

Roots and Shoots

April 2017



Kathy Rostand, Editor

President's Message

Happy Easter Everyone!

Goodness! Gracious! Here we are again winter, spring and summer consolidated into "one huge blooming out doors". Things we thought were drought dead have proven not so and have put out wonderful new growth in the last 3 days. Dr. Jacobi gave us the best information when he said wait, just wait, a bit longer. What have we got to lose if it is dead it will always be dead so the wait can't hurt. Most plants will show up one way or another in the next few weeks. Our lawns are working on a second green-up...so be patient and hope you get a great surprise!! I did.

I want to thank all of the gardeners who showed up for the night meeting on March 21st. We had a good group of 25 folks. Not bad for a night meeting. Hope we continue in that direction. The best count for a JCMGA night meeting was 46, which was an all time high. It would be great if the interns for 2017 could come to more meetings. They can earn volunteer hours just by coming to the 2nd Tuesday each month meeting. You can bring a guest with you and they are always welcome.

See you on the 11th...hope you can make the meeting.

Pat Cosgrove

President

Don't Forget

Spring Plant Sale

Ferns – Trees and Shrubs – Vegetables – Roses – Annuals – Perennials – Herbs – Native Plants – Camellias – Tropicals – Bonsai – and More

This Weekend

Members-only sale

Thursday, 4/6 6:30-8:30

Public Sale Hours

Friday,	4/7	9-7 pm
Saturday,	4/8	9-5 pm
Sunday,	4/9	11-3 pm

JCMGA April Program Notes

Tuesday, April 11

**9 am Social Hour, 10 am Meeting
Birmingham Botanical Gardens**

"Behind the Scenes" of the BBG Spring Sale

Where do all those plants come from? Which ones are best suited for my garden?

Long-time BBG volunteer, board member, and plant sale "expert", *Jeanie Sherlock* will talk about the inner workings of buying and selling plants, specifically hydrangeas for the spring sales. Jeanie will discuss the varieties unique to the sale.

Taylor Steele

First Vice President

May Meeting

Now is the time to pot plants for May's plant swap – if you haven't already done so. Plants transplanted the night before the sale often look a little "shocked"!

As always, natives are encouraged, but most plants, shrubs, and trees are welcomed—and invasives will be turned away at the door!

Please don't hesitate to ask if there are questions about what to bring. We invite one or two plants to swap. If you have quantities of sharing plants, you may bring those as well for the "free give away" area. We look forward to this event each year and hope you will participate

Bethany's Extension Extras

Harvest for Health

Over 200 cancer survivors across Alabama are planting their first home vegetable garden this season. Planting along with participants in our area of the state are 19 Jefferson County Master Gardeners. Partnered for successful gardening, Master Gardeners are working alongside cancer survivors who range in age from 65 to 86!

This clinical study promotes the claim that a home garden may promote overall improved health and well-being for cancer survivors. Participants will be part of a two-year study measuring diet quality, physical activity, physical functioning, as well as quality of life and wellbeing.

Harvest for Health partners include UAB, National Institutes of Health, Alabama Cooperative Extension, and area Master Gardeners in this two-year clinical trial.

In addition to young starts of kale, lettuce, and cabbage, participants are sowing seeds of spinach, beets, mustard, turnips, radishes, and carrots. And young seedlings are emerging and maturing. Already, new relationships are emerging as well – an immeasurable factor sure to benefit cancer survivors and Master Gardeners throughout the program!

Now is a great time to sign up!

Area organizations frequently submit requests for Master Gardener volunteers to participate in projects throughout Jefferson County. Now is a terrific time for you to get involved!

For those interested in **public education projects**, opportunities include joining other Master Gardeners at a plant information booth at special events such as the BBG plant sale or Moss Rock Preserve Festival. Volunteers may sign up for as little as a single 2-3 hour shift, while encouraging event goers with questions about gardening, and distributing ACES publications on a wide range of gardening topics.

Gardeners interested in projects related to **ornamentals in the garden** may choose from community requests to plant a specific area, such as a pathway of perennials along Jemison Trail. Bring your tools and join fellow Master Gardeners in a variety of community improvement projects.

For those who enjoy community projects that include **herbs and vegetables**, there are plenty of opportunities to plug into efforts at school gardens and community vegetable gardens. This volunteer opportunity could be an ideal year-round experience for involvement in a local neighborhood.

Go to our Jefferson County Master Gardener webpage, and link to the [Service Report](#). Log in to your account, and then choose the tab labeled “My Page.” There you will see the invitation to edit “My Volunteer Interests.” Your responses will inform Master Gardener leadership about your specific areas of interest. Be ready to say “yes!”

Additionally, go to [our Jefferson County Master Gardener website](#) to see a long list of current opportunities for volunteering. Directions and links are included in the listings so that you may sign up to join other Master Gardeners in projects including community gardens, educational events, projects at area public gardens, one-time projects, and on-going opportunities.

Sloss Walks and Talks at Grandmother's Garden	
2nd Saturday	
Free lecture series sponsored by the Birmingham Historical Society	
Presented by herbalist, <i>Antonia Viteri</i>	
The lectures are from 10:30 -11:30	
Meet at <i>Grandmother's Garden</i> in the Sloss Furnace Historic Park	
March 11	"Weeds: Your Backyard Pharmacy"
April 08	"Culinary Herbs: Parsley, Sages, and Thyme"
May 13	"Maypop and Mulberry: Spring Super foods"
June 10	"Summer Simples: Basil, Tinctures and Teas"
July 08	"Plantain Salve: Grandmother's Remedy"
August 12	"Rosemary: A Vinegar to Remember"
October 14	"Rose: History and Use"

JCMGA Minutes March 14, 2017

The March 2017 meeting of the Jefferson County Master Gardener Association was called to order by President *Pat Cosgrove*. New members, 2017 interns and guests were welcomed, and door prize tickets were distributed.

February minutes were approved as printed in the newsletter. The **treasurer's report** was deferred until the next meeting.

Pat pointed out the information table where you pick up door prize tickets, join in the money door prize and can pick up various and sundry information. She stressed that the information table is for everyone to use, so if you have information that is pertinent, or of interest, or just something you want to share with the group, feel free to place it on the information table.

The *Picardy's* were thanked for their wonderful job with hospitality.

Dues are due by December 31st, but *Tom Douglass* is stationed at the information table today and is accepting payment for this year.

Membership Chairman, *Linda Systrom*, advised that if you have not paid your dues for this year, your name will not be on the membership sign in sheets, so please sign in as a guest

Ken Hall reminded us that he has **Reach for the Stars stars** for anyone who did not receive theirs at the last meeting. *Bethany* has **name badges** for the new graduates.

Diane Rennick has the **website** up and working. If you "Like" us on Facebook, you'll get updates on your Facebook up to a couple of times a day.

Chris Pugh announced that *Antonia Viteri* is conducting **hikes at Sloss Furnace**. They start at 9:00am on the 2nd Saturday of each month. Signup sheets are at the information table. *Taylor Steele* helps planting vegetables at **Fairfield School** on Mondays at 3:00pm. It's a good chance to get dirty and have fun. And the **Turkey Creek nursery** needs help potting plants on Fridays from 9am 'til 11 or 12. Take your lunch and eat by the falls.

Please be sure to add your interests on the website.

Alice Moore announced that the **Spring Plant Sale** is April 6, 7, 8 and 9. She will be available after the meeting to sign up volunteers. Volunteers are also needed for the master gardener booth. *Bethany O'Rear* has a sign-up sheet at the information table. Please don't hesitate to volunteer for multiple shifts.

The meeting was turned over to *Taylor Steele*:

The evening meeting on March 21 at 6:00pm will feature *Cameron Strouss*, who will enlighten us on the edibles and plants for homeopathic medicine growing in our backyard.

Tom Underwood, the new executive Director of the Birmingham Botanical Gardens is on schedule for the April 11 meeting, assuming he survives the Plant Sale :).

The **annual plant swap** is set for the May 9 meeting. Be sure to pot your unique plants well in advance so they will be established by the time of the swap.

June 13 brings a field trip to the Longleaf Park Botanical Gardens in Anniston. Details will be forthcoming.

Cont'd.

Suggestions for additional places to go, speakers, new faces or topics are welcomed.

Taylor introduced *Dr. Jim Jacobi*, Plant Pathologist, for today's program dealing with the drought.

Other announcements:

The night meeting is on March 21

Karen Mitchell is teaching *Hydrangea 101* at 1:00pm on Wednesday March 22

The next meeting is on April 11 and will feature *Tom Underwood*

Door prizes were awarded, as well as the cash drawing. With there being no further business, the meeting was adjourned.

Bonnie O'Bannon
Secretary

**JCMGA Minutes March 21, 2017,
Evening Meeting**

The March 2017 meeting of the Jefferson County Master Gardener Association was called to order by President *Pat Cosgrove* and turned over to *Taylor Steele* to introduce the evening's speaker, *Cameron Strouss*.

Cameron is a clinical herbalist and delighted us with a presentation on plants (a.k.a., weeds) found in your backyard, in the cracks of sidewalks, in the woods, etc., that are edible or useful for preparing homeopathic remedies, and included some warnings on where not to harvest.

Taylor Steele announced some changes to the upcoming meeting programs, as follows:

- April 11 will take us to the Longleaf Botanical gardens in Anniston. Watch for directions in Roots and Shoots
- *Tom Underwood* has been rescheduled for July 11.

Without further business, the meeting was adjourned.

Bonnie O'Bannon
Secretary

Treasurer's Report

March 2017

Beginning balance March 1, 2017	\$16,693.76
Deposits	\$357.00
Disbursements	173.64
Ending balance March 31, 2017	\$16,877.12

Upcoming Events at Aldridge Gardens

To find information about other events or to register for classes, visit <http://aldridgegardens.com>.

Hydrangea Propagation Workshop

Saturday, May 20, 2017 9:00 am - 11:00 am (Rain Date June 3)

Location: Aldridge Gardens' Hydrangea Garden, Dirr Garden

Cost: \$20 Members/\$25 Non-Members.

Instructors: David Doggett and Willie Edmiston, Hydrangea Propagators

Hydrangeas are a major component of Southern gardens and the hallmark of Aldridge Gardens. This hands-on workshop will teach you an easy way to propagate hydrangeas for yourself. Class fee includes a pot, soil, 3 hydrangea cuttings, and handouts. Class members may root up to three fresh hydrangea cuttings to take home. Please bring a clear 2-liter soda bottle, pruners and scissors for trimming leaves.

Please preregister at aldridgegardens.com.

For more information, contact Debbie McDonald at dmcdonald@aldridgegardens.com, (205) 682-8019, ext. 104.

Bonsai Workshop

Lead by John Walker, one of the Aldridge Gardens Bonsai Keepers

This is four-month commitment.

At the first meeting, you will receive your Shimpaku Juniper in a dish with individualized counseling on how to bonsai it's growth. You will bring your tiny tree back each month for further counseling, suggestions, and handouts.

This workshop will give you a chance to really connect with forming your own tree and the good habits that will serve you in its care.

Cost per juniper is \$130 for members, \$160 for non-members.

All classes are in the Aldridge House Museum, from 6:00-8:00pm

Workshop dates: Tuesday, April 18 /Tuesday, May 23 /Tuesday, June 20 /Tuesday, July 18

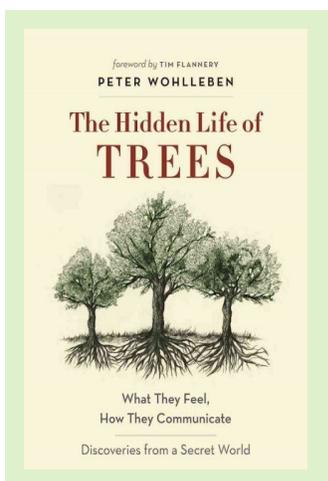
Class size is extremely limited so please register early on the web at

Aldridgegardens.com or call 205-682-8019

To volunteer at Aldridge Gardens, contact Phyllis Giles at 205-682-8019 or volunteer@aldridgegardens.com.

News from the Library at Birmingham Botanical Gardens

For more information, visit www.bbgardens.org/library.



Thyme to Read

Tuesday, May 2 at 6 PM

The Hidden Life of Trees: What They Feel, How They Communicate
by Peter Wohlleben

No registration required

For more information contact Hope Long, Library director, at 205-414-3931 or hlong@bbgardens.org

Educational Opportunities at Birmingham Botanical Gardens

Register online at www.bbgardens.org or, for more information, call Dawn Coleman at 205-414-3958.

Back Yard Salad

Instructor: Cameron Strouss
Saturday, April 22 | 10-11:30 a.m.
Location: Birmingham Botanical Gardens
Members \$30|Non-members \$35

Join Clinical Herbalist Cameron Strouss for a foray into a culinary territory! This hands-on class will teach you about weeds that grow in your backyard, their medicinal benefits, and how to cook with them! If you are a foodie or an adventurous (or not so adventurous) taster you will be wooed with variety of weedy delicacies!

Gardening for Beginners: Bare Necessities

Instructor: Sandra Reaves
Saturday, April 29 | 10-noon
Location: Birmingham Botanical Gardens
Members \$15|Non-members \$20

Come learn about the most relaxing way to grow a lovely, productive, and health-giving garden. Every garden is unique in its microclimate and biology. In this two - hour class and Q&A session you will learn to observe the natural life in your garden, nurture the soil, and garden according to the season. The goal is to help you gain the confidence to get started and have fun growing healthy food! Even better, it will set you free from using fertilizer and other garden additives

Fairy Houses Workshop: Windows into Nature

Instructors Renee Raney, Brooke
McMinn, & Hope Long
Sunday, April 30 | 2-3:30 PM
Location: Birmingham Botanical Gardens
Barber Alabama Woodlands
\$20 drop-in (child+1 adult) \$5 for an
additional family member

For children ages 5 –105. Join Director of the Wunderkind Institute of Nature Discovery and the author of the newly released book ***Hairy, Scary, but Mostly Merry Fairies: Curing Nature-Deficit Disorder through Folklore, Imagination, and Creative Activities*** for a workshop filled with fairy stories, fairy house building (leave-in-the-woods fairy houses), and a fairy observation walk. Renee will also have her new fairy book available for sale and signing.

Volunteer Opportunities at Birmingham Botanical Gardens



Earth Day at The Gardens

April 22, 2017

Earth Day at The Gardens takes place from 11-4 p.m. and will include exhibitor booths, local vendors, free activities and live music.

This year, the annual celebration will celebrate the legacy of Dr. George Washington Carver and will be the kickoff of The Gardens new partnership with KultureCity.

Volunteer at Earth Day at The Gardens! Interested in being a part of Earth Day at The Gardens? While it's free and open to the public, Earth Day is made possible due to hours of behind the scenes work from staff and volunteers. We have many positions ranging from set-up to hospitality to assisting exhibitors. To learn more about the opportunities, contact Alice Moore, volunteer coordinator, at 205.414.3962 or amoore@bbgardens.org.

Ongoing Kaul Wildflower Garden volunteer sessions *Kaul Wildflower Group*

On many Tuesday and Thursday mornings, Kaul Wildflower Garden Curator John Manion leads volunteer sessions in the Kaul Wildflower Garden beginning at 9 a.m. On Friday mornings, the *plant propagation group* often meets, as well. John says: "If you are not a 'regular' participant in these volunteer activities, it's best to let me know you plan to attend in case we cancel."

For more information, email John Manion at jmanion@bbgardens.org.

Certificate in Native Plant Studies Program

Find more information or register for classes online at <http://www.bbgardens.org/native-plant-studies.php>.

Among upcoming CNPS classes and events---look online for additional opportunities:

(You don't need to be enrolled in the entire series to attend these, or any other CNPS offerings.)



Plant-Soil Relationships (core)

Instructor: Henry Hughes, Director of Education, Birmingham Botanical Gardens

Location: Birmingham Botanical Gardens

Saturday, April 15 | 8:30-4:30 p.m.

Members \$90 | Non-members \$100

Explore the physical, chemical, and biological properties of natural soils and the characteristics of the native plant communities growing in them. Plant growth reciprocally modifies soil properties. This class will explore the ways that natural soils and native plants together form unique systems with interdependent living and non-living characteristics. Methods for amending compromised soils to improve plant growth, and the technique for obtaining a soil sample for testing will be demonstrated. This class will include some fieldwork.

Field Trips



Solon Dixon Center & Splinter Hill Bog

Fred Nation, Environmental Consultant & Field Botanist
John Manion, Kaul Wildflower Garden Curator,
Birmingham Botanical Gardens

Friday-Sunday, April 21-23

Location: Andalusia and Bay Minette, AL

Members \$295 | Non-Members \$315



A Moonscape in Randolph County - Almond Granite Outcrop

Trip Leaders: John Manion, Kaul Wildflower Garden Curator &
Fletcher Scott, Science Educator and Columnist

Saturday, May 6 | 8:30-4:30 p.m.

Location: Randolph County, Alabama

\$70 Members | \$80 Non-Members

Coming soon! Saturday, June 3rd
Led by John Manion Kaul, Wildflower Garden Curator



Field trip to The Botanical Lost World
Bibb County Glades & Cahaba Lilies



JEFFERSON COUNTY
Master Gardeners

Bethany A. O'Rear
Regional Extension Agent
Alabama Cooperative Extension System
C. Beaty Hanna Horticulture and
Environmental Center
2612 Lane Park Road
Birmingham, AL 35223-1082

We're on the Web! Visit us at <https://jeffcomg.org>

**Also see Facebook pages for *Jefferson County Cooperative Extension System*
and *Jefferson County Master Gardeners Association***