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Editor Pat Hubert, Master Gardener



## Gardening With The Masters

July 6, 2015

Rain Gardens  
/Xeriscape Gardens

Aug. 3, 2015

The Pressure Is On  
Lavonne Meyer,  
SDSU Extension Food  
Safety Field Specialist

All "Gardening With The Masters" seminars are held at the Outdoor Campus in Sioux Falls, are open to the public and free of charge. For more info, visit our website!

## Simple Summer Fun Equation More Violets = More Fritillary Butterflies

By Deanna Streefer, Master Gardener



Great Spangled Fritillary Caterpillar  
<http://www.welcomewildlife.com>



A Trio of Great Spangled Fritillary Butterflies  
<http://www.welcomewildlife.com>



Great Spangled Fritillary  
Butterfly Silver Spotted Wing ©  
Copyright Sheryl Pollock  
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Do you like to stop and watch when you see a butterfly flitting from flower to flower? Considering all the weeding and watering, watching butterflies has to be one of the more relaxing garden activities of summer! Butterflies are insects of the order Lepidoptera and each butterfly has a distinct wing coloring and pattern.

The Great Spangled Fritillary is orange on the topside with rows of darker spots. Fritillary comes from the Latin meaning chessboard. The underside has silver metallic spots that gives the Fritillary its nickname "silver-spots". You can often see these silver spots best when the wings are folded up or the Fritillary is in flight.

But remember your school days, every graceful butterfly was once a hungry caterpillar! Therefore planting some host plants for those hungry caterpillars is the often overlooked prelude for those relaxing summer days of butterfly watching.

Most butterfly caterpillars must have a certain host plant. For all the Fritillary butterflies violets are the main host plant. While violets are not a nectar source for adult butterflies, all fourteen species of the greater Fritillaries (genus *Speyeria*) use only violets as a host plant. While a few of the sixteen lesser Fritillaries (genus *Boloria*) do sometimes use a passionflower as a host plant, they also prefer to lay eggs near a site that would have violets. More violets equals more food for the hungry Fritillary caterpillars and thus more Fritillary Butterflies!

The female Fritillary Butterfly lays eggs in the late summer that hatch in the fall. After the Fritillary caterpillars hatch they go to sleep right away without feeding. They sleep through the winter in the duff (plant debris) and wake up in the spring when the violet plants are starting to grow. It is so important that duff remain over the winter as shelter for the sleeping caterpillars in your perennial violet flower bed. Remember the caterpillars will be eating leaves on some of the violet plants. The Fritillary caterpillars feed at night and hide in the duff during the day.

Native violets are to be preferred and over 90 species flourish in zones 3 to 10. Violets are perennials that grow in sun to full shade and from dry prairie to moist swamp. No diseases or pests slow them down. Remember that native violets are always the best choice for your Fritillary caterpillar buffet.

The time to start planning your Fritillary housing development is now! Think about converting that problem shady area under a tree or next to a building to a perennial violet flower bed. Violets grow only 4 to 6 inches tall. This low to the ground profile will allow you to place your perennial violet flower bed almost anywhere. Amaze your friends and family by planting violets and maybe even identifying a Great Spangled Butterfly!

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From the Ground Up

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Photos from Priscilla Jurkovich garden

## In the Herb Garden

By Priscilla Jurkovich, Master Gardener

Motherwort *Leonurus cardiaca* is a perennial from the Lamiaceae (mint) family. The oak-shaped deeply lobed leaves are opposite and square stems as is distinctive of the mint family. It is an upright, prickly, dark green herb that can grow to 5 feet tall. The pale pink to purple, hairy flowers are in whorls of 6 to 12, which bloom late June to August. Motherwort loves full sun and does well in South Dakota alkaline soils. Germinates in soil over 60 degrees and self sows easily. Harvesting in full bloom is best since the highest

concentrations of the chemical components are when the plant is in full bloom. All the parts of the plant above the ground can be for medicinal use. The Latin name suggests that it is used as a heart tonic on a physical and emotional level. Germany's Commission E has authorized it for treatment of a rapid or irregular heartbeat caused by anxiety or stress as well as for an overactive thyroid. The common name "motherwort" suggests benefits for the female reproductive issues. It has been used to start

menstruation, treat infertility and peri-menopausal relief of anxiety, depression, and hot flashes. For childbirth, it has been used to stimulate labor and contract the uterus after childbirth to decrease bleeding. Because of the bitter tannins, it has been made into a syrup as a gift for the recovering mother after childbirth. Other uses have been for itching, shingles and intestinal gas. Warning: do not use with other cardiac or sedative medications or if pregnant.

July 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 "Gardening With The Masters" 7 pm	7 Raise mower height to 3"	8	9	10 Continue to deadhead flowers	11
12	13 Monthly Minnehaha Master Gardener Mtg 7 pm	14 <a href="#">Watch for cucumber beetles, squash bugs</a>	15 <b>Minnehaha MG Garden Tour!</b> Tickets available at LEWIS Drug stores	16 <a href="#">Check for fungal infections on roses</a>	17	18
19	20	21 Make plans to plant a fall garden	22	23	24	25 Visit the farmers market!
26	27	28	29 Water trees and shrubs as needed	30	31	



# Weeds! Weeds! Weeds! Bull Thistle

By Paulette Keller, Master Gardener

The bull thistle (common thistle, spear thistle) is a biennial herbaceous plant that can grow up to 6.5 tall. The spiny, spreading, winged stems are up to 7 ft. tall. The purple flower heads are 1.5-2" in diameter and 1-2" long with narrow, spine-tipped bracts. They develop at the ends of the stems and bloom from June to September. A rosette of leaves is formed by the plant with the leaves being up to 1' long. The leaves are alternately placed on the stem and are spear shaped. Each leaf has a pointed tip with toothed

margins that are tipped with spines that are 1-10 mm long. The stem blades are similar to rosette blades but are smaller and with longer spines that are up to ½" long. The blades become progressively smaller upwards. All of the blades have green surfaces with yellowish prickles above with soft, gray-green hairs below. Bull thistle is found in the Great Plains states. It can be found in any type of disturbed area such as forest clear cuts, riparian areas, pastures and in gardens and meadows. The plants form dense thickets, crowding out other natural vegetation. The spiny texture of the plant is not found too tasty by wildlife and livestock and thus does not have any range and potential in pastures. It is native to Europe, western Asia and northern Africa. It has been

thought to have been introduced to the Eastern United States during the colonial times and in the western part of the United States during the late 1800s. Bull thistle is an aggressive weed but cannot withstand cultivation.



Picture from SDSU.edu



Picture from USU.edu

## Master Gardener Tour 2015

By Margie Beeck, Master Gardener

The Annual Minnehaha Master Gardner Garden Tour is scheduled for Wed., July 15<sup>th</sup> from 4-8 p.m., with a rain date of July 16. Wristbands and maps with exact locations are available for \$5.00 at all Lewis Drug locations (including Brandon). We hope that we will have a large turn out to enjoy the generosity of local gardeners that have offered to share their outdoor works of art with the public. Below is a list of highlights to look for on the tour!

### Garden 1 ~ West of Marion Road

Extensive veggies, fruits, berries and flower garden. Currents, strawberries, grapes, raspberries, kewis, blackberries, blueberries, honeyberry, gogi berry and 4 cherry trees plus traditional garden fair..

### Garden 2 ~ Harrisburg

Former MG from MN lots of veggies, berries, & fruit trees. His vegetable garden includes a wide variety of vegetables, berries, apple, pear, peach, and cherry trees. To prepare the soil he applies horse manure and buries lots of grass. He doesn't add fertilizer. He adds 4" grass on top for mulch.

### Garden 3 ~ Rural Worthing

The Minnehaha Master Gardeners and South Dakota Federated Garden Club members have planted and maintained this gardens. Please enjoy the iris, daylily, wildflower, perennial, annual and monarch gardens. Bring your blanket or chair and stay a while.

### Garden 4 ~ Sioux Falls, East Side

This garden is part of the 'New Roots for New Americans Program' which is a beginning farmer incubator program that helps Sioux Falls refugees learn skills of horticulture and gardening in South Dakota, nutrition, cooking and food preservation skills, and local food entrepreneurship. Eight nationalities participated in classes from January-May. There are 102 raised beds. Students' plant favorites include cabbage, collard greens,

eggplants, mchicha (spinach in Swahili) and tomatoes.

### Garden 5 ~ Eastern Sioux Falls

This homeowner has been developing her organic flower garden for the past 23 years. She believes gardening is something all people can participate in, and she uses her flower arrangements to bring cheer and happiness to those who are sick, dying, or just in the need of some encouragement.

Her use of curbside plantings has been successful in beautifying the area while catching the runoff water and keeping it out of the storm sewer system.

### Garden 6 ~ Between Sioux Falls and Brandon

Nearly eight acres planted with fruit trees - apples, pears, cherries, plums, apricot, black walnut, peaches and quince. There is a variety of each species and they are in various stages of development. Some are standard and others are dwarfs. Enjoy this amazing display.

### Garden 7 ~ Near Lincoln HS, Sioux Falls

Pond, large collection of perennials, potting shed, flagstone paths & antiques scattered about. "When I purchased the property in 1998, the only thing in the yard in the back was a slab of cement as the patio, an old Mulberry tree, a snowball bush and lawn consisting of nothing but creeping Charlie. Over the years I have tried all varieties of plants. I am most proud of the three Japanese Trees that have survived so far!"

### Garden 8 ~ Harrisburg

A nature lovers retreat - Native plants with many perennials to provide nectar and host plants. "I raise and release monarch and black swallowtail butterflies to help increase their numbers. House plants and an extensive succulent collection It is true...if you plant it they will come. I now have many kinds of butterflies, bees, and birds. It greatly adds to the gardening experience."



## In BLOOM: Surprise Lilies!

By Roine Klassenr, Master Gardener

Genus: Lycoris

Species: squamigera

Family: amaryllidaceae

This flower is known by many names, naked lily, magic lily, resurrection lily are a few. These lilies are unique because the leaves and flowers do not appear together. In spring leave like amaryllis or daffodil-like leaves appear in large clumps. By early summer the leaves yellow and wither. Then the surprise: in late July or early August stalks pop out of the ground seemingly overnight. In four to five days the two foot stalks erupt with 6-8 fragrant pink blushed funnel shaped flowers.

Some sources list the zone area as 5-10. They seem to grow well in South Dakota without any special treatment. They are native to Japan and Asia. Full sun is preferred but partial shade is tolerated. The bulbs grow to 2 inches in diameter. Separation every five years is recommended. When replanting place the bulbs 4-6 inches deep and 6-9 inches apart. This can be done after blooming. Water well if the soil is dry when replanting. Consider planting with hostas, ferns, or daylilies so the 2 foot stalks aren't standing alone.



## Master Gardener Notes

- July MG meeting will be held on Monday, July 13 at 7 pm at the Extension building, located at 220 W 6th St Sioux Falls, SD 57104. JOIN US! ☺
- Volunteers are still needed for the summer Garden Tour. See the June meeting minutes for details
- Remember to keep track of your hours for recertification. Forms and more information can be found at our website:  
[www.minnehahamastergardeners.org](http://www.minnehahamastergardeners.org)



## Edibles: What Are We Picking and Eating Now? PEAS!

By Mary Lerssen, Master Gardener

Last month I mentioned kale, peas and arugula but didn't have space to deal with all of them. The peas are nearing the end but it was a good year for them with all the moisture. My arugula is gone and the kale will keep going until it freezes so let's talk about peas!

Peas are one of my favorite vegetables (actually peas are botanically a fruit because they have seeds and develop from a flower) to eat fresh from the garden. It feels like late spring when I eat a fresh pea. There are basically three kinds of peas: sweet or garden with an inedible pod (although my husband eats the pod) but sweet pea inside; snow with an edible flat pod and small peas inside and snap with an edible pod with full sized peas inside.

All are good. Peas are a cool weather plant and can tolerate a few days of below freezing weather. They should be planted when the soil is 45 – 50 degrees but be prepared to replant if it gets really cold. Usually peas are planted about 4 weeks before the last frost. Some folks like to soak their pea seeds overnight for better germination but I don't know the night before if I am going to get them planted and don't have problems with germination.

Peas do not like a lot of nitrogen but do like phosphorus and potassium so compost works well for fertilization. Peas should be planted about 1-1 1/2 inch deep and 2 inches apart in a sunny location. Depending on the variety, peas can get very tall and require staking but there are several varieties that do not need staking and saves garden area if your garden is smaller. Peas can be planted in pots as well. I usually plant my peas in a double or triple row just inches apart so they grow together and support each other with the help of an old 2 foot tall sturdy metal decorative edging I repurposed. You can use branches from trees, metal stakes, fencing, etc. for support. Any staking you plan to use should be in place before you plant as peas have very delicate roots and don't do well with disturbing them or transplanting but it can be done. The total height that they will get should be considered when planning the trellis. I tend to choose the shorter varieties so they don't shade my other plants.





## Edibles: “What Are We Picking & Eating Now?” continued from pg. 4



Peas are often considered for companion planting. Beans, carrots, celery, spinach, cukes, eggplant, peppers and radishes are considered good companions for peas. However, do not plant onions or potatoes next to peas as they are considered incompatible.

Peas should be checked regularly when they are about ready to be harvested. Peas can get too old fast and should be picked every other day or so for the best produce. I like my sweet or garden peas young but my husband likes them a bit older so I have a little leeway in picking. Snow and snap peas should be picked at the level you like to eat them. Peas should be eaten or frozen soon after picking as the sugars turn to starch fast. The tender leaves of the plant are edible as well if you like. Usually peas are gone before they are affected too badly by disease. I try to pick an earlier variety to avoid having to deal with the fungus that can be a problem. Good air circulation and keeping the vines off the ground helps. I put my peas in a raised bed with good drainage and that seems to help as well. Rotating where you grow peas is important for disease avoidance. Some varieties are more resistant to disease than others so read the seed packet. One concern is for the rabbits. Rabbits love peas as much as we do so peas often need to be fenced if you have problems with the bunnies. Hope you have a few left for yourself!

Happy Gardening!

## Minnehaha Master Gardeners

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