

The Colonial Master Gardener

PUBLICATION OF JCC/WMASTER GARDENER ASSOCIATION & VIRGINIA COOPERATIVE EXTENSION



September 2009

HAPPY 10TH ANNIVERSARY TO MATTEY'S GARDEN!!



There will be a celebration to recognize the 10th year anniversary of Mattey's Garden on Friday, September 25 for students and their parents, and on Saturday, September 26 from 10-2 for the community. We are ordering Mattey's Garden t-shirts for this celebration. **See pages 4 and 5** for a history of Mattey's Garden and more information about how to order t-shirts.

PROJECT HIGHLIGHT:

THERAPEUTIC GARDENING

BY BARBARA GUSTAFSON & LINDA LUCAS

Therapeutic Gardening began with a pilot project at Williamsburg Landing in 2000 and has grown into a project that currently runs five programs in our community. The goal of the project from its inception has been to improve the well-being and quality of life for persons with special needs, whether they be physical, mental or social limitations. As nonprofessional volunteers, we design our programs around the principals of Horticultural Therapy. Through gardening and gardening-related activities, we try to stimulate the physical senses and also increase a sense of wonder and appreciation for nature. These activities also help participants maintain or increase their level of functioning and encourage socializing.

The program at Patriots Colony is designed for severely memory-impaired residents. MG volunteers have been going there for 6 years, making this the longest-running of our programs. Methodist Respite Care Center is a day-time facility that accommodates mentally and physically challenged adults, giving their caregivers at home some relief. Programs at Woodhaven at Williamsburg Landing and at Spring Arbor of Williamsburg are both for assisted-living residents, many of whom are physically limited but eager to share past gardening experiences and learn and participate in new ones. Envoy of Williamsburg is the newest program to be added to our list. It provides rehab care and long-term care for financially disadvantaged adults.

While each program is unique, there are common threads that run through all five. We have found that



container gardening works best, allowing us to take the "garden" to the client, bring it inside on hot or rainy days, or move it to the sunniest spot on the patio. We use Earthboxes or other types of self-watering containers. The handplanter on wheels is just the right height for wheelchair-bound clients. Smaller containers can be held for bed-ridden patients. Allowing the clients to actually do the planting, dead-heading or harvesting, guiding their hands when necessary, gives them the pleasure of accomplishment. Some groups are very interested in vegetable gardening and love to plant and eat fresh lettuce, tomatoes and squash...even potatoes. Other groups concentrate more on flowers.

Herbs are an integral part of all five programs. An "herb of the week" is featured with its uses described; samples are passed to touch and smell. It is amazing how the smell of an herb can stimulate memories. Snacks using the herb are often provided, too. In fact, sampling herbal snacks or veggies harvested from their garden is often the highlight of the session!

Gardening-related craft activities are often

Next Monthly Meeting:

September 3, 9 a.m.,
Williamsburg Regional
Library.

Lawrence Griffith, Plant
Curator at Colonial
Williamsburg, "*Flowers
and Herbs of Early
America.*"



INSIDE THIS ISSUE

President's Message	2
Internal Education	3
Col. Wmbg. Nursery	3
Mattey's Garden	4
Mattey's Garden	5
Melissa's Meadow	5
Sunshine Notes	5
Web Resources	6

[Continued on Next Page]

THERAPEUTIC GARDENING (CONTINUED)

organized, keeping in mind the abilities of the participants. We need to always be aware of hands that do not work easily, arms that are weak and eyes that do not focus well. We decorate garden hats and vases, make cards and mobiles. We love how our volunteers keep coming up with new ideas that keep our programs fresh.

Most programs do some kind of recording with journals, scrapbooks or bulletin boards. Photographs are very popular with the participants. MG volunteers are encouraged to share from their own gardens...flowers, veggies that they are growing, even interesting insects!

A session usually lasts an hour, plus half an hour before to set up and another after to clean up, evaluate and plan.



Veggies grown at Envoy from May thru Aug. '09

PRESIDENT'S MESSAGE

BY LINDA LUCAS

Greetings to all. I heard C. Colston Burrell on the radio recently talking about "sustainable landscape management"...a term embodied in our mission statement and central to our projects. But just what does it mean? I liked Burrell's explanation: retaining natural resources on site. In other words, use what you have at your fingertips to maintain your landscape...conserved rain water, compost from kitchen scraps and leaf litter, and native plants. In so many of our projects, especially with those in elementary schools, these ideas are being shared whenever possible.

When I first got started with Master Gardeners, I remember thinking that Turf Love was not for me...I just wasn't that interested in having lots of beautiful green grass. How wrong I was to think that was all this project was about! The Turf Love project, under Bob Winters and his Lawn Rangers, is working one lawn at a time to educate clients on the importance of good soil and why and how to keep excess nutrients out of our waterways. The 12th annual Super Turf Saturday on August 15 was another great success!



Jim Kavitz and his veggies at Spring Arbor, July '09

Leaders for each program provide a plan for each session ahead of time. The program at Methodist Respite meets once a month, year round. The other 4 programs run 10 sessions, meeting twice a month from April through August; so most are coming to an end for this year. However, we will have a meeting on October 17 at 1:30 pm in the Clubhouse at The Vineyards for all TG volunteers. If you would like to get involved with Therapeutic Gardening or find out more about it, please join us. Just contact either Barbara Gustafson (Barbara-sg@cox.net) or Linda Lucas (esllal@cox.net) beforehand.

Jim Kavitz was going to start selling produce from his Dragon Creed Farm near Saluda at the Farmers' Market this year, but then he became aware of the need for fresh produce at food banks in the area. Every week this summer he has shared his harvest with several of them. He has also shared his veggies and his farming experiences with assisted-living residents in our Therapeutic Gardening programs, much to the delight of all! Home grown vegetables have been introduced or reintroduced to parents at Child Development Resources through the Incredible Edibles project. And enthusiasm for the container gardening at CDR has spurred many of us on to growing at least some of our own veggies.

It has been a fun and rewarding summer, but there is still plenty to do in 2009. Turf Love, Landscape Love, Matthey's Garden and the environmental programs at D.J. Montague and Matoaka will all be active in the fall. These are just a few of the opportunities. Check out all our projects on the website and call the appropriate project chair to volunteer. If you are looking for ways to volunteer that do not involve the physical labor of gardening, we would like to fill the position of Historian. Janie Fellowes has done extensive work on recording a history of our association from its beginnings in the early 1990's thru 2004 (paper & CD files). Past Presidents since then have added to this. We need someone to pull all of this together into a comprehensive history. State Records Keeper is another job that can be done from home. It involves entering roster and project data on a VA Tech website. Please let me or one of the other board members know if you would like more information on these jobs. See you on September 3rd.

2009
MG Board

President:
Linda Lucas
565-0335

VP Projects:
Jeanne Millin
258-4724

VP Internal Ed:
Carol Fryer
220-0759

VP Administration:
John Giffin
345-5209

Secretary:
Pat Janot
221-0289

Treasurer:
Linda Wever
566-0286

VMGA Reps:
Jim & Nelda Pressly
220-1858

Past President:
Dave Banks
258-8632

Co-op Ext Rep:
Doris Heath
564-2170

The MG Board meets on the third Friday of each month, at 9:00 am, at the James City County Health and Human Services Building, on Olde Towne Road.

The Board meetings are open to all Master Gardeners, and all are encouraged to attend.

The Colonial Master Gardener September 2009

INTERNAL EDUCATION

BY CAROL FRYER

Our scheduled speaker for the September 3rd monthly meeting is Lawrence Griffith, Plant Curator at Colonial Williamsburg Foundation, and author of "Flowers and Herbs of Early America". As many of you know, Larry has had a test garden for the past few years behind the house at the corner of Francis and Colonial Streets,



across from the Reid garden. It is there that he planted seeds and evaluated the early American herbs and flowers, and there that all the incredible photographs in the book were taken by Barbara Temple Lombard.

Here's an excerpt from the Colonial Williamsburg website: *Drawing on years of archival research and field trials in Colonial Williamsburg's gardens, Lawrence Griffith documents fifty-six species of flowers and herbs and provides details on how they were cultivated and used. For each plant, an elegant period hand-colored engraving, watercolor, or woodcut is presented along with glorious new photographs by Barbara Temple Lombardi.*

This book is a dazzling treat for armchair gardeners. It is also an invaluable companion for twenty-first-century gardeners who will appreciate the advice of a master gardener on how to plan, choose appropriate species for, and maintain a beautiful, historic flower and herb garden.

If you haven't had an opportunity to look at his book, stop by the CW Visitor Center bookstore, or one of the CW shops. If you own a copy and wish to have him sign it, bring it with you to the meeting.

Reminder: Sept. 3rd is the deadline for signing up for our field trip to **Brent and Becky's Bulbs** in Gloucester, VA, scheduled for Monday, **September 14th, 2009**. John Giffin is the coordinator for this trip. If you have questions, e-mail John at giffinj@cox.net or call him, (757) 345-5209.

The Education Committee is discussing the possibility of scheduling a bus day trip to the National Arboretum (or another garden) in the Washington area for next May or June. We need feedback from the membership to see if enough members are interested in order for us to pursue this event. I plan to send everyone an e-mail in September to gather your opinions and to determine if there is enough interest in this type of field trip. So, please respond when you receive my e-mail. Thanks!

I would like to invite two members from the class of 2008 and two members from the class of 2009 to join the Education Committee, and anyone else who is interested. Please send me an e-mail to sign on, cfrayer@cox.net.



Dave Banks in his new "JCC/W Master Gardener Past President" jacket, presented to him at the August

COLONIAL WILLIAMSBURG NURSERY – MASTER GARDENER OUTREACH PROJECT

BY JACK GROSS, PROJECT CHAIR

The Colonial Williamsburg Nursery-Master Gardener Outreach Project provides a hands-on propagation, seedling and grafting learning experience for Master Gardeners. One of the most important goals of the nursery is providing flower, vegetable, herb and shrub material that was grown in Colonial times so that the public can be educated about Colonial plant material from that period. The Greenhouse provides plant material to the Reid and Shields demonstration gardens. Horticultural practices from the Colonial Williamsburg Greenhouse have also been shared with the Master Gardener Helpline. Master Gardener Volunteers at the greenhouse have worked with a variety of community organizations on educational projects.

The staff at the nursery, Hunter Curry, Scott Hemler, Cindy Horn and Charles Spruell, Sr., are very supportive of the

Master Gardener Association and show this support in many ways. Since the Child Development Resources outreach program was started, they have donated most of the plant material and seeds. For the Plant Sale, the Colonial Williamsburg Nursery provided several thousand pots of varying sizes and hundreds of plants. Prior to the Plant Sale, they allowed the group involved with the sale to hold a seedling clinic with approximately twenty Master Gardeners attending.

Hunter has been a guest speaker at our monthly meetings and has instructed the Master Gardeners on how to make Christmas decorations. In the past, the Intern class has participated in a seed and propagation class as part of the Master Gardener curriculum. When nursery personnel have excess plant material, they frequently offer it to the Master Gardener Association for our teaching projects. If you are interested in this project, contact Jack Gross: jack-gross@cox.net.

JCC/W Master Gardener Mission Statement

The purpose of the James City County/Williamsburg Master Gardener is to learn, educate, and communicate environmentally sound horticultural practices to the community. Trained by the Virginia Cooperative Extension, Master Gardener volunteers are committed to offering information to the public through sustainable landscape management

The Colonial Master Gardener September 2009



SPECIAL CELEBRATION: 10 YEARS OF MATTEY'S GARDEN

A HISTORY OF MATTEY'S GARDEN

BY GENROSE LASHINGER

How It All Started

In the fall of 1997, Mary Ann Brendel, a representative from the Williamsburg Garden Club, contacted Matthew Whaley Elementary School about participating in a program called "Roots and Shoots." This program pairs children (Shoots) with adult mentors (Roots) to work collaboratively on various gardening projects. The program originated in 1985 in Palo Alto, CA and was brought to Lexington, VA by Molly and the late Dirck Brown.

Mattey's Garden was built through special help and contributions from the Williamsburg Garden Club, the JCC/W Master Gardeners, the Williamsburg Tercentenary Commission, Williamsburg Kiwanis Club as well as the Matthew Whaley P. T. A., the Clark Foundation, the Christopher Wren Association, Boy Scout Troop 103, the Peninsula Home Builders Association and individuals in the community. The garden, designed by landscape designer Gale Roberts, was a present to the City of Williamsburg and the community for the city's Tercentenary.

The garden was formally dedicated in May 1999 and was awarded the Beautification Award by the city of Williamsburg for the year 2001. Mattey's Garden has received awards in 2004, 2005, 2006, 2007, 2008 and 2009 from the Williamsburg Land Conservancy and an Award of Excellence from the Historic Triangle Jamestown 2007 Beautification Contest. The garden is listed on the National Garden Association's Children's Garden Registry and has hosted numerous groups from around the state.

Today

Each grade level is responsible for certain areas of the garden. Garden activities aligned with the science curriculum and the Virginia Standards of Learning are planned by the garden manager and taught by the manager and Master Gardener volunteers.

Kindergarteners learn about seeds by growing salad



vegetables in their special plot. In 2003, an Herbs of the Month Unit was added where certain herbs are highlighted. The students learn about the herbs from volunteers from the Colonial Triangle Chapter of the American Herb Society as well as Master Gardeners. They then taste, touch, smell, observe, plant and harvest the herbs in coordination with their study of the senses. Finally, they sample the herbs in a special snack prepared by the cafeteria manager. The Kindergarteners also work on the butterfly garden and have raised and set free numerous butterflies.

First graders are involved in the Master Gardener program of Seeds of Learning. Also, during the spring, the students participate in a Literature in the Garden unit. The classes read a book pertaining to the garden during the week and then have a garden activity related to the book.

Second grade has perhaps the most extensive study in the garden with the Roots and Shoots program, which is an eight-week program covering seeds, propagation, composting, and planting. Master Gardeners do not teach these lessons but are on call to help with lessons.

Third graders perform a soil test in the garden to determine the nutrients needed to provide maximum growth. They also identify the three types of soil, loam, clay and sand, and they grow Sugar Snap peas and gourds. After harvesting and eating the peas, the gourds are harvested the following fall and are then decorated and made into bird houses in art class.

Fourth graders grow plants grown in Colonial Virginia: sweet potatoes, peanuts, corn, and tobacco. They also learn about ecosystems in the garden.

Fifth graders work in the garden by weeding, deadheading and spreading compost and mulch.

During the summer, families volunteer to take care of the garden for one week each. Families are paired with a Master Gardener who teach proper ways of weeding and watering.

There are activities beginning again in the fall and going through December, weather permitting.

[Continued on next page]

The Colonial Master Gardener September 2009

A HISTORY OF MATTEY'S GARDEN

(CONTINUED)

Plans for the Future

A new shed is needed as the present shed is beginning to rot. Our plans call for building a new shed of at least 10' by 15' to provide space not only for Matthey's Garden equipment but also for storage for the Master Gardeners. Our plans also call for erecting a pavilion with a "green roof" over the picnic tables so that the garden can be used in any kind of weather. Sources of funding for these two projects are now being sought.

During the last decade Matthey's garden has served as a way to teach children and parents about the joys of gardening. The garden was built by community members for community children to learn, to enjoy and to pass on the gardening tradition to others.

10th-Year Celebration

There will be a celebration to recognize the 10th year anniversary of Matthey's Garden on Friday, September 25 for students and parents and on Saturday, September 26 from 10-2 for the community. For the Friday celebration each class will have a scheduled time to come to the garden. Parents, grandparents, and families are encouraged to come at your child's time to explore the garden together. The Saturday celebration will feature tours of the garden and a workshop of how to garden in containers.



T-Shirt Sales

We are ordering Matthey's Garden T-shirts for this celebration. The T-shirts are red with a white Matthey. T-shirts cost \$12.00. Two dollars of that amount will go to support the Garden.

Available Sizes:
Youth Small (6-8)
Youth Medium (10-12)
Youth Large (14-16)
Adult S, M, L, XL



Make checks payable to Matthew Whaley School with a memo of "Matthey's Garden T-shirt". All orders must be received by **September 17** to be ready for the September 25th celebration. Genrose will collect orders at the **September 3** meeting.



MELISSA'S MEADOW

BY GRACE RAYMOND



We will be working in the meadow on September 17. Come with pruners, etc. around 8:30 and stay as long as you like.



SUNSHINE NOTES

Sunshine notes have been sent to Barbara Gustafson following her illness and surgery and to the family of Fay Anderson following her death. It is anticipated that a tree will be planted in the Reid Garden in Fay's memory.

If you know a Master Gardener who is ill, facing surgery, has suffered a family loss, or any event in which that person might benefit from a **sunshine note**, please contact the MG Secretary, Pat Janot. She will send a note or take appropriate action on behalf of the organization. Pat may be reached at 221-0289 or janotap@verizon.net.

The Colonial Master Gardener September 2009

WEB RESOURCES

BY CAROL FRYER



Soils and Composting

VCE - Making compost from yard waste.

<http://www.pubs.ext.vt.edu/426/426-703/426-703.html>

VCE - Soils of Virginia

http://pubs.ext.vt.edu/424/424-100/PDF_part6.pdf

Earth Friendly Gardening & Composting

<http://greenmancom.blogspot.com/>

A blog by Montgomery County's Joe Keyser, concerning composting & other earth friendly gardening techniques.

Water Quality

Virginia Cooperative Extension

<http://www.pubs.ext.vt.edu/category/gardening-the-environment.html>

Rainscapes

<http://www.montgomerycountymd.gov/Content/DEP/Rainscapes/garden.htm>

Extensive information on rain gardening and links to related Internet resources, offering online subscription to the rainscapes gazette.

Lawns

Virginia Tech site for lawn care

<http://www.weblogs.cals.vt.edu/>

Journal articles, podcasts and more on various types of turf, fertilizers, etc.

Vegetables and fruits

Your Portal to Gardening Resources at Cornell Dept of Horticulture

<http://www.gardening.cornell.edu/>

Sections on vegetables, flowers, fruits, lawn, trees and shrubs, houseplants, weather, soil and composting and pests.

Native Plants

Virginia Native Plant Society: Conserving Wildflowers and Wild Places

<http://www.vnps.org/index.htm>

This site offers a wealth of information and links online, including resources on invasive and native plants.

John Clayton chapter of the Native Plant Society (Local Chapter)

<http://www.claytonvnps.org/>

National parks Service directory of natives for the Chesapeake Bay region.

<http://www.nps.gov/plants/pubs/chesapeake/toc.htm>

The booklet *Native Plants for Wildlife Habitat and Conservation Landscaping Chesapeake Bay Watershed* is online at this website.

Lady Bird Johnson Wildflower Center

www.wildflower.org

Database of native plants only. Special feature: search invasive plants to get a list of native substitutes.

Invasive Plants

Databases of invasive plants for Mid-Atlantic.

www.ma-eppc.org

Includes image gallery of invasive plants, insects, etc.

Weeds gone Wild

www.nps.gov/plants/alien

National Park Service site for invasive plants in natural areas.

Upcoming Dates to Remember

- **Sept. 3** Monthly MG Meeting at WRL; Lawrence Griffith, Colonial Williamsburg, "Flowers and Herbs of Early America"
- **Sept. 14** Brent & Becky's Bulbs Field Trip
- **Sept. 26** Community Celebration: Matthey's Garden 10th Anniversary
- **Oct. 17** Therapeutic Gardening Meeting

NEXT NEWSLETTER DEADLINE:

The deadline for submission of material for the August Newsletter is Sept. 21. Please send to Cathy Lohwater, newsletter editor, at cathy.lohwater@cox.net or call 757-259-1133.

ABOUT THE VIRGINIA MASTER GARDENERS AND VIRGINIA COOPERATIVE EXTENSION

Virginia Master Gardeners are volunteer educators who work within their communities to encourage and promote environmentally sound horticulture practices through sustainable landscape management education and training. As an educational program of Virginia Cooperative Extension, Virginia Master Gardeners bring the resources of Virginia's land-grant universities, Virginia Tech and Virginia State University, to the people of the commonwealth.

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments. Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer.