Spring Plant Sale April 25-26-27

The annual Spring Plant Sale will be held on April 25-26-27 in the convenient Family Center parking lot in Paola.

Table set-up will begin on Wednesday afternoon in order to expedite plant delivery and set-up as early as possible on Thursday morning. Sale hours are Thursday, 11 to 5; Friday 8 to 5; and Saturday 8 to noon. Help is always needed at that time to help clean everything up.

Publicity states the sale opens on Thursday morning at eleven, but experience has shown that shoppers can’t contain their enthusiasm for beautiful plants, so Thursday morning is a busy time.

In keeping with the Master Gardener mission, we will be doing our best to educate the public about gardening, specifically this year about gardening for butterflies and other pollinators.

Lenora Larson will be on hand at the Butterfly Host Plant table, spreading her passion for butterflies and caterpillars to as many people as possible.

Vickie Vetter-Scruggs will share her extensive knowledge of bees and other pollinators at a special table of plants for that purpose.

Last year’s three great local vendors are returning. Read about them on page 8. The Plant Sale flyer is on page 9. Please print copies if you can, and post them on your area’s public bulletin boards.

Photographing Your Flower and Vegetable Gardens

April 23, 6:30 pm | Paola Office | 1 hour Advanced Training

Presented by Nancy Kalman

We are fortunate to have Nancy Kalman, one of our MdC Master Gardeners, presenting an Advanced Training on Tuesday, April 23, at 6:30 pm on “Photographing Your Garden.”

Nancy describes her class: “My garden is always changing, and I love keeping a record of that moment in time by taking photographs.” With some of the basics of photography, and today’s technology, you can take great photographs of your garden (or any garden).

This presentation will talk about nature photography and not about studio lighting or excessive setup. All types of cameras will be discussed, including cell phones.
For the Love of Gardening
Part 3: Emotional Aspects of Gardening
Nurture Your Plants and Yourself!

By Betsy Hasselquist

Good Times:
Spring is finally here?! Enjoy! What feelings do you dig up in your garden? I’m thinking joy, delight, excitement, wonder, satisfaction, peace. It’s personal and a component of one’s identity. Plant your hopes and dreams. Gardening is therapy. Embrace new discoveries—the beauty, the first sprouts raising their little heads, the first butterflies and bees. Relish the sense of accomplishment—a beautiful flower, the landscape, a tasty treat. Self-confidence and self-esteem then flourish. Love the dirt under my fingernails.

Stress Management:
Stress contributes to a majority of illnesses—heart disease, high blood pressure, stroke, cancer, diabetes, obesity, decreased immunity, insomnia, depression, anxiety. Depression symptoms include low mood, energy, decreased interests, changes in appetite and/or sleep.

Sunshine, enjoying nature, engaging in activities one enjoys—all help relieve stress. Physical exercise also increases serotonin, dopamine, norepinephrine and oxygen to the brain, which promotes cell formation and improved mood. Gardening can help manage anxiety, depression, anger, grief. Physical exercise like digging, raking, and weeding—as well as relaxation techniques—help one cope with anger.

Explore and practice meditation, yoga, relaxation, grounding and mindfulness and be kind to yourself. Always remember to breathe. Take three deep breaths, often. Rate your mood (1-10) before and after getting out in the garden.

As in life, gardening doesn’t always go as expected. There can be frustrations and disappointments, fears, things we can’t control and mistakes made. Mother Nature doesn’t always cooperate—early frost, heat, wind, drought, flood, insect invasion...but, such is life. Not fair, right? Strive to rise to the challenge, problem solve,

(Continued on page 6)
Open House At Wendwood Gardens

**Date:** June 1  
**Time:** 1 to 4 pm  
**For:** Master Gardeners and their significant other or friend  
**Place:** The home of Cheri and Jim Effertz, 209 W. 175th St., Belton, MO 64012  
Appetizers and drinks will be provided. You may BYOB.  
Bring your own lawn chairs  
The event will qualify for 1 hour of Advanced Training.  
There will be a game of “Find Cousin It” with a prize for the winner.  
**RSVP to the Extension Office by May 15!**

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**FAVORITE TOOLS**

**Judy’s Two Most Indispensable Garden Tools**

“These little Felco pruning snips are extremely handy in the greenhouse for sticking cuttings from my stock plants, as well as for routine maintenance.

“Over the years I have developed the habit of clipping the holster on my pocket every time I go outside—whether to the greenhouse or the garden. I’ve found that if I forget, or think I won’t need it, I invariably reach for it and then must scold myself for my carelessness.

“In the garden I use them for light pruning, cutting stems, dead-heading, and even digging weeds.

“I can’t say they have been as economical as Lenora’s Super Shears, nor can I claim to use them for planting. For that, my husband, Ken O’Dell, who has planted many a potted annual, perennial, seedling shrub or tree in his day, taught me to use a small, lightweight pick/mattock, which, it turns out, is far easier on the geriatric hand than a trowel. Gravity and the modest weight of the tool do the work that would otherwise have to be done by human hand and wrist muscles. Pull some soil forward with the mattock end, stick in the plant, and push the soil back. Use the pick if necessary to break up clods, etc.

“Due to the price of the Felco pruners, I am terribly sorry that I had to miss the recent tool sharpening Advanced Training at the Davidsons.”

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**Current work hours** at the gardens change as morning temperatures fluctuate, so contact the Chairs to be sure. Work days are Tuesday mornings at the Extension Office, Wednesday mornings at the Courthouse, and Thursday mornings at the Trial Garden. Chairs are: Extension, Sue Burns and Debbie Kitchell; Courthouse, Phyllis Benedict; and Trial Garden, Shirley New. Your EMG roster has their contact information. They would love to have your help!

- Sue Burns reports that they will be planting Four O’Clocks, Gourds on the Arbor, and lots of veggies in the Extension Office garden.
- Our brand new EMG brochures are available at the Extension Office now. They are for the purpose of explaining the program to the public and recruiting new members.

- The sale of the Ursuline property closed on April 11. We will be able to stay in our current space in Monica Hall for at least six more months.

- May 4 is the date for the 2019 Touch-A-Truck event.

- The MdC EMGs will be visiting the gardens of our fellow EMGs in Linn County on Thursday, September 5. More details to be announced.

- The 2020 Symposium is being planned for February 29 at the Lighthouse Presbyterian Church in Paola. Town Square will cater the luncheon.

- Send your 2019 Roster contact information changes, corrections, or a picture you prefer to be used in the photo roster to Katelyn at kbarth25@ksu.edu

- Game Night and the Q2 general meeting were a big success. Everyone divided into teams of two or three for games that included a tricky horticulture match-up, a flower identification challenge, and a crossword puzzle that had some real stumpers. Thanks, Laraine Crawford, for all your hard work!
The Hummers Are Coming!

Be prepared!! Normally we need to have feeders up by April 15th, and here are some hints.

1) Mix a simple solution of 4 cups of water to 1 cup of plain white sugar. No need to boil the water. Extra may be kept in the refrigerator or even frozen. ADD NO RED COLORING!!
2) No need to fill feeders full. Will only go to waste. Only add enough to use in 3-4 days.
3) Place more than 1 feeder. Space out some distance. If possible place in shade, at least 4 feet off the ground to avoid predators.
4) Avoid feeders with yellow on them as this draws bees and wasps. Can have perches but not necessary.
5) Ants can be a problem but some feeders come with attached wells for water that will block ants.
6) In the heat of summer you may have to drain and add fresh solution daily. Always drain and refill if solution gets cloudy.
7) Drain feeders weekly and clean with weak bleach solution. Flush completely before adding fresh sugar solution.

Enjoy your tiny visitors!—Sue Burns

Symposium Continues Its Wide Popularity

In addition to local EMGs, symposium attendees came from several counties away to attend the annual, all-day MdC Symposium, held March 2 at Town Square in Paola. The four presenters and the luncheon were nearly unanimously deemed excellent in every way.

A few changes will be made in 2020 to reflect the results of the follow-up survey of attendees, as we endeavor to further the broad appeal of this late-winter event.

A huge thank-you goes to Susan Thompson and her committee.

Courthouse Cleanup Day Well-Attended

Phyllis Benedict and her crew are getting the Courthouse Garden in fine shape for the 2019 season.
APRIL: THE LUNA MOTHS

By Lenora Larson

The unmistakable Luna, one of our native silk moths, embodies the romance of the night with its huge lime-green wings that reach up to 4.5 inches across. A pair of 4 inch tails stream from the end of its hindwings, doubling the moth’s length. Each wing sports a translucent purple eyespot, which may fool potential predators into thinking that the Luna’s wings are the face of a much larger creature. And the tails serve as auditory deflectors to confuse bats, the chief predator of moths. A fuzzy white body, red legs and feathery yellow antennae complete the Luna’s fashion-forward look.

The Lepidoptera

As fellow members of the order of insects called “Lepidoptera,” moths and butterflies have much in common. Both have scales on their wings, although the moths are typically dingy while the butterflies flaunt brilliant colors and intricate patterns. The giant Silk Moths such as the Luna, Cecropia and Polyphemus are exceptions to the moths’ drab apparel with their colorful patterned wings. Like butterflies, moths live their lives in four stages: egg, caterpillar, pupa and adult. All the eating is done by the caterpillar, while the winged adults are solely focused on procreation. The adult silk moths don’t even have tongues for imbibing nectar and only live about five days.

Luna Love

Lunas typically emerge from their cocoons in the morning and spend several hours pumping abdominal fluid into their wings to expand them and prepare for flight. As the sun goes down, the Lunas soar into the night to find mates. The females exude pheromones whose perfume attracts the males which are equipped with huge feathery antennae to catch the alluring scent. Mating occurs after midnight and once the male has dispensed all of his sperm, he dies. The female stores the sperm, then fertilizes each of 400 to 600 eggs as she lays them in clumps of four to seven eggs on the underside of a host plant, which include Sweet Gum, Walnut and Hickory trees. And once all of the eggs are laid, she dies, her destiny fulfilled.

The Caterpillars: Jolly Green Giants

A brilliant green caterpillar with red dots emerges from the egg in about a week. They eat almost non-stop for three to five weeks, shedding their skins five times as they grow to 2.5 inches. They are never a pest since they are limited in number and only eat tree leaves. Once full grown, the caterpillar evacuates its gut to clear out any remaining undigested food and then spins a silk and leaf cocoon on the host tree. The magical metamorphosis takes two weeks in the summer; however, the September Luna remains in its cocoon, which falls to the ground as the tree sheds its leaves in October. Lunas sleep through the winter in the fallen leaves under their host tree.

Don’t Be too Fastidious!

Although rarely seen, Lunas are quite common in the Kansas City area region. If you turn on your porch light in late May/early June and again in early September you may attract them. They may even spend the next day resting near your porch light. Remember, please don’t rake the fallen leaves under their host plants; you risk killing this beautiful moon child. The huge green caterpillar is rarely seen because it feeds on tree leaves.

The cocoon is wrapped in leaves and found on the ground under its tree host.

The female is larger than the male but has smaller, less feathery antennae.
2019 Marais des Cygnes EMG Advanced Training Calendar

Please note: More trainings will be added throughout the year as they are scheduled.

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Time</th>
<th># Hrs</th>
<th>Topic</th>
<th>Speaker</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>18</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Gardening with Compassion</td>
<td>Benjamin Vogt</td>
<td>Kauffman Conference Center</td>
</tr>
<tr>
<td></td>
<td>23</td>
<td>6:30pm</td>
<td>1</td>
<td>Photographing Your Flower &amp; Vegetable Garden</td>
<td>Nancy Kalman, MdC EMG</td>
<td>Extension Office, Paola</td>
</tr>
<tr>
<td>May</td>
<td>21</td>
<td>6:30pm</td>
<td>1</td>
<td>Gardening to New Heights: Vines</td>
<td>Lenora Larson, MdC EMG</td>
<td>Extension Office, Paola</td>
</tr>
<tr>
<td>June</td>
<td>1</td>
<td>1-4pm</td>
<td>1</td>
<td>Wendwood Gardens Tour</td>
<td></td>
<td>209 W. 175th St., Belton, MO</td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>6:30pm</td>
<td>1</td>
<td>Gardening with Cacti and Succulents in the Midwest</td>
<td>Judy Pigue, KC Cactus and Succulent Society</td>
<td>Extension Office, Paola</td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Horticulture at the Zoo</td>
<td></td>
<td>KC Zoo</td>
</tr>
<tr>
<td></td>
<td>25</td>
<td>6:00 pm</td>
<td>1</td>
<td>Insect Friends and Foes</td>
<td>Dr. Ray Cloyd, KSU</td>
<td>Extension Office, Paola</td>
</tr>
<tr>
<td>August</td>
<td>13</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Native Host Plants for Butterflies</td>
<td>Lenora Larson, MdC EMG</td>
<td>Extension Office, Paola</td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>6:30pm</td>
<td>1.5</td>
<td>The Healing Garden</td>
<td>Katie Kingery-Page</td>
<td>Kauffman Conference Center</td>
</tr>
<tr>
<td>Sept.</td>
<td>?</td>
<td>?</td>
<td>?</td>
<td>Linn County Garden Tour</td>
<td></td>
<td>Linn County</td>
</tr>
<tr>
<td></td>
<td>24</td>
<td>6:30pm</td>
<td>1</td>
<td>Colorful Foliage for All Seasons</td>
<td>Anne Wildeboor, OP Arboretum</td>
<td>Extension Office, Paola</td>
</tr>
<tr>
<td>Oct.</td>
<td>17</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Gardening for the Birds and Bats</td>
<td>Theresa and Nik Hiremath</td>
<td>Kauffman Conference Center</td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>6:30pm</td>
<td>1</td>
<td>Soil and Water Quality</td>
<td>Jessica Barnett, JOCO Ext. Ag. Agent</td>
<td>Extension Office, Paola</td>
</tr>
<tr>
<td>Nov.</td>
<td>19</td>
<td>6:30pm</td>
<td>1</td>
<td>Compost Is the Answer: What Was the Question?</td>
<td>Stan Slaughter</td>
<td>Extension Office, Paola</td>
</tr>
</tbody>
</table>

MdC Training Hours | MdC Volunteer Hours | Other Training Hours

The Chair (continued from page 2)

practice patience, coping skills and acceptance. If at first you don’t succeed, try, try again and remember, there’s always next year.

Social Blessings:

While gardening can provide solace, it also begets social advantages. Being social can add years to your life, decrease risk of stroke, boost your immune system, lower risk of memory loss, even help with pain management. Social interactions increase neurotransmitters. Endorphins are good.

I have gardened with a best friend for many years, “my gardening partner.” She definitely motivates me and makes it more fun. We discuss, plan, dream, plant, pull weeds, harvest, eat and preserve food together. In the winter, we plan for next year, make humongous pots of garden soups, hike and hunt for oyster mushrooms. I look forward to our Saturday work/plays days. We get a lot done, pour our hearts out to each other and laugh a lot.

The EMG program provides many avenues for intellectual, physical, emotional and social opportunities. The sharing of knowledge, ideas, tips, plants and camaraderie is priceless. Volunteering expands a sense of purpose, connectedness and personal satisfaction. I didn’t expect to make such good friends and acquaintances at this point in my life. Although there are many diverse and dynamic individuals (which makes life interesting), people gravitate to those who share common interests.

To the Joy of Gardening!!! ✨
We gathered on April 6 at the barn of Harley and JoAnn Davidson to learn how to better care for pruners, loppers, axes, shovels, hoes, and other essential tools.

The first tip was to always clean off tools prior to storage to avoid rust and dulling of the blades. Harley recommended pushing tools such as shovels into a sand bucket dampened with linseed oil and Thompson’s Water Seal, with a little toluene mixed in to help disperse it. This gives a light coating to avoid rust. When asked about using motor oil in a bucket of sand, he commented that linseed oil decomposes in the garden unlike motor oil. He did not recommend using W-D 40.

The sand then needs to be carefully cleaned off the tool before it is disinfected with either plain alcohol or a mixture of 1:10 bleach to water (1 part bleach to 10 parts water) This is to avoid transferring diseases from one area of the garden to another. After thorough cleaning and disinfecting, the tools should always be stored inside and hung up to dry thoroughly.

Some folks like to keep an oily rag to wipe off their tools. If this is your habit, please do not throw the rags into a pile. Spontaneous combustion can occur easily. If you use an oily rag handy, just hang it up to dry.

When we moved to the demonstration section, Harley commented that goggles or safety glasses and heavy gloves are recommended when handling sharp tools.

Tools should be sharpened regularly. Use a long, clean rasp file. Stroke on the outside only of the blades at a 45 degree angle with a long, slow stroke. Four or five strokes should work unless it is terribly dull. One stroke on the other side will remove metal burrs. Afterwards, a light coating of oil on blades will protect it nicely. On cutters with curved blades, a half round rasp will work well.

A very useful tip is that many cutters can be taken apart and held securely in a vice to expedite the sharpening process. If you are very strong, you may be able to hold it securely enough to do this, but it is safer to use a vise. Vises can hold shovels, etc., securely as well.

One handy power tool was a small belt sander. This is generally used to sharpen tools and knives. Harley also recommended an oil called “Toolbox in a Can,” manufactured by Lucas and available at auto stores as a good oil to use on tools.

After the seminar, we then took turns sharpening various tools using the methods outlined.
Boston Berry Farms

Located in Louisburg, KS, Boston Berry Farms is focused on growing edible berries and fruit trees as well as native perennials.

Owner-operators John and Denise Johnson moved to Kansas from Michigan 20+ years ago and initially were planting just for themselves. They experienced the same shock as most transplanted gardeners: Kansas plants have to be tough! They began experimenting with natives and heirloom plants to determine the best varieties for our Kansas climate and soil.

Over the years, their research and experience resulted in such outstanding plants that friends began begging for cuttings and seeds. Thus, a business was born!

By continually proving plant tolerances in their own test garden, Boston Berry Farms offers only Kansas-hardy plants and trees that customers can buy with confidence. They also specialize in “edible landscape” selections such as Hardy Figs, Currants, Goose Berries and Goji Berries.

Denise does stem cutting, seed propagation and purchasing from wholesalers all over the US to create Boston Berry’s unique collection of plants to sell at the Louisburg Farmer’s Market and to customers during their plant sales. They are also available by appointment on evenings and weekends.

The name? John and Denise have Boston Terriers as well as various berry plants, so they connected the two passions. They also own a landscape service, BushWackers of Louisburg, LLC. You can reach them at 913-406-8593 or bushwackers@mokancomm.net.

Vinland Valley Nursery

Vinland Valley Nursery, Baldwin, Kansas, will be one of three vendors supplying plants for our 2019 plant sale on April 25-27.

Proprietors Doug Davison and Amy Albright are planning to bring a wide variety of native plants, perennials and herbs, with an emphasis on butterfly host plants and pollinator plants.

Established in 1998, the family owned and operated business also does year round commercial and residential landscaping and maintenance.

With three small children running around when they opened the nursery, they immediately decided to use only organic fertilizers and natural pest controls. Nowadays they are working hard to pay all that college tuition.

Visit their website at vinlandvalleynursery.com or call 785-594-2966.

Louisburg Nursery

This will be the fourth year that Louisburg Nursery has supplied plants for our Master Gardener Plant Sale, and we are delighted to again have them as partners. Last year buyers went crazy over Myron’s succulents and mixed flowers in containers. He promises to again have these favorites available as well as a full selection of bedding plants and even more vegetable seedlings.

Louisburg Nursery and Greenhouse offers a great selection of plants for the discriminating gardener. They grow their own annuals and perennials in 14 heated greenhouses located just northwest of Louisburg, Kansas.

The Nursery was started in 2001 by Myron and Vicki Schluter as a retail and wholesale operation selling annuals, perennials, tropicals and succulents. The seasonal retail business is open to the public during the spring months of April, May and early June. In fall, the season runs from early September to late October.

Myron and Vicki also own and operate Creekside Market located in Raymore Missouri. Creekside Market is a full line garden center selling everything from live plants, seed, garden maintenance products, tools, statuary, and water plants. This business is open from March 15 through October 31.

Louisburg Nursery & Greenhouse is located at 10860 W 271st St., Louisburg, Myron can be contacted at 913-206-1034 or myron@louisburgnursery.com.
Paola Plant Sale

Thursday, April 25  11 am to 5 pm
Friday, April 26  8 am to 5 pm
Saturday, April 27  8 am to noon

Pollinator Plants
Butterfly Host Plants
Midwest Native Plants
Annuals • Perennials
Tropicals • Succulents
Vegetable Transplants

808 Baptiste Drive,
Paola, KS 66071

Take the Baptiste Drive exit off Hwy. 169 and turn west.
The sale is in the Family Center parking lot.

Sponsored by

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Master Gardener
Marais des Cygnes District