

THE GARDEN GATE

A Community Newsletter by the Rockbridge Area Master Gardeners

OCTOBER 2023



INSIDE THIS ISSUE:

- Gardening Events, p. 2
- Master Gardener training, p. 3
- Fall Garden Tasks, p. 3-4
- Seed Growing References, p. 5
- Spotted Lanternfly News p. 6
- Goldenrod and Mums, p. 7
- Fall recipe: Pumpkin bread, p. 8
- Part 2: The Plan

Welcome, everyone, to the Rockbridge Area Master Gardeners' community newsletter. Each month we will be bringing you relevant seasonal horticultural information for Rockbridge County. If you enjoy this newsletter, please pass it on. Subscription information is on the last page of this newsletter.

Join us Saturday, October 22nd at 10:30am in the RARA Community Room, 350 Spotswood Dr., Lexington for a free presentation, "Propagating Native Plants from Seed" with Will Shaw, a member of the Jefferson Chapter of the Virginia Native Plant Society.

LOCAL FARMERS MARKETS

- **Lexington Farmers Market**, behind the Southern Inn, Weds., 8am – 12:30pm
- **Rockbridge Baths Farmers Market**, RB Fire Station, Sat., 9am – 11am
- **Glasgow Farmers Market**, corner of 10th St. and Kanawha, Fri, 10am – 2pm and Sat., 9am – noon
- **Kerrs Creek Community Market**, 27766 West Midland Trail, Sat., 9am – noon
- **Fairfield Farmers Market**, 5613 North Lee Highway, Sat., 9am – noon
- **Seasons' Yield Farm Market**, 165 Oakland Circle, Raphine, 2nd and 4th Saturdays, 10am – 2pm
- **Buena Vista Farmers Market**, 21st and Magnolia Ave., Thursdays, 2pm – 6pm

GARDENING EVENTS

Fall Webinar Series with Lara Lacher of Seven Bends Nursery in Winchester. Wednesday, October 4th: Invasive plants and native alternatives; November 1st: Designing landscapes with native plants. \$10 for the series. Register here:

<https://vnps.app.neoncrm.com/np/clients/vnps/eventRegistration.jsp?event=1365&>

Saturday, October 6-8. Annual Meeting of the Virginia Native Plant Society, Virginia Institute of Marine Science, Gloucester, VA. Registration opens after September 7th and includes one day options.

<https://vnps.org/events/2023-annual-meeting-and-program/>

Saturday, October 14, 9:00am – 2:00pm. 2022 Fall Plant Sale at the Thomas Jefferson Center for Historic Plants, 1354 Tufton Farm, Charlottesville. Credit card only. All plants will be 20% off.

Wednesday, October 18, 11am. EMG webinar: Adam Downing, Northern District Forestry agent will present “Virginia Native Trees”. Register here:

<https://virginatech.zoom.us/meeting/register/tZMpfuqtrzMtGdGwrUvIVyrE2QIX7UlsTsqt#/registration>

The talk will be recorded and posted to the [Virginia Tech Extension Master Gardener website](#)

Saturday, October 21, 2:00am – 4:00am. Garden Basics: “Native Plant Propagation – Seed Saving and Winter Sowing” sponsored by the Piedmont Master Gardeners. There will be hands-on winter sowing activity. Trinity Episcopal Church, 1118 Preston Ave., Charlottesville. RSVP here: <https://piedmontmastergardeners.org/events/garden-basics-native-plant-propagation-seed-saving-and-winter-sowing/>

Saturday, October 21, 10:30am. “Propagating Native Plants from Seed” with Will Shaw. RARA Community Room, 350 Spotswood Dr., Lexington. Free and open to the general public.

Thursday, October 26, noon – 1:00pm. Smithsonian’s “Let’s Talk Gardens” series. Deb Freeman will talk on “Growing Resilience”, exploring the history and relevance of traditional African American crops that still endure today. Register here:

https://smithsonian.zoom.us/webinar/register/WN_IMceWK8nQxaI59BszQUGBg#/registration

Want to Be a Master Gardener?

Each year, Rockbridge Area Master Gardeners recruit and train a new group of Master Gardener Volunteers. The course work includes online modules in key areas of gardening ranging from soil nutrition to landscape design. Central to the instruction is the importance of native plants and pollinators. Part of the training involves hands-on labs where a trainee has the opportunity to work in a problem-solving team atmosphere. This prepares the trainee for volunteering to educate the community in all-things horticultural. RAMGA maintains multiple demonstration gardens and sponsors several school teaching gardens throughout the area. The next training class will run from January through June of 2024.

TO LEARN MORE Go to www.ramga.org . Click on the JOIN US tab. Under the registration tab, complete the “class information request” form.



FALL GARDEN TASKS

- Plant your garlic bulbs. Don't use grocery store garlic bulbs as they have often been treated with preservatives.
- Plant cover crops on the bare soil in your vegetable garden.
- If not planting a cover crop, mulch beds so no bare soil is exposed.
- Remove spent annuals and compost them.
- Save seeds from desirable plants. Remember, if the plant is a hybrid, it may not come true.
- Stake mums if needed and continue to water and fertilize
- Lift tender bulbs such as cannas or dahlias after the first frost.

- Finish your planting before the first frost, usually around October 15 in Rockbridge County.
- Plant spring bulbs.
- Plant cool season annuals such as annual poppies, stock, larkspur and snapdragons.
- Divide daylilies, peonies, and iris.
- Fall is usually a good time to plant trees and shrubs.
- Reseed lawn.
- Compost your dead leaves instead of bagging them. Run over them first with your lawn mower so when added to your compost pile, they will break down faster.
- Plant cool weather vegetables such as greens for a late fall, early winter harvest.
- Prune late summer and fall flowering shrubs after they go dormant or in the spring.
- Watch for plant sales. Nurseries usually want to sell down their inventory before winter. Milmont in Stuart's Draft has all perennials at 50% off now. When replanting be sure and loosen the root ball. Many of their plants are pot bound.
- Male deer scrape their horns in the fall along the bark of young trees to rub the summer velvet off their horns and to mark their territory. Wrap the trunks with plastic tree guards, chicken wire or plastic mesh to prevent deer damage and remove in the spring.
- Check trees and shrubs for bagworms. Pick off and burn any egg cases that you can find.
- Don't be alarmed if some evergreens begin to shed their yellowing interior needles. This is natural this time of the year.
- Make sure you thoroughly clean under roses and discard the debris. This will help prevent black leaf spot in the coming year.

GROWING SEEDS

SOME EXCELLENT REFERENCES ON SEED SAVING:

Saving vegetable seeds. University of Minnesota Extension

<https://extension.umn.edu/planting-and-growing-guides/saving-vegetable-seeds#start-with-clean-seeds-and-transplants-823212>

Prairie Moon 2022 Cultural Guide

<https://www.prairiemoon.com/catalogs/Prairie-Moon-2022-Cultural-Guide-final.pdf>

Seed Saving Guide by Seed Savers Exchange

<https://www.dropbox.com/sh/3lur47khpz03grl/AAAPRgXs7SHy9M2roWp3p2GJa?dl=0&preview=Seed+Saving+Guide+SSE.pdf>

Seed Saving Supplemental Education Guide

<https://www.dropbox.com/sh/3lur47khpz03grl/AAAPRgXs7SHy9M2roWp3p2GJa?dl=0&preview=2021+Seed+Saving+Supplemental+Education.pdf>

At Home Seed Processing. U tube video by Seed Savers Exchange Heritage Farm

<https://www.youtube.com/watch?v=xjmMdgHtjOI>

Did you know you can sow a number of seed types, especially native seeds, in winter?

WINTER SOWING REFERENCES:

Sowing seeds in winter. PennState Extension

<https://extension.psu.edu/starting-seeds-in-winter#:~:text=Winter%20sowing%20is%20the%20process,dormancy%20and%20the%20seeds%20germinate>

“Sow Your Seeds Outdoors – In Winter”. Fairfax County Master Gardeners

<https://fairfaxgardening.org/winter-sowing/>

“Got Seeds? Get Native Plants by Winter Sowing”. Loudoun Wildlife Conservancy

<https://loudounwildlife.org/2022/02/native-plants-by-winter-sowing/>

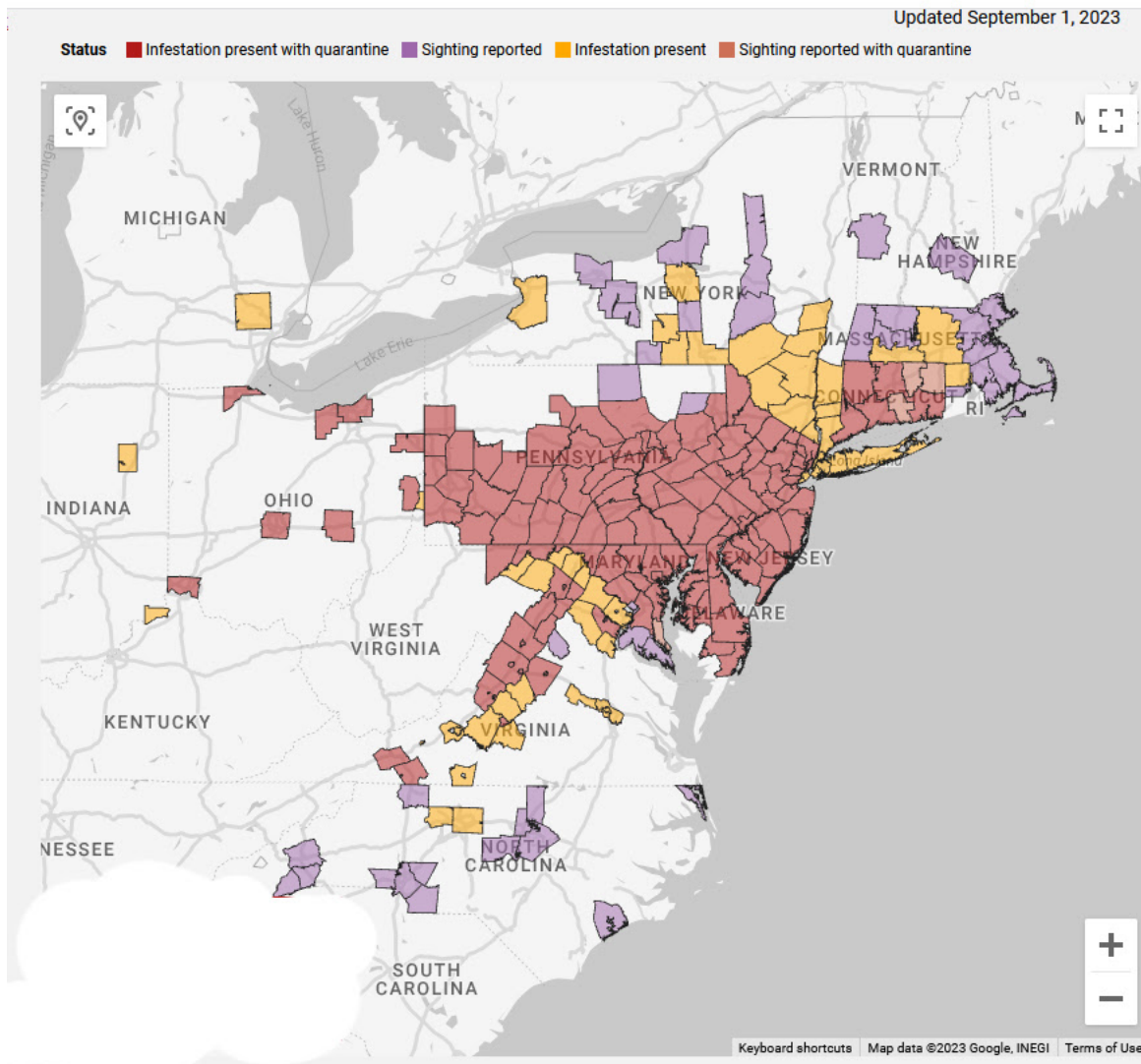
“Winter Seed Sowing”. Illinois Extension. <https://extension.illinois.edu/news-releases/winter-seed-sowing>

“Autumn and winter sowing in ten easy steps” with Heather McCargo of the nonprofit Wild Seed Project, from Margaret Roach’s blog “A Way to Garden”.

<https://awaytogarden.com/winter-sowing-of-native-plants-with-heather-mccargo-of-wild-seed-project/>

Spotted Lanternfly News:

The Spotted Lanternfly is definitely here in Rockbridge County



Fact Sheets and Videos with Control Measures and Best Management Practices [Residential Control](#)

- [Best Management Practices for Spotted Lanternfly in Yards and Landscapes](#)
- [Best Management Practices for Spotted Lanternfly on Christmas Tree Farm \(.pdf\)](#)
- [Spotted Lanternfly Banding 2020 Video from Pennsylvania State University](#)
- [Spotted Lanternfly Circle Trap Video from Pennsylvania State University](#)

This winter keep your eyes out for spotted lantern fly egg masses, especially on ailanthus trees (tree of heaven). From afar the masses look like a smear of mud, but up close you'll see a tiny arrangement of vertical rows of what looked like caraway seeds. Scrape the eggs off and crush them. And feel good about it.



SLF Egg masses
(Penn State Extension)

Two Fall Flowers that are Misunderstood and Beautiful

By Karen Carlton

As the summer ended and days are becoming cooler, I welcome the beauty of autumn flowers. The flowers bring a brightness and sunshine to our cool and short days of autumn. Now I will tell you about two of these Autumn flowers.

The first is the Chrysanthemum otherwise known as Mums. It is true the original plant came from China, but it does like to travel! It has made its way all over the world. There are many cultivars of this plant, but I want to write about a few interesting symbolisms of the flower. Depending on where you are located and in what country, the flower either symbolizes death, adversity or cheerfulness. In places like France, Poland, Spain, the flower is put on loved one's graves. In China, Japan or Korea, it symbolizes adversity. In the U.S.A, it is a symbol of cheerfulness. There are other countries who have their own symbolism of what the



Chrysanthemum means to them. I for one, just like how pretty they are when fall begins. Mums harmonizes with pumpkins.

The other flower I'm writing about is the lowly Goldenrod or the proper botanical term, *Solidago*. It is in the Aster family and there are many cultivars. It is a native to North America; It loves full sun and is very easy to grow. The Native Americans used the plant for medicinal purposes. I do think Mother

Nature should talk to goldenrod in terms of when it grows and blooms - the same time as ragweed. Goldenrod needs to be given a warning about the ragweed in its midst. People with allergies to ragweed would be grateful for the alert when goldenrod is around.

These are two of my favorite Autumn flowers. What are the favorite wonders of nature that bring joy to your Autumn color display?

FALL RECIPE

Here is my favorite pumpkin bread with a few tweaks from the original recipe, thanks to Maida Heatter (*Maida Heatter's Book of Great Desserts*, Alfred A. Knopf, 1982)

Joan's Pumpkin Loaf (makes 2 8" loaves)

2 ½ cups all-purpose flour
2 teaspoons baking soda
½ teaspoon salt
1 ½ teaspoons cinnamon
½ teaspoon cloves
2 large eggs
1 ½ cups light brown sugar
½ cup salad oil
2 cups canned pumpkin
8 oz. pitted prunes, cut into 2 or 3 pieces
1 cup coarsely chopped toasted walnuts



Heat oven to 350 degrees.

Butter pans or line with a sling of parchment paper.

Combine the dry ingredients in a medium bowl and whisk together.

In any large bowl, beat the eggs just to mix (by hand or with a mixer), add the sugar and oil and beat lightly to mix. Add the pumpkin and the prunes. Slowly beat in the dry ingredients until they are fully incorporated. Stir in the nuts.

Turn into the pans and bake for about 50 minutes, until a cake tester or wooden skewer comes out clean.

Cool in the pan for 15 minutes. Remove the loaves and let stand until cool.

Part 2: The Plan

By Faith Vosburgh

Last month in the September 2023 issue of *The Garden Gate*, I wrote about my problems with animal damage and gave you a list of plants from my own garden that seem to be deer and rabbit resistant. I do realize if animals are hungry enough, they will eat anything. After all, something did try my poisonous monkshood. So, here is the start of my plan to foil those pesky animals in my garden beds.

Step 1: Remove all the phlox and roses. These two plants get eaten every year. You'd think I'd learn. And these are two of my least favorite plants.

Step 2: Move all the daylilies and sedum up to the heavily fenced vegetable garden. I had already started moving daylilies up there a couple years ago. There are only two of us, so, there is no need for such a large vegetable garden. Did I really need 17 tomato plants this year?

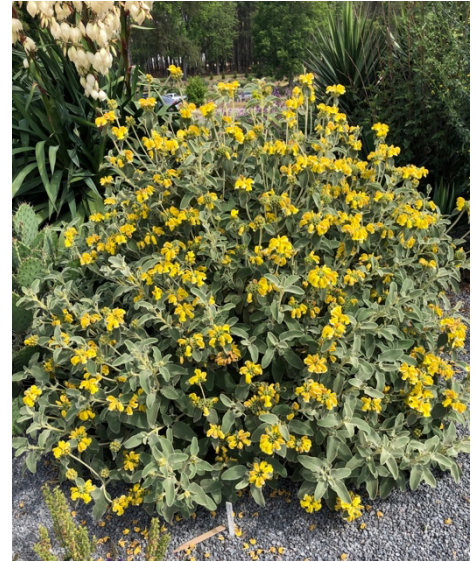
Step 3: Take cuttings of some of my gray perennials: phlomis, artemisia 'Powys Castle', rue, helianthemum. And divide other gray plants: catmint, calamintha, Russian sage, rose campion (although this reseeds heavily every year), pulmonaria.

Step 4: Divide my existing grasses (prairie dropseed, stipa, switchgrass, molinaria, little bluestem, big bluestem, lovegrass) and purchase more grasses excluding any of the fountain grasses which are extremely invasive.

Step 5: Winter sow deer resistant native plants: more goldenrods, leadplant, rattlesnake master, milkweeds, more dotted mint, blazing star

Step 6: In the spring, expand the fencing around the more vulnerable parts of the garden.

I'll keep you informed as to my success. Wish me luck!



Phlomis fruticosa (North Carolina Extension Plant Toolbox)

To subscribe to this newsletter, click
<https://www.ramga.org/what-s-happening>

EDITOR: FAITH VOSBURGH, fvosburgh@gmail.com



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.