

# Tarrant County Master Gardeners



TEXAS A & M AGRILIFE EXTENSION SERVICE

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## Master Composter Program Sweeps Awards

By Brittany Rosenberg, Material Management Planner, City of Fort Worth/Code Compliance

The City of Fort Worth Master Composter Program is the proud recipient of three 2020 environmental awards: the *North Texas Corporate Recycling Association's 2020 Green Thumb Award*, and the *State of Texas Alliance for Recycling's 2020 Linda B. Smith Memorial Award for Excellence in Environmental Education*, in which the program was awarded 1<sup>st</sup> Place for North Texas and then 1<sup>st</sup> Place in the same category state-wide.

The Master Composter (MC) Program would like to recognize the Tarrant County Master Gardeners and their role at the FWBG Compost Outpost (CO) as part of a city wide web of volunteers and residents who educate the public on the merits of composting, bringing awareness to reducing food waste and its impact to landfills.

Tarrant County Master Gardeners co-leads Bill Hall and Susan Houston and their team of Master Gardeners and Master Composters have worked many years at the CO educating the public of the mechanics of composting. Bill, Susan and other Master Gardeners/Master Composters also do program outreach at libraries, schools and travel long distances to speak at community meetings and garden clubs outside of Fort Worth. Susan is in charge of operations at the CO and picks up coffee grounds from a local coffee shop, sorts and organizes the variety of donated compostable food waste, kitchen scraps, donkey manure, rabbit manure, and horse manure that are dropped off at the CO.

The CO produces and provides the FWBG Back Yard Vegetable Garden (BVG) with high quality compost, eliminating the need for fertilizers and helping reduce the incidence of plant pests and diseases. The BVG in turn provides the CO with much of its garden clippings and food waste, demonstrating a sustainable recyclable partnership.

Many thanks to all the Master Composters and Master Gardeners who made these awards possible!

If you're interested in volunteering at the Outpost or getting your Master Composter certification, email [Composting@FortWorthTexas.gov](mailto:Composting@FortWorthTexas.gov).



# Tarrant County Master Gardeners

## Tarrant County Association First Place

The State Awards Committee was very pleased to be a part in winning the First Place Award for our Association. The committee is Lisa Anderson, Mary Cummings, Camille Eckersley and Eleanor Tuck. Lisa will be Chair for this next year and has already begun thinking about our next nominations for State MG Awards. Our state Master Gardener President, Louie McDaniel, will be presenting our Plaque for Association First Place at our next meeting, and I thought it would be nice for you all to see the application. — Eleanor Tuck

**1. In 150 words or less describe the Master Gardener Association. (15 points)** TCMGA, in its 32 years, has provided volunteer support for the Texas A&M AgriLife Extension in Tarrant County, with our stated mission, "To provide horticultural and environmental research-based information and techniques. To volunteer in area horticulture projects." Our 339 members volunteered 44,239.7 hours and drove 359,200 miles for 26 projects, daily office phone coverage, Home and Garden Show education booths, Speakers Bureau and other community needs. Communities and individuals ask for our help to solve their gardening concerns and seek education on current topics or problems. The 2019 Intern Class numbered 31 and were required to volunteer 72 hours (22 over state minimum). Recertifying MGs are required 36 volunteer hours (20 over state minimum). In Tarrant County's 902 square miles, MGs work diligently to assist/educate the 2,000,051 citizens about horticulture topics and water conservation/preservation. New this year, our Association offers a mentor/advisor to MGs transferring from other counties/states. 149

**2. What is the Association's leadership structure and how was it selected in 2019. (5 points)** President, 1st Vice President, Programs; 2nd Vice President, Ways & Means; Secretary and Treasurer. A member from the Projects Committee and the Education Committee, though non-voting, are included to apprise the officers of issues. Officer nominees are chosen per our TCMGA Bylaws, by a nomination committee and from the floor. Officers are elected annually by the membership. An Advisory Board is appointed jointly by the officers and the CEA. The Advisory Board meetings are open to all members who are encouraged to attend.

TMGA SFE Outstanding Master Gardener Association

**3. In 2019 how did leaders solicit input/ideas from members and Texas A&M AgriLife Extension? (5 points)** Members are urged to contribute to the newsletter, complete an annual evaluation and offer suggestions to the Advisory Board as well as to attend Advisory meetings. Members are encouraged to participate in multi-year planning. Our CEA reviews evaluations from presentations, attends Executive and Advisory Board meetings, advises/approves all activities and provides information from across the State.

**4. How did the Association inspire support and participation in projects and programs during 2019? (5 points)** TCMGA inspires support and participation in several ways. Members receive information about projects through poster displays and a running photo montage at monthly meetings while weekly e-blast and monthly newsletters inform members of current needs and events. Project and committee leads communicate with members weekly about project and program activities. Members are recognized for project participation within the projects and at our annual awards luncheon. The Intern curriculum includes presentation by projects, and the Intern Advisors encourage and accompany Interns to visit the projects to encourage their involvement. Our CEA's leadership style inspires a can-do attitude and emphasizes having fun during training and volunteering. Twice-yearly long-term planning meetings set our future goals. Monthly executive board and advisory board meetings evaluate and discuss new issues to incorporate into our multi-year plan.

**5. Describe the multi-year plan for goals and objectives. (5 points)** By developing and following our multi-year plan, we

### Tarrant County Association First Place continued

continue to ensure progress in developing educational programs which are timely for the community. The continued collaboration with Goodwill Industries in the effort to teach the challenged clientele horticultural skills, and the ongoing partnership with Tarrant Regional Water District in educating the community in ways to conserve water helps to meet these objectives. These relationships also demonstrate the creativity and teamwork of our Association.

**6. How, when, and by whom were the plans made during 2019? (5 points)** The Executive Board and Advisory Committee work with our CEA at the annual planning committee meeting and throughout the year. They review the annual member surveys, Intern class evaluations, public concerns raised through phone calls and e-mails to our office help desk, issues raised at the Home and Garden Shows and in the Speakers Bureau evaluations.

**7. How were specific portions of the community targeted during 2019? (5 points)**

- Fifth & Sixth graders are targeted by the Pizza Ranch program to learn/experience the sources of the food they eat. 3343 students learned how plants become ingredients of pizza. Our Community Demonstration Garden provides raised beds and for the use of county residents. The homeless and those with mental health & substance abuse issues benefit from our projects at Samaritan House, Union Gospel Mission and Teen Challenge. Saturday MG curriculum classes help to meet the needs of working residents. Elementary students benefit from our Outdoor Learning Environments (OLE) at four area schools. At our yearly Waterama program 3286 4th & 5th graders from area schools learned about various aspects of water in a collaboration with Texas Parks & Wildlife and Coast Guard Goodwill. Mentally/physically challenged clients are taught horticulture skills to seek employment.

**8. Describe how the Association responded to seasonal or emerging educational needs of the community during 2019. (5 points)**

TMGA SFE Outstanding Master Gardener Association

In response to drought conditions and increased demand for water, several of our MGs attended the Advanced MG training-Rainwater Harvesting, (RWH) which prepared them to work with water conservation groups to educate the community about water as a whole. We presented 34 RWH events locally to 3,609 people with the help of 214 MG volunteers. Additionally, three Advanced Training classes were presented to MGs representing 17 other Texas counties. To address the declining population of butterflies, bees and other pollinators, our school gardens, our Demo Garden and several other MG lead community gardens set up Monarch Way Stations, identified and planted specific plants to attract these beneficial insects.

**9. Describe how individual talents and resources of Master Gardeners were used in 2019. (5 points)** TCMGA draws on the individual talents and knowledge of many of our MGs for the planning and completion of Advanced Training Classes in three specialties: Propagation, Greenhouse Management and Water Conservation Techniques. Evaluations of these classes have been very positive, and we have had good attendance from across the State. Training videos are being made utilizing these class presentations. Speakers Bureau classes taught by MGs were created to assist/improve presentations and power-points in their 107 presentations with 1120 attendees. TCMGA sponsored a rain barrel painting contest this year with twelve MG artists participating. We also capitalize on member's hobbies with classes in salsa making, flower pounding and making cement and wine cork planters. Classes are open to the public. Additionally, classes are taught by MGs on various horticulture topics after monthly meetings.

**10. List partnerships and how they were utilized. (5 points)**

# Tarrant County Master Gardeners

## Tarrant County Association First Place continued

We work with Fort Worth, North Richland Hills, Arlington, Bedford, Grapevine and Southlake to provide horticulture and research-based information for their home shows, school and community gardens. Work continues with the Juvenile Justice System students in several projects. Continued relationship with Fort Worth Botanic Garden in three projects and with Botanical Research Institute (BRIT) in building the Pollinator Pathway. The ongoing educational collaboration with Tarrant Regional Water District (TRWD) on water conservation issues. Our Learn, Grow, Eat & Go (LGEG) program partnering with our Extension Nutrition Agent to encourage school gardens and teaches the importance of healthy eating and active lifestyles. Continuing our relationship with Goodwill Industries in educating handicapped young adults about horticulture skills aiming toward employment.

**11. Describe how programs and projects were evaluated in 2019. (5 points)** All programs presented use an evaluation form for feedback which are reviewed in the Speakers Bureau committee and by our CEA. All project chairs submit reports twice a year to the Project Committee and our CEA. Projects are visited by the Committee and CEA twice yearly. Evaluation information and requests are discussed at Advisory Board meetings. Interns evaluate each training class. All information is evaluated by CEA. Plant sales coordinators review the annual sales information to determine which plants were the best sellers for planning the next events.

**12. List any 2019 awards or recognitions received from local and/or state organizations. (5 points)**

The Tarrant County Commissioners recognized TCMGA for its continued outstanding volunteerism. 44,239.7 hours this year which is the equivalent of \$1,125,997.

TMGA SFE Outstanding Master Gardener Association

in competition with other MG Association of comparable size, TCMGA won first place for its Newsletter, a 2nd Place and three 3rd Place Awards which, in effect, recognizes all arms of our Association. TCMGA also won an International MG Award for the Strategic Training Achieves Results (STARS program) working in conjunction with Goodwill Industries for challenged clients in teaching horticultural skills which provide tools for employment.

**13. List on-going programs and projects. (5 points)**

Texas AgriLife Extension Office: Telephone Hotline, Speakers Bureau, Pizza Ranch reached 3343 children, Office Support of 1006 calls, 290 emails and multiple "walk-ins". Community Education: Community & Demonstration Garden, Teen Challenge, classes with Tarrant County College and Goodwill clients. City of Ft Worth: Ft Worth Botanic Garden-Perennial Garden, Trial Garden and Compost Outpost, Botanical Research Institute of Texas (BRIT) Public Community Gardens: Grapevine Botanical Garden, Common Ground NRH Community Garden, Samaritan House, Thistle Hill Garden, Union Gospel Mission School Projects: Alice Carlson OLE, Durham Intermediate, Heritage Elementary, Fitzgerald Elementary Environmental Projects: Composting Demonstration, Southwest Sub Courthouse, Veterans Park, Molly Hollar Wildscape, Bob Jones Nature Center, Southwest Library, Ft Worth Nature Center and Refuge.

**14. List any programs or projects that were new in 2019. (5 points)**

Interns developed and installed a Pollinator Pathway between two of the main buildings at the Ft Worth Botanic Garden.



## Tarrant County Association First Place continued

Established a Mentor/Advisor program for MGs transferring from other counties/states Heritage School -an enrichment program that explores each individual student's interest New videos produced by our MGs to supplement classes in Flower Pounding, Wine Cork Planters and Homemade Salsa and are available on our MG web site Fundraiser to provide landscaping for a disabled veteran's new home An Intern project at the Durham school garden installed 50 plant labels that include QSR codes, when scanned by a smartphone, accesses complete information about the plant.

### 15. Describe the best external educational program or project of 2019. (10 points)

Being aware of diminishing populations of butterflies and other pollinators, TCMGA educated ourselves about this problem and how to reverse it. Research was gathered and shared with MGs and Interns. From this internal education we developed a plan and installed Monarch Waystations in an historic garden that is an MG project and in an MG school project garden. A Pollinator Pathway now attracts many pollinators at the FWBG and BRIT. As a result, Ft Worth, the central city of Tarrant County has been designated a Monarch Butterfly Champion City by the National Wildlife Federation's Mayor's Monarch Pledge program being only the fourth city to be so recognized.

### 16. Describe the best internal program or project of 2019 for Master Gardeners (10 points)

Recognizing that many working citizens would like access to Master Gardener information, our CEA with the help of MGs designed a modular curriculum that is presented on Saturdays. These stand alone classes are offered to the public. Attendees who complete all classes can do additional volunteer work and classes to become a certified MG. The success and interest in the Mod Squad is reflected in the numbers: 9 students in the first year and now, 2019, 6 years later, the class numbers 30 students.

## A Note From Debby Stevenson

The Awards Committee is asking for Nominations for the following awards to be presented at the December meeting. (virtual)

Please send your nominations to Debby Stevenson at [debbycpa@flash.net](mailto:debbycpa@flash.net) or text or cal 817-437-1480. Nominations should be received by Friday October 9 so we can vote timely before the meeting. Ballots will be sent via E-blast in the next few weeks.

Here is the list of awards that need nominations:

**MASTER GARDENER OF THE YEAR**

**EXTRA MILER OF THE YEAR**

**EDUCATOR OF THE YEAR**

The nominations should be an individual who has made extra ordinary contributions to the organization.

Please take the time to nominate a deserving member. We a hoping to make the awards very special in the crazy world of 2020.



## Tarrant County Master Gardeners

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### Nora's Notions from Sharecropper October 2015

Many of our fellow Master Gardeners are supremely gifted. Some have enviable landscape design skills. Our Speakers Bureau members are a talented and dedicated bunch. The Propagation Team takes care of training our own organization and much more. Every hour spent helping out at our Community Demo Garden allows me to rub elbows with some from this talented assortment of colleagues. Though I may have earned the blue badge and thus the right to call myself a Master Gardener, at times I find it intimidating to be a member of such an august group.

It was with these thoughts that I sat down one day and wondered if I have any unique gifts. I don't think I was standing behind that proverbial door when they were handed out. The answer came to me while ensconced in my hammock enjoying a risky third cup of coffee. I have been allotted not one gift, but two! My husband will no doubt confirm that I am a supremely gifted putterer and a supremely gifted cogitator. I am ever so fortunate that both of these activities are enhanced by a glass of good Pinot Noir.

I had this epiphany as I thought back to my experience in an abbreviated landscape design class given last spring by Weston Gardens. At the end of the one-day class, we were tasked with putting our newly learned skills to use on some chosen area in our own yards. This was a tough decision in a landscape where so many areas screamed for attention. My choice was an oddly shaped patch of yard bordered by a low iron fence on one side, a six-foot wood fence on the other, and shaded by four old-growth Post Oak trees. It was bereft of anything resembling a plan. I called it No Man's Land. Grass refused to grow, for obvious reasons. With soil containing more rocks than organic matter, gardening here could be accomplished only with a rock hammer.

My designs were grandiose and illogical. Had I attempted the lovely raised beds around the base of the Post Oaks, the trees would have gasped and died. It was only after a day spent puttering in the space removing dead things, trash and the failed remains of a grassy area that a plan began to emerge. What I wanted was a meandering flagstone path, which would be an extension of an existing one. That it might be a path to nowhere was a notion soon dismissed by the thought that the arrival point would come to me later. I quickly scratched out a route for the path and then got out my tracing paper and drew it in. Backwards, I know. The teacher would never know.

Flagstone is expensive stuff - more than my meager budget would accommodate. So I puttered over to the area in front of our tool shed which the original homeowners used to house some large dogs and their run area. Why do dogs need flagstone? It certainly made a lousy surface for pulling lawnmowers and wheelbarrows over, so I started relocating all 160 square feet of it to a staging area where my new path would take shape. In the midst of this task my husband appeared on sight, observed for a moment and flashed a disapproving frown. "You do know this will turn into a mud bath the next time it rains. Have you some plan in mind for resurfacing what you have just destroyed?" Such hyperbole. Of course, I didn't have a plan in mind. That was what cogitating was for.

Break time in the hammock led to some productive cogitating. I found myself staring at that unidentified plant making its usual late summer push in an area around a lovely Texas redbud tree. When we moved here ten years ago, this plant grew like a hot mess all over the place and looked like heck-a-doodle-do except for about a one month period in late August and early September. I yanked it all out and continued to yank its progeny out for years to come. Persistent bugger that it is, sure enough, a small patch was reappearing. So it occurred to me that anything that determined to survive should be given a chance. Besides, I



### Nora's Notions continued

did enjoy its lovely purple blooms on the tall spikes at a time everything else was shriveling up. Serendipitously, I ran across that same plant at the Demo Garden and now know it is called Obedient Plant, a misnomer in my humble opinion. Maybe it can be corralled to fill in a blank area where nothing much else wants to grow.

Delighted with my progress, I now invited my husband out to share in a bottle of wine. There is forgiveness in every sip of a nice wine, so this phase pulled double duty. I took the hammock and hubby pulled up a lawn chair. One of the things I love about the man is his ability to be quiet comfortably. He also makes a good sounding board. At the glass half empty point I tossed out ideas for resurfacing the area I'd just turned into a mud pit.

"What about some lovely, smooth concrete pavers?" "Too expensive."

"We could just pour concrete."

"Didn't you tell me it needed to be permeable?" Eureka! It came to me. This area is almost invisible from the rest of the yard. It didn't need to be beautiful – just functional. "Remember that stuff we used under the patio we did a couple of years ago? What do you call it?" "Paver base. Might work."

It took more than a couple of days to prepare the surface, digging down the ridges of dirt outlines formerly bordering the flagstone. It hadn't been installed properly over sand, so I was working on dirt mixed with pebbles and the occasional rock. I dug down to a depth of two to three inches, more or less, sat down to figure out how much of the paver base I might need, threw up my hands in frustration, and went to the store to buy landscape cloth and 10 bags of the base stuff. What I love about living in the city is how close by the stores are. Saves a lot of hassling with complicated math.

When my husband came out to help with the unloading process, he cast a skeptical eye over my load. "You do the math?" Now we've only been married almost 19 years, so I guess he might be forgiven for not knowing my avoidance of all things math related. I gave him the evil eye in response. He finished dumping my load near the work site and headed indoors to do whatever husbands do when they don't want to help you with a big project. "Let me know when you need some more paver base. I'll run get it for you." Isn't he a prince?

I may not have done the math, but I had looked up the best way to put down paver base, so I knew to put down the landscape cloth first. I was not going to have my entire paver base load ground into the dirt because I'd skipped this critical step. Self-congratulations complete, I got down to work. A stiff breeze had by that time blown in, making the job ever so annoying. With only a brief break to think about the wisdom of working in such conditions, I plugged along using brick bats as weights. It occurred to me to go look up the term 'brick bat' since those broken bricks do not in any way resemble bats. That's just what I've always heard them called. Blessedly I resisted the impulse and finished laying the landscape cloth. About that time the Prince reappeared. He quickly slit open the paver base bags, dumped them on my cloth and handed me the rake. "Call me when you're done." After two more runs to the store for additional paver base, thirty minutes of tamping the stuff down to the point that my arms had turned to rubber, and much grunting and groaning, the job was done. With his ever perfect timing, my husband came out of the back door, walked over to where I stood and started to step on my hard work. Out shot my brake arm. I turned and growled, "Oh hell no. You do not get to be the first one to set foot on my hard work!" Even we putterers and cogitators have our limits.



## Tarrant County Master Gardeners

### President's Message

We just finished the **first ever** virtual Texas Master Gardeners Association Rainwater Harvesting Advance Class with Dotty Woodson. It was fun and a lot of work and it took that village but under the leadership of Dotty, Steve, and Nancy Curl the 3-day Classes was a success. Lance Heiskell was our Zoom Host for each day doing an awesome job. There were 28 MGs from over the state that attended the last three Fridays. A row of applause to everyone. Thank you.

Next up is the Greenhouse Advance Classes with Steve Chaney on October 16, 23, 30 and there are 30 MGS that have registered for the class as of now. We are having a blast filming several of the Greenhouses that our members have.

Ways and Means have done a great job putting together several plant sales for the Fall. Thank you, Debra and Ways and Means Team. A job well done as always.

Dues and background checks have been coming in. Thank you for sending them in early. It helps very much.

2019 Members Pins. If you didn't get your pins for the hours you did in 2019 – 100 hours, 250, 500 & 1000 hours or for the years of service (3, 5, 10, 20, 25 years) please let Valerie Stowe know. We are going to make them available at 1801 but you will have to sign for your pin so she can keep track of who got theirs. More information will follow

There has been so much help at the Demo Garden and it is looking outstanding. A couple of new areas. The filming about each garden is up on YouTube, Facebook and Instagram. Kelly Perry, Lance Heiskell and Mercy Kettler have been on the go getting them done and out for us to enjoy. Thank you. Don't forget to check Facebook and Instagram for the videos they have done. Thank you for your continuing work at the garden.

The Executive Board will be asking the membership to review some updated suggestions to the By-Laws and the Standing Rules. The information will be in the next e-blast. Please review and send any questions to me. I will address your thoughts and concerns. We would like to vote at the November Meeting. The By-Laws Committee, Debby Stevenson & Eleanor Tuck along with our Parliamentarian, Taddie Hamilton, have put this information together. To have the By-Laws amended it takes 2/3rds vote of certified members present at a monthly meeting.

The Education Team is beginning to film several presentations by our members that will be available that were going to be at 1801 and were cancelled due to COVID and we are getting speaker's bureau opportunities.

Can you believe Intern and Mod Square Orientation is happening this month? Boy this year is just about done.

TCMGA Annual Awards – the committee would be getting information in an e-blast so be watching they will be asking for your help. The Awards Team will be asking for your help. Please respond.

Our projects always need your support by volunteering on a regular basis. They are listed on the website. Please



### President's Message continued

give them a call and volunteer. The weather is going to be prefect to volunteer at the gardens for the next couple or three months. Hats off to the project leads and volunteers that maintenance the TCMGA Projects.

Hats off to all the committee leads and their members that work behind the scenes.

There is time and opportunities to get your hours before the end of the year.

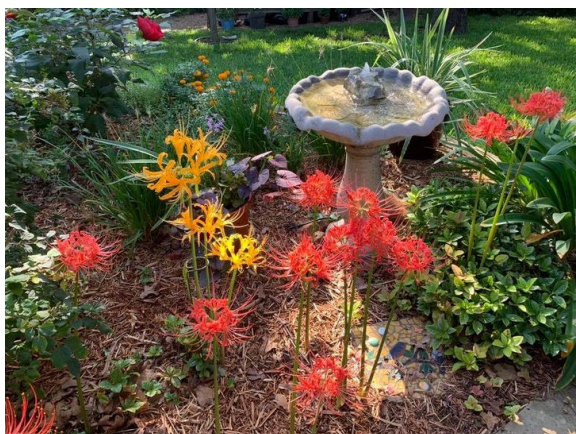
**NEW RULE AT 1801 – You will need to sign in when you come in and also have your temperature checked.**

**BUSY, BUSY TO END THE YEAR**

**THERESA**

*And forget not that the earth delights to feel your bare feet and the winds long to play with your hair. Khalil Gibran*

## Tis the Season of Spider Lilies!



Above, Dick Pafford's garden.



Above, Margaret Shuping's garden.



Above, & below, the garden of Nancy Taylor.



Above, Sue Kelley's garden.



Left, the garden of Lorie Grandclair-Diaz.

# Tarrant County Master Gardeners

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## It Ain't Hocus-Pocus: the Science Behind Weed Control

Summary of a class on Weed Control, by Mark Renz, Assistant Professor, Agronomy, UW-Extension Weed Specialist written by Marilyn Sallee  
Sharecropper September 2011

We have several ways of controlling those unwanted plants in the established lawn and garden. Understanding how these methods work and the science behind them helps to make sure we are using them effectively. So here are three good weed control methods explained at the grassroots level, um, basic how-and-why level.

### **Pre-emergent herbicides**

The basic idea here is to lay down a barrier so weed seeds can't sprout in the first place. This can be done with either chemical or organic products. Dispersion of the product should be even to form the best barrier on the soil surface.

How it works: The product causes dormant seeds that germinate to die before they reach the soil surface. To work, the layer must be put down BEFORE the seed sprouts; it has no effect on growing plants. Some other points to consider – this works best only on small to medium-size seeds. Weeds with large seeds can resist the penetration of the killing agent to the seed embryo.

Timing is important with pre-emergent; it only works on un-sprouted seed.

### **Hand-pulling**

If you are going to hand-pull weeds, it is important to know the plants and their root system before you pull. Hand pulling works best for plants with a single tap- root that does not regenerate. For example, bull thistle is easily cut or broken off at the base and will not return because it can't re-grow from the tap root. Portions of the dandelion taproot can regenerate into a new plant, so it is important to get as much of the root as possible.

The worst plants to try to

hand-pull are those that actually benefit from being ripped from the ground. While Bull Thistle has a tap-root, a close look-alike, Canadian Thistle, has a perennial root system. The more you

break those roots, the

more plants you get. If the weed you are pulling has lots of thick, fleshy rhizomes or stolens that stay in the ground, you may be helping the plant to spread by pulling it out. Each root piece left in the ground can grow into a new plant.

### **Deadheading**

A good way to reduce annual weeds, which die each year, is to make sure they don't make seeds at all. This works with biennials too. You can even enjoy their flowers this year if you make sure those flowers don't progress to seed pods. Some annual lawn weeds can be effectively controlled by mowing frequently when they are in bloom.

The added benefit of deadheading plants is that it saps their growth energy. A plant that is about to make seed has put all its energy into that process. Repeated deadheading makes the plant do that work again and again. Even perennials can be weakened by repeated deadheading before pulling it out of the ground.

If you are making new beds or completely re- doing an area, there are other methods, such as solarization, lasagna-layers or glyphosates to sterilize the entire patch. But for regular maintenance, try the above methods, and then mulch, mulch, mulch.

### Drummond's Wild Petunia

*Ruellia drummondiana*

#### Lady Bird Johnson Wildflower

The species name of this plant is named for Thomas Drummond, (ca. 1790-1835), naturalist, born in Scotland, around 1790. In 1830 he made a trip to America to collect specimens from the western and southern United States. In March 1833, he arrived at Velasco, Texas to begin his collecting work in that area. He spent twenty-one months working the area between Galveston Island and the Edwards Plateau, especially along the Brazos, Colorado, and Guadalupe rivers. His collections were the first made in Texas that were extensively distributed among the museums and scientific institutions of the world. He collected 750 species of plants and 150 specimens of birds. Drummond had hoped to make a complete botanical survey of Texas, but he died in Havana, Cuba, in 1835, while making a collecting tour of that island.

Drummonds wild petunia grows handsome lavender flowers throughout the summer. Cut back old bloom stalks in the winter. It has taller flowers and is tall than the Wild petunia. Grows in part shade or shade. The larval host to the Common buckeye, *Junonia coenia*





# Tarrant County Master Gardeners

## Team Spice Intern Projects

Team Spice breezed through the summer and into the fall to make excellent progress on their intern project. Despite the challenge of having to select a new project due to COVID-19, Team Spice is on track to install one daylily bed and one iris bed at the [TCMGA Community and Demonstration Garden](#).

Team Spice includes the following members: Brian Hall, Chris Bramich, Donna Arceneaux, Eva Granado, Gail Gravitt, Jane Strittmatter, Kate Bailey, Noa Baron, and Susannah Light.

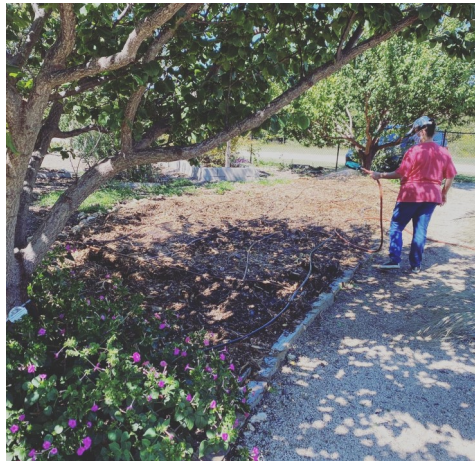
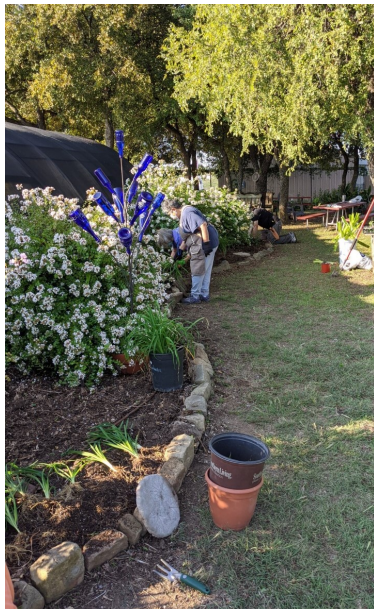
The entire team would like to thank the following individuals for their encouragement, help, support, and expertise:

**Gay Larson**, for the opportunity at Union Gospel Mission. Even though we could not complete the herb garden due to COVID-19 restrictions, we are grateful for the chance to learn from and work with you.

**Rocky Deutscher and Sue Kelley**, for educating and guiding us on the plants and locations for our project beds. We also appreciate your time and help in coordinating the procurement of daylilies and irises.

And last, but not least, **Randy Walker**, for always providing hands-on guidance and assistance. Your willingness to share your expansive knowledge of gardening reassures us that we are heading in the right direction and provides a sense of camaraderie during our team's work days!

Donna C. Arceneaux





## **Ask the Physical Trainer**

Response was written by Sue McCauley, Sports & Fitness Center Coordinator.

Sharecropper October 2011

Hey Trainer,

There was an article in the newsletter a long time ago that gave tips on how to get ready for all the really heavy house and yard work coming up for fall. At the time I had an apartment so I didn't really care but now I have a house with trees and gutters and other things that I'm sure need taken care of. Can you run it again or give me some more tips?

Signed,

Homeowner = Chores

*Dear Chores,*

*While I love my home with its yard, trees, and oh-so- paintable walls, it does come with a price – maintenance. The three most prominent body parts that get assaulted by fall chores are the back, shoulders and hamstrings. This is usually from doing work with saws, loppers, brooms and paint brushes over our heads and then bending over to clean up the mess we made with the above mentioned tools. So let's talk about some basics that can be done to strengthen the working muscles. This discussion will be done with the assumption that you haven't had any previous injuries to your back, shoulders or hamstrings.*

**Your back** – the best way to strengthen your back is to strengthen your core.

*Seated rows with tubing are great. Sit on the floor with your knees slightly bent and about shoulder width apart. Place tubing around your mid-foot and then place your toes up against the wall (this keeps the tubing from rolling up over your toes). Sitting up tall and straight with your abs engaged, slowly pull the tubing back with palms facing each other. Be sure to get your elbows past your trunk. Pause with your contraction for a moment then slowly release back to your starting position without dropping your posture or releasing your abs. Start with a set of 12 of these then work up to 2 or 3 sets. (Only do these about 3 times a week and skip a day between).*

*Pointer Dogs – get on your hands and knees and lift your right arm up extending it forward and in line with your ear. At the same time, lift your left leg, keeping it long and straight and pointing back. Hold up for three seconds then lower. Do five times then switch to the left arm and right leg. You can do these every day.*

*Abdominal Curls - basic crunches – lie on your back with hands behind your head and elbows falling naturally open. Curl up, exhaling as you lift, and try lift the upper part of your shoulders off the ground then come back down. Avoid bringing your elbows together and grinding your chin into your chest. Crossover curls are pretty much the same thing but as you come up slightly angle toward your right knee, come down then come up and angle toward your left knee. Start with a set of 12 of each curl and work up to 2 or 3 sets. You can do these every day.*

**Your shoulders** – prepare your shoulders by moving in the directions your work will take you. This one is easy and it feels good.

*Take a few extra minutes in the shower and do what I like to call Wall Crawls. Stand sideways to the wall and let the water hit your shoulders. "Walk" your fingers straight up the wall and down, then "walk" a little forward and down then "walk" a little behind and down. Do the same thing and face the wall tracing lines straight up and down, slightly to your right and down then slightly to your left and down. Do your wall crawls a couple times each direction. These can be done every day.*

**Hamstrings** – hamstring pain associated with yard work isn't typically due to

*weak hamstrings, it's usually due to poor biomechanics. Protect the hamstrings! If you know you're going to be picking up a lot of clippings (and you do – that's why you've been putting it off) you should be squatting to pick them up. Avoid hinging at the waist – it can hurt your back and overload a hamstring that isn't designed to attempt to contract from a stretched position. Additionally, if you need to get close and personal with your flower beds, get on all fours (remember Pointer Dog) and work from that position. It's easy to forget and reach for the spent flowers or tall weeds in order to get the job done quickly but one weed always leads to more so be patient and count on spending a little time on the ground. Getting a nice pad to kneel on makes it more palatable.*

*On a final note; if you are going to be getting on a ladder you will want to have your balance skills in top form. Try closing your eyes when you do Pointer Dog, stand on one leg for 30 seconds while randomly moving your arms – trying not to put the other foot down, stand on your toes and reach forward, up, right and left with both arms – trying not to drop your heels. When you get good at that, close your eyes and do it. These are just a few balance tricks to practice.*

*Enjoy your home and embrace your "chores" as another form of cross-training. Be safe, be patient and have a great workout!*