graduation

Article and Photo by: Peggy Rogers



April 22nd was the end of weekly training classes for 14 interns as WCMGA hosted the 2014 graduation luncheon at St. Dunstan Episcopal Church in Mineola. Proving once again that not only do we garden but we are great cooks as members brought a dish to compliment the BBQ brisket prepared by Clint Perkins.

Charlotte Armitage, Regina Askins, Betty Blair, Lori Clark, Roy Culbertson, Sherrie Culbertson, Diana Davault, Melissa Deakins, Deborah Dopson, Sondra Lafferty, Charla Martin, Kimberly Mason, Gloria Jeane Rosewall, and Deena Taylor received their intern status certificates. Regina Askins, Diana Davault, Deborah Dopson, and Sondra Lafferty was presented their Texas Master Gardener Certificates as they had completed the required 50 class room hours and 50 volunteer service hours.

Also, Steve Fleming, class of 2013, was presented his Texas Master Gardener Certification.

WCMGA projects are showing the rewards of all the service hours provided by this class of gardeners. Each will continue to learn as they apply what they have learned to WCMGA projects and to their own gardens. Congratulations class of 2014!

Bees and Bombs by Lynn Oakes

No, the title is not a typo! Recently, WCMGA Entomology Trainee Class, i.e. the “BUG” lecture that was given by Allen Smith, Texas A&M Forest Service showed us many slides on the different types of insects and what they can do to/for our gardens, forests and the large producers of the fruits and vegetables that we live on. Some of the aerial pictures showed entire mountain ranges totally wiped out by a particular beetle. He mentioned that we now know Georgia as the peanut state since the boll weevil wiped out their cotton industry.

We have all had our run in with aphids and know the frustration of that battle. We are also seeing more research on plants that are “engineered” to be more disease resistant. As Master Gardeners, we gravitate toward trying these new plants and leave our past “battles” behind us. Allen mentioned that researchers have found a lot of good in some of the insects that we see all of the time. One example was that the residue found on certain butterfly wings is being used to treat specific types of cancer.

The question came up about the importance of honeybees whose numbers have been decreasing and that a lot of research is continuing to see if they can reverse that trend. The honeybee is responsible for approximately 80% of the pollination of fruits, nuts, grains, and vegetables in the United States and has a direct value over 14 billion dollars to U.S. agriculture. Allen described that bee keepers will load up big trucks with hives and will go to growers, open up their trucks, set out their hives and let the bees go to work on the crops. Then after a period of time, the bee keeper will load up the hives and move to the next field that they have been contracted to supply. Allen casually mentioned that researchers have even been training the honeybees to locate explosives! Bees and explosives are not two words that I would associate together in the same sentence. It prompted me to research this further as I just could not get my head around this concept.

I tried to imagine what it would be like to discover that this possibility even existed. If we were to put ourselves in the researcher’s shoes, can you imagine the type of reaction you probably would receive from your colleagues? After the smirks and laughter died down, then you would have to convince enough people that this was viable. The next step would be to get funding – talk about a mountain to climb! I decided to see if I could find out any information on the web.

Much to my surprise, there were several articles on the honeybee training but I had questions on the why and how. It seems that Entomologists have known for a long time that honeybees have a heightened sense of smell. They have 170 odor receptors in their antennae, compared with a mere 62 in mosquitoes and 79 in the common fruit fly. In their everyday lives they use these to identify a host of different smells so that they can find nectar sources at any time of the year. They learn to associate the smell of a flower with nectar, so that when they find a similar flower in another place they know they will find nectar there.

The “why” reason continued when one looks at the difference between using dogs to locate explosives: dogs take 4-6 months to train and costs run into the thousands whereas bees can be trained in minutes and there is a large supply plus there is only the cost of training them which is minimal. Weight-wise, a dog and handler could easily set off a land mine whereas a bee could hover above one without exploding it. A dog is only good for an 8-hour shift while many trained bees could be circulated in and out of a particular situation rendering them useful for a 24/7 time period.

The “how” question is to secure the bee (gently) to a post/rod then train a bee to recognize a particular odor, say a mixture of volatile chemicals or a single compound. All the researchers had to do was expose the bee to the odor for a few seconds, at the same time touching its antenna with a sugar solution, [\(click here to continue\)](#)



Inside and Outside the Picket Fence continued:

area adjacent to the kitchen at the Stinson House. This work has been done under the supervision of our Master Carpenters, Mike, Louis, John and Joe, and we are ever grateful to them for their time and especially for their knowledge of power tools and tape measures.

Last, but surely not least, I must mention that The Stinson House has finally been reroofed after the tireless efforts of Pam Riley and her "crew". Many plant sales, donations, and pure grit have led to this impressive addition to the restoration and preservation of the house, a proud addition to the history of Wood County and especially of the City of Quitman.

On a social note, we enjoyed providing lunch and a guided tour of the house and the grounds for the members of the Sulphur Springs Garden Club in March.

In addition, we are looking forward to offering a seated brunch on Friday, May 16th to welcome spring and all it has to offer in our gardens. The cost will be \$20.00 per person, if you would like to attend or for more information contact Pam Riley at:

pam_riley2003@yahoo.com



Birth Month Flowers: pictures from b4tea.com



Lily of the Valley

May



Rose

June

Featured Plant continued :

its stature rising slowly from the earth. When it finally blooms, the bright spirals of yellow climb up and down the length of the stalk so that you instantly know that you've received more than your money's worth when you planted this flower. The size of the plant can exceed six feet and usually does but it can even go as high as ten feet, soaring above other plants and giving striking notoriety to an entire garden. Each plant may have clustered about its brownish center as many as 18-20 petals in a perfect circle like a fallen sun . One of the great things about the plant is that the bloom heads cluster, fitting tightly against one another so that the vision of golden beauty is unmistakable. The plants are easily transplanted, requiring little special attention other than full sun (just a bit of shade allowed), come up year after year and have a long bloom cycle—beginning in the middle of summer (depending on heat and rainfall) and continuing on into fall. If you are considering planting these in your home garden remember they must not be stuck in a dark corner or planted under a forest of heavily-leafed trees. They are called sunflowers for a purpose—they need sun. The plant acquired its name in memory of an early American naturalist—Prince Maximilian of Wied Neuwied who led an expedition of plant seekers into the western United States in the 1830's and left behind the story of his encounter with these memorable permanent residents.



New Condo

Article and Photo by: Sylvia Johnson

As I was checking on my woods this spring I found someone had built a condo! Now I know I live in the country but really, should not they have at least asked me for a permit before building on my land? So far, I have not found out who lives here as all holes I can reach are empty. I wonder if they are following the zoning laws? I thought this was wood-pecker condo. Clint thinks it is a squirrel condo. I will be keeping a watch to see who my new neighbors are. Does anyone out there have a condo in their woods?

Bees and Bombs continued: and then reward it with sugar when it extends its proboscis or tongue. After five or six rounds of this, the honey bee responds by extending its tongue as soon as it detects the odor – it is now fully trained.

The US had such a program through DARPA and I found a YouTube video that shows how they did this training and the different scenarios where they used the trained bees. To see the trained bees in action, go to <http://www.youtube.com/watch?v=T7d0bze4kM>. The video is about 7 minutes in length. The US is no longer conducting this program but many other countries are actively proceeding with training as they have particular situations that require an inexpensive solution.

A team of Croatian researchers are training honeybees to sniff out unexploded mines that still pepper the Balkans. Nikola Kezic, a professor in the Department of Agriculture at Zagreb University, has been exploring using bees to find landmines since 2007. Croatia, Bosnia-Herzegovina and other countries from former Yugoslavia still have around 250,000 buried mines which were left there during the wars of the early 90s. Since the end of the wars more than 300 people have been killed in Croatia alone by the explosives, including 66 de-miners. Also, these land mines over the years leak and if vegetation is on top of the land mine, it can absorb the smell. These trained bees are able to detect odors from over 2 miles away, so once they are confident of the bees' landmine-seeking abilities, they will release them over areas that have been de-mined to see whether the field has been successfully swept by humans.

By 2015, Malaysia may be one of the first countries to adopt "bee sensory" technology to detect drugs and explosives. They came on board to license a technology developed by a UK company, Inscintinel, Ltd. This company has been developing biosensors that can help detect chemicals found in drugs and explosives. They created a satchel-like container to house 36 bees that is easily hand carried. When the trained bees show a conditioned tongue-extension reflex to learned odors, an optical sensor then records their responses, which are interpreted by software that outputs a 'present' or 'absent' result. Presently this technology has an over 80% effectiveness rate.

You can click on this video, www.youtube.com/user/inscintinel/bees and watch this Inscintinel's video and see this concept in action. (Click on the first video and the other videos will follow the first one.) I had to keep reminding myself that this was not some high-tech gadget, this was a bunch of bees.

At a Malaysia exhibition, it was stated that when field trials using local honeybees were completed successfully in the UK and Malaysia, the system will roll out in both countries and will subsequently be marketed to other Southeast Asian nations. Other comments alluded to the fact that bees can be trained to detect drugs and explosives just as effectively as dogs. However, they can be trained to do both, whereas dogs can only do either.

So when you reach for that bee-produced jar of honey, remember that one of his siblings may be a warrior!!

SOURCES: Article from The Galveston County Master Gardener: 'The Pollinators: Honey Bees by Deborah Rankin contains interesting facts on bees:

https://aggie-horticulture.tamu.edu/galveston/beneficials/beneficial-60_pollinators-_honey_bees.htm

How stuff works "How can you train honeybees to sniff for bombs? (DARPA)

Wired.co.uk: Honeybees trained to sniff out landmines in Croatia, May 20, 2013 by Olivia Solon

Bees to take 'sting' out of drugs, bombs – Yahoo News Malaysia

Humorous Mishaps

by
Lynn AronSpeer

Scratch Learns of a Rival Rooster...



Darlene - Photobucket

Dear Scratch –

Yes, I received the dove you sent, carrying a note with a description of your latest adventures. I'm sorry you were worried that I didn't answer your text-pecking but we've all been very busy here. I'm presently sunning around back of our dust bath circle to keep out of the way of prying eyes while I clandestinely text-peck you.

It seems our Big Things brought in a new rooster who is so annoying. I've been able to hold him off strictly with my personality and I'm still laying eggs without any help, thank you very much. (You can be assured my lovely leg scales you admire so much remain intact.)

However, he's strutting around the barnyard like an emperor and boasting of all sorts of things we don't even understand. He says his mother ended up at the White House like that's a big deal. We have no idea what that even *means*. Our house is brown and our Big Things' house is yellow. What's to brag about? And get this: he's not a producer by any stretch of the imagination. Miss Beaky and Miss Pecky each told me he's all beak and feathers and little else. If he doesn't produce, *he'll* end up at the *Yellow House!*

I don't know what to think about your arrival much less that of Pigolet. You might have to fight Beakorama, as he calls himself. Would you be up for that after such a long journey? I don't think your Pigolet would be much help to anybody around here but you never can tell what will interest my Big Things so don't give up hope. When you all arrive, I'll try to spruce Pigolet up and teach him a few things that might ingratiate him with the Big Things and we'll just have to hope for the best. You, of course, will have to take on Beakorama and then prove yourself to the Big Things. Meanwhile I'll spread the word to Beaky and Pecky of your expertise and show them your Famous Farm Photo. Ta ta for now.



Beakorama - Photobucket

AgriLife Agent Article continued:



so you'll need to add lime to this mix (2 teaspoons per 6 inch pot, 1-1/2 tablespoons per 10 inch pot, and one-half cup for an 18 x 18 inch container). Plant 2 or 3 seed per container about an inch apart and one to two inches deep. Peanuts need a temperature of 70°F to germinate. Peanuts need a lot of sun, so place your pots in a sunny area or arrange for some inflorescent lights. Plant your peanuts in May. The plants will bloom until September and will survive until the first frost. Harvest in late October. A large pot or hanging basket can yield 50 to 100 nuts. About 2 weeks after sprouting, the new plants will begin needing food. Apply cautiously as peanuts are susceptible to fertilizer burn. For container grown peanuts fish emulsion or a soluble complete plant food such as 20-20-20 used at half-strength, applied at 14 day intervals. . Peanuts need to be fed every six weeks. Growth will be slow the first 45 days, so don't try to force things by over watering or force feeding. Allow the soil mix to become somewhat dry before watering. It is time to harvest when the tops begin to die back. Shake the dirt from the roots. Let them dry for a week in a sunny place. Peanuts need to be stored in a mesh onion bag or a pair of old panty hose in a cool dry place. Good luck with your container "goobers".



Recipe by: Chef Debbie—Green Bean balsamic glaze sauté with green apple and red onion

Ingredients: Fresh Green Beans, one large handful: stem end cut off, washed and dried with a paper towel. Dice the beans to a medium size,

1/2 medium onion, your choice of flavor (I used red), any fresh onion works, diced same size as the green beans

1 med green apple, skin on, diced same size as green beans

1 small fresh carrot, skin on. After washing, dry it and shred (save small amount for Garnish)

Small handful of fresh spinach leaves, stems removed

1 tbsp. fresh chopped garlic

Salt and pepper to taste (I use kosher or sea salt)

Fresh lemon thyme

Fresh Parmesan cheese, shredded

Balsamic glaze



Coat the bottom of a medium size fry pan, preferably cast iron, with olive oil after it gets hot. Sauté first six ingredients until starting to cook down, and add olive oil as needed thru the sauté process. Season with salt and pepper as you go.... for about 5 minutes or so, just until veggies are half cooked (Al Dente). Then add the fresh thyme, mix well and put on a platter/plate. Drizzle a fair amount of Balsamic glaze over the top, add fresh shredded Parmesan cheese, and garnish with saved shredded carrot. Serves 2-4 depending on how its served, side or entrée.

For a way of making this a breakfast dish, add 4 spears of chopped asparagus to the veggies, and after plating the mixture, add fresh chopped sweet basil. Top with fresh from the farm fried eggs, over medium, break open the yolks, and serve hot! A side of fresh bread or toasted garlic bread would be great!

I enjoyed the opportunity to speak and demonstrate at our April regular meeting. Good cooking, Debbie

MNP Article continued: Master Gardeners are presenting three informational sessions about Vermicomposting, Native Plants in Your Landscape, and Rainwater Harvesting. We will conduct a walking tour of the gardens with example plants and systems to illustrate our classes. This program is being presented with funds received from a grant thru "TransCanada Charitable Funds at East Texas Communities Foundation." We appreciate their involvement in county beautification through WCMGs.

A new project, construction of a pergola along the walkway leading to the Succulent Bed, will overlook the beautiful meadow at the far end of the Wildscape. The funds, acquired by Nancy Weaver, for this project were donated by XTO Energy, Inc. They have been a MNP benefactor for years, we thank them and Nancy for their ongoing association with WCMGs.

The 2014 MG Training Classes from Wood and Van Zandt Counties used the Preserve's Rainwater Collection System as part of their training on rainwater and its use. Each student received a rain barrel to start a collection system at home.



WCMGs will be holding teaching venues for adults and children throughout the year. For further information and schedules visit our website: <http://txmg.org/woodcounty> or our education contact Sandra McFall: sandra.retired@hotmail.com



Quitman Public Library: Dear friends who love digging in the garden, Beginning Monday, March 10, we will meet at the library gardens from about 9:30 to 11:30am to chase winter from the area. Master Gardeners and Garden Club members alike are needed to cut back, dig weeds, trim, rake and generally clean up. We will meet each Monday thereafter to revitalize, plant and care for this oasis in downtown Quitman. Please bring shovels, rakes, clippers, loppers, bags, cultivators, etc. We welcome your ideas as well as your muscle.

Jean Fox

Library garden organizer (I sure need your help.).

[903-763-8353](tel:903-763-8353)



JR MASTER GARDENERS: By Linda Avant

The horticulture teacher in Winnsboro is in need of volunteers for his class. They have 2 greenhouses and 18 students in the class. What is needed is volunteers to help with the students that are planting and caring for the plants, help is needed every week! The class period is 10:15 to 11:15. Please contact me if interested so a schedule can be set up.

[903-245-5567](tel:903-245-5567)

linavant@peoplescom.net

Herb of the Year continued:

to decorate the home with crafts, fragrances potpourri, and repels moths in clothing. It is one of the oldest herbs (the first to be used as medication), traced back hundreds of years before the birth of Christ, recorded in Greek myths, and Hippocrates used it in the Middle Ages, and by that time it was growing in the Europeans gardens.

More than 400 species of this herb are known to botanists. With many more varieties having been developed by selection and breeding. Probably the most well-known is the culinary herb French tarragon (*Artemisia dracunculus*), that is, if you like to cook and eat. But if landscape is your performance then maybe you know the cultivars, 'Silver King,' or 'Silver Queen.' These are prairie wormwoods, white and silver species. However, if your interest is in the medical qualities of the herb, then it can aid the digestive system, stimulate the liver, and boost the immune system. The herb sweet annie is important for the treatment of malaria. Remember James Bond? Without the herb wormwood there would be no vermouth for his martinis. Thank goodness for "davana" herb (*Artemisia pallens*) for without it there would be no high-end perfumes for us ladies.

As you can see this herb has many beneficial uses from its many family groups. Have you guessed which herb it is yet?

Yes, you are correct Artemisias.

If you are interested in growing French tarragon be sure you get French and not Russian tarragon. The Russian tarragon is not good to eat; it is bitter. You can start from cuttings if you know someone who has some in their garden. This herb is sterile and you can't start it from seeds. You can find it in some nurseries. Protect it the first winter with mulch and in the hot summer some protection from the afternoon sun is necessary. Plant in well drained light rich soil. In the fall cut back the foliage. Mine grows even in the winter so I don't cut it back. Pick leaves to use anytime. It can be frozen, or dried for later use. It also makes great herbal vinegar.

Salad

- 2 oranges
- 1 12-14-ounce package fresh spinach (or 6 cups loose spinach)
- ½ head lettuce or your choice
- 1 small cucumber
- 2 tablespoon coarsely chopped tarragon
- Borage blossoms for garnish

Remove rind and white from oranges, section and chop. Wash greens, pat dry. Remove heavy stems and tear into bite-size pieces into a chilled bowl with oranges.

Thinly slice cucumber, and toss with dressing. Sprinkle chopped tarragon over all and garnish with bright blue stars of borage. Use the dressing from page 2 to taste.

Alright, you now know the herb of the year so get out and plant some so you can be in touch with the herbal people and enjoy eating, wearing, growing, smelling, drinking, decorating, or doctoring yourself, whatever suits you. May you have a great Spring and Summer. Look around, you may be able to find an Herbal Day Festival to go to. The Herbal Festivals occur on the first Saturday in May. Great fun.

On-line with Wood County Master Gardeners;

—Visit our **Website** at <http://txmg.org/woodcounty> for up-to-the-minute news and scheduled events, back issues of the newsletter and seasonal videos. Any new content for the web-site can be sent to jrwil-lisjr@yahoo.com.

—Go on **Facebook**, search for Wood County Master Gardeners, Inc. You should find 3 pages to choose from,

Page 1 is a blank site that has been removed,

Page 2 is Wood County Master Gardeners from Kentucky ,

Page 3 Wood County Master Gardeners, Quitman.

Then "like" us!

—**CEU Credit ON LINE**

Directions: <http://txmg.org>
Drop down a little ways, look to side of page, click on Training, click on Training Opportunities, down a little ways on page click Earth-Kind Training for Master Gardeners, almost to bottom of page you will find Directions. There are 12 subjects,

click on arrow in front of subject for video then click on survey or test and answer questions.....You are not graded on the test so you can't fail it. So now you have the directions so let's get those CEU's done!

—**Sunshine** , If you know of a member who needs cheering up or sympathy please contact our chairperson at:
joycemhollaway@hotmail.com

Historian Needed:
Would you like to get your volunteer hours by keeping our official records? Please contact Ellen Atkins, our current President, to volunteer.
Ellen.atkins@hotmail.com



From the Newsletter Editor:

How to earn more Volunteer Hours — By: Sylvia Johnson

Submitting articles and pictures is another way you may earn your volunteer hours. You may count the article writing time as volunteer time. All articles are required to meet the following conditions:

- Written by yourself, we love true first person accounts and Biographies
- Written by another or compiled from different resources, but full credit annotated to original source
- Pictures must be credited to photographer — annotate whether you took them or where you got them (must have permission when copying from the web)
- Be related to Master Gardeners and gardening, any subject covered in MG training class, work day, or project
- We have ongoing needs for articles about: native plants, heirloom plants, vegetable plants, people interacting with plants, eating plants, insects and plants, etc...you get the idea. Just follow the examples in our past issues
- **You must allow editing by yours truly.** Submission is considered permission!

I publish in **Tw Cen MT 10** font, I will accept Documents in Word & Work, sent from IPad, sent from phone, or hard copy. I can use most pictures sent by e-mail and compatible with Windows.

The leading delivery of malware comes in E-Mails,

I DELETE E-MAILS WITH NO SUBJECT LINES (even if you are stuck in Nigeria)!

Please fill free to contact me with any questions. mgnewsletter@hotmail.com

Amaranth Leaves: Recipe and photo by: Alanna Kellogg

1/2 cup chicken broth
1 tablespoon garlic
1 tablespoon fresh ginger

1/2 pound amaranth greens, washed, rinsed and sliced into ribbons
4 green onions, white and green parts, chopped
Salt & pepper to taste

In a large skillet, heat the broth over MEDIUM HIGH. Add the garlic and ginger and cook for a minute. Add the greens, in batches if needed. Cook until soft, stirring often. Near the end, add the green onions. Season to taste and serve.

NUTRITION ESTIMATE

Per Serving: 21 Cal (8% from Fat, 32% from Protein, 60% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 4 g Carb; 0 g Fiber; NetCarb4; 130 mg Calcium; 1 mg Iron; 84 mg Sodium; 0 mg Cholesterol

<http://kitchen-parade-veggieventure.blogspot.com/2006/07/amaranth-greens.html>



Free Food: Amaranths (ok, you may have to buy these seeds the first year)

by Sylvia Johnson

Plant Characteristics: Most gardeners are familiar with the several varieties of ornamental amaranth sold by nurseries, but few realize that this plant is a delicious nutritional powerhouse. In the hot summer months, when growing spinach is impossible, amaranth thrives: its soft leaves are a nice



Amaranth : Wikipedia

addition to salads and, like spinach, it melts delectably when cooked. Grown by Incans and Aztecs for its protein-rich grain, which can be popped like popcorn, amaranth is now cultivated worldwide; it is vigorous, fast-growing, and tolerant of wide-ranging conditions. Appreciate this mix for its tasty foliage, seeds or colorful blooms.*

Duration: Annual

Habit: Full Sun

Leaf: Edible

Seeds: Edible

Nutritional Value: Naturally protein-packed, this garden-dweller rivals quinoa in potential health benefits. This plant has three times the average amount of calcium and is high in iron, magnesium, phosphorus, and potassium. It's also the only grain documented to contain Vitamin C.** It contains the presence of a lunasin-like peptide. Drawing a blank on lunasin? It's a peptide that was previously identified in soybeans and is widely thought to have cancer-preventing benefits as well as possibly blocking inflammation that accompanies several chronic health conditions such as diabetes, heart disease, and stroke.** The seeds are a source for **Gluten-Free** flour.

It's good for your heart. Amaranth has shown potential as a cholesterol-lowering whole grain in several studies conducted over the past 14 years.***

Read More: *<http://en.wikipedia.org/wiki/Amaranth>

**<http://fort-worth-south.weedmanusa.com/news/edible-lawn-and-garden-weeds.html>

***<http://wholegrainscouncil.org/whole-grains-101/amaranth-may-grain-of-the-month-0>

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