

# The Latest Dirt

La Porte County Master Gardener Newsletter



JANUARY 2009

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HAPPY NEW YEAR

## 2009 Meeting Schedule

All meetings (unless otherwise stated) are held on Thursdays at 6:00 p.m. at  
The Presbyterian Church  
307 Kingsbury Ave, La Porte.

January 8	General Meeting
February 5	Awards Banquet Red Mill Park
March 5	General Meeting
April 2	Workshop
May 7	General Meeting
June 4	Workshop
July 9	General Meeting
August 6	Workshop
September 3	General Meeting
October 1	Workshop
November 5	General Meeting Election of Officers



## Winter Can't Stifle Gardening Thoughts

"Although winter is here, it is never a bad time to think about gardening," said a University of Illinois Extension horticulture educator.

"In our hurry-up, busy world filled with electronic gadgets, where does gardening fit in?" asked Martha Smith. "The gadgets of gardening aren't flashy—a shovel, pruners, hoses, and bags of seeds. All are simple yet practical, and guaranteed to bring satisfaction and sustenance.

Smith shared a recent survey of gardeners that shed light of why people garden. The survey produced the top 10 justifications for gardening. "The results," said Smith, "is an inspiring list of reasons to garden."

"The TOP reason was gardening for safe and healthy food," she said. "Reports of food-borne illnesses and contamination have been widely publicized. Interest in organic gardening and the availability of organic produce has increased. Consumers are aware of additives and preservatives found in processed foods."

"An easy solution to these concerns is to grow your own fruits and vegetables. It is estimated that during World War II, 20 million homeowners had Victory Gardens that produced close to 40 percent of the fresh produce consumed in the United States. Start your own garden and know that the foods you and your family are eating are fresh and safe."

Ranked second was gardening for exercise. "Exercising by gardening is free," she pointed out.

"Gardening activities provide both cardio and aerobic exercise," Smith said. "Studies show that an hour of moderate gardening can burn up to 300 calories for women and almost 400 calories for men.

"Mowing the grass is like taking a vigorous walk, bending and stretching to plant a garden compares to an exercise class. Hauling plants and soil is similar to weightlifting. As we age, gardening can help reduce osteoporosis. If you have physical limitations, adaptive tools are available to help you get the job done."

Gardening for beauty is No. 3 on the top 10 list.

## 2008 EXECUTIVE BOARD

## OFFICERS

PRESIDENT	RUSS KLOSINSKI
VICE PRES.	BARBARA DEAN
SECRETARY	ANN KLOSINSKI
TREASURER	SHARON CHOLEWA

## BOARD OF DIRECTORS

MARCY DAILEY
JAN KOSS
KATHY LEWIS
LAURELLE MISKOWICZ
ADI VEENENDAAL
PAST PRESIDENT

## 2009 PROJECT COORDINATORS

## First Yard Class

Jan Koss \_\_\_\_\_ 369-6189  
[gardenotes@comcast.net](mailto:gardenotes@comcast.net)

## Habitat for Humanity

Barb Merten \_\_\_\_\_ 219-878-1337  
[barbmerten@cs.com](mailto:barbmerten@cs.com)

## Luhr Park Field Days

Jayne Sandy \_\_\_\_\_ 362-9792  
[Jayne51@yahoo.com](mailto:Jayne51@yahoo.com)

## Pioneer Heritage Garden

## Garden Coordinator:

Sharon Cholewa: \_\_\_\_\_ 324-3637  
[stevshar@netnitco.net](mailto:stevshar@netnitco.net)

## Vegetable Beds:

\_\_\_\_\_ TBA

## Herb Beds:

\_\_\_\_\_ TBA

## Flower Beds:

\_\_\_\_\_ TBA

## Volunteer Coordinator:

\_\_\_\_\_ TBA

## 2009 Symposium

Nora Akins \_\_\_\_\_ 219-873-1735  
[tarq@comcast.net](mailto:tarq@comcast.net)

Sunflower Fair \_\_\_\_\_ 326-7377

Laurelle Miskowicz [miskowicz@comcast.net](mailto:miskowicz@comcast.net)

Purdue Extension Office \_\_\_\_\_ 324-9407

Gene Matzat [ematzat@purdue.edu](mailto:ematzat@purdue.edu)

Marcia Wolff [mwolff@purdue.edu](mailto:mwolff@purdue.edu)

A garden, Smith explained, can enhance any outdoor setting. Simply adding a container of colorful flowers to a patio brightens spirits. Trees and shrubs not only provide color and shade, but shelter for birds and wildlife.

"Think of the garden as another room to be enjoyed whether you are inside or outside your house," she said.

Number four on this list was gardening to learn.

"You can learn by reading and you can learn by doing. Getting out and working with plants builds your gardening knowledge," she said. Gardeners find that the more they learn about plants and gardening, the more they want to know. Plant problems lead to learning solutions. Removing a problem plant allows you the opportunity to try something else."

Gardening to make money was fifth on the list.

"The love of plants can lead to a rewarding job at a local garden center or a large landscape firm or to owning your own business," said Smith. "Whether growing flowers, vegetables, or herbs, there are opportunities to sell your products at local farmers' markets or craft shows.

"Landscaping an investment property can add to the resale value by as much as 15 percent. This 'curb appeal' could make the difference between your house selling or not."

The sixth reason for gardening is the opportunity it provides to meet people.

"Gardeners love to share their gardens and their knowledge," explained Smith. "Gardening is a great way to expand your social circle. Whether it's with a neighbor who lives next door or an Internet pal on the other side of the world, gardeners love to talk about plants."

"Meeting other gardeners through garden clubs and sharing surplus plants is an easy way to share information, ask questions, and get involved."

Coming in seventh was the motivation of creativity.

"Gardening provides an outlet for creative and artistic expression," she said. "The serene, contemplative mood of a Japanese garden or the romantic feel of a cottage garden—let your creativity flow.

(CONTINUED ON PAGE 6)

General Meeting  
Thursday, January 8

6:00 p.m.

The Presbyterian Church  
307 Kingsbury Ave, La Porte

Speaker

Kenneth Helphand, University of Oregon

"Defiant Gardens:

Making Gardens in Wartime"

Video from Purdue University

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AWARDS CEREMONY  
THURSDAY, FEBRUARY 5  
Red Mill County Park  
0185 Holmesville Road, La Porte  
Meeting & Pot Luck: 5:30 p.m.

Guest Speaker:

Rosie Lerner

Extension Consumer Horticulture Specialist  
and MG State Coordinator  
Purdue University

## ANNOUNCEMENTS

### Membership for 2009

On page 7 you will find the LPCMGGA Membership Application Form for 2009. Please fill in section 'A' completely as information from previous years cannot be used. Your comments and suggestions will be greatly appreciated. All information is useful to the Board when planning future meetings.

The annual membership fee of \$18 should accompany the application and is due by January 31, 2009. If you pay your membership fee by that date, your contact information will be included in the 2009 Membership Directory.

Please print this form on one sheet, double-sided if at all possible, and submit to the Extension Office as indicated on the form.

### First Yard Class Returns in 2009

By: Jan Koss, Project Coordinator

Just as a good gardener grows, so is our First Yard Class. We've grown so much that we've outgrown the La Porte Library. This year we have replanted ourselves in Michigan City. This gives us a chance to see how large of a crowd we can gather there rather than being in La Porte.

The class will be held on April 18 in the St. Paul Lutheran Church School gymnasium at 818 Franklin Square. The gymnasium gives us ample space, kitchen facilities, and plenty of off-street parking.

We'll need plenty of volunteers as usual, but we need to organize material and speakers first. We need to work ahead and allow our speakers to work at their own pace planning their topics. The material is already compiled and the speakers only need to put their own stamp on their topics.

Chris and Jamie Lucchini have already volunteered and are looking forward to 'helping others grow.' Mary Ellen Vaughan has also volunteered to handle the kitchen duties.

If you would like to volunteer to be one of our speakers, or help with other areas, please call Jan Koss at 219-871-4017.

Happy Birthday!

JANUARY  
BIRTHDAYS!

- |    |                    |
|----|--------------------|
| 1  | Loretta Pressel    |
| 6  | Joege Bourzac      |
| 9  | Barbara Dean       |
| 16 | Sheryl Varnak      |
| 21 | Laurelle Miskowicz |
| 29 | Jamie Lucchini     |

**Standing Committee  
Coordinators**

History Book Articles and Photos	Barb Werner
Hospitality Refreshments	Eunice Conway
Librarian	Kim Wright
Newsletter	Lois Thomas
Speakers Bureau	Rosie Flitter
Sunshine	Sue Salach
Bereavement/ Get well wishes	

**“The Latest Dirt”  
Contributing Editors**

<i>Herbal Column</i>	Marina Studt
<i>Gardening Articles</i>	Nancy Daube
<i>Extension News</i>	Gene Matzat
Phone:	219-324-9407
E-mail:	<a href="mailto:ematzat@purdue.edu">ematzat@purdue.edu</a>

IF YOU HAVE AN ARTICLE YOU WOULD LIKE TO SUBMIT TO THE NEWSLETTER FOR REVIEW, PLEASE EMAIL TO:

[DONNAPOUZAR@COMCAST.NET](mailto:DONNAPOUZAR@COMCAST.NET)  
(LOIS WILL BE TAKING OVER WITH THE APRIL ISSUE)  
[EMATZAT@PURDUE.EDU](mailto:EMATZAT@PURDUE.EDU)

IF YOU DO NOT HAVE E-MAIL, PLEASE MAIL ARTICLES TO:

LA PORTE COUNTY  
EXTENSION OFFICE  
MG NEWSLETTER  
2358 N. U.S. 35  
LA PORTE, IN 46350

“THE LATEST DIRT”  
IS PUBLISHED MONTHLY.  
THE NEXT DEADLINE IS:  
JANUARY 20, 2009

**VOLUNTEER**

**Indianapolis Flower and Patio Show  
March 14-22, 2009**

**By: Rosie Lerner**  
Consumer Horticulture Specialist and MG State Coordinator  
Purdue University

Greetings Master Gardeners,

Its time once again to sign up for the Information Booth at the Flower & Patio Show in Indy, March 14 - 22, 2009.

Volunteers can request either a full day or half day as noted below. Keep in mind that you need a minimum of 2 people and maximum of 4 people working in the booth at any one time. If you have enough volunteers, they can split the shift and take turns visiting the show. Please indicate your groups' preferences using the format below, indicating date and time slots. We'll accommodate your requests as best we can and want to make sure that each group that would like to work has an opportunity to do so. It would also be particularly helpful if you indicate a 1st, 2nd, and 3rd choice for dates/times. Workers will be given a 1-day pass for use on their scheduled workday and should have plenty of time to visit the show/fair.

Please reply by email, to Pam Judd, MG Program Assistant, [psjudd@purdue.edu](mailto:psjudd@purdue.edu), or via FAX at: (765) 494-0391

Many thanks, and let us know if you have questions.

Find more info about the Show at:  
<http://indianaflowerandpatioshow.com/>

**Booth Hours**

Mon. - Sat.: 10:00 a.m. - 3:30 p.m. and 3:30 - 8:00 p.m.  
Sundays: - 10:00 a.m. - 2:00 p.m. and 2:00 - 6:00 p.m.

County Name: \_\_\_\_\_

Contact person/email address: \_\_\_\_\_

1st Choice Date: \_\_\_\_\_  
Time: \_\_\_\_\_

2nd Choice Date: \_\_\_\_\_ Time: \_\_\_\_\_

3rd Choice Date: \_\_\_\_\_

## —VOLUNTEER HOURS—

Volunteers are needed for AG Days' presentations most likely for February 25- 26, 2009. (Wednesday and Thursday) There, 4<sup>th</sup> grade students will learn about La Porte County Agriculture in different stations in the La Porte National Guard Armory. The Master Gardeners' presentations tell about our growing zone and ways to prepare seeds for germination. This is done in 8-minute segments through explanation and demonstrations. There should be 2 people per segment— one as a speaker and one as a demonstrator.



To volunteer, contact: Mary Ellen Vaughan  
Tel# 219-879-6098 or via E-mail at: 2mevon@comcast.net

## EDUCATION OPPORTUNITIES

### Botanical Gardens and Master Gardener Conference Information

<b>Fernwood Botanical Gardens</b>	LPCMGA is a member of Fernwood Botanical Gardens. Membership card can be signed out at the Extension Office.
Class Schedule	<a href="http://www.fernwoodbotanical.org/webdata/Calendar/Calendar.htm#Dec">www.fernwoodbotanical.org/webdata/Calendar/Calendar.htm#Dec</a>
	<a href="http://www.fernwoodbotanical.org/webdata/education/EducatPrograms.html">www.fernwoodbotanical.org/webdata/education/EducatPrograms.html</a>
<b>Master Gardener Seminars</b>	<a href="http://www.hort.purdue.edu/mg/events.html">www.hort.purdue.edu/mg/events.html</a>

### Do-It-Right Horticulture Series

Tues Jan. 27	Invasive Plants: ID & Control	11:00 a.m. – 12:00 noon CST	Glenn Nice, Purdue Extension Weed Science, Instructor	La Porte County Extension Office meeting room	219-324-9407
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### Northwest Indiana Floriculture Association

Thurs Jan. 8	Greenhouse Irrigation Systems, and Growing Ideas for 2009 presented by:  Todd Durham, irrigation specialist with BFG Supply	Business meeting at 6:45 p.m. CST	Banquet Room at Gelsosomo's Pizzeria 2605 La Porte Ave. Valparaiso, IN  A salad and pizza buffet (\$15/person payable to NWIFA at the meeting at 6:00 p.m.	RSVP - by calling 219-785-5673 before Jan. 6; leave your name and number attending, or email <a href="mailto:emaynard@purdue.edu">emaynard@purdue.edu</a> .
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### Midwest Organic Production and Marketing Conference and Trade Show

Wed- Thurs Jan. 21-22	Some featured topics include: Organics 101: certification; Composting, soil fertility and vegetables; Organic fruit production and Heirloom tomato production.  <b>Early registration:</b> Jan. 14th - \$95 per person (\$85 for the 2nd person from the same family.) After Jan. 14 - \$145 per person (\$135 for the 2nd person from the same family.)	Adam's Mark Hotel, 2544 Executive Drive Indianapolis, IN  Rooms available. Call (800) 444-2326 and ask for the special Indiana Horticulture Congress room rate. For more info about this conference go to: <a href="http://orgconf.sustainability.uiuc.edu/">http://orgconf.sustainability.uiuc.edu/</a> .	Online registration is available at: <a href="http://orgconf.sustainability.uiuc.edu/">http://orgconf.sustainability.uiuc.edu/</a> .
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## Porter County Master Gardeners' 6th Annual Gardening Show

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Saturday, January 24, 2009 - 9 a.m.-4 pm. Central Standard (Chicago) Time  
Porter County Expo Center, 215 East Division Road, Valparaiso, Indiana 46383

**Admission \$7** (Children Under 12 Free)

Featuring:

- Gene Bush: Shade Gardening by Design or by Accident
- Liz Maynard: Home Vegetable Gardening
- Don White: Growing & Enjoying Orchids
- Ginnie Janiec: Succulents and Bromeliads
- Mary Welch-Keesey: Attracting Butterflies & Hummingbirds to Your Garden
- Jean Starr: Hydrangeas
- David C Michener: How I Shrunk the Lawn
- Kunso Kim: Bewitching Witch Hazels
- Special Panel: Arboreta of the Lake Michigan Region

Questions/Comments:

Contact us at: [pcmastergardener@gmail.com](mailto:pcmastergardener@gmail.com)

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## Gardening Thoughts (CONTINUED FROM PAGE 1)

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“Try something new every season. How about a new annual or a new spring blooming bulb? Who knows—it may become your all-time favorite plant.

Some garden to win. “For people with a competitive streak, gardening is a friendly way to show-off their skills,” Smith said. “4-H clubs promote gardening, offering educational opportunities for kids and a healthy avenue for recognition,” she added. Others garden to fulfill emotional needs.

“Gardens play an important part in our well-being,” she noted. “A garden might serve as a tranquil retreat or private escape from the demands of everyday life. A beautiful bouquet can lift the spirits. Pulling weeds can be a great stress reliever. A healthy harvest provides a sense of achievement. Gardening builds confidence and self-esteem.”

Finally, lasting memories provide an attraction for some gardeners.

“Gardening is an activity that can be shared with children and grandchildren—the gardeners of tomorrow,” Smith said, “Memories of past gardens and gardeners are cherished. Today’s kids are missing the joy of cutting a bouquet of flowers for their mom or tasting the sweetness of a cherry tomato picked right from the plant in Grandpa’s garden.

“Whatever your reasons—get out and garden. Turn off the television and put down that electronic gadget. Don’t tell yourself you don’t have the time.”

Source: Martha Smith, University of Illinois Extension horticulture educator

Printed in *The Farmer's Exchange*, 12/05/08



LPCMGA 2009 Membership Application

Annual fee of \$18 and completed application form is due by January 31, in order to be included in the Membership Directory

A. Contact Information - will be used as your contact information in the membership directory

Name: \_\_\_\_\_

Please print

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Optional

Optional

E-mail address: \_\_\_\_\_

A monthly email will be sent to the above email address when the newsletter is posted on the website.

I do not have email and would like to receive the newsletter by US Postal Service

B. Additional Information

Best time/way to contact: \_\_\_\_\_

Birthday (no years please) Month \_\_\_\_\_ Day \_\_\_\_\_

Class Year: \_\_\_\_\_ Intern Certified Advanced Bronze Silver Gold

Check all that apply:

Check# \_\_\_\_\_ Cash Renewal New member Transfer from \_\_\_\_\_

Application must accompany payment of \$18. Please make your check payable to LPCMGA.

Please bring form and payment to the January meeting or mail it by January 31 to:

La Porte County Master Gardener Association
Purdue Extension - La Porte County
2358 North U.S. Highway 35
La Porte, Indiana 46350
Attention: Treasurer

C. General Meeting Goals

Select the events most important to you at general meetings. (Select 3)

- Guest Speakers, Member Speakers, Project Activity updates, Board Activity Updates, Member Feedback, Other please explain, Socializing

Comments: \_\_\_\_\_

**D. Please tell us your suggestions, interests, and other talents**

Topics or speakers that you would like at our general meetings: (Please include contact info if available)

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Activities, field trips, special projects, for the MGA:

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My gardening interests or areas of gardening expertise are:

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If you have an interest or special talent in other areas such as computer skills, graphic arts, creating poster boards, photography, advertising/PR, writing skills, etc. that could be helpful with MGA projects please list those talents below:

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