



The Guadalupe Gardener



March 2010

A monthly publication of the Guadalupe County Master Gardeners in cooperation with the Texas *AgriLIFE* Extension, Guadalupe County

NOTES FROM THE GARDEN - of Linda Bruno, President



Hard to imagine but the New Orleans Saints won the Super Bowl. Basketball season is going strong and some of us hope the Spurs will do well this year. What does

that have to do with the Guadalupe County Master Gardeners? Maybe it brings up a word we don't normally think about when we talk about our organization. Teamwork. Working as a team. Working together to accomplish one goal, one touchdown, one win.

The Guadalupe County Master Gardeners are made up of a very diverse group of people most of whom don't have a career in professional gardening. We all have a different set of skills that have allowed us to make a living. As a team we draw on those skills particular to each of us to accomplish our goals as Master Gardeners.

Gardening is our escape, our hobby or our passion. We team with nature to accomplish our goals in the garden. And as Master Gardeners, we take that a bit further. We explore the various aspects of gardening and then team up with other Master Gardeners to help people learn and experience the same satisfaction we get from that first flower in the spring or that first tomato bloom.

There are many upcoming projects that require that teamwork. Of course a team also needs a coach or a leader to organize and keep everyone focused on the goal. If there is a project or event you find particularly interesting, please consider volunteering to coordinate it. We need some special people who are willing to roll up their sleeves and get these projects moving forward. Not sure this is something you feel qualified doing?

Remember a coordinator, or team leader, does not do all the work. They pull together the volunteers who want

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March Meeting

March 18, 2010

Schertz Police Chief Steve Starr Poisonous and Nonpoisonous Snakes

Seeing a snake gets most people excited. They then try to exterminate it. However, some snakes are beneficial. Police Chief Starr will elaborate concerning this, provide identification information, and also display some snakes including a rattlesnake.

Clara Fischer, Hughlene Micheli, Betty Hughes and Ryla Cottingham will furnish refreshments.

Remember to bring plants for the plant exchange table

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Association News

February Meeting Program

At the February membership meeting herbalist, Shari Anderson from Omni Star Farm near Boerne, Texas, discussed local native plants and many of the regionally historic ways plants have been used for medicine, food and daily needs. Written records of the use of plants for food and medicine dates back for over 6,000 years and archeological evidence points to over 60,000 years of use. Native people used plants for medicinal purposes, and there was a tribal healer for more serious problems.

An interesting method of discerning the use of plants is known as "The Doctrine of Signatures" - the idea that the shape and appearance of a plant which resemble certain organs of the human body, either in shape, color, or texture indicates its medicinal use. An example of this is mullein which has lung shaped leaves. Used as a tea or inhalant, mullein is quite helpful when breathing is labored. Red food plants are said to benefit the heart while yellow plants are used to purge poisons. Water plants and succulents are still used to pull heat from inflamed conditions of the skin. Circulatory stimulants can be indicated by a complex system of "veins", apparent on their leaf structure.

Shari provided a list of natives to befriend. Some such as agarita (berries are commonly used for jelly, syrup and wine), alliums (wild onions and wild garlic), lambs quarters (greens), pine (inner bark and pine nuts), poke (greens), prickly pear (leaves with spines removed and fruit called nopalitos), and yaupon (coffee-like beverage high in caffeine) are used primarily as food items. Others such as chaparral, dandelions, echinacea, elder, epazote, jewelweed, juniper, mints, mugwort, mullein, osha, prickly ash, purslane, rosemary, sage, vitex, and yucca have varying medicinal values.

She provided information about each plant such as burning sage which was believed to clear negative energy and disperse evil spirits through the smoke but is now known to clear airborne bacteria and many chemical residues. Other plants of significance included osha which has long been considered a holy plant by native people of the western United States and Mexico. It is

most often used for stomach ailments, respiratory infections, and sore throats, including strep. It can be used topically and internally in conjunction with lemon balm for nearly immediate relief from shingles and other herpes lesions.

Tinctures can be prepared by soaking plants for about 14 days in an alcohol solution such as 100 proof vodka. Tisanes or teas can be prepared by infusing the leaves or flowers in boiling water just long enough to release the active constituents contained in the volatile oils. When harvesting plants do so between 9 and 10 A.M. for highest active constituents.

More information about native plants can be obtained from Shari at 830-537-4190. She is located at Omni Star Farm, 333 FM 474, Boerne, Texas.

(NOTES continued from page 1)

to participate, plan and then divide up the work. The entire team makes it happen.

Earth Day in Seguin needs someone to organize our participation; there are a number of Master Gardeners who are ready to jump in and help. And it's not too early to start planning what we will do at the Guadalupe County Fair in the fall.

There is a great deal of satisfaction that comes from seeing a project turn out well and knowing that we all worked hard to put it together. So if you have been thinking about a project and saying "I'd like to do that" then let's talk about it. There are Master Gardeners who are waiting for a coach to turn them into a team. Any takers?

Members in Service

Texas Master Gardener Board of Directors

Deedy Wright – Two Year Term

Kay Wolverton – One Year Term

Pat Schultze - Alternate, Two Year Term

Sandy Foss - Alternate, One Year Term

**NEWLY
CERTIFIED
MASTER
GARDENERS**



Pedro Schambon, Jr. with George Ammermann presenting and little Linda Bruno looking up.



Jim & Gail Johnson with George Ammermann presenting and Linda Bruno hiding in background.



Barbara McIntyre with George Ammermann presenting.

FUTURE PROGRAMS

- Apr 15 – Mark Fanick - Fruit Trees for Home Landscapes
- May 20 -- Cheryl Hamilton, Alamo Area Master Naturalist - Invasive Plants
- Jun 17 -- Summer Social
- Jul 15 -- Greg Collum - Wildlife Management of Property
- Aug 19 -- Liz Palfini, Texas Parks and Wildlife - Plants and Human Affairs
- Sep 16 -- JoNelle Zager - Irises
- Oct 21 -- Flo Oxley - Seeds of Success

February meeting refreshments were provided by Donna Kaminski, Mike & Tammi Smith and Susan Casto. Ralph Albright won the \$21 raffle. Janelle Hannemann won the \$10 Greengate Nursery gift certificate.

SCHERTZ GROW LOCAL FESTIVAL

A very big THANKS to all our sponsors, vendors and especially our most wonderful Master Gardener volunteers. For pictures and details of the Festival, check out our website and next month's newsletter.

SCHERTZ COMMUNITY GARDEN UPDATE

Spring is almost here, our construction crew is done "Rodeoing" and we are anxious to get back to work. We will be putting up the greenhouse frame, compost bins for all the leaves we collected and building some beds and pathways. The back fence line needs to be planted with vines which have been over wintering in the greenhouse to give them a head start. There's a lot of work to do and we are going to need help. If you have volunteered in the past, please watch your email for a schedule of work days.

San Antonio Stock Show & Rodeo

Roaring to a close, we should have a report in next month's Newsletter.

Springs Hill Demonstration Garden

A plant list and trial diagram for the Springs Hill Demonstration Garden at 5510 S. 123 Bypass in Seguin was approved this month by the non-profit water company. The demonstration garden will show the public a colorful Xeriscape of recommended plants for low water use in home landscaping.

The planning committee is now developing a proposed budget for the plants, site preparation, soil amendments, hardscape features, drip irrigation and rainwater collection system. The soil test revealed a need for nitrogen and organic matter. The 2400 sq ft. area will have five planted beds and a "keyhole" path through it.

The beds are the Shade Garden (Columbine, Holly fern, American Beautyberry and Fall Aster;) the Rain Bed (Mexican feather grass, Lindheimer muhly grass, Spiderwort, rain lilies), the Center Color Garden (Indigo spires, Rock Rose, Skull cap, Jerusalem sage, Mexican Mint, Mexican Bush sage); the Sun Border (Red yucca, Rosemary, Lavender, Blackfoot daisy, Purselane, Bulbine, Esperanza,) and the Color Edge with white, red and pink Saliva greggi. Existing live oak, Burford holly hedge, crape myrtle and cenizo at the site will be retained. More cenizos will be added.

If you have any additional plant recommendations, please email Nancy Masterson at nmasterson@earthlink.net. Hopefully, workdays will be scheduled for April.

Wanted Educational Articles for the Guadalupe Gardener

If you have expertise you'd be willing to share, please send your educational article to:
Newsletter Editor, Elaine McIntyre - e-mail elaine@tindomorgans.com or snail mail to 614 Lower Valley Lane, Cibolo, Tx 78108

MASTER GARDENERS AT WORK

Vegetable Gardening Workshop at Mosaic on January 31st

Clara Mae Marcotte and Deedy Wright did a wonderful job! Attendance was pretty good, considering that the temperature was in the low thirties all day. Many, many thanks to all that helped to make our first gardening workshop a success. We look forward to many more.



Introduction of Specialists Clara Mae Marcotte (left) and Deedy Wright (right) by Liz Romero.



Fred Romero and Pastor Jim Taylor look over the handouts.

Vegetable Seminar - Ageing Gracefully, La Vernia - February 3rd

On Wednesday, February 3rd, Clara Mae Marcotte and Deedy Wright presented a vegetable seminar at Ageing Gracefully in La Vernia. Twenty five people were present in spite of all the rain (according to Clara Mae, probably because they served lunch) and asked plenty of questions. Ron Marcotte drove because he was worried about flooding on 467 so everybody got there and back safely.



The Joy of Houseplants - St Paul Church, Cibolo - February 4th

On Thursday, February 4th, Marcia Richardson, presented a lecture on *The Joy of Houseplants* to the Women's Fellowship luncheon, St Paul Evangelical Church in Cibolo. About twenty ladies were present. Marcia shared about the basics needed to grow healthy houseplants (soil, water and light). She then shared about the easiest and most popular houseplants to grow and discussed the various containers one could use, urging them to *think outside the box*. After questions and answers, the ladies then had a drawing for a beautiful plant and Jobes Plant Spikes.

MY FATHER'S FARM

by Marcia Richardson

Sometimes we meet people, who educate us, and occasionally we meet a few who inspire us, but it's a rare blessing when we meet someone who both educates and inspires us!! Both of these qualities are exemplified in Pedro Schambon, Jr., President and Founder of *My Father's Farm*. Pedro is one of our newest Certified Texas Master Gardeners (Class 21).

Pedro, along with his wife, and two other couples, manage and farm 22 acres, 14400 FM 725, Seguin. *My Father's Farm* (non-profit) is USDA Certified Organic. Long healthy rows of Carrots, Cilantro, Broccoli, Turnips, Salad Mix, Beets, Radishes, Bok Choy, Kale and Onions are a feast for the

eyes. From a nearby pond Pedro uses drip tape to irrigate his many crops, but his goal is to implement rain water harvesting in the near future. Also a greenhouse is awaiting assembly.

Pedro is a native of Guatemala and inherited his love for gardening from his father. He has a love and respect for the land that is evident when you hear him talk about his plans and dreams for the future. Recently, during an invasion of worms, he refused to use chemicals but instead resorted to prayer. The next day as he and his wife sat eating their breakfast in the back yard a big black cloud approached. However, as it came closer they saw it was not a cloud, but a gigantic flock of black birds who decided to feast on the many worms on his vegetables! In two days all the worms were all gone. I think that could be counted as a *miracle*, don't you?

With great pride he shows off his latest experiment, worm culture! Fat healthy worms live in an old rusty beat-up bathtub. He has been growing them for this last year and looks forward this spring to enriching the soil with his harvest. For weed control Pedro laughs and says he likes the original weeding tools, his two hands! However, he does use solarization for large areas. He relies heavily on foliar feedings (made from all natural ingredients, of course) but carefully guards his secret formula.

Pedro practices the Biblical principle of letting the land rest every seven years, so he will always let a section of the land lie fallow. He practices crop rotation and interplanting. He uses as much horse and cow manure as he can get. Guadalupe County gives him mulch and compost. Working on a shoe string budget he uses creativity and ingenuity, he doesn't waste anything.

Always working in total harmony with Mother Nature, Pedro lets his Broccoli go to head so that his bees can have pesticide free nectar. He also sells eggs from his free range chickens. A Momma goat and her two adorable babies happily share the farm with ducks and the family pet, a little red Daschund. The animals are not fenced in and never wander into the road.

The driving force in Pedro's life is to make *My Father's Farm* profitable, and for **one reason only**. In his native Guatemala he has raised up two orphanages, (*My Father's House*) and all the proceeds from his organic garden go to feed the children and maintain the orphanages. The number of children vary, from as high as 123, to 40, 17 or as low as three. Pedro says that even greater than their need for food, clothes or shelter, the children need love. His eyes fill with tears as he describes the terrible plight of the orphans. Truly, Pedro Schambon is a great gardener and an even greater humanitarian, and the Guadalupe County Master Gardeners are fortunate to have him as a member!!!



EDUCATION - CLASSES - SEMINARS

Guadalupe County Master Gardener Class 22

Class 22 will be held at the Guadalupe County AgriLife Extension Building in Seguin starting August 11, 2010. The Wednesday evening classes (6:00 to 9:00 PM) will run through December 1st and include three Saturday classes. Bob Teweles will be coordinating Class 22 and he is looking for 30 students who are enthusiastic about becoming Guadalupe County Master Gardeners. Please be on the lookout for potential class participants and help them contact either Bob at 210-289-9997 or the AgriLife Extension Service at 830-303-3889 for an application and more information.

Vegetable Seminar - March 13th - 10 to 11 AM - Schulz Nursery, Marion

Clara Mae Marcotte will be presenting another vegetable seminar on Saturday, March 13th, from 10 AM to 11 AM at Schulz Nursery, Marion. If you've missed her previous talks, now is the time to attend. Spring has sprung and it's time for vegetables.

Propagation Seminars - March 20th - Maldonado Nursery, Seguin

On Saturday, March 20th Kathy Carroll and Sandy Foss will present propagation seminars at Maldonado Nursery in Seguin. There will be a morning session (following the live KWED Garden Show at Maldonado's) as well as an afternoon session. They will be propagating with seed and with green-stemmed plants (possibly roses). For further information please call Sandy Foss 210-651-9053.

Guadalupe County (Schertz/Seguin) Chapter Native Plant Society of Texas

Certified Texas Master Naturalist Doug Dalglish will discuss native grasses at the monthly meeting of Guadalupe County (Schertz/Seguin) Chapter of the Native Plant Society of Texas on Tuesday, March 9th, 2010. Doug has a particular interest in understanding the complex interactions between native plants, native animals and people.

The Society meets on the second Tuesday of each month at the Library, 798 Schertz Parkway, Schertz. There is a plant exchange and "getting to know you" at 6.30 pm followed by a program at 7 pm. Visitors are always welcome. For more information or an application to join NPSOT contact: www.npsot.org/GuadalupeCounty/

Organic Gardening Solutions - March 6th - 10 to Noon

Antique Rose Emporium
7561 E. Evans Road, San Antonio, TX 78266

Malcolm Beck will present his program for the Comal County Master Gardeners. This seminar is FREE and open to the public. For more information about events call 210-651-4565.

**Compost: What is it? Where does it come from? What do I do with it?
How do I get more?**

Saturday, March 6, 2010 9:00 am to noon

Members of the Bexar County Master Gardeners, educational outreach for Texas AgriLIFE Extension, will be at Mitchell Lake Audubon Center on March 6, 2010 from 9:00 AM to Noon to answer your questions about gardening "Black Gold".

Program fee: \$5 for non-members; Free for members

Space is limited, RSVP is required - For more information or to rsvp, mlac@audubon.org

VOLUNTEER OPPORTUNITIES

There are a number of volunteer opportunities available for Master Gardeners. First of all, there are several projects where a coordinator is needed:

Gutierrez Xeriscape Park in Schertz

Refreshment coordinator (new volunteer [Ryla Cottingham!](#))

Silver Center beds on Court Street

Education Committee

Seguin Administration Building on Court St.

June Social

Christmas social

Then, both Earth Day in Seguin on April 24 and Agri Fest at the Red Barn on May 6 need chairpersons and workers. Contact Clara Mae Marcotte, Volunteer Coordinator (rcm.marcotte@gmail.com or call 830-379-3485)

The Master Gardener Association
is a **volunteer organization**
We need **YOU**
to help with our projects.

March Extension Landscape Workday

Contact Liz Romero 830-372-3106
or e-mail lromero16@satx.rr.com

Please report your hours as you do them to Dale Odvody (odvodyd@swbell.net). His is a gigantic job, but you can help ease his woes by promptly reporting your hours.

GARDENING EVENTS

Wilson County Gardening Day - March 6

If you have not been to Floresville lately, March 6 is the day to visit. The Wilson County Gardening Days will have a big plant sale and lots of other attractions including a free xeriscape plant for the first 300 attendees and a chance to win one of the famous water-saving, potato-flushing Caroma toilets. Gardening advice and information will be free flowing. The event will benefit the South Texas Alternate School Gardening Program and will be held on the school campus on Sutherland Spring Road as you drive into Floresville going south on Hwy. 181. The event is from 9 a.m. until 4 p.m. Featured this year is the plant ID contest. GCMG will have a team to compete. Teams have to correctly identify 25 of 100 plants. The GCMG team will be Betty Hughes, Peggy Jones, Pat Schultze, and Iris Seal. The prize for first place is two \$500 gift certificates; second place is two \$250 gift certificates; and third place is two \$100 gift certificates. For more information, Google "Wilson County Gardening Day."

San Antonio Daylily Society Show and Sale Saturday, May 15, 2010 from 1:00-4:00

San Antonio Garden Center
3310 N. New Braunfels
San Antonio, Texas 78209

210-824-9981

22nd Annual San Antonio Garden Center Plant Sale

Friday, March 12 & Saturday, March 13 9 am to 4 pm

San Antonio Garden Center, 3310 N. New Braunfels (at Funston)

Bedding Plants, Hanging Baskets, Daylilies, Earthkind Roses, Herbs, Cacti, Succulents, Native Plants, Perennials and you might find some rare and unusual plants. Shop early for the best selection!

For more information check out our website at www.sanantoniogardencenter.org

2010 TMGA Conference in Dallas - April 8-10, 2010

Registration is now open! Visit the website www.2010tmgaconference.org

The deadline for booking the conference at the discount rate is March 1, 2010. George Ammermann said all double rooms in the host facility are already reserved.

Amazing Cucumber

article discovered by Dale Odvody

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source Of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but is won't leave streaks and won't harm you, fingers or fingernails while you clean.
13. Using a pen, made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

March 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Master Gardener Office/Library Open 8:30-NOON	2	3	4	5	6 KWED Radio 1580 AM Lawn & Garden Show 9:05 A.M.
7	8 Master Gardener Office/Library Open 8:30-NOON	9	10	11 GCMG Board Meeting	12	13 KWED Radio 1580 AM Lawn & Garden Show 9:05 A.M.
14	15 Master Gardener Office/Library Open 8:30-NOON ● New Moon	16	17 Happy St. Patricks Day	18 GCMG Meeting 7 PM	19	20 KWED Radio 1580 AM Lawn & Garden Show 9:05 A.M.
21	22 Master Gardener Office/Library Open 8:30-NOON	23	24	25	26 Newsletter Deadline	27 KWED Radio 1580 AM Lawn & Garden Show 9:05 A.M.
28	29 Master Gardener Office/Library Open 8:30-NOON	30 O Full Moon	31			



Guadalupe County Master Gardeners, Inc.
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Seguin, TX 78155

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	Master Gardener Coordinator

March Meeting
Thursday, March 18, 2010
Meeting Time – 7 PM
AgriLife Extension Building
210 E. Live Oak, Seguin, Tx

Reference to commercial products or trade names is made with the understanding that no discrimination by the Master Gardeners is implied, and no endorsement by the Master Gardeners is implied. Educational programs conducted by the Guadalupe County Master Gardeners serve people of all ages, regardless of socioeconomic level, color, sex, religion, handicap, or national origin.

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