



The Sage Gardener



From the Editor... *Bob Prchal*



**WE ARE A
COMMUNITY**

Volume 12, Issue 8

AUGUST 2016

Meetings & Events

- **August 01**
MG Mtg. in Cody @ Park County Library, Grizzly Room @ 7:00 pm
- **September 05**
MG Mtg. @ Terri Boyd's home in Powell @ 6:00 pm



**September 05
Meeting
@ 6pm**

Potluck

**@ the home of Teri Boyd,
272 Lane 8, Powell
307-754-0282**

Teri will provide Hamburgers and Hot dogs

Members... please bring a dish to share



Meeting Minutes... submitted by Sandy Frost



President Sandy Frost convened the August 01, 2016 meeting to order @ 6 pm in the Grizzly room, Park County Library, Cody.

Attendance... Sandy Frost, Kim Pierson, Andi Pierson, Sharon Pearson, Luana Sheets, Donna Haman, Lewis, Nikki Andrews, Jackie Van Noy, Della Sheridan, Kathy Clarkson, Denise Fink, Mary Montgomery and Linda Pettengill. **Guests:** TJ Wierenga, Billings

Approval of Minutes... not submitted. **Treasurer's Report...** not submitted.

Old Business...

- Covered under "Committee Reports".

Committee Reports and/or Announcements...

- **Park County Fair:** Andi & Kim Pierson reported that they had 50 youth participate in the "Fairy Garden" construction and "stepping Stone" fabrication. A few visitors expressed interest in joining Master Gardeners.
- **Cody Garden Tour:** Rita Lewis reported that the results of the Garden Tour have not yet been compiled
- **Homesteader Days:** Rita Lewis reported that the September 10 event in Powell is set. Rita and Linda Pettengill will feature Gourds, herb hangers and seed balls at the demonstration table,
- **Holiday Tree:** Linda Pettengill announced that the Rotary Club of Powell holiday tree decoration will have a cinnamon and apple theme.
- **Cody Fall Speakers series:** Denise Fink will coordinate. There are two openings. Please give her a call if interested in doing a 45 minute presentation/demonstration on a horticulture topic of your choosing.

New Business...

- **Nominating Committee:** President Frost asked for volunteers. Their task is to find candidates for the 2017 office year. Denise Fink volunteered.
- **Apricots:** A Cody resident invited MG's to pick at her home... see Sandy Frost for details.
- **September Meeting:** Will be a potluck at the home of Teri Boyd, 272 Lane 8, Powell, 307-754-0282. Teri will provide the Hamburger's & Hot Dogs. Members bring a dish to share.

Reminders...

- **Response to emails/Requests for activity support:** Because of the necessity to use email to get important information out or gain feedback from the membership, please respond accordingly when requests/feedback is requested. **Let's respect and help the President or event organizer (s).**
- **WMGA Education Grants:** *Park County Master Gardeners should assess their educational needs and if there is a worthy project that needs assistance, consider applying to the WMGA.*

Refreshments: Kathy Clarkson

Educational Program: TJ Wierenga, Magic City Hens, Billings Montana... *Chicken care; fresh versus store bought eggs & sustainable health practices.*

Adjournment... 8:15pm. **Next Meeting:** In Powell on September 05, 2016 @ 6:00 pm at the home of Teri Boyd, 272 Lane 8, Powell (307-754-0282).

Extension Musings... from Joyce Johnston

Some popular ornamental plants would be right at home on a plate

from www.dailyprogress.com/lifestyles/gardening



Many of the plants that add color and texture to our yards also contain the right stuff for enriching our menus.

Hosta, that familiar shady-side perennial, is grown commercially in parts of Asia as an edible. Cook its shoots as you would asparagus, or wrap them in bacon. Its flowers are appetizing, too, and make a good garnish.

Chard, with its bright assortment of stem colors, is a nutritional powerhouse packing loads of magnesium and potassium, as well as vitamins K, A and C. Use it in omelets and for augmenting or replacing spinach in recipes.

Other unlikely ornamentals that can deliver flavor and nutrition include bamboo shoots (stir fry), lilac blooms (tea), magnolia buds (salads), juniper berries (sauerkraut), daylilies (soups), mint (drinks) and dahlia tubers (coleslaw).

“Ornamental plants with edible parts are the superheroes of the garden,” says Ellen Zachos, author of “Backyard Foraging: 65 Familiar Plants You Didn’t Know You Could Eat” (Storey Publishing, 2013). “They feed both your body and your soul.”

Blended gardens combining showy perennials, woody plants, trees and shrubs with standard vegetables and fruits can save time-pressed families a great deal of time and work, she said. “Why deal with two [garden] spaces when with the right plant combinations you need only one?”

Flavors that you can’t find at grocery stores are as close as your flowerbeds and borders, agreed Leda Meredith, author of “The Forager’s Feast: How to Identify, Gather and Prepare Wild Edibles” (The Countryman Press, 2016).

“I do think many wild or gleaned foods are tastier than cultivated foods,” Meredith said. “A big part of the reason is that they are harvested at their absolute peak, without concern for shelf life or how well they’ll hold up to long-distance transport.”

Many wild and ornamental plants have more nutritional value than their cultivated counterparts, Meredith said. “For example, wild spinach [also called lamb’s quarters] is a common garden weed with more than three times the calcium of ordinary spinach,” she said. “Purslane, another common weed, contains the same omega 3 fatty acids that make fish oil and flax seed so healthy for us.”

» Don’t overharvest, Zachos said.

“If you’re picking fiddleheads, you should never take more than three from each fern. Over-picking leaves the plant too weak to thrive,” she said.

» And try every new food in moderation.

“I have read a few reports of people having allergic reactions to eating daylilies,” Zachos said. “I know of many more people allergic to seafood and strawberries, but if this is your first time eating daylilies, start small.”

» Harvest your plants with a view toward aesthetics as well as the kitchen. “When picking young shoots of plants like hostas, you should cut from around the outside of the clump, snipping new growth just above the soil line,” she said. “As the remaining leaves unfurl, they’ll cover the cut stems and the plant will look whole.”

» Grow organically.

“If eating rose hips, you may have to put up with some insects or black spots,” Zachos said. “You may want them to look perfect, but chemicals make them inedible. I’d prefer having a few black spots on my roses but still be able to eat the roses.”

4-H Kid's Garden... from Kim Pierson



New Website from Rachel Vardiman

Just an FYI... the Master Gardener newsletters are being uploaded to our new website. Not sure how many of you have had a chance to look at it yet, but here is the address:

<http://wyoextension.org/parkcounty/horticulture/park-county-master-gardeners/>

We have a lot of potential here, so let us know if you have thoughts on the webpage.

~ ~ Rachel Vardiman

Garden Flowers from Joyce Johnston



Bee Balm



Glad

Garden Flowers from Joyce Johnston



Fall Rose blooming



Fall Surprise Lily

Importance of Volunteer Service... Park County Master Gardeners

Aiding Park County Horticulture & the University of Wyoming

Redoubles number of contacts... better service to the public

Expands 'pool of resources'... increased manpower

Increases the number of 'work' hours to address questions and/or make yard calls

Permits the Horticulturalist to work one-on-one with more clients

Allows more time for development of educational materials and programs

Extends the Horticulture season... extra, available resources

Garden Flowers from Joyce Johnston



Annual Hibiscus



Annabell Hydranga

Meeting Pics... from Linda Pettengill



**Urban Chickens
Presentation**



**TJ Wierenga... Guest
Speaker**



Member Birthdays

August

Mickey

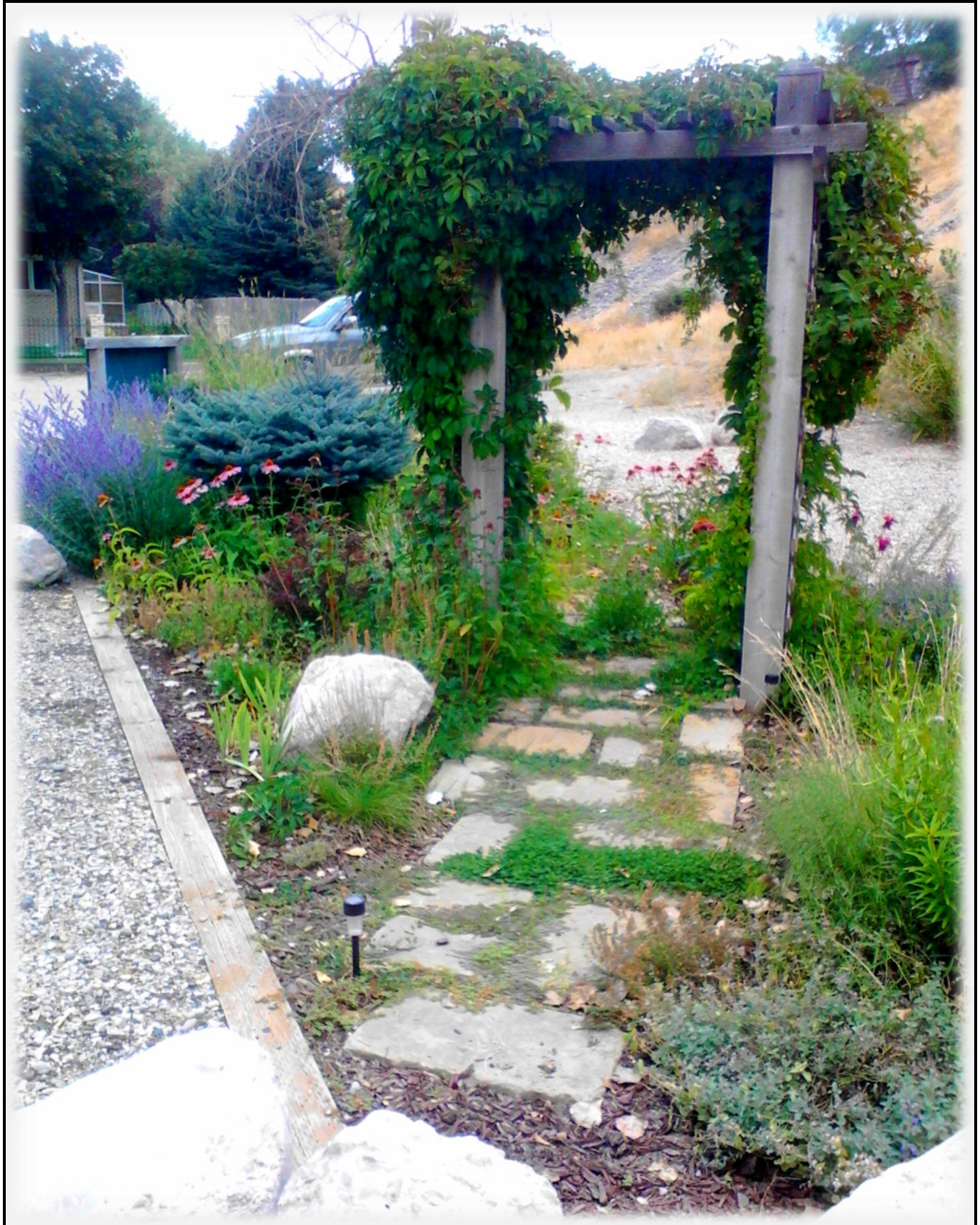
Ann



It is scientifically proven that people who have more birthdays live longer



Canal Park from Ronda McLean



Hummingbird on the job from Nikki Andrews



***Nikki
Andrews
resident
Hummingbird***



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**'Newsletter of the Park County
Master Gardeners'**

*~~ Content cannot be altered or
changed ~~*

Newsletter Articles should be submitted by
the 15th of each month to Bob Prchal

rjprchal@tritnet.net

2016 Officers

President... *Sandy Frost*

Vice President... *Kendra Morris*

Secretary... *Teri Boyd*

Treasurer... *Rhonda Faulkner*



Committee Chairs



Newsletter... *Bob Prchal*

Scrapbook/Historian... *Cathy Swartz*

Park County Fair... *Andi & Kim Pierson*

Cody Garden Tour... *Suzanne Larsen*

Park County Delegates... *Bob Prchal & Sandy Frost*

Change of Address/Phone/"e" Mail... *Rachel Olsen (Powell)
or Rachel Vardiman (Cody)*



REMEMBER... Keep it pithy!

Jeremiah Vardiman

Extension Educator

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