



Written by Minnehaha County Master Gardeners. All photos by authors, unless otherwise credited

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## Month Events

No events, but ... Be sure to visit the Minnehaha County Master Gardener [Facebook page](#) and [Website](#) for gardening tips and resources.

Contact: [www.helplinecenter.org](http://www.helplinecenter.org) or contact the Helpline Center at 211

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## In the Herb Garden

**By Priscilla Jurkovich, Master Gardener**

*The herb section will highlight an herb that can be grown in the South Dakota region.*

**Elder** (*Sambucus nigra*) is a perennial herb in zone 4 of the Caprifoliaceae (honeysuckle) family characteristic of trees, shrubs and herbs recognizable by their opposite leaves. Elder is a small tree with many small trunks rising directly from the ground and grow up to 30 feet. The flowers are white in umbels up to 8 inches that bloom in June. The leaves are a dull

green and divided into slender leaflets. The fruit are round, purple-black clusters that ripen in August. Will take 3-4 seasons before the plants will produce berries in significant quantities. The elder thrives in fertile, slightly acidic soil and plenty of moisture. Some use a “living mulch” like red or white clover or alfalfa that will fix nitrogen into the soil. If propagating by seed, a stratification period is necessary. Most propagate from cuttings.

**Health benefits:** The flowers and fruit are used for medicine. They stimulate the immune system, are anti-viral, anti-inflammatory and are used to treat flus, colds and respiratory infections. The berries are highly nutritious, are rich in bioflavonoids and vitamin C and are a strong antioxidant. Research has established that the anthocyanin that gives the berries their purple color helps relieve the symptoms of flu and shorten the duration of the virus by altering the surface of the virus and preventing it from taking hold in the body. The black elder (*Sambucus nigra*) is edible but the red elder is not. Eating unripe berries or other plant parts may result in nausea, vomiting, diarrhea, dizziness or confusion.



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## Before we say goodbye for the season

We would like to share photos from the Minnehaha County Master Gardeners showcasing some of our interests and activities throughout the season...



Minnehaha Master Gardeners oversee 7 community gardens in the Sioux Falls area. Each location is divided into several garden plots that generally measure 10' x 20'. Residents of Sioux Falls rent a plot for the season and are responsible for their own planting, watering, weeding and harvesting. Plots become available to rent in January at [www.livewellsiouxfalls.org](http://www.livewellsiouxfalls.org) and are assigned on a first-come basis. Garden planting usually begins sometime in May and wraps up in late September to early October.



Thanks, JoAnn Christensen, Southern Hills, and Deb Howard, Leaders Park community gardens!



With pollinator numbers declining across the globe, we cannot stress the importance of helping out those insects and birds that help our crops and flowers bear fruit. Now, in its second season, The Garden of Dreams, a native and pollinator perennial garden is really taking shape and living up to its name! The Garden of Dreams is a passion project of Deb Johnson and Ann Larson and a small team of dreamers. It's located on the west side of the Big Sioux River, next to the Arc of Dreams sculpture. It started with bare ground and became a dream come true! We hope you take time to visit this garden. All of the species are labeled for easy identification making this a great educational garden.





I (Pam Conklin) love taking pictures of pollinators that visit my flowers, vegetables, and herbs! You don't need a large garden space to attract pollinators. Hummingbirds feed nectar from a planter of Nasturtium growing on my patio. Here is a link to a speech about [Insects and Gardens: In Pursuit of a Garden Ecology](#)





Cathy Frederickson grows a variety of produce and flowers, like the sunflower heads she harvested and the beautiful cosmos in various shades of pink. Checkout the Black Swallowtail caterpillar on the Dill growing in her herb garden! [Learn how to attract Swallowtail butterflies to your garden.](#)



Hats off to Susan Scholtz who converted her empty lawn into a very productive vegetable garden this year. I mean, look at the size of those tomato plants - wow! Click [tips to get you started](#) and scroll through the [How to Grow](#) it vegetable series.





Since we're talking about growing and size, look at the long beans that Anelis Coscioni grew this year. She shared a video link, in case you want to learn more about growing long beans. Click and learn [How to Grow Long Beans](#) and [How to Build a Simple Garden Trellis](#).





JoAnn Christensen makes decorative covers to protect her Arborvitae from the strong South Dakota winds. These burlap covers allow the plants to breathe while protecting them from the harsh winter elements. What creative ideas do you put into action in your garden?



JoAnn Christensen

The main point of gardening is to create a happy place for you, family and friends to enjoy nature and each other. Debi Ulrey-Crosby certainly captures all of the joys of gardening in her space; from a peaceful pond with a Zen-feel and a Praying Mantis, to raised beds for vegetables and beautifully potted planters. Debi shares her garden with beloved pets and family. And, she reminds us that there are many public gardens worth visiting, too, such as McCrory Gardens in Brooking, SD.





As SDSU Extension Master Gardener Volunteers, our mission is to educate best horticultural practices. We love to share our knowledge and hope that we have entertained you in the process. So, from all of the Minnehaha County Master Gardeners, we wish you a great rest of 2021 and we hope to see you next season. Reach out to us with any garden questions and let us know of any special topics you would like to learn about. Thanks!

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## Your Questions Answered

Have a question or comment for Master Gardeners? Email us at [mcmgnewsletter@gmail.com](mailto:mcmgnewsletter@gmail.com), or [info@minnehahamastergardeners.org](mailto:info@minnehahamastergardeners.org), or call 605-782-3290 and leave us a message.

Q: Now is the time to plant spring flowering bulbs, but just how deep should they be planted?

A: Spring flowering bulbs come in many sizes, so it makes sense that one-depth does not fit all. Look at the difference in bulb size from crocus, which may measure only ¼ inch to an aromatic hyacinth that may measure up to 2 inches. Bulb packages give guidelines for the planting depth and spacing that is appropriate for that variety. But, if you are relocating bulbs, or were gifted a few from a fellow gardener, the rule-of-thumb for how deep to plant is to plant 3 times deeper than the bulb is tall.



Measure bulb from base to point where leaves emerge. In this example, the bulb measures 2"



For single bulbs, dig the hole 3 times as deep as the bulb is tall. In this example, the hole measures 6 inches. If planting a group, dig the hole wide enough to space the bulbs about 3 - 4 inches apart from one another.

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*To all contributing Master Gardeners, for your time and knowledge, thank you!*