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Editor Pat Hubert, Master Gardener



Gardening With The Masters

Oct. 5, 2015

Prairie/Native Plants
With Mary Ellen
Connelly

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!

Born in the upper Midwest and southern Canada these amazing winged pollinators are migrating to a place they have never been! They will overwinter in the Sierra Madre Mountains of Mexico and hibernate in oyamel fir trees. The Monarch butterflies you see have about 2,000 miles left to go! This generation heading south needs flowers high in nectar to supply energy for the journey and build up stores for the winter. Flying 50 to 100 miles per day, the Monarch roosts during the night and rests on windy or rainy days.

Monarch butterflies are important native flower pollinators because as they travel they transport flower pollen long distances. This pollination is important for the genetic diversity and health of our native flowering plants.



A monarch in Lacreek National Wildlife Refuge in South Dakota. (Tom Koerner/USFWS)

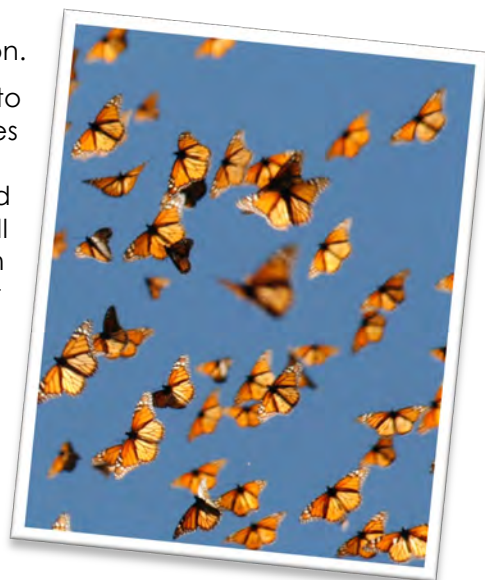
Monarch Migration Watch

By Deanna Streever, Master Gardener

Daylight hours are shortening and its back-to school! Another change to look for is the Monarch butterflies from east of the Rocky

Mountains on the move for their annual southward migration.

September is the "peak time" to see beautiful Monarch butterflies flying south through our latitude!



Using the following fun interactive link you can view or report local Monarch sightings-

<http://www.learner.org/jnorth/maps/monarch.html>

This September you can be involved in two ways. First go to the website on a regular basis to see where Monarch butterflies have been sighted. Secondly, you can be on the watch and report your own Monarch sightings!

Either way, Monarchs are important, beautiful and amazing creatures.

Just the kind of nature watching for a fun

"Grandmothers Summer"!



SDSU
Extension



From the Ground Up

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Photo from Priscilla Jurkovich garden


http://www.ediblewildfood.com/burdock.aspx?prod=NonToxicWeedControl&utm_exp=10576806

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In The Herb Garden

By Priscilla Jurkovich, Master Gardener

Burdock *Arctium lappa* or *Arctium minus* is a biennial herb from the Compositae (sunflower) family. This herb is recognized as a common weed that can grow up to 5 feet in length in the 2nd year. The rosette with heart shaped, large wavy leaves is in the first year and is sometimes called "Indian rhubarb". The reddish purple tubular "flowers" which develop seed heads or burrs with hooked spines were the inspiration for Velcro because of the annoying burrs that stick to clothing

and animal fur. Burdock grows well in South Dakota and can be found in fields, roadsides and disturbed soil. Burdock is a versatile healing herb. The roots can be added to soups and stews in recipes similar to carrots or prepared as a tea. This medicinal herb and food is the star ingredient for a cancer remedy called Essiac tea. It has strong anti-tumor, anti-inflammatory and anti-microbial properties to strengthen the immune system. Many use this herb in the spring and fall as a blood

purifier and detoxifying herb to eliminate toxins from the body. The leaves are used for treating chronic skin problems such as acne, psoriasis, eczema and shingles. The Burdock root can relieve symptoms of inflammation and auto-immune disorders such as rheumatoid arthritis, fibromyalgia, and diabetes. It has been used for colds, flu, sore throats, constipation, kidney stones, measles, strep throat to name a few.

September 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 MG State Update (MG only)	12 MG State Update (MG only)
13 MG State Update (MG only)	14 Monthly Minnehaha Master Gardener Mtg 7 pm	15	16	17	18 Sow grass seed if need to overseed bare spots	19
20	21	22 International Conference only	23 Apples, Apples, Apples! International Conference only	24 International Conference only	25	26
27	28	29	30			

Weeds! Weeds! Weeds! *Stinkgrass!*

By Paulette Keller, Master Gardener



Stinkgrass is an annual tufted grass that grows 6-24 inches tall. The inflorescence or flower cluster is dense, dark green to tan in color and its branches upright to spreading with many spikelets. It flowers from July to September and reproduces by seed. The seedhead is stiff, erect and egg-shaped and is ½ to 6 inches long and ½ to 2 inches wide. The seedhead branches are glandular and have a bad odor when fresh. Each spikelet has 7-40 florets that are compressed and egg-shaped or oblong in shape. The spikelets are 1/8 to ½ long and 1/16 to 1/8 inch wide and are pale to dark green in color. The leaf blades are flat to folded in shape and are up to ¼ inch wide and are light green to gray-green in color. The sheaths are open and hairy at the throat, which creates a dense fringe of straight, short hairs. Stinkgrass is found throughout the Great Plains in waste places, fields, roadsides, lawns, gardens and badly abused rangeland and pastures. It is a poor competitor with other plants and is seldom a nuisance on lands with a healthy perennial cover. The grass can grow in a variety of soils. Stinkgrass is reputedly poisonous to livestock but poisoning has never been proven. Cattle will not eat Stinkgrass and avoid the hay.

Save the Date for the 2015 South Dakota Local Foods Conference

By Chris Zdorovtsov, SDSU Extension Community Development Field Specialist



The dates for the fifth annual South Dakota Local Foods Conference have been set for November 6-7, 2015 to be held at the Cadillac Jack's Gaming Resort/Springhill Suites- Marriot and Convention Center in Deadwood, South Dakota.

The Local Foods Conference is sponsored by a collaboration of partners including SDSU Extension, South Dakota USDA Rural Development, South Dakota Specialty Producers Association, Dakota Rural Action, South Dakota Small Business Development Center and the South Dakota Department of Agriculture. The conference is meant to continue the dialogue on local foods among producers, growers, consumers, school nutrition programs, grocers, restaurants and resource providers.

The local foods movement is gaining momentum around the nation and this conference offers timely information on topics such as farm to school, community supported agriculture, honeybees, aronia production, permaculture, farm business management, local foods on the reservations, food safety, food hubs, and farm transitions/estate planning to name a few.

The conference fees are \$40/day or \$65 for both days for Dakota Rural Action and South Dakota Specialty Producer Association Members. Non-members can attend for \$45/day or \$75 for both days. Students with a valid ID can participate for \$30/day.

Call Chris Zdorovtsov at 605-782-3290 for more information. Follow the South Dakota Local Foods Conference online <https://www.facebook.com/SouthDakotaLocalFoods>

In BLOOM: Prairie Smoke Wild Flower

By Roine Klassenr, Master Gardener

Geum triflorum (old man's whiskers): Rosaceae family

The nodding pink flowers and wispy seed heads of the small prairie plant add a charming accent in the border of a perennial garden or in a rock garden. It is hardy in zones 3-7 and can be found in Canada and in central and the northern US. They prefer well drained soil in full sun. While they don't need a lot of water, they are not completely drought tolerant. Native Americans used the plant for medicinal purposes for eye wash, gargle for a sore throat and for stomach complaints.

The plants form a mound of foliage about 6-10 inches tall and very gradually spread by rhizomes. The almost ferny leaves (pinnately compound leaves with 9-19 rather crowded narrow toothed leaflets) are semi-green that change to red, purple, or orange in the late fall. The leaves may look poorly during the heat of the summer but resume growth in the late summer to fall.

Prairie Smoke blooms in late spring to early summer. The flowers are reddish pink, maroon to purple with up to 9 flowers per stem. The stems range from 12-18 inches tall. The sepals of these globular flowers are fused, so they can't open completely. Bees have to force their way into the flower to pollinate it. The fertilized flower develops a distinctive silvery-pink fluffy fruit that becomes as decorative as the flower; the plumes can be 3 inches long. These seed heads remain on the plant for about a week.



Master Gardener Notes

- MG's remember to send in your registration form for the State Update to be held in Pierre the weekend of Sept. 11th.
- Oct. MG meeting will be held on Monday, Oct. 14 at 7 pm at the Extension building, located at 220 W 6th St Sioux Falls, SD 57104. JOIN US! ☺
- Remember to keep track of your hours for recertification. Forms and more information can be found at our website:
www.minnehahamastergardeners.org



Edibles: What Are We Growing & Eating Now? Tomatoes!

By Mary Lerssen, Master Gardener



It was a slow start with the cool spring but tomato season is finally here! They say American's eat 90 pounds of tomatoes per year including fresh and processed! Tomatoes are an excellent source of vitamin A and C, as well as cancer fighting lycopene especially if cooked. Tomatoes originated in South America but not until the mid-1800s did Americans overcome the poisonous myth of "love apples" and eat them.

My tomato basket is overflowing, fresh salsa has been eaten by the batches and canning is being done! There is nothing like a fresh homegrown tomato and before I forget – do not store them in the refrigerator or they will lose their wonderful texture and taste! You should always store tomatoes at room temp for the best flavor.

Tomatoes are determinate, indeterminate or semi-determinate. Determinate tomatoes produce most of their tomatoes at one time which is good if you plan to preserve them. They form flower clusters at the shoot tips and tend to be smaller. Indeterminate tomatoes flower clusters form along the sides of the shoots so flowering and production continues until frost. Semi-determinate is somewhere in between the other two. Look on the identification tag or package information to see which tomatoes are which.

The variety of tomatoes is almost endless. However, many of them are not as resistant to disease as the hybrids but have wonderful flavor, colors, unique shapes, etc. Heirlooms are even showing up in the market as plants so you don't have to start the plants yourself anymore! Some tomato varieties are more resistant to the wilts. Look on the label or in the information for "F", "V", "T", and "N" which indicate resistance to Fusarium, Verticillium, tobacco mosaic, or nematodes, respectively.

I usually start tomato plants in early April or about 6 weeks before I want to plant them outside. Tomatoes are a warm loving plant so putting them outside too early can actually damage the plant and you probably won't get tomatoes any earlier. Wait until the temperatures are warmer (day 70-75 degrees; night 65-68 degrees) and after the last frost date.

Look for healthy green plants that are not root bound. Before you put the tender plants outside, condition them or "harden off" by setting them out each day a little longer for 1-2 weeks – start in the shade until they can tolerate full sun.



Edibles: “What Are We Growing & Eating Now? Tomatoes” cont. from p. 4

I also like to protect my tomato plants by placing a red coffee container over them. Some people think the red helps the plant to gather more heat/sun but I am not sure I have seen a great difference from my plants with a plastic milk jug over them to protect them. When choosing where you want to plant your tomatoes, remember to plant them in a new location each year and rotate them every three years.

Tomatoes need full sun and even moisture. If they don't get even moisture, they often develop blossom end rot or black hard bottoms. Picking a variety of tomato that is less susceptible is a good idea. Determinate types tend to be more susceptible since all the fruit set at once. Consistent watering is important to promote calcium absorption but avoid wetting the leaves to prevent disease.

Another requirement of tomatoes is lots of room to grow so they have good circulation. I like to use sturdy tomato cages around each plant to hold them up off the ground so air can circulate about them and prevent some of the fungus diseases.

The most common tomato diseases are early blight, Septoria leaf spot and late blight. Early blight (larger darker spot exhibit a target pattern and form a concentric ring of dried tissue) and Septoria leaf spot (small dark spots with white or gray centers) are similar in appearance with leaf spots on the lowest and oldest leaves and progressing upward. Infected leaves turn yellow, shrivel and die. Tomato leaves with late blight develop irregular greasy-appearing grayish or dark areas, which expand rapidly in cool wet weather. The fruit may also be infected. Despite the name, late blight usually appears earlier in the season than early blight. Fungicides can help control or slow the three diseases progress. Prevention to reduce such problems include many of the points already reviewed earlier plus removing all the plant debris if the plants have been diseased - discard them – do not compost them.

Enjoy your BLT's!

Minnehaha Master Gardeners

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[Recipient]

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