

# Blades and Blooms

Master Gardeners of Clark County  
 PO Box 158, Springfield, Ohio 45501-0158

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*Master Gardener Volunteers at the 8th Annual Downtown Cleanup pictured with student volunteers from Ridgewood School*

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## Mark Your Calendar for May

1	9-12	Plant Sale wrk day loc. tbd	12	1-3	Wildflower Walk
	12-2	Office Conference	15	8-5	Seeds pick up @ SPGA
2	9-12	FT Work Day		8-12	Field Trial Prep @ SPGA
3	9-12	Garden clean up SPGA	16	8-12	Field Trial planting
4	9-12	Helpline		9-12	Fair Flower beds clean up
	9-12	Move FT plants outside to harden off Mitchell greenhouse	18	9-12	Helpline
5	1-3	Wildflower Walk	19	1-3	Wildflower Walk
	3-6	Plant Sale set up @SPGA	20		B&B articles due
6	9-1	Plant & Barn Sale at SPGA	22	9-12	Utzinger Work Day
8	9-12	Utzinger Wrk day		8-12	Field Trial Prep rain date
10	5-5:30	Plant Sale wrap up meeting	23	9-12	Field Trial planting rain date
	5:30	Social	25	9-12	Helpline
	6:30	General Meeting @SPGA clubhouse		6-7	Focus on Local-Champion City Jams @OSU Extension
11	9-12	Helpline	26	1-3	Wildflower Walk
			29		<b>Office Closed Memorial Day</b>

## President's Message

Here we are in the month of May and everything is buzzing in our own gardens as well as at Snyder Park and at Utzinger. A group of Master Gardener Volunteers worked hard on Saturday, April 22nd to help with the Downtown Springfield Cleanup. We put mulch out around the courthouse. It is always a great feeling to help others. The Plant Sale volunteers are getting ready for a big sale with around 2500 plants to be ready for Saturday, May 6th at Snyder Park. They have grown many of the plants and right now they are digging and potting plants from our local yards.

There will also be a Barn Sale going on during the Plant Sale so look for some great used garden items. The Garden Fling is over but it was a great success with the most people we have ever hosted – 190. I know Susie Broidy and her committee have been super

busy getting their Garden of Eatin' established at Snyder Park. Steve Broidy and his committee are working hard on the wine event that will be held for the second time at the park in June. Ed Wozniak and his gardeners are busy getting vegetables planted in the Victory Garden that will go to the Second Harvest for people in our community – another great way to help others. Fred Miller and his workers are again getting the turf plots ready for another growing season. The field trials will soon be planted and your help will be needed. The Early Ohio Settler's Garden is being cleaned up from winter leaves and lots of weeds but our manure looks great. I am sure there is more going on but again you can see a lot is happening at the gardens, so please jump in and enjoy. Thanks for all you do.

Jean Rickards

## Pams Posies

Where did February, March, and April go! Holy cow these past few months have been busy. MGVs have been hard at work on a variety of projects and the hard work is paying off. Committee meetings and greenhouse work and Utzinger work and more have put us ahead of the game for spring. Our chair people have done an incredible job of leading these various activities. We truly have an amazing organization full of dedicated, committed volunteers. Thank you for all you do!

There was one recent weekend when we had people working at the Estel Wenrick Wetland cleaning up honeysuckle, teaching youth at South Vienna about emerald ash borer and Asian long-horned beetles, cleaning up and beautifying the downtown area and leading a fun activity at Snyder Park Gardens and Arboretum in partnership with National Trail Parks and Recreation District for their Amazing Place for Earth Day. We were quite busy as an organization and had our hands in many parts of our community. I love that we are not afraid to get involved and give back. Audrey Hepburn said "As you grow older, you will discover that you have two hands, one for helping yourself, one for helping others." Our MGVs are the epitome of this quote. Again, thank you for all you do.

The SPGA project is moving along nicely. If you haven't been down there lately, stop by. The Garden of Eatin' is amazing! Congratulations to the committee for all of your hard work – it's beautiful and I can't wait to see it completed. The daffodil river was pretty cool and garnered some press and we have around 15 community volunteers helping with the community work day. The pavilion committee is working to finalize plans on this project (again, looking for extraordinary not ordinary!) and the SPGA committee met with Jeannie to finalize the schematic design. The fundraising is about to start in earnest and I can't wait!

Winter is over and we are not hitting the busy season. I have one question, if the busy season is coming up, what do you call these past eight weeks!!!! I love it.

Pam

*Pamela J. Bennett*

*State Master Gardener Volunteer Coordinator  
Extension Educator, Horticulture  
Ohio State University Extension*



**Garden Fling 2017**

## Janet's Junipers

"Listen" to the Health Benefits of Gardening.

"I was just sittin' here enjoyin' the company. Plants got a lot to say, if you take the time to listen." - Eeyore from Winnie the Pooh.

### The health benefits of gardening include:

- \* Increasing the chances of eating the amount of produce recommended in the Dietary Guidelines for Americans.
- \* Consuming more plant-based foods which are associated with less risk of obesity, diabetes, heart disease and cancer.
- \* Becoming more physically active to reduce the risk of heart disease, diabetes and some types of cancer.
- \* Strengthening bones and muscles.
- \* Improving physical functioning in older adults which helps keep hands strong and agile.
- \* Reducing stress.
- \* Being around nature which has the potential to lower blood pressure and boost the immune system.

### Research and studies show the following:

- \* Gardening 3-5 times a week has been found to be a good strategy to combat obesity and lower stress.
- \* Patients with chronic musculoskeletal pain taking part in horticultural therapy programs experience an improved ability to cope with chronic pain.
- \* Children with attention deficit disorder who play in grassy, outdoor spaces have less severe symptoms than those who play in windowless, indoor settings.
- \* Patients with clinical depression who participated in routine therapeutic gardening activities experienced a reduction of severity of depression and increased attentional capacity —benefits that lasted up to three months after the program ended.
- \* Dementia patients who have access to gardens are less likely to display aggression or suffer injuries, and they display improved sleep patterns, balanced hormones and decreased agitation.

### What are some additional benefits of Gardening?

- \* Nutrition Awareness – Impacting positive food choices.
- \* Environmental Awareness – Teaching children about their environment. "Gardens are often the most accessible places for children to learn about nature's beauty, interconnections, power, fragility, and solace." (Heffernan, M. (1994).
- \* Life Skills – Increasing appreciation for nature, responsibility and development of family involvement.
- \* Health and Wellness – Improving the quality of life.

\* Community Building and Social Connections through Community Gardens – Developing positive and friendly interactions with neighbors.

### Some final thoughts about Gardening

"Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realized." - Dr. Allan Armitage

"In the spring, at the end of the day, you should smell like dirt." – Margaret Atwood

"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul." – Alfred Austin

**Yes, Eeyore, we need to "listen" because plants have a lot to say!**



5th *Laura Foley*  
5th *Ann Kaup-Fett*  
10th *Jean Ann Baker*  
10th *Edward Michael*  
11th *Carol Hanusik*  
16th *Donna Myers*  
20th *Tom Davidson*  
25th *Jan O'Neill*  
28th *Virginia Mattimore*  
29th *Dennis Latimer*

## Jo's Notes:

### Thoughts and Prayers:

Claudia Massie (Class of 2012), her husband John Massie (Class of 2008) passed away April 3, 2017. They have been inactive for several years. Claudia's address is 6640 Conway Drive, Enon, OH 45323.

### New Address:

Bonnie Martens has a new address. It is 1830 North Fountain Blvd., Springfield, OH 45504.

# COMMITTEE REPORTS

## UTZINGER GARDEN COMMITTEE

Utzinger kicked off "Workdays 2017" with a "Pruning Woody Perennials" workshop presented by Kathy McConkey. It was a very successful workshop, and, thanks to Kathy and all the Utzinger Faithfuls, we got a lot accomplished. We are looking forward to "The Village of Utz", where "there's no place like gnome", the mirrored Fairy Village neighboring Gnome Home, Judy Niggemeyer's Pizza Garden, The new Monarch Way Station, handicapped-accessible garden, and the development of all the existing gardens! Did we ever say how much we enjoy Utzinger?! Marilyn Hinderer, Donna Myers & Deb Dean

## HELPLINE

The plants have started growing and with that spring growing, in comes a few questions about: When?, How?, and What to do?. Helpline is a big help to gardeners who need help in getting started and maintaining their garden through out the season. Here is your chance to be a part of the Helpline group. Helpline is only on Thursdays 9:00 A.M. to noon, April thru August. All the openings for Helpline volunteers are filled for May, two openings in June, one opening in July. All Thursdays are open for volunteers in August. So now is the time to sign up for Helpline before all the spots are filled.

Call Rick, 324-5344 or sign up on the VMS, or both.

May 4, May 11, May 18, May 25 - Carrie Moore

Remember: "To turn ordinary clothes into gardening clothes, simply mix with compost." —Guy Browning  
Rick McKinstry

## EARLY OHIO SETTLERS GARDEN

The Settlers have a busy time ahead in the month of May. We ladies of 1800 will be cleaning our garden of the winter leaves and weeds on April 24th at 9:00 A.M. We will also be checking out how our garden perennials are growing. I know we have some plants to replace for I am not sure all our hops made it through this mild winter. We will be putting our straw paths down on May 1st and we will be planting around the 22nd. Oh, have I mentioned our great manure – it looks wonderful. So another growing season begins and I do not know about you but I cannot wait.

Jean Rickards

## PLANT AND BARN SALE COMMITTEE

### PLANT & BARN SALE

**Saturday May 6th 9 :00 A.M.-1:00 P.M.;**  
**Snyder Park Club House**

After months of seeding, potting, trimming, watering, and fussing over plants, we are ready for the Plant & Barn Sale!! The greenhouse looked absolutely beautiful yesterday with all the blooms!

We have approximately 2500 plants that include all the favorite annuals in every color. We have a great selection of perennials - peonies, heucheras, hostas, bleeding hearts, Japanese Irises, geraniums, and much more! We have rhubarb, strawberries, egg plant, tomatoes, peppers and herbs. We hope we have covered everyone's requests.

LaDonna is bringing back the Barn Sale this year. If you have items that you would like to donate, please contact her. We will also have a table set up to sell our gloves and garden tools.

Sale day, lets put our talents to work and help gardeners pick the right plant for all their garden spots! The money we make from this sale benefits us all in supporting the Master Gardener projects.

We will need Master Gardener workers and shoppers to support the sale. If you would like to work that day, here are things to keep in mind:

\* Sign up on VMS to work. We have an assignment board that we will put up on set up day so you will know where you are working. You will be working in small groups to share info and give each other breaks.

\*Set up Day - Friday, May 5th 3-6 P.M. We need people with vans or enclosed trucks to haul plants from the greenhouse to Snyder Park. Be at the greenhouse by 2:30. We will then be setting up the sale site with tents, tables, signs. You can drop off your items for the plant sale or barn sale during this time.too.

\*Wear your red shirt and name tag.

\*Sale Day - be there by 8:15 A.M. so that we can finish any set up details and do a group meeting/pep talk at 8:30 A.M. Gates open at 9:00 A.M.

\*We will have snacks and water available.

\*Depending on weather - bring a hat, sunscreen, umbrella, jacket, lawn chair.

Any questions??? Please contact LaDonna Lowe, Loretta Blazer or Marilyn Hinderer



**Pruning Workshop at Utzinger Gardens**

## **FIELD TRIP COMMITTEE**

Mark your calendars for a fabulous day trip on Friday, June 16 to visit two wonderful and historic locations. Both locations have partnered with their county's Master Gardener Volunteers to receive volunteer hours for their time working in these gardens.

We are going first to the Sherman House Museum in Lancaster, Ohio. We will have a private tour of the historic home of General William Tecumseh Sherman, built in 1822, and then tour their four main gardens; Herb, Victorian, Apothecary, and Native. Group admission is \$3.50.

After lunch, we will have a guided tour at the Gardens at Gantz Farm in Grove City. This tour will include the historic farm house, built in 1840, the Labyrinth, and their three main professionally designed gardens that demonstrate a unique look at horticulture throughout time: Garden of Yesterday, Garden of Today, and Garden of Tomorrow. Free admission.

We will meet at the OSU Extension (park in the rear lot) at 8:30 A.M. Please email or call Terry Reid (terryreid55@yahoo.com / 937-244-0427), Janet Heater (wheater1@woh.rr.com / 937-717-4723), or Sally Day (daytwo@sbcglobal.net / 937-390-1824) before June 1, 2017 so we can finalize reservations and organize carpooling.

Field Trip Committee

## **SOCIAL COMMITTEE COMMITTEE**

The May General Meeting is coming up! The theme will be "Spring Salads", and we would love to have some Fruit or Savory Salads to enjoy before the meeting, which will be at SPGA clubhouse. Social begins at 5:30 P.M., and we are looking forward to seeing everyone in the Merry Month of May!

Natheta Mercer, Deb Dean, & The Social Committee

## **VICTORY GARDEN COMMITTEE**

Victory Garden: Potatoes and onions were planted on April 10. Future planting will occur whenever we get the plants which will be the middle of May. There are still a couple of garden plots available. Just put a flag in the center of the plot to claim it. Flags are next to the door.

Ed Wozniak and Rick McKinstry

## **GARDEN FLING COMMITTEE**

Garden Fling: April fools day was very good for the Garden Fling. We had a total of 186 who paid to enter, yielding a profit of \$3262.50. This is the most profit ever received for this event. For the first time the Master Gardener Volunteers served the food. This accounted for \$418 in profit. Many thanks to Natheta for setting it up. All classes were well attended with some classes turning people away. We will attempt to get larger classes rooms in the future. Weather conditions may have added to the attendance [too cold to work in the garden or yard] and Pam's newspaper article brought in a lot of out of towners. Thanks to all Master Gardener Volunteers who helped out and a special thanks to those who conducted a class.

Ed Wozniak and Jean Rickards

## **FUNDRAISING COMMITTEE**

Thank you to all for the hard work Friday, March 31, setting up for the Garden Fling April 1. It sure paid off. Fundraising table brought \$1,160.00. Thanks to those that donated books, magazines, and garden items to sell. Marilyn and Loretta brought bulbs, plants and rocks.

The drawing at the sign in table went well. There was a jar full of entries and contact info.

Thank you Kathy McConkey and Theresa Gregory for the donation of these items.

The 4 excited winners were: 1. Sue Green - Turtle 2. Nancy Benston - Fenton Vase 3. Ruth Butcher - Rabbit Statue 4. Mindy Hixon - Pumpkin & Flag.

One woman told her husband Saturday evening "stay off the phone I'm expecting a call."

We took the gloves and tools Saturday, April 22 to the Amazing Place Earth Day Event, Snyder Park Gardens & Arboretum. At the time I'm writing this the event hasn't taken place.

See you at the Plant and Barn Sale Saturday, May 6. You will be able to purchase gloves and tools.

Spring at New Boston event Sunday, May 7, George Rogers Park, 10 A.M. to 4 P.M. Jane Malowney will be representing the Master Gardener Volunteers. Gloves and tools can be purchased.

At this time I am waiting on Kroger regarding the rewards program.

Thanks again,

Fabenne Brandenburg, Fundraising Chair

## **PERENNIAL COMMITTEE**

Good news: We have finally finished the River of Daffodil planting for this year!

Bad news: We ran out of bulbs just a couple yards from the desired "finish line".

Our sincere thanks goes out to each Master Gardener Volunteer who helped with this project. The River has been lovely! Also, a huge thanks goes out to the Wittenberg Fraternity brothers who loaned us the muscle to finish this big planting!

This autumn, we will purchase enough daffs to get to the end and next year all the plants should come up and bloom at their appropriate times. If you have wondered why some of the daffodils are later than others...yes, the messed up planting schedule contributed to that. But Brent & Becky's method with mass plantings is to send early, mid and late blooming varieties. So next spring, we will still have bloom times slightly different and overlapping.



The bulk mulch order has been placed. The community volunteers

for the Clark County Service Day on April 28 were on task to help mulch the River of Daffs and do general cleanup.

Check the VMS for May Perennial Committee Meeting!

Kathy McConkey, Dot Burkholder and Fabenne Brandenburg

## **FIELD TRIALS/GREENHOUSE COMMITTEE**

Just a quick update on the greenhouse on Mitchell. All of the trial bed plants are doing well and growing very big. It will be less than a month and they will be out in the feature garden at SPGA.

We will be putting the plants out to harden off the first Thursday in May and hope all of the deer that grazed on the petunia and sweet potato vines last year, don't come back this year. We are planning to do extra protection with Plantskydd and bird netting to discourage them.

See you all out at the gardens on planting day May 17.

Cathy Zernehel and Linda McCann



## **A BIG THANKS FOR PARTICIPATING IN THE 8TH ANNUAL DOWNTOWN CLEANUP**

On April 22nd, we had a successful downtown cleanup with over 20 Master Gardener Volunteers pitching in to weed & mulch the core block of the city hall and weed and cut back at the art museum. We also taught six fantastic junior high students from Ridgewood School and their teacher how to mulch. They were enthusiastic, eager to learn and fun to have working hard with us.

Those in attendance were: Peggy Shank, Linda McCann, Peggie Elsnau, Kathryn Elsnau, Lois O'Keefe, Jean Rickards, Wendy May, Claudia Jones, Ed Wozniak, Janet Hannel, Terry Reid, Teresa Gregory, Jane Skogstrom, Karen Duncan, Sally Day, Linda Himes, Roger Frank, Dennis Latimer, Eren Latimer and Natheta Mercer. I am sorry if I missed naming anyone.

A huge THANK YOU for taking time out of your busy lives, on a busy Saturday. There were 3 events

MVGs were involved in alone. Congratulations to several of you that won very nice door prizes. Many special thanks to family members for coming out to work with us. Peggie Elsnau's daughter, Kathryn and Dennis Latimer's grandson, Eren.

I firmly believe in this event and so proud of Master Gardener Volunteers for showing up and working so hard. I think we all have fun working together. This is a great thing to do for Springfield and showing the community we are committed to making this a better community for all.

Most gratefully,  
Natheta Mercer

*Photos: Top left - Wittenberg students & Perennial Committee finishing the planting of daffodil bulbs.*

*Above - MGVs work on mulching during downtown clean up. Bottom right - Flowers in the Mitchell greenhouse.*



## Plant of the Month

**AJUGA (uh-JOO-guh)**

**Aguga, Bugleweed**

Ajugas are a popular and useful perennial ground cover. They are low-growing mat forming plants with spoon-shaped leaves with short, square, upright stems that bear lots of tiny flowers. Ajugas in full bloom are a lovely sight in the spring garden, but the ground hugging rosettes of colorful leaves carry the show for most of the growing season. The plants are usually about 3-6" tall in leaf and in bloom can reach 8" tall. Common ajuga (*A. reptans*) species could be green, purple, variegated, or even almost black. As I write this I have a nice patch blooming with blue flowers.

Ajugas develop the best leaf color in partial or light shade but will tolerate full shade. The leaves may become scorched if exposed to too much sun. They adapt to just about any type of soil from rich to poor, and dry to moist. They are most prolific in moist well drained soil that is relatively rich in humus.



*Image by okano. <https://www.gardening-knowhow.com/ornamental/foliage/ajuga/ajuga-bugleweed.htm>*

All ajugas spread by creeping roots.

Ajugas reptans produces stems that creep along the ground and produce platelets or offsets where they touch the ground. You can easily multiply all species by digging up these rooted platelets. You can divide these plants anytime during the growing season. Ajugas will self-seed so if you are worried about them invading your lawn, deadhead them after they bloom.

Look to the leaf color when you choose ajuga companions for both spring and beyond. The leaves of 'Burgundy Glow' in cool weather are blushed with pink and will create a pleasing harmony with pink-flowering partners such as bleeding hearts. You can use the darker leafed selections like 'Black Scallop' to echo taller companions with dark stems or markings in blooms or seed heads, or create striking contrasts by pairing with bright yellow.

Some suggestions for compatible partners that flower around the same time and are usually sturdy

enough to hold their own with ajugas are Bearded irises, common bleeding heart, Hellebores, Lady's Mantle, Pulmonarias, and Siberian iris.

While doing research for this article I came across a picture of common ajugas combined with creeping jenny and I liked the contrast. I think I'm going to try this in my yard.

Dot Burkholder

## THE HISTORY CORNER

What is it to experience a garden? Should we separate and delineate details with descriptions of vibrant colors, a sweet, woody smell carried on a liberating breeze? Maybe the cool crumbly dark texture of moist compost along with relaxing thoughts of accomplishment come to mind. No matter the amount of detail or adept use of adjectives, description and experience are, in essence, two entirely different things. No vocabulary, not the richest, can ever really fill the endless depths and dimensions of experience. Yet, if you were to tell the story of your first childhood sunburn, because we too have probably felt that same sting, sharing is possible. Then isn't every detail made important when understood through the shared access of an experience? Can we even imagine a garden without butterflies. Even if it is only the Monarch Butterfly, how could we ever measure such a detail as that. Any attempt at such a measurement would only even be considered because our spirits once shared in that experience. But what of future generations? No descriptive words are necessary in referring to a butterfly, not for us anyway. Neither words or snapshots can capture their essence. Realization of their importance is growing. There is an extensive collaborative effort to understand and protect Monarch habitat using best science all across North America. In upcoming issues of Blades and Blooms it may be interesting to track the progress and history of efforts to preserve Monarch butterfly habitat in History Corner.

Stay Tuned!

For information on ways that you may assist in the effort: see: Ohio State University Extension Agriculture And Natural Resources Fact Sheet "Attracting Pollinators to the Garden by Denise Ellsworth, Department of Entomology" ENT-47-14.

Carrie Moore



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

Ohio State University Extension  
Clark County  
3130 East Main Street  
Springfield, OH 45505  
[www.twitter.com](http://www.twitter.com) (user name OSUEclarkcounty)



*Master Gardener Volunteers working at  
CRSI greenhouse getting plants ready for  
May 6th Plant and Barn Sale.*

## *Remember Garden Clean Up May 3*

The Master Gardener Volunteers' "Blades & Blooms" is a publication of the Ohio State University Extension of Clark County, 3130 East Main Street, Springfield, Ohio, 45505, 937-521-3860. The Master Gardener Volunteer Advisor is Pam Bennett.

**<http://clark.osu.edu/program-areas/master-gardener-volunteers/blades-blooms-newsletters>**

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