

The JOHNNY APPLESEED BROADCASTER



The 2009, 2010, 2011 Regional Award Winning Newsletter
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Summer 2012

President's Message-Leroy Hart

In my first message to you fellow members of the Central Great Lakes Gardeners I said that for my second message I would tell about my gardening experiences. Actually, I'm not much of a gardener compared to some of my buddies in the Akron club. In 2002 the region awarded me with the Master Gardener Award and my buddies got a big laugh from that. Thankfully, this award today is called the William Moorehouse Award.

If my grandmother were here now she would say, "Sonny, I don't believe you are in a garden club and an officer of the club. You hated gardening and you said you would never do gardening again." Well she was right. I did say that. When my father died my mother and I moved in with her parents. (I was two at the time.). When I got old enough to do some chores around the house grandma told me to keep the lawn mowed, weed the garden and clean the chicken house. I did all these for years and I didn't mind the mowing but I really hated the garden and the chickens.

Several years later, after college and the Army I was working for Dow Chemical Co. in Midland, Michigan and my wife and I bought our first home. I did keep the lawn mowed but that was it, no garden, no flower beds. However, all that changed after seminary and at my first church. I put in a garden. I can't remember much about that garden except I could grow beautiful zucchini. I was so proud of my zucchini that I took a few down to the church. Well, that got a big laugh from my people, They said that zucchini should be grown small not a foot long or more. Cathy and I enjoyed them even if they were too big. We split

them lengthwise, scraped out the seeds, filled them with cheese and baked them like winter squash. Today, I have a good use for any big zucchini I can get, I grind them up and make zucchini bread. Two years ago one of my buddies in the club gave me ten gallons of green tomatoes. The ones that didn't ripen I ground up and made green tomato bread and green tomato jelly (One-half finely ground green tomato and one-half sugar with a box of raspberry Jello for a little flavor and color).

At one of my churches I had a little garden, nothing remarkable. We landed in Akron and bought a house. Continued p. 2



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Johnny Appleseed Broadcaster

President's Message continued from p. 1

This house had a fine garden. I planted several fruit trees, a grape arbor, and a strawberry pyramid. I also put in some flower beds. I was going to garden in a big way. For several years all went well. Then for two years my garden only produced plants, but no tomatoes, beans, nothing. Gardens won't produce in the shade. The trees got too big and Cathy wouldn't let me cut them down so that was the end of the garden. Also I was never getting anything from the fruit trees, the grapes or strawberries. Some of the trees had died. With the others birds and animals got the fruit before I did. Also two dwarf cherry trees got about 30 or more feet tall and I couldn't see whether there were cherries or not. If there were the birds got them. So down came the trees, out went the grapes and the strawberries. The grapes were replaced with another flower bed. I do have one Japanese plum tree left; I got a hand full of plums one year. But it is pretty when it blooms. Now all we have are the lawn and several flower beds. Cathy and I decided when the gardening got to be too much work we would hire the work out instead of moving to a condo. So we now have yard service I still try to keep the weeds out of the flower beds but some day they may be replaced with grass.

I hope I haven't bored you to death but now you know why my club buddies laughed when the region called me a master gardener. Contact Leroy Hart at gardengabber@neo.rr.com

Heart-Healthy Foods

The best diet for a healthy heart is one that is chock-full of vitamins, minerals, antioxidants, phytochemical, and fiber. It should also be low in saturated fats (mostly from animal sources) and [trans fats](#) (those found in many processed baked goods).

Here is a list of Heart Healthy Foods you can grow at home.

Summer 2012



Bell Peppers - These are loaded with vitamins, namely B1, B2, B6 and vitamin C.

Berries - apparently any kind of berry is beneficial to your heart due to their antioxidants and fiber content

Broccoli - since this veggie can lose nutrients if it sits too long in the fridge, it is a perfect one to grow at home. Harvest it from your garden and eat it that night. It is a cool weather crop, however, so you won't be eating it this summer from your garden.

Dark Greens - kale, collard greens, and mustard greens and some examples of your dark greens.

Nuts - although they have a high fat content, we are told it's the "good fat".

Pure Pomegranate Juice - an antioxidant monger, pomegranate juice has more than wine. There are many varieties and you can eat the delicious seeds.

Squash - acorn and butternut - are two of the best to eat for your heart. Vitamin A, B1, B6 and C prevail plus an abundance of minerals like calcium, copper, magnesium, and potassium,.

Tomatoes - everyone's favorite to grow (and eat) and great for the heart. Vitamins A, C, E, potassium, and lycopene are heart healthy nutrients you will find in tomatoes.

More Heart Healthy Foods - Grapes, Soy, Whole Grains, Olive oil, Beans, Spinach.

<http://www.webmd.com/diet/features/top-10-heart-healthy-foods>

www.frontyardnursery.com





Herb of the Year 2012 is Rose

The International Herb Association selects **Rosa** as the Herb of the Year 2012.

[*Rosa, ro-za* by Arthur O. Tucker (2009)].

Family: Rosaceae

Growth form: shrubs 2 to 30 feet

Hardiness: many routinely hardy to Zone 6

Light: Full sun

Water: moist but not constantly wet

Soil: well-drained garden loam

Propagation: cuttings and grafts

Culinary use: salads, desserts

Craft use: potpourri, sachets, beads

Landscape use: shrubbery or rear of herb border.

Gertrude Stein's "A rose is a rose is a rose" strikes us as pitifully naïve when you consider that the genus *Rosa* includes about 100 species of the temperate regions to tropical mountains and thousands of different named cultivars. The genus *Rosa* derives its name from the Latin, *rosa*, from the Greek, *rhodon*, which in turn, was derived the original Indo-European root-word, *ward*, still used in Arabic.

As implied from ancient Indo-European origin of the name, roses have been cultivated since ancient times; we find for example, the depiction of what may be *R. pulverulenta* in the House of Frescoes at Knossos dated to around 1400 B.C. Roses have enthralled humans for their beauty of form and scent down through the ages, and today we use rose petals for perfumes, cosmetics, and even salads, while the fruits, known as hips, are high in vitamin C with a tomato-like taste. Roses have long symbolized romance; and we find special pleasure and meaning in being able to grow, touch, and inhale the fragrance of the same rose that grandmother grew in West Virginia or Napoleon's Josephine grew at Malmaison.

Choosing a Rose

The choice of a rose cultivar for its beauty and usefulness is an individual choice, but the nursery's methods of producing roses should be an important consideration as well. Roses

sold today in North America and Europe are usually budded up on one of three different rootstocks, *R. canina*, *R. multiflora* Thumb, or 'Dr. Huey,' but some companies sell plants grown on their own roots ('own-root roses'). There are advantages and disadvantages to both methods. Generally most heritage roses perform better with their own roots, but modern hybrids such as teas and floribundas whose own roots tend to be weak, do better grafted to a more vigorous rootstock. Some own-root roses often produce shoots from their own roots called suckers, especially if they have *R. gallica* ancestry; these suckers can be as troublesome as spreading mints and as difficult to manage. 'Dr. Huey' rootstock is fine for the sandy, alkaline soils of California and Texas, but for the acid soils of the northeastern United States, either *R. canina* or *R. multiflora* are preferred; for Florida and other subtropic areas, *R. xfortuniana* Lindl. is a must as a rootstock because of the combination of heat and nematodes?

The choice of the rootstock is almost as important as the grafted scion, and if the commercial company which sells the rose you desire does not give the information in their catalog, write or call them.

Also look for grading of the budded roses and buy only grade 1 or 1 ½; these are the top grades awarded to plants with more canes and higher quality. An indication of the really good company is authentication that their bud wood and rootstock have been indexed as virus-free. Expect, even with the best of companies, some misidentification; and if the company does not admit fault or refer you to a source for authentication, you may wish to look for another source.

http://iherb.org/articles/rose_info.htm





Photographing your garden.



You don't need to be a professional photographer in order to capture subtle surprises in your yard or record how your garden looks from season to season. Follow some practical tips for taking picture-perfect photos of your garden

How you take pictures may depend on what type of camera you choose to use. By using a more technical method for taking pictures, you can use different lenses, such as close-up zoom lenses, on an SLR camera and experiment with various settings for lighting, depth of field and more. With an artistic approach, you may focus more on staging a shot with a point-and-shoot camera than on changing lenses and apertures.

Lighting

Once you have a camera you're comfortable with, focus on lighting. Play around with the aperture settings, or the f-stop, on your camera. The aperture refers to the ability of the camera lens to collect light. It opens the lens or closes the lens. Think of it as the iris in your eye. When you look in the sun, your iris closes down. If you're in the dark, your iris opens up so you can take in more light. The same philosophy works on the SLR camera.

With a point-and-shoot camera, the lighting refinements are a bit less mechanical. If the sun is blasting down on a shot, use a light diffuser to make the light less harsh. Shiny boards can help block light. It can also reflect light into a scene, but you can use aluminum foil or mirrors to do the same thing.

Avoid getting sun on the lens because it can cause lens flare or overexposure; use a light diffuser to reduce the flare.

Camera Angles

Try new angles for shots. Crouch down to appreciate your garden from a different perspective and shoot from the backside of a flower toward the sky. Or, take a traditional wide shot where you stand up and get an overview of your garden. While moving around to get a wide shot, focus on the composition in the frame.

Shooting the Seasons in the garden

There is seasonal information in each photo of your garden. That may mean taking shots of not just the emerging foliage in spring but also the dead stuff in winter; this gives the garden photo a seasonal context. You could cut plants that are dying back out of the frame in order to make everything pretty, but then you wouldn't know what season it is.

You can use seasonality in another way in garden photography. Play around with the varying angles of the sun throughout the seasons and use shadows to your advantage. After autumn leaves have fallen, the branches of a tree are revealed, and you can get dramatic abstract images of tree silhouettes.

Staging a Garden Shot

Use props to help stage a garden photo. For example, if you want to take a shot of a bouquet of flowers picked from your garden, set up a couple of garden chairs and drape a solid-colored curtain panel over them to create a backdrop.

Get outdoors and start experimenting with your garden photography. Document what's going on in the garden year around.

Don't worry about poor photographs. Use the delete button to get rid of bad shots before any one else sees them. Also use picture enhancing software. Most of all have fun.

<http://www.hgtv.com/landscaping/photographing-your-garden/index.html>



Kathy's Kibitzin' About Native Plant Herb of the Year

In January, 2011, the Herb Society of America introduced a new program: The Native Herb of the Year. The first plant selected for the 2011-2012



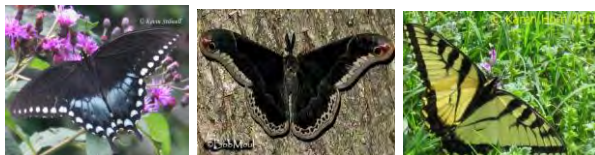
season was *Lindera benzoin* or spicebush. The Spicebush was selected for its wide habitat range, beauty and versatility of use.

Small yellow flowers grow along the nodes of last year's growth, early in the spring. In the fall, the deciduous leaves turn a bright yellow, giving you two seasons of color. The fruit of the bush (drupes) turn a bright red in late summer and into fall, luring in robins, catbirds, and other fruit eating birds. The berries are also eaten by mammals (raccoons and opossum).

The scent of its leaves and twigs, has been described as "spicy", while the drupes are said to have a strong peppery-fruity fragrance. The drupes have been used historically to season game, tea, fruits and breads. The leaves, twigs, and fresh or preserved drupes have been used for both culinary and medicinal purposes.

Spicebush is a common shrub in most of the eastern half of the United States, growing in full sun or as an understory plant. It adapts to a variety of soil types and structures. The fall color will be most showy if they get some sun.

Several native butterflies use the Spice bush as their larval host plant; Spicebush Swallowtail, Prometheus Silkmoth and Eastern Tiger Swallowtail.



The dried berries are often substituted for allspice. In order to get berries, you will need both a male

and female plant. Once you get berries, you may wonder, other than using them as an allspice substitute, what you can do with them. Here is a recipe for ice cream.

- 2 cups heavy cream
- 1/2 cup honey
- 1/4 tsp. salt
- 2 cups milk
- 1 teaspoon ground spicebush berries
- 2 teaspoons vanilla extract

In a stainless steel saucepan, over medium-low heat, bring one cup of cream, honey and salt to a simmer. Stir constantly until the honey and salt melt. Remove the pan from the heat and pour the mixture into a bowl.

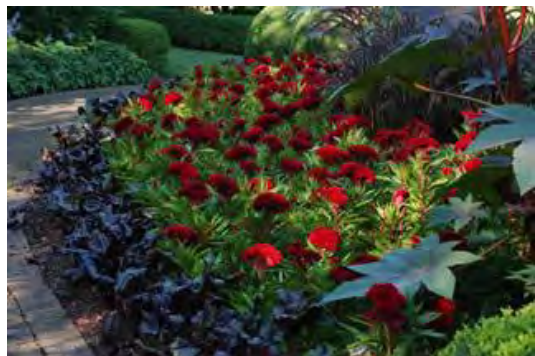
Whisk in the remaining ingredients. Pour the mixture into a covered bowl. Refrigerate overnight or up to 24 hours.

When you are ready to proceed, pour the mixture into an ice cream maker and follow manufacturer's instructions. Be sure to store your finished ice cream in a covered dish in the freezer.

Kathy Lee, igarden2@aol.com
The Gardeners of America - Fort Wayne

(Resources: compiled from: NIPN; news-record.com opinion by Katherine Schlosser 2011; BAMONA; and Sherri Ann Richerson's Elegant Cooking)





Kirkwood Gardens, Mansfield Ohio April 28
CGLG Meeting. Speaker Douglas Beilstein, a
dentist in Mansfield, Ohio, presented about Hostas

CGLG Summer Conference Registration

Information and details regarding the 2012 CGLG Summer Conference in Lansing, Michigan, July 27 - 28, 2012 are now on the Region Meetings Page on our website:

- Hotel information
- Tentative Schedule
- Registration information

See attachment in this newsletter. Here is a shortcut to the Web page about the Conference <http://bit.ly/tlzx7q>



Christopher, a budding gardener, is excited to plant his container garden for the Youth Gardening Contest 2012.

The May /June 2012 TGOA/MGCA National Newsletter is now on our website in Members Only. Here is a short cut for your download if you wish to access <http://bit.ly/tlzx7q>

Please be advised the National Convention - Buckeye Bash, TGOA/MGCA National Convention in Youngstown, Ohio, June 13 and 16, 2012 has been cancelled



A few weeks later Christopher is proud of his container garden.

The latest Club Officers Directory update is now on our website in the Directories page in Members Only. Here is a shortcut to that page: <http://bit.ly/fY851W>



The Central Great Lakes Gardeners
Summer Conference

July 27 – 28, 2012

You can make your reservations now at the
Fairfield Inn Marriott – East Lansing
2335 Woodlake Dr., Okemos
(517) 347-1000

We have a group room rate of \$85 per night for Thursday – Saturday,
July 26 – 28, 2012
Complimentary Breakfast Daily

To get this rate, reservations must be made by June 28, 2012.
Guests should call the hotel to make their own reservation and identify themselves as part of the
CGLG group.

Tentative Schedule:

Friday, July 27 gourmet lunch at noon at hotel
1 – 2:30 p.m. business meeting
3 – 4 p.m. tour MSU organic farm
5 – 7 p.m. tour and dinner at winery & Michigan Brewery
7 – 9 (optional) shopping at Tanger Outlet Mall

Saturday, July 28 breakfast at hotel
9 – 10:30 a.m. MSU Garden tours 1
11 – 12:00 seminar 1 at MSU
12 – 1:00 p.m. box lunch at MSU
1 – 2:00 p.m. seminar 2 at MSU
2 – 3:30 p.m. MSU Garden tours 2
5 – 7 p.m. dinner at Clara's Lansing Station
We will be dining in the club car.

Registration cost \$100 – Make checks out to Cheri Kessen
1205 Limberlost Trail, Rome City, IN 46784



2012 CENTRAL GREAT LAKES GARDENERS MEETINGS AND CONFERENCE DATES
Gardening in Education and Excellence in Horticulture Since 1932

National Convention- June 13 - 16, 2012. Youngstown Ohio - www.mgcy.org **Cancelled**
Regional Meeting- October 6 - 10:00AM Kingwood Center, Mansfield, Ohio - Leroy Hart - 330-836-1207
CGLA Annual Regional Conference - July 27 - 28 M S U campus - Cheri Kessen - 260-854-2988

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National Web - www.tgoa-mgca.org - Regional Webs - www.cglr.org & www.cglgardeners.org. Org



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