

**LPMGA OCTOBER
 GENERAL MEETING**

Wednesday
October 5, 2016 - 6pm
Joey's on Bertrand Rd.

**LPMGA BOARD
 MEETING**

1 PM MONDAY,
OCTOBER 24, 2016
 IRA NELSON HORTICULTURE
 CENTER (INHC)

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2016 BOARD:

- President :
Linda Beyt 2013
 Vice President:
Charles Turner 2014
 Recording Secretary:
Jay Ruffin, Jr 2012
 Corresponding Secretary:
Lisa Boudreaux 2013
 Treasurer:
Linda Alesi 2005
 Member at Large:
Juan Nieto 2006
 Prior President:
Heather Warner-Finley 2012
 Agent/Adviser ;
Dan Devenport
 Volunteer Coordinator:
Mary Ann Armbruster 2010
 Newsletter Editor:
Theresa Rohloff 2012

LPMGA October General Meeting

The speaker for the October Master Gardener meeting is Juan Nieto, who will give a presentation on roses. The meeting will be held October 5, 2016 at 6 pm at Joey's located at 503 Bertrand Drive, Lafayette.

President's Message



Woohoo! I am so happy with our PlantFest! Thank you to everyone who worked so hard to make the plant sale and community fair successful! The propagation team outdid themselves- so many choices. You guys looked pretty COOL under that huge oak tree. Candy's Jr. Master Gardener kids were pounding away in the big red tent, making rain gauges, sombreros, and the coolest pressed flower window panes. The speakers were outstanding and very willing to share their knowledge.

Debbie's group offered a great selection of food-no one could possibly go hungry. Did anyone try the turkey, pumpkin, and Swiss chard chili from the SGI Cook-Off, or the Blender bike smoothies, or Celeste Hay's healthy muffins? Yummy! Thanks to Gail and her crew, the Demo beds looked fantastic. I noticed groups of people strolling the gardens, looking at plant names, and commenting that they didn't know this existed. And it was great to see so many of our new class members helping.

If you visit one of our speakers or donation businesses, please thank them for their support. Coca Cola donated 2 banners, plant boxes, and 20 cases of bottled water. Party Central discounted LPMGA 40% off the rental of the chairs, tables, and tent. Greg Guidroz from Bayou Vermilion District brought recycling and trash containers. All Seasons donated not only Dan's time as a speaker, but also 2 beautiful pots (their Fallfest is October 8, from 10-3). Halliburton donated the use of their tent and set it up. Keith Guidroz, President of Acadiana Bee Keeping Association had his house flood, yet he took time to speak. And our very own Dan Devenport was moving to a new house. We have a great community in Acadiana.

The donations for the drawing earned us \$586. We don't have a total for the plant sale-around \$7500. Considering the economy, the flood, Tinsels and Treasures, and The Coastal Prairie Conference, I think that is good. And we met our mission of horticulture and environmental stewardship through the transmission of factual, research-based information. If you have any suggestions or comments about the PlantFest, please share them with me. I want to meet with the planners soon to develop a procedure for next year.

The Board is considering an increase in dues. Please give feedback to the Board. The next meeting will be at Joey's on Bertrand on October 5 at 6 P.M.

Linda Beyt

EVENTS AND ANNOUNCEMENTS

2016 LPMGA Meetings: (First Wednesday Except in July) Daytime—noon/Evening—6 pm	2016 LPMGA Board Meetings, 1 pm: (Fourth Monday except for July & Dec.)
OCTOBER 5, 6 pm	OCTOBER 24
NOVEMBER 2, Noon	NOVEMBER 28
DECEMBER 7, 6 pm (Social)	DECEMBER 12

Pine Straw Pick Up

Pine Straw pick up will be Friday, October 28, 8 am to 3 pm, and Saturday, October 29, 8 am to Noon, behind the Shade House at the Demo Gardens. \$7/ bale, cash or check payable to LPMGA. Bales not picked up by Noon on Saturday will be sold. Thanks! Theresa Gore

Outstanding Master Gardener

There are many people in our organization who are outstanding. Each year, the Lafayette Parish Master Gardeners Association honors one member who has gone the extra mile, left no stone unturned, really truly outdone themselves in serving our organization and its mission. The winner is chosen from a slate of nominees suggested by the general membership. If you know someone who deserves the award of Outstanding Master Gardener of 2016, please fill out the nomination form and send it to Heather Warner-Finley at redmangrove354@gmail.com

Thanks!

"I would like to thank all my hard working cashiers and tally people who worked PlantFest. Many of you are so faithful sale after sale - year after year. I appreciate your dedication!"

Cindy Wiley

Seeking Nominations

The Lafayette Parish Master Gardeners Association is looking for a few good gardeners. We are seeking candidates to run for board positions for the 2017 year. We recently voted to have our board of directors turn over in staggered terms so that every board will have new officers and officers who have served one year of their terms. This year, we are seeking nominations for VicePresident and President Elect, Recording Secretary, Treasurer, and Member-at-Large. If you are interested, please contact Heather Warner-Finley redmangrove354@gmail.com.

Garden Talks at the Lafayette Farmers and Artisans Market at the Horse Farm

Garden Talks October 1

- 10:00 Fall Bedding Plants - Dan Devenport, LSU Ag Agent
- 10:30 Fall Vegetable Gardening - Maryann Armbruster
- 10-11:30 Ask a Master Gardener Booth

Garden Talks October 22

- 10:00 Planting Trees and Shrubs- Heather Warner-Finley
- 10:30 Putting your Gardens to Bed- Becky Taylor
- 10:00- 11:30 Ask-a-Master-Gardener Booth

Position	Email
President	president@lpmga.org
Vice President	vicepresident@lpmga.org
Past President	pastpresident@lpmga.org
Corresponding Secretary	correspondingsecretary@lpmga.org
Recording Secretary	recordingsecretary@lpmga.org
Volunteer Coordinator	volunteercoordinator@lpmga.org
Member At Large	memberatlarge@lpmga.org
Newsletter	newsletter@lpmga.org
Treasurer	treasurer@lpmga.org
Webmaster	webmaster@lpmga.org

PLANTFEST SPEAKERS



Keith Guidroz, Bee Keeping



Dan Devenport, LSU AGCenter Agent, Air Layering



Kathy Troyanowski Vegetable Planting



Greg Guidroz, Recycling (above left)



Celeste Hay, Healthy Eating (above)



Bill Fontenot, Why Natives (left)



Marcus Descant, Edible Landscaping (right)

PLANTFEST CHILDREN'S ACTIVITIES



*Girl Scouts on Blender Bike (above)
Making rain gauges (left) Sombrero Hat (below)
Nature's Window (bottom left and right)*



MORE PLANTFEST!



Seed Swap



*Ask a Master Gardener and Celeste Hay
(School Garden Nutritionist MGIT)*



*Dan Weintritt—All Seasons
Attracting Butterflies and Birds to Your Garden*



SCHOOL GARDEN INITIATIVE

School Garden Initiative Training Meeting

Lafayette parish school students, teachers, Master Gardeners and sponsors gathered at the Cecil Picard Center on Wednesday, September 21, for the annual School Garden "Kickoff" Training meeting. 110 participants were able to view garden lessons presented by their fellow school gardeners and Master Gardeners.

A special visit was made by members of the United Health Care team who traveled from different states to be part of this event. This organization funds part of the Lafayette Parish school garden grant. The program featured a TV commercial to be shown nationwide on 4-H and the Healthy Living program. The L.Leo Judice School garden students were filmed for this commercial.

Thank you to the LPMGA school garden volunteers and new class members who attended and assisted with this event.



Picture above:
 Chef Dan Devenport (LSU Ag Agent), demonstrates the fundamental "ingredients" needed for plant photosynthesis to students

Picture above:
 Paula Guidry, SGI teacher and students from L.Leo Judice Elementary demonstrate the story of "Freddy the Fish" as he travels through Louisiana waterways and is subjected to various pollutants. The hands-on activity stressed the importance of individual responsibility in decreasing pollution in our communities.

SCENIC LAFAYETTE & PLANT SWAP

Scenic Lafayette

Hello Master Gardeners! Scenic Lafayette is looking for a few good men and women to assist with an azalea trail public planting on Saturday, October 22 from 8:30 to noon at the corner of St Mary and Parkside behind Martin and Castille Funeral Home.

40 azaleas will be planted by 25 UL students and we need adults to supervise their work. The students will be digging holes, back filling, and mulching. In a public/private partnership with the funeral home and an adjacent landowner, the azaleas will be watered and maintained for the long term.

Please contact Cheryl Perret at perret.cheryl@gmail.com if you would like to participate. We will seek to get approval from the Master Gardener Board of Directors to use your volunteer hours as credit towards your yearly MG volunteer commitment.



FALL PLANT SWAP SATURDAY, OCTOBER 15TH AT THE FARMERS AND ARTISANS MARKET AT THE HORSE FARM HELP FOR FLOOD AFFECTED GARDENERS

The Swap Committee has been hearing from area residents affected by the recent flooding. After assessing damage to their homes, they have begun to look at their gardens. Several have mentioned that they have lost plants that are not readily available through nurseries, many being those wonderful “pass along” treasures that we receive from friends and family.

The Plant Swap Committee will be trying to help find gardeners who would like to share, and other sources for replacements of those family heirlooms and pass alongs that may have been lost.

If you are, or know of someone, who has lost plants that may be difficult to find, please contact the Plant Swap Committee at plantswap@lpmga.org or 501-7998.

We will try to get a list together to share with the MGs and our fellow area gardeners to match plants and people as we receive requests.

Louann McClelland-Long

Please label with type, variety, color, planting hints or any other helpful information. Bring as many different plants as you would like to trade before and after. Bring one plant for the table swap at 9am-it’s even trade. The more interesting the plant, the more interesting the Swap!

REMEMBER THAT ALL PLANTS NEED TO BE IDENTIFIED

FALL PLANT SWAP
Saturday, October 15, 8-noon
Farmers and Artisans Market at
the Horse Farm, 2913 Johnston
St., Lafayette

Open trading 8:00am to Noon
 Formal 1 for 1 table swap at 9:00am

Get there early for the best selection.

HEALERS GARDEN REPORT

Our Healer's Garden at Vermilionville lost many of its medicinal plants in the flood, and many others are struggling and may not survive. If you have rural property, you may be able to find some of these plants growing wild. Here is a master list of the plants needed; we thought we would send it out to all of you and see what comes back to us.

The plants that we had and need again now are:

rosemary (2),	creeping spot flower,
spearmint	basil,
peppermint,	bitter melon,
horsemint,	dewberry,
narrow leaf mountain mint,	poke weed,
white leaf mountain mint,	althea,
French mulberry,	sassafrass,
elderberry,	sneezeweed, and
Poc poc	virginia creeper.



Bitter Melon

The following plants are properly documented. We did not have them in the garden before the flood, but we have always wanted to have them:

baby's breath	pepper grass,
Black Jack vine	rose mallow,
black nightshade	smartweed,
boneset	smooth nama,
bottle gourd	snake root,
broom grass	salt marsh morning glory,
cat's foot	spiny pigweed,
Indian balm	St. Andrew's cross,
Jack-in-the-pulpit	tansy,
jimson weed	turkey grass,
manroot	wormseed/epizote and
Milk vine	yellow thistle.
Moccasin Grass	
Mullein	



Elderberry

You can verify the scientific names and photos in our brochure. You can find the brochure on the Master Gardener website. Go to Programs> Medicinal Demonstration Garden at Vermilionville. At the end of the second paragraph is a link that takes you to the brochure. You can download it to your computer and printed out if you wish.

The Healer's Garden won an international Master Gardener award and is the only public medicinal garden in Louisiana. We consider it quite a cultural, educational, historical, and botanical treasure, and thank you for any assistance you can provide.

Mary Perrin and Mary Ann Armbruster, co-chairman, Healers Garden Committee

BETWEEN THE ROWS

VEGETABLE GARDENING WITH
MARY ANN ARMBRUSTER



October 2016

So, how do you go about sprouting seeds? It's really easy. All you need is a container, some water and a warm spot. Literally, any container will work, but I prefer one that's easy to cover for draining. I use mason jars. As I said, you can use anything you like, but it does have to be something that allows you to drain the seed without losing too many.

The ring that fits the top of the Mason jar works great with 3 or 4 layers of cheesecloth, or multiple layers of the netting that comes with citrus fruit or garlic or onions. Just layer it until it's tight enough to keep the seeds you are using from falling through. Here are some examples:

Seed	Soaking time (Hours)	Sprouting time (Days)
Almonds	8-12	None usually, 3 days if raw
Adzuki Beans	8-12	4
Amaranth	8	1-3
Barley	6	2
Black Beans	8-12	3
Buckwheat	6	2-3
Chickpea/ Garbanzo	8	2-3
Kamut	7	2-3
Lentils	7	2-3
Millet	5	1/2 (12 hours)
Mung Beans	8-12	4
Oat Groats	6	2-3
Pumpkin	8	3
Radish	8-12	3-4
Sesame	8	2-3
Sunflower	8	1/2 to 1 (12 to 24 hours)
Quinoa	4	2-3
Wheat Berries	7	3-4
Wild Rice	9	3-5



Now, please, don't go sprouting a cupful of seed. A tablespoon, if the seeds are small, or up to two, if they are large, will provide you with plenty of sprouts for adding to sandwiches, salads or a stir-fry. Now you can sprout any seed that you want to try, but the most commonly sprouted ones are Mung beans, wheat berries, and the seeds of sunflower, radish, beet, fenugreek, broccoli, and, of course, alfalfa. You can also purchase sprouting mixes. Feel free to add others, but make sure that you are either using seeds labeled for sprouting or seeds that you have collected yourself. Other seeds may be treated with sprouting inhibitors or, even worse, some other chemical that is not intended for human consumption, like a fungicide. So make certain that you buy seeds that actually say 'For Sprouting' on the label, or use seeds that you have grown and collected yourself.

Start by placing the seeds in your container and adding enough cool water to cover the seeds by one to two inches. Use distilled or filtered water for soaking and rinsing. Different seeds have different soaking times, as you can see in Table 1. Now for the disinfecting portion. While you're soaking the seeds, you're can also be disinfecting them. Add a tablespoon of bleach, or use water and hydrogen peroxide, 50:50, or use water and 10% vinegar or add a few drops of GSE (Grapefruit Seed Extract), not Grape Seed Extract. Any of these will kill the bacteria on the seeds during the soak. Allow the seeds to soak for the amount of time recommended in the table. The

Between the Rows continued on Next Page:

Between the Rows continued:

water will look cloudy after the soak. Drain the seeds and rinse them well until the water remains clear. When handling sprouts, wash your hands thoroughly, use good food-handling practices, and use filtered, distilled, or boiled and cooled water, because once you get rid of the bacteria on the seeds, you don't want to add any new ones.

With many seeds, you should be seeing at least a few radicals after the first day. With some seeds if you don't see radicals on the first day, you will surely see them on the second day, unless your seeds are dead. Some seeds are so ubiquitously treated that it is almost impossible to find raw ones for sprouting, unless you can gather your own straight from the plant. Things like almonds, Brazil nuts, cashews, flaxseeds, hazelnuts, macadamias, pecans, pistachios and walnuts are treated with irradiation, or some other treatment that sterilizes them. They just won't sprout.

At least twice each day, or more often if possible, rinse the seeds thoroughly with filtered, distilled or boiled and cooled water, until the water remains clear when the jar is thoroughly shaken. Once the water remains clear, thoroughly drain the jar and lay it on its side so that air can circulate easily. Keep the jar in a warm spot—I put mine on top the water heater. As soon as you see radicals, begin tasting the sprouts to determine when you like them best. Make notes so you will know how long to grow the next batch. When the sprouts are finished, rinse them a final time, drain them thoroughly and store them in the refrigerator. You already know that they make wonderful and nutritious additions to salads, sandwiches and stir-frys, but try adding them to soups, stews and even smoothies to dramatically boost the nutrition.

You can add another step to the process if you like. You can remove the seed coats that are left after the sprout is grown. Place the sprouts in a fairly large bowl and add water. You want enough room to move the sprouts around. The loose seed coats will float or sink and can be easily removed. Agitate the sprouts to release more and hand-pick the last ones. You may find that the seed coats do not affect the taste at all, but I find the sprouts taste a little 'cleaner' without the them.

Finally, a warning, sprouts have been associated with food-borne bacterial illnesses. You have to decide for yourself if you want to consume sprouts or not. If, like me, you decide that the nutrition is worth it, remember to always use good kitchen practices when handling sprouts and consume them directly from the refrigerator. You may also cook them to reduce the risk. I personally consume them and have never had a problem. Only you can decide what is right for you and your family.

Until next time,
Good Gardening!



Sprouting Mix—Day 2



Floating Hulls



Hulls



*Finished Sprout Mix: Clover,
Radish, Fenugreek*

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Lafayette, LA 70501-6884

LPMGA Calendar October 2016

- October 1: Garden Talk at Lafayette Market at the Horse Farm, 10 & 10:30
- October 5: General Meeting, 6pm, Joey's on Bertrand Rd.
- October 15: Plant Swap at Lafayette Market at Horse Farm, 9-11:30
- October 22: Garden Talk at Lafayette Market at Horse Farm, 10 & 10:30
- October 22: Azalea Trail Public Planting, 8:30—noon, St. Mary & Parkside
- October 24: LPMGA Board meeting, Ira Nelson Center, 1 p.m.
- October 28 & 29: Pine Straw Pick-up, Behind Shade House at Demo Beds



Gardener's Gazette is issued to all members of the Lafayette Parish Master Gardeners' Program. All members are encouraged to submit news, educational features, and photographs. The deadline for all submissions is the 17th of each month for publication in the next month's issue unless otherwise noted.

Please send newsletter items to:

Theresa Rohloff thescottherald@aol.com Please include:

"MG NEWSLETTER" in your subject bar.

The Master Gardener program is a division of the Louisiana Cooperative Extension Agency and can be contacted at:

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The Web site is www.lsuagcenter.com

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If you have a disability which requires special assistance for your participation in our meetings, please call
337-291-7090

Please note: All meeting and event dates, times, and locations are subject to change.