

Tarrant County Master Gardeners



TEXAS A & M AGRILIFE EXTENSION AGENCY

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Reduce, Reuse, and Recycle in the Garden!

By Lorie Grandclair-Diaz

There is no doubt that gardeners enjoy using reclaimed items in their gardens. Whether they create something themselves or buy it at a flea market or from an artist, they take pride in reusing and recycling materials to make a statement.

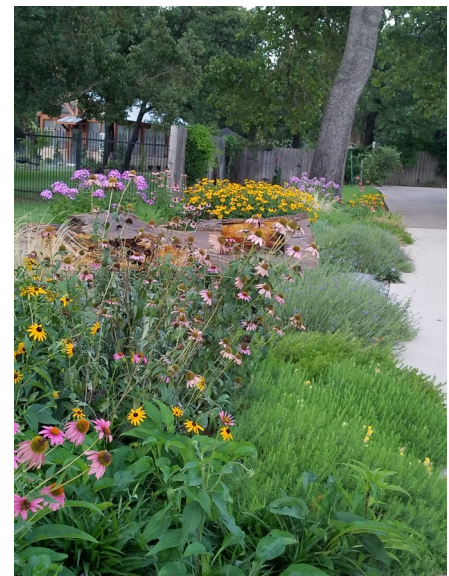
This month let's take a look at how some of our Tarrant County Master Gardeners use salvaged materials in their garden sanctuary.



Nancy Searl lost a 120 year old Hackberry tree in a tornado back in 2017. She had a carver create a two seated bench out of the tree that features a roadrunner, owl, fox, bunny & horned toad.

The same bed is now blooming with Violet Skullcap, Black-eyed Susan, Victoria & John Fanick Phlox, Coneflowers, Salvia Greggii, Lemon Ball Sedum, Henry Duelberg Salvia, Katy Dwarf Ruellia, and Mexican Feather Grass. She planted a Fire Dragon Shantung Maple to replace the Hackberry.

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Reduce, Reuse & Recycle continued

The two photos to the right are from Claudia Teague's garden. The first was a towel rack that she repurposed for hanging plants, and the second is of a silver plated tea service now hosting a variety of sedums & succulents.



The photos to the left are from Lorie Grandclair-Diaz's garden. Her husband Adrian is very handy & creative. Far left is a wine bottle gate he built. Left is a patio bar he made of a pallet and old stepping stones that does double duty in obscuring an air conditioner unit. Below left is a picnic table he crafted out of an old wooden deck recycled from his Dad's back yard.

Reduce, Reuse & Recycle continued



Margaret Shuping's garden shows a lot of whimsy with delightful recycled art. Top from left to right: Cement shoe planters, saw blade garden stake, car parts bird bath. Above left, tile face. Above right, California Shade Tree. Right, golf club bug.

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Reduce, Reuse, Recycle continued

Fitzgerald Elementary OLE Making a Hose Rug

By Patsy Miller

Recently during a cleaning at Fitzgerald Outdoor Learning Environment, we discovered we had mounds of old garden hoses. They had been repaired many times, but we still had a hard time parting with them. Surely, we could repurpose them.

Stephanie Schneider (second grade teacher, garden liaison and coordinator for the after-school Garden Club) has many talents (including remodeling her home) and she came up with this garden hose rug. It's easy to do. She had a new Fitzgerald teacher, visiting our garden for the first time, making the mat like she was a pro.

Materials: Old hoses (about 2-3)

Tools: Scissors, Cable ties, Flush cutter or scissors

Start by cutting off the metal ends of the hoses. Decide whether you want an oval or round rug and create the center by folding an end and portion of hose together (3" each side is a good number) and zip-tie it together. Then, keep wrapping the slack end of the hose around the center hoses to make an echoing pattern. Once you use the entirety of your first hose, it's time to tie on the next one. There is no science as to how many zip-ties you should use and how far apart to space them, but 4 inches apart is a good guide. Don't pull the zip tie too tight, just enough to hold the hose securely to the previous row. To create an ombre effect, you can also use hoses of varying colors. Cut one hose and add another color where you want it. When you finish clip the tie ends.

Some tips:

Working in the sun makes the hose very soft and easy to work with. Don't save this one for a winter project.

It is not hard on the hands but using a needle-nose pliers even makes it easier.

Kinked hoses are ok...just cut that part off.

Want to see it being made? Just google "garden hose mat" and there are plenty of visual tutorials.

Reduce, Reuse, Recycle continued

These photos show Francesca Dominguez, a new second grade teacher at Fitzgerald Elementary, making the hose rug. This was her first visit to the garden!



2019 Master Gardener Red Tomato Intern Project

The 2019 intern team (**Darla Lyon, Nancy Menking, Nancy O'Malley and DeBara Wilson**) needed to satisfy our intern project requirement in order to earn the coveted "blue badge," and we settled on the Southwest Regional Library as our project site. The garden sits at the south end of the busy library and is high on the hill above traffic-filled Hulen Street. Even though the garden is already lush, beautiful and filled with mature native plants, we knew it could be overlooked by library patrons and families living in the surrounding neighborhoods. The North Central Chapter of the Texas Native Plant Society members built the garden in 1997 and it became a Tarrant County Master Gardener Project in 2002. Master Gardeners, Master Naturalist, Native Plant Society members still help maintain the garden, which is also a designated Monarch Butterfly way station, featuring butterfly and other pollinators attracting plants. So how could we contribute to the beauty of the garden, increase its visibility and maximize its educational value?

The team devised a project called "End of the Trail." We would create a "hidden" garden for children, tucked out of the way at the end of a garden path, emphasizing butterfly-attracting plants. We wanted them to discover and be awed by butterflies, beautiful plants and the wonder of nature. We planned to lead visitors along the path with small bronze, butterfly-themed sculptures tucked amongst the plants, and at the end of the trail, they would discover an oversized butterfly that could be used as a photo backdrop for both children and adults.

We commissioned Master Gardener and artist **Wanda Stutsman** to help create the large steel butterfly, which we painted in bright, fanciful colors, adding sparkling "gems" for even more magic. The bright turquoise and purple sculpture now stand out against the southeast red brick wall and a repurposed granite path and can be seen easily from the street. In mid-July, soon after the sculptures and plants were installed, library visitors began to discover the unexpected surprises. And just as we had hoped, they stepped up and began to take photos.

We invite you to bring your children and grandchildren to enjoy the garden, create a photo memory and share your photos on social media. Many thanks to project advisor **Harold Annis**, garden leads **Theresa Thomas** and **Char McMorrow**, and local suppliers Froman Granite and dilandscape.

Submitted by Nancy O'Malley, 2019 Intern



Common Wild Petunia
Ruellia nudiflora

Resource: Lady Bird Johnson Wildflower Center

The wild petunia has flowers much like those of the cultivated petunia (genus *Petunia*, family Solanaceae). The plants are erect, 1-2 feet tall, with few branches. The leaves are **opposite**, 2-5 inches long, narrowed at the base, on short stems. Gray-green leaves have curly or wavy-toothed margins. At the top of the plant are several trumpet-shaped, purplish blossoms that are nearly 2 inches across at the opening. Flowers are lavender to purple, trumpet-shaped, deeply lobed at the flared rim, and open about sunrise, falling from plant in early afternoon, lasting only one day.

Wild petunia is very easy to grow, spreading vigorously from seed, which in some cases may be problematic. Adds a nice touch to woodland gardens and to walkways. Works well as a ground cover and tolerates mowing. Differs from Drummonds wild petunia because both the flowers and the plant are smaller. Good **nectar** and larval food source for many butterflies. Cut back after each flush of blossoms to keep compact and blooming all summer.

Height: 12 inches

Category Perennial

Full Sun - Part shade

Color: Purple

Bloom Time: April - October

Benefit: Nectar Bees

Larval Host Plant to the Common Buckeye, Cuban Crescent, Fatima, Malachite , White Peacock butterfly.



Cuban Crescent



Common Buckeye



White Peacock



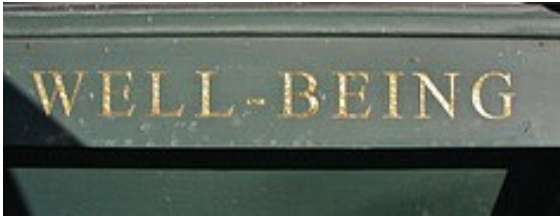
Malachite

Content provided by Theresa Thomas. Image below from Lady Bird Johnson Wildflower Center.



Health, Wellness, and Landscaping

*By Laura Miller, CEA-Horticulture, Tarrant County
Sharecropper August 2010*



Content provided by Theresa Thomas

Plants in our environment can do so much more than just look good. Trees, grass, flowers and green spaces provide opportunities to exercise, eat healthy foods, reduce stress and develop strong communities.

People in urban areas may have to work a little bit harder to insure there are plenty of plants in an environment that contains lots of people, buildings, and roads, but everyone can benefit from finding a place for plants in their lives.

Work Outside and Get a Work Out

One hour of —weeding, raking, planting—burns roughly 300 calories, about the same as walking or bicycling at a moderate pace.

Mowing with a manual push mower is an especially effective and environmentally friendly form of exercise. Manual mowers are quiet and don't require gasoline or electricity. The lawn will get a crisp clean trim and the person pushing will burn 500 calories per hour.

Gardening is especially effective in increasing bone density and preventing osteoporosis. In a University of Arkansas study of women age 50 and over, those who worked in their gardens each week had higher bone density readings than those who walked, jogged, swam or did aerobic exercises. Only weight training produced better results in improving bone density scores. Exposure to sunlight while working outdoors also helps fight osteoporosis by increasing vitamin D production. Vitamin D helps the body absorb calcium.

Garden and Eat Fresh

Fruit and vegetable production in the landscape, in anything from a 10-inch container to a 10 acre plot, can contribute towards the 5 or more recommended servings of fruits and vegetables per day. Production of highly perishable, high value crops can take a bite out of the grocery budget while offering fresh foods that haven't been shipped and stored. Children who participated in a Texas A&M University school gardening study had more positive attitudes toward vegetables and fruit and vegetable snacks. The aggie- horticulture.tamu.edu website has lots of great ideas for making gardening fun for children.

Work Hard in a Soft Scape

Workers with a view of natural elements report more job satisfaction and fewer ailments than those who

had no outside view or who could only see built elements from their windows. The addition of plants to a windowless workplace increases productivity while reducing stress. In a study conducted at Washington State University, plants were added to an interior computer lab. Study participants had a 12% decrease in reaction time on a computer task and a one to four-unit decrease in systolic blood pressure.

Get out and enjoy your community

Landscaping in city and suburban neighborhoods encourages residents to spend more time outdoors and gives them more opportunities for social interaction.

The University of Illinois at Urbana-Champaign's Landscape and Human Health Laboratory set up an experiment in a Chicago public housing development where identical buildings were either landscaped or left without landscaping. After one year, the landscaped buildings reported 48% fewer property crimes and 56% fewer violent crimes.



President's Report by Theresa Thomas – September

I want to thank Linda Mitchell, Nora Coalson, Janet Shull, Susan Henderson, and Mary Ann Rojas for answering Claire and my call for help at the Monthly Meeting in August. On that Friday and the next Monday, us girls spread 150 bags of compost in two beds so the STARs could plant 64 plants and shrubs donated to Resource Connection by TRWD/Water University as part of their UPlantIt Program. They were able to get 32 plants in the ground the following Wednesday behind Building 1100. There is another bed waiting to be planted once the irrigation has been put in.

Coming up September 26-28 TCMGA is hosting a Rainwater Harvesting Advance Training Class. If you would like to attend go to the Texas Master Garden Website, <https://txmg.org> and sign up by September 6, 2019. The instructor is Dotty Woodson. It will be a great educational 3 days.

The Greenhouse Advanced Training Class on October 17-19, 2019 is open for you to sign up for on the Texas Master Gardeners website, <https://txmg.org>. Instructor: Steve Chaney.

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Starting September 1, please go to our website and sign up to attend The Snow Sisters' Event on October 26 at 2:00. The Master Gardeners will be installing a Drought Tolerant Landscape for a Disabled Veteran that will be built in the near future with the proceeds from the event.

Even though it is only September the Association is looking forward to 2020. Steve Purdy is collecting dues for next year; Nominating Committee will have a new proposed Executive Officers Slate to present this month at the Monthly Meeting. We will be taking nominations from the floor as well. We have a new TXMG logo and there will be new badges available in March. There will be new opportunities for our members to help with different committees in 2020.

The ladies that were co-leads of the TCMGA Plant Sale for several years, (always doing an outstanding job) have stepped down. Please let Debra Rosenthal or anyone on the Executive Board know if you would like to Lead or Co-lead this committee. Debra Rosenthal advised the Executive Board they would stay on the committee to help anyone that is interested.

VMS Hours - We are continuing to remind members you must get your required 36 hours by 12/31/19 to certify next year, pay your dues and do your background check if needed. If there is an issue that you can't complete the hours, please do not hesitate to contact your timekeeper or Steve Chaney. We have members that have not entered any hours for 2019 so please start getting your hours on VMS. Your timekeeper will be glad to help.

Our Annual Awards Luncheon is December 5, I think 12 weeks away. Well I am closing with that last statement because I just can't believe the year has gone by so fast.

Theresa



"Where you have a plot of land, however small, plant a garden. Staying close to the soil is good for the soul." - **Spencer W.** Kimball

Save The Dates:

Saturday, October 26 at 2:00 Tarrant County Master Gardeners Special Event with The Snow Sisters, from "Texas Flip and Move" television program.

Thursday, December 5 Tarrant County Master Gardeners Annual Awards Luncheon to be held at Diamond Oaks Country Club.

NEW EDUCATIONAL PROGRAM GEARED TOWARDS 4 & 5 YEAR OLDS

Alyssa Witt, one of our Nutrition Agents, is starting a project for 4-5 year old children to learn about gardening. Alyssa says "being a part of this program means you will be building the foundation for gardening and healthy living for many children to come!"

The project is a spin-off from Junior Master Gardener (JMG) and will be utilizing the JMG training which is geared down to 4-5 year olds. There are 5 schools, all of which are in underprivileged areas. The classes will be one hour, one day a week for 4 weeks starting this Fall. Master Gardeners will primarily be the facilitators as Alyssa conducts the class.

Come join us: contact Theresa Thomas, Hester Schwarzer or ET