

Master Gardener Volunteer's Newsletter

**Master Gardener Meetings are held
the 2nd Thursday of the month.**

6:00- 6:30 p.m. Social

6:30-7:30 p.m. Meeting - 7:30-8:30 p.m. Program

*In the event that a meeting or event is cancelled due to weather,
please listen to WJMQ 92.3 and WDUZ 92.7 for cancellation
information. We will also attempt to notify members via email.*



*Unless otherwise stated, meetings and programs will be held in the
lower level of the Waupaca County Courthouse.*



December Meeting Information

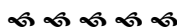
**December 13th - 6:00 p.m. HOLIDAY PARTY and
brief meeting, Waupaca**

* The meeting will be held at the Courthouse.

Submitted by Patti Leiskau

* The Library committee would like you to bring your
favorite gardening book or magazine to the Dec.
meeting for a display.

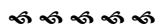
**Please see other articles that follow regarding
the Holiday Party!!**



New Email Addresses

Submitted by Greg Blonde

MGV members please contact my secretary or me at
715-258-6230x12 with any changes regarding contact
information. For example, send a change in name,
email or mailing address, or phone number.



December in the Garden

Enjoy nature's beauty with live seasonal
decorations like Christmas trees, wreaths,
holly and mistletoe. Splurge on potted
plants like poinsettias, Christmas cacti,
azaleas, amaryllis and mums from your
local florist. Give them as gifts, too.

The gardeners on your list should be easy
to buy for. There are tools and gloves and
kneeling pads and books. Consider gift
memberships to public gardens or nature
centers.

May your wish list contain a garden item.
Is there a tool that needs replacing or an
item that may make your gardening more
enjoyable or a bit easier? How about a
revised MGV Manual?
(See later article.)

Water your Christmas tree daily so it
doesn't dry out and become a fire hazard.

Poinsettias should retain their leaves for
many months by continuous watering
every three to four days.

This season avoid rock salt, sodium
chloride, and instead consider sand, kitty
litter, or wood ashes. These products
cause less damage to plants.





A Note From Our President, Kate Saunders

Thanksgiving brings thoughts of gratitude for so many people this year. This past year was continually enriched with generous and thoughtful people who touched my life in so many ways. I am especially grateful to all of you who reach out to so many throughout the year. I listen at each meeting with deep respect for your giving spirits, thoughtfulness for each other and hard work on behalf of your communities.

As the holiday season is now upon us, I will be trimming pine boughs from my trees to decorate my home, add another bird ornament to my collection for my Christmas tree, look for recipes to use my bountiful crop of raspberries from my freezer for holiday parties and enjoy my favorite winter squash. I'm looking forward to our MGV Christmas party, the food is always great, and the generosity of our group is wonderful to behold. I hope you can all make it to the December meeting to socialize with each other.

I wish you peace in your homes, a blessed holiday season and garden dreams for the coming year.

Kate



Christmas Party Information

Submitted by Rebecca Weber Schmoll

The Master Gardener Volunteers' Christmas party is planned for the December meeting. The party will feature a true potluck. No sign up sheet; just make up your favorite holiday recipe to share. I personally don't see anything wrong with having a whole meal of chocolate desserts! The holiday

party will also feature a gift exchange. Bring a wrapped present with your name on it. The gift should be garden related and have an approximate twenty-dollar value. In the holiday spirit, please bring canned goods to donate to the food pantry. We will also be sponsoring a needy person/family again this year. Remember all these activities are optional. Please feel free to participate in one, two, or all three activities. We will also have entertainment and activities at the party. So, wear your Christmas sweater and bring a holiday story to share.



The True Spirit of Christmas

Submitted by Colleen McCoy

The family adopted by the Waupaca MGVs is a Waupaca County couple that have two teenage sons at home and over the summer accepted a two week visit from their three grandchildren, ages 5, 8, & 13. Their daughter did not visit during the two weeks the children were visiting at the farm and when they called her to see when she was picking up the children, she responded she would not be coming, had moved out of her home to a one-bedroom apartment and didn't see how she could take the children back. The school year was about to start and the grandparents were granted custody of the children for 18 months until a more permanent plan could be put in place. Grandpa works second shift; Grandma has several health conditions stemming from her diabetes and does not drive due to failing eyesight. The children (two oldest are boys, youngest is a girl) are doing well in school. Immediate needs for the family include winter coats and boots for the children and money towards a washer/dryer for Grandma. The oldest son would appreciate some gas cards to help with cost of going to the Technical College in Appleton for his classes in auto mechanics. A \$15 voluntary contribution, gift cards, or any type of contribution would greatly be appreciated. Contributions will be collected at the Master Gardener Christmas Party.

November Meeting Notes

Submitted by Peggy Kramer

The meeting was called to order by President Kate Saunders at 6:35 p.m. Members present: Leigh Braatz, Lorry Brace, Debra Calmes, Dort DeWild, Kay Durrant, Gloria Gruer, Sally Marchel Handrich, Dorrie Hipschman, Bill Johnson, Nancy Johnson, Sue King, Peggy Kramer, Terry Kramer, Barb Lamb, Patti Leiskau, Sharon Lemmers, Hope MacIntyre, Colleen McCoy, Agnes Marchel, Barb Nollenberg, Pat Ritchie, Glenda Rhodes, Ila Sanders, Kate Saunders, Joan Schmitt, Judy Shaw, Lee Shaw, Carol Spiegelberg, Jeff Weasner, Nancy Weasner, Rebecca Weber Schmoll, Faye Wilson, Suzanne Wozniak, Connie Zolkoske and Greg Blonde-WCMGV advisor.

Gloria Gruer made a motion to accept the minutes from the October 11, 2007 meeting as written. Lee Shaw seconded and the motion carried.

Terry Kramer read the Treasurer's report.

Thank you letters were read from the Manawa Food Pantry, Iola Area Food Pantry and the Weyauwega Library for the WMGV donations.

Pat Ritchie gave the State Representative's Report. Pat went to the District Area MGV meeting on October 28th. Pat stated that Portage County MGV publishes a list of the year's program and the hours for each program to help simplify bookkeeping. At the State Board meeting, it was suggested that MGV's receive the State Newsletter via e-mail. A copy of the printed e-mail was shown. If you are interested, please e-mail Suzanne Mahr personally and request this.

Suzanne Mahr: semahr@facstaff.wisc.edu

At the advisory board meeting ideas that need to be implemented were discussed.

"Advanced" and "Specialized" training terms were redefined. "Advanced" training is training offered by the state that only certified Master Gardeners may take this type of course.

"Specialized" training is offered at the local level by Master Gardener Volunteer groups and is open to anyone.

Book Review: Hope MacIntyre shared the book *Lasagna Gardening* by Patricia Lanza. This book addresses layered gardening practices.

Kate Saunders explained that the Standard Operating Procedure Committee (SOP) grouped projects/committees into three types: Standing committees, Special Limited Projects and Functional Committees. The SOP committee needs detailed outlines of all projects. The written summary must be in detail and include the project timeline, where it takes place and a schedule of activities. If you are the chairperson or have chaired a committee, please submit this to Kate as soon as possible. Kate asked people to volunteer for several committees. Faye Wilson volunteered for the Auditing Committee and Bill Johnson volunteered for the Nominating Committee. A Publicity Committee is vital to the MGV organization. The purpose of this committee is to make all people aware of the MGV activities around the county. There must be members from all of the Waupaca County communities. Members are needed to submit news articles and pictures to the local papers and announcements to the radio stations. Please consider belonging to this vital committee.

Terry Kramer reviewed the highlights of his meeting with Connie Abert (UWEX) concerning publicity materials for the WCMGV Organization. Members are asked to give pictures and narratives of their MGV activities to Terry. He will then work with Connie to have brochures made.

The list of people to bring refreshments for each meeting will be published in the Newsletter. [Please share list with the editor!]

Ila Sanders moved that the meeting be adjourned. Barb Lamb seconded. Kate Sanders adjourned the meeting at 7:25pm.



Would Your Summer Garden Like To Be A Show Off?

Submitted by Colleen McCoy

The program committee is looking for garden show offs, for the Master Gardeners to tour next summer. If you and your garden are interested in being a garden show off, please contact a member on the program committee.



Gardens Sought for Garden Walk

Submitted by Sally Marchel Handrich

Gardens are being sought for the next annual Waupaca Area Garden Walk and Art Stroll slated for Saturday, June 28, 2008. Unique outdoor living spaces, vegetable or fruit gardens, Asiatic gardens, healing gardens, prairie gardens, gardens with ponds and water elements are types of gardens that would be ideal to share with the community. Money raised from the event is contributed to a different area non-profit each year.

If you are interested in sharing your yard or know someone who lives near Waupaca who may be interested, please contact Sally Marchel Handrich at 715-258-4888.



Publicity Photos Needed

Submitted by Greg Blonde

Please email digital photos from our MGV projects with a short description for the WPT Garden Expo. If you have a photo from your project that you would like included as part of this February show send it ASAP to Greg and he will forward it to Mike Maddox. The following is the requested information from Mike:

Wisconsin Public Television's Garden Expo will be Feb 8, 9, 10 of 2008. UW-Extension Horticulture Team and affiliated partners (West Madison ARS, labs, etc.) share a centrally located space and interact with THOUSANDS of visitors each year.

In 2008 we hope to have a different look to the booth—incorporating a presentation of UW-Extension Horticulture Programming in action via a slide show.

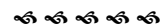
We want to highlight the activity of the program across the state. I'd like to request digital images related to this, including a

very VERY brief description of what is going on in the picture, names of individuals (if applicable) and your county.

Revised MGV Manuals

Submitted by Pat Richie

The new updated general MGV training manual can be ordered through the extension office. This would be an excellent addition to your MGV library if you have completed the general training over 3 years ago. All of the chapters have been updated and new chapters have been added. I will have a copy of the new manual at the next MGV meeting for you to look at. The cost is \$25.00 and the check should be made out to Waupaca County UWEX and in the memo line put in "revised MG manual". The orders will be taken through December 13 at the next MGV meeting. The checks for the order can be sent to the extension office or brought to the next meeting. A bulk order will be received in mid January. If your family doesn't know what to get you for Christmas, suggest that they purchase a new manual for you. The check and the order can be given to either Pat Ritchie or Greg.



Happy Birthday to You!

December Birthdays

Submitted by Connie Jess Zolkoske

12/03 Peggy Kramer

12/05 Kathy Akey

12/06 Kay Durrant

12/23 Susan Young

12/27 Mark Prignitz

Best Wishes to All of You!



New Email Addresses

Submitted by Greg Blonde and Kate Saunders

Kate Saunders at
ksaunders0327@charter.net

Julie Bosquez at
Figgy@dishmail.net

Leigh Braatz at
leighbra@wildblue.net

Joleen Diley at
jorondiley@centurytel.net;

Dorrie Hipschman at
dorriehip@charter.net;

Patti Leiskau at
66pkl@sbcglobal.net;

Hope MacIntyre at
hwgmacintyre@hotmail.com;

Glenda Rhodes at
rhodesgm@muohio.edu

Connie Zolkoske at
sewhappyjess@charter.net.

Colleen McCoy at
colleenm@jay-mar.com

Joan Schmitt no longer has an email address.



All members are encouraged to submit newsletter information!

January articles are due by Dec. 21st.



Important Vegetables

Source:
<http://www.drweil.com/drw/u/id/TIP02525>

These are the top five vegetables that Dr. Weil recommends you have on hand in your kitchen. As you are planning your spring planting, consider adding these to your spring garden. Squeeze them into your perennial beds for those who do not typically garden veggies.

- 1. Onions:** This classic, pungent vegetable adds flavor to any meal. Allicin, a phytonutrient found in most varieties of onions, may be responsible for its health benefits, including lowering cholesterol and blood pressure.
- 2. Garlic:** This fragrant bulb contains many of the same phytonutrients as onions, as well as antibiotic and antiviral compounds. It may help boost the immune system, prevent colds, lower blood pressure and cholesterol, and fight fungal or yeast infections.
- 3. Spinach:** This dark leafy green (and others like it, such as kale and collards) contains lutein and zeaxanthin, antioxidant carotenoids that may help prevent cataracts and macular degeneration. Spinach is also a source of calcium and folate, a B vitamin that helps to prevent birth defects. Buy organic spinach, since pesticides are commonly used on conventionally grown varieties.
- 4. Cabbage:** This low-cost yet highly

nutritious cruciferous vegetable contains nutrients called indoles, which may protect against both breast and prostate cancer. It also provides significant amounts of fiber and vitamin C.

5. Sweet potatoes: Rich in beta carotene, these vegetables may help boost the immune system, deliver vitamin C and folate (which may reduce the risk of heart disease and prevent certain birth defects), and are low on the glycemic index and glycemic load charts



Best Wishes this Holiday Season!



University of Wisconsin, U.S. Department of Agriculture and Wisconsin Counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

Waupaca County Master Gardeners
University of Wisconsin Extension
811 Harding Street
Waupaca, WI 54981
Phone: (715) 258-6230

Waupaca County



Pumpkin Dip

Submitted by Patti Leiskau

3 1/2 cups powdered sugar
1 -29 oz. can pumpkin pie filling
(or solid pack pumpkin and add 1/4 tsp.
ground ginger and 1/8 tsp. ground cloves)
2 - 8 oz. pkgs. cream cheese, softened
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt (optional)

2 tsp. vanilla

Mix together sugar and cream cheese. Add remaining ingredients; beat together. Refrigerate several hours. Serve with Ginger Snaps, Teddy Grahams, Nilla Wafers, Ritz crackers or sliced apples.