Native Host Plants for Butterflies

Butterflies go native! Kansas native plants and native butterflies have evolved together in lovely symbiosis. Likewise, native plant lovers and butterfly gardeners are natural soul mates. Indeed, applicants are only asked to list the native plants in their garden to be granted certification by NABA (North American Butterfly Association).

This August 13 presentation (6:30 pm, Extension Office, Paola) will review the butterfly’s lifestyle and showcase stunning photographs of our native butterflies and their native plant hosts. Participants will learn how to expand their native plant focus to attract “flying flowers.” (Hint: Plant for the caterpillars, not the adult butterflies!)

Lenora Larson is a Marais des Cygnes Extension Master Gardener and member of local chapters of both the Idalia Butterfly Society and Kansas Native Plant Society. She maintains a two-acre NABA certified garden on her property, Long Lips Farm, in rural Paola, Kansas. Lenora is a proud “science geek” with a degree in microbiology from Michigan State University, a career in molecular biology and a life-long interest in wildlife, especially the creepy and crawly. A frequent presenter to gardening and community groups, Lenora channels her inner butterfly to combine science and entertainment.

EMGs Tackle a Big Linn County Project

Five hardy souls jumped into what turned out to be a big job at the Marais des Cygnes District Extension Office in Mound City.

Those who got their fingernails dirty were Cathy Stainbrook, Doris McElreath, Janette Bennett, Sue Burns, and Sondra Dela Cruz.

The gardens around the Extension Office need major renovation, and efforts there will be ongoing.

PHOTOS BY SONDRA DELA CRUZ
**Advisory Board**
Chairman — Betsy Hasselquist  
Vice Chairman — Phyllis Benedict  
Secretary — Sondra Dela Cruz  
Treasurer — Sue Burns  
Members at Large  
Cathy Stainbrook  
Judy Moser  
Jan Thompson

**Committees**
Courthouse Garden  
Phyllis Benedict & Kathy Doherty  
Trial Garden  
Shirley New  
KSU Extension Office Garden  
Sue Burns & Debbie Kitchell  
Lakemary Liaison  
Becky Thorpe  
Advanced Training  
Laraine Crawford  
Awards Banquet  
Donna Cook & Susan Thompson  
Symposium  
Susan Thompson & Jeannie Trail  
Plant Sale  
Sondra Dela Cruz & Lenora Larson  
Publicity  
Judy Moser & Lenora Larson  
Seeds for Kids  
Jane McLaughlin  
Social Media  
Anita Boyett-Voke  
MiCo Fair Superintendents  
Chet McLaughlin & Michael Poss  
Pat Trachsel & Sue Burns  
New Recruits/Mentors  
Jan Thompson & Betsy Hasselquist  
Newspaper Articles  
Katelyn Barthol, Extension Agent

Send news and photos to:  
Judy Moser, Newsletter Editor  
judy@springvalleynursery.com

**Scenes from the Q3 Meeting at Lakemary**
Farmers Markets Are in Full Swing

By Betsy Hasselquist

Gardening (at least mine) got off to a slow start this year with all the rain. The fruits of labor are now paying off... Let's hope...

Farmer's markets are a great way to enjoy local products, support your local farmers, artists and entrepreneurs, and help reduce your carbon footprint. Part of the fun is exploring what's available each week. Potential finds include an array of fruits, vegetables, herbs, cut flowers, plants, eggs, meats, nuts, honey, jellies and jams, baked goods, bath and body products, essential oils, arts and crafts. Organic, sustainable options are becoming available more and more.

We have several local markets. Many of our own EMGs are active participants:

- Louisburg: Saturdays, 7 to 11 am, until September (?), 2nd and Mulberry St. Shirley New and Jane McLaughlin are vendors there.
- Paola: Saturdays, 7:30 am to 2 pm, until August 31 (except 8/24) on the square. Vickie Vetter-Scruggs (EMG) and Debbie Duncan revived and organized the Paola market since 2010. Jeannie Trail helps peddle her husband Moe's produce, and Marty Sundquist assists her daughter. A new group, Discover Historic Paola, is working to take over and expand the market and activities.
- Osawatomie: Thursdays, 4:30 to 6:30 pm, through August 29 at the 500 block of Main Street. Since Osawatomie lost their grocery store, our EMG trial garden has provided them with produce to sell, with proceeds going toward agriculture related scholarships.
- Spring Hill: Saturdays, 7:30 to 11:30 am, until September, 406 W. Nichols. Vendors produce all their own goods and live within 30 miles of Spring Hill. Connie Murphy offers her beautiful flowers for sale there. She creates gorgeous arrangements and wreaths (pictured below).

Check them out!!!
(I apologize for any errors or leaving anyone out.)

Connie’s Potting Shed at Murphy’s Honey Meadow Farm

We purchased 12 acres in Miami County to establish a PYO orchard and Christmas tree farm. We purchased bees in 1974 but the actual planting of trees was done in 1975 (500 assorted fruit trees, mostly apples and peaches, as well as 1,500 evergreens). John had started taking peaches to the Spring Hill Farmers Market, located on Main Street in the old downtown in the mid 80s. When the peaches sold out quickly and the crop finished, he asked if I would like to sell some flowers. These also sold out quickly. After we both retired in 2003, we expanded the flower portion of our business to try to meet the demand. I became a certified florist first and then a Master Gardener that year. Both of these educational opportunities have been invaluable in our business.

We built a high tunnel (hoop house) and pole barn in 2004 to germinate and grow tender plants and to get a head start on the flowers. The mainstay of our business is a sequence of established perennial plants (shrubs, vines, bulbs, peonies, roses, etc.) which bloom from February (pussy willow and hellebore) up until hard frost. At this time, we have gardens and beds in about five acres which supply our weekly flowers. Annuals such as zinnias, sunflowers, celosia, marigolds, etc., provide the exuberant color and “pop” among the more sedate flowers.

As a retirement activity, it has been enjoyable in spite of the hard work. Our FM customers are delightful and very loyal. And we absolutely believe in the therapeutic values of flowers.
Small and Green in April, Stunning in July: Some Beauties You May Have Missed at the Plant Sale

By Lenora Larson

We plan to have these at the 2020 sale. Buy them not just for the butterflies, but because they are beautiful!

Common names and the butterflies they host, clockwise from upper left:
Moon Carrot—Black Swallowtail;
Rose Double Snapdragon—Buckeye;
White-Veined Dutchman’s Pipevine—Pipevine Swallowtail;
Kale ‘Redbor’—Cabbage and Checkered White;
Malva ‘Zebrina’—Painted Lady; and
Popcorn Senna—various Sulphur species. Help save the butterflies!
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>Aug.</td>
<td>13</td>
<td>6:30 pm</td>
<td>1.5</td>
<td>Native Host Plants for Butterflies</td>
<td>Lenora Larson, MdC EMG</td>
<td>Extension Office, Paola</td>
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<tr>
<td></td>
<td>22</td>
<td>6:30 pm</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>5</td>
<td>10:00 am</td>
<td>1</td>
<td>Linn County Garden Tour</td>
<td></td>
<td>Linn County</td>
</tr>
<tr>
<td></td>
<td>24</td>
<td>6:30 pm</td>
<td>1</td>
<td>Colorful Foliage for All Seasons</td>
<td>Anne Wildeboor, OP Arboretum</td>
<td>Extension Office, Paola</td>
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<tr>
<td>Oct.</td>
<td>17</td>
<td>6:30 pm</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>6:30 pm</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>6:30 pm</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

NEWS & NOTES

- The **deadline** to sign up for new EMG training this fall has been **extended to August 9**. Please urge your gardener friends to consider joining the program. Applications are online at [www.maraisdescygnes.ksu.edu](http://www.maraisdescygnes.ksu.edu).

- Save Thursday, September 5 for the Linn County EMG garden tour. We will carpool and meet at a garden in Linn County TBD. RSVP by July 30 and plan to bring a sack lunch. Advanced Training credit will be given to participating EMGs.

- In an effort to reach the younger followers of social media, Anita Boyett-Voke is working with Katelyn to expand our social media presence by adding Instagram and Twitter accounts. Meanwhile...

...be sure to follow the Marais des Cygnes EMGs on Facebook at [www.facebook.com/mdcemg](http://www.facebook.com/mdcemg)

Natives and Pollinators at the Cider Mill

This is Stage 1 of the Louisburg Cider Mill native plant butterfly gardens. Our goal is to provide another teaching area for visitors to the Cider Mill. These gardens are located north of the areas that will be pumpkin patches and corn mazes. Plants included are not only nectar producers for adults but food for young caterpillars. Besides the plants already in the ground there are a wide variety of seeds planted. Stage 2 will be to mulch these areas, add more plants and some decorations. Stage 3 will be labeling with names of plants and which butterflies they will draw.—Sue Burns

PHOTO BY SUE BURNS
MARK YOUR CALENDAR! 10th Annual
Lenora’s Long Lips Garden Party
Saturday, July 20, 2019

7:00 PM until...???
(The moths start arriving about 10:00 PM)
Family and Friends Welcome
913-284-3360 (cell) lenora.longlips@gmail.com

Please bring:
- Your adult beverages
- One dish to pass
- Lawn chairs
(Please, no pets. Long Lips Farm is a certified wildlife habitat)

- Dinner at about 8:00 PM
- Fishing & Swimming in the lake
- Relaxing in the sun or shade
- Garden tours
- Caterpillar petting
- Mothing by black light

WARNING: Your GPS May Be Wrong!

From I-35 south, take the Olathe/Paola exit, #215, which is K-7 / 169. Turn left (South). It’s about 20 miles south, past Spring Hill, to K-68, the Louisburg/Paola exit.

Turn right (west) on K-68. It’s about 6 ½ miles to Plum Creek Road. At about 6 miles west, you’ll pass Osawatomie Road/Hillsdale Lake sign and be driving up a hill, past the subdivision (LIGH). Stay in the left lane, blinker on, and turn left (south) onto Plum Creek. My Long Lips banner marks the turn. Long Lips Farm is the second left hand driveway (asphalt).

If you are coming from Overland Park, drive south on 69 highway. Take the K-68/Louisburg exit (about 25 miles south of I-435). Turn Right (West) on K-68. After ~ 14 miles, you’ll go through a round-about, then it’s about 5 more miles to Plum Creek Road. See landmarks described above.