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**MG Association Meeting**  
Sept. 6th 11:30 AM  
**Rose Garden Center**  
Center

**Improving Lives, Improving Texas**  
"Improving the lives of people, businesses, and communities across Texas and beyond through high-quality, relevant education."

### Extension Office

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Allow me to introduce you to a relatively new but interesting

## Horticultural Therapy

By Pat Turner



gardening concept-horticultural therapy. Perhaps, like me, you already know gardening is therapeutic but did you know there is now a recognized horticultural therapy program? A couple of Master Gardeners and I had an opportunity to visit with the director of a senior living community concerning the creation of a small garden for their memory care facility. He had requested input from us on what to plant. Doing research for this project introduced me to the term horticultural therapy. This is a young profession for which there are trained therapists certified by the American Horticultural Therapy Association offering programs in places such as senior living communities and the Dallas Arboretum.

"Therapeutic horticulture goes beyond planting a garden and walking among the flowers" says Susan Morgan, the director of the program at the Dallas

Arboretum. The goal for therapeutic gardens at memory care facilities in particular is to create opportunities to engage in conversations, recall memories, and exercise short term memory. Enticing the senses of smell, hearing, touch, and taste accomplishes these goals. Thus the physical, mental and spiritual benefits are numerous.

Most of us design our gardens with visual appeal in mind but I really enjoyed researching and thinking of the innumerable ways to entice the senses in a garden from touchable soft lamb's ears to scented herbs, the soft sounds of sea oats moving in the breeze and the taste of a garden ripe tomato. Filling a watering can from an old fashioned pump (a suggestion from the program director), planting a flower once grown and appreciated or picking peas reminiscent of childhood encourages memories and conversations.

Of course accessibility and

safety are the first considerations in creating a therapeutic garden. These can be accomplished with raised

beds or table beds and smooth wide pathways. Vendors are now offering specially adapted hand tools to make planting and weeding easier. Drip irrigation and soaker hoses help with watering. While these are important, I must confess the sensual and spiritual opportunities motivate me the most.

Incorporating the principles of horticultural therapy in my own garden appeals to me. Unfortunately this project is on hold for now due to financial concerns, but if you are interested in being part of it later on let me know. I am confident there are ways we as Master Gardeners might apply or share these principles. Please let me know your thoughts and ideas.

## August Association Meeting

Cameron Wagoner will give us the latest "skinny" on exotic plants that eat mosquitos and do all sorts of strange things. She will tell us about the odd and unusual plants that most of us are not aware of and she will have some of the plants on display or have pictures of those that she can't get at this time of year. In addition she will have handouts describing the care of the plants and finally she will have some to sell. It should be a great program!

Trudy Menke has been kind enough to invite us to her home after our September meeting. She has over 50 Bougainvillea's in bloom!!

Her address is 22501 Cherry Ln. Frankston, TX. Directions to her house on Lake Palestine: Take Hwy. 155 south, after the third bridge (last bridge) turn left into Lollipop Landing, take 1st left (which will be Cherry Ln) go to 22501. At about the 13th house, look for a split rail fence in front, you will see two cedar garages one has a Harley Davidson sign on it.





Fall is just around the corner, which means we are entering into our 2<sup>nd</sup> planting season. Many years ago we had a saying: "Fall is for Planting". This was to help folks realize that fall-planted trees, shrubs and perennials had a great head-start on establishment over the traditional spring planting season. Of course, that's when nurseries get stocked up with goodies because that's when folks get spring planting fever. Often it is harder to find planting stock in the fall, but we are helping correct that with the Fall Conference, now named "Bulbs and More", offering a choice selection of trees, perennials and bulbs.

Here it is September. Be sure to check your volunteer and continuing education hours, and if you are short, get involved. Of course, the 2 big upcoming events are AgriWorld this month at the East Texas State Fair, where you can get lots of hours helping with the setup, etc. and the Fall Bulbs and More in October. Contact the coordinators to find out how you can participate. There are other opportunities for getting volunteer hours (projects and their chairs are listed in the SCMG Address Book) – ask if you need help.

I will be out of the office for the next couple of weeks, and we could really use a hand at the help desk. Last I checked there were a number of days with no one at the MG help desk. Please consider spending a few hours helping out - call Deana or Carolyn to find out open times. Thanks!

As far as CE's, you can get an hour by attending the 1<sup>st</sup> Tuesday in the Garden seminars each month through November. Of course, you can get hours the Fall Conference, and at the next few monthly meetings. There are also online modules where you can get an hour each (up to 3 per year). Don't let the year slip by and get caught short.

Finally, if you are in classes 1-16, be watching in the mail for a letter and accompanying form from me regarding getting a background screening. This is requirement for all AgriLife Extension volunteers, and must be done every 3 years. SCMG is picking up the cost for the screening. Please fill out the form and return as soon as possible. I appreciate your cooperation in this important matter.

**Authorized Purchases Only**

Winfield Solutions, located on Hwy 64 west, is a **wholesale only** business. A special agreement with them does allow a short list of designated MGs to purchase products to be used in the gardens at the Rose Garden. No other MGs can purchase products from them for their personal use.

**Tax Exempt Purchases**

Forms are available at the MG office for use to make tax exempt purchases. The form will identify you as a representative of the Smith County MGs making a purchase for a non-profit organization. Most people in business selling retail products are very aware of these forms and should sell their product without charging sales tax.

MGs should be reminded that purchases made for their personal use are not tax exempt and asking the retailer to exempt that purchase is asking them to violate the law.

**Executive Committee Notes**

**The Executive Committee met on July 26<sup>th</sup>**



Pat Welch reported that she had attended the State Director's meeting on May 3<sup>rd</sup>. There had been discussion of background checks for MGs and presentation by McAllen for the 2013 TX State Conference.

Andie Rathbone presented information on the Smith Co. SCMG Facebook page she created. She and Jean Smith will be administrators for the page.

Susan Linnard (in the absence of Bill Kelldorf) reported for the special Audit committee and presented a motion which included the addition of an Assistant Treasurer. The motion was approved.

The list of Project Coordinators/Leaders was reviewed with emphasis on positions that are open and need to be filled.

An association picnic will be hosted by Cindy Harrington on an October date to be specified later.

**The committee met again on August 23<sup>rd</sup>**

Bill Kelldorf presented changes to the Bylaws and the Policies & Procedures which result from the decision to add the Assistant Treasurer position. The changes were approved. The membership will receive the information on the bylaws changes which will be presented at the September meeting and voted upon at the October meeting.

Preparations for the "Bulb's & More" event were discussed with the possibility of using a Credit/Debit card reader at the event. Treasurer Pat Welch will follow-up.

Approved a proposal to purchase new software which Martin Davis will use to assemble and publish the Grapevine.

The association picnic will be a wiener roast/potluck at Cindy Harrington's home on October 26<sup>th</sup>.

The purchase a set of irrigation catch-cans for use in diagnosing lawn watering problems was approved.

A written report from Clayton Turner was presented. He attended the State Director's meeting on August 4<sup>th</sup>. Some highlights from the meeting included: The San Antonio conference group reported that they did break even though attendance was lower than anticipated; a new user friendly Award Form will be available soon; and the Permian Basin MGs bid for the 2014 State MG event was accepted.



## September Chores

By Dee Bishop

Once the nights are less than 70 degrees and the days are in the 80 degrees, usually by the middle to end of September, gardening is more fun and there are a hundred little things that need to be done.

If your summer houseplants didn't get repotted in spring, now is the time to tend to it. If you want the plant to remain in the same pot, just remove about 1/3 of the roots and top and replace in new soil in the same pot.

Plant lettuce, radishes, carrots, greens of all kinds including ornamental kale, and cabbage. The seeds may not be

available when you need them so order immediately if you want them this fall. I always love to plant some lettuce in pots on the deck for a quick salad or sandwich in winter. Seeds planted now will pop up quickly and grow fast if you give them a little shade and plenty of water.

Start watching garden centers for bare root plants of the lovely old early spring shrubs like: forsythia, quince, spirea, that make late winter and early spring extra special. I have found that planting them in pots of good soil and growing them until late winter gives me a good plant for setting out.

If you have rabbits nibbling at certain things, try sprinkling blood meal around them. I

have 'heard' this works. We have too many coyotes to have rabbits so I can't try it.

Organic sources for Potassium are: greensand, granite dust, kelp, and wood ashes. For Phosphorous: bone meal, rock phosphate and bird guano. For Nitrogen: alfalfa meal, cottonseed meal and blood meal. Remember organic products work slowly and last much longer than chemicals, so get it into your gardens in fall for a super spring.

Plant herb seeds such as chives, cilantro, parsley, fennel, dill, chervil, and most others when the temps drop. They will grow wonderfully. Also for you basil lovers, plant some now and enjoy a whole new crop with your fall tomatoes.

You may have trouble find-

ing seeds this time of year, but I don't think so. If you do, remember when new seeds become available in late winter, grab your fall seed then too. Keep them in a zipper bag in the refrigerator til needed.

Speaking of fall seeding, plantings of fall natives such as bluebonnets, coreopsis, Drummond's phlox, and others can be started in late September through October.

Lots of spring and summer flowers can be started right now to transplant in late October. I mentioned the ornamental veggies, include the beautiful silver cardoon, calendula, hollyhock, pansy, viola, dianthus. If you plant and grow your own, you have a much bigger choice.

There's a lot to do so let's get hoppin!

## Plants Around the World

By Jim Powell

**Agapanthus**—*Agapanthus africanus* is also called the Lily-of-the-Nile, African Blue Lily or African Lily. In Greek, its name means flower of love. The Agapanthus is a perennial with exotic blue, violet blue or gorgeous white florets arranged in large globes. It's a native of South America, spreading across the Western Cape through to the Eastern Cape. Its leaves are strap-like, arising directly from the underground rhizomes. The beautiful flower heads appear one to a stalk, in

clumps of two to four feet stalks.

Agapanthus likes full sun but does well with some shade. If grown in a container, bring it indoors at the end of the summer. Propagation is by division in spring or fall, also from seeds



**Persian Shield**—*Strobilanthes dyerianus* is a native of Burma, which is the present country of Myanmar. The Persian Shield has luminous exotic purple leaves washed with silver that shines in the summer heat. It's an "eye stopper" plant when used in borders or containers. Its eight-inch long leaves are iridescent in shades of purple, lilac and pink with purple-maroon on the undersides. Its foliage looks like it has a coat of silver electroplate on it. The plant thrives on morning sun and afternoon shade. The Persian shield is an annual; however, it is considered a perennial in zones 8-11.

Propagate by cuttings. I take cuttings in the fall and overwinter them indoors



### Want to be an SCMG Officer?

The Nominating Committee will soon begin its work to provide a list of nominees for the slate of officers for 2013. If you would like to be nominated for one of the officer positions, please notify Ronny Duncan or David Pierson to get on the list.

### New E-mail Addresses

Mary Rogerson – [mary17@suddenlink.net](mailto:mary17@suddenlink.net)  
Gary & Kay Dobbs - [kdobbs@centurylink.net](mailto:kdobbs@centurylink.net)

## Need Volunteer Hours?

Be Cool! Check out the September calendar. Notice that there are only a limited number of days on which someone is scheduled for phone duty at the Extension Office.

Call the Extension Office at 903-590-2980 to have your name added to the calendar.



### 1st Tuesday in the Garden

The first "First Tuesday" event returns to the IDEA Garden at noon September 4<sup>th</sup>, after taking the summer off.



This month's topic is "Design a Garden Path." MG Sandy Pan-nett will discuss how to design a path to enhance the experience of your garden.

This presentation will encourage all do-it-yourselfers who want to make their garden engaging to those who visit by providing a walkway to tour nature's beauty.

### AgriWorld News

Set-up for AgriWorld's *Our Secret Garden* will start on September 5th at 9:00 AM. Work will begin with attaching the lattice fence panels and putting down the flooring. Men are needed for the lattice and to put together PVC pipe for the rain on the house.



Donated artificial flowers, greenery, and artificial food - fruits, vegetables and things like - sandwiches, hotdogs, hamburgers, and a whole "Thanksgiving" turkey are all needed. Also needed is a garden hose about 5' long, decorative bird feeders and bird-houses.

**These items can be brought to the September meeting. Sign up sheets will be available at the meeting. Teachers are needed on Tues/ Sept. 25 - Fri/Sept. 28. 8:30-12:30. Scripts will be provided.**

Our Secret Garden at AgriWorld will be open for visits during the entire run of the East Texas State Fair September 21 - 30.

Thank you all in advance for helping with this project. Hazel Bateman and Jean Smith

### Bulbs and More

**At Harvey Convention Center October 13**

**Registration at 8:00AM – Program begins 9:00 AM**

**Featured speaker Dave Whiting**, owner and operator of *All Things Plants*. Dave is a member and former president of the Cherokee Co. Master Gardeners, and is the creator of many popular websites, most notably <http://davesgarden.com/> and <http://allthingsplants.com/>. He lives outside Jacksonville, TX on a 90 acre farm..

**Sale begins 11:30 AM** The annual sale has been expanded to include bulbs, grasses, perennials, trees and hand crafted yard art. Watch for the list of bulbs and plants which will be posted on the SCMG website.



### Examples of Yard Art

Available at the sale

