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

MARCH 2019 | 104 S. Brayman St., Paola, KS 66071 | 913-294-4306 | www.maraisdescygnes.ksu.edu

CALENDAR

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

MARCH 30
Courthouse Garden Cleanup, 10 am
All are welcome! Bring tools, gloves.

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 (details on page 3)

APRIL 23
Photographing Your Flower and Vegetable Garden, 6:30 pm

APRIL 25-26-27 PLANT SALE
Katelyn has emailed the Signup Genius links for the plant sale and Hotline signup. WE NEED YOU!

Medicinal Herb Gardening
Tuesday, March 26, 6:30pm | Paola Office
1 hour Advanced Training | Presented 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 offer 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.

Care and Maintenance of Your Garden Tools
Saturday, April 6, 9:00-11:00am | Harley and Jo Ann Davidson’s Farm
1 hour Advanced Training | Presented by Harley Davidson

Learn how to care for your garden tools with 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. If it's cold that morning, 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 and 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. This is a great opportunity for practical, motivational learning. (See My Favorite Tool column on page 3)

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

SIGN UP NOW!
The PLANT SALE flyer is on page 6. You can print the page or pick up copies at the Extension office to post on bulletin boards at your neighborhood bank, store, restaurant, etc. Visit Signup Genius and volunteer to help at the sale! It's a fun way to get a head start on your 2019 volunteer hours. If volunteer slots are full, come anyway—we can always use more help.
Exploring the Benefits of Gardening: Physical, Intellectual, Emotional, Spiritual

For the Love of Gardening
Part 2: Intellectual aspects of gardening:
Life is about learning and reaps its own rewards

By Betsy Hasselquist

Education as a Mission:
“The Marais des Cygnes District Extension Master Gardeners Association is a volunteer organization of specifically trained Miami or Linn County residents designed to provide the public with sound, research-based horticultural information. The purpose of this Association is to participate in non-commercial, educational and community service projects for Miami County and Linn County...”

While participating in the initial master gardener training, I was reminded of when I was studying the human heart in nursing school and thinking, “the more you know, the more you realize what you don’t know.”

K-State is an invaluable resource—see https://ksuemg.org

Our EMG program offers ongoing advanced training, not to mention hundreds (more like thousands) of years of knowledge and experience to share among our members and community.

The EMGs share their knowledge by providing advanced training classes and articles, projects including the hot line, plant sale, seeds for kids, community gardens, the Miami County fair, and, importantly, by example and everyday conversations. Teaching can be challenging and rewarding, and sometimes the teacher actually becomes the student. My son “expects” me to know everything since I’m a “master” gardener, but I’m okay with saying, “I don’t know, but I’ll find out.”

Exercise Your Brain:
Stay mentally active. Learning and practicing new skills enhances brain chemistry, stimulates neurons and myelin in the brain, and can improve memory, decrease the risk of cognitive decline and dementia, assist with concentration, critical thinking and problem solving, thus enhancing quality of life. Teach or take a class, read, research a problem, design or redesign a garden or landscape.

Try something new, fun, challenging to enhance mood, motivation and productivity. Shake up your daily routine. Think about using your non-dominant hand to make a list or dig or prune as a new challenge.

Meditation involves clearing the mind of intrusive thoughts. It takes practice, but reduces stress and expands your ability to focus. Mindfulness is being in the moment, and gardening can be just that.

Remember the importance of exercise, sleep, nutrition, social relationships and managing your health conditions.

There’s a lifetime of learning related to gardening: Learn and share about plants, plants and plants—natives, heirlooms, pollinators, herbs, GMOs, nutrition, disease, pests, fertilizer, soil, composting, climate, whether or not and when to use herbicides and pesticides—use it or lose it, as they say.

Examine Your Thoughts:
Our thoughts are very powerful and affect how we feel, behave and perceive ourselves and the world. They are interconnected and in turn, reinforce each other. Ask yourself if your thoughts are helpful or unhelpful. “Weed out” unwanted thoughts. With awareness and work, we can sometimes reframe our thoughts to our benefit.

As an example, consider these two very different thoughts: “I’m tired and don’t really feel like getting out in the garden today” vs. “I can’t wait to enjoy...”
Nancy Kalman’s Favorite Tool:
This is the Nejiri Gama tool. I have found it on the Internet for left or right handed persons. I was given this tool by d Brown. I have to admit that I lost it at the Court House Gardens, but quickly ordered a new one from Johnny’s Selected Seeds. Johnny’s now lists it for about $20 and it is listed as simply a Hand Hoe. I hope another Master Gardener found the first one and enjoys it as much as I did.

I keep this hand hoe in the glove compartment of my Club Car. I use it regularly as I drive around my garden. It is all I use in the raised beds in my herb garden. I plant two rows of green beans, with the rows just far enough apart to use my Prohoe (very sharp long handled hoe, made in Kansas) down the center between the two rows. When the beans are about half grown, I weed down the center with the Prohoe. Then I use the hand hoe to go around each of the small bean plants. The beans then put out enough leaves to shade the area and I don’t have to weed again. I do pull a few weeds as I am picking the beans.

The hand hoe is also handy around squash and cabbage plants. I have to lift the leaves very carefully to weed without hitting the stem of the plant. After that, the leaves shade enough to keep the weeds down. I couldn’t weed the onions without this tool. The pointed end can weed very close to the little onions without cutting them (mostly). It is also handy in the flower garden. Getting between closely growing flower plants is easy with the pointed ends. For larger weeds, I use the shorter end to give them a whack.

There are longer handled hand hoes but they have less leverage. This hoe is just perfect. Thanks d.

—Nancy Kalman

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!

NEWS & NOTES

• Katelyn reports that a contract will be signed for the sale of the Ursuline campus sometime in April.

• The Courthouse Garden clean-up date is Saturday, March 30, at 10 am. Work days are normally Wednesdays at 9 am. Extension office work days are Tuesdays at 9 am, and the Trial Gardens work days will start at 8 am on Thursdays as soon as it dries out a bit.

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

• Debbie Kitchell reports that indelible marking pens for labeling stone plant markers are available at the Paola Do It Best hardware store.

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

• 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.

• EMG clothing items that were ordered in January are ready to be picked up at the Extension office.

• The twins who received the EMG scholarship happen to be the sons of EMG Cynthia Maddox.

Game Night
Join us for Gardening Game Night at our second Quarterly Meeting, Tuesday, April 9 at 6:30pm.

It will be a fun-filled night of games related to gardening. We will divide into groups of two or three people, hoping “the team” can come up with the answers. There will be identification of pictures, gardening questions, and puzzles. Winners will receive prizes.

Come and have some fun while socializing with fellow gardeners!

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

*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. Judy Moser requested more information about the Flower Flies (Syrphids), which mimic bees in appearance and behavior. Please send Lenora your insect requests!

My friends, the birds, tell me that flies are delicious. And when you are a delicious and defenseless fly, you need strategies to avoid being eaten. What better defense than looking like a bee or wasp with their cruel sting? The Flower Flies, members of the family Syrphidae, are skilled bee mimics with bodies shaped like bees and striped in yellow and brown. Like bees, the adult flies are also valuable pollinators as they hover over flowers imbibing nectar and pollen. They are nonselective pollinators, but prefer yellow and white flowers. Their common names include Flower Flies, Hoverflies or Syrphid Flies.

**Differentiating Bees and Flies**

Many “bees” in your garden are really flies in masquerade! The chart (right) summarizes the differences in appearance between bees and flies. To me, bees with their large almond-shaped eyes look like beautiful Persian women while flies look like Ruth Buzzi in her hairnet (from the TV Show “Laugh-in”).

**Feeding the Children**

Bees famously feed their larvae a mixture of pollen and nectar. Honey bees even make this mixture into honey and store it in wax cells. This serves as food for the larvae and overwintering adults. Flies do not feed their children, but lay their eggs in a location that allows the larva to feed themselves. Adult Syrphids are gentle vegetarians living on pollen and nectar, but their offspring are ferocious carnivores, devouring aphids, thrips and other soft-bodied insect pests. Since Milkweeds are invariably plagued by Oleander Aphids, Syrphid Flies seek them out to lay their eggs. If you foolishly kill those obnoxious Oleander Aphids, you are robbing Hoverfly larvae of their food source. In general, waiting patiently rewards the gardener because most insect pests will be wiped out by beneficial predatory insects and/or birds, sparing you the need for hand-removal or insecticides.

**How to Differentiate Bees from Flies**

<table>
<thead>
<tr>
<th>Bees</th>
<th>Flies</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pairs of wings. At rest, held tucked over body</td>
<td>1 pair of wings. At rest, spread wide</td>
</tr>
<tr>
<td>Almond-shaped eyes on the side of head</td>
<td>Large eyes touching on top of head</td>
</tr>
<tr>
<td>Longer antennae</td>
<td>Stubby vestigial antennae</td>
</tr>
<tr>
<td>Often have pollen baskets on legs or bodies</td>
<td>No specialized pollen collectors</td>
</tr>
</tbody>
</table>

**Friend or Foe?**

Syrphid Flies cause no harm to humans or our animals. They are valuable pollinators and the larvae are beneficial predators. They are considered a natural pest control and should be appreciated and protected as your garden’s friends.

*Note:* The Common House Fly is not a pollinator and has no redeeming qualities except as a valuable food for birds, etc.
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>March</td>
<td>19</td>
<td>6:00 pm</td>
<td>1</td>
<td>Landscaping for Hummingbirds</td>
<td>Chuck Otte Geary Co. Ext. Agent</td>
<td>LaCygne Library 209 N. Broadway</td>
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<tr>
<td></td>
<td>26</td>
<td>6:30 pm</td>
<td>1</td>
<td>Medicinal Herb Gardening</td>
<td>Melissa McDonald</td>
<td>Extension Office, Paola</td>
</tr>
<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>Harley's Barn 29113 Lonestar Rd., Paola</td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>6:30 pm</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>6:30 pm</td>
<td>1</td>
<td>Photographing Your Flower &amp; Vegetable Garden</td>
<td>Nancy Kalman MdC EMG</td>
<td>Extension Office, Paola</td>
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<tr>
<td>May</td>
<td>21</td>
<td>6:30 pm</td>
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<td>Gardening to New Heights: Vines</td>
<td>Lenora Larson, MdC EMG</td>
<td>Extension Office, Paola</td>
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<tr>
<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>
</tr>
<tr>
<td></td>
<td>11</td>
<td>6:30 pm</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>
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<tr>
<td></td>
<td>20</td>
<td>6:30 pm</td>
<td>1.5</td>
<td>Horticulture at the Zoo</td>
<td></td>
<td>KC Zoo</td>
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<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>6:30 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>
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<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>6:30 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

From the Chair... (Continued from page 2)

the fresh air and dig in the dirt.” What are the possible feelings, behaviors and outcomes of those divergent thoughts? When I venture out in the garden, I’m always glad I did.

Your thoughts also help to identify and meet goals, increase motivation and reduce procrastination and avoidance, which reduces anxiety. Break goals down into small, realistic steps and give yourself credit for your achievements.

**Forever Learning:**
Learning is stimulating and motivating, engenders a sense of pride, self-confidence and accomplishment. Being productive is vital to well-being. Expand and share the wealth of your knowledge. Actively engage all your senses. Gardening, sharing and communicating with others exposes yourself to new information and different ways of thinking, stimulating your mind. Creativity is only limited by your imagination. Lots of things to think about. Keep on trucking, I mean learning… ✿
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.

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Marais des Cygnes District