

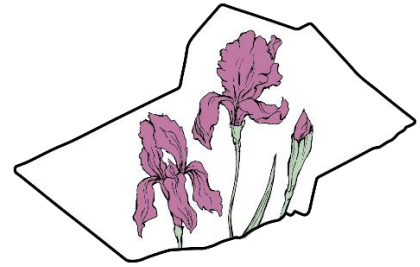
South Schuylkill Garden Club

Third Tuesday of the Month at 6:30

First United Church of Christ, Schuylkill Haven

www.southschuylkillgardenclub.com

www.facebook.com/soschuylkillgardenclub.com



Cultivating the Community Newsletter

Weather Folklore for September

- Fair on September 1st, fair for the month.
- Heavy September rains bring drought.
- If on September 19th there is a storm from the south, a mild winter may be expected.
- [29th] If St. Michael's brings many acorns, Christmas will cover the fields.

Timely Garden Tips for late August and early September:

- Keep a consistent weekly (or even daily) watering schedule, especially for container plants.
- Sow cool season crops such as peas, spinach, radishes, beets, broccoli, and kale.
- Divide and replant clumps of iris so there is time for roots to establish before the onset of cold weather.
- Pinch the growing tips of gourds once adequate fruit set is achieved. This directs energy into ripening fruits, rather than vine production.
- Order bulbs for fall planting.
- Clean out cold frames to prepare for fall use.
- Hummingbirds are preparing for fall migration; gardens become fueling and resting stations.

September Meeting

Our next club meeting is to be held September 20, 6:30 PM, at the church. Program is titled "Essential Oils" and will be presented by Karen Bruno who is with Young Living Brand Partners in Hamburg. Karen will speak on the benefits of various essential oils and share samples of their fragrances.

Refreshment committee of Marlene Fisher, Mary Ann U., Kim M., Linda B., and Carol H. are busy working on refreshments.

Desk of District II/III Director -Jane

Beyond the Garden Fence Annual District Meeting

Interested in learning more of how other Garden Clubs operate? Like to listen to a powerful speaker? Consider attending the September 14, 2022, Annual District Meeting hosted by Milford Garden Club. It is like a mini conference with garden club interests. Choose lunch of chicken bruschetta, eggplant rollatini or mustard crusted salmon for lunch. Hear the animated Kirk Brown speak of pioneers Teddy Roosevelt, Gifford Pinchot and Frederick Law Olmsted efforts to put trees back in Pennsylvania's woods.

Special this year is a Mini Horticulture Show of sweet peas, sunflowers and zinnias. GCFP President Sheila Croushore and the First and Second Vice-Presidents will attend. Ask your Club President for a registration form. Get them in by September 1. Coordinate a ride to have fun on the way to and from the District Annual Meeting.

August Club Meeting



Our August meeting was held at the Hope Hill Lavender Farm, Wendy and Troy Jochem's farm at 2375 Panther Valley Road Pottsville, PA. Wendy gave us an energetic overview of the farm's operation, speaking all about the lavender that they grow on the farm. Members enjoyed the lovely evening under the gazebo overlooking the fields of lavender. Members asked Wendy interesting questions related to growing lavender and visited the new pollinator garden. The store was open for all to purchase some of the wonderful products that are produce from the lavender. The Lavender Farm provided a lovely setting for club members to enjoy the evening with a tour of the farm and a picnic. There was a delightful array of picnic food brought by members to share for refreshments. A few sunbonnets were found throughout the group.



Schuylkill Herb Society

September meeting for Schuylkill Herb Society is Thurs, Sept 15, 5 PM, at Helen Moyer's Garden at her home in Friedensburg.

Master Gardener's

Sweet Arrow Lake Plant Swap is Sat. Sept 10 at 2:00 PM at Waterfall Pavilion off Waterfall Road.

Scholarship



Photo Caption: Patricia Wishousky South Schuylkill Garden Club Scholarship Chairman presented the club's 2022 annual scholarship in the amount of \$1,000.00 to Haley Bowman of the Tri-Valley Area. Haley is a 2022 graduate of Tri-Valley School District and is enrolled at Penn State University Main Campus, majoring in Agricultural Business with a minor in Horticulture. The scholarship was presented at the club's August meeting which was held at the Hope Hill Lavender Farm of Pottsville.

Schuylkill Haven Borough Days

Schuylkill Haven Borough Day will be held on **Saturday, September 24**. Hours of operation for our stand are 6:30 AM to 4 PM. A sign-up schedule for the event will be available at our September meeting. Members are requested to designate when they can work at our stand. We are looking at three time slots. First time slot is Set-up 6:30 to 9 AM; Operation 9:00 AM to 12:30 PM; and Operation/Teardown 12:30 to 4 PM. We have secured our regular two spots at the corner of the Santander Bank.

To pay the fee for our spot at Borough Day, we decorate the Train Station. We have collected corn stalks, cat tails, sorghum/millet Chinese lanterns, and hydrangeas. Ribbon for bows was purchased and made up in a fall motif. Date for decorating the station is **Monday, September 12 at 9 AM**. If any member has something to add to the decorations, please feel free to come on the 12th and assist.

We are selling our famous hand crafted/locally sourced jams & jellies, dried flowers, (some arranged, some free standing), baked goods, bows, and jewelry.

Baked goods need to be ready to sell in plastic containers or in plastic wrap. Kaye will bring several sizes of clear plastic containers to our September meeting, for members wishing to use make a small batch of their favorite baked items. To standardize the baked goods, please follow the guidelines below.

BAKING CRITERIA FOR Haven Borough Day

To make the pricing of all baked goods uniform, we are setting these criteria for baking:

1. Cookies/brownies to be 2" in diameter and packaged 6 to a container.

2. Breads such as zucchini in small cake pans approximately 4" X 2" wrapped individually in clear cling-type plastic.

3. Muffins/cupcakes packaged in 3's.

5. Cakes to be single layer 8".

All baked goods must be labeled.

Because of food allergies, please include information on nuts, peanut butter or other ingredients that may cause concern as gluten free (GF).

Jewelry for sale, must be individually placed in small plastic zip lock bags. Kathy T. will bring small bags to our September meeting for members use. Jewelry will not be displayed on racks as in the past. Jewelry will be displayed in a basket on the table.

Borough Day is a large undertaking, and any assistance is greatly appreciated. Committee members are Linda, Carol, Regina, Bernice, Joan, Mary Ann, Jane Y., Nancy, Kaye, Jeanne, Kathy T., and Frank.

FYI

Manada Conservancy, Grantville, has native plant sales scheduled in Sept. Check their website.



Has anyone seen the new plant containers? They are Eco+ Grande containers of Blue My Mind Evolvulus and are ready for planting. You just put the whole container into your soil as is. It will decompose, and as it does it releases nutrients to promote plant growth for up to a year.

Seed Saving to Create Local Heirlooms

Penn State Extension master gardeners have partnered with Delaware Valley University in Doylestown to develop plants that will thrive in a Pennsylvania climate. The new program is called Grow-Save Repeat. The program is a recent collaboration to develop Pennsylvania-specific regional heirloom variety.

Throughout the state, master gardeners have undergone training to crossbreed squash, lima beans, tomatoes, and pepper plants. They will then save the seeds to plant next year and will continue to develop the regional varieties. Each plant in the test plots is being evaluated for different characteristics. For example, which plants are flowering more? Which ones flower early? Which plants produce larger vegetables? Which ones taste the best? Which plants are disease-resistant?

These observations will determine which seeds are saved for planting next year.

Grow-Save-Repeat is still in its early stages. It will take years to develop the best plants and seeds for PA.

The goal is to eventually sell PA heirloom seeds. A second goal is for master gardeners to teach fellow gardeners how to Grow-Save- Repeat on their own developing their own heirloom vegetables.

Heirloom seeds should be saved. Heirloom seeds have been open pollinated for a long period, so if a seed saved from an heirloom vegetable is planted, it will look and taste like its parent plant. Some of the best plants to save seeds from for beginners are peas, beans, tomatoes, and lettuce.

For peas and beans, seed savers, should leave the vegetable on the plant until it turns brown and starts to open.

Seed savers will want to harvest the plants later than if they were planning to eat it. Lay the seeds out to dry on a coffee filter, paper plate, newspaper, or a screen. Seeds can be stored in a glass jar, plastic bag, or plastic container. Remember to label the seeds properly. Then place seed container in a dark place that has an even temperature.

Excerpts for this article taken from "Lancaster Farmer." Also, Seed Savers looking to get started

with local heirloom seeds in limited packages of 4-ounce sizes can find them locally. Bloom Seed Library, located within the community library in rural Bloomsburg, PA is a local option.

*****Nancy Taylor has a new email address*****

09happyme09@gmail.com

Please share photos from your gardens.

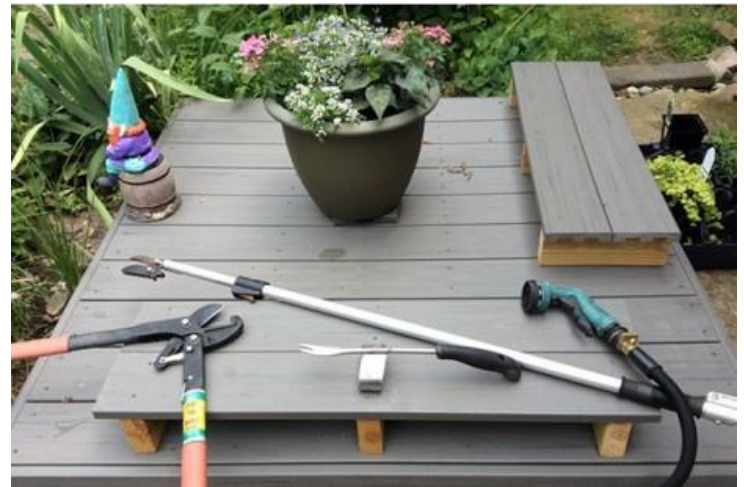
Email photo to: kamorgan11@gmail.com

or text to 570-617-080

Gardening as You Age

Learn ways to reduce challenges in the garden and adapt to gardening as you age gracefully.

Updated: July 25, 2022



Ergonomic garden tools: garden tools pictured (left to right): ratcheting pruner, telescoping pruner, fulcrum weeder, quick release hose connector and lightweight expandable garden hose. Photo: Marilyn Orr, Penn State Master Gardener

The physical benefits of working in the garden are a perfect complement to the tangible rewards of creating a beautiful space or harvesting the freshest vegetables. It might creep up on you, but the physical demands of garden work can become a challenge with age. To that end, a gardener whose body was up to the rigors of wielding bags of potting soil, wheelbarrows laden with compost, or

digging holes to accommodate balled and burlap-wrapped plants will have to adapt as the body balks at such chores. If you find that the challenge of creating the garden of your dreams no longer aligns with your body's reality, it's time to re-evaluate how you work in the garden and adapt to those changes.

Abandon perfectionism. This can be hard if you've held your garden to a standard that required gobs of attention and care. Prioritize areas of your garden where you spend time or are ever-present views from inside your home. Re-think areas that you rarely see or use. Make conscious decisions about where the tended garden ends and either plant a border of easy-care shrubs or weed whack the space a couple of times a season.

Be a realist. Consider your time, budget, and physical abilities. Prioritize from there—your garden should be a pleasure, not a burden. It may mean eliminating areas you've tended in the past and turning them over to less labor-intensive plantings.

Ask for help. If you can afford a garden helper for things you can no longer do yourself, go for it. Knowing that someone is coming for even half a day each week is liberating and can keep you excited about working in the garden, rather than feeling like it's a millstone around your neck.

Embrace raised beds. Planting, maintaining, and harvesting vegetables without straining your back will make your garden a pleasure rather than a burden. Ornamental containers, elevated from the ground, whether at your front door or in areas where you spend time relaxing outdoors, allow you to tweak and maintain pretty vignettes without strain and hassle. They can punctuate areas you've simplified, whether with hardscape or plantings that require minimal care.

Employ containers as large as your space and budget allow. Think about the time required to maintain a 4-inch pot versus a 24-inch pot, one requires daily attention, and the other gives you wiggle room, except for the hottest and driest times of the year. Better to care for a couple of capacious containers than a passel of puny pots.

Plant shrubs. Choose those that colonize and take over a bed in lieu of perennial plantings that require more time to maintain. Carefully chosen, they can add interest the entire year. From lower growing plants such as fragrant sumac (*Rhus aromatica* 'Gro-Low') to larger options such as Carolina allspice (*Calycanthus floridus*), there are plants that will shrug off deer, drought, and poor soil, filling space and adding interest without adding maintenance.

Employ groundcovers. Once you've planted shrubs, add groundcovers to complement them. A sunny hillside planted with junipers or ornamental grasses can be underplanted with moss phlox (*Phlox subulata*) or sedum species. Both will battle erosion and look beautiful throughout the growing season. Choose creeping phlox (*Phlox divaricata*) or bugleweed (*Ajuga* species) rather than bark under an old planting of rhododendron or boxwood and create a pretty vignette. A shady spot under a tree can hold ferns and Canadian ginger (*Asarum canadense*). Both options look beautiful, suppress weeds, and obviate the expense of spreading bark mulch year after year.

Work smarter, not harder. Tools abound to make chores easier in the garden. Look for kneelers and scooters as stooping and bending become a challenge. Extended or wider handles can make life easier for stiff backs or arthritic hands. Lightweight coiled or fabric hoses can make watering easier than lugging the older, heavier versions around the garden.

A proactive approach to meeting the challenges of age or physical changes can make your garden a pleasure, not a burden. Having a place to re-charge and relax can bring health benefits not found in a bottle or at a doctor's office and can be a great way to keep your body at its best with age.

Carol Papis, Allegany County, Master Gardner

So, I started this list below and I would love if all of you experienced gardeners would send me your ideas of "You know you are a Gardner when . . ." Let us keep the ideas flowing and add to the list. Let us see how many ideas we can come up with. Just email your ideas to me at

kamorgan11@gmail.com or text it to me at
5706170808

You know you are a Gardner when:

- Your gardening gloves fall out of the car door
- You have gardening tools in trunk of your car
- You develop community gardens
- Your gardens are themed
- You weed your neighbors' gardens
- You dead head your daughter's flowers
- You empty the dehumidifier and use the water to water your potted plants
- You sprinkle your son's hair from a recent haircut around your plants to keep the deer away
- Pull weeds in public gardens
- Carry a small set of pruners in your back pocket
- You are constantly checking the weather report.
- You plant by the phases of the moon
- You cover your fall plants to protect them from the first fall frost
- You count on the first frost being in November
- You cover your plants before the frost hits.
- Clean your gardening equipment before putting away for the season
- You stare looking at seed and plant catalogues for next year
- You know you are a Gardener ...
When you go to the store for groceries and come home with some plants that just jumped into your cart. – Pat P.
- You know you are a Gardener ...
when you can resist everything but temptation in a Garden Center. There is always room for one more. – Pat P.
- You know you are a Gardener ...
when you smile YES when a gardener-friend asks you if you could use a few irises or daylilies that she is separating because they need thinning. – Pat P.
- You know you are a Gardener ...
when the Plant catalogs arrive in the middle of winter. – Pat P.
- You know you are a Gardener ...
when the plants in your garden have come from other gardening friends. Memories ... I plant my friends. – Pat
- You are out on those warm sunny days looking for the first signs of spring popping up from the soil.
- You are looking for the first robin to land in your yard.
- The March winds blow off your sun hat when you are out in the garden.
- You are anywhere that you see drying seed pods on a plant, and you wonder if you can get away with collecting some and where you can try planting them. -Kathy T.
- You know you are a gardener when your dog digs a hole going after a varmint and then you place a plant in it – Jeanne
- You know you are a gardener when you light 8 candles in your greenhouse so your peppers and

tomatoes do not freeze on a cold night. - Carol H.

- When you are walking by the restaurant entrance and see weeds in the flowerbeds. Your husband turns to you and says, "Don't even think about it." - Linda
- When talking in your neighbor's yard and you bend down to pull weeds.
- *When you are watering plants with the dehumidifier water.*
- *When you stop everything, you are doing to watch it rain.*
- *You know you are a gardener when*
_____.

All Things Grow with Love