

Master Gardener Volunteers Newsletter

Monthly Newsletter for Cumberland County Master Gardener Volunteers

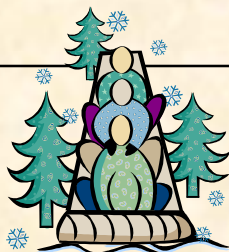


The Children's Discovery Garden at the Portland Flower Show, March 12-15, 2009, needs volunteers to staff the garden. As usual there will be different activities along with displays, presentations and a scavenger hunt. Two volunteers are also needed each shift to answer gardening questions at the Master Gardener Cooperative Extension booth. The shifts are:

- Set-up Tuesday, March 10 from 10am to 2pm
- Thursday, March 12 - 10am to 2pm; and 2pm to 6pm
- Friday, March 13 - 10am to 2pm; and 2pm to 6pm
- Saturday, March 14 - 10am to 2pm; and 2pm to 6pm
- Sunday, March 15 - 10am to 2pm; and 2pm to 5pm
- Take down is Sunday, March 15 from 5 to 7 pm and Monday, March 16 from 10am to 2pm

This is a great way to accumulate some hours towards your requirement. If you want to volunteer please email Lois Elwell at lelwell@umext.maine.edu or call her at 1-800-287-1471. Sign-up early to get the shift you want!

Dr. Bud Johnston



A Message from your President INVESTMENTS

Investment: "The outlay of money or effort for future income or projects." We've heard enough about the financial part of this definition but I'd like to put a positive spin on this. We've all made an investment of time and energy to be prepared to learn about and to physically do the master gardener projects that we all do. The reward should be the satisfaction of working for the "greater good" but we also need to remember to take time to enjoy the fruits of our labor. You have an opportunity to join with other master gardeners on January 12th at our Annual Meeting where we will enjoy a pot luck dinner and a speaker. Please come. We encourage you to call a fellow master gardener - there are those who would enjoy this evening but may need a prompt from a friend. We are asking you all to bring your own set-ups this year (don't forget a mug or bowl for soup!) so that we can keep our costs down and also stay on a "greener" pathway. Thank you ahead of time for this consideration.

We look forward to this time to gather together. When you get this newsletter, we will have started to gain some daylight. It won't be long until we're thumbing through those seed catalogs.....

Beth Owens (02)

Until February 15 St. Jude's Ranch, a home and treatment center for abused, neglected and abandoned children, is accepting used greeting cards of all kinds, which their children use to create "new" (and green) cards that they sell.



January 2009

Upcoming Events



January 12 Master Gardener Annual Meeting and pot luck, Barron Center, Portland, 5:30 p.m.

January 20 MeLNA Trade Show and Conference, Ramada Inn, Lewiston, FMI www.MeLNA.org

February 4-6 New England Grows, Boston Convention Center, FMI: www.NEGrows.org

February 6 New Master Gardener Class begins

March 15 Plant Auction, conclusion of the Portland Flower Show.

April 1 Maine Vegetable & Fruit School, (geared toward commercial growers) Keeley Banquet Center, Portland, 8:45-4 pm

April 27-May 6 Holland & Belgium in Bloom, tour sponsored by the Coastal Maine Botanical Garden, FMI: call Patsy West 633-4883 or email her at distvoy@gwi.net

Don't eat your Spinach: Soil Remediation on Portland's Peninsula

SMCC's Science department presents the seminar "Don't eat your Spinach: Soil Remediation on Portland's Peninsula" by Samantha Langley-Turnbaugh, Department of Environmental Science, USM, on January 27, 2009 at 5:30 pm. The event, which is free and open to the public, takes place at Jewett Auditorium, 77 Fort Road on the SMCC Campus.

For more information, contact Elizabeth Ehrenfeld, SMCC Science Department, at 207-741-5823 or EEhrenfeld@smccme.edu

Directory Changes

Let us know if you have any address, phone number or email changes.

Kathy Heye kathy_hey@coconetme.org
Lane Williamson lane@lanebwilliamson.com

CCMGA ANNUAL MEETING

The CCMGA Board will host its' Annual Meeting on January 12 at the Barron Center in Portland at 5:30 pm. There will be a soup and salad potluck. Following dinner we will be fortunate to have speaker; Diana George Chapin from Heirloom Garden in Montville. We encourage you to bring your own set ups of non-disposables. (plate, bowl or mug, and silverware)

A-M Soup or Salad

N-Z Bread or Dessert

Drinks provided

Please RSVP to Colleen Hoyt at choyt@umext.maine.edu or call her at 1-800-287-1471.

Looking forward to seeing you at this popular winter gathering. Diana

Volunteer Opportunities

Portland Flower Show 2009

March 12-15

Volunteer help needed in the MG booth as well as the Children's Garden at this years' show. Join us, it's lots of fun. FMI call the office @ 800-287-1471

Annual Plant Auction

Volunteers are needed in many capacities to assist with the annual plant auction which will be held Sunday March 15 following the Portland Flower Show.

FMI contact Amy @ 800-287-1471

Goodwill Industries

Through its mission, Goodwill Industries of Northern New England Goodwill offers several programs to assist individuals with disabilities and those who face other barriers achieve economic and social independence. Part of the programmatic outreach for the residents is connecting with the environment around their homes. Many of the residences have space for the creation of gardens, or have garden beds in existence that need regular maintenance. If you would be interested in this volunteer opportunity in the Portland area please contact: Carrie Burgin, Volunteer Coordinator, Goodwill Industries of Northern New England
207/879.7716 cburgin@ginne.org

Here are some grant opportunities; especially for some of you working on school gardens

Project Orange Thumb ~ Deadline: February 17, 2009

The Project Orange Thumb grant provides school and community gardening groups with tools and materials to help them achieve their goals for neighborhood beautification and horticultural education. Projects geared towards community involvement, neighborhood beautification, sustainable agriculture, and horticultural education are encouraged to apply. 20 grants are available providing up to \$1,500 in Fiskars garden tools and \$800.00 in gardening-related materials. Visit www.projectorangethumb.com for application details.

Mantis Awards ~ Deadline: March 1, 2009

Mantis sponsors this award program in support of charitable and educational garden programs that enhance the quality of life in their host communities. NGA will select 25 gardens to receive a Mantis Tiller/Cultivator. We welcome applications from all nonprofits; past winners include community gardens, schools, ministries, colleges, master gardening groups, and hospices. [Learn more here.](#)

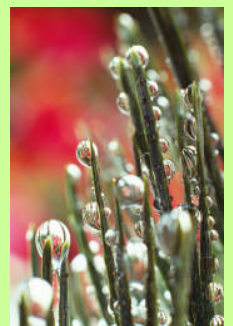
Outdoor Classroom Grant Program ~ Deadline: Rolling

Lowe's Charitable and Educational Foundation, International Paper, and *National Geographic Explorer!* classroom magazine have partnered to create an outdoor classroom grant. The goal is to provide schools with additional resources to improve their science curriculum by engaging students in hands-on experiences outside the traditional classroom. All K-12 public schools in the United States are welcome to apply. [Visit the Lowe's Web site](#) for more information.

Some January Reminders

Start planning your flower and vegetable gardens

- Inventory your seed supplies
- Scan catalogs for favorite and promising new seeds
- Peruse garden books, magazine, and Web sites
- Attend to winter landscape management
- Remove excess snow from shrubs and trees
- Prune dead and broken branches as you see them
- Use sand on icy walkways instead of salt
- Avoid plowing lawns and dumping heavy snow on brittle shrubs
- Inspect houseplants for winter problems
- Water and fertilize at a reduced rate
- Scout for spider mites; they are most damaging in dry, warm air
- Feed and enjoy birds in your yard
- Provide sunflower seeds and suet to help birds keep warm
- Watch birds eat winter fruits; plan to plant more fruiting plants in the spring



Green Corner

Happy New Year! I would like to thank all of you who responded to me about the vermiculture piece from last month. The number of responses was quite unexpected. Apparently, there are many of you who are way ahead of the curve on this one. I am pleased that we have such a wealth of knowledge and experience within the Master Gardener program.

So once again it's time for those resolutions. This year I am resolve to: Drink purified TAP water instead of bottled, continue to support local agriculture, plant TWO rows for the hungry and most importantly....spend more time in the garden than in my car! I hope you can all find some resolutions that you can keep and that will have an effect, even if it's just inspiring others to follow suit. After all, that is our mission as Master Gardeners.
Shawn McFarland (06)

Thank You Master Gardeners for 2008

- 31 new Master Gardeners trained
- 9 workday sites represented
- A Summer Garden Tour
- 13,338 lbs of produce donated to PAR
- Successful MG conference in Gorham
- 8 Community Service Awards presented at the annual Harvest Supper in the fall
- 6,875 total number of volunteer hours

CCMGA Board Members

Beth Owens, <i>President</i>	Deborah Locke
Barb Hager, <i>Vice President</i>	Shawn McFarland
Betsy Johnson, <i>Secretary</i>	Ellen Call
Maryellen Thoma, <i>Treasurer</i>	Marty Schindler
	Tim Walsh

HOT CRABMEAT DIP

8 oz cream cheese
1/2 c mayonnaise
1 med onion, chopped
1/4 cup milk
1 t prepared horseradish
6 oz crabmeat

Mix first 5 ingredients together. Gently fold in crabmeat. Spoon mixture into oven-proof casserole dish and bake uncovered at 350 degrees for 20 minutes.

Serve with crackers or crusty bread.

Becky Kitchen (01)

A recent study in the Journal of the American Dietetic Association showed that involvement in school garden programs caused students to eat more fruits and vegetables, which increased their intake of vitamin A, vitamin C, and fiber.¹ In this study the students more than doubled their intake of fruits and vegetables – going from 1.93 to 4.5 servings per day.

McAlessee J, Rankin L. "Garden-Based Nutrition Education Affects Fruit and Vegetable Consumption in Sixth-Grade Adolescents." Journal of the American Dietetic Association. 2007; 107:662-665.

Staff

Richard Brzozowski	<i>Extension Educator</i>
Amy Witt	<i>Horticulturist</i>
Diana Hibbard	<i>Home Horticulture Coordinator</i>
Colleen Hoyt	<i>Administrative Assistant</i>

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If you are a person with a disability and will need any accommodations to participate in any program, please call Dick Brzozowski at 1-800-287-1471 to discuss your needs. Please contact us at least 5 days prior to this event to assure fullest possible attention to your needs.

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