

# Roots and Shoots

JULY 2014



Carol Cook Hagood, Editor

## President's Message

This will be a brief president's message; the deadline didn't just creep up on me this month it jumped right in. Teach me to keep up with my email reminders!

I love July! I love the celebration and fireworks of the 4th. I still love the summer weather. I love working in our garden, such as it is, and I love watching things grow.

There is something almost transcendental about walking your garden in the evening and checking on the eggplant, cucumbers, and watching that beautiful dahlia bloom.

One thing about moving is months later you unpack a box and it's like an early Christmas present. That happened when we unpacked some of our gardening books, in particular *The Southern Gardener's Book of Lists* by Lois Trigg Chaplin. Who would think one can have so much fun reading a book of plant lists? If you own the book, you already know, and if you don't own it, believe me, it is worth the price.

I need to thank Ann Gray Harvey, Pat Cosgrove, Lisa Ennis, Hope Cooper, and Carol Hagood for all their support and hard work making my job so easy.

I look forward to seeing you at the July meeting.

**Roger**

Roger Clarke, President

## JCMGA July Program Notes

**July 8, 10 a.m. at BBG  
Harvest for Health Program  
with UAB's Wendy Demark-Wahnefried  
and Leonora Roberson**

What a beautiful time of the garden year! Summer and all of its bounty have arrived! As I write this, I am looking at ripening tomatoes, hydrangea blooms, zinnias, salvia, lantana and hosta in bloom, all out of one window! Each adds its own unique texture and color palate to the total picture.

As gardeners, many of us feel an affinity to what we grow and understand that some of the best food comes from just outside our doors! With that in mind, our July speakers are Wendy Demark-Wahnefried, PhD, RD, Professor and Webb Endowed Chair of Nutrition Sciences and Associate Director, UAB Comprehensive Cancer Center and our own Leonora Roberson.

The program will be on "Harvest for Health" – a project that is currently in the field in active research, but has shown much promise in improving the lives of cancer survivors. Many of our group have volunteered for this program and I look forward to hearing from the researchers about what they have found and what plans they have going forward with this research.

I hope you will make plans to join us for this unique program on July 8 at 10 a.m. at the Botanical Gardens.

Enjoy these beautiful days!

**Ann Gray**

Ann Gray Harvey,  
First Vice President



## June 2014 Minutes

Jefferson County Master Gardeners Meeting –June 10, 2014

The meeting was called to order by President Roger Clarke. Both the Treasurer's Report and the Minutes of the May meeting were approved.

### Announcements

Bruce Steele reported that Maurice Picardy's father had passed away and the family had gone to France.

The Fern Society will have its annual show and sale on June 18. Set up is on Tuesday the 17th. Please bring fronds and potted plants beginning at 8:30am. The sale will contain only native and hardy ferns and will take place from 1- 8 p.m. on Wednesday, June 18.

June 19 will be the Ready, Set, Grow workshop from 8:30 a.m. to 3 p.m.

July 10 - Organic Gardening workshop.

July 26 - Tomato Tasting at Petals from the Past. Judges are still needed. See Bethany.

A flyer from Dancing Daylily Garden was distributed. This is peak blooming time. There are over 1000 varieties on display. Come visit at 4353 South Shades Crest Road, Helena, AL 35022, 205-1273.

### Program

Mother Nature threw us a curve. We were supposed to meet and walk in the Japanese Gardens, but rain threatened, so we met as usual in the auditorium.

Dr. Robert Wendorf was presented as our speaker. He is a member of the Japanese Garden Society, The Bonsai Society, and a published author (*Alabama Heritage*, September 2011). He has another article upcoming. It is on the restoration of Sloss Furnaces and the Alabama Theater.

“Japanese Gardens are not about plants. They are about design, design principles and maintenance.”

We heard a running history of the Birmingham Japanese Gardens as Dr. Wendorf spoke of those design principles and the objects which represent them: rocks, water, structures, and lastly plants. Overarching all of this is the religious symbolism of Shinto (The Way of the Gods) and the great respect for nature that is central to Buddhism.

“Japanese design is based on an asymmetrical harmony.”

Rocks are specifically placed and foot paths are designed so that you look down as you walk, and then you look up at something the end of that path.

Water (Chi) is the flow of energy. The pathway of the stream will zig-zag as you progress. This represents accomplishments. In the end you arrive at the ‘long life lake.’

Structures are manmade. For our gardens, the Tea House is the premier structure. We learned that the Tea House has no furniture and it is both the tea room and the kitchen. A tea ceremony can last more than three hours. The Moon Bridge is built so that its reflection resembles a full moon, and represents fulfillment both physical and spiritual. The beds with white stones surround upright rocks representing islands in an ocean. The stones are to be raked each day, and it is to be done while walking backwards. This is the prototype of a Buddhist zen garden.

There is a great need for more gardeners and for more security in our gardens. Our bonsai house needs to be redone/replaced. In some cases visitors have willfully damaged plants and structures, so some things are now behind locked gates.

We were invited to walk on our own, or to call and arrange a guided tour.

Respectfully submitted,

Hope Cooper, Secretary

A Special Opportunity to Learn About Organic Gardening

ACES Presents:

Growing Organically -  
Personally, Publicly,  
or For Profit

Thursday, July 10th

9:00-12:00

Birmingham Botanical Gardens

Cost: \$10

Contact: Sallie Lee [leesall@aces.edu](mailto:leesall@aces.edu)

Bethany O'Rear [bethany@aces.edu](mailto:bethany@aces.edu)



## Upcoming Events at Aldridge Gardens

Find more information at [www.aldridgegardens.com](http://www.aldridgegardens.com).

### BEES UP CLOSE

*Saturday, July 12, 9-10:30 a.m.*

Find out what all the buzz is about in this Family Nature Program!

Through a webcam, participants will see a beehive up close, and will learn about the ins and outs of the hive. From the comfort of Aldridge House, beekeepers will take the class through a hive inspection, explaining a worker's daily chores, discussing drones and telling what it really takes to be "queen."

Instructors:

Sallie Lee, Extension Agent, Beekeepers Association and Beekeeper

Liz Alosi, Beekeeper at Aldridge Gardens and Beekeepers Association

Loyd Mehaffey, Alabama Master Beekeeper and member of Alabama and Shelby County Beekeepers' Associations

Cost to members is \$10 per adult, \$5 per child, with a family maximum of \$20.

Cost to non-members is \$13 per adult, \$7 per child, with a family maximum of \$26.

## Volunteer Opportunities at Aldridge Gardens

For information on how to volunteer at Aldridge Gardens, contact Peggy McVay at [pmcvay@aldridgegardens.com](mailto:pmcvay@aldridgegardens.com) or follow the link on the Aldridge Gardens website to volunteer online.

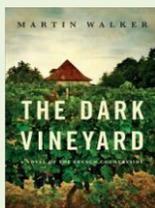
## News from the Library at Birmingham Botanical Gardens

For more information, visit [www.bbgardens.org/library](http://www.bbgardens.org/library).

### Main Art Gallery:

During the months of July and August, the main art gallery at the Birmingham Botanical Gardens (in the hallway just outside the Library) will feature the works of artist William Thomas.

### Thyme to Read book club:



The **Thyme to Read** book club will meet Tuesday, July 1 at 6 p.m., in the Library at BBG to discuss *The Dark Vineyard* by author Martin Walker.

Come join the group!



### Brown Bag Series at BBG

July 9:

A Change of Scenery  
Mike McQueen

Lunch and learn at BBG; this free session is 11:30 – 12:30. Drinks and dessert provided.

### Library Volunteers Needed

The Library at the Gardens has an immediate need for additional volunteers. Current openings are as follows: Mondays (9-1), Wednesdays (9-1), 2nd Saturdays (10-1), and 4th Saturdays (10-1).

Please contact Taylor Steele, Volunteer Coordinator, at 414-3962 or email him at [steele@bbgardens.org](mailto:steele@bbgardens.org) for an application.

## Educational Opportunities at Birmingham Botanical Gardens

Register online at [www.bbgardens.org](http://www.bbgardens.org), for more information, call Dawn Coleman at 205-414-3958.

### *Among upcoming classes at BBG:*

#### **Photography Class: Walking Class-Water Features**

Instructor: Hank Siegel

Saturday, July 5 | 9 – 1 p.m.

Location: Birmingham Botanical Gardens - Conference Room

\$65 members | \$75 non-members

This class will start with a short - 15 minutes - presentation in the classroom, then proceed to the various garden water features to actually experiment and experience different techniques: manipulating zoom focus, controlling shutter speeds and aperture (f-stop), and the use of ND filters; all towards getting the images that reflect their creative vision.

Class Requirements:

- Digital SLR Camera
- A Tripod (not mandatory, but useful)
- A basic knowledge of the camera's operation (Beyond "Full Auto")

#### **Photography Class: Up Close & Personal**

Macrophotography in the Gardens

Instructor: Hank Siegel

July 19 & 26 | 9 - noon

Location: Birmingham Botanical Gardens

\$100 members | \$120 non-members

This Class will focus on all aspects of capturing, processing and displaying macro-photographic (extreme close-up) images using the plants, features and environment of the Birmingham Botanical Gardens as the subject matter.

The class will consist of two sessions:

Session One - 3 hours

~ Lecture covering:

- ~ Image Capture - Skills, processes and equipment
- ~ Image Processing - Software options and processing techniques
- ~ Image Display - Display options including internet uploading, slide show creation, and printed displays.
- ~ Garden walk-through to capture images

Session Two - 3 hours

~ Presentations & Class Critique:

- ~ Class members will present their products - slide shows, web-sites, prints
- ~ Class members and instructor will critique products.
- ~ Wrap-up.

Class Requirements Digital SLR Camera

- A Tripod

- A basic knowledge of the camera's operation (beyond "Full Auto")

## 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:*

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

#### **The Science and Beauty of Moss (elective)**

Instructor: Annie Martin

Saturday, July 12 | 8:30 - 12:30 p.m.

Location: Birmingham Botanical Garden

\$50 Members | \$60 Non-Members

Mosses, some of the earliest land plants, date back to 450 million years ago, and the Southeast boasts hundreds of species.

This class will focus on unique aspects of these non-vascular plants by examining their botanical characteristics and their place in the world.

The outdoor segment of this class will include examination and identification of mosses in a natural environment, noting the distinctions between mosses when they are wet or dry, and during their different reproductive stages.

Instruction will be given on using mosses to beautify your landscape.

Class participants will create their own moss dish garden to take home.

**Check online periodically for other upcoming CNPS classes and events; they often fill fast, so plan ahead!**

## Volunteer Opportunities in Native Plant Studies

**Volunteer Workdays** – Join Kaul Wildflower Garden Curator John Manion for these upcoming volunteer workdays: Tuesday, July 1; Thursday, July 3; and Tuesday, July 8 in the Kaul Wildflower Garden. Meet at 9 a.m., ready to work! Write John to let him know of your interest in volunteering, at [jmanion@bbgardens.org](mailto:jmanion@bbgardens.org).

## *Another chance to tour the Japanese Gardens*

Last month, Dr. Robert Wendorf presented an excellent program on the BBG Japanese Gardens to the Master Gardeners group, but a scheduled walk through the Japanese Gardens had to be cancelled due to the threat of bad weather. Here's another chance to explore that area of our Gardens and to reinforce all we learned from Dr. Wendorf.

On **July 12, 9 a.m. - 3 p.m.** a **“Day of Discovery: The Art and Gardens of Japan”** comes to BBG from the Birmingham Museum of Art. The Museum continues its month-long celebration of its exhibit “Lethal Beauty: Samurai Weapons and Armor” by presenting this event at BBG. This day trip will include a tour of the Japanese Gardens, tea house, and lunch at The Gardens (at an additional cost). Participants will also tour BBG's Japanese collections with BMA Senior Curator and Curator of Asian Art Donald Wood, Ph.D.

Members of Birmingham Museum of Art and of The Gardens each receive the discounted rate of \$35, while non-members can attend for \$45. To register and place a lunch order, email [kpgreenwood@artsbma.org](mailto:kpgreenwood@artsbma.org).



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**We're on the Web! Visit us at [www.jeffcomg.org](http://www.jeffcomg.org).**

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