



# Master Gardener Newsletter



WSU EXTENSION  
Cowlitz County

MARCH 2023  
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**WSU Gardening Websites**  
[mastergardener.wsu.edu/  
gardening.wsu.edu](http://mastergardener.wsu.edu/gardening.wsu.edu)  
[cowlitz.wsu.edu](http://cowlitz.wsu.edu)

**HortSense Fact Sheets**  
[hortsense.cahnrs.wsu.edu/](http://hortsense.cahnrs.wsu.edu/)  
**PestSense Fact Sheets**  
[pestsense.cahnrs.wsu.edu/](http://pestsense.cahnrs.wsu.edu/)

**WSU Educational Pubs**  
<http://pubs.wsu.edu>

**WSU Cowlitz Co. MGs**  
[extension.wsu.edu/cowlitz/mg/](http://extension.wsu.edu/cowlitz/mg/)  
**Master Gardener Founda-  
tion**  
[www.cowlitzcomg.com/](http://www.cowlitzcomg.com/)

*Reasonable accommodations will be made for persons with disabilities and special needs who contact the office at least two weeks prior to the event. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.*

## REFLECTIONS FROM THE GARDEN

Gary Fredricks

### Find a Broom and Sweep!

*"ONE PERSON WITH COMMITMENT ACCOMPLISHES MORE THAN A THOUSAND WITH AN OPINION." ~ MARGARET MEAD*

"Don't just stand there, do something." My Dad would repeat it often to me when I worked with him. Growing up I learned there was always more that could be done and others to help. It served me well. During my first job, when things were slow and others were standing around waiting for the next job, I would find a broom and sweep. There was always something that I could do. While only a summer job, I worked all summer, and I was the last one laid off.

### Never has this organization been so busy!! Current projects include:

Celebration of Children (March 31)	Kalama School Garden Planning (April 10)
Home & Garden Booth (April 15-16)	Home and Garden Speakers (April 15-16)
Fire-wise Event (April 26)	Earth Day (April 29)
Cowlitz Jail Garden Educational Events	Plant Sale (May 13)
Tire Recycle (May 13)	Raised Bed Program (May 15)

### On-going Projects:

Demonstration Garden	Plant and Insect Clinic
Farmer's Market	MG Greenhouse
Mt. St. Helens Native Garden	General Public Workshops
Zoom Workshops (Tues. at noon)	Speaker for Organizations

### Future Projects:

Youth Workshop on Saturdays	Gardening with MG
Floral Bldg. during County Fair	Flower Arrangement Workshops
Fix It Workshop	Leaf Exchange

All these projects require leadership and help involving many MG. **So, if you have not yet volunteered for something, I am wondering why. As a MG you are asked to complete 25 service hours annually.** Maybe you have a job, health problem or family emergency that keeps you busy. Yet, I wonder if maybe it is not a priority for you serving as a MG. I find if I really want to do something, I will find the time. We need your help to be successful.

MG are all about service to our community. Many of you already are involved far more than you thought you would be. It becomes contagious helping others. If you want to experience fun, learning, self-satisfaction, accomplishment, and camaraderie, then serving as a MG is for you. So don't wait, now is the time to grab a broom and start sweeping. Just pick a project and go!

# Announcements

**Plant and Insect Clinic** is open!

In-clinic visits, calls, and emails. In office April-Oct: MWF, Nov-March: Wed. only, 10-noon. 360-577-3014 Ext. 1

All of our workshops-with slides, handouts, and videos: [cowlitzcomg.com/workshops-videos](http://cowlitzcomg.com/workshops-videos)

In this issue

If you enjoy the MG articles below,  
PLEASE LET THE AUTHOR KNOW!

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- ◆ [Foundation news](#) Art Fuller
- ◆ [Plant Sale update](#) Cheryl Coddington
- ◆ [Greenhouse News](#) Connie H. & Mardell P.
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- ◆ [MGs reporting: Gardening Warmups](#)
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- ◆ [Birthday Party invitation!](#)
- ◆ [Foundation Mtg. Minutes](#)

Log your Volunteer Hours

givepulse

[wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners](http://wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners)

[wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners](http://wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners)

## - Article Opportunity -

If you specialize in a specific type of gardening, then why not share your knowledge by writing a short article for the newsletter? It's a great way to contribute, and help inspire fellow gardeners. Not to mention that the time spent writing can be turned in as volunteer hours!

If you have an article you'd like to share, please email them to: Alice Slusher: [alslush@gmail.com](mailto:alslush@gmail.com)  
**Articles for April issue due April 20, 2023**

# Meetings & Event

## Foundation Meeting

April 11, 2023

10 am- ZOOM



MASTER  
GARDENER  
CALENDAR

## Upcoming Workshops

(Tues. 12 pm on Zoom unless otherwise noted)

[cowlitzcomg.com/public-events](http://cowlitzcomg.com/public-events)

Mar 28	Controlling Spring Weeds	Jennifer M.
Apr 4	Growing Raspberries	Alice S.
Apr 11	Building & Managing a Raised Bed	Art F.
April 18	Reading Pesticide Labels	Jennifer Mendoza
April 25	Starting a Garden	Adam Weeks

Master Gardener  
**Directory**

On members' page of website

# Foundation Announcements

## Art Fuller (Master Gardener Foundation of Cowlitz County, President)

March is almost over and spring has arrived, which means our gardening season is getting ready to start, our Communication, Demonstration Garden, Education, Farmers Market, Greenhouse, Plant and Insect Clinic, Plant Sale and State Representative teams are fully engaged and are ramping up to support all the upcoming events. This is the busiest time of the year and your support is greatly appreciated. You will have many opportunities to log in certifying hours into GivePulse.

So, before the season really starts to kick off, I would like to share and reflect on some of the accomplishments we have completed.

Our 18 Zoom and live gardening workshops given Jan - Mar have once again been well received by 757 listeners, not only from Cowlitz County but throughout the state and some out-of-state participation. Our membership has grown to 88 certified Master Gardeners with our foundation at 46 strong. Gary Fredricks has a great Master Gardener volunteer certification program started with 34 members working on their WSU Master Gardener certification and are actively engaged along with our certified Master Gardener volunteers and Foundation members in making our program a huge success county and statewide. The Seattle Northwest Flower and Garden Festival booth that was supported by us, 11 other counties and the Master Gardener Foundation of Washington State was a huge success with approximately 3000 contacts. **Thank you for all you do to support our great program.**

As we start into the gardening season, I would like to remind everyone to have patience and do not rush the season, work smarter not harder and enjoy the upcoming season.

### Gardening tip:

Most of us have got tomatoes and peppers already started and they have germinated. A lot of gardeners up-pot their tomatoes and peppers from seedling trays to 4 inch pots to gallon pots. Wait a little longer on some before up-potting and transplant them from the trays to gallon pots. The reason for waiting a little longer especially on tomatoes is to get the tomatoes a little bigger. Then bury your tomatoes to leave about one inch of stem and leaves above the soil level and compare the growth results to see which gives you a better plant. You will be surprised at the results. I have been up-potting from seedling trays to gallon pots for many years, saving me a huge amount of time skipping that intermediate potting.

The Winchell's conducted an experiment on peppers and here are their results. Both peppers were started at the same time. The pepper on the left was transplanted into a four-inch pot then into a one-gallon pot. The pepper on the right was planted directly from the seedling tray to the one-gallon pot. As you can see the growth difference between the two plants. There is no comparison!

Article by Art

Experiment and photo by the Winchell's



# A word from our Plant Sale Chair

## Cheryl Coddington

### Veterans, Interns and Trainees WE NEED YOU!



Our annual Plant Sale is coming up quickly – I can already count on two hands how many weeks of preparation we have remaining!

Seeds are being sown by the Home Growers and in the greenhouse. Crafts and raffle items are being constructed and gathered. Greenhouse crews for plant watering and monitoring are signing up and will be orienting with Mardell and Connie as they start that very important task soon. Communications and Advertising teams have been hard at work and have a plan to get the word out. New signage has been ordered that includes a banner that will hang over Nichols Blvd. Set-up has been hard at work to re-vamp our usage of Barn #13 to accommodate additional home grown plants and to mitigate long lines at check out. Soon there will be sign-ups created for the various tasks that will allow the Plant Sale to all come together for that one day where we welcome the public to purchase Cowlitz County master gardener quality grown plants.



### We are hopeful to have many hands participate the week of May 8-14 from set-up to clean-up.

**SIGN UP  
FOR MASTER  
GARDENER  
ACTIVITIES**



Be on the look out for those sign-ups and choose one task, or many tasks if you are able, over the next several weeks to make this our most successful Sale to date. (And remember that the hours you spend volunteering count toward your annual requirement too.)

Watch for Signup volunteer activities on our [MG Calendar](#) or the Members section of our [website](#). Look for the new annual Password for our members-only section on a recent weekly update email. You will also find it in this month's Foundation meeting minutes on the last page of this newsletter.



# MGs reporting: Greenhouse News

## Greenhouse news from Connie Haas and Mardell Pettit

**From Connie:** Best news ever is: we have sprouts! So exciting to see the first peppers pushing through!  
Have to say we are in our 'Happy Place' now...hands in the dirt and moving forward!

Thanks for everyone's support and encouragement. We are off to a good start!



**From Mardell:** This has been so much fun (and work). Our little seeds are breaking through, I told Connie it's like Christmas morning when we take the domes off the seedlings. We don't know what hidden surprises we have!



Hanging baskets are hungry little feeders and enjoying their new homes. Hopefully their roots will grow deep and strong.

*Do you want to check out the progress of our Plant Sale Growing?*

Take a look at our album which features photos captured by Patricia Bosh, Rae Davenport, and Sue Fardell, just click on this link:



## Greenhouse Watering & Monitoring Teams

This team of dedicated volunteers will make sure all of our tomatoes, peppers, and hanging baskets are well cared for while we get ready for our plant sale on May 13. A team or team member will be there every single day to care for our precious inventory. In addition to watering, they will also be monitoring the plants for any possible pest issues.

Thanks to all of the people who volunteered for this incredibly important job!

Al Deichsel, Amy Norquist, Carol Anderson, Connie Dees, Dara Reynolds, Jen Swanson, Kara Hauge, Lynell Amundson, Marcia Tisdale, Margaret Nunnolley, Michele Thomas, Patti Borgaard, Rae Davenport, Regina Ruby, Sara Clark, Susan Deak, Terrie Danner, William Deak

How we'll roll:

[Daily checklist for watering and pest monitoring at Greenhouse](#)

[Greenhouse hygiene and pest monitoring guide](#)

[Greenhouse watering guide](#)



# MGs reporting: Garden Mistakes

Oh DEER!

This is an age-old problem. It's like asking, "Is the Pope Catholic?" or "Do tomato worms like tomatoes?"

Well-- "Do deer eat green beans?!"

I believe Carolyn has tried every *remedy* for deer known to woman.

Do they cost a fortune? YES!

Do they repel deer? NO (not well enough).

Do they repel husbands? YES! She returns from the garden having sprayed it with something like rotten eggs, lion urine, and stinkbug juice, takes a shower and reeks the rest of the evening!

The only remedies that we've seen to work are few—

The local poachers (not legal).

A 7 ½ foot- high fence that looks like Auschwitz.

A dog that cares.



So, there you have it! Get a fence —or a dog— or else...

Oh, they like lettuce, squash, tomatoes, kale, corn, carrots, beets, raspberries... (growl).

Jerry Winchell

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## Don't Forget to Harden Off Your Plants

We live near Longview at 1000' elevation. That means *short* growing seasons so we've learned to sprout indoors and get a head start on the growing season.

Well, a few years ago, I planted large vining squash indoors—in *February*. It grew up the walls and out the air vents. By planting time, it took two of us to carry it to the garden!!

Such a success till the sun came out and scorched it to the ground...all that work and I forgot to harden it off—don't make the same mistake!

Jerry Winchell



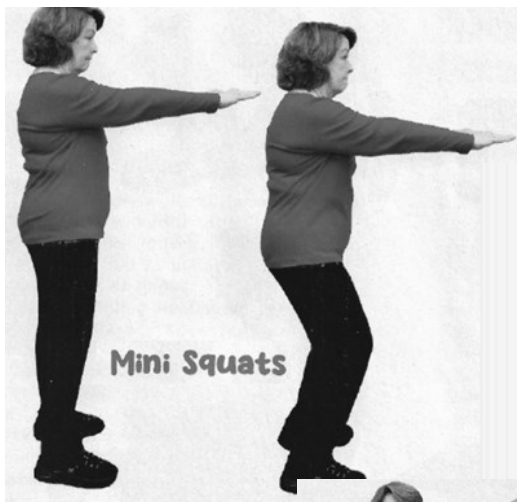
# MGs reporting: Gardening Warm-Ups

Shared by Louise Bozorth

Springing forward means gardening season is almost here! While gardening is enjoyable and beneficial, it's important to warm up and cool down to prevent body pain. These stretches will loosen up the muscles needed for all the bending, twisting, and reaching that make our gardens thrive. Don't forget to stretch before and after gardening to avoid discomfort from sitting too long. Let's add these exercises to our gardening routine and grow some stunning plants and tasty veggies!

These are some of the warm-ups shown in the March/April 2023 issue of *TOPS News* (Taking Off Weight Sensibly). It is being shared with permission by Helen Sheerin, TOPS Advocate, Western Washington, email [hls\\_061787@hotmail.com](mailto:hls_061787@hotmail.com) It's a great organization and helps a lot of folks who have put on those winter/COVID pounds. Contact her if this sounds like something that might interest you!

To see the description of how to do these exercises, as well as a couple of cool-downs, the [entire article can be seen here](#).



# MGs reporting: Home & Garden Show

**April 15-16**--We have a HUGE presence at the 2023 LCCA Home and Leisure Show at the Event Center (Cowlitz County Fairgrounds) this year! Our theme will be "Growing a Healthy Tomato, " and we'll have posters and demonstrations. We will also be letting people know about the Plant Sale we'll be having in May and about the MGs 50<sup>th</sup> Anniversary this year.

But most of all, this is a great place to get to know each other, especially the MG trainees who have enthusiastically volunteered! And big events like this are a great place to recruit new folks for the 2024 Master Gardener Training class.

Sue Fardell, Alice Slusher, and Dana Kent are on the organizing committee.

Thank you to all the volunteers who will be having a blast at our booth!

Amy Norquist, Anne, Barb LaChine, Cheryl Grindle-Spain, Christine O'Connor, Cindy Castillo, Connie Dees, Dana Kent, Heather Cardoso, Holly Krieger, Jane Yahrmarkt, Jenifer Redmond, John Crowe, Kristen Buchanan, Mark Atkinson, Maurysa Scrivner, Regina Ruby, Sue Deak, Terrie Phillips, Tom Myklebust, Trisha Bonapace, William Deak, Alice Slusher.

Gary has organized our annual speaker lineup during the show. Stop by and listen (and support) our MG speakers, and stop by the booth to say 'Hi.'"

Saturday, April 15		
9:30	Growing Vegetables, Where to Start	Billie Bevers
11:00	Growing Strawberries	Billie Bevers
12:00	Growing Blueberries	Art Fuller
1:00	Growing Raspberries	Tracy Morgan
2:00	How To Grow A Red Tomato	Alice Slusher
Sunday April 16		
10:00	Proper Sharpening of Tools and Knives	Jerry Winchell
11:00	Do-It-Yourself Irrigation	Jerry Winchell
12:00	Basics of Composting	Gary Fredricks





# MGs reporting: MGFWS Awards

Submitted by: Patricia Bosh

## Master Gardener Foundation of Washington State Awards

**The State Master Gardener of the Year (MGoY) Award** is to identify and reward the active WSU Extension Master Gardener (EMG) Volunteer who has best demonstrated a commitment to the Master Gardener Program, provided leadership at the state and county levels, has had significant statewide or broader impact on the MG program, and has left a lasting contribution to the WSU EMG Program. The State MGoY Award is focused on recognizing volunteers that have had a positive impact on the WSU EMG Program across the state. The recipients of the State MGoY Award in the past and future have and will make contributions in a number of areas, having had a positive impact regionally to statewide. The award's recipients have provided leadership within and outside their own county. They have used their own skills of teaching, mentoring or developing ideas, served on committees and project teams for the WSU EMG Program, MGFWS or the AEC. Every nominee's contribution is unique and no candidate is expected to have contributed in all of the Master Gardeners Program. All nominations are accepted. However, the nominee with the greatest breadth and depth of contributions and positive impacts will likely receive the annual award. The only sure disqualifier is when no one becomes the nominator and does the hard work of preparing and submitting a nomination!

**The MGFWS Ed LaCrosse Distinguished Service Award** recognizes a person who has had a significant statewide or broader impact on the WSU Extension Master Gardener Program or who has acted on behalf of the MGFWS board with commitment. Their contributions have value and are sustainable and replicable across the state. Their contributions have become a lasting legacy. Nominees need not be a WSU Master Gardener.

**The MGFWS Media Award** recognizes an individual who frequently contributes to one or more Washington media covering garden topics, education, demonstrations, etc. emphasizing the WSU Extension Master Gardener Program and making a significant and enduring positive impact on the program. The recipients show mastery of one or more forms of media – print, radio, web, social, photography, film, video, music, and/or mobile apps. They have attained prominence in their chosen media as evidenced by shows, followings, views, publishing, sales, etc. The key elements of the recipients work distinguishes their contributions as uniquely worthy.



# MGs reporting: NWFGF Stats



## NW Flower and Garden Festival

- 75 Volunteers from around the state
- 3000 visitors from 24 states, Canada, and Mexico
- Questions answered from the following Program Priority categories
  - 30 climate change
  - 22 clean water
  - 25 water conservation
  - 77 soil health
- 69 pollinators
- 109 local food
- 134 plant biodiversity
- 120 nearby nature 13 wildfire preparedness
- 176 becoming an EMG



# Call for Supplies

## In need of Scrap Wood and Miscellaneous items

- Used or scrap pieces of:
- 2" x 4" various lengths (8" or longer).
  - 2" x 6" various lengths (12" or longer).
  - 4" x 4" various lengths (12" or longer).
  - 1" x 6" cedar fencing various lengths.
  - plywood - 1/2", 5/8" or 3/4"
  - 3/4" pine, fir or cedar - 8" or longer, any width.

1 GALLON GLASS JARS

All of these items are transformed into craft projects for the plant sale and help in our fund-raising process.

Contact Art Fuller, Doug Moffett or Jerry Winchell



# MG Poetry Corner—Alice Slusher

## Bug Haiku Alice Slusher

Azalea in May,  
Leaves fading green to silver,  
Tasty lace bug feast

Bean plant in summer,  
Festooned with gossamer webs,  
Spider mites again.



Try your hand at Haiku—very simple (which is why I like it).

**Each line has a set number of syllables:**

5  
7  
5

Please send in your Haikus to share with the rest of us! I'm sure you can do better than my attempts!



# Birthday Party Time: An Invitation!

Puyallup Research and Extension Center  
2606 W Pioneer, Puyallup Research and Extension Center  
2606 W Pioneer, Puyallup, WA

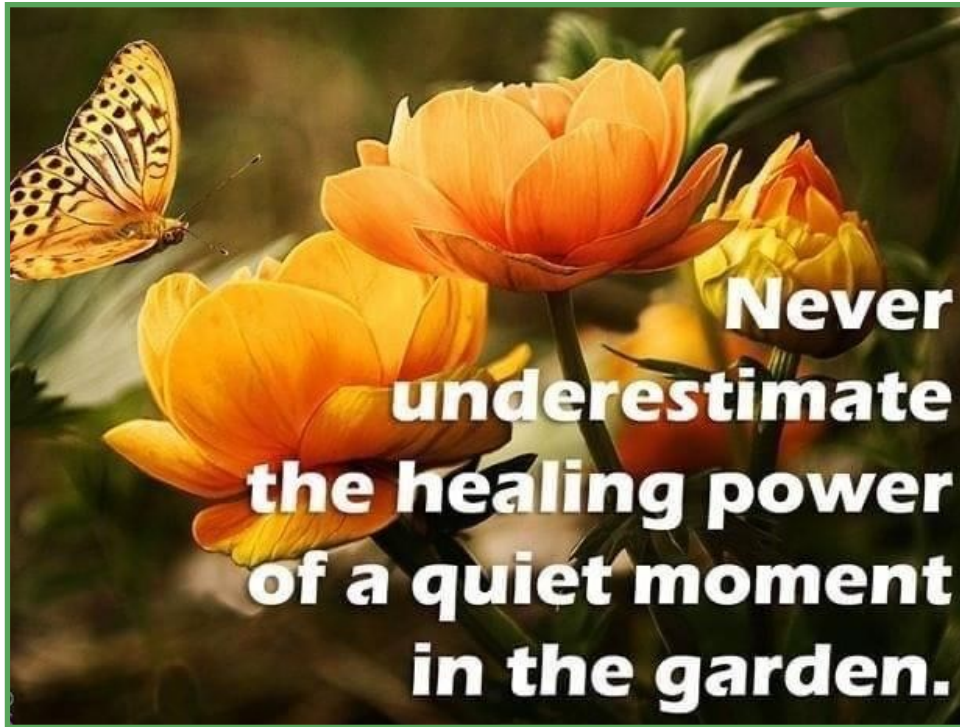
Join us for this kick-off event as the WSU Extension Master Gardener Program marks its 50th year with one of four celebrations happening across the state!

Enjoy an afternoon of special talks from stakeholders, University Representatives and Master Gardeners from the past and present! Enhance your experience with a tour of our demonstrations garden and light refreshments.

[PLEASE RESERVE YOUR SPOT HERE!](#)



# Foundation Meeting Minutes March 14, 2023



## Cowlitz County Master Gardener 2023 Foundation Board

