

Events & Activities

MG Association Picnic, Sept 17, see page 3 for details..

Yavapai Rose Society - , 7:00 PM, Prescott. For more information call Bob or Nancy at 771-9300,

Alta Vista Gardening Club, Prescott, fourth Tuesday of the month, 12:30pm. Call 928-443-0464 for location and information.

Prescott Area Gourd Society, third Tuesday of the month, 6:30 pm, at the Smoki Museum.

Pond Club -this is an informal group that meets every couple of months, usually the 3rd week. Email aquaticgardens@esedona.net for more information.

The Organic Gardening Club meets on the 2nd Saturday of the month, 10845 Cornville, Call 649-6099 for informaion.

Prescott Orchid Society, meets 3rd Sunday of the month, 2pm at the Prescott Library, call Cynthia for information. (928) 717-0623

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University of Arizona Yavapai County Cooperative Extension

Yavapai Gardens

Master Gardener Newsletter

September 2005

Grow Your Gardening Knowledge at AZ Highlands Garden Conference By Julia Hastings



For some, the highlight of the gardening year may be June, when the winds of spring die down, days lengthen, and poppies and penstemons splash flower beds with color. For others, it's July's monsoon that greens the native grasses, or August, when purple asters, misty Russian sage, and black-eyed Susans say goodbye to summer. But for many high country gardening enthusiasts—those who persevere in the face of frost, grasshoppers, aridity and all the other challenges that face northern Arizonans—an undisputed highlight of the gardening year will come this October 3 and 4. That's when the Sixth Annual Arizona Highlands Garden Conference presents

beginning and seasoned gardeners alike with an autumn bouquet of fresh ideas and information, along with techniques and solutions designed to help maximize gardening enjoyment and success.

The conference provides a user-friendly venue where garden hobbyists and professionals can meet and mingle and share ideas specifically tailored to northern Arizona's 3,000 to 7,000 foot elevation. It's the result of the collaborative efforts of Master Gardener volunteers from Coconino, Gila, Navajo and Yavapai counties and the University of Arizona Cooperative Extension.

This year's event brings a star-studded cast of regional experts to the campus of Trinity Heights United Methodist Church in Flagstaff, headlined by keynote speakers Forrest and Tricia Clark-McDowell, bestselling authors of *The Sanctuary Garden*.

The McDowells, who will present *The Garden as Sanctuary: A Place of Peace, Healing and Celebration*, adapted the name of their 22-acre Cortesia nature sanctuary in Oregon from the old French cortese, "a deep sense of courtesy toward life." Their innovative design principles inspire outdoor spaces which become true personal retreats. Tricia is a Master Gardener, artist and photographer. Forrest holds a PhD in counseling psychology, and is a writer and

concert guitarist.

Also speaking is Jim Knopf, author of *The Xeriscape Flower Gardener* and *Waterwise Landscaping*. A professional landscape architect in Boulder, Colorado, Knopf has created numerous xeriscape gardens in the southwest and abroad.

Conference-goers will also choose from twenty-four seminars on topics that range from the practical to the inspirational, including hydroponics, healing gardens, and hardy roses. Whether your idea of gardening involves an Early Girl tomato plant in a pot on the patio, a permaculture meadow, or an old-fashioned tangle of barnyard perennials, there is something of interest for everyone.

Two special seminars will be given by Bill McDorman, president of Seeds Trust, Inc., and William Dunmire, author of *Gardens of New Spain: How Mediterranean Plants and Foods Changed America*. McDorman lived in Idaho and Montana before recently relocating to Cornville, Arizona. His company focuses on finding, testing, and producing seeds for high elevations. He is the author of *Basic Seed Saving*.

Dunmire is the former Chief of Interpretation for the National Park Service, Superintendent of Carlsbad Caverns and of Guadalupe Mountains National Park, and field biologist for The Nature Conservancy. He has traveled throughout Spain, Mexico, and the American southwest researching native plantways.

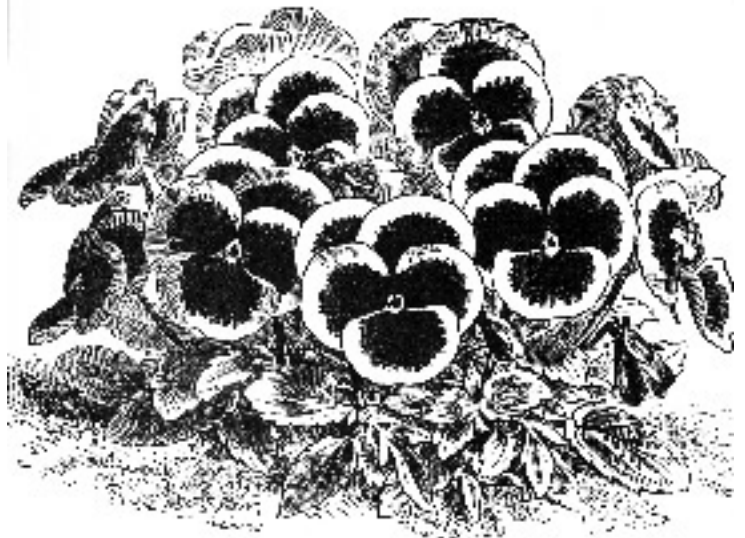
Along with this outstanding array of speakers and seminars, the conference will feature book signings, booths, exhibits, and a special pre-conference garden tour on Sunday afternoon, October 2.

The two-day registration of \$80 (\$90 after September 2) or one-day registration of \$40 (\$45 after September 2) includes lunch and snacks, tote bag loaded with garden gifts, conference notebook, and a chance at some tempting door prizes.

Looking to make your gardening experience more successful and more fun? Invest two days. Reserve your ticket now for the 2005 Arizona Highlands Garden Conference.

For a registration form and complete conference information, call the Coconino County Extension Office: (928) 774-1868, ext.17.

Or visit: www.cals.arizona.edu/yavapai/ahgc/conference2005.html.



Sign Up for 2006 MGA Officers and Committees

Elections for 2006 MGA officers will be held at the November 16 MGA meeting in Cottonwood. The offices of president, vice president, secretary and treasurer are open. At the August and October MGA meetings you will be asked to sign up for these vacant positions. Please consider this opportunity to support the MGA. All officer candidates must be active and certified Master Gardeners. Terms are one year in length and begin January 2006.

We will also be requesting volunteers for the various MGA committees - volunteer projects, program/education, membership, by laws, social, speakers bureau and public relations. These are the committees which make our MGA function successfully. All certified and associate Master Gardeners are welcome to serve on these committees. We are seeking a balance of members from both the Verde Valley and the Prescott area to ensure that the tasks can be accomplished easily. All time spent in these roles counts as volunteer hours.

If you cannot attend the MGA meetings in August or October but still wish to sign up please contact Rosh Preuss at 928 282 9699 or email roshpreuss@yahoo.com. Thank you for volunteering for these essential positions.

Iris/Daylilies

by Nora Graf



If you haven't started to plant iris yet or divide your established beds, now is the time to do it. Daylilies need to be divided after blooming. Both need to be divided and fertilized occasionally to keep them blooming successfully. They can also be divided and given away to friends if you have more than you need.

Make sure the soil is slightly dry and dig them up with a shovel or digging fork and lift the entire plant and root system. For daylilies, dig deep to get all the roots.

Go all around the plant and loosen the soil before you try to lift them. Shake off loose dirt and trim the tops to about eight inches. Hose off the roots so you can see the best place to divide the plants.

For iris, it is easy to see the best places to divide. Look for the largest fans (of leaves) and break off from the old rhizome. You can replant the smallest fans but it may take a year or two for the plant to bloom. You can throw away the old rhizome. It will not rebloom. Trim the roots. It's ok if you can't replant rhizomes immediately. I've left them several months and they've recovered. It is the best option, though, but a week or two out of the ground isn't going to kill them if kept in a shady place. For those unfamiliar with iris, they are incredibly hardy. I've left some on the ground on occasion by mistake, and they've sprouted and taken root in spite of no care.

Work up the soil where the rhizomes are to be planted. Incorporate one cup of triple superphosphate and compost in the planting hole and mix it into the soil. Plant rhizomes one to two feet apart in full sun. Make sure you place the rhizome root side down and the top surface should be above ground. Do not bury the rhizome too deeply. You should be able to see the top of the rhizome after the soil is filled in. Water well; water twice a week (unless we get some good monsoon rains) until you see some new leaf growth. They should

grow quickly. Fertilize lightly again in February or early March. Do not over-water.

Daylilies need a little more care. Dig after blooming; different varieties will bloom at different times, so plan accordingly. Once you have gently levered the daylily out of the ground, do not cut or damage the roots. They need to be replanted immediately. Prepare the area you are replanting in. Dig deeply as the finger-like roots do not like to be compressed. Make sure the hole is deep enough to accommodate them. Use a complete fertilizer and incorporate it into the soil. Replant the lily and mulch well. Make sure the soil ends up just lightly where the roots emerge from the fans about an inch or so. Mulch to help conserve moisture. Keep them moist but not sopping wet.

Daylilies and Iris both grow well in Yavapai county in the higher and lower elevations. They make a beautiful addition to the garden and work well together. Both iris and daylilies come in larger varieties and smaller plants for borders. Think about adding some to your garden.

MGA ANNUAL PICNIC & AWARDS

SATURDAY, SEPTEMBER 17th

**Prescott at Thumb Butte,
Nat'l Forest Picnic Grounds**

11:00 am 'til 3:00 pm

MGA will provide meat, drinks, paper goods and utensils. You will be asked to bring a side dish or dessert. Besides good eating and congratulating our volunteers on a terrific job they do, you can hike the many trails, play volley ball and also get native plant information. This is for everyone. Spouses and children are most welcome!

Call Eunice at 928-771-9559 to let us know how many in your family are going to attend.

The picnic area is in the National Forest, please wear sturdy comfortable, closed toe shoes to prevent injuries.

Meet a Master Gardener

By Jan Billiam

Has anyone else ever wondered how our informative monthly newsletter came to be? It's all due mainly to one devoted Master Gardener---Nora Graf! Twelve years ago, after Nora took the MG course and the MG newsletter ended she realized there was an opportunity to complete her volunteer hours. There were not many projects in the Verde Valley and here was one she could do at home and help the Master Gardener's keep in touch. So, Nora decided to put together our newsletter, as we know it, and has done so since 1994. It takes her a minimum of 15 hours a month to research topics, gather articles, and prepare the newsletter for printing. She claims this is the most satisfying part of her MG experience, and we ALL appreciate her efforts!

Nora credits her dad with getting her interested in gardening at a young age, living in Tucson, Arizona. Her family, which includes 6 brothers and sisters, later moved to Scottsdale, where she completed high school. In college, Nora earned a degree in Wildlife Biology from Arizona State University. A few years later after four years of commuting between jobs in Yellowstone Park and Arizona decided to stay in Montana. With three years of being a ski bum under her belt she went back to school and received a degree in Photography from Montana State University. Eventually she realized she had a bad reaction physically to cold weather, and just "didn't like snow", so returned to Arizona, ending up in Yuma. Horticultural classes



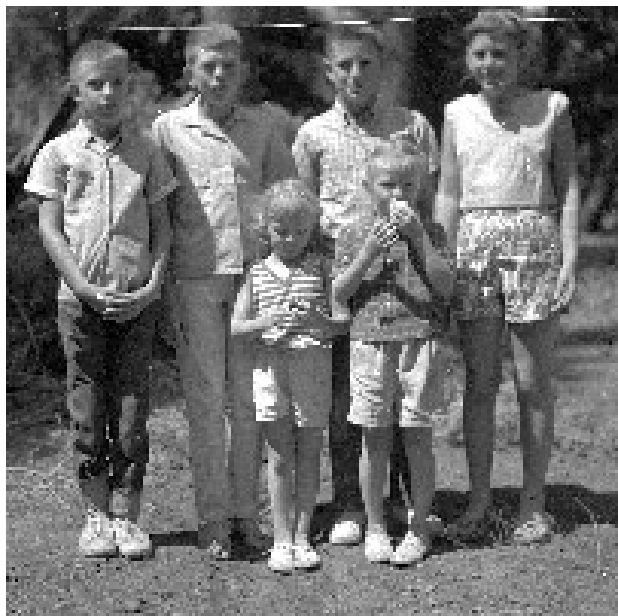
taken in Yuma expanded her gardening skills. After two years she was transferred to the Verde Valley where she was able to take the Master Gardener class. Her gardening projects now include growing gourds, vegetables, iris, orchids and southwest native plants, as well as starting seeds in her home greenhouse. Gourds are her specialty, which she began growing from seed 4 years ago. A class in decorating gourds at the Desert Botanical Garden in Phoenix motivated her to go on to share her skills with others. She now teaches classes in decorative gourds at the Camp Verde Community Center as well as demonstrating gourd preparation and decoration for private groups. Membership in the

Gourd Society in Prescott also keeps her active.

Nora lives in Camp Verde, with her three cats, Abby, Fox and Tess. She commutes daily to Jerome, where she is the Assistant Manager of Jerome State Historical Park---a job she loves because of the variety of her duties. Everything from scheduling visitor programs, buying specialty items for the gift shop, and even occasional janitorial duties are among her many responsibilities.

When Nora is not working, gardening or teaching gourd classes, she's an avid reader and loves taking car trips ("at least before the cost of gas became so high")!

Thank you, Nora, for sharing your love of gardening with all of us through the newsletter and for all your generous contributions to the MG Program!4



Lettuce

by Nora Graf

When I was growing up it seemed that the only lettuce in the store was “Iceberg.” I didn’t even know other types existed until I was at least a teenager, I’m sure. Iceberg was used for everything; salads, on sandwiches and hamburgers and tacos. Today I can’t even remember the last time I bought a head of “Iceberg” lettuce. It’s a great lettuce for a lot of things, (although I’ve never quite understood the wedge of iceberg slathered with thousand island, without a tomato or carrot in sight, that seems to pass as salad in the Midwest,) but I just discovered that there are a lot of different lettuces to try. Today in stores it is easy to find romaines, red and green leaf lettuces, radicchio, boxes of mixed greens and some others. But, since growing lettuce is one of the easiest things to do, you should be growing them in your garden year-round.



There are five basic types of lettuce:

Butterhead: this type is also known as bib, Boston or limestone lettuce. It has soft, buttery smooth leaves.

These are generally heat tolerant, bolt resistant and have an excellent flavor.

“Buttercrunch” —55 days, very popular for home gardens, good for fall or early spring planting.

“Esmeralda”—50 days, light green, firm heads resistant to bolting.

“Four Seasons” or “Merveille des Quatres Saisons” or “Continuity”—One of my favorites! It’s very pretty red and green lettuce that is delicious. An heirloom variety.

“Tom Thumb”—35 days, suited for containers or small spaces, produces baseball sized heads. Tolerates heat and resists bolting.

“Winter Marvel”— plant in the fall.

Crisphead: The variety “Iceberg” is the most recognized lettuce in the grocery store. It has large cabbage-



like heads. It needs a long cool growing season, so, of course, the majority of iceberg lettuce grown in America comes from the Yuma area. This is the main crop you will see

when you travel to Yuma in the wintertime. They are difficult to grow in the summertime here.

“Mini Green”—65 days, miniature type, good for indoor growing and small spaces.

“Summertime”—70 days, medium size, good heat tolerance.

French Batavian: this is a loose-headed type. They start out looking like a loose-leafed type but end up forming a “loose” head. These can be very heat tolerant.



“Santa Fe”—65 days, bronze-tinged leaves, good for ornamental use.

“Rouge de Grenoblouse” —65 days, tolerates frosts and early summer heat, bolt resistant.

“Sierra”—55 days, bronze-tinted leaves, heat tolerant and bolt tolerant.



Looseleaf: You’ll see red and green looseleaf lettuces in the grocery store. They will continue to grow as you harvest the leaves. Some are heat tolerant and slow to bolt.

“Red Sails”—45 days, another favorite, It has bronze-red leaves, great for ornamental use, borders and containers.

“Red Deer’s Tongue”—50 days, heirloom variety that produces red-brown narrow leaves. Grows well in the

Verde Valley. Tolerates heat and cold, slow to bolt. “Lollo Rossa”—50 days, Italian variety with deep red frilly leaves. Excellent ornamental. Use for a fall crop.



Romaine: famed lettuce of the Caesar salad. Also known as “Cos” lettuce. These have tall upright leaves with crisp midribs. They need a long growing season and bolt quickly in warm weather.

I’ve planted them in late fall and over-wintered them in the Camp Verde area for a great crop in early spring.

“Winter Density”—it grows well in the Verde Valley. This is the variety I planted to over-winter. Plant in the fall. Nice crisp leaves

“Rouge De Hiver”—60 days, heirloom French variety, deep red leaves from upright loose head.

“Craquerelle du Middi”—60 days, French variety prized for its heat tolerance. Open heads.

Mesclun—this is a term that’s thrown around quite a bit these days but a lot of people aren’t aware that mesclun is a bunch of different salad greens and not just one plant. Mesclun consists of different types of lettuces but can include things like arugula, chervil, chicory, cress and other greens. You can create your own by planting a lot of different greens in your garden.

Radicchio is actually a member of the chicory family and is closely related to Belgian endive and escarole. It has a bitter taste. The color provides a nice contrast in a sea of green leaves, as it can be bronze, red and pink. Try the variety “Indigo” as it is supposed to tolerate warmer weather. By all accounts, it can be a touchy plant to grow.

Lettuce is not really a summer crop, it wants to flower when the weather warms, but by staggering plantings with different varieties you can have homegrown lettuce year round. In the coldest weather the plant hunkers down and doesn’t do much growing, but it should survive. I start lettuce from seed; it’s so easy to do that I

don’t see the point of buying plants. You can sow it directly in the ground or start it in containers in the house. As long as the temperatures are above 65°F and you keep the seeds moist, it will germinate. Thin seedlings according to the information on the seed package.

Two of my favorite sources of seeds are Seed Savers and Seeds of Change. They both have great pictures in their catalogs and a large number of varieties, including heirloom types, to choose from, but every seed catalog has lettuce seeds, so try something different.

Seed Savers (some organic seeds)
3094 North Winn Rd.
Decorah, IA 52101
www.seedsavers.org

Seeds of Change (some organic seeds)
PO Box 15700
Santa Fe, NM 87592-1500
www.seedsofchange.com

Pinetree Garden Seeds (small quantities for the small garden)
PO Box 300
New Gloucester, ME 04260
www.superseeds.com

Nichols Garden Nursery
www.nicholsgardennursery.com

Abundant Life Seeds (organic seeds)
www.abundantlifeseeds.com

Southern Exposure Seed Exchange
(seeds for the Southern gardener)
www.southernexposure.com

John Scheepers
www.kitchengardenseeds.com
(good variety of other types of greens)



ARIZONA WATER.....We Can't Spare A Drop!
MASTER WATERSHED STEWARDS TRAINING
September 27th thru November 3rd, 8:30 to 1230
Dead Horse Ranch State Park, Cottonwood, Tues-
days and Thursdays—Field Trips TBA*

Master Watershed Stewards will learn about: Watersheds, hydrology, local geology, soils, Arizona weather & climate, water quality and quantity, water law & management, mapping, geo-spatial technology, watershed ecology, collaborative problem solving, monitoring & restoration of watersheds and how to effectively serve as a community resource person.

WHAT ARE MWS STEWARDS DOING?

Promoting water conservation, participate in local water groups, making school presentations, volunteer water quality monitoring, working with local governments, organizing public forums, assisting in stream restoration, providing resource information and having fun.

Why Become A Master Watershed Steward?

As a MWS you can assure the integrity of your watershed. The MWS Program will provide you with education, training, and real-life, hands-on, experience. In addition, you will gain important skills in accessing your watershed through participant-centered, hands-on activities and field trips. After training you can serve as an important resource for your friends, neighbors, and community. You can work and lead others through on-going volunteer opportunities with local groups, schools, agencies and the University of Arizona Cooperative Extension program.

The program includes 56 hour of training and two All-Day Field Trips. To become an Associate Watershed Steward you must complete a minimum of 40 hours of watershed volunteer service. If we are to assure our grandchildren having access to the pleasures of Arizona living and the enjoyment Arizona's beautiful natural features, it is time to become involved. The protection and preservation of Arizona's water resources and it's watersheds is an essential activity of Arizona's citizens. Yavapai County Master Watershed Stewards are doing their part.

To request an application contact:

Rush Radden

Master Watershed Steward Program
Prescott Cooperative Extension Office

Phone: 928-445-6590 x 227

Fax: 928-445-6593

Email: rdradden@ag.arizona.edu

Classes will be limited to 20 participants.

There is a non-refundable, Materials / Activities Fee of \$150.00, due the first day of the program.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914 in cooperation with the United States Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture and Life Sciences. The University of Arizona and Arizona Counties cooperating. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status or sexual orientation in its programs and activities. The information given herein is supplied with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied. Any products, services, or organizations that are mentioned, shown, or indirectly implied in this publication do not imply endorsement by the University of Arizona.

FROM THE EDITOR: Please send or email articles and announcements to the address below. Long articles will go in as soon as possible, announcements must be in by the 15th of the month to be included.

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MG NEWSLETTER

Whether you come into Prescott on 89A or 69, take Gurley Street/Thumb Butte for about 5 miles. Gurley Street becomes Thumb Butte when it makes the curve at a shopping center along the way. Entrance to the National Forest campgrounds is on the right hand side. We are in Camp site “A”. You will see our banner. Parking is limited to 40 spaces, so carpool if you can. There is a \$2.00 parking fee. Fee is waived with a Golden Age or Golden Access passport.

