



An educational program of the LSU AgCenter

In This Issue

Class of 2010	1
Rusty's Message	2
President's Message	3
AJ in the Garden	4
<i>A Ghost of Nature</i>	5
<i>Fighting Diabetes in the Vegetable Garden</i>	6-9
October Minutes	10
Fall Plant Swap	11
<i>Fall Into Gardening</i>	12
Fall Field Trip	13
WILD THINGS	14
Slidell Memorial Hospital Rehab Garden	15
The Slidell Library Herb Committee News	16
Program Committee and Sharing Table	17
Membership Dues	18
Calendar	19
Directory	20
Editor's Notes	21

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THE NEWSLETTER OF THE ST. TAMMANY MASTER GARDENERS ASSOCIATION

VOLUME 13, ISSUE 11

November, 2010

MASTER GARDENER CLASS OF 2010



Front row: Katelyn Peat, Cheri Hall, Susie Koepp, Michelle Chappetta, Seated: Dr. Paul Coreil, Vice Chancellor and Director of LSU AgCenter, Joanne Bassett, Karla Partridge, Lyn Monteleone, Anna Ribbeck, Ann Gilbert, Claudia Arseneaux, Peggy Goertz, Lynne White. Standing 1st row: Kathleen Guidry, Gail Hinkley, Wes Goostrey, Vincent Accardo, Lorraine Martin, David Martin, Pam Peltier, Susan L'Hoste, Susie Andres, Rusty Batty. Back row: Ty Guidroz, David Lynd, Kappy Goodwin, Bob Beter, Debbie Adams, Mark Flynn, Paul Andres and Bert Murray.

Continued on page 2

Class of 2010
Newest “Crop”
of Master Gardeners

The St. Tammany LSU AgCenter celebrates another great year, another beautiful fall, and another great class of Master Gardeners. This year was one of the largest in recent years with 29 graduating the horticulture training. Class members endured the 18 – 3 hours long classes, 3 horticulture tours and the always “popular” final exam. Many of this year’s class have volunteered their time with the Butterfly Festival, St. Tammany Parish Fair, Herb Festival and Fall Gardening seminar. Even though those hours will not count toward their 40 hours obligation the class has been enthusiastic in helping with horticulture education. Let’s continue to encourage their involvement throughout 2011.

On Thursday, October 28, 2010, Dr. Paul Coreil, Vice Chancellor and Director of LSU AgCenter, presented diplomas and name badges to a full room of graduates and their guests. The 2010 St. Tammany Master Gardener graduate include: Vince Accardo, Debbie Adams, Susie Andres, Paul Andres, Claudia Arseaux, Joanne Bassett, Bob Beter, Michelle Chappetta, Mark Flynn, Ann Gilbert, Peggy Goertz, Kappy Goodwin, Wes Goostrey, Ty Guidroz, Kathleen Guidry, Cheri Hall, Gail Hinkley, Susie L’Hoste, Susie Koepp, David Lynd, David Martin, Lorraine Martin, Lyn Monteleone, Bert Murray, Karla Partridge, Katelyn Peat, Pam Peltier, Anna Ribbeck, and Lynne White. Please join us in congratulating and welcoming them at the next association meeting, November 17, 2010 @ 10:00am.

Rusty Batty

HAPPY HALLOWEEN EVERYONE, I was just sitting on the porch in my purple collapsible chair watching the birds in the driveway. There are more birds in the sprinkler spray and puddles than eating on the platform feeder. The squirrels are running through the rain bird on the other end of the driveway and I am trying to come up with a topic for this months article. After moving the rain bird I walk back to the porch where I literally step on a topic. Attached to the bottom of my shoe is a beautiful yellow muscadine leaf. I pry the fall delight off my sole and examine it closely.



The abscission zone is clean so my leaf had complete its life cycle successfully. I get a magnifying glass and the laptop and begin the search for more information. The leaf, which I named Slim, has been a photosynthesizing machine since spring. Slim has manufactured sugars, evapotransported nutrients and water from the roots of the vine, and regulated moisture and gas exchanges. This gas exchange occurs in Slim's stomata. Stomata are the small opening which can be seen under magnification on the leaf's surface. Slim also has an epidermis, a palisade layer that contains the chloroplasts for photosynthesis, and vascular bundles which are his veins. His good looks come from his leaf blade, petiole or leaf stalk, and stipules which are leaf-like appendages at the base of the leaf. Slim's aesthetic qualities include feed and food, mulch and compost, plant identification, and propagation from cuttings. Now that I have all of this info I do not know whether to compost him or press him into a book.

The drought has made this month a very poor one for transplanting trees and shrubs. It has also hampered efforts to plant fall gardens. Everything looks tired except for the currant tomatoes. They are unstoppable and delicious too. The rest of my fall garden is still in the seed packs awaiting some rain. The dark season known as winter is also rapidly approaching. Gardening will slow down for a few months.

The plant swap put smiles on everyone's faces and plants in every trunk, back seat, or truck bed. I scored with several new additions for my garden. Thanks to all of you who participated.

Before the November meeting, at 9 am at the AgCenter office, we will have our first plant show committee meeting. All interested can attend.



I will not be going to the garden this month. However, Slim and I will see you at the next meeting. aj

A.J. Heinsz-Bailey,
Past President

A Ghost of Nature



At first, we couldn't agree whether it was a large white cat or a fox, even though neither one normally visits our sunflower seed feeder.

When it scurried away, there was no doubt; it was an albino raccoon.

It visited us on three consecutive evenings. Normally,

when coons begin to visit the bird feeders and tear up the garden in the process, I borrow a live trap and relocate them many miles away.

We were concerned that without its normal camouflage, it would be easy prey. But it must be very good at eluding predators, judging from its size.



Called around figuring a zoo would be really interested. No luck at Audubon Zoo. The Baton Rouge Zoo didn't want it either. Rick at the Swamp Exhibit suggested the Lafitte Tours might want him. Too many permits required now, Capt'n Joey said. Asked at the Jean Lafitte Refuge and was told they didn't want him and I couldn't release him on the refuge property.



Submitted by: Art Scott

No visits for the last few nights. Problem may have resolved itself.



Fighting Diabetes in the Vegetable Garden!

A diagnosis of Type 2 diabetes two years ago turned my life upside-down when it comes to food. I was born, bred, and *fed* Southern. I've lived all my life in St. Tammany Parish except for the first few days after my birth and two years in a nearby parish when I was college age. My parents' careers and much of our social and recreational life happened in New Orleans, so our family ate classic "New Orleans cuisine" and "Creole cuisine" in addition to my grandmother's more humble fare. That means that for 46 of my 48 years I lived on a mostly Southern extremely high-carbohydrate, high-fat diet of huge portions, and in adulthood abandoned the intense athletic activities that kept me skinny in my youth. The natural result, for someone with my family history, was diabetes and obesity.

An important side note: Type-2 diabetes can also happen to adults who aren't overweight – just because you're slender doesn't mean you're immune to this disease. Even in people who are not genetically predisposed to the disease, daily ingestion of large amounts of carbohydrates, particularly simple carbohydrates such as sugary soft drinks and "candy coffees" and sweets, makes the pancreas work very hard, and after years of abuse, eventually it wears down and simply can't keep up with the demand for insulin, regardless of how much or how little fat we carry on our bodies. Continuing to eat a regular diet of traditional Southern meals, especially when one has diabetes, is a guaranteed recipe for health disaster. Public health epidemiologists describe South Louisiana as a good example of much-revered historical and cultural food traditions creating epidemic disease in a population over many decades.

For those of you who are newcomers to the deep South, one example of a quintessential weekly Southern meal is the Monday "wash day" red beans and rice, comprising of a plate of boiled white rice topped with red beans, cooked with andouille sausage and/or pickled pork and/or pork chops, and served with buttered French bread and collard or mustard greens. For many, if not most of us natives, you just don't *not* eat red beans & rice on Monday! My mother never included greens in our Monday night repast, but she forced me to gag down boiled spinach with liver and onions on a regular basis. In the sixties and seventies pale iceberg was the only lettuce which ever made it into our grocery cart. God bless 'em all, Mom and the cooks at every single school I attended were experts at making spinach as disgusting and as slimy as possible and stinking up everything with long-over-cooked cabbage. That ensured that I never acquired a taste for dark green leafy vegetables. I didn't learn about the other varieties of lettuces or greens like kale and Swiss chard until my thirties, because I carefully avoided anything that remotely looked like spinach or cabbage, no matter how pale or crunchy or colorful it was, assuming it would all be just as gross. Even now the sight of a slimy mass of spinach makes me shudder.

Last year the diabetes educators (a team of R.N.'s and registered dieticians who are certified experts in the clinical management of diabetes) who taught the three days of classes I attended to learn to manage this disease, explained that in order to keep blood glucose levels within a safe range, and therefore prevent or limit cumulative damage to our eyes, nerves, kidneys, heart, blood vessels, brain, and joints, we would have to carefully limit our carbohydrate intake while maintaining careful portion control of all types of food and exercising every day.

We'd heard about "good" (complex) vs. "bad" (simple) carbohydrates for decades, and I'd trained myself and my family to eat brown rice, high-protein high-fiber pastas (whole-wheat still tastes like cardboard), 100% whole grain breads, steamed broccoli and salad, but what I was most dismayed to learn was that for a diabetic, *all* carbohydrate intake needs to be limited, even the "good" carbs. Okay. I wasn't just dismayed. I cried. And cried some more. I could no longer indulge at my whim, without great risk to my health, in the meals filled with warm and sentimental memories of Mama and Grandma and my mother-in-law. In their homes, like so many other Southern homes, food was love. I am still learning to disconnect my feelings and memories from the foods so strongly connected with family and identity, and look at food in a new way.

The diabetes educators were right – it is very hard to unlearn decades of ingrained eating habits and all the emotional connections to food – but it can be done, especially in a supportive, rather than judgmental, community. It's accomplished much more easily when our family and friends understand diabetes and can support us and join us in eating healthier (but not play the "food police" by monitoring and harshly commenting on what we're eating or drinking – and not sabotage our efforts at positive change by pressuring us to eat more carbohydrates than what our individual food plans call for). Master Gardeners are especially well-equipped, in one way, to help. More about that later.

To simplify things for us and not scare us to death over how complicated glucose control can become, the diabetes educators taught us to use what they call "the plate method" of portion control. If we divide our nine-inch dinner plates into sections, a heart-healthy, diabetes-fighting plate would contain a quarter lean protein, only one quarter complex carbohydrate (!), and one-half non-starchy vegetables. Yikes! It was nothing like the meals I was used to, either in quantity or proportions.

I was also surprised to discover that many of the foods which the family matriarchs said were "vegetables" are *not* the non-starchy vegetables which must make up half of my diet from now on. Our beloved corn, green peas, baby limas, big white limas, any other kind of bean (except soybeans), white potatoes, sweet potatoes, rice, parsnips, and all of the winter squashes are very high in carbohydrates. Most of the so-called "vegetables" I *liked* to eat, all breads, pizza, as well as pasta in every form imaginable, were now something I could only have a very small amount of at each meal. (Small compared to what I was used to eating.) Even non-starchy vegetable-based condiments like ketchup, sweet pickles, pickle relish, bread & butter pickles and chutneys must be used very sparingly because of the added sugar.

For example, traditional Monday night red beans and rice dinners have gone by the wayside. The diabetes-fighting version of that meal now looks like this: 1/4 of my nine-inch plate contains a mixture of red beans and rice, (up to one cup), 1/4 of it holds a pork chop, sausage, or pickled pork, and 1/2 of the plate contains cooked greens and/or a salad made of non-starchy vegetables. No fruit, dessert or milk is allowed, because the one cup of beans-and-rice mixture uses up my entire carbohydrate allowance for the meal.

Our once-frequent breakfasts of two waffles dripping in butter and Steen's Cane Syrup with a big tall glass of ice cold milk are a thing of the past. Instead, I can have a glass of milk with half a buttered waffle and no syrup. But a far healthier meal and diabetes-fighting meal (and much more filling and balanced meal) would be an omelet stuffed with sautéed non-starchy vegetables such as spinach, broccoli, tomatoes, mushrooms, onions and a bit of cheese. And I could still have the glass of milk. Grown women need their calcium too!

Another classic southern meal is barbecued meat of some sort served with corn on the cob, baked beans, sugary cole slaw, cornbread or rolls, sweet iced tea, and a dessert – all are high in carbohydrates except for the meat – and most of the barbecue sauces we enjoy are loaded with sugar, a simple carbohydrate which elevates blood glucose levels very rapidly. Such a meal would send my blood glucose levels skyrocketing, just like waffles and syrup. Every spike in glucose levels means more damage to nerve endings and blood vessels. So now, I eat the meat, with some sauce, but have to choose just one of the starchy "vegetables," forego the sweet tea for unsweetened tea, a diet soft drink, or water, skip the dessert (or have just one small bite) and substitute non-starchy vegetables for the rest of the high-carb delights.

I was also shocked to learn how high in carbs milk is, and that nearly all of the snacks I'm in the habit of eating are high in carbohydrates. Even fresh fruit, strongly promoted by nutrition experts and registered dieticians, must be carefully limited by diabetics who are serious about glucose control. And fruit juice is as bad for a diabetic as a sugary soft drink.

Managing diabetes isn't living a life of deprivation - no foods are forbidden, not even sugary desserts, but it requires very careful planning and moderation. Such carefully considered food intake isn't typical in traditional Southern culture. Just think of church fellowship meals and Sunday picnics and Sunday dinner and platters of fried seafood & hush puppies, French fries, French bread, and sugary coleslaw at your favorite seafood restaurant. That's tradition. It's what we do. It's how we native Southerners eat (unless we grew up with parents into veganism or macrobiotics or parents who immigrated here from a country with healthy food ways, such as Vietnam, Korea, Japan, China, or France). This isn't just an individual, private, challenge – it's an entire culture's challenge. And we Master Gardeners can do something to help.

In order to feel full, or satiated, by a meal without sending glucose levels soaring, a diabetic who wants to stay healthy needs to 1) fully embrace and not just tolerate non-starchy vegetables, 2) learn how to prepare and cook them in an appetizing way, and 3) learn to view eating lots of non-starchy vegetables as loving oneself and loving the ones who love you by nourishing your body instead of abusing it. Eating in a way that keeps blood glucose

levels safely stabilized goes completely contrary to our tradition of three whopping big meals a day. This re-education and behavior modification is a big job that takes a lot of time, with lots of three-steps-forward-two-steps-back moments, but it's doable.

Keeping well-supplied with fresh produce is also hard on a tight budget. I say fresh, because frankly, a lot of non-starchy vegetables can be pretty nasty if they're canned (unless you know how to make them appealing in the canned form, and I don't. Yet). Learning to grow non-starchy vegetables may become a financial necessity, and not just a hobby, for those of us privileged with enough land located in full sun. Those of us who live in apartments or have shaded property must depend on grocery stores, farmers markets, food-coops and the generosity of our gardening neighbors to obtain what we need.

I was delighted to discover that there are a great many more non-starchy vegetables than those listed in the meal-planning booklet which the diabetes educators handed out. A dozen or so hours of research uncovered a fabulous array of diabetes-friendly produce. And I was even more thrilled to learn that the majority of these vegetables can be grown right here in St. Tammany Parish. Some are not included in the "Louisiana Vegetable Planting Guide" flyer, but there are numerous books and online resources to help you learn how to grow and cook them.

Here's the list of non-starchy vegetables found so far...if you know of any others, please let us know. Some are difficult to find in grocery stores because they are native to countries outside of north America, but seeds can be found for most. (Some items in the lists below are technically fruits or tubers, but they fit the American Diabetes Association's definition of a non-starchy vegetable).

Miscellaneous Non-starchy Vegetables: Artichokes and artichoke hearts, asparagus, avocado, baby corn (NOT regular corn or sweet corn), bamboo shoots, mirliton (aka chayote squash or alligator pear), fiddlehead ferns, hearts of palm, olives (considered a fat by the ADA), and okra.

Sprouts: alfalfa, amaranth, almond, barley, broccoli, chive, millet, oats, onion, mung bean, radish, red clover, soybean, hard wheat, sunflower, etc.

Succulents: purslane, yucca, and nopales (cactus paddles)

Beans: green, wax, flat Italian, yellow, yard long, snow peas, and sugar snap peas

Cruciferous Vegetables: broccoli, broccoli rabe (aka broccoli rabe or rappini), Chinese broccoli, Brussels sprouts, cauliflower of all colors (white, yellow, green, lavender, purple), cabbages of all kinds (green head cabbage, red cabbage, bok choy or pak choy, savoy, other forms of Chinese cabbage)

Celery Family: celery, celeriac (celery root), fennel bulbs, kohlrabi

Field Greens: arugula, beet, chicory, collards, dandelion, escarole, kale, mizuna, mustard, turnip, rhubarb, Swiss chard, spinach, oriental greens, amaranth leaves (aka Chinese spinach), parsley

Lettuces and/or Salad Greens: Boston, bibb, chicory, endive, escarole, frisee, iceberg, mesclun., mixed baby lettuces, radicchio, red oak, rocket, romaine, watercress, tung ho (chrysanthemum leaves) Microgreens: 1-4 inch high seedlings of field greens, lettuces, salad greens, herbs, sunflowers and pea vines

Mushrooms: white button, crimini, porcini, portabella, baby portabella, shiitaki, oyster, etc.

Onion family: yellow Spanish, white, red, Vidalia, pearl/baby, shallots, leeks, chives, scallions/green onions, garlic, elephant garlic [NOTE: garlic *scapes* are very high in carbohydrates]

Nightshade family: all varieties of peppers – hot peppers, sweet banana peppers, as well as green, yellow, orange, red, and chocolate sweet bell peppers; all forms of eggplant; tomatillos, and tomatoes in all forms – Creole, beefsteak, cherry, grape, etc., as well as canned and bottled tomato juice, sauce, etc.

Root vegetables: beets (not pickled beets), carrots, rutabagas, turnips, radishes – red, pink, white, daikon, Jerusalem artichokes (aka sunchokes), jicama, and water chestnuts

Cucurbit family: cucumbers, English cucumbers, and all of the summer squashes – yellow crookneck or straight yellow, zucchini in all its variations, white pattypan, spaghetti squash, and very young luffa gourd (aka Chinese okra)

For additional information I would strongly recommend visiting the website of the American Diabetes Association, which publishes numerous books chock full of information about diabetes management, as well as cookbooks and books on menu planning. Go to www.diabetes.org for free online educational materials and links to sources where you can purchase their books.

The St. Tammany Parish Public Library system has a wealth of books on diabetes, gardening, vegetable gardening, cooking vegetables, vegetarian and vegan cooking, etc. You can explore their catalog online at http://www.sttammany.lib.la.us/home_flash.html , simply type in a search term in the box labeled "Catalog Search" to get started.

This is a very brief list of some books which I've found to be very helpful and informative:

Louisiana Home Vegetable Gardening, an excellent spiral-bound book written by several LSU professors, available at <https://store.lsuagcenter.com/p-17-louisiana-home-vegetable-gardening.aspx>

Month-by-Month Gardening in Louisiana by Dan Gill

Guide to Louisiana Vegetable Gardening by Walter Reeves and Felder Rushing

The Vegetable Bible: The Definitive Sourcebook with over 1,000 illustrations by Christian Teubner

Sprouts the Miracle Food: The Complete Guide to Sprouting by Steve Meyerowitz

Asian Vegetables: from Long Beans to Lemon Grass, a Simple Guide to Asian Produce by Sara Deseran

Grilling from the Garden: Vegetarian Dishes for the Outdoor Cook by Diana Shaw

Hot Vegetables by Hugh Carpenter and Teri Sandison

The Roasted Vegetable by Andrea Chesman (an excellent book – foods which taste horrible boiled or steamed usually taste wonderful when roasted!)

The Schwarzbein Principle Cookbook and *The Schwarzbein Principle Vegetarian Cookbook* by Diana Schwartzbein, M.D., Nancy Deville and Evelyn Jacob (these two books contain nothing but low-carbohydrate recipes and include carbohydrate counts for those who need to keep track for glucose control).

If you enjoy growing vegetables, keep in mind family, friends, and neighbors who might be diabetic when you decide what to plant. Keep in mind the needs of diabetics when you decide on what to grow for the "Plant a Row for the Hungry" program. Consider printing out recipes for cooking each particular vegetable and give them to the recipients of your produce. Or if it's a friend or neighbor, invite them over and teach them how to clean, trim, and cook it. You never know who you might help learn to enjoy a new kind of non-starchy vegetable, making their meals a little more pleasant and a lot more healthy.

D'Wanna Hanes, Louisiana Master Gardener

October 27, 2010



**ST. TAMMANY PARISH MASTER GARDENERS
GENERAL MEMBERSHIP MEETING
OCTOBER 20, 2010**

Meeting was called to order at 10:05 under the Fair Ground Pavilion.
22 members were present.

Art Scott called the meeting to order and announced that this meeting is an abbreviated meeting. No business will be conducted. Minutes from the previous month will be reviewed in November. Only general announcements will be made.

Keith Knight announced that every one is invited to help the Slidell Memorial Hospital Rehab Garden program. On Tuesdays from 9 a.m. to 12 noon, patients attend activities at the garden which include potting and planting plants. This Friday from 9 - 12 there will be a Plant Sale to benefit the Rehab Garden. All are welcomed and plant donations are needed.

A J Heinsz-Bailey announced that there are two new books available in the library: Poisonous Plants and How Trees Die.

There will be a Plant Show meeting before the next MG meeting at 9 am in the Ag. Center.

Denise Sterns announced that the Wild Things event was a great success. Approximately 4,300 people attended the event. The MG table was also well attended.

Meeting adjourned and plant swap followed.

Submitted by:
Nancy Berulis
Secretary



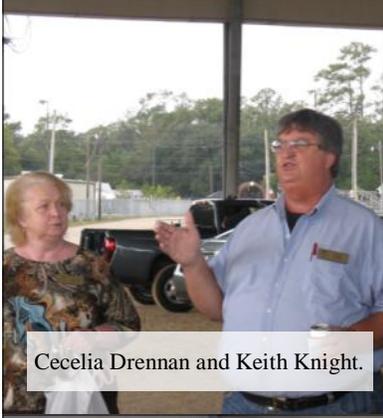
October Meeting Recap Fall Plant Swap



Denise Stearns brought an SUV full of plants to swap.



D'Wanna Hanes shares giant Turk's cap cuttings with Donna Dichary;



Cecelia Drennan and Keith Knight.



Art Scott held the shortest meeting ever prior to the swap.



Judy Wood and Nancy Berulis shop for plants.



A.J. Heinsz-Bailey talks about her plants to Brian Stearns and Kathy Connelly.



Rod Downie shares his gingers with Denise Stearns and A.J. Heinsz-Bailey.

The second plant swap of the year took place under the big barn in lieu of the regular October meeting. We love to get new plants and what better way to get new plants than to shop for free? About 20 people showed up for the plant swap despite the one day of rain in two months.

Fall Into Gardening



Sandy Arnoult, Linda Deslatte, Linda Rowe and Nancie Munn did a great job with the refreshment table.



Julie Deus, Chairman, and Donna Brown, Publicity



87 participants enjoyed a morning of horticultural information. The workshop was held at Southeast Louisiana National Wildlife Refuge Headquarters in Lacombe.



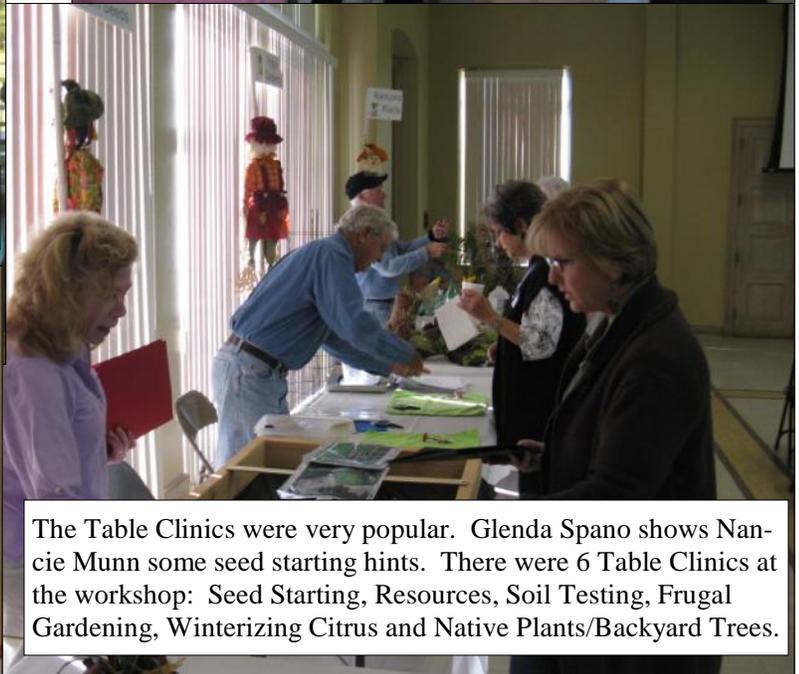
Dr. Alan Morgan answered questions during the break. He gave a talk on "Insects That May Bug You".



Julie Deus and Dr. Regina Bracy, who spoke about "Fun and Fabulous Fall Plants"



Annie Coco, Retired County Agent from Tangipahoa, gave a great talk on "Many Ways to Productive Mini-Gardening".

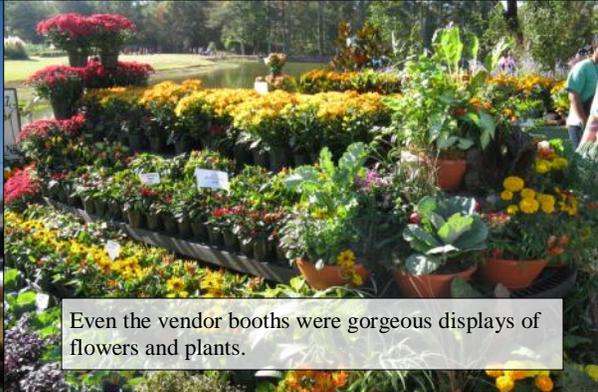


The Table Clinics were very popular. Glenda Spano shows Nancie Munn some seed starting hints. There were 6 Table Clinics at the workshop: Seed Starting, Resources, Soil Testing, Frugal Gardening, Winterizing Citrus and Native Plants/Backyard Trees.

Fall Field Trip



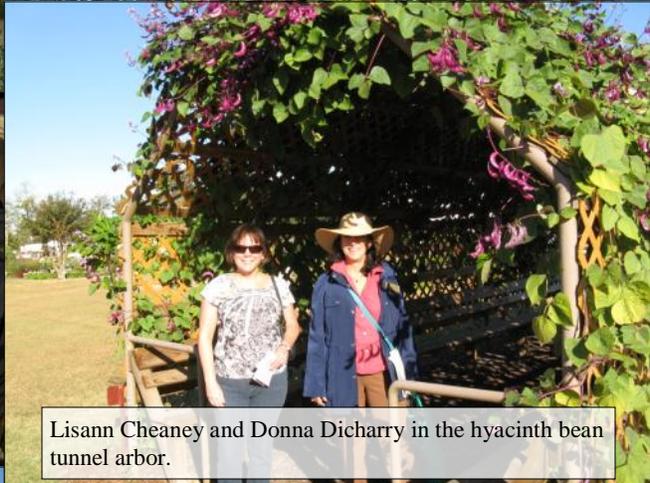
A picture perfect day for a field trip to the 32nd Annual Fall Flower and Garden Fest at MSU's Truck Crops Branch Experiment Station in Crystal Springs, MS.



Even the vendor booths were gorgeous displays of flowers and plants.



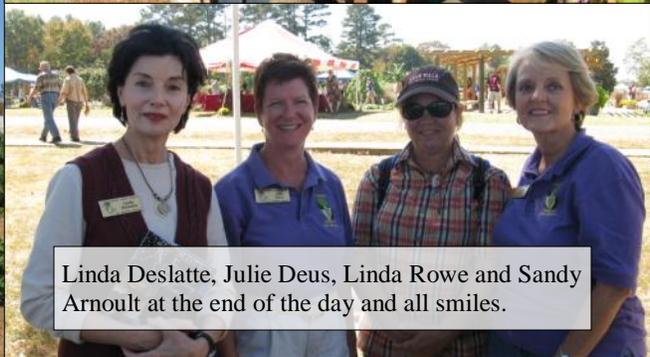
Mississippi Master Gardeners save seeds, package and sell them as a fundraiser.



Lisann Cheaney and Donna Dicharry in the hyacinth bean tunnel arbor.



Terry and Pam Keating with metal farmer plowing in the background.



Linda Deslatte, Julie Deus, Linda Rowe and Sandy Arnoult at the end of the day and all smiles.



Mary Ann Brannan, Dianne Ramirez, Pam Twardzik and Julie Deus enjoying the day.



And a good time was had by all...

The Butterfly Garden at *Wild Things*



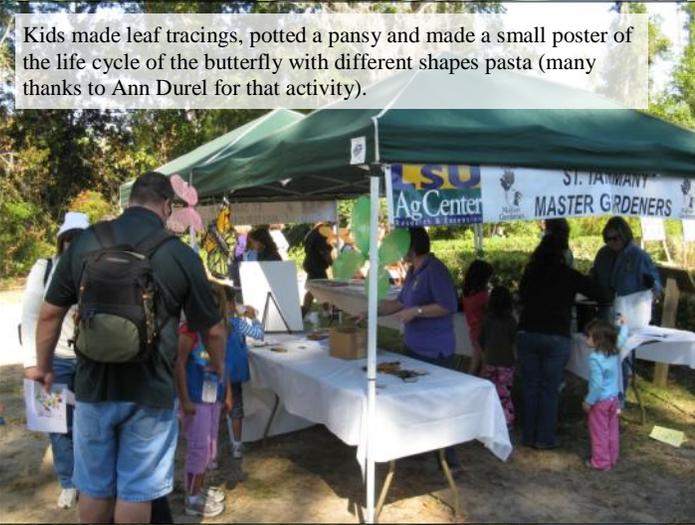
We had many visitors to the butterfly garden. Over 200 children participated in our activities. In fact, we ran out of supplies early in the afternoon. There were 4300 visitors total at this year's *Wild Things* at Southeast Louisiana National Wildlife Refuge in Lacombe.



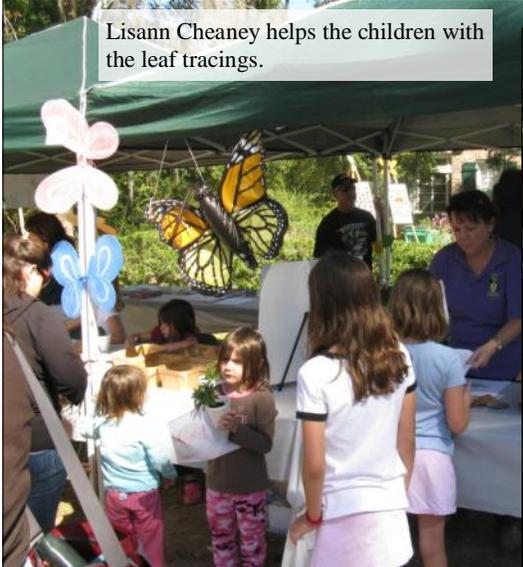
Visitors were able to look at the butterfly identification posters to ID the butterflies onsite.



Thanks to Donna Dicharry, we had a parsley plant with a live caterpillar, a chrysalis and a butterfly emerging from a chrysalis.



Kids made leaf tracings, potted a pansy and made a small poster of the life cycle of the butterfly with different shapes pasta (many thanks to Ann Durel for that activity).



Lisann Cheaney helps the children with the leaf tracings.



Janey Lively, Chairman of this activity, helps the children pot a pansy. Marie Porche assists.

Slidell Memorial Hospital Rehab Garden



Leslie Landeche, Chairman of the Slidell Memorial Hospital Rehab Garden, invites anyone who can spare a couple of hours to assist with the re-working of the rehab garden. Last year's freeze did severe damage to the garden. The committee held a plant sale on the 22nd and raised funds to buy new plants and supplies for the garden. The group meets every Tuesday morning at 9:30. Email Leslie @ rocknlou@bellsouth.net for more info.

Shown above are the volunteers who worked the plant sale: Janey Lively, Keith Knight, Leslie Landeche and Pete Pericone. The hospital staff really supported the sale and showed up in big numbers. Instead of pricing individual plants, the Master Gardeners asked for donations. This tactic netted the group a whopping \$350! Leslie sends her thanks to all of the Master Gardeners who donated plants for the sale.



Plans for the rehab garden include raised beds and stone pathways so the patients can easily access the beds. Some of the rehab patients are in the hospital for lengthy stays and really appreciate being able to go outside and enjoy the garden.

The Slidell Library Herb Garden Festivals and Herb Gathering Calendar for 2011

Spring Herb Festival - Tuesday, April 12
Fall Herb Festival - Tuesday, September 27

Festival time is 4 pm to 7 pm, Set up usually starts by 2 pm or sooner.

Herb Gathering meetings - all are Wednesdays from 1-3 PM at the Slidell Library meeting room:

January 12	Betty Rose	Curry
March 30	Donna Dicharry	Parsley
May 11	Debora Litzenberger	Rosemary
August 10	Cecelia Drennan	Mint
September 14	Patty McGinnis	Basil
November 9	(to be determined)	

We need a Chairperson for the Spring and Fall Festivals for 2011. Nancy Berulis and Denise Stearns did a great job in 2010. Judy Wood has done a great job in getting all the duties documented. It should be a very streamlined effort for the next Chairpersons. Do I have a volunteer?

A special thanks to Judy Wood for her presentation on lemon grass in August and Denise Stearns' talk on stevia in October. There will be no more herb group meetings in 2010.

Happy Holidays,

Betty Rose
Chairperson
Slidell Herb Garden



Denise Stearns gave a very informative talk on stevia at the October Herb Gathering held at the Slidell Library. She demonstrated how to harvest the sweetest herb and use it everyday. She shared some great recipes with the group.

Program Committee 2011



The Program Committee will meet on Friday, November 19 at 10:30 to make plans for the Programs for 2011. The meeting will be at my home in Lacombe – 60589 Cypress Drive.

If you would like to help select the Programs we would like to have you join us. Please let me know of your intentions to attend jazzwood@charter.net.

The collective thought of a committee will help to have some very interesting programs. The membership survey in July provided many good suggestions.

We want to have speakers who are knowledgeable on topics that are of interest to the membership. Let me know what piques your interest. What would you like to know more about? Where would you like to go on field trips? When would you like to have these field trips?

I would love to hear from you with your ideas for programs, field trips, speakers, and your offer to be a member of the **Program Committee**.

The Sharing Table

Do you have garden magazines or books you no longer wish to give space in your home? Bring them to the next MG meeting and put them on the Sharing Table. You might have a plant or two that is left over after planting and you don't want to house over the winter. Did you trim a plant and can the cuttings root? Bring them to share. Did you collect more seeds than you can possible use? Bring them to share. At each meeting of the STPMG we have a table set aside for sharing of items. It's kind of like a free garage sale or plant swap. You don't have to bring something in order to take something. Bring what you would like to share. Take what you can use. It's that simple.

Judy Wood
882-5353
jazzwood@charter.net



Membership Dues for 2011

I would like to say "Hello!" to our new members of the Class of 2010!!

For all "old" members--



Please turn in your dues for 2011 by Dec. 31 to Dianne Ramirez with the membership form below. We need this to ensure correct information will go in the Membership Directory. We are adding the cell phone number of each person so we need a new form from everyone. I found out how important this info was when I was unable to volunteer and couldn't get in touch with the chairman of the committee. Remember you will have to login your 20 volunteer hours and 6 educational hours and have your \$12.00 dues paid in order to be a member in good standing. Letters have gone out to remind those who are behind in their hours or who have not logged in hours on the LSU AgCenter site to please do so promptly.

Thanks, Pam Keating

Membership Chairperson



Master Gardener Dues for 2011

Name _____

Address _____

Home Phone _____ Cell # _____

Email address _____

Please send a check for \$12.00 to: Dianne Ramirez
286 Laura Drive South
Mandeville, LA 70448

Date received _____ Check# _____ Cash _____

Calendar of Events

November, 2010

6	8 a.m. "WALK IN THE WOODS" Fall Session with Master Gardener Rod Downie. Northlake Nature Center, Mandeville. Rod will share his enthusiasm and love of nature, teaching identification of native tree species. Space limited, reservations required. Call for details: 985-626-1238 or email: info@northlakenature.org
17	9:00 a.m. First meeting of the Spring Plant Sale committee at the AgCenter office. All interested may attend. 1 volunteer hour can be earned by attending the meeting.
17	10:00 a.m. Monthly meeting at the National Guard Bldg. Todd Ellefion of Windmill Nursery will be the speaker. Be sure to check out the "Sharing Table".
19	The Program Committee will meet on Friday, November 19 at 10:30 to make plans for the Programs for 2011. The meeting will be at the home of Judy Wood, 60589 Cypress Drive, Lacombe. Please RSVP to Judy at jazzwood@charter.net . <i>See page 17.</i>

December, 2010

15	Christmas Party. In lieu of regular meeting. We have a great location at the Northshore Beach Subdivision Firehouse and Community Center in Slidell and a committee is working hard so that we will have a fun, memorable party. Details to follow.
31	Last day to record your volunteer hours for the year and pay dues. You will not be on the active roster or the Membership Directory if you fail to meet these requirements.

January, 2011

19	9 a.m. Spring Plant Sale committee meeting
19	10 a.m. Monthly meeting at the National Guard Bldg.

February, 2011

16	9 a.m. Spring Plant Sale committee meeting
16	10:00 a.m. Monthly meeting at the National Guard Bldg.

March, 2011

16	9 a.m. Spring Plant Sale committee meeting
16	10:00 a.m. Monthly meeting at the National Guard Bldg.
19-20	Spring Plant Show and Sale, Fairgrounds <i>SAVE THE DATE!</i>

STMGA Directory

PRESIDENT:

Art Scott
796-5878
folsomart@bellsouth.net

VICE PRESIDENT:

Glenda Nanz
845-4494
nanz@att.net

TREASURER:

Dianne Ramirez
626-1631
adram@bellsouth.net

SECRETARY:

Nancy Berulis
643-8813
nberulis@bellsouth.net

COORDINATOR:

Rusty Batty
875-2635
rbatty@agcenter.lsu.edu

LSU AGCENTER OFFICE:

Mary Beth Kaizer
875-2635
MKaizer@agcenter.lsu.edu

**WORKSHOP ADVISOR &
VOLUNTEER WEB ADMINSTRATOR:**

Judy Wood
882-5353
jazzwood@charter.net

MEMBERSHIP CHAIRMAN:

Pam Keating
892-4445
tvkpam@bellsouth.net

NEWSLETTER:

Debora Litzenberger
882-7986
dklitz@charter.net

PUBLICITY / HISTORICAL:

Glenda Spano, *Scrapbook*
845-0900
runmimirun@yahoo.com

SMH REHAB GARDEN:

Leslie Landeche
639-9963
rocknlou@bellsouth.net

SLIDELL HERB GARDEN:

Betty Rose
863-3418
bettyrose@charter.net

Linda Franzo

781-4372
Linda@passionateplatter.com

LACOMBE BUTTERFLY GARDEN:

Denise Stearns
757-864-4760
2stearns2@charter.net

OTIS HOUSE BUTTERFLY GARDEN:

Ann Durel
626-1656
adurel@bellsouth.net

Notes from the Editor:

Welcome to the Class of 2010! We look forward to working with you and getting to know you. If you are feeling overwhelmed, wondering how in the world you will fulfill those 40 hours of volunteer service, no fear! Just keep reading the newsletter every month. Opportunities abound for earning volunteer hours. This month, you can earn an hour at the plant sale committee meeting at the AgCenter prior to the regular meeting on the 17th. Most of you will earn the majority of your hours at the Spring Plant Sale, so get involved early. Also, the Slidell Memorial Hospital Rehab Garden committee meets every Tuesday morning at 9:30. No long term commitment is needed. Work only a couple of hours any Tuesday and they will appreciate any help you can give them. Participating in Judy Wood's Program Committee is another option for earning hours. Writing an article for this newsletter will also count as volunteer hours. You can write about anything that is horticultural related. As you can see, there are many ways to earn those hours and many more opportunities will arise during the coming year.

Get in the habit of keeping up with your hours as you earn them. Use Art's form on page 3 or jot them on a calendar. Log into the website regularly to enter the data so it doesn't become a huge, daunting task.

For the new and seasoned members, here is the website for your convenience:

http://www.lsuagcenter.com/en/lawn_garden/master_gardener/Reporting+Volunteer+Hours/

Debora Litzenberger
dklitz@charter.net



THE GARDENGOER

**THE NEWSLETTER OF THE
ST. TAMMANY MASTER
GARDENERS ASSOCIATION**

Cooperative Extension Service

St. Tammany Parish

1301 N. Florida Street

Covington, LA 70433

Phone: 985-875-2635 (Covington)

Fax: 985-875-2639

Website: [www.lsuagcenter.com/
mastergardener/](http://www.lsuagcenter.com/mastergardener/)