

# The Sage Gardener



UNIVERSITY  
of WYOMING  
EXTENSION

master  
gardener

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



WE ARE A  
COMMUNITY

## Tips for Starting a Vegetable Garden:

When it comes to starting a vegetable garden, the most important step you can take does not involve a shovel, a tiller, or even a speck of dirt.

A successful new garden begins with planning. Here is what to consider as you plan a new garden or update your current one:

1. **Plan what to grow.** Make a list of the plants you would like to grow. Then do some research about each one to find out when to plant them, where to plant them, how much water they need, how much attention they need, and when to harvest them.
2. **Plan how much to grow.** How much space can you devote to your garden? How much time are you willing to invest in planting, watering, weeding, and harvesting? How many vegetables can you use, process, and give away?
3. **Plan where to grow it.** Vegetables need at least 8 hours of direct sunlight a day. Avoid placing your garden in the shade. In addition, choose a spot with access to water. You will need it for watering your garden, especially during the heat of the summer.

Once you make these decisions, you are ready for the next steps in getting your garden in the ground: making a garden plan, tilling your garden, and preparing your soil.

A Publication by: <http://www.tomatodirt.com/starting-a-vegetable-garden.html>

Volume 15, Issue 03

March/April 2017

## Meetings & Events

- May 1, 2017 MG Meeting.  
in Cody @ 7:00 pm



**Meeting Minutes... submitted by Rita Lewis**

**Attendance for the March meeting :** Sharon Pearson, Rita Lewis, Donna Haman Kathy Clarkson, Deb Hays ( new email ( DMHAY551@q.mail.com) , Cathy Swartz, Linda Pettengil, Sandy Frost, Ann Hinkley, Valarie Bates, Jackie Vanoy and Brian Beauvais.

**Guest:** Lori Bevenger.

Kathy Clarkson greeted and called the meeting to order at the Park County Library Bistro. The President asked for Consent of the agenda, a move was made to approve with a second. Minutes of the February meeting were approved.

**Treasures report of:** \$2,760.34.

Status of the 501C3 was discussed, a CPA is being recommended. Cathy Swartz volunteered to check into the issue of contacting a CPA and their fee amount.

**Old Business:** 2nd Delegate to the WY MG Assoc. is still unfilled. Request was put to the floor for a volunteer. Meetings are being held via teleconferencing and or travel.

Frosty reported on the WYMG ASSOC meeting which was held by video conference.

**2016 Master Gardeners State numbers:**

- Volunteers- 269
- Contacts- 31,026
- State volunteer hours- 9899.5
- Community Education hours-4168.5

State Fair MG's will have a booth in Douglas in August. Need volunteers.

Thermopolis April/24/25- Strawberry presentation

All information is available on the MG Facebook page including the great pumpkin contest, WY Bee College and Wild West Gardening.

*Continue on page 3*

**Meeting Minutes Continued:****New Business:**

Kathy Clarkson and Rita Lewis met with Dakota Russell, the Director of the Heart Mountain Relocation Center to discuss the possibility of the Club participating in the Centers yearly garden clean up. Since the Master gardens planted some of the gardens the Club agreed to participate. The Junior Master Gardeners will also participate. There will be one spring cleaning and then volunteers throughout the summer to check on gardens.

Discussion regarding funding for participants attending Conventions was brought up. It was agreed that if someone wants to have their own table at the plant sale and wants to keep the funds they can. But they need be apart from the Master Gardens.

It was also discussed that the Club had already agreed and voted on giving monies for registration to those who will attend Convention or Education venues as long as they agree to bring back education programs. This will be check on in the past minutes.

**Reminder:**

April 22-23 Conference in Cheyenne and the July 10-14 International Conference on Portland Oregon.  
Wild West Gardening Conference April 22,23 in Laramie ...\$90.00 per person  
2018 WMGA State Conference: Planned for Casper. Details forth coming.

**Committee reports as reported on:**

Brown Bag in Powell has been a success - Frost

Scrapbook – Swartz – books are available for all to view. Please keep sending her photos.

Media Articles- Powell Tribunes will be featuring Barnyards & Backyards and 2 of Suzanne's articles will be featured and Frost y will also be submitting an article.

Arbor Day -Cody April 28th

Arbor Day- Powell April 27 & 28

Plant Sale- Anderson, Vogel, Ryan, Johnston. Frosty will be sending out a list of the plants recommended for the sale and the planting date. Frosty also brought planting trays for those planning to grow something for the sale.

Thanks Kathy, Sharon and Rita for the program for evening "Wheat of the World ". They baked and served breads from around the world made with wheat.

Adjournment ....7:45pm

March 6,2017 Meeting Minutes submitted by Rita Lewis

## Germination Tips Part Two

### Cold Stratifying: Direct Sowing

Direct seeding in the area of your yard you'd like the plants in is about the least work-intensive method. Plant seeds in the fall and remember that all the seeds you plant may not germinate. Mark the area where they were planted and give it a gentle watering. Nature will complete the stratification process. Make sure you know what the seedling plants look like, or you may find yourself accidentally pulling them up while weeding. If you have a limited amount of seed, this method may be a bit too hit-or-miss for your liking—consider starting those seeds in pots.

### Cold Stratifying: Pots

One of the most common methods used to cold-stratify is to plant the seeds in pots (be sure to label them in a weather-proof way) in December or January, water the pots, and then place them outdoors to be subjected to natural freezing and thawing. The north side of a building can help ensure they don't see too wide of a variation in daily temperature swings, and it is a good idea to protect the pots from wind. Water as necessary through the winter so the planting mix doesn't dry out. Topping off the pots with a half-inch layer of washed pea gravel or other fine rock mulch can help with this. If the seeds require light for

germination, sprinkle them on top of the mulch. Eventually, come spring or summer, little seedlings will start to appear and are often ready to transplant by late summer. If no seedlings appear, leave the pots out for another round of winter weather; some seeds require two or more winters to overcome inhibition.



### Cold Stratifying: Baggies

The other common method of cold stratification is to place the seeds in labeled plastic bags or other containers with moist perlite or vermiculite and stick them in the refrigerator for the requisite number of weeks (often 8 weeks, but it varies). Keep the containers closed to hold in moisture but periodically open to check in on the seed. When you start to see the white root tips emerge from the seeds, it's time to gently pot them up in soil-less mix and place them under lights or in another location until they are big enough to transplant. For more information on growing these seeds indoors after they germinate, see the 2014 Winter issue of the Barnyards & Backyards: Rural Living in Wyoming magazine. This method generally allows you to get plants in the ground earlier than the outdoor pot method, but it is a bit more work and requires indoor space.

When carrying out either of these latter two methods, the germinating medium (soil-less mix, perlite, etc.) should be damp but not soggy. Seeds will rot if they sit in water for too long (they need some oxygen) or will become moldy.

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

## Leeks and Planting Meadows submitted by Rita Lewis

### Leeks:

The modest leek is an unlikely candidate for stardom and yet has won numerous accolades. It is the national emblem of Wales. It has been on menus for millennia, enjoyed by the Egyptians and Anglo –Saxons, who gave it its name. When you consider how versatile it is, it is not surprising that its popularity endured to this day. Leek vinaigrette (chop leeks, added to olive oil & red wine vinegar.), leek and potato soup that is simmered for hours. Add leeks to stews, risottos and veggie and meat pies. Cook with leek in place of onions to give that dash of a gentle onion flavor.



### Planting meadows:

The poorest, thinnest soil is actually the best option for most meadow wild flowers. They don't do well in manicured lawns. Wildflowers are country girls and the dense soil is hard for them to establish roots. Most of the seed are not planted very deep and prefer drier soil. Once you choose a location, make sure the spot chosen receives at the least 6 hour of sunlight. In the meadow remove sections of grasses here and there and rake lightly. Mix wildflower seed with sand and broadcast the seeds by hand in the selected areas. Water the first few weeks and occasionally as the plant get established. The recommended flowers are coneflowers, sunflowers, Rubeckia, Echinacea and California poppies. The field may need to be reseeded yearly. Make sure to check the State's noxious weed list before planting.



## 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

## How To Start Seeds In Ice Cream Cones – Smart School House

Ice Cream Cone Seedling Garden – start seeds in ice cream cones and then plant them when they're ready. Perfectly biodegradable! There's ONE little trick that makes this gardening tip work...

To grow seedlings in an ice cream cone, you will need the following:

- Ice cream cones – the cheapest cake cones you can find!
  - Soil
  - Seedlings or tiny flowers
  - Shovel
  - Scissors
- (Optional) Fertilizer



*Continue on page 7*



## Continue How To Start Seeds In Ice Cream Cones – Smart School House

Also, if you're looking for a fun and easy way to get kids involved with gardening, consider this Ice Cream Cone Seedling Garden! Ice cream cones are completely biodegradable, which saves money when growing plants from seedlings and then transporting the to the ground or garden.

### What's the trick to making this work?

Cut the bottom 3/4 of the cone off!

That's right, don't plant the entire cone into your garden or the ground. The poor tiny seedlings won't be able to grow past the cone in the soil before the cone is completely gone.

It's as simple as that! Water regularly, give the baby plants enough sun, and even add nutrients like fertilizer or your preferred garden vitamins to the ice cream cone seed starters.

Kids are particularly good at growing ice cream cone gardens!

Today we planted clover seedlings in hopes of finding a leprechaun and a pot of gold this spring. Can we just make time stop so we never get older?



## Member Birthdays

### March

**Brian Bouvais**

**Bob Parchal**

**Rhonda Faulkner**

**Della Sheridan**

### April

**Suzanne Larson**

**Denise Fink**



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



## Getting to know you... Rita Lewis

Did you know that Rita Lewis hordes licorice, popcorn and Coke Cola and she will devour a whole watermelon by herself? She plants petunias and sunflowers every summer and she listens to Neil Young and Motown while driving. She loves to bake, read history or any non-fiction and she LOVES cats.

She is a 2nd generation Wyomingite and she was born in Cody and raised on a ranch in the Meeteetse area. Her Father was landlord for absentee owners and ranch foreman for the people that leased the land. She grew up raising bum lambs and pulling weeds in the odd little square gardens that her father planted every year. Years later she would learn that he was planting the Pueblo Zuni style gardens that are similar to the 4x4 square garden's popular today. She just thought he didn't like to plant in straight rows.

Rita's family is dedicated military people, having served in all branches of the military and in every war since World War 1 with honor and distinction.

Rita graduated from Meeteetse High, graduated from MSU and worked for the State of Wyoming at DFS, WYDOT and UW.

Rita had her DNA tested a year ago and confirmed what she already knew, she is a crazy Hybrid. The test confirmed European and Mediterranean, Native American roots and she is Finnish! Wild flower mix!

One summer day, Donna Haman suggested that she and Rita join Bobbie Holder's Darn Good Gardeners Club where they met Suzanne Larsen and Jo Ann Arzillo . After a year or so in the Club, Bobbie mentioned that they might be interested in taking the Master Gardener Classes. So they did and 11- or 12 years later they are still active in the Club.

Rita is a water hoarder, catching rainwater in 6, 30 gallon barrels in the spring and summer. In the winter she collects snow water for her houseplants. Two years ago she abandoned her ground garden due to voles and started to garden in containers with great success. She only uses chemicals needed to remove State required noxious weeds. All her flower beds are planted to attract bees, butterflies and hummingbirds. Rita does very little amending or weeding and relies on planted clover and tea compost. She and Mac have a small cattle ranch that dates back to 1900 and they try to keep the soil and Angus cattle organic as possible.



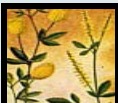
## Getting to know you... Kathy Clarkson

My love of gardening goes back to when I was a little girl and I helped my mother weed our garden. Her “green” thumb ignited a passion in me that still burns strong. My father owns a hardware store and I learned the meaning of hard work from him. His belief was to do a job once and do it right. Prior to our move to Cody, my husband, Brian, and I lived in a house close to my childhood home and throughout the years we planted vegetable, rose, butterfly, wild flower, and herb gardens.

As a student, I cooked at various restaurants to put myself through college and worked my way to head chef at Little Talia Trattoria, where I used seasonal and garden fresh ingredients for daily dinner specials. After completing my degree in Human Development and Psychology, however, my desire to work with plants was still burning strong, and I completed Horticulture classes at the Buffalo Botanical Gardens. This led me to a job with Independent Contractor Services Plant Specialists in which I was responsible for the plant displays, pricing, and maintenance at Home Depot store number 1231. This position opened the doors for many landscaping jobs and I started my own business called Garden Girl. Through this, I gained experience in garden design and installation.

In July 2015, my husband took a position with GDA Engineers and we moved from Buffalo, New York to Cody, Wyoming. In my time here, I have completed the Park County Master Gardener program, started the Junior Master Garden program at the library, managed the Big Horn Basin Farmers Market through 2 seasons, and given presentations on Houseplants, Orchids, and Different Growing Mediums. I was recently voted in as the president of the Park County Master Gardeners.

Now the fun facts about me... My desert island food is a turkey sub with everything. Even at my age, I have no self-control when it comes to eating strawberry twizzlers and cotton candy, I will eat them until I get a stomach ache. I love going to the theater, I had seen well over 20 musicals and plays including the Lion King in Toronto, the Phantom of the Opera and West Side Story on Broadway NYC, and my favorite Cats in Buffalo, NY. Lastly, my favorite plant, yes I do have one but it has many species is an Orchid. I dream of having a greenhouse full of orchids one day!



# The Sage Gardener

## 2016 Officers

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

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

**Secretary...** *open*

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

**WMGA Delegates...**



## 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)*

Volume 15, Issue 03

March/April 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!**

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