CALENDAR

FEVERUARY 26
Starting from the Beginning: Seeds, Advanced Training, 6:30 pm

MARCH 2
Annual Symposium, Town Square Event Center, 8:30 check-in to 3:30. Registration is now filled to capacity.

MARCH 26
Medicinal Herb Gardening, Advanced Training, 6:30 pm

APRIL 6
Care and Maintenance of Your Garden Tools, 9 to 11 am at Harley and Jo Ann Davidson’s farm.

APRIL 9
2Q General Meeting and Game Night, 6:30 pm

APRIL 26-27
Plant Sale. Katelyn will be sending the Signup Genius link. WE NEED YOU!

Board meetings are the 2nd Tuesday of each month, 9:30 am, Paola office. Newsletter deadline is noon on the following Friday.

KEEP IN TOUCH...

Sondra Dela Cruz, secretary, has sent get-well cards to Becky Thorpe, and Jeannie McPherson, who recently had a knee replacement.

Keep in Touch is a feature in our monthly newsletter. If you have any information about a new baby, an illness, a death, or anything else you think other EMGs would like to know about, please email it to judy@springvalleynursery.com.

What’s Growing On...
The latest news from the Marais des Cygnes Extension Master Gardeners

Starting from the Beginning: Seeds
Tuesday, February 26, 6:30 pm | Paola Office
1 hour Advanced Training | Presented by Nancy Kalman

MdC EMG Nancy Kalman has been growing vegetables since she was a teenager on a farm in Iowa. After many years of teaching and administration in colleges around the country, Nancy moved to a small farm in Miami County where she grows pesticide-free fruits and vegetables.

Nancy has learned from experience that starting plants from seed is the most economical method of obtaining lots of plants, with the advantage of far greater selection than buying transplants at the nurseries. She shares her knowledge of topics including seed storage, soil medium and moisture, lighting, germination methods, and timing. Recommendations for transplanting into larger containers and into the garden provide the gardener with the information to succeed.

Medicinal Herb Gardening
Tuesday, March 26, 6:30pm | Paola Office
1 hour Advanced Training | Presented by by Melissa McDonald

Melissa McDonald, along with her husband Colin, owns Whispering Elm Farm in Paola, where they grow medicinal herbs, elderflowers and elderberries. Melissa’s journey began in western medicine but is now firmly rooted in real food and medicinal herbs. She is a Certified Natural Health Professional, Certified Nutritional Counselor, Master Herbalist and Naturopath and uses her knowledge to encourage and teach others through garden tours and a variety of classes. The McDonalds operate their organic, family farm with the help of their teenage boys and Melissa’s parents, Bill and Debbie Mize, and oller elderflower and elderberry syrups, tonics, salves, honey and cut flowers.

The class on Medicinal Herb Gardening will cover getting started with some safe, easy-to-grow, rock star herbs. Melissa will focus on a handful of herbs and how they are used to support wellness—how to get them started and their preferred habitat—and explore what you harvest and when: some herbs you use the roots, others the flowers, or just the leaves at specific times. Samples and examples will be available.
2019 Annual Awards Banquet
A Success Despite the Weather!

By Betsy Hasselquist

After being postponed once due to weather, the awards dinner meeting was held February 5 at Town Square, regardless of icy conditions. Undeterred, well maybe a little or a lot deterred, the turnout was good. Definitely better to be safe than sorry, but I believe that those who ventured out made it home safely. Some of those attending helped others to their cars. Thanks for coming, and those who didn’t make it, for whatever reasons, were missed.

Thank you to Susan Thompson and Donna Cook and committee, Connie Murphy for the beautiful centerpieces, and Judy Moser for the slide show for making this event memorable.

If you have not yet signed up to help with upcoming projects and writing articles for our local newspapers, please do so by stopping in at the Paola extension office.

Members of the Board:
Outgoing Board members were recognized: Mike Brown, chair; Laraine Crawford, treasurer; and Becky Thorpe, secretary. Thank you for your countless contributions!!!

Current board members: Betsy Hasselquist, chair; Debbie Kitchell, vice chair; Sondra Dela Cruz, secretary; Carmen Anthony, treasurer; Phyllis Benedict, Sue Burns, and Cathy Stainbrook. Looking forward to a great year.

Many thanks to everyone for sharing your time, hard work, plants, knowledge and camaraderie.

(Continued on page 5)
GARDEN TOOLS

Maintaining Your Garden Tools

Join us April 6, 9-11 a.m. and learn how to care for your garden tools by our very own, Harley Davidson. JoAnn and Harley will host this event at their barn at 29113 Lonestar Road, Paola.

Bottled water will be provided. Bring your own lawn chair. The barn has a potbelly stove. Dress accordingly.

Harley is a blacksmith with a family legacy of metal workers. He is a retired UPS mechanic. His father was a welding teacher and his grandfather, a blacksmith. Harley is a member of the Free State Blacksmiths. He is a skilled craftsman, engineering, repairing, creating numerous projects.

Harley will discuss and demonstrate maintaining and sharpening garden tools. Feel free to bring a tool to sharpen, although the opportunity for actual hands on practice will be limited. A great opportunity for practical, motivational learning.

Vickie’s Veggies

Lenora Larson sent a picture of two perfectly beautiful Napa cabbages Vickie Vetter-Scruggs gave her, which prompted us to ask Vickie to tell us more about it:

“I was inspired to inquire about a high tunnel but discovered it would be too expensive,” said Vickie. “Then I heard about a grant program and applied for it. The grant was awarded last spring. I researched high tunnels again, ordered one, and found someone to build it. The 70 x 30 foot structure was completed last September. I ordered compost and planted seeds. Now we have greens.”

Vickie’s mother calls this Vickie’s “high hoop.” For those who don’t know, that’s her mom’s “hybrid” of “high tunnel” and “hoop house.”

Calling All Wildflower Seeds

The Miami County Conservation District is working on a large-scale prairie restoration project in the Hillsdale Watershed. Conservation officials are looking for local prairie remnants to carefully, by hand, harvest locally-adapted wildflower seed for this restoration. They are seeking the participation of landowners or managers of prairie remnants who are interested in supporting our native wildlife, especially birds and pollinators.

An informational meeting will be held Thursday, February 28, at the Jackson Hotel, 139 West Peoria, Paola, KS. Lunch will be provided but you must RSVP to 913-294-3751 Ext. 3 by Wednesday, February 27.

Leslie Rigney of the Conservation District will also have a presentation at our Second Quarter meeting.

“Haven’t used them yet, but a thoughtful Santa brought me these ergonomic hand tools for arthritic hands. They are designed to provide enhanced leverage while reducing stress to hands and wrists. These tools are lightweight with a comfortable grip for potting, digging, planting and seeding,” says Betsy Hasselquist, who recommends checking out ergonomic garden tools on Amazon.com.

What’s your favorite garden tool?

Please tell us your favorite garden tool, tool adaptation, store where you buy tools, and/or stories. Send to Betsy at bjbniangua@yahoo.com.

Thank you in advance for your contributions!
February’s Insect: The Praying Mantis

By Lenora Larson

Introduction: Insects are a part of every gardener’s life. Each month you’ll meet a common insect with advice on whether you should eradicate, tolerate or embrace this six-legged visitor. Janette Bennett requested this examination of the Praying Mantids. Please let Lenora know if you have an insect request!

The name “Praying Mantis” refers to the upright posture of the raptorial forelegs, which is ironic because these arms have one purpose: killing. Mantids sit immobile, camouflaged in green or tan, and can turn their heads to gaze intently at potential victims. When a suitable meal strolls into reach, they grab it with lightning speed and eat the yummy parts bite by bite. They then fastidiously lick and clean their forearms and face like a cat.

Identification of Our Native and Naturalized Citizens

Two species share our gardens: the native Carolina Mantis and the much larger Chinese Mantis, which was imported 75 years ago for “pest control.” They quickly naturalized, eliminating our native Mantid in many areas. The adults have wings and are easily differentiated by size and color. (See photos). Both avidly hunt other arthropods such as insects and spiders. However, the Chinese Mantid can also eat mice, lizards and snakes. YouTube videos of them catching and eating hummingbirds horrify bird-lovers. The hunter becomes the prey when mantids are eaten by birds, reptiles and omnivorous mammals.

Sexual Cannibalism

Mantids mate in fall with an elaborate courtship dance that identifies the male as a suitor rather than a meal. Tales abound of the females eating the male as part of the mating ritual; however, this rarely happens in the wild. Most males successfully perform the mating dance and only die after they’ve dispensed their sperm to multiple partners.

The early reports of sexual cannibalism may be an artifact of interfering scientists in the lab! In October, the female lays her eggs in a frothy liquid that hardens to form a protective shell, the ootheca. Then she dies and the juvenile mantids emerge in mass the following spring; their first meal is usually a brother or sister.

Friend or Foe?

Mantids eat both pests and beneficial insects, so they are considered “neutral” rather than beneficial. Gardeners can purchase Mantid egg cases to release in their gardens as an “organic insect control.” Once again, you have wasted money on false hopes because the emerging mantids eat each other and then disperse, often dining on desirable insects like Monarch butterflies. Some gardeners choose to protect the natives and kill the Chinese mantids, but I cherish them both, despite their murderous ways.

An adult Carolina Mantis is dusty brown and no larger than two inches.

An adult Chinese Mantid is four inches long with tan wings covering a green body.

The Carolina Mantis’s egg case is flat and almond-shaped.

The Chinese Mantid egg case looks like a burned marshmallow! Photos by Lenora Larson
Awards: Members received appreciation with several framed certificates and garden pins presented.

Class of 2019: Eight new EMGs completed the initial training during the fall of 2018 and were acknowledged and challenged with a packet of seeds to grow for planting in one of our gardens in May. Barb Shropshire, Anita Boyett-Voke, and Lori Calvin were in attendance (pictured above, left to right). Other members of the class include Kathleen Brady-Frances, Fred Smead, and three from Lakemary—Brandon Johnson, Steve Kemplay and Patricia Wolfe. We’re pleased to welcome these knowledgeable, energetic and eager-to-learn, up-and-coming master gardeners who are already involved in various projects.

Class of 2018: Five new members were welcomed as official MdC EMG members. Judy Moser, Gary Thompson, and Janette Bennett were in attendance (pictured above). Cathy Stainbrook, a new member on the board, and Carol Williams are also a part of this class. They all jumped right in and are actively involved in numerous projects and really helped spruce up the Court House West Garden. Yay!

5 Year Service Award: Pat Trachsel and Michael Poss were honored for their valuable contributions (pictured below).

10 Year Service Award: Pam Peterson was recognized and appreciated, although was not able to attend the banquet.

Emeritus status: D Brown was recognized for her well-deserved emeritus status. D has been an integral part of what the master gardener program is all about. She is ever learning and sharing. She started the mentor program for new members which helps to welcome, orient and encourage new members. She teaches a native salve class and continues to be actively involved in our program.

Friends of the EMGs: This award was granted to Angela Scherman and Julie Ramsey (pictured above, with Katelyn), administrative support staff at the Paola Extension Office in gratitude for assisting and supporting our program. They have a sometimes difficult job of being on the front line, fielding walk-ins and phone calls, requests (continued next page)
2019 Annual Awards Banquet a Success Despite the Weather (Continued from page 5)

from all departments, tracking registrations, ordering supplies, assembling handouts, and lots of organizational and bookkeeping tasks essential to our goals.

Seeds of Knowledge Award: Awarded to Mike Brown for attending the most advanced training hours this past year.

Work Glove Award: This worker bee award was presented to Judy Moser for volunteering the greatest number of service hours.

MASTER GARDENER of the YEAR: Becky Thorpe was voted the master gardener of the year. Becky is supportive, creative and thinks outside the box. She served as secretary on the board, helped with court house garden projects, symposium centerpieces among other enterprises. She has been integrally involved in establishing the Lakemary Ranch, donating and helping with the goats, and is the Lakemary liaison.

ROOKIE of the YEAR: Judy Moser was voted the rookie of the year. She volunteers her graphic art and organizational skills in producing our monthly newsletter. The newsletter is professional, and beautiful and makes our organization proud. She attends board meetings to keep up on happenings and keeps us on task. She helped design and lay out our garden tour handouts, MG brochure and business cards. Her garden was on the 2017 garden tour.

2018 in Review: The master gardeners continue to expand and maintain garden projects:

The Court House Garden lost many of the rose bushes to rosetta disease which were removed and replaced with crepe myrtles and hydrangeas. Phyllis Benedict and Cathy Doherty head this garden. We enjoyed working with an enthusiastic 5th grade class who were eager to help and learn. More volunteers are needed for these gardens.

The Paola Extension Gardens have filled out, matured and demonstrate a mixture of sun and shade gardens, perennials, annuals, fruits, vegetables and herbs. Trellises, benches and bird houses were added. Sue Burns and Debbie Kitchell plan and coordinate the efforts there.

The Trial Gardens were very prolific last season with produce donated to My Father’s House and an organization in Oswatomi that provides scholarships to students who work in the community gardens and sell the produce at the farmers’ market. Shirley New and Chet McLaughlin direct the work done for this project.

Lakemary Ranch provides educational and therapy opportunities for the students there. They have a hoop house and several gardens are in progress, including butterfly and vegetable gardens.

The barn at Lakemary is dedicated to Andre Dight, who passionately spearheaded the ranch. Andre was a fellow master gardener and the EMGs sadly dedicated a brick in his memory at the Miami County Court House.

Successes:

- The Symposium was a huge success. In 2016, 61 attended; in 2017, 71; and in 2018, 180! Other accomplishments include the monthly newsletter; well attended, high-quality advanced trainings (thanks, Lenora); plant sale with lots of educational opportunities; newspaper and magazine articles. The bylaws were updated. We established a procedures document and treasurer job description and expanded hotline hours to Monday and Thursdays 8-12 in 2 hour increments. Barn quilts were made and displayed; a work day at d Brown’s, with an amazing lunch provided; clean-up of extension office files and household hazard waste from outdoor storage building; extended the $500 scholarship for 4-H students for 2 more years (split between twin brothers this year); updated member roster and added roster with members’ pictures; Miami County Fair, seeds for kids, supporting Come Grow with Us programs; social events at Isinglass, and a cookie exchange.

Welcome again to the new class and thank you to their mentors. (I apologize for not mentioning names for various contributions and for any omissions.)

2019 Events:

- Read your monthly newsletter to keep up-to-date.
  - Advanced Trainings
  - Symposium: March 2, 9-3:30 at Town Square, now sold out
  - Hotline: 4/1-10/1, Monday and Thursdays, 8-12 noon. Sign-up online will be available
  - 2Q General Meeting: April 9, 6:30 p.m., Conservation Department presentation on collecting native seeds, and Garden Game Night. Bring a snack
  - Plant Sale: April 25-27, Sondra Dela Cruz chairing this year
  - Social Event: Gardens of Wendwood, June 1
  - 3Q General Meeting at Lakemary Ranch, July 9, 6:30, potluck
  - Other projects: EMG brochure, business cards; plans for a Court House Gazebo with picnic table moving forward—Miami County will pour a concrete slab; tour of Linn County EMG gardens being planned for September; Louisburg Cider Mill butterfly garden.

Looking forward to a great year!!! ✿
Thanks to all the MdC EMG’s for the “Master Gardener of the Year” award. Betsy called to tell me and I was “flabbergasted.” Sorry I was unable to attend the banquet. There are so many deserving and such hard-working EMG’s....still can’t imagine how this happened! My sincerest thanks. — Becky Thorpe
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>
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<tbody>
<tr>
<td>Feb.</td>
<td>21</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Innumerable Insects: The Story</td>
<td>Dr. Michael S. Engel</td>
<td>Kauffman Conference Center</td>
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<tr>
<td></td>
<td>26</td>
<td>6:30pm</td>
<td>1</td>
<td>Starting from the Beginning: Seeds</td>
<td>Nancy Kalman, MdC EMG</td>
<td>Extension Office, Paola</td>
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<td>March</td>
<td>2</td>
<td>9:00am</td>
<td>5</td>
<td>Gardening by Design Symposium</td>
<td>Keynote: Bryan Boccard</td>
<td>Town Square, Paola</td>
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<td></td>
<td>9</td>
<td>All day up to 8</td>
<td></td>
<td>Beyond Butterflies: Microcosm; many others</td>
<td>Keynote: Tamra Reall</td>
<td>Rockhurst U.</td>
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<tr>
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<td>19</td>
<td>6:00pm</td>
<td>1</td>
<td>Landscaping for Hummingbirds</td>
<td>Chuck Otte, Geary Co. Ext. Agent</td>
<td>LaCygne Library</td>
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<tr>
<td></td>
<td>26</td>
<td>6:30pm</td>
<td>1</td>
<td>Medicinal Herb Gardening</td>
<td>Melissa McDonald</td>
<td>Extension Office, Paola</td>
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<tr>
<td>April</td>
<td>6</td>
<td>9-11am</td>
<td>2</td>
<td>Care &amp; Maintenance of Your Garden Tools</td>
<td>Harley Davidson, MdC EMG</td>
<td>Harvey's Barn 29113 Lonestar Rd., Paola</td>
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<td>18</td>
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<td>1.5</td>
<td>Gardening with Compassion</td>
<td>Benjamin Vogt</td>
<td>Kauffman Conference Center</td>
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<tr>
<td></td>
<td>23</td>
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<td>Photographing Your Flower &amp; Vegetable Garden</td>
<td>Nancy Kalman, MdC EMG</td>
<td>Extension Office, Paola</td>
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<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>
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<td>June</td>
<td>1</td>
<td>?</td>
<td>?</td>
<td>Wendwood Gardens Tour</td>
<td></td>
<td>209 W. 175th St., Belton, MO</td>
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<td>Gardening with Cacti and Succulents in the Midwest</td>
<td>Judy Pigue, KC Cactus and Succulent Society</td>
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<td>20</td>
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<td>Horticulture at the Zoo</td>
<td>Dr. Ray Cloyd, KSU</td>
<td>KC Zoo</td>
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<td>Insect Friends and Foes</td>
<td>Dr. Ray Cloyd, KSU</td>
<td>Extension Office, Paola</td>
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<td>August</td>
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<td>Native Host Plants for Butterflies</td>
<td>Lenora Larson, MdC EMG</td>
<td>Extension Office, Paola</td>
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<td></td>
<td>22</td>
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<td>The Healing Garden</td>
<td>Katie Kingery-Page</td>
<td>Kauffman Conference Center</td>
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<td>Sept.</td>
<td>?</td>
<td>?</td>
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<td>Linn County Garden Tour</td>
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<td>24</td>
<td>6:30pm</td>
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<td>Colorful Foliage for All Seasons</td>
<td>Anne Wildeboor, OP Arboretum</td>
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<td>Gardening for the Birds and Bats</td>
<td>Theresa and Nik Hiremath</td>
<td>Kauffman Conference Center</td>
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<tr>
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<td>Soil and Water Quality</td>
<td>Jessica Barnett, JOCO Ext. Ag. Agent</td>
<td>Extension Office, Paola</td>
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<td>6:30pm</td>
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<td>Compost Is the Answer: What Was the Question?</td>
<td>Stan Slaughter</td>
<td>Extension Office, Paola</td>
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MdC Training Hours

Be sure to follow the Marais des Cygnes EMGs on Facebook at www.facebook.com/mdcemg