Let’s Support Our Plant Sale Vendors

Ordinarily this would be the newsletter that features information about our annual Spring Plant Sale. But these are not ordinary times.

In addition to our concern for the families who have suffered illnesses or deaths from the coronavirus, our thoughts are also with those who are enduring economic losses.

Case in point, the cancellation of our plant sale will mean an unanticipated loss of income for our vendors. Please consider shopping at their retail locations. Some offer email or phone orders with curbside pickup. Check their websites or email them for specific information.

Natives, perennials, pollinator plants, herbs, and butterfly host plants are what Vinland Valley Nursery supplies for our plant sales, but they also have annuals, hanging baskets, fruit trees, veggies, succulents, tropicals, trees and shrubs, etc. There is a full-service garden store with pottery, organic products, and landscape design and maintenance services, including bagged and bulk mulch.

Doug Davison and Amy Albright are co-owners.

Vinland Valley Nursery
1606 N. 600 Rd.
Baldwin, Kansas 66006
785-594-2966
vinlandvalleynursery.com

Louisburg Nursery supplies our annuals, succulents, and veggie starts, but they also sell hanging baskets, patio pots, herbs and perennials, along with a container potting and design service.

Myron Schulter and his son Matt run the nursery and also Creekside Market in Raymore, MO.

Louisburg Nursery
10860 W. 271st St.
Louisburg, KS 66053
913-837-2174 or 913-499-5102
louisburgnursery.com

Boston Berry provides our “edible woody perennials,” a phrase chosen to succinctly describe their interesting and unusual collection of woody plants, including Goji Berries, Jujube trees, and many others. They are also known to our shoppers as the go-to source for clever succulent planters.

Boston Berry
28801 Obannon Road
Garden City, MO 64747
913-406-8593
Bushwackerjohn@outlook.com

Denise and John Johnson, who recently moved to the Missouri side, own the nursery, now run by Denise.

These three local nurseries are family-owned and operated and would be very grateful for your support.
Advisory Board
Chairman — Betsy Hasselquist
Vice Chairman — Phyllis Benedict
Secretary – Anita Boyett-Voke
Treasurer – Laraine Crawford

Members at Large
Sue Burns
Cathy Stainbrook
Judy Moser

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

Garden Tour 2021
Jan Thompson & Betsy Hasselquist

Publicity
Judy Moser & Lenora Larson

Seeds for Kids
Kathleen Brady-Francis & Janette Bennett

Social Media
Anita Boyett-Voke

Miami County Fair
Chet McLaughlin & Michael Poss
Pat Trachsel & Sue Burns

Linn County Fair
Mike Brown

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

Brainstorming Sessions
Generated Many Great Ideas

The following outline was
categorized, summarized and organized
by MdC EMG Jan Thompson.
Thank you, Jan!

ACTION PLAN FOR INCREASED AWARENESS OF MARAIS DES
CYGNES EMG PROGRAM for LINN AND MIAMI COUNTIES
APRIL 2020

This action plan results from the “Brainstorming” meetings held on
February 18 and March 12. A lot of great ideas were generated and a few
have already been implemented. Obviously, a lot has changed since then,
because so many of our plans are on hold. On the plus side, this provides
us with a good head start for next year and we will accomplish what we can
this year.

EXTEND MORE ACTIVITIES TO LINN COUNTY

• Set up Mound City Workday.
• Consider if EMGs are interested in adding one of the following to our
projects (would need Chairperson)—LaCygne community garden or quilt
garden. If so, need to submit form to receive approval as an EMG project.

ADVANCED TRAINING SESSIONS

• Laraine Crawford set up “greeter” table with name tags, sign in list
including EMG brochure to welcome everyone.
• Get “sign in” list from Katelyn; separate list for those wanting
newsletter, non-EMGs interested in becoming EMG, etc. Info to Angela—
Laraine.
• Judy Moser checking with local paper to help ensure AT info in local
newspaper.
• Info in Tourism calendar for Miami County—Sue Burns checking.

INTERNAL COMMUNICATIONS

• Add info about wearing name tags/shirts on all events.
• “Learning Moment” at each general meeting.
• Idea list for “Learning Moment”—Laraine Crawford.
• Continue paying $25 of the application fee.
• Survey to see if easier to have Advanced Training other days than
Tuesdays—do have a few this year scheduled on other days than Tuesday.
• Renaming Hotline—table.
• Recording/communicating secretary includes “hospitality”—Anita
Boyett-Voke.
• Carpool—notify if interested in meeting at Extension Office to carpool,
time, etc.—Laraine Crawford.

(Continued on page 3)
MARKETING MATERIALS

- Create flyer on how to sign up for EMG program and distribute.
- Have info/sign at Courthouse Garden and Extension Office or place brochures in “realtor-type” boxes—Sue Burns checking on boxes.
- Place application info in *KC Gardener*—Judy Moser.

WHERE TO ADVERTISE

- Sue Burns—Insert EMG brochure in Chamber of Commerce/ Realtors Welcome Package—Sue checking periodically to refill supply.
- Block Octoberfest—possible.
- Share with Agritourism Facebook—Mike Hursey.
- Identify Miami and Linn County residents that attended Symposium that are not EMGs and email information on becoming an EMG.

FACEBOOK

- Anita Boyett-Voke handles our Facebook posts.
- Post in “Upcoming Events”—open to public.
- Make all EMGs aware to “share” the information posted.
- Important to “comment” on the FB posts.

FARMER’S MARKET

- Workshop is good idea—tabled for next year.
- Becky Thorpe – researching project ideas for using next year.
- Seeds for Kids at markets from mid-May thru mid-June.

SPRING FARM TOUR—canceled

- Approval needed from Agritourism Director to set up at a location. Received approval for us to set up Seeds for Kids and EMG application booth at the Alpaca location (Becky Reickert-owner).
- Volunteers needed (see Kathleen Brady Francis).

NEW “LUCY” AND TRI-FOLD

- Susan Thompson is taking lead on tri-fold display for permanent location in Extension office lobby with EMG information, photos, etc.
- Update “Lucy”—needs new logo or use banner, needs new purple paint. Use at farm tour, plant sale, other events—Jeannie Trail painted the new “Lucy.”

WEBSITE

- Emailed Katelyn to see who can help with updating website.
- Updated “How to Become EMG” information and EMG application and sent to Katelyn. Updated information to be posted by May 1.

ORIENTATION EVENT – originally scheduled for May 12 …postponed until July??

- “Register Now” to become an EMG signs placed in strategic locations in the county.
- Create flyer regarding how to become an EMG and distribute.
- Post on Facebook how to become an EMG, etc.
- Possible association with Rotary, Lions Club, museum, conservation department.
- Orientation Event—Begin event with overview and introduction by key persons on their EMG “station.” Attendees will mingle and view different “stations” where Chairpersons will go into more detail and answer questions, etc. Sue Burns: extension garden; Phyllis Benedict: courthouse gardens, etc.

*If you are interested in seeing the brainstorming meeting notes to see how we arrived at our action plan, please email jkg.thompson@gmail.com and Jan will send you an email. Also if you have any comments, please let Jan know.*
Hello friends,

At least we can still garden!!! I hope you’ve taken advantage of the warmer days to venture outside and in the garden!

Who would have ever thought that life as we knew it would be so changed from this unprecedented COVID-19 phenomenon. It seems surreal, like a sci-fi movie. All of our lives are disrupted, with lots of uncertainty and anxiety which affects all of us in various and personal ways. Can’t imagine what some people are going through and what developments might be yet to come.

Things have changed so rapidly and drastically. I can’t help but think we’re lucky to live in a rural Midwest community statistically, but it’s now more important than ever to stay home and social distance, as difficult as it may be. What a test of patience. I struggle at times with motivation.

Lots of ups and downs in a given day—fear, anxiety, anger, depression, financial concerns, worry, confusion, appreciation, love, hope. Take things one day at a time, although sometimes I wonder what day it is. Lol.

Humor and laughter can help. Try practicing meditation and mindfulness.

Reach out to others. I’m really missing my family and friends and my daily routines, including EMG activities. We EMGs had a lot of positive momentum going with projects and new ideas.

I’ve social distanced (new vocabulary) outside a few times, although I’m used to seeing folks regularly and love babysitting and being able to hug my grandkids. I’ve talked more on the phone the past few weeks than I have in the past few years. Learned to Zoom and Facetime and have been able to connect with my 93-year-old mother that way. It’s great seeing her, even if it’s not in person. The internet and social media have become my friends. I have had to charge my phone during the day, which is new for me.

Try to eat well, a variety of foods. Have been baking bread again. I love to cook and have enjoyed being creative with what I have on hand, but one person can only eat so much. It’s good to eat food from my freezer. After all, why do I have all that food put up. I recently received my first Instacart delivery of a few fresh foods. (Ordering groceries online will likely become a new norm for some.)

Exercise! Exercise is something we can do. Besides numerous physical benefits, it helps release endorphins, which makes us feel better. Take walks. I am so grateful to my yoga teacher who has continued classes online. Remember to breathe.

Gardening is good exercise. Grow your own healthy foods. Getting out in the fresh air and appreciating nature is good for the soul.

Sleep—Try to maintain a regular schedule of going to bed and getting up at the same time. Avoid caffeine after mid-afternoon or so. My sleep has been variable, I think, related to anxiety. Try Sleepytime tea, deep breathing, progressive relaxation.

Distraction—Learn something new! Try old and new hobbies. I’m watching too much TV, but it is a good diversion. I strive to keep informed, but beware of watching news 24/7, as it can become overwhelming. Love reading—I’m on my fifth book. I am enjoying spring-feeding birds, watching the gold finches, spring flowers, walks in the woods, hunting for mushrooms. Hummingbirds are back. Did you see the recent super moon?

Focus on positive thoughts, affirmations. This is a time to appreciate our relationships and blessings and share them, show compassion, help others and value things we’ve taken for granted.

A take from an old nursery rhyme has become a chant with my 4-year-old granddaughter:

Germs, germs, go away
Don’t come back another day.

I truly hope you and your loved ones are well and stay well physically and emotionally. Stay safe and take care of yourselves! ✿
April: The Cabbage Whites, Harbingers of Spring

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. Please send Lenora your insect requests!

Have you seen them yet? The aerial dance of Cabbage White Butterflies is a sure sign that spring has arrived. Like the Swallowtails, Cabbage Whites spend winter in your yard as chrysalids, but they awake much earlier from their slumber to nectar on dandelions and other early spring flowers. Wild mustards growing across the fields and roadsides will serve as host plants. As they dine, the caterpillars sequester bitter mustard oils in their bodies, which will remain when they become butterflies. This diet allows the adults to dare to wear white as an announcement of their foul flavor.

Not a Native!
Cabbage Whites, we regret this immigration because their caterpillar is the infamous “Cabbage Worm,” one of only three species of butterflies considered to be an agricultural pest. Living up to its species name, rapae, this velvety blue-green caterpillar is rapacious on all members of the mustard family, including favorite vegetables such as cabbage, broccoli and cauliflower. The darling of the foodies, kale, is especially attractive to Cabbage Worms, as well as to Cabbage Loopers and Cross-striped Cabbage Worms, the two species of native moth caterpillars that also dine on mustards.

Preventing Cole Doilies
Gardeners understandably object when their beautiful cabbage leaves turn into lacy doilies overnight. The damage is compounded if a caterpillar escapes the cook’s eye and becomes an accidental garnish on broccoli. Non-chemical approaches to control the caterpillars include row covers early in the season to prevent egg-laying. Hand-picking is my choice, but not to kill the caterpillars. I first plant a kale variety called ‘Redbor,’ specifically to attract the Cabbage Worms, which are easy to spot on its purplish leaves. However, kale can’t withstand repeated infestations, so I lovingly hand-transfer the Cabbage Worms to my nearby colewort, Crambe cordifolia, an enormous inedible perennial mustard with 36-inch-long leaves. In June, its white flowers look like baby’s breath on steroids and drip with honey-scented nectar, a pollinator’s delight. With kale as my trap plant and colewort as the caterpillars’ ultimate food, I can tolerate the vexing child and appreciate the beautiful adult.

Note: I destroy the hand-picked moth caterpillars. My garden, my choice.

A Final Note: Chemical Solutions
Many gardeners choose to control with insecticides. Bt (the spores of Bacillus thuringiensis) seems to be the perfect choice, since it targets only caterpillars. But wait! All butterflies begin life as caterpillars, and Bt can’t differentiate between Cabbage Whites and other butterflies like Monarchs. Other chemical controls include organic-approved insecticides such as Pyrethrin and Spinosad. Synthetic chemicals include Carbaryl, Malathion, and Acetamiprid. Remember, BOTH organic-approved and synthetic chemicals will kill all beneficial insects, including bees, butterflies and your allies, hungry caterpillar-killers like Wasps and Assassin Bugs.
Wanted: Someone to Chair the 2021 Symposium

Susan and Jeannie are stepping down from chairing the Symposium. Kudos to them for such an awesome job! Big shoes to fill, but they are still willing to help and we have an active, committed committee.

Susan and Jeannie have compiled a notebook with records, schedules and notes for the next chair(s) to use as a guide, which should be very helpful.

Anyone who might be interested in stepping up to chair this event, please feel free to discuss with Susan or Jeannie, and contact Betsy at bjbniangua@yahoo.com.

Co-chairs are encouraged for such a big project. Two brains are better than one, and it makes it more fun.—Betsy Hasselquist

2020 Marais des Cygnes EMG Advanced Training Calendar

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

Events are pending at this time, due to the coronavirus.

<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>Apr.</td>
<td>7</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Native Food Trees and Shrubs for Humans and Wildlife*</td>
<td>Linda Hezel, Farm Steward at Prairie Birthday Farm</td>
<td>Anita B. Gorman Discovery Center, 4750 Troost, KCMO</td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>7:00pm</td>
<td>1.5</td>
<td>Landscaping for Birds*</td>
<td>Colleen Winter, JOCO EMG</td>
<td>JOCO Ext. Office, 11811 S. Sunset Dr., Olathe</td>
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<tr>
<td></td>
<td>21</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Gardening for Pollinators*</td>
<td>Lauren Winter, JOCO EMG</td>
<td>Paola Ext. Office</td>
</tr>
<tr>
<td></td>
<td>26</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Water Gardens</td>
<td>Colleen Winter, JOCO EMG</td>
<td>Paola Ext. Office</td>
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<tr>
<td>June</td>
<td>9</td>
<td>6:30pm</td>
<td>1.5</td>
<td>From Pasture to Prairie</td>
<td>Courtney Masterson, KU Teacher</td>
<td>Paola Ext. Office</td>
</tr>
<tr>
<td></td>
<td>23</td>
<td>9:00am</td>
<td>1 (1 AT)</td>
<td>Making Garden Art Workshop*</td>
<td>Myrna Minnis, Artist</td>
<td>Home of Myrna Minnis,</td>
</tr>
<tr>
<td>Aug.</td>
<td>13</td>
<td>10:00am</td>
<td>1</td>
<td>Tropicals in Kansas</td>
<td>Jodi &amp; Ken Hawkinson</td>
<td>Home of Jodi &amp; Ken</td>
</tr>
<tr>
<td></td>
<td>25</td>
<td>6:30pm</td>
<td>1.5</td>
<td>How to Kill Your Plants</td>
<td>Lenora Larson, MdC EMG</td>
<td>Paola Ext. Office</td>
</tr>
<tr>
<td>Sept.</td>
<td>10</td>
<td>10:00am</td>
<td>3 (1 AT)</td>
<td>Small Garden Tour</td>
<td>EMGs of Miami County</td>
<td>Miami County</td>
</tr>
<tr>
<td></td>
<td>17 &amp; 18</td>
<td>all day</td>
<td></td>
<td>Plan It Native Landscapes Conference*</td>
<td>Case Studies, Field Trips, etc., expert speakers</td>
<td>KC Convention Center, 301 W 13th St., KCMO</td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>6:30pm</td>
<td>1</td>
<td>Organic Gardening Practices</td>
<td>Nancy Chapman, JOCO EMG</td>
<td>Paola Ext. Office</td>
</tr>
<tr>
<td>Oct.</td>
<td>13</td>
<td>6:30pm</td>
<td>0.5</td>
<td>Plant ID/Taxonomy (Part of 4th Q mtg)</td>
<td>Laraine Crawford, MdC EMG</td>
<td>Paola Ext. Office</td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>6:30pm</td>
<td>1.5</td>
<td>Drought Tolerant Perennials</td>
<td>Judy Sharp, JOCO Emg</td>
<td>Paola Ext. Office</td>
</tr>
</tbody>
</table>

MdC Training Hours  Other Training Hours  *Requires fee and registration

Not an Extension Master Gardener? Interested in becoming one? Information is online at www.maraisdescygnes.ksu.edu or call the Paola extension office, 913-294-4306