

# Eau Claire Area Master Gardener News

November 2021



## *Photo Contest Winners*

The contest judges commented, again, this year, how the overall quality of the photos submitted continues to get better and better with some quality photos to choose from.

It was a tough decision but in the end the judges chose Paula Bonnin's photo, entitled, "God's Paintbrush," for first place.

Paula has a thing for sunflowers, so it is understandable that she chose a sunflower for the subject of her entry.

### *First Place...*



Second-place was awarded to Carol Losey for her "New England Aster with Bee" that she took of the bee getting nectar in her boulevard garden. A sweet picture to be sure.

### *Second Place...*



(Photo contest article continued on page 3...)



*Hold on while I overthink this.*

*-Anonymous*





## Local Master Gardener News

### Changing e-mail? Moving?

If you do, please remember to notify the ECAMG and the newsletter editor of your new e-mail address and/or mailing address so you don't miss any Eau Claire Area Master Gardener happenings!



Email your new information to Carol Cox at [c7w6c2200@charter.net](mailto:c7w6c2200@charter.net) or notify her by snail mail at 1908 Hogeboom Ave., Eau Claire, WI 54701 (or call her at 715-783-

### ECAMGA Board

#### ECAMGA BOARD MEMBER CONTACT INFO

Name	E-mail address	Phone number
Louise White-Roach	<a href="mailto:White1roach@gmail.com">White1roach@gmail.com</a>	715-831-3352
Andy Heren	<a href="mailto:Rcktnut007@aol.com">Rcktnut007@aol.com</a>	715-831-9236
Jeannie Chromey	<a href="mailto:J_chromey@yahoo.com">J_chromey@yahoo.com</a>	715-5799607
Chris Southworth	<a href="mailto:Chris_southworth@yahoo.com">Chris_southworth@yahoo.com</a>	715-514-3358
Barb Huggins	<a href="mailto:barbahuggins@gmail.com">barbahuggins@gmail.com</a>	715-833-0224
Judy Mitchell	<a href="mailto:jmitchell@pobox.com">jmitchell@pobox.com</a>	715-877-1354



MGV

**Bulletin Board  
Postings Stories  
and  
Opportunities!!!**



#### Note:

The ECAMGAV Board minutes may be accessed at <https://www.eauclaireareamastergardener.org>.



### Meet a Master Gardener - Debra Banov

Debra, a Texas native, moved to Wisconsin two years ago. Being unfamiliar with gardening in cold climates, she became a Master Gardener because she wanted to learn more about how to grow things in chilly Wisconsin. She had done mostly container gardening and has had a lot of success growing plants of all sizes on her balcony. She also grows indoor hydroponic

vegetables and flowers which keep her apartment cheerful during the long winter months.



### ECAMGV

2021  
Calendar

November 15: Dr.  
Kristina  
Beuning on  
UWEC  
Greenhouse  
(in-person  
tour)

December: Annual  
Meeting and  
Christmas  
Party



Picture by Carol Cox



## You have an opportunity to tour the University of Wisconsin - Eau Claire Greenhouse.

**When:** November 15 (choose either 3:15 or 4:00 pm time frame for a 30-minute tour/presentation).

**Who:** Eau Claire Master Gardeners are invited to attend.

**What:** Kristina Beuning is in charge of the greenhouse and will show us around and tell us a little about the amazing collection of plants. 15 people may attend each tour. Eau Claire Master Gardeners will have the first opportunity. After November 3, if space is still available, you may invite a friend, and we will open up to Chippewa and Dunn County Master Gardeners. Masks will be required.

**Where:** Phillips Science Hall at the University of Wisconsin Eau Claire - South Entrance.

**How:** RSVP by emailing Andy Heren at [Andy.Heren@co.eau-claire.wi.us](mailto:Andy.Heren@co.eau-claire.wi.us) to let him know which tour you wish to attend. You may also RSVP by calling him at the Extension office at 715-839-4712.

Prior to the tour, a map and instructions on where to meet and park will be sent to attendees. People will be encouraged to carpool if possible.

Thanks from Judy, Aruna and Ellen Education Committee

For an insight into the judging panel's selection methodology see the article entitled " on page 9.

*Photo Contest winners...continued from page 1*

## Third Place



The third-place winner was another sunflower study entitled "Mesmerizing Sunflower Center" submitted by Aruna A.

She commented that this was a photo of a "rogue plant that got seeded in a pot that was outside the garage door."

Finally, the judges also selected a fourth photo submitted by Judy Mitchell for :

## Honorable Mention



## "End of a Dry Spell"

A raindrop clings to a leaf after a rainstorm.

Photo taken by Judy Mitchell from her back steps on September 9, 2021.





### The Quest

By Judy Mitchell

When I started my Level 1 training, I expected to learn how to select, propagate and care for annual and perennial flowering plants in urban gardens. With that in mind, the syllabus was a surprise. Relatively little time was allocated to flowering plants.

Far more was to be devoted to soil, composting and pest management.

I learned a lot from the Level 1 training and with this experience in mind, I searched the Learning Store this month for a publication on a topic I would normally overlook: drip irrigation systems. What I found was UWEX Publication A4119 The Basics of Micro Irrigation (available at <https://learningstore.uwex.edu>).

I do not have an irrigation system in my yard, but I recognize the advantages of a Master Gardener Volunteer knowing the basics of micro irrigation. Publication A4119 starts with the advantages and drawbacks of these systems and a diagram of a simple drip system. There are pictures of the component parts and useful descriptions of their function. When designing a system, there is a lot to consider: water supply, slope, spacing, depth and more.

There is a guide to the number of emitters per plant for particular fruit and vegetable crops and a figure showing how soil type affects water penetration. Controllers, filtration systems, pressure regulators and other equipment are covered. After reading this publication, I have a better understanding of drip irrigation systems and the mechanics involved. Good to know. Anyone with questions about drip irrigation systems for their yard and garden will find this a useful publication.



### Working with Youth in Kids' Gardens by Andy Heren

The Master Gardener's on October 18th were treated to a presentation by Extension Educators Pamela Warren-Armstrong and Joy Weisner. These two ladies are FOODWise Educators with UW-Madison's Division of Extension, Eau Claire County. They have a combined thirty-five years' experience in teaching nutrition education to children in schools and the Kids' Garden.



For many summers now, they have met groups of children from the Boys and Girls Club of Eau Claire at the Kids' Gardens in Eau Claire. For years there was one at both McDonough Park and North River Fronts Park, (NRF) but a few years ago they lost the garden at McDonough to the Pickle Ball Court expansion, so now they are just at NRF. The Kids' Garden is where we see the partnership of two departments of Division of Extension. For many years the Master Gardener Volunteers have planted and maintained the Kids' Garden. Other partners are the Boys & Girls Club of the Greater Chippewa Valley and Eau Claire City Parks, who are very cooperative in helping this program happen. North River Fronts Park provides a fenced in garden with raised beds, pergola, and round table. They also supply a shelter with a storage closet and bathrooms, running water for drinking and the garden, playground and green space.



(continued on page 8)



## Events



**Beaver Creek Reserve**  
S1 County Road K  
Fall Creek, WI 54742  
715-877-2212

### There's Something Fung-ki in the Forest

If you are one for late-night Autumn hikes, keep your eyes open... you may just find something green, glowing, and dreadfully poisonous. Jack O' Lantern fungi (*Omphalotus olearius*) are pumpkin orange spectacles by day, but by night they glow ghoulishly green, lighting up the forest floor with bioluminescence. The Jack O' Lantern is also an exemplification of medicine in nature; the fungus is equipped with unique constituents that have been found to cause apoptosis, or programmed cell death, of cancerous cells. As marvelous as this spooky Autumn fungus is, the Jack O' Lantern is highly poisonous to eat making it a toxic treat you should never dare to eat!

Photo by Mike Belleme, The New York Times. [Read more!](#)

---

### Bird Banding Update

If you haven't noticed yet, the Dark-eyed Junco has returned to Eau Claire County! The Beaver Creek Banding Crew banded their first junco of the season this week. These small new-world sparrows migrate north to the boreal forest of Canada in the spring and return to much of the continental United States to spend the winter. The color of these birds can vary by the subspecies found in your state. The subspecies of junco found in Wisconsin is the Slate-colored Junco. They are known for their mostly gray appearance with females usually having some brown mixed in. Look for these fascinating birds at your bird feeder this year!



### We're Looking for Birdfeeders

The BCR Avian Monitoring Program is looking for donations of gently used or new bird feeders. We are looking for feeders that can hold sunflower or mixed seed mixes.

Any donation can be dropped off at the Wise Nature Center.



### Owl Banding Update

The Beaver Creek Banding Crew bands Northern Saw-whet Owls throughout the month of October. An interesting fact about the banding program is that that we rarely catch any male owls. Scientists are unsure why it is so uncommon to catch a male bird but there are several theories.

One theory is since the bird banding program uses a male spring call to attract the owls outside of the regular breeding season, the males don't feel defensive about the call and just ignore it; the females get confused and end up caught in our nets. While we remain unsure of the exact reason the banding program will continue studying these owls to help answer fascinating questions like this one.



## Bits and Pieces



### Gardening is Good for Your Health!

by Frankie Weinberger, PA-C (Mayo Clinic Endocrinology)

Gardening enthusiasts have long suspected the health benefits of engaging in their hobby. You can probably list 5-10 positive effects that gardening has on you. Take a moment to think of them or write them down before reading further. Here is my personal list based on experience rather than scientific evidence:

Exercise: Gardening encourages many types of exercise, including weight-bearing, strength and balance.

Inspiration: Working in nature instills positive emotions of awe, wonder, gratitude, hope and faith.

Sunshine and fresh air: Being outdoors increases vitamin D levels and oxygen levels.

Healthy diet: Fresh produce provides fiber, vitamins, minerals and countless phytonutrients.

Social connections: Sharing produce with neighbors or volunteering time as a Master Gardener.

Lifelong Learning: Gardeners keep learning – from failures, successes, others, and continuing education.

Resilience: Failures motivate gardeners to find new and creative ways to achieve successful results.

But now scientific studies are offering evidence of these health benefits, so we no longer have to wonder whether gardening really does have a positive impact on your health. A recent review in the BMJ (British Medical Journal) by M Howarth et al in 2020 “What is the evidence for the impact of gardens and gardening on health and well-being” concluded links between gardening and improved mental well-being, increased physical activity and a reduction in social isolation. A meta-analysis published in Preventive Medicine Reports in 2016 by M Soga et al “Gardening is beneficial for health: A meta-analysis” reported reduction in depression, anxiety and body mass index; increase in life satisfaction, quality of life and sense of community. A systematic review in the Journal of American Medical Association in 2019 by S Nicholas et al “The effectiveness of horticultural therapy on older adults: A systematic review” reported significant improvement in quality of life, anxiety, depression, social relations, physical effects and cognitive effects, but that more studies are needed.

Numerous studies of the benefits of growing plants are cited in the handouts given in the 2020 Master Gardener training program. The NICH (National Initiative for Consumer Horticulture) lists the many healthful aspects that plants have in their series “Plants Do That” – such as promoting quicker recovery and less need for pain relievers in hospitals; students with more creativity, calmness, contentment and higher test scores in schools; cleaner air and more diverse beneficial bacteria in the home; and a more positive mood, creativity, energy and productivity in the workplace. “Plants Do That” can be found at: <https://consumerhort.org/plantsdothat-3/>.

(continued on page 7)





## The Whys and Wherefores of Judging a Photo Contest

by Dana Cox (on behalf of the judging panel)

There are five basic rules that are used to create a good photograph. The Images that won this year's Master Gardener Photo contest all had aspects from this list. The rules are as follows:

**Rule #1:** Use leading lines (lines that lead your eye through the photograph).

**Rule #2:** The Rule of Thirds. (A photograph should be divided into thirds, and when placing your item of interest on those dividing lines, you create interest).

**Rule #3:** Negative space (use dark or light areas as a way of balancing interest in your subject matter).

**Rule #4:** The use of Horizon lines. (Whatever the horizon of your image is, it should not be dead center in the photo, place it two-thirds up or down in your photo).

**Rule #5:** Symmetry and pattern (use repeating elements in your image to create interest). The

(continued on page 9)



**Lori Kempen shared this photo she took of "next year's milkweed for the Monarchs" found "near Stone Lake last week."**

*Gardening is Good - continued from page 6...*

There is also a growing number of horticulture therapy programs at university level as well as certification programs to become a horticulture therapist. The American Horticultural Therapy Association (AHTA) is a good source of information about horticulture therapy and study programs. Its website is <http://www.ahita.org>. The website gives this summary statement: "Horticultural therapy techniques are employed to assist participants to learn new skills or regain those that are lost. Horticultural therapy helps improve memory, cognitive abilities, task initiation, language skills, and socialization. In physical rehabilitation, horticultural therapy can help strengthen muscles and improve coordination, balance, and endurance. In vocational horticultural therapy settings, people learn to work independently, problem solve, and follow directions. Horticultural therapists are professionals with specific education, training, and credentials in the use of horticultural for therapy and rehabilitation."

Whether or not you pursue formal horticultural therapy certification, by participating in gardening projects and volunteering as a Master Gardener, you are both giving and receiving the therapeutic benefits of gardening. What better way to spend your free time – practicing a hobby that's good for you! Here's to your health!

## *Help!!!!!!*

A volunteer (or volunteers) is needed to act as a reporter, in particular for the Master Gardener monthly educational event. This occurs on the 3<sup>rd</sup> Monday of the month when I (the editor of the newsletter) have a conflict and cannot attend for the foreseeable future. This would be an opportunity to earn volunteer hours. If interested contact me at [c7w6c2200@charter.net](mailto:c7w6c2200@charter.net) or call me at 715-783-0016.

*"Working with Kids", continued from page 4:*

FOODWise education is funded by the USDA Supplemented Nutrition Assistance (SNAP) and Expanded Food and Nutrition Education Program (EFNEP). The objectives are to increase exposure to vegetables and fruits by tending a garden, increase consumption of fruits and vegetables,, and model healthy eating choices and physical activity choices.

When the kids from the Boys and Girls Club arrive, there are usually about 15 in the group. They are then divided into three smaller teaching groups. Some of the lessons they have are weighing and measuring produce (which they love to do!), journaling the results, trying new vegetables, learning the parts of a plant, and other garden lessons. Pamela and Joy said they present the tasting as using the vegetables to taste the different dressings and dips they bring. The kids don't realize they are actually trying the vegetables, not the dip! Studies show that kids are more willing to try a new vegetable when they helped in the garden. Some even learn that potatoes are grown in the ground and have to be dug up before they hit the grocery store shelves.

Our Nutrition Educators base their lessons on Growing Healthy Kids from Oregon State University Extension (Note that all departments of the Division of Extension only use research-based resources.) If you would like to take a look at some of what they use, visit the Growing Healthy Kids<<https://nutrition.extension.oregonstate.edu/growing-healthy-kids-0>> page of the Oregon State University website

We thank Joy and Pamela for their interesting and entertaining presentation. It clarified who takes part in the Kids' Gardens, what happens each visit, and how we can become involved.

There have been many MGVs over the years who have assisted in maintaining the Kids' Garden and with teaching lessons to the kids.

What is your garden interest? What knowledge could you share with the kids to spark some gardening interest in them? I went once and talked about composting; another time about heirloom vegetables with some tomato tasting. (If the participants had even tasted a tomato, it may have been a grocery store tomato. Enough said.) Rita Gundry provided a poster to teach garden yoga. There are many others of our group who have taught lessons. I'm sorry I can't name you all!

There are many ways you could volunteer your time at the Kids' Garden. You can start vegetable seedlings. You can help with spring prep, planting, summer maintenance, or fall clean-up. You can help with watering. Judy Mitchell would welcome your time and talents. You don't have to volunteer every time. What is your special garden interest? Please consider this opportunity to volunteer and make a difference!

To get more information, see Judy Mitchell's contact info on page 2 under the ECAMGA Board Contact Info.



Low growing sedums, often referred to as "stonecrop" sedums, are a great groundcover for hot, dry, sunny locations. Using them as a groundcover helps keep the roots of other plants cool, acts to prevent erosion and conserves moisture in the soil. For more info check out <https://www.gardeningknowhow.com/ornamental/cacti-succulents/sedum/sedums-plants.htm>.

**WHEN I GROW UP  
I'D LIKE TO BE A  
RETIRED LOTTERY  
WINNER.**

-Anonymous from Pintrest



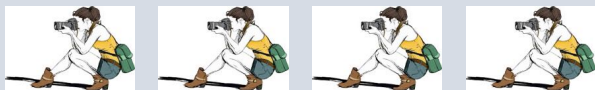
*"The Whys and Wherefores" continued from page 7...*  
more rules you use to compose your image, the better it gets.

The first-place image used leading lines in the sunflower to draw you into the image, there was negative space behind the sunflower to balance the power of the lines and color. The Sunflower was shot off center, taking up two-thirds of the total image, and the seeds and rays of the sunflower created symmetry and pattern in the image.

The second-place image used negative space to great advantage. The darkness leads the eye right to the flower and the bee. The image also used the rule of thirds, by placing the flower farther down in the photo. Also the flower petals and the stripes on the bee gave the image repeating patterns for interest.

The third-place image relied mostly on symmetry and pattern for its effectiveness. It also used negative space behind the sunflower to focus your interest on the sunflower itself.

The honorable mention image may seem like a very plain image, but it used lines to draw your eye through the image to the water drop. The darker foliage behind the leaf used negative space to emphasize the leaf in the foreground, and that foliage also created patterns in the image.



## End of the Season Thoughts on the Teaching Gardens...by Jo-Ann Clark

Yesterday, October 19, 2021, I visited the Teaching Gardens at the UW-Extension Office in Altoona, Wisconsin.

There are so many amazing thoughts about this garden that I need to share with you:

1. Last year we had snow ~ this year we have not had a freezing frost yet. The sign says we usually get a snow sometime from Sept. 20 - 26th.
2. I was amazed at the vegetables that are still growing and developing here. Even watermelon! And beautiful flowers, too.
3. I took some home. 😊 My favorite dill for salads; sage for my Thanksgiving dressing, tomatoes, peppers and kale for my dinner in the near future.
4. Most amazing is that they can grow all of this in that small space (about 6 feet deep ) around the outside of this brick building !!

*Editor's note: That is, indeed, amazing that all this bounty is still growing and thriving there at this time of the year.*

*And thanks, Jo-Ann, for the reminder of the importance of those teaching gardens to demonstrate just what can be grown in such a small space. And thank you, on behalf of all the Master Gardeners, to all those who have faithfully toiled at weeding and watering and tending to this garden, not only this year, but through the years this display has been there! (See pictures below from Jo-Ann of the teaching gardens.)*





*Photo by Dana Cox*

WHEN YOU'RE DEAD,  
YOU DON'T KNOW  
YOU'RE DEAD. THE PAIN  
IS ONLY FELT BY  
OTHERS.

THE SAME THING  
HAPPENS WHEN  
YOU'RE STUPID.



*Remember...*

*November 7  
Daylight Savings Time  
Changes!*

Unless otherwise noted, articles for this newsletter are submitted and/or written by ECAMGA members or the newsletter editor, Carol W. Cox. Unless otherwise noted, graphics are from clipart. Newsletter layout by Carol W. Cox



For more Eau Claire County UW  
Cooperative Extension information  
go to our website:  
[www.uwex.edu/ces/cty/eauclore](http://www.uwex.edu/ces/cty/eauclore)  
Phone: 715-839-4712  
Fax: 715-839-6277  
M-F 8AM-5PM



The University of Wisconsin Extension provides affirmative action and equal opportunity in education, programming, and employment for all qualified persons regardless of race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status." If you need an interpreter, materials in alternate formats or other accommodations to access this program, activity, or service, please contact 715-839-4712 as soon as possible preceding the scheduled event so that proper arrangements can be made in a timely fashion

**Extension Office**  
**227 First Street West**  
**Altoona, WI 54720**