

# Where Have We Been Lately?

**THANK YOU !**



**Northwest College Soccer teams weeded and cleaned the Powell Community Garden with PCMG and BHE.**

**Friday, Aug 10, 2018**





# Meeteetse Tomato Variety Trial Update

By Ronda MacLean

I have had some interesting observations with the tomatoes!! The North Dakota performed the best and the Siberian preformed the least. The other two performed fair. I am growing them in my big greenhouse. I am having a problem with regulating the temperature inside. On June 12, they did get a frost. It set them back some. I feel if I would have cut them back they may have bushed out and recovered better. The heat was extreme for them too. Even though I had shade cloths. They look way more spindly than the Early Girl and Hardy Cherry plants in my smaller greenhouse. I did have at least golf ball size and bigger green tomatoes by the 4th of July. Attached are pictures through the growing season.



# Amaranthus

By Sandy Frost

Like any family, the genus *Amaranthus* has 70 species that serve many purposes and occupy many habitat niches. *Amaranthus* species vary from the weedy common pigweed, to leaf amaranth, to grain amaranth, to ornamental amaranth. These plants can be used for grain, as a dye, in salad and cooked dishes, as an ornamental and as a weed.

Native weedy amaranth include: Sandhill Amaranth and Prostrate pigweed. Introduced species are Tumble pigweed, Palmer Amaranth, and Redroot pigweed. Palmer Amaranth is a particularly invasive weed that is marching across the US. Wyoming farmers are on the lookout for it.



Palmer amaranth



Redroot Pigweed

Amaranth is an ancient grain crop originating in the Americas. It was an important crop for the Aztecs. Both Incas and Aztecs toasted the seeds like popcorn and mixed them with honey or molasses as a sweet. It can be used as a high-protein grain or as a leafy vegetable. It also has potential as a forage crop for livestock. In the past two centuries grain amaranth has been cultivated in Mexico, Central America, Nepal, China, and eastern Africa. Research on amaranth by US agronomists began in the 1970's.





“According to the Whole Grain Council amaranth is technically a pseudo-cereal, having an equivalent nutritional profile to true cereals....but coming from a different plant species.” Grain amaranth has 12 to 17% protein, is high in lysine, and is gluten-free. It can be used as a flour in many products such as breads, noodles, pancakes, cereals, granola, cookies, etc. It is mixed with honey or molasses to make a popular snack called “alegria”. It is also high in fiber and low in saturated fats. Raw amaranth grain isn’t edible and cannot be digested. It must be prepared and cooked like other grains. Three species are commonly grown as grain crops. They have not become weeds in fields where they have been grown. Grain amaranth plants are about five to seven feet tall when mature, with thick stems. The tiny, lens-shaped seeds are one millimeter in diameter and white to cream colored.



Ornamental amaranthus may feature either foliage or flower production. Leaves may be blood red to light green with purple veining. *Amaranthus caudatus* (Love-lies-bleeding) is a hardy annual with dark purple flowers on pendulous spikes. It is a native of India. *A. hypochondriacus* (Prince's Feather) is another Indian annual with lance-shaped leaves and erect red flower spikes. Joseph's Coat (*A. tricolor*) resembles highly vibrant poinsettia leaves and was cultivated by Thomas Jefferson at Monticello.

#### **References:**

Colorado State University Extension

<http://coloradoplants.jeffco.us/wordsearch.do?name=amaranth&=Submit>, 8/20/18

Corn Agronomy

<http://corn.agronomy.wisc.edu/Crops/Amaranth.aspx>

Washington State University, "Amaranthus: a plant of many faces", Kathy Wolfe, September 2, 2016

University of Arizona Cooperative Extension

# **The Ten Commandments of Gardening**

Courtesy of Joyce Johnston

1. Thou shalt not covet thy neighbor's roses.
2. Thou shalt honor thy mum and thy poppy.
3. Thou shalt not plant if if thou cannot spell it.
4. Thou shalt not feel silly talking to thy plants.
5. Thou shalt nurture thy bleeding heart and thy weeping willow.
6. Thou shalt dig in thy dirt, not dish thy dirt.
7. Thou shalt bloom where thou art planted.
8. Thy plants shall be expelled from thy Garden of Weedom.
9. Thou shalt forget-me-not with friendship everlasting.
10. Thou shalt rest on the seventh daisy.

And remember, thy wild oats are best sown in thy garden.

# **Northern Rocky Mountain Tree School**

**October 11-12, Cody, WY**

**Tree nutrition, USDA horticultural station, EAB Planning, Woody Plant propagation, How to establish trees, No. Rockies Species Diversity, Develop local tree programs, Urban wood and more.**

Thursday 8am-5pm; Friday 8am-12 noon

Thursday/Friday Oct. 11-12—Programs—\$125 before 9/15, \$150 after that date

Information at

<https://www.facebook.com/northernrockiestreeschool/>

**September—Linda Pettengill**

**October—Cathy Swartz**

**November**

**Happy Birthday !**

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