

# The Sage Gardener

UNIVERSITY  
of WYOMING  
EXTENSION

master  
gardener

From the Editor... **Kathy Clarkson**



WE ARE A  
COMMUNITY

## Heart Mountain, a Photo Essay by Eiichi Edward Sakauye. (Submitted by Rita Lewis)

The book is a reflection of life lived at the Heart Mountain Relocation Center. In the book Mr. Sakauye gives a list of the crops that were grown at the camp between 1943 - 1945 and the yields harvested.

The June Master Garden meeting speaker will be Heart Mountain Museum Director Dakota Russell.

She will give a talk on the crops grown at the Center.

Listed on page three are some of the basic crops that were grown and still are grown in the Basin's alkali, sandy, clay soil. Perhaps some Master Gardener members may want purchase and plant these hardy crops.

*Continued on page 3*



Photographer: Bud Aoyama

Volume 14, Issue 02

February 2017

### Meetings & Events

March 6th in the Bistro (located inside the Park County Library) @ 7 p.m.

Rita Lewis, Sharon Pearson, and Kathy Clarkson will be presenting "Wheat Around the World."

There will also be sample of different breads from around the world, home-made jam, and homemade butter!



Image courtesy of Kathy Clarkson



## February Meeting Minutes submitted by Della Sheridan



**Attendance for the February:** Mary Vogel, Joyce Johnston, Linda Pettengill, Suzanne Larsen, Della Sheridan, Denise Fink, Donna Haman, Rita Lewis, Cathy Swartz, Sandy Frost, Brian Beauvais, Nikki Andrews, Rhonda Faulkner, Kim Pierson, and Kathy Clarkson

**Guest for the February meeting:** Jeremiah Vardiman and Wanda Spragg

Kathy Clarkson greeted and called the meeting to order on Monday, February 6th, 2017 at 7 pm in Powell at the New Hall meeting room at the fairgrounds.

**Treasurer's Report:** current balance of \$2,760.34 with a bill submitted by Cathy Swartz for scrapbook expenses was paid \$49.97 making the new balance of \$2,710.37.

### Volunteers to take notes:

Rita for meetings in Cody, Della for meetings in Powell, Cathy for back up.

WE NEED ONE MORE DELEGATE FOR WY MG ASSOC. TO GO WITH SANDY.

### Old Business...

- 501c3 is going to require lots of things to do and we are looking into talking/hiring a professional to help us with it.
- Meet with Senior Center to do a project with them and having a free booth at Farmer's Market is going to be revisited.
- Raymond from Cody Enterprise is going to teach us to take pictures of flowers on August 7th.
- Working with JMG on July 17th.

### New Business...

- Winter Gathering at Park County Library with Nikki and Brian was a success. Raised \$152.00 plus a donation of \$100. Raised flower beds are happening!
- JMG need MGs with background checks to be present at Canal Park. Contact Kathy Clarkson for more info into background checks. Strongly encourage everyone to do it.
- Starting in February's Newsletter member bios will be featured and our first one will be Rita!
- A committee for February's 2018 awards include: Kathy, Jeremiah and Sandy.
- AWARDS: Sandy Frost received her Silver Star and Kathy Clarkson, Kim Pierson Andy Pierson, and Della Sheridan received their Active Master Gardener Certificates.

*Continued on page 6*

**Heart Mountain, a Photo Essay by Eiichi Edward Sakauye (Submitted by Rita Lewis).**

*Continued from page 1*

Dry Beans, Great Northern – Pinto – **Burpees Seeds**

Green beans, Kentucky Wonder-Golden Wax- **Burpees Seed**

Table beets, Detroit Dark Red- **Burpees Seed**

Broccoli, Italian Green Sprouting- Christmas Calabrese – **Burpees Seed**

Cabbage, Danish Ball head- **Burpees Seed**

Cauliflowers , Snowball, Snowball Super – **Heirloom Seed**

Carrots, Denver Half long- **Burpee Seeds**

Celery, Giant Pascal- **Seeds of Change**

Cucumber, Chicago Pickling – **Burpees Seed**

Dill, Mammoth –**Burpees Seed**

Garlic, Early White – **Urban Farmer**

Lettuce, Dwarfed curly Simpson (Black Seed Simpson) **Burpees Seed**

Head lettuce

Onions, Yellow sweet Spanish, **Eden Brothers**

Parsley, Champion Moss Curled – **Stokes Seeds**

Peas canning, Perfection – **Victory Seeds**

Peas, Dwarf Sweet – Blue Bantam Dwarf- **Burpees Seed**

Peppers, Anaheim Chili- **Heirloom Organics**

Popcorn, Golden Hulless ( Japanese)

Potatoes, Bliss, **Burpees (seed potato )**

Pumpkin, Early Cheyenne- **Seed Savers**

Red Radish, Scarlet Globe – **Baker Creek Heirloom Seeds**

Spinach , Noble – **Heirloom Organics- Baker Creek Heirlooms**

Squash, Yellow Crookneck – Heirloom Organics - Zucchini – **Burpees Seed**

Swiss Chard, , Lucullus Dark- **Heirloom Organics**

Sweet Corn canning, Golden Bantam –**Baker Creek Heirlooms**

Sweet Corn, Golden Cross Bantam hybrid- **Burpees Seed**

Tomatoes, Regular Earlianna, Bounty

Turnips, Purple Top White Globe – **Rare Seeds**

Watermelons, Northern Sweet- **similar to Moon Stares, but unable to locate seeds.**

## Germination Tips Part One

(A publication by university of Wyoming Biodiversity Institute, UW Extension and Laramie Garden Club)

Increasing native plant seed germination with cold stratification—it's easy and fun!

As many native plants may not be commonly found in nurseries, you'll need to locate seed and then determine the best method for growing it. Seed suppliers frequently include germination information, either on the seed packet itself or in their catalog, or these details can be found online. Growing plants from seed often requires working around "germination inhibition," a strategy that plants have evolved to keep their seed from germinating before conditions are likely to be favorable for growth. Many of our native plants suppress germination until winter has passed. This type of germination inhibition can be easily overcome by giving the seed a period of "cold stratification" that mimics winter. It will also increase the rate of germination for some species.

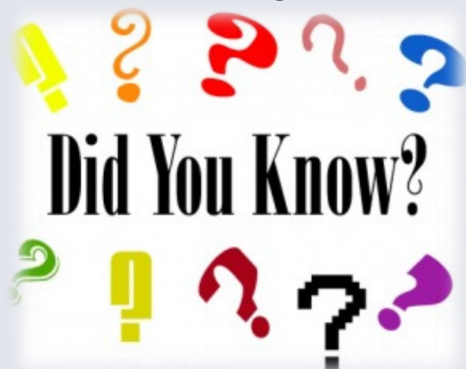
Though necessary for successful germination of many species, cold stratification is not a difficult process. Basically you need to keep the seed cool or cold and moist for a number of weeks (this number varies by species). This can be accomplished in a variety of ways.

In the subsequent issues we will deliberate: Cold Stratifying by Direct Sowing, Cold Stratifying in Pots, and Cold Stratifying in Baggies

A publication by the University of Wyoming Biodiversity Institute, University of Wyoming Extension, And the Laramie Garden Club.

## Coming Soon.... Getting to Know You

The Park County MG wants to get to know you better! In March we will be featuring Rita Lewis and Kathy Clarkson.



**Public Education Forum submitted by Sandy Frost****SPRING 2017 Brown Bag Seminars**

Powell Library

Wednesdays 12 noon to 12:50 p.m.

- |          |    |  |
|----------|----|--|
| February | 8  | <b>Park County Weed &amp; Pest – Past, Present, and Future</b><br>Mary McKinney, Assistant Supervisor, Park County Weed & Pest |
|          | 15 | <b>How to Start a Home Vegetable Garden</b><br>Sandra Frost, Park County Master Gardener                                       |
|          | 22 | <b>Red Wiggly Vermiculture for Soil Health</b><br>Mae Smith, UW Extension Educator   |
| March    | 1  | <b>How to Assess Winter Bud Damage in Grapes</b><br>Jeremiah Vardiman, UW Extension Educator                                   |
|          | 8  | <b>Luring Birds and Butterflies to Your Garden</b><br>Kathy Clarkson, Park County Master Gardener                              |
|          | 15 | <b>Soils and Soil Health in Park County</b><br>Rory Karhu, District Conservationist, NRCS                                      |

For more information contact  
UW Extension at (307) 754-8836 or [jvardima@uwyo.edu](mailto:jvardima@uwyo.edu).

*The University of Wyoming is an equal opportunity/affirmative action institution.*





## Importance of Volunteer Service

# Why do you volunteer?

Please email your reasons for volunteering to Kathy Clarkson:

katherineclarkson2@gmail.com

Image courtesy of <http://www.namigreaterhouston.org>

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**katherineclarkson2@gmail.com**



Image courtesy of <http://www.namigreaterhouston.org>

**Meeting Minutes Continued from page 2**

**Reminders...**

**Northwest Area MG Workshop:**

**Planned for February 8 and 9, 2017 in Riverton or Worland. Be thinking of workshop activities.**

**New MG training: In Thermopolis, March 3-4; 10-11; 17-18, 2017.**

**All weekend dates... Anyone is welcome.**

**Wild West Gardening Conference April 22,23,2017 in Laramie... \$90/person**

**2018 WMGA State Conference: Planned for Casper Details will be forthcoming as they develop.**

**Adjournment... 7:30pm.**

**Next Meeting:**

**(Cody) March 6th 2017 in the Bistro (located inside the Park County Library) @ 7 p.m. Open to the Public**

**Thank you Cathy Swartz and Kim Pierson for the February Refreshments!**

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## Congratulations Park County MG!



photo courtesy of <http://www.clipartkid.com>

### Congratulations to the Park County Master Garden!

In 2016, the Park County Master Garden provided 1026.5 hours of volunteer and 333 Continuing Education hours. Some volunteer projects today are:

- Writing and contributing articles and photos for the PCMG “The Sage” monthly newsletter.
- Occasionally writing gardening newspaper articles for the local papers in Cody and Powell.
- Conducting library talks in Powell and Cody for the public on a full gambit of gardening subjects.
- Establishing the Junior Master Gardener program at the Park County Library.

Jeremiah Vardiman

## Member Birthdays

**February**

**Andi Pierson**

**Mary Spencer**



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



## Edible Flowers submitted by Kathy Clarkson

The time is coming close, we are getting our seed catalogs, highlighting different plants, flowers, and vegetables to plant. Well, how about planting some edible flowers that will take your summer cookouts to a whole another level!

Before we look at some edible additions to add to your garden, it is important to remember not every flower is edible. You also should NEVER use pesticides or other chemicals on any part of any plant that produces blossoms you plan to eat. Never harvest flowers growing by the roadside.

Identify the flower exactly and eat only edible flowers and edible parts of those flowers.

Always remember to use flowers sparingly in your recipes due to the digestive complications that can occur with a large consumption rate.

Here are some edible flowers that you can add to your garden:

- Day lily—(*Heemerocallis* species) Are slightly sweet with a mild vegetable flavor, like sweet lettuce or melon. Their flavor is a combination of asparagus and zucchini. Chewable consistency. To use the surprisingly sweet petals in desserts, cut them away from the bitter white base of the flower. Also there are great to stuff like squash blossoms. Flowers look beautiful on composed salad platters or crowning a frosted cake. Sprinkle the large petals in a spring salad. In the spring, gather shoots two or three inches tall and use as a substitute for asparagus.
- Squash blossom (*Curcubita pepo*) – Squash and pumpkin blossoms are edible and taste mildly of raw squash. Prepare the blossoms by washing and trimming the stems and remove the stamens. Squash blossoms are usually taken off the male plant, which only provides pollen for the female.
- Nasturtiums—(*Tropaeolum majus*) Comes in varieties ranging from trailing to upright and in brilliant sunset colors with peppery flavors. Nasturtiums rank among most common edible flowers. Blossoms have a sweet, spicy flavor similar to watercress. Stuff whole flowers with savory mousse. Leaves add peppery tang to salads. Pickled seed pods are less expensive substitute for capers. Use entire flowers to garnish platters, salads, cheese tortas, open-faced sandwiches, and savory appetizers.
- Chive Blossoms (*Allium schoenoprasum*) – Use whenever a light onion flavor and aroma is desired. Separate the florets and enjoy the mild, onion flavor in a variety of dishes.
- **Lavender** (*Lavandula angustifolia*) – Sweet, floral flavor, with lemon and citrus notes. Flowers look beautiful and taste good too in a glass of champagne, with chocolate cake, or as a garnish for sorbets or ice creams. Lavender lends itself to savory dishes also, from hearty stews to wine-reduced sauces. Diminutive blooms add a mysterious scent to custards, flans or sorbets.



## Fun and Unusual Plant Facts submitted by Kathy Clarkson

5. There are more microorganisms in one teaspoon of soil than there are people on earth.



4. Plants really do respond to sound. Talking to plants to help them grow is a well, studies have shown vibration (like music, or perhaps even the sweet sound of your voice) can affect plant growth. Plus, the Myth Busters (in an admittedly not-so-scientific study), compared a silent greenhouse to one where they piped in a voice soundtrack, and found that plants in the latter grew more.



Sweeten your tomato plants with baking soda.

3. A little baking soda can help you grow sweeter tomatoes. A regular sprinkling of this kitchen staple into your plant's soil can help reduce acidity, which sweetens up your crop.



2. Some of your favorite fruits are actually in the rose family. Apples, pears, peaches, cherries, raspberries, strawberries, and more are rosaceae, making them cousins to the long-stemmed Valentine's Day variety.

1. The right orchid combination can smell like your favorite dessert. The vanilla bean comes from an orchid varietal and it's not the only sweet-smelling kind: "An oncidium hybrid called Sharry Baby smells like chocolate," says George Hatfield, president of the Santa Barbara Orchid Show. "It's 'baking cookie' aroma has made it a winner." And that's not all: The cymbidium Golden Elf smells lemony, and the phalaenopsis violacea has a cinnamon scent. "Just like you'd combine Jelly Belly beans to create new flavors, you can combine orchids to create a garden that smells like a dessert buffet," says Hatfield.





# The Sage Gardener

## 2016 Officers

**President...** *Kathy Clarkson*

**Vice President...** *Andi Pierson*

**Secretary...** *open*

**Treasurer...** *Denise Fink*

**WMGA Delegates...**



Volume 14, Issue 02

February 2017

*'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 Kathy Clarkson

**REMEMBER... Keep it pithy!**

[katherineclarkson2@gmail.com](mailto:katherineclarkson2@gmail.com)



## Committee Chairs

**Newsletter...** *Kathy Clarkson*

**Scrapbook/Historian...** *Cathy Swartz*

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

**Cody Garden Tour...** *Suzanne Larsen*

**Park County Delegates...** *Sandy Frost & open*

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



**Jeremiah Vardiman**

*Extension Educator*

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