



St. Louis Master Gardener Garden Talk

Volume 2
May 9, 2017

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Upcoming events:

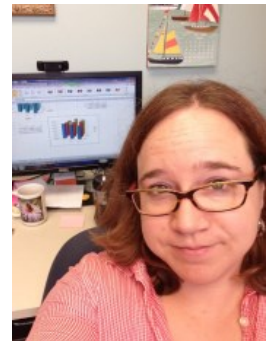
- **MG Garden Tour**—Friday, June 16 with rain date of Friday, June 23rd
- Saturday, August 19th is the **3rd Annual Cultivating Young Cooks** at the Kemper Center

2017 Master Gardener Trainee

Along with the students in my laboratory at UMSL, I work on questions about ecology and evolution learning, memory, and decision making in animals. We mostly work with fruit flies and bumble bees. With bumble bees, we are looking at how bees perceive and learn about which flowers to visit and what sorts of information they use when they make those choices. An important part is thinking about how bees deal with changes in the types of flowers they can visit and the changes in how much nectar or

pollen is available in those flowers. They can use genetically-determined preferences, but often those preferences change with new experiences. Bumble bees can also learn from other bees about which flowers are rewarding, which ones are probably already drained by another bee, and which ones they can steal nectar from without pollinating them. While all of this helps us understand how small brains solve complex problems, we are also hoping to learn more about how the

ability to learn and be flexible might help bees deal with environmental changes.



Dr. Aimee Sue Dunlap, is a biologist at UMSL and in the current MG training class.

The Best Value Is Natives by MG Susan Pang

While walking through Tilles Park at 9551 Litzsinger in Ladue, I noticed plenty of new plantings. As a master gardener, how could I resist checking out the tags, leaves, or stems in order to ID them.

You can see from my photos that a plant that was bought in

bulk for Tilles, a Saint Louis County Park, is *Nandina*, or heavenly bamboo. Please also note the price of \$35 paid for just one of them.

It is unfortunate that the berries of this plant are highly toxic to berry-consuming birds. To add to the

problem, according to *The Oregonian*, these plants should not be planted because over time they will become invasive. Over 220 bird species nationwide are in serious decline and planting these kinds of plants will compound our invasive plant woes, like bush honeysuckle has done. see page 7



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Master
Gardener**



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What are MGs East of the Mississippi doing?

by Sara Ruth

Greetings from the east side of the Mississippi River! The Illinois volunteers have appreciated the opportunity to visit and learn from the Missouri Botanical Garden, Shaw Nature Preserve, and many other locations. If you are looking for an Illinois adventure, our project sites offer many beautiful gardens and natural areas to explore.

Some of our tech savvy volunteers enjoy creating maps, and they developed a Google Map with information about our volunteer projects. You can view the map at <http://web.extension.illinois.edu/mms/mn/4480.html>. The map lists the Master Naturalist projects, but we have many Master Gardeners assisting at the sites as well. Here is some more information about two sites.

The [Gardens at SIUe](#), Edwardsville — The 35-acre public garden is on the north side of the Southern Illinois University campus in Edwardsville. It is open daily for visitors. Master Gardeners maintain flowerbeds along President's Walkway. They also created pocket gardens including Shakespeare's Garden with plants mentioned in his writings, the Prairie Portal with native plants, and a butterfly garden. Master Naturalists maintain prairie and woodland restoration projects. This site is a great place to escape the busy world with a book or a camera.

[Willoughby Heritage Farm](#), Collinsville—You can experience 1950's farm life in the middle of Collinsville. The public park is open daily. Master Gardeners maintain a garden that includes vegetables, small fruit, herbs, and herbaceous ornamentals. They also have a Monarch Waystation. Master Naturalists help maintain native plantings in the woodland area and hiking trails. This site offers something for all generations. There is a refurbished 1930s Craftsman House, animals, and playground equipment.

Finally, garden tour season is quickly approaching. Mark your calendars for an upcoming event, and get some new landscaping ideas. June 3 in Belleville; June 10 in Waterloo; and June 17 in Edwardsville. For more information about the Madison, Monroe, St. Clair program, please call 618-344-4230 or email ruth1@illinois.edu.



www.stlmg.com

Thanks to input gathered from you, the STLMG members, and under the directions of the Advisory Committee, good things are happening to the [STLMG website](#). Most recently the website home page now features a "Plant of the Week" with photo and an information hot link. A visit to the "[Calendar of Events](#)" will keep you abreast of a myriad of gardening opportunities that are ever changing. Then do you, friend or neighbor have a gardening dilemma? The "Gardening Resources" page is the place to go for a concentrated supply of gardening answers, tips, ideas and topics.

On your next website visit to record those all-important volunteer and CE hours, take some time for a little site exploration. As always your comments are welcome. Send to Betty Struckhoff, etstruckhoff@att.net.

Plastic Pot Recycling

The Garden's Plastic Pot Recycling Program, started nearly 20 years ago by Dr. Steven Cline, former Director of the Kemper Center, has relocated and is officially under the management of [Central Paper Stock](#), a leader in recycling paper and plastics.

The Garden will continue to promote the program as well as host a public collection trailer in the Monsanto Center parking lot. Check out the updated [website](#) for more details..



MG Paul Whitsitt & the Kitchen Coffee House by MG Paul Whitsitt

My partner, David, and I bought our house on Compton Avenue in 2012. We looked down on the Michigan Ave lot behind our house, which contained two condemned buildings. The more interesting one that sat nearest our property I am told was originally built as a kitchen house or summer kitchen. Within a few months, I was able to buy the property from the city in its periodic tax auction. I then demolished the front house (which became my growing space), removed a couple of trees for improved sunlight, rehabbed the little house to again be a kitchen and work space, incorporated a chicken coop, built beds, enrolled in the Master Gardener course, started a beehive, etc. We started calling it Kitchen House Farm. In Sept. 2014, I opened the Kitchen



House Coffee shop a block away and yes, more chickens and a coop up there, as well. The coffee shop has an urban farm theme, and I incorporate

porate what I'm growing and raising at the farm into the menu."

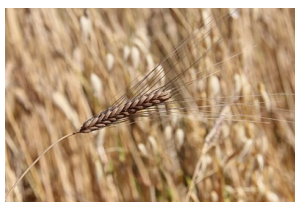
A couple of challenges right off the bat were: 1) getting the city to issue the demolition permit for the house and 2) getting the zoning/permits department to agree to my use of the property. Tower Grove East is a national historic district, so the city is very cautious with demo permits, which I appreciate. After the building permits were approved and renovation was under way, the building department started questioning the use of the property and pulled the zoning folks in. Ugh. Eventually I worked through it.

I am always a host on the [Sustainable Backyard Tour](#) which is on Sunday, June 11, this year so stop by and see me.



Gluten Intolerant? Try Einkorn Flour

A [Food Smooze](#) podcast had a segment featuring einkorn wheat. Einkorn is the most ancient form of wheat cultivated by humans. In fact, einkorn is the only wheat that has never been hybridized. [Wheat gluten studies](#) have found einkorn **may** be non-toxic to suffers of gluten intolerance. Especially when fermented, Einkorn's natural gluten is easier to digest if you are sensitive to modern wheat gluten. NOT for people with Celiac's disease.



For recipes and more information visit [jovialfoods.com](#), [einkorn.com](#) or [Blue Bird Grain Farms](#).

"I have no plants in my house. They won't live for me. Some of them don't even wait to die, they commit suicide."

- JERRY SEINFELD



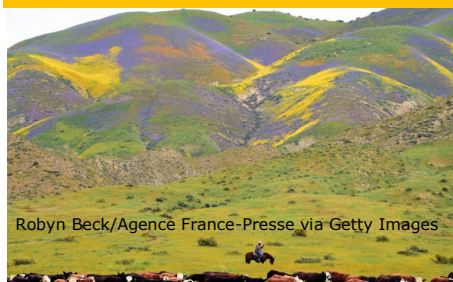
Holly's kind of garden art!

Mushroom Plant or *Rungia klossii*

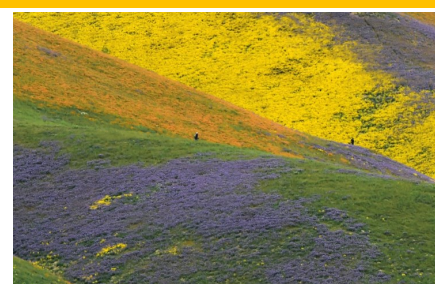
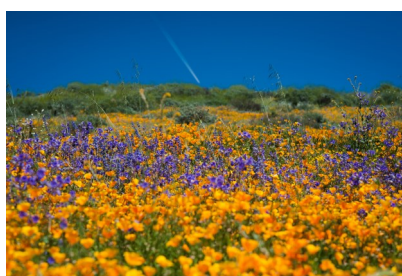
MG Sophie Conner brought in a cutting from her *Rungia klossii* commonly known as “the mushroom plant.” This low growing perennial herb gets its name from the mushroomy flavored leaves. The leaves and stems are eaten raw in salads or they can be cooked as a green vegetable in stir fries. Cooking will intensify the mushroom taste but add at the last minute to preserve the bright color and full flavor. It is high in vitamins A & C, calcium, iron and beta carotene. It’s also a great source of protein (about 3%) and is rich in chlorophyll. Chlorophyll-rich edible foods and drinks have healing and protective assets that help to cleanse the blood, detox the tissues, balance body pH and are an energizing superfood for boosting cognitive and immune functions. Woohoo!



California wildflower “super bloom” is so massive you can see from space!



Robyn Beck/Agence France-Presse via Getty Images



The Green Center in University City

The Green Center is a non-profit organization that was founded in 1998 for the primary purpose of providing a natural laboratory and cultural gathering place for members of the St. Louis community and surrounding region. Executive Director, Jan Oberkramer, and Master Gardener, Laura Street, have created a nature wonderland. You walk through a brick archway and BAM! Chickens hanging out, a greenhouse dome with hydroponics, artwork throughout the gardens, raised beds with plants from around the world. A visual delight as well as a place for children to learn about gardening and nature. The Green Center has a prairie, wetlands, demonstrations garden, and more. Jan has developed an environmental education and arts-integrated science curriculum offered to school districts that sets The Green Center apart from other local cultural and science organizations. They have been certified as a Nature Explore Classroom.



8025 Blackberry Avenue, University City MO 63130

A single *Amaranthus palmeri* or pigweed can mature 100,000 to 600,000 seeds so give up trying to get rid of them and just eat them!

Plastic Doll Recycling



Did you know?

Missouri Botanical Garden hosted an unveiling of two new, flowery stamps on Tuesday, May 2nd. The Forever stamps, called Celebration Corsage and Celebration Boutonniere, were issued that day, according to the postal service.

Understanding What Makes Plants Happy (New York Times)

It turns out I've been missing what the plants were trying to tell me, failing to read botanical body language and behavior that could help me put plants together in combinations that would solve challenges that many of us have: beds that aren't quite working visually, and garden areas that don't function without lots of maintenance. Click on the title or visit the April 30, 2017, issue of the NY Times.

China wants a bold presence in Washington — so it's building a \$100 million garden (Washington Post April 2017)

This summer, a construction team is expected to begin transforming a 12-acre field at the U.S. National Arboretum into one of the most ambitious Chinese gardens ever built in the West.

Interesting Perennials



Baptisia 'Brownie Points'



Muscari armeniacum



Cosmos 'Black Magic'

**2017
Perennial Plant
of the Year**



Asclepias tuberosa

Gnome Trivia

Gnomes will be present at the 2017 Master Gardener Garden Tour on June 16th so get ready with a little gnome trivia.

- Garden gnomes were brought to England from Germany in 1847 by Sir Charles Isham. He hoped they would attract real gnomes to his garden.
- The world's oldest garden gnome, called Lampy, has been living at Lamport Hall in the UK for 125 years and is worth a cool £2 million, or €2.4m!
- In 2013 the Royal Horticultural Society, which runs the Chelsea Flower Show, lifted a 100-year-ban on garden gnomes for one year only.
- The largest US gnome is named Gnome Chomsky. He is 13 feet 6 inches and he lives on a mini-golf course in Kerhonkson, New York.

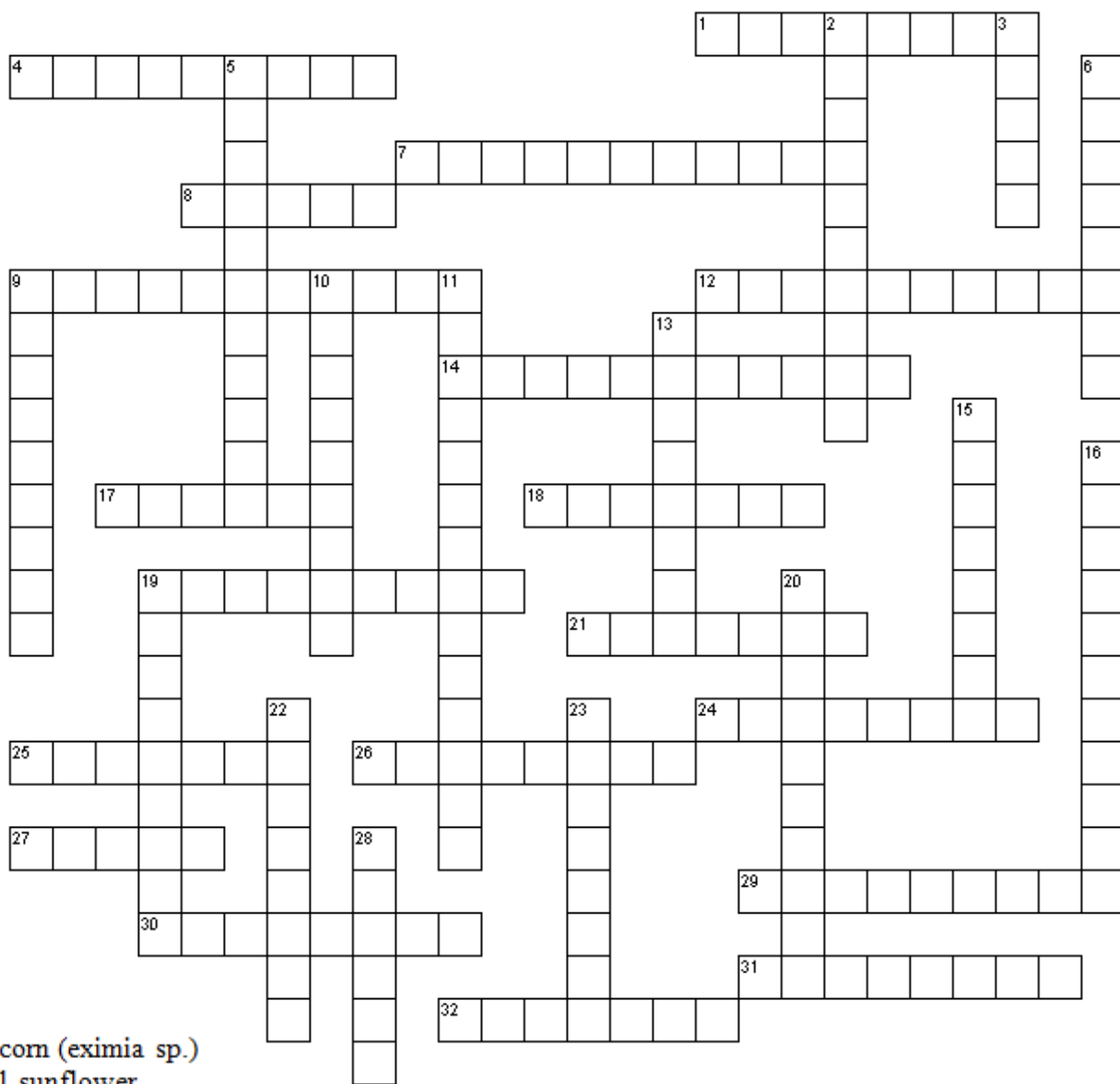


Q. What do you call a mushroom who buys everyone drinks and is the life of the party?
A: A fun-gi.

Native Perennials Crossword

Designed by Dr. Leonard Perry, University of Vermont

Growing natural gardens and incorporating native perennials to the U.S. into perennial gardens has become popular. The following are some good choices. Fill in the genus, common names given as clues.



Across

- 1 squirrel corn (*eximia* sp.)
- 4 perennial sunflower
- 7 burnet
- 8 phlox
- 9 obedient plant
- 12 false lupine (*caroliniana* sp.)
- 14 green and gold
- 17 baneberry
- 18 blue stars
- 19 butterfly flower
- 21 blazing star
- 24 jack in the pulpit
- 25 pink turtlehead
- 26 helen's flower
- 27 bugleweed
- 29 black-eyed daisy
- 30 yarrow
- 31 false blue indigo
- 32 bee balm

Down

- 2 hemp agrimony
- 3 michaelmas daisy
- 5 spurge (*procumbens* sp.)
- 6 stoke's aster
- 9 bearded tongue
- 10 coneflower
- 11 bearberry
- 13 bolton's aster
- 15 trillium
- 16 meadowsweet
- 19 columbine
- 20 bugbane
- 22 cranesbill (*maculatum* sp.)
- 23 foamflower (*cordifolia* sp.)
- 28 marsh marigold

Click [solution](http://pss.uvm.edu/ppp/cwn) or visit
<http://pss.uvm.edu/ppp/cwn>



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Natives cont.



Why was Heavenly bamboo chosen then? Most likely the plants were chosen because according to *Southern Living Magazine*, anyone can grow them! But wait a minute, aren't there other plants that can

also be grown by just about anyone? Yes there are other choices and better values!!! I suggest taking a look at native perennials that can be purchased at a number of plant sales taking place in the next few months. **For a list of native plant sale, see Holly's weekly email or the Gateway Gardener.**

For additional information on native plants that are good for the local ecology, please see

www.stlouisaudubon.org/
BCH & www.grownative.org.

MG Merchandise

Is your Master Gardener tee shirt a little ragged? Would you love a fleece or sweatshirt to wear in the ever changing St. Louis weather? Maybe you need a moisture wicking shirt so you are comfortable and looking good when it is 95 degrees. Whatever your reasons visit [MG Merchandise](http://www.stlmg.com) on www.stlmg.com and begin shopping for new MG apparel. After all you should look as good as your garden. Contact Margaret Lahrmann with any questions at mlahrmann@sbcglobal.net



Interesting Reading/Listening/Watching

BOOKS

The Hidden Life of Trees: What They Feel, How They Communicate—Discoveries from a Secret World by **Peter Wohlleben**. Are trees social beings? In this international bestseller, forester the author Peter Wohlleben convincingly makes the case that, yes, the forest is a social network.

The Brother Gardeners: A Generation of Gentlemen Naturalists and the Birth of an Obsession by **Andrea Wulf**. The Brother Gardeners is the story of how six men created the modern garden and changed the horticultural world in the process. It is a story of a garden revolution that began in America.

Flower House Detroit by **Heather Saunders**. The story of a ruined, 17-room house in Detroit that was transformed into a botanical fantasy and opened to the public for three days in October 2015. The photos in the book are fabulous and Saunders' hard-cover book, published last month on Michigan-made paper produced completely with hydroelectric energy (sustainable components being a requirement), follows Flower House from its first day to its last.

No time for reading? How about a podcast? Check out this site for links to all kinds of gardening related podcasts
PODCASTSL <https://player.fm/featured/gardening>

BLOGS

The Kemper Center [Home Gardening Blog](#)

[The Anxious Gardener](#)

[Growing with Plants](#)

[Real Men Sow](#)

Interesting Website

Little Leaf Farms

Lettuce factory in Massachusetts where produce is grown with a sustainable, CO2-enhanced, chemical-free, system. Greens are grown hydroponically using 100% captured rainwater. Simply the most advanced greenhouse in the world.

DC Eagle Cam

Welcome into the world, DC4! Watch earlier pip video! <https://youtu.be/KIUVAXN6Xzk>

Master Gardener Advisory Committee

The St. Louis Master Gardener Organization operates under the direction of the Missouri Botanical Garden and the University of Missouri Extension. The organization has an Advisory Committee to work with the directing organizations. The Advisory Committee is made up of nine Master Gardeners: each member is nominated by the membership and serves for a three year term. Three new members are elected each year. The committee meets on the last Tuesday of each month and all members are welcome to attend.

There are several committees each chaired by a Master Gardener Advisory Committee member and any active Master Gardener can serve on a committee. If you are interested please email Holly Records recordsh@missouri.edu.

New 2017 MG Advisory Committee Members



Anne Rankin-Horton



Marsha Smith

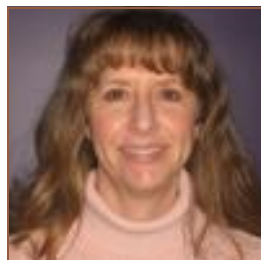


Terry Milne

Returning MG Advisory Committee Members



Gloria Mahoney



Durinda Mullins



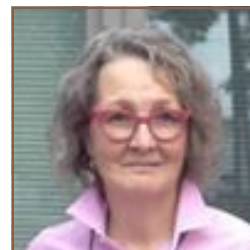
Cheryl Rafert



Betty Struckhoff



Ned Siegel



Nona Swank