A Message from Dan Baugh

The last two months have been full in my life and my wife’s as we make major changes in our personal lives. As many of you know, my wife recently retired after 30 years of teaching elementary school. On December 31, 2005, I have decided to retire after 31.5 years of work with the Purdue Cooperative Extension Service. Also to make our lives more complete, Kay and I will be moving to our rural Bloomington home.

Enough of my personal life – but I want to express to all of you it has been a treat and a real opportunity to work with the people of the Monroe County Master Gardener Association. We have seven months of fun ahead so let’s move this organization to new heights. One of my concerns at the present time is the Monroe County Fair Demonstration Garden. Lydia Anderson and Joyce Peden are coordinators for the garden, replacing Mary Alice Parks who is moving. Call Lydia (825-2961) to offer your help.

Two of the major purposes of this organization are to give back to our community and to learn more about gardening. Let us all embrace this in 2005 and get our volunteer hours and grow as gardeners and as individuals.

A Message from Our President

Volunteer Now!

June is loaded with opportunity! I am looking forward to the Master Gardener Garden Tour, June 18, and to the Bloomington Garden Club Garden Tour, June 25 &26. Back-to-back weekends to nose around in someone else’s garden! Right up my alley! Both are volunteer opportunities!

In addition, there are ‘In the garden type’ volunteer opportunities, too. If you are interested in staffing a booth – think card table – at Willie Streeter on a weekly basis, please call me. I am hoping to find a few MGs who would like to take turns answering questions for the community gardeners on Saturday mornings--just sitting in the garden, catching a few rays and sharing your knowledge with others. Of course, often the answer is “I'll find out.” Lydia Anderson (825-2961) would like some assistance at the fairgrounds, and Larime Wilson (333-9705) is hoping for some worker bees in Cheryl’s Garden at Karst Farm Park. Call them to help.

This is the prime time to get in those volunteer hours. So, get out there and dig in!

2005 Membership Books

As you look over your 2005 membership book, please check over your listing and the listings in the committee section. I have noticed several errors – including one in my own listing. Let me know by email or phone if I need to make changes. I’ll make them now so that they are corrected for future editions! (continued on page 3)
The July Master Gardener meeting will continue an annual tradition when we meet at 6:30 p.m. on Tuesday, July 19, at the Monroe County Fair Grounds at the Master Gardeners' Demonstration Garden. The garden is located on the southwest corner of the fairgrounds close to the west entry.

This meeting is a work session to complete the garden for its debut during the Monroe County Fair on July 23-30. We need help from all Master Gardeners so come dressed for work and bring your hand tools, rakes, clippers, and buckets or wheelbarrows for mulch spreading. This is a great time for our new interns to meet other Master Gardeners and to learn about our Demonstration Garden. Coordinators for the Garden are Lydia Anderson and Joyce Peden, who can use helpers anytime this summer, especially before Fair time. Call Lydia at 825-2961 or email her at landers@wormsway to volunteer. Come on July 19 and stay as long as you can. And remember, work in the Demonstration Garden can be used for volunteer hours.

Many thanks to Mary Alice Parks, who is leaving town and has helped us as Demonstration Garden coordinator for the past few months.

Looking for Education Hours?

Not many opportunities for education hours occur in summer, mainly because most organizations are busy with gardening activities. Fall and winter are better times, and we’ll alert you when we learn of new opportunities.

MCMGA Meeting at Fairgrounds on July 19

The July Master Gardener meeting will continue an annual tradition when we meet at 6:30 p.m. on Tuesday, July 19, at the Monroe County Fair Grounds at the Master Gardeners' Demonstration Garden. The garden is located on the southwest corner of the fairgrounds close to the west entry.

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Many thanks to Mary Alice Parks, who is leaving town and has helped us as Demonstration Garden coordinator for the past few months.

MCMGA Board Meets Later in July

Because the first Monday in July occurs on July 4, the board will meet on Monday, July 11 at 6:30 p.m. Roots and Shoots will be mailed on July 7. Articles are due to Helen Hollingsworth (hlhollin@indiana.edu) on July 5.

The 2005 Summer Garden Walk on Saturday, June 25 and Sunday, June 26, 1 to 5 p.m., rain or shine, needs volunteers. Call Marjorie Gonzalez (333-8301) if you can help. Volunteers are stationed in six gardens open to the public to assist visitors and answer questions. It’s a great way to spend time outdoors in a beautiful garden. These volunteer hours count toward certification.

The Garden Walk is organized by The Bloomington Garden Club to benefit civic projects, including Hilltop Garden and Nature Center, Bloomington Animal Shelter landscaping, and Hospice Sanctuary.

MCPL Has Great Gardening Books

The next time you are at the Monroe County Public Library, browse through their collection of gardening books. If you haven’t looked at that section recently, you’re in for a real treat. The collection is a gardener’s dream!

Upcoming MCMGA Meetings

Mark your calendars for the following dates:

**Tuesday, September 27** — Garden Journaling with Cathy Meyer and Rose Care and Propagation

**Tuesday, November 29** — Holiday Party & Carry-in Dinner and presentation, Holiday Gifts in Baskets, Jars, and Spoons, by Sue Berg

**Tuesday, January 24** — Trees and Reviews of Gardening Books

All programs begin at 6:30 p.m. *education hours available

Plant Labels

How many times have you attempted to plant something in a space where you already planted something? Or you’ve forgotten the name of a plant? The solution for remembering what we plant and where we planted it is to install permanent plant labels.

MCMGA has plant labels for sale. These are metal and can remain in the ground over the winter. We needed 500 plant labels for the Demonstration Gardens at the Fairgrounds and for the Cheryl Coverdale garden, but by buying more than we needed, we got a better price. We can sell the labels at cost, 4 for $1. Call Diana Young, 339-0040, and let her know how many you need.
A Message from Our President (from page 1)

The best part of the plant is the leaf! Really, I enjoy the foliage so much. I am not one to remove the flowers just to see the foliage, but I have thought about it! Yesterday, as I looked down on my shade garden from the deck, it struck me just how important foliage is in my situation. The small flowers are almost indistinguishable from that height. And, if I add too many bold flowers that can be seen from the deck, it will be garish up close.

So, as I checked out the variegations on the hostas, perennial geraniums, hydrangeas—the light greens, dark greens, yellow greens, blue greens, and even shades red—it struck me. Even though I have always thought of myself as a perennial flower gardener, I am really a perennial leaf gardener. The colors of the leaves are the backbone of my garden. They are the foil for the flowers—but really they are the best part because even without the blooms the leaves are great!

Try to imagine your garden without flowers. How does your garden grow?

—Mary Jane Hall

Remember to RSVP for MCMGA Garden Walk

Recently you received an invitation to the MCMGA Garden Walk and Picnic on Saturday, June 18, 4-7 p.m., featuring three special gardens of MGA members. Members bring a salad, a side dish, or a dessert, and drinks, cutlery, and main dish will be provided. It’s important to phone Mary Hawkins, 824-2139, to let her know you are coming.

Volunteer Opportunity at Bloomington Meadows

Are you looking for an opportunity to work with adolescents and gardening? Bloomington Meadows, which serves an adolescent residential population generally 12-18 years old with behavioral management disorders, is looking for a Master Gardener to direct a gardening project this summer. The objectives are to teach planning skills and cooperative teamwork to accomplish tasks while learning skills for leisure activities and gardening. The children are of low to average intelligence. It is a controlled environment, and the children are always accompanied by our staff. Kiley Caughell, RTC unit coordinator, is the contact person. Her telephone number is 812-331-8000, ext. 2482.

New Certifications by Joanna Howe

Congratulations go out to Gloria Noone ('04) for finishing her volunteer commitment. An official Purdue Master Gardener badge has been ordered. Gloria has helped at the Hospitality House, the Bloomington Garden Walk, the fairgrounds demonstration garden, and was the main facilitator for the 2005 training class.

Cheryl Engber has climbed another rung on the ladder to “Advanced Master Gardener”. Cheryl has been a regular at Hilltop, helped staff the Purdue booth at the Indianapolis Flower and Patio Show, and has taken advantage of various advanced education opportunities.

WELL DONE! Do we have YOUR hours? Send your hours to MCMGA, Monroe County Extension Office, 119 W. 7th Street, Bloomington, IN 47404 or to Joanna Howe, 2121 I Street, Bedford, IN 47421.

Season-long Grub Control from May Applications?

Grub control products are currently being displayed in the center aisles of retail department and discount stores and are advertised on the radio as providing season-long grub control when applied in early May. Certain insecticides, including imidacloprid (Merit) and halofenozide (Mach 2) do have a very long residual in the soil. However, they should not be applied to lawns until later in the summer by both homeowners and professionals and here’s why:

1. The goal of white grub insecticides is to prevent turf damage, not eradicate grubs. Grub damage in the spring is very minimal and only seen in the driest of years. Since there is a limited chance of significant grub damage, why apply?
2. Grubs found in the turf grass right now are very mature and extremely difficult to kill, so insecticides applied now will not be very effective.
3. Even if you could control grubs now, it will have no effect on the population of grubs come next August when the really damaging generation hatches.
4. Insecticides applied now will biodegrade over time and may not remain in the soil at high enough concentrations to be effective in August when we really need them. Certainly, they will be more effective if applied closer to the egg hatch date (early August).

For these and other reasons, you are better off waiting until mid-July through mid-August to apply white grub insecticides and then only apply if your lawn has experienced perennial damage from grubs or if you find more than five grubs per square foot.
Hardly anyone pauses to consider the ubiquitous spices we have stashed in our cupboards as we reach for one to season our meals. Yet the history of spices shows that in past centuries wars have been fought, countries conquered and civilizations slaughtered in order to obtain control over these seemingly innocuous seasonings.

Indeed when one ponders the fact that two of the three gifts presented to the baby Jesus were spices, one can begin to appreciate their value to ancient civilizations. It might also be considered a harbinger that the spices presented were used in burial ceremonies. What an odd gift for a newborn child.

Archeologists believe that early man first began using herbs and spices as early as 50,000 B.C. Scientists have theorized that one early man got the idea to wrap his meat in a leaf to protect it from dirt and thus the first seasoning was discovered. As a rule, spices are defined as being the woody or non-fleshy parts of plants used in cooking, medicines and aromatics.

Spices were often mentioned in ancient hieroglyphics in the pyramids as well as in the Bible. Many spices were important in the embalming of mummies. The word embalm comes from the word balm which is a healing or soothing salve, usually made from plants. Joseph was sold by his jealous brothers to spice traders who were on route to Egypt.

For many centuries only the very wealthy could afford these elusive seasonings. Still, many uses had been found as spices were used as aromatics, in medicines, balms for use after bathing, spiced wines, and incense to be burned in temples.

Spices were highly prized for not only the flavor they could impart to foods but also because at that time in history food could barely be considered edible. For instance, food was unavailable for cattle in the winter, so the animals were killed in the fall and the meat salted. Many of the staples we today think to be indispensable were as yet undiscovered. These included potatoes, corn, tea, coffee, chocolate, sugar and lemons. However, spices could make the meager offerings available palatable.

Many civilizations quickly learned the difference a few spices could make in their diet. When Alaric the Visigoth attacked the city of Rome, he demanded 3,000 pounds of pepper be paid as a ransom and 300 pounds of pepper to be given annually.

The early controllers of the spice trade were the Arabian peoples. In order to keep their monopoly many were prone to grossly overstate the dangers inherent in gathering the important commodities. The spice trade also helped the prophet Mohammed to spread the word of Islam.

In the Middle Ages Cairo, Egypt was the port of destination for spices coming in from foreign lands. From there the spices made their way to Alexandria and there were bought by the Venetians and the Genoese. The trade of spices helped to make both groups powerful and wealthy.

Historically spices have been used as a monetary standard. In fact, many towns in Europe kept their accounts in pepper while taxes and rents were paid for in this spice. A man could be bought and sold for a bag full of peppercorns. In the Middle Ages in Europe a pound of ginger was worth the price of a sheep while a pound of mace (from the same tree as nutmeg) could buy three sheep or half a cow. Pepper was actually counted out by the individual peppercorn as it was so valuable.

Marco Polo’s explorations and subsequent book changed the face of the spice trade as the Arabian Empire fell and adventurers sought new ways to the Far East and the world of spices. Soon nations were scrambling to achieve mastery over the spice trade. Portugal was the early winner with Spain, England, Holland and finally the young United States entering the fray.

The quest for spices led Christopher Columbus to accidentally discover the New World and incidentally the ‘new’ spices: capsicums and allspice. Henry Hudson led the search for the ‘Northwest Passage’ to India so that England could better compete in the spice trades.

Historically the nation that controls the seas and thus the spice trade has been the most powerful and richest nation in the world. In the 16th century Portugal lost control of the spice trade to the Dutch who proved that they were serious about keeping the monopoly. If the price of a certain spice fell too low the Dutch would destroy supplies of that spice in order to drive the price back up. Trees and their seeds were jealously guarded so that others could not grow the plants. Theft of these plants was punishable by death. Nutmegs were even soaked in milk of lime to sterilize the seeds.

In the 17th century England began making headway in the spice trade. At one time anise was so valuable that revenues collected from import taxes helped pay for repairs to the London Bridge. In the late 1700’s the English and Dutch fought a war over the spice trade ultimately causing The Dutch East India Company to become bankrupt.
The History of Spices (continued from page 4)

Elihu Yale of the colonial Americas made his fortune in the spice trade and the monies gained from the spice trade helped to fund Yale University. Officially the United States entered the spice trade in the late 1700's. Yankee ingenuity found ways around the Dutch monopoly and business was booming. By dealing directly with the native peoples, Americans were able to gain a foothold in the lucrative trade.

At one point in the 19th century the pepper trade in particular was important enough that revenues from import duties were able to finance five per cent of the United States government's expenses. Losses to pirates finally forced the fledgling nation out of the spice trade.

Today though, the United States is once again in the spice business. The old adage seemingly holds true as America is the big boy in the spice trade and is now considered to be the most powerful nation on earth. The United States now leads the way in the spice trade with America being the largest importer and consumer of culinary spices. Most spices are still imported but a few are now grown domestically. While some spices - notably saffron and vanilla - still are relatively expensive, our high standard of living allows most in this country to regularly partake of these and other seasonings. So next time you are reaching for that black pepper, remember that at one time a man could be bought and sold for a bit of pepper. Oh, and enjoy your meal.

Sources: Astaspice.org, Mccormick.com, RLschreiber.com

Sign Up for the Monroe County Fair
By Barbara Baynes

Opportunities are abundant to earn volunteer hours at the Monroe County Fair this year. The Monroe County Master Gardeners play a vital role in the garden and flower entries located in the Community Building at the Monroe County Fair. Listed below are the times, jobs available and contact person to get your name on the schedule.

Fruits, Vegetables, Herbs, etc.
Contact Larime Wilson (333-9705 or larime@bloomington.in.us)
Friday, July 22nd - Set up 10 am - Noon
Saturday, July 23rd - Check-in 12:30 - 3 p.m.
Saturday, July 23rd - Judging help 3 p.m. - ??
Sunday, July 31st - Check-Out 1 - 3 p.m.

Potted Plants and Cut Flowers
Contact Dianna Young (339-0040 or hoyoung@indiana.edu) or Esther Minnick (876-4523)
Monday, July 25th - Check-in 8:30 - 11:30 a.m.
Monday, July 25th - Judging Help - Noon - ??
Sunday, July 31st - Check-Out Noon - 3 p.m.

Master Gardener Information Booth
(located in the flower display in Community Building)
Contact Barbara Baynes (876-2354 or baynesfarm@aol.com)
Daily Tuesday, July 26th thru Friday, July 27th 2 pm - 8 p.m. We'll schedule in 3 hour shifts

Yucca Bug
By Cliff Sadof, Entomologist

Bugged by spotted or distorted leaves, dying flowers, distorted fruits and vegetables? Well you just may be bugged by true plant bugs. Plant bugs have been causing quite a few problems throughout Indiana landscapes. When plant bugs feed on the juices from expanding young leaves or flower buds, they can kill portions of actively growing tissue and distort leaves, flowers and fruit. On expanded leaves plant bugs remove the green chlorophyll from leaves, leaving them to appear stippled with white spots when the plant bug has removed sap from green leaf tissue that contains chlorophyll. Some species kill portions of leaf tissue as they feed and leave behind circular areas of brown dead spots. The liquid excrement of most plant bugs is deposited as a black tar spot that is diagnostic for many pest species.

Although many natural enemies of plant bugs are known, their use has not been explored for controlling this pest on deciduous trees. Pesticide applications should target nymphs because eggs are not affected. Determine this stage by looking for spiny nymphs near egg masses on leaf undersides and monitoring to determine egg hatch. Short residual materials, like soaps, oils, or pyrethrins, can be effective on nymphs if coverage is adequate. Systemic pesticides such as Orthene (Acephate) or Merit (imidacloprid) are also very effective. Topical foliar applied materials can also provide effective control.
Flowering plants that don't bloom as promised can be a big disappointment in your garden. Reasons for lack of blooming are as diverse as the palette of plants from which to choose, but a little detective work can usually pinpoint the trouble. The most common factors associated with blooming, or lack thereof, include light, plant age, nutrition, extreme temperatures and improper pruning.

Many woody plants must reach a certain age before they are mature enough to produce flowers. Fruit trees, such as apples and pears, can require as many as five or six years to become fruitful. Gingko trees can take up to 15 years to bloom. Add a stressful environment to a juvenile plant, and flowering may be delayed even further.

Plants that are old enough to flower, or have done so in the past, may quit doing so for a variety of reasons. Flowering may be sparse or completely absent when a plant is under stress, so be sure the plant is positioned in an appropriate location for that particular species. For example, some plants flower best in full sun; others may prefer the cooler conditions found in the shade. Some plants, such as peonies, will flower sparsely or not at all when grown in shade. Similarly, shade-loving plants, such as begonias, will not bloom well in full sun. In gardens where other trees and shrubs are nearby, light conditions can change drastically over time as landscape plants cast more shade, or removal of a large plant suddenly leaves formerly shaded plants exposed.

Some plants, such as chrysanthemums and poinsettias, flower in response to short day lengths, or more accurately, long nights. If the plants don't receive the appropriate break from light, their season of bloom will be delayed indefinitely.

Overfeeding plants with nitrogen can encourage them to produce lush foliage at the expense of blossoms. A lack of nutrients, particularly nitrogen, phosphorus and potassium, also may delay flowering. Stick with a balanced, low-analysis fertilizer, such as 12-12-12 or 6-10-4, to apply adequate nutrition without overdoing.

Some gardeners unknowingly remove flower potential from their plants by pruning at the wrong time of year. Landscape plants that bloom in early spring set their flower buds in autumn on last year's growth. If you prune these plants in late winter, you'll also be removing many or all of the flower buds. The rule of thumb is to prune spring-flowering shrubs and vines after blooms have faded.

Mother Nature can deal a blow to buds with extreme low winter temperatures or late frosts in spring after growth has begun. Though this past winter was relatively mild, we did have some late spring freezes. And some plants may be winter hardy, but their flower buds are routinely killed, even by normal spring weather. A common example is the big-leaf hydrangea, successfully grown in southern Indiana and beyond, but in northern Indiana often just provides great foliage but rarely, if ever, blooms.

So if you have landscape plants that are not performing up to par, do your homework to find the appropriate requirements, and plan to replace the "duds" with plants that are better adapted to your growing conditions.

Attention Purdue Master Gardeners and Interns

Register now for Purdue's 2nd Annual Master Gardener Conference June 23-25, 2005 in Merrillville, hosted by Master Gardeners in Lake and Porter Counties. All Purdue Master Gardeners, Interns, and Advanced Master Gardeners are invited to join us for an exciting, informative, and memorable conference.

Stephanie Cohen is the keynote speaker for the Friday night banquet. Professor Cohen is the Acting Director of the Landscape Arboretum at Temple University, a nationally recognized horticulturist, and contributing editor for Country Living Gardener Magazine. Her topic is "Plants for the Front of the Perennial Border--Shorter is Better."

More details and registration information at [http://www.hort.purdue.edu/mg/](http://www.hort.purdue.edu/mg/)
## Volunteer Opportunities Compiled by Nancy White

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Jobs</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hilltop Garden &amp; Nature Center</td>
<td>year around</td>
<td>various</td>
<td>Marcia Figueiredo, 855-2799</td>
</tr>
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<td>Templeton Garden Project</td>
<td>spring/fall</td>
<td>teaching children</td>
<td>Nancy White, 824-4426</td>
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<tr>
<td>MG Demonstration Garden</td>
<td>seasonal</td>
<td>various</td>
<td>Lydia Anderson, 825-2961,</td>
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<td></td>
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<td><a href="mailto:landers@wormsway.com">landers@wormsway.com</a></td>
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<td>T. C. Steele SHS</td>
<td>seasonal</td>
<td>various</td>
<td>Steve Doty, 988-2785</td>
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<tr>
<td>Cheryl’s Garden</td>
<td>seasonal</td>
<td>various</td>
<td>Larime Wilson, 339-9705</td>
</tr>
<tr>
<td>Flatwoods Park Butterfly Gardens</td>
<td>seasonal</td>
<td>various</td>
<td>Cathy Meyer</td>
</tr>
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<td>MCMGA Horticulture Hotline</td>
<td>year around</td>
<td>inquiries and research</td>
<td>Dan Baugh, 349-2575</td>
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<td>MCMGA Speakers Bureau</td>
<td>year around</td>
<td>various</td>
<td>Dan Baugh, 349-2575</td>
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<tr>
<td>MCMGA Leadership Project</td>
<td>fall</td>
<td>various</td>
<td>Mary Jane Hall, 345-3985</td>
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<tr>
<td>Monroe County Fair</td>
<td>July</td>
<td>various</td>
<td>Barb Baynes, 876-2354 or</td>
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<td></td>
<td></td>
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<td>Esther Minnick, 876-4523</td>
</tr>
<tr>
<td>MCMGA Newsletter</td>
<td>year around</td>
<td>writing, stapling, labeling</td>
<td>Helen Hollingsworth, 332-7313</td>
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<tr>
<td>MCMGA Web Site</td>
<td>year around</td>
<td>various</td>
<td>Barb Hays, 332-4032</td>
</tr>
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<td>Indiana State Fair Booth</td>
<td>August</td>
<td>education</td>
<td>Preston Gwinn, 837-9554</td>
</tr>
<tr>
<td>2005 Summer Garden Walk</td>
<td>June 25 &amp; 26</td>
<td>host or hostess</td>
<td>Marjorie Gonzalez, 333-8301</td>
</tr>
<tr>
<td>Middle Way House</td>
<td>seasonal</td>
<td>various</td>
<td>Clara Wilson, 333-7404</td>
</tr>
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<td>Wylie House</td>
<td>year around</td>
<td>various</td>
<td>Sherry Brunoehler, 353-3065</td>
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<td>Bloomington Hospitality House</td>
<td>bi-weekly</td>
<td>educate seniors</td>
<td>Rene Thompson, 353-3065</td>
</tr>
<tr>
<td>Mother Hubbard’s Cupboard</td>
<td>year around</td>
<td>education, resource</td>
<td>Libby Yarnell, 355-6843</td>
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<tr>
<td>Clear Creek School</td>
<td>spring/on-going</td>
<td>identification, education</td>
<td>Charlie Hawk, 824-7969</td>
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<td>Bloomington Meadows</td>
<td>2005 summer</td>
<td>direct garden project</td>
<td>Kiley Caughell, 331-8000, ext. 2482</td>
</tr>
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</table>
Don't miss this opportunity!

The Art and Science of the SmartGarden®

An Online Program for Gardening Enthusiasts
Would you like to learn how to make environmentally responsible choices for your garden that work well with nature, minimize pests and diseases and allow your garden to flourish year after year?

If so, register now for an exciting interactive online program that will be available to you June 1, 2005 until June 1, 2006. The SmartGarden™ program is a self-paced, interactive web-based program developed in partnership with the Horticulture Gardening Institute and the American Horticultural Society (AHS). DK Publishing is a gold sponsor of the program is built around the ten tenets of the AHS SmartGarden™ program.

Throughout the self-paced program you will complete self-assessments and activities that help you practice good stewardship of the earth. You will learn how to select plants that are compatible for your growing conditions, reassess your gardening practices to realize the greatest benefit from your time and effort and measure every gardening decision against its environmental impact.

*Participants must have a valid e-mail account and access to the internet.

*Registration is open to anyone interested in learning more about gardening. It would be a great review for Purdue Master Gardeners and a great opportunity for any gardening enthusiast. If you have questions, please contact Peggy Sellers at 765-494-4713.

$70 registration fee includes:
- The SmartGarden® Northeast Guide (400 pages)
- Access to the interactive, online program June 1, 2005 through June 1, 2006.
- Access to a community of gardeners and gardening experts through the Gardening Institute's online discussion board.
- One-year subscription to the AHS' magazine, The American Gardener.
- One-year AHS membership (or renewal).
- Horticulture Gardening Institute’s bi-monthly electronic newsletter.
- Purdue Master Gardeners will receive 12 educational hours for completion of the online program.

Art and Science of the SmartGarden™ On-line Program Registration Form
Participants must have a valid e-mail account and access to the internet.

Registration Fee: $70  Registration Deadline: May 25, 2005

Name:_______________________________________________________________________________
Address:_____________________________________________________________________________
City: ______________________________ State: ________            Zip:____________
Email: ______________________________________________
Daytime Phone:________ - ___________________________
Are you a Master Gardener?  ____No   ____Yes  County?____________________
Payment method:  Check or MO  (Make check payable to Purdue University.)
                   Credit card:   Mastercard      Visa        Discover
Card  Number:  _________________________________  Exp. Date: __________
Cardholder’s Name: ________________________________________
Signature: ________________________________________

Please complete one form for each participant and return it along with your payment to:
Dr. Peggy Sellers/SmartGarden
Purdue University
Dept of Horticulture and Landscape Architecture
625 Agriculture Mall Drive
West Lafayette IN  47907-2010
Raised Gardens Provide Spring Planting Options

If you have a mobility impairment, arthritis, or some other condition that makes stooping and bending difficult, you may think that planting, cultivating, and harvesting a garden is more trouble than it’s worth. However, if you still long for the joy of gardening and for the fruits of your labors (vegetables too), then raised garden beds may be a solution to your ergonomic dilemma.

The basic principle of raised gardening is to lift the bed enough to minimize or eliminate the need for bending. Raised beds are also an option for patio gardening or gardening in terrain that may be too swampy for a conventional garden.

A variety of materials can be used to construct the container to hold the soil for the garden bed—landscape timbers, railroad ties, stones, landscaping blocks, and even old tires or refrigerators. Table-top gardens can be built (see web page at www.cityfarmer.org/Neighborgardens.html

A unique alternative publicized by the Mississippi AgriAbility Project is the use of hay bales for raised beds. The bales are treated with water and fertilizer, and a layer of top soil is placed on them.

Many kinds of raised garden kits are also commercially available; see www.urbangardencenter.com for one that comes with a protective cover. Since raised gardens tend to be smaller than conventional ones, options like automatic watering and fertilizing systems can be feasible. For more information, do a web search on raised gardens or visit the Mississippi AgriAbility Project site for more information on hay bale gardening at www.msucares.com/safety/agrabilty/news winter 05.html. (From Breaking New Ground Outreach Project, Purdue University)

Record of Volunteer and Advanced Training Hours

Interns should submit hours at least quarterly; all others at least monthly. Mail forms to the Association at the address on the reverse of this page or bring it to any meeting. Contact a Director with questions concerning eligibility.

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<th>Name</th>
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### Volunteer Hours

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### 2005 MCMGA Executive Board

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