



IN AND OUT OF THE GARDEN

The November 2011 Monthly Journal

www.ramga.org

The color of Spring is in the flowers, the color of winter is in the imagination.

- Terry Guillemets

DON'T FORGET THESE DATES:

November 17th MG Meeting 7:00

Rockbridge Regional Library Piavano Room:
David Beebe: Organic Farming & Running a
CSA

***November 3rd** Jeff Kirwin's talk:
Remarkable Trees will be in Nichols Hall,
VMI at 5:30

***November 10th** 7 PM Hillel House at W&L:
2012 MG class informational session

CONTENTS:

The President's Column.....	1
.	
Honor System.....	2
Recruiting Committee Reports progress...	2
Roots and Shoots Project.....	3
Dogwood News.....	5
.	
A Garden Quiz: Answers.....	6
November MG Meeting: CSA's.....	7
Washington & Lee's Sustainability Program.....	7
Educational Calendar.....	8
Volunteer Alerts.....	9

THE PRESIDENT'S COLUMN

By Amy Scheuer



NOVEMBER..... THANKSGIVING.....
FAMILY.....and the beginning of the Holiday
season!!!! What a delightful time of the year for
young and old alike!

RAMGA's program this month will be presented by
David Beebe on 'Organic Gardening and Running a
CSA'. David's presentation will be given on
Thursday, November 17, 2011 at 7:00 pm in the
Piavano Room at the Rockbridge Regional Library.
This will be our last program for the 2011 year.
Caren Nash and her crew have done a fantastic job
with this year's Educational Programs. Thank you!

I would like to encourage all MGs to attend the
Informational Meeting being at the Hillel House
on Thursday, November 10, 7:00 pm. There is more
information from the Recruiting Committee in this
issue .

HAPPY THANKSGIVING!!

HONOR SYSTEM

I have been asked by several of you who have now entered hours into the new Reporting System how you submit the hours to me for approval. I want to let all of you know that the reporting system is totally based on what you report. I do not have to accept or verify any hours reported by MGs in order for them to be effective. So the entry is totally "on your honor."

Project leaders have been given administration rights for their individual projects. They can see total hours reported and the MGs who have (or have not) reported time for the project. They have the best idea as to who is doing what for the project, so they are able to check the hours of the MGs that have recorded hours for the project.

As System Administrator, this is what I do with the system statistics:

*I do a spot check taking a random look at the hours reported. I review grand totals, project totals, and look at entries of all our MGs. If I see something unusual, I will look at the individual hours a MG has recorded and if necessary contact that MG. I will not change hours without letting the individual know.

*Since I submit a monthly report to the RAMGA Board indicating how many volunteer hours and CE hours have been accumulated, I first look for progress over the past month. Hopefully, each month more hours are being completed and reported. I also compare the totals to the year-to-date figures from a year ago.

*I look at how many of you have not yet reported hours (which to-date is still too many).

*At this point in the year, I start looking to see how many of you have now completed your 20/8 hour requirements for the year.

*Around mid January, I use the system to report to VT the total hours completed during the

previous year for RAMGA. So it is important that each of you is current by the end of the year.

*Sometime in April, I will use the system statistics to report to Dave Close, our contact at VT, the RAMGA members who completed the milestones of 250 hours, 500 hours, 1000 hours, 2000 hours etc. during the previous years.

I hope this answers your questions.

Carol Schoner
RAMGA Records Coordinator

RECRUITING COMMITTEE REPORTS PROGRESS

So far, the recruiting committee has moved forward with several means of attracting trainees to MG Class 2012. Two are firm plans already in progress and promise to be quite effective. Some are for long-term recruiting.

The Master Naturalist program had good success with an informational meeting, held before the class. RAMGA will have one too. RAMGA will invite all interested persons to attend a one-hour session at 7:00 p.m., November 10, at Hillel House, on the Washington and Lee campus, Washington Street, near Jefferson. There they will hear a description of the MG Class, along with explanations of what MGs do and the connection to VCE and Tech. A brief slide show will highlight our projects. Notice in the *News-Gazette* will announce the informational session, and a letter will go out inviting those who have recently expressed an interest in the MG Class. (Letters reminding those folks of the Class have already been sent.) Naturally, all MGs are encouraged to attend, to show

support, answer questions informally after the talks and maybe to do some convincing talking themselves. We're told that MGs should wear their badges.

Other plans: A banner to be stretched across north Main Street from November 14th to 28th in being designed and should be ready in time. This will be a simple reminder that one can become a Master Gardener and can be used in future years. A feature article in *The News-Gazette* is also in the works. The editor has granted space for coverage of our activities and attractions, and the article will appear, timely, just before the Class. Finally, for the 2012 Class, a poster is planned. It will be a professional-looking one, small enough to be acceptable to downtown merchants but large enough to be read by a pedestrian on the run.

The long-term devices include a first-rate garden to show what we can do, and magnet stickers for car windows that remind the public of our existence. The committee refuses for the present to reveal one or two other means under consideration. Is some sort of con game being prepared? Full of anxiety, we wait.



ROOTS AND SHOOTS BRINGS YOUTH AND AGE TOGETHER

By Molly Brown

The Roots and Shoots project began years ago in California. As a teacher, I had an occasion to bring together older people and children. My husband, Dirck, and I thought that a closer relationship between children and their elders would be important to the development of children and that a teaching garden would be the ideal way to make the concept a reality.

The elders took on the title of Roots (as established and sustaining elements) and the children Shoots (just starting out, of course). From the beginning, we kept alive the initial inspiration, and when we came to Lexington in 1995, it remained the driving force of Roots and Shoots here: Providing a connection of youth with age. But the concept has grown, and the connection has become threefold: Not only youth with age, but in addition, child with community; and child with the natural world—that of beauty and food sources.

Roots and Shoots came to Waddell School when the Blue Ridge Garden Club wanted to establish an educational program. The school librarian was a member of the club and was able to offer the schoolyard as a garden site. Our concept of connections received much favor, and support came from Blue Ridge, a generous grant allowing us to extend teaching to all grades in the school, instead of only second graders, with whom we had begun. (I'm proud to say that we have received other awards as well.)

Our approach to teaching could be described as holistic. The natural sciences that govern

the garden are taught as an adult might see them, interwoven with music, art, literature, history and more. Each grade has a theme, and activities and lessons vary according to grade, but some random samples will give you an accurate picture. In the classroom we sing garden songs, hear garden stories, study the scope of the five senses, draw the parts of a flower, learn the relevance of school subjects to gardening and delve into fairy lore. In the garden (an outdoor classroom, of course) we keep a colonial herb bed, grow vegetables (harvesting them for the school cafeteria), identify insects, handle worms, practice composting (and learn its theory). We also maintain a very popular pond, complete with goldfish and the tomb nearby of an even more popular toad (who went to his reward years ago). The entire program adheres to the state-mandated Standards of Learning (SOL).

About twenty volunteers for every season, including a summer session, do the work. Many are unable to be permanent members of the team, and the fairly large number therefore involved prohibits listing names here. Some are former teachers, and all are devoted. Volunteers become "garden friends" to five pupils, working with them as partners from sowing to harvest, giving them individual attention in the classroom as well as in the garden. Five volunteers are Master Gardeners, not including me (MG Class of 2005). This school year, 337 pupils are participating in the program.

Roots and Shoots has the blessing of RAMGA, and MGs earn volunteer hours working at Waddell. The project receives no direct funding from our association, however. Instead, it comes from Blue Ridge Garden Club, Valley of Virginia Herb Guild, Waddell PTA and Kiwanis. I should add, though, that Waddell

School usually gives Roots and Shoots the \$200.00 RAMGA donates every year after the plant sale.

Roots and Shoots has a website where one can learn in more detail how the project functions. In addition, materials are available explaining how to establish and maintain a Roots and Shoots program. (Most recently, the *Down to Earth Handbook* and the Roots and Shoots Power Point slide show went out to Saratoga, New York.) Check out www.rootsnshoots.info.

A well-known author has said that for happiness we need "only connect." In recent years, the relationship between young and old has suffered. Helping both to realize the mutual advantages of a connection offers much satisfaction and enjoyment.

Note: This is the eighth in a series of articles reporting the activities of our unit's projects. The series was mandated by the RAMGA Board and is overseen by Vice President Pat Kovach. The purpose is to keep all MGs aware of how busy we are and what good work we do.



Dogwood News

from The Avant Gardener, October 2011

The Asian *Cornus kousa* has been widely planted as a substitute for the native *C. florida* which as we know is susceptible to the exotic fungus called dogwood anthracnose. Although it is not as dramatically beautiful in form and flower as the native, *C. kousa* has had some recent releases which are being praised including 'Avalanche,' 'Ruth Ellen' and a new 'Wolf Eyes,' which has fabulous green-eyed flowers. The fruits of *kousa* are considered unusually desirable in the form of a unique-flavored sweet drink or tea.

Top sellers of *C. alternifolia* are 'Golden Shadows,' a pagoda (tiered-branching) dogwood with variegated leaves that are more bright yellow than green. *C. kousa* 'Akatsuba' ('Red Moon') features white splashed leaves and red splashed white flowers, plus rich purple fall foliage. A variegated weeping dogwood 6'x4' is 'Kristen Lipke's Variegated Weeper'. 'Aktuba' is described as having green-pink-magenta leaves through summer that turn pink-red in autumn, and profuse cerise flowers.

Of the colored-stem shrubby types, best sellers are *C. stolonifera* 'Cardinal' with cherry red stems and a new *C. sanguinea* 'Midwinter Fire' ('Winter Flame') whose stems become intense yellow-orange-red. It was a 2010 Pennsylvania Horticultural Society Gold Medal Plant Award winner.

Long neglected species like the summer blooming native gray or paniced dogwood, *C. racemosa*, are getting more followers and more cultivars. A dense shrub growing 10'-15,' it is hardy in zones 3-8. The gray dogwood bears

profuse white flowers and long-lasting red-stemmed white berries and has good to excellent red-orange fall foliage. Two cultivars from North Dakota State University are 'Emerald' ('Snow lace') and 'Jade' ('Snow Mantle').

For something really unusual, look for *C florida* 'Red Pygmy,' which grows to 4' and has bright red flowers and fruits. Another newcomer, 6'-8' *C. stolonifera* 'Hedgerows gold,' has gold-rimmed leaves and deep-red stems.

Best sources of choice dogwoods on the east coast are Fairweather Gardens in Greenwich, CT and Wayside Gardens in SC . Check the internet for others.



Answers to the puzzle in the October issue: information you don't want and will never need, but a puzzle you may find amusing.

By Jim Davis

1. A strawberry isn't a berry; in fact, it isn't a true fruit.

A berry is defined as a fruit whose seeds are embedded in a fleshy receptacle. Strawberry seeds adhere to the exterior of a receptacle. A fruit is defined as a ripened ovary. The strawberry is not just an ordinary fruit, but an *aggregate* fruit, one whose seeds formed from many ovaries on the same flower, fertilized separately and independently.

2. The so-called cantaloupe commonly found in our super markets isn't a cantaloupe.

Food Lion and others sell netted musk melons, *Cucumis melo* var. *reticulatus*. True cantaloupes or rock melons, *Cucumis melo* var. *cantaloupensis* aren't cultivated in the United States.

3. A tomato isn't a vegetable.

The tomato is a fruit, that is, a ripened ovary.

4. A Lady Bug isn't a bug.

The Lady Bug is a beetle, a member of the order *Coleoptera*. True bugs, as they're called to distinguish the term *bug* from the word commonly used for all insects, belong to the order *Hemiptera*.

5. German chocolate cake has nothing to do with Germany.

German chocolate cake was named for the American Sam German who developed a brand of dark baking chocolate for the Baker's Chocolate

Company. (How did civilization advance before Google and Wikipedia?)

6. *Fuschia*, the name of the plant, should not be pronounced "fyoo-sha," but rather "fooks-ia." ("Fyoo-sha" is all right for the color that's spelled the same way.)

The plant *Fuchsia onagraceae* was named for Leonhart Fuchs (1501-1566), a German physician and herbalist. His name would be pronounced "fooks" and the plant "fooks-ia."

7. The Poplar or Tulip Tree (AKA White Poplar or Yellow Poplar), the tall, fast-growing tree with uniquely-shaped leaves, is not a poplar. It doesn't bear tulips, either.

For some reason, we've been calling *Liriodendron tulipifera* "poplar" for years. It's actually in the Magnolia family. And although its flowers are lovely and interesting, the name "Tulip Tree" comes from the shape of the leaves, whose silhouette resembles a tulip. *Populus* is the name the Romans gave to the true poplars, members of the Willow family, which includes the Aspens and Cottonwoods.

8. The Lime trees of London, mentioned in many British novels, produce no limes.

The name "Lime" has somehow become a variant of "Linden," a tree in the Mallow family (along with cotton, okra, hibiscus and chocolate). One European species is often planted along streets in the United States. Our only native is the American Basswood, common in the hills and mountains of Rockbridge County.

9. The herb Rosemary did not borrow its name from the woman's name.

Rosemary gets its name from the Latin *ros marinus*, sea dew, called that perhaps from the shape of the leaves or the plant's origin in the Mediterranean region.

November MG Meeting

**Rockbridge Regional Library, Piovano Room,
Thursday, November 17th**

Come learn about CSA (Community Supported Agriculture) and some of the ins and outs of farming in Rockbridge County. David Beebe is the owner of Cherry Ridge Organic Research Farm, which is a sustainable small farm outside of Rockbridge Baths. With nearly 10 acres in production, the farm grows a wide variety of vegetables and fruits. David has been a pioneer in the Organic movement since the late 60s and practicing strict Organic methods on the farm since he bought it in 1977. His operation teaches interns from around the world through the WWOOF program (World Wide Opportunities on Organic Farms, also known as Willing Workers on Organic Farms) and has many diverse projects: researching irrigation, heirloom seed production, timber frame building, hydroponics, value added products, canning, freezing and drying of food, animal husbandry with veterinarian on staff, aquaculture, mushroom production, bio diesel production and solar heating. His talk will cover some of advantages of his local methods proven effective for weed control and pest management using standards beyond those required by USDA Organic methods.

Washington & Lee's Sustainability Program

Two energetic speakers who know how to use Power Point. That describes Bill Hamilton and Chris Wise, knowledgeable men who gave us an interesting presentation at the RAMGA monthly meeting in October. Bill is a biology professor and chair of the WLU Sustainability Committee; Chris is University Environmental Management Coordinator.

The subject was Washington and Lee's broad program of sustainability, that is, the effort to sustain a healthy environment into future generations. The basis of the attempt is teaching,

and the University has begun an environmental studies program, with both a major and a minor offered, bringing together various disciplines across the curriculum. For instance, humanities professors help students learn their place in the natural world. Students are therefore encouraged to think broadly about the environment.

But much is taught by example outside the classroom, both by having students help with projects and by the University's many policies and practical applications that exist for all to see. There are two solar arrays on campus, a campaign to encourage drinking local water (one cent per gallon) instead of bottled (one dollar per gallon). And a refillable WLU bottle is available. In addition, bicycles can be checked out to keep cars off the street, electric cars are used by the buildings and ground staff, locally produced food is bought for the dining hall and, of course, recycling is standard operating procedure. Perhaps the jewel in the crown (if that isn't too elegant a term) is the composting system. A large vegetable garden on the back campus (productive, though popular with ground hogs) profits from compost made in quantity, largely from dining hall vegetable garbage. Children, Eagle Scouts, bat houses, even chickens (who eat insects); broccoli whose tender stems can be shredded for slaw; cold-season crops, and so much more contribute to the campus-wide display.

Bill and Chris showed us that Washington and Lee is not unmindful of the future, set a fine example for us to follow and taught us the way.



November 2011 Educational Programs

November 3, 2011. Thursday 5:30pm.
"Remarkable Trees." Jeff Kirwan, Va Tech Professor, will give his talk on Remarkable Trees in Nichols Hall, VMI. ***1 ½ credit hour***

November 5, 2011. Saturday. 9:30am to 12pm. "Cooking Unusual Vegetables." Monticello. Chef Gabriele Rausse will introduce participants to surprising curiosities like sea kale, cardoon and Caracalla bean flowers, as well as underappreciated gourmet vegetables such as endive, Florence fennel, fava beans and crowder peas. \$15. ***2 ½ credit hours*** For more info:

<http://www.monticello.org/site/visit/calendar>

November 12, 2011. Saturday. 9:30am to 11:30am "Vinegar Making." Monticello. Join wine-maker and master chef Gabriele Rausse in reviewing the basic principles of vinegar-making and how to use it in preparing vegetables and meat and in concocting delicious aromatized dressings. This workshop is two hours long. \$15. ***2 credit hours*** info:

<http://www.monticello.org/site/visit/calendar>

November 19, 2011. Saturday. 10am to 12pm. "Gourd Birdhouse Workshop." Hahn Horticulture Garden, Va Tech, Blacksburg. Delbert Jones, talented artist and gardener, will present a program on growing, curing and using various types of gourds. Participants will create a gourd birdhouse to take home. Fee: \$15 members/\$20 general public. Call Stephanie at 540-231-5970 to register by phone or email vtgarden@vt.edu ***2 credit hours***

<http://www.hort.vt.edu/hhg/events.html>

November 17, 2011. Thursday. 7-8:30 PM
 Rockbridge Regional Library Piavano Room.
 Rockbridge Area Master Gardener Meeting
 David Beebe: "Running a CSA." See page 6 for complete information. . Everyone is welcome to

attend. More information also available at www.ramga.org.

Save the Dates:

Jan. 13-16, Jan. 27-29, Feb. 18-20, and March 3-4, 2012. 2012 Permaculture Design Course: Sustainability Strategies for the Blue Ridge. A 72-hour course held near Charlottesville to promote land use systems that work with natural rhythms and patterns to create regenerative cultivated ecosystems. Early registration (by Nov. 15) from \$895 to \$1200. Work-trade application deadline ends on December 1, 2011: limited scholarships may be available. Contact Terry Lilley at tygerlilley@gmail.com or 434-296-3963.

Website

<http://www.blueridgepermaculture.net/courses.html>

February 2, 2012. Thursday. "What's Buggin' You? Insects in our Gardens." The Virginia Horticultural Foundation Home Gardener Day at the Marriott at City Center, Newport News. 8:30am-3pm. Authors, insect zoo, Eric Day of Va Tech Insect ID Lab, Wasps (Ag. Engineer from Penn State Extension, Alex Surcica), Hitchhiker bugs—from greenhouses and nurseries to home gardens (U of MD professor Stanton Gill), book signings, keeping bugs out of edible crops, Garden Book Store on site, hot lunch, silent auction. Registration \$75 before 1/13: \$90 between 1/14-31: \$100 at door. Info at www.mahsc.org ***4 credit hours***

May 1-4, 2012, Tuesday- Friday. Southern Region Master Gardener Conference at Natchez, Mississippi. Details and info at <http://msucares.com/srmg> and registration at <http://www.regonline.com/srmg> .

Volunteer Alerts

1. **Saturday, November 5, 10am - 4pm. Community Work Day at Boxerwood Gardens** . All hands needed, large and small. We will be cleaning up the PlayTrail, weeding and raking around the lodge and doing some weeding and pruning throughout the grounds. Please bring a pair of heavy gloves and clippers/loppers. RSVP to Faith Vosburgh at faith@boxerwood.org or call Boxerwood, 463-2697.

2. We are still in need of a new Program Coordinator and committee for next year, starting in January. Duties include contacting prospective speakers for RAMGA meetings, which are held on the 4th Thursday in February, March, April, May, October and November, reserving the meeting place and setting up the room for the meeting, writing an article for RAMGA newsletter and publicity. If you are interested please contact Caren Nash at nashva@comcast.net or see her at a board meeting.

Officers

Amy Scheuer, President
 Pat Kovach, Vice President
 Bob Kovach, Treasurer
 Ann Gruner, Secretary
 David Mims, Representative, Virginia Master Gardeners Association

Standing Committees

Carol Schoner, Records Coordinators
 Caren Nash, Programs
 Faith Vosburgh, Publicity
 Ted Jenks, Plant Sale
 Liz Maurer, Education coordinator
 Molly Delappe and Cecile West-Settle Newsletter

IN AND OUT OF THE GARDEN

Editors-in-chief Molly Delappe and Cecile West-Settle

In and Out of the Garden is published monthly by the Rockbridge Area Master Gardeners Association. Items to be published in the newsletter must be submitted not later than the twentieth of the month prior to publication. Articles, Letters to the Editor, and inquiries about subscriptions may be addressed to the Rockbridge Area Master Gardeners Association, c/o Molly Delappe 1705 Raphine Rd Raphine Virginia 24472 or e-mail mkbluce@yahoo.com.

The newsletter may also be viewed at www.ramga.org

Subscription rates: \$10.00 per year.

