August 2012

### INDIAN ISLAND FIELD TRIP CANCELLED

The field trip that was planned for Fri, Aug 17th to Indian Island has been cancelled due to such a small amount of confirmations. We will try again next year.

Sharon Commander

### **BUILD VOLUNTEER HOURS, HAVE FUN, INTERACT, EDUCATE,** AND ENJOY.... ALL AT THE FAIR!

The Master Gardeners of Jefferson County will be manning WSU's Educational Booth at the Jefferson County Fair Aug 10th, 11th, & 12th. Slots are available to build volunteer hours. We need veteran Master Gardeners and Interns, come mingle, educate and learn!

Hours available are 2pm-6pm each day. Fair entry fees are not waived for exhibitors or their volunteers so you will have to pay for daily entry or purchase one of the awesome early bird packages being advertised. Parking is free. Additionally, some volunteers will be needed to help set up a couple of days prior to The Fair, and take down after The Fair. I added a sign up document to the Master Gardener documents in gmail. If anyone wants to sign up they can also log in and sign up for Fair booth times.

What a great opportunity to enjoy The Fair and build some hours!!! More information on activities to enjoy at The Fair can be found in The Jefferson County Fair's brochure at http://www.jeffcofairgrounds.com/JeffCo Site/ JeffCo Fair files/12%20fair%20brochure.pdf

Please contact Deb Darminio at 907-942-7563, or email akfishwoman@hotmail.com if you'd like to volunteer! Let's go to the Fair, let's go to the Fair...everybody!



Submitted by: Deb Darminio

Above Right: Photo of a new raised bed we did in our yard. Cheap and easy...12 hay bales (we got old ones for \$1/piece), arrange in a rectangle, fill with soil, and plant away. Submitted by: J. J. Jones

#### Inside this issue:

From the Chair; Annual Picnic; Nominating Committee Report	2
Agriculture Dept Volunteers; The Garden Column	3
Grant/Scholarship Report	4
Name That Plant	5
Rare Plant Survey	6
Kitchen Korner; Answers to Name that Plant	7
Misc.; Reading Room	8
A Berry to Know and Treasure	9,10
Iodine—The Necessary Trace Mineral	11, 12
JCMG Board Minutes	13
JCMG Foundation Minutes (no meeting in July); Photo Gallery	14
Calendar	15



## Chair's Eye View of the (Master) Garden

While out hiking in lovely Yellowstone, I've come across quite a few amazing plants.

I have sent some more photos of the local flora in the hopes that one of you will be able to identify it in this month's Name That Plant.

I hope you are all enjoying your summer!!!

Submitted by: Roger McPherson JCMGF Chair

## **Summer Foundation Programs**



Aug— Our Annual MG Picnic is held in Aug and this will take the place of our monthly Foundation meeting. Spouses/significant others are welcome to join us.

This year it will be on Saturday, Aug 18. It will be held at Mike and Joy McFadden's house on Lake Leland which is located at 288982 US Highway 101 in Quilcene.

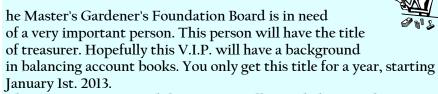
The Foundation will provide the hamburgers, hot dogs and salmon with the rest of the meal being potluck.



Please R.S.V.P. Janet Miziguchi at rarjsm@msn.com regarding your choice of entrée so that we may plan the purchases.

Submitted by: Janet Miziguchi

## **Hello all Master Gardeners!**



The present treasurer, Phil Meany, is willing to help train the new treasurer.

If interested in this prestigious position please contact Hugh Musser at 390-4567 or <a href="https://hughmusser@cablespeed.com">hughmusser@cablespeed.com</a>

Barbara Schultz; Member of the nominating committee

#### **Extension Staff**

Phone: (360) 379-5610

Dr. Laura Lewis, ext. 202
WSU Extension Chair
Master Gardener Program Coordinator

Sally Chapin, ext. 200
Receptionist/Office Assistant

#### JCMG Foundation Executive Board 2012

#### Chairperson

Roger McPherson (360) 385-0175 roger76@olympus.net

#### Co-Chairperson

Janet Mizuguchi (360) 437-8128 rarjsm@msn.com

#### Secretary

Linda Pfafman (360) 379-1782 lindapfafman@gmail.com

#### Treasurer

Phil Meany (360) 385-7363 pmeany245@q.com

#### **Board Members:**

Pat Aniotzbehere (360) 385-1415 mzmouse82@q.com

Mark Clark (360) 379-4845 sonomarko@yahoo.com

Ali Dyche (360) 732-0433 alibruce113@yahoo.com

Mike McFadden (360) 765-3312 lelandlakehouse@wildblue.net

Marian Meany (360) 385-7363 meany501@olympus.net

#### MG Coordinator:

Sarah Fairbank (360) 385-2346 sarah@olympus.net

#### MG Foundation of WA State Rep:

Mark Clark (360) 379-4845 sonomarko@yahoo.com

#### M.G. NEWSLETTER

Do you have an idea for an article in the newsletter? A book review, a favorite recipe or perhaps an upcoming gardening event? Do you chair an MG committee? Please submit all items for publication to Ali Dyche at 360-732-0433 or via email at alibruce113@yahoo.com, by the 20th of the month. Thank you!

## More Opportunities at the Fair!!

I am heading the Agriculture Dept at the Fair and I could use a few volunteers to help act as greeters for short spans on Fri and Sat and then on Sun afternoon. The dates of the Fair are Aug 10-12.

Greeters would of course, greet visitors to the Ag Dept which is located in the Horticulture Bldg. Also, if so inclined, answer questions as well.

I could use helpers from 1-1:30 pm and 2-2:30 pm on Fri and Sat and on Sun, from 1-4 pm. Anytime that folks are able to volunteer is appreciated and I hope to see a few of you there!

If you have any questions or would like to volunteer for a time, please contact Ali Dyche at 732-0433 or alibruce113@yahoo.com.



Submitted by: Ali Dyche

## THE GARDEN COLUMN

This is an excellent opportunity to volunteer for Jefferson County Master Gardeners and it has nothing to do with playing in the dirt. If you are interested in writing and have experience meeting fairly strict deadlines, this is the job for you.

The Garden Column is a weekly 350 word article on any part of gardening that might be of interest to the readers of The Leader (not just Master Gardeners). It is a serious commitment not to be taken lightly, as it is generously sponsored by Henery's Garden Center, who pays a fair amount of money to have these articles included in an advertisement every week.

The original intent of the garden column was to recruit MG members to help write the column, which is a lofty goal, and for me, the most challenging part of the job. If you are interesting in taking over this committee position, please contact me at christinalacie@earthlink.net or phone me at 385-1657.

However, if you are not interested in taking over the committee position, the column needs to continue, and I am guessing that the reading public could use a change in voice now and then. So if you have a garden specialty that you are passionate about

and care to write a column on, please contact me as well. Just as the

show must, the column must go on, and it will.

## Images from the Gardens Grant Money Funded—Your Money at Work!

The Grant/Scholarship committee would like you to see what happens to the money we award. In the next few newsletters, we will add pictures of the various projects we have funded. Qualifying projects must serve multiple persons, utilize sound ecological practices as outlined from WSU/Master Gardener material, have a well developed plan of action, detailed budget and an evaluation plan. You are also welcome to drop by any of these places and chat with the grantees, as pictures do not always tell the story.

In late August, we will be sending out letters to potential grantees inviting them to submit applications. If you know of groups that have a good Idea, refer them to our web site or they may call or email me for more information.

In the fall of 2011, we granted money to the **Port Townsend Food Bank Garden committee** to start garden on the Mountain View Campus. The goal was to build a hoop house, fence the property and grow vegetables both in the hoop house and outside of it for the Food bank. They received in kind donations from landscapers, other folks as well as funds from the PT Food Bank board Food bank recipients help and learn how to

grow healthy food.

Photos of the Port Townsend Food Bank Garden





This spring we funded a sturdy fence for the food garden at the **Castle Hill Garden**, at the corner of 8<sup>th</sup> and Grant St. which serves persons with low income and disabilities. This garden grows vegetables year round and also shares with the Food Bank.



Photos of the Castle Hill Community Garden



Shirley Williams, chair Grants/Scholarship Committee 360-385-2019, cell360-301-4087 gswilli@earthlink.net

## NAME THAT PLANT

Here is this month 's Name that Plant item that I 'm submitting from the many plants I 'm seeing during my summer here in Yellowstone. This does not necessarily mean that this plant can only be found in this region.





Answer on page 7



So what's a couple of deer? I know I have seen a thousand+ bison and these are serious chompers. Their other favorite pass time is walking down the roads or just standing there daring cars to pass.

Submitted by: Roger McPherson

#### Hi there ~

I am wondering if there is anyone going over to Pasco for the Sept. 2012 Conference, and IF there might be a possibility of doing a carpool with someone????!!!! The idea being to split the fuel cost and perhaps the room cost as well.....?? I am not a master gardener but have hung out with you all for many years in the Yard and Garden Lectures here in P.T. and various field trips over the past 10 years and know many of you by sight and even by name. I usually have a camera with me and one year was privileged to shoot the Secret Garden tour for you all.

If there is interest in carpooling/room sharing, especially carpooling, please let me know as soon as convenient. As the conference is open to all, the person does not have to be a Master Gardener to go. I can be reached at artist1studio@mac.com.

Submitted by: Patricia Weedman

## Rare Plant Survey

David and Carol Self spent two nights at the Flying L Ranch (Mt Adams Lodge) in July. They spent two days surveying a rare plant population and searching for another rare plant population that had not been seen in a few years. Sadly to say, the population that had not been seen in a few years was not located. The plant likes damp/wet areas and likely none of the seeds germinated as the surveyed area was very dry and had received very little rain during the past year. The other plant population was observed, population estimated, and area mapped so the NWR biologist can track it. This was accomplished for Rare Care, UW Botanic Gardens. In the past, trips to the Hoh Rain Forest, Mt Buckhorn, Mt Townsend, and Lewis and Clark Park were made in search of rare plants, and/or to collect seeds for the seed vault.



David Self on the rare plant survey.

Submitted by: David Self



This young bear came into our yard in the evening and bent out bird feeder pole, tearing apart the feeder and making himself a tasty treat. He stayed around for quite some time. He was way too tame but has not reappeared. Needless to say the feeders are no longer out in the evening.

Submitted by: Judy Johnson

## Kitchen Korner

#### **Balsamic Strawberries with Ricotta Cream**

Ricotta cheese fits just as well in the world of sweet as it does in savory. Whip it up with a little honey and you get the most magnificent, rich cream, which is fantastic topped with juicy strawberries in a sweet balsamic syrup. Ribbons of basil add a fresh perfume, proving it too is de-lightful in dessert.

#### **Ingredients**

- 1 cup part-skim ricotta cheese
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 3 tablespoons balsamic vinegar
- 2 tablespoons sugar
- 1 16-ounce container fresh strawberries, stems removed and guartered
- 2 tablespoons fresh basil leaves, cut into ribbons



#### Method

- 1. Put the ricotta cheese, honey, and vanilla extract into the small bowl of a food processor and process until smooth, about 1 minute.
- 2. Transfer to a small bowl and refrigerate for at least 2 hours.
- 3. In a small saucepan, combine the vinegar and sugar and bring to a boil. Simmer over medium heat for 2 minutes, stirring occasionally.
- 4. Allow to cool completely.

In a medium-size bowl, toss the berries with the basil and the balsamic syrup. Divide the ricotta mixture among 4 cocktail glasses or des-sert bowls, top with the berry mixture, and serve.

(© 2009 Ellie Krieger http://www.cookstr.com/recipes/balsamic-strawberries-with-ricotta-c...)

Submitted by: Ann Klosterman

#### NAME THAT PLANT ANSWERS

ELK THISTLE *Cirsium scariosum:* Elk thistle has large, spiny, grayish-green leaves attached to a thick stalk, which may stand anywhere from four inches to four feet tall. The light lavender flowers are hidden and clumped among the foliage near the top. HABITAT/RANGE: Prefers meadows and other moist soils from

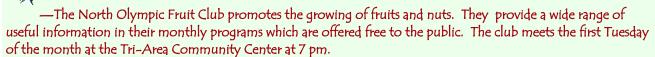


foothills to mountain and subalpine zones. It is a common plant from British Columbia to Saskatchewan south to New Mexico and California. Blooms June to early August. FACTS/USES: Elk thistle, also know as Everts' thistle, saved the life of Truman Everts in Yellowstone National Park in 1870. Everts, an explorer, became separated from his group and his horse for 37 days. Because a botanist had remarked that the root of this plant was edible and nutritious, it was the only plant he knew was safe to eat, and he subsisted on the raw root.

Submitted by: Ali Dyche

## Miscellaneous Tidbits, Happenings and Items of Interest









—The Olympic Peninsula Mycological Society is a group devoted to the knowledge of mushrooms, from harvest-ing wild species to home cultivation. Different topics are covered each month and programs are free to the public. OPMS covers the entire Olympic Peninsula, and thus meets alternating months at the Tri-Area Community Center and the Gardiner Community Center. Meetings begin at 6:30 pm. Aug is Tri-Area

—The Port Townsend Saturday Farmers Market, located on Tyler St in Uptown Pt Townsend, will be open for the 2012 growing season from Apr-Dec. Market hours are Apr-Oct from 9 am-2 pm and Nov-Dec from 10 am -2 pm.

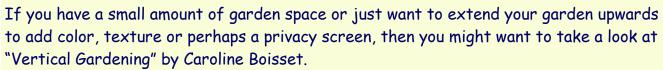


—The Chimacum Farmers Market, located at The Chimacum Farmstand at 9122 Rhody Dr ( the Chimacum 4–way stop), will be open for the 2012 season from May–Oct. Market hours are 10 am–2 pm.

—East Jefferson Bee Keepers are a group of bee enthusiasts that meet to share tips, ideas and experiences both good and bad on the matter of raising bees. Educational programs, to be announced as scheduled are free to the public. EJBees meets the first Wednesday of the month at the Jefferson Co Library at 6 pm.

If you have a misc tidbit, happening or item of interest that you would like posted on the bulletin board, please submit your item to Ali Dyche at alibruce113@yahoo.com by the 20th of the month.

## **READING ROOM**





This book goes over ways that hanging plants, plants grown vertically on trellises, walls, steps or other structures can change the atmosphere of your garden. You will learn how to make screens for privacy or to block out an unwanted view.

There is an illustrated "Plant Directory" that covers more than 150 plants that are wonderful for vertical gardening! The entries includes information on flower color, season, growth rate, soil, maintenance etc.

There is also a section on "Practicalities" that shows a bit on pruning and structures. A glossary tops off this information packed book. For those wanting to learn about vertical gardening or those who already do and would like some fresh ideas, this is the book for you!

Submitted by: Ali Dyche

## A Berry to Know and Treasure

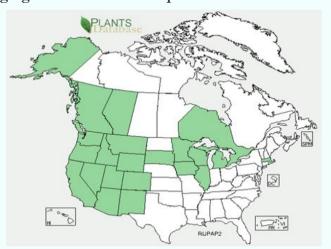
A friend of mine recently let me in on a secret: she has a prolific patch of thimbleberries (*Rubus par-viflorus*) near her home. She's been harvesting the berries a cupful at a time, then freezing them to make jam once she has enough. She even gave me a small container of her thimbleberry jam. Yum. What a generous friend. Many people don't share the whereabouts of their thimbleberry patch, let alone their harvest.

Although I've spent most of my life in Western Washington, I have rarely seen thimbleberry. Growing up we had raspberries, strawberries and huckleberries in our back yard, and as children, my siblings and I often trudged after my mom in commercial berry fields picking and eating our way to baskets of berries for shortcake and jam making. But I don't ever remember picking thimbleberries in the wild or in cultivation. So, intrigued by this beautiful berry, perhaps named for its thimble shape, I've delved into books and websites for more information. I've discovered an intriguing and perhaps under appreciated (at least by me) berry native to North America.

Called the "forgotten fruit" by some, the thimbleberry may be less familiar than other native berries due to the fragile nature of the fruit. It does not ship or keep well, and so rarely appears in markets. But the thimbleberry is delicious and worth seeking out. It tastes similar to the raspberry, but with a more tart undertone. Unlike the raspberry, thimbleberry seeds are tiny and easily chewed. Neither the thimbleberry nor the raspberry are true berries, but aggregate of numerous drupelets clustered around

a pale pith or core. You'll find thimbleberries along the coast from the Alaska panhandle to Mexico, from sea level to 8,300 feet elevation.

As the map shows, thimbleberry grows in many states and is hardy in USDA zones 3-9. It is a wetland indicator, but also tolerates mild drought. You can find it on the edges of forest clearings and along roadsides. After fire, clear cutting or other disturbance, the thimbleberry may appear in early stages of reforestation. The plant spreads in the wild by underground rhizomes and seeds dropped by birds or fallen berries. Nurseries that specialize in native plants carry thimbleberry shrubs, and I've found a nursery on- line that carries a more rare double flowered variety of the plant (*Rubus parviflorus* 'Dr. Stasek'.)



Distribution of *Rubus parviflorus* Nutt.var. *parviflorus* http://plants.usda.gov/java/profile?symbol=RUPAP2

Grown for the beauty of its flower, lush green leaves, dense growth and its fruit, the thimbleberry shrub can be a lovely addition to a tall border or garden corner. Large white flowers (the largest of all in the rubus genus) are up to 2 inches in diameter. Clusters of 3-5 flowers form at the end of branches. Unlike many other rubus, thimbleberry leaves and stems have no thorns or stickers. Large, palmate leaves (I measured one in my friend's patch at 11.5 inches) have tiny hairs along the stems and leaf ribs and veins, and peach fuzz-like texture on both sides of the leaf. Thimbleberry's palmate leaves are easy to recognize looking something like a soft, fuzzy maple leaf. Leaves turn color in the fall before dropping.

## A Berry to Know and Treasure Cont.

Thimbleberries and flower in a friend's secret patch—can be found alongside Salmonberries—

Long part of the natural landscape, thimbleberry has a rich history of use by native tribes of the Pacific Northwest. I found many references to its use and some cautions, as well. One of my favorite resources *Ethnobotony of Western Washington* by Erna Gunther (copyright 1945 and revised in 1973) lists many uses of thimbleberry as medicine, food and the use of the plant materials. In addition to drying the berries, they are eaten fresh by Makah, S'Klallam, Swinomish and Quileute among others. Gunther notes that Samish and Swinomish like to eat the thimbleberry with half-dried salmon eggs. Even the sprouts are eaten. A member of the Alaskan Athabasca tribe notes on her blog that, like salmonberry, thimbleberry spring shoots are sweet and tender. Peeled shoots can be eaten raw straight from the garden, sautéed or stir-fried, or used as veggie sticks for dips. The berries are often mixed with blackberries or salmonberries when cooking. You'll find recipes on-line as well. Thimbleberry has high pectin content so jam is simply made with equal amounts of fruit and sugar.

Native Americans have used thimbleberry boiled bark as soap, and have lined baskets with its large leaves when preserving elderberries. The University of Michigan's Native American Ethnobotony website lists 104 references to the medicinal uses of thimbleberry. With its astringent properties, thimbleberry is used to treat ailments such as injury swellings, to heal scars, for anemia and to treat pimples--among its many other uses.

My appreciation of this native species has grown tremendously this summer. I am planning on adding this shrub to my "to plant" list. Most information I've read says that they are moderately shade tolerant, are able to grow in a variety of soil types, from barren, infertile soil to sandy loam; they don't do well on clay or sand. They like nitrogen and need to be kept moist for best berry production. Thimbleberry may be hard to propagate initially, and are often started from seed. They need initial warmth and then cold, mimicking nature's summer and winter seasons. They can also be started from dormant rhizome pieces. I've included a couple of resources, below for information on how to propagate and even trellis thimbleberry. I'll probably try starting some from seed, and purchase a plant or two from a nursery to increase my chances of having my own crop. While my friend was generous in sharing the location and sample of her secret patch, I have the feeling that our friendship might be tried if I begin to harvest her delicious and tender thimbleberries.

Gunther, Erna. Ethnobotany of Western Washington: The Knowledge and Use of Indigenous Plants by Native Americans. University of Washington Press, Seattle and London, revised edition 1973.

http://cahedb.wsu.edu/nativePlant/scripts/webDisplayPlant.asp?ID=nv044

http://www.eewinerycoop.com/docs/thimbleberries.pdf

http://plants.usda.gov/java/profile?symbol=RUPAP2

http://plants.usda.gov/wetland.html

http://arcticrose.wordpress.com/2008/04/02/040208-traditional-medicine-and-foods-salmonberry-and-thimbleberry/

http://www.onlyfoods.net/thimbleberry.html#thimbleberry-interesting-facts

http://www.ehow.com/how\_8212325\_plant-thimbleberries.html

http://herb.umd.umich.edu/herb/search.pl?searchstring=Rubus+parviflorus

Submitted by: Ann H. Raymond

## **Iodine – The Necessary Trace Mineral**

lodine is a non-metallic element, found in seawater and in some minerals in the earth. It's a vital trace element and an essential nutrient which our bodies require but cannot make. Our bodies need an ideal amount but not as much as possible as ill effects can result from an excess intake.



When the earth was formed iodine was present in both land and water. Much of the available iodine was washed out from the soil over eons by the action of glaciers. If there's little or no iodine in the soil, then there's little or not iodine in our plants and the same for the people eating the plants from that soil or eating meat or other products from animals fed on iodine-deficient plants.

A deficiency in iodine sets the stage for problems with glandular tissue as it concentrates there. Some of these problems are nodules, cysts, dysplasia and cancer. It's been said that a lack of iodine may be responsible for the rise in the incidences of cancer of the breasts, ovaries, uterus, thyroid and prostate. A deficiency of iodine in breast tissue is the leading cause of Fibrocystic Breast Disease. Women with this particular disease are also more likely to develop breast cancer than those who have adequate iodine stores. Abortion and stillbirth could also be caused by iodine deficiency.

The thyroid gland uses iodine to make thyroid hormones. You've probably heard of goiter, a swelling in the neck due to an enlarged thyroid gland. The most common cause of goiter is iodine deficiency. Hypothyroidism is also a common problem when the thyroid gland doesn't secrete a sufficient amount of hormones. Some symptoms of hypothyroidism are abnormal menstrual cycles, slow heart rate, carpal tunnel syndrome, constipation, deepening of the voice, depression, dry skin, fatigue, intolerance to low temperatures, joint pain, low body temperature, muscle cramps, muscle weakness, osteoporosis, paleness, water retention, weight gain and more.

Toxic halides such as fluoride, bromine and chloride easily displace iodine from your body. These halides are found in some toothpastes and water supplies. If you're on city water, each time you bathe, drink water from your tap or brush your teeth, the exposure to fluoride leeches out beneficial iodine from your body. Iodine may be a weapon against accelerated aging due to excessive fluoride intake, a form of Halogen Imbalance Syndrome (H.I.S.)

A lack of iodine before the age of two could lower 10 points off your IQ – forever. The average IQ is 100. The lack of iodine is the greatest preventable cause of mental retardation. There are many physical problems which can be helped with adequate amounts of dietary iodine.

lodine deficiency is now occurring at epidemic rates. It's estimated that 2.2 billion people in the world are at a risk of iodine deficiency. Iodine levels have dropped by 50% in the United States alone.

## **lodine – The Necessary Trace Mineral Cont.**

Tiny amounts of iodine must be included in the diet on a regular bases since iodine cannot be stored for long times in the body. Rich in iodine are: kelp, seaweeds like nori and wakame, yogurt, salt water fish, strawberries, radish, asparagus, carrots, tomatoes, spinach, rhubarb, potatoes, peas, mushrooms, lettuce, bananas, cabbage, egg yolks, onions, shrimp, navy beans, mozzarella cheese, cow's milk (yes, ice cream) and any vegetable or nut grown in iodine-rich soil. Regular table salt has added iodine where sea salt contains much lower concentrations but has many other advantages. About common table salt:

"Most discussions of salt ignore the issue of salt processing. Few people realize that our salt – like our sugar, flour and vegetable oils – is highly refined; it is the product of a chemical and high-temperature industrial process that removes all the valuable magnesium salts as well as trace minerals naturally occurring in the sea. "To replace the natural iodine salts that are removed during processing, potassium iodide is added in amounts that can be toxic. To stabilize the volatile iodide compound, processors add dextrose which turns the iodized salt a purplish color. A bleaching agent is then necessary to restore whiteness to the salt." - Sally Fallon, Nourishing Traditions

Everyone who lives in an area where the soil is deficient in iodine is at risk. Washington state soils are listed as iodine deficient. Just because we're living near the coast does not guarantee our soils have an adequate amount.

lodine in soil is a combination of the soil's ability to retain it and a combination of the supply of iodine. Being near the coast usually has a high input of iodine but if the soil can't hold the iodine, then it will remain deficient. It's a complex mixture of several factors which include the organic content, soil texture, oxidation, soil acidity and the form of iodine. Soils containing granite are iodine poor. When you amend your soils next, remember to use amendments from the sea to add iodine and other trace minerals. Fish emulsion, fish meal, seaweed/kelp meal, and liquid seaweed/kelp are natural fertilizers, soil amendments and readily available. You can collect seaweed to add directly to your soil or compost if you have a shellfish license, available where fishing licenses are sold.

lodine deficiency can be eliminated with our active participation. There are simple tests we can do to determine our body's iodine level. Iodine testing and treatment have great potential for improving our health and longevity. An older method of testing by swabbing iodine on the skin to gauge adequate iodine stores has been proven faulty. You can ask your health provider for a 24-hour iodine/iodide loading test. It's time we appreciate the value of this essential trace mineral. If you believe that you're responsible for your own health, please do a little research on this subject. The information here is merely preliminary.

Submitted by: Judi Stewart

## JCMGF June 2012 Board Meeting Minutes

# THE PARTY OF THE P

#### JEFFERSON COUNTY MASTER GARDENER BOARD MEETING MINUTES OF JULY 5, 2012

Members present: Voting members –Roger McPherson, Chairman; Janet Mizuguchi, Co-Chair; Phil Meany, Treasurer; Linda Pfafman, Secretary; Board Members –Ali Dyche, Marian Meany. Non-voting member – Jill Bacchieri; Visitors – Hugh Musser (Chair of Nominations Committee); WSU JC Extension – MG Coordinator – Sarah Fairbank

<u>Call to order:</u> The meeting was called to order by Janet Mizuguchi, Co-Chair at 3:03 PM.

**Quorum:** Six of the nine voting board members were present.

June 7, 2012 MG Board Meeting Minutes: The June 7, 2012 minutes were approved by 5 voting members. Those not present at the meeting chose to abstain.

Treasurer's Report: Phil Meany, Treasurer, distributed the financial report of 7/5/12.

The current balance is \$36,134. The Secret Garden Tour netted \$5,725. Sale of MG Merchandise at the last Foundation Meeting raised \$307. The financial report is available upon request.

The annual filing of nonprofit status documents have been submitted to the Secretary of Washington State. Director and Officer Insurance was discussed with Wilson Insurance and at the Board meeting. The annual cost may run between \$400 and \$500. Sarah is checking with Tonie Fitzgerald to see if WSU has an umbrella policy. Sarah also suggested that Mark ask the State MG Foundation to see if they have an umbrella policy. At this time we DO NOT have D & O coverage.

Action item: D & O Insurance Coverage Umbrella Policies? Sarah – ask Tonie; Mark – ask State MG Foundation. Phil – get quotes for coverage from Wilson Insurance. Janet – include on next month's MG Foundation Board agenda.

#### JCMGF Documents:

<u>Memorandum of Agreement (MOA):</u> Mark and Janet met with Dr. Lewis to discuss MOA modifications. This continues to be a work in progress.

MG Foundation By-Laws: The By-Laws were signed by the officers of the MG Foundation Board and dated July 5, 2012.

State MG Conference in Pasco September 13 -15. Sarah will NOT be attending the conference in Pasco. Mark will be attending. There was a discussion on purchasing more MG merchandise to sell at the conference and at other JCMG Programs such as the Plant Sale and Yard and Garden Series. Gardening / Cooking aprons were suggested and have been great sellers in the past. Whether or not to have these items made with the Master Gardener logo was debated. It is questionable whether Ali will be able to attend the Pasco conference to sell the merchandise. Linda moved to table the discussion on purchasing additional merchandise. Ali seconded. The motion passed.

WSU Ad Hoc Advisory Committee: Sarah reported on the establishment of an Ad Hoc Advisory Committee consisting of 2 or 3 members at large and 2 or 3 board members plus Sarah and Dr. Lewis. The committee will meet quarterly with the first meeting scheduled on July 25<sup>th</sup>. Shirley Williams, Marsha Schwendiman, Mark Clark and Janet Mizuguchi have agreed to be on the Ad Hoc

Advisory Committee. Candice Gohn may join also. The Ad Hoc Committee will address the following topics: a community needs assessment, MG committees, and the addition of a robust educational component to MG Foundation activities. JCMGF Board members on Committee will serve only until their Board terms end (December 2012).

<u>Yard and Garden Program:</u> Ali Dyche presented contract with the Fair Board for the Yard and Garden 2013 Series for the Art Building (for sessions 1-4 and 6) and the Dining Room (session 5). The total cost is \$1,200 total with a \$200 deposit, of which \$50 is nonrefundable. Ali has a meeting with Dr. Lewis on July 16<sup>th</sup> to start lining up educational speakers for the series.

<u>Field Trip to Indian Island:</u> This field trip is scheduled for August 17<sup>th</sup>. Information was in the last MG Foundation Newsletter. Those who want to attend must submit their Driver's License information before August 10<sup>th</sup> to Sharon Commander for a background check.

WSU booth at Jefferson County Fair: Sarah Fairbank will get an educational display at the WSU booth in the Agricultural Building to promote the MG training in 2013. MG representatives should be present between 2 – 6 PM on Friday, Saturday, and Sunday (August 10, 11, 12). Set up of the booth is scheduled for noon on August 9. The booth will be dismantled after the Fair closes on Sunday afternoon. Jefferson County Fair entrance tickets will NOT be provided to volunteers.

<u>Farm Tour:</u> The Farm Tour is scheduled for September 16 and will be at 16 different locations. MG will have a plant clinic and outreach booth only at Willow Wind Nursery.

<u>Jefferson County WSU Extension:</u> Dr Lewis is looking for space to possibly relocate the WSU Extension Office, hopefully in the Chimacum / Port Hadlock area.

<u>Twin Vista Ranch on Marrowstone Island:</u> The ownership of Twin Vista Ranch on Marrowstone Island is being transferred to WSU. Movements are being made to keep that land in agriculture in perpetuity. Various plans are being considered. A celebration event is being planned during August

**Spokane Workshop – How to Get and Keep Volunteers:** Sarah will be attending the National Conference for Master Gardener Coordinators in Spokane and at Tonie Fitzgerald's request, will be leaving one day earlier than planned for a meeting of the Washington State Master Gardener Coordinators..

MG Foundation General Meetings: The new committee who will plan these meetings has already met and is full of good ideas. Marian Meany has a box of refreshment supplies for them. Sherine is on this committee and the Yard and Garden Series committee and will be tasked to prevent duplication of topics.

<u>Plant Clinic Banner:</u> Sarah reported that one of the three Plant Clinic banners is missing and she asked the MG Foundation Board to approve the purchase of a replacement. Ali made a motion that the MG Foundation pay for additional 3 plant clinic banners (to lower the cost per banner). Marian seconded. The motion was passed by a majority vote.

Nomination Committee: Hugh Musser, chairman, reported on the nomination committee. There are currently four members: Hugh Musser, Janet Mizuguchi, Terry Wagner, and Mary Pat Griswold. His goal is to have the nomination slate completed by September in time for the October newsletter and the November vote.

**<u>Adjournment:</u>** Janet adjourned the meeting at 4:26 PM.

Respectfully submitted by Linda Pfafman, Secretary 7-9-12

## JCMGF June 2012 Foundation Meeting Minutes



## JEFFERSON COUNTY MASTER GARDENER FOUNDATION GENERAL MEETING

There was no July 2012 JCMG Foundation meeting.

## Photo Gallery





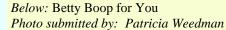
Above: WtrClrBlue Photo submitted by: Patricia Weedman



Above: Have you started getting ready for winter? The Red Squirrels obviously think you should. Photo submitted by: Roger McPherson



At left: Brilliant Begonias Photo submitted by: Patricia Weedman





At right:
Blueberry Love
Photo submitted by:
Patricia Weedman



Photos taken by Patricia Weedman were taken in Cathy Tucker's garden, one of the wonderful gardens included on our Secret Garden Tour this year.

#### Schedule of Events

Aug 2– Board mtg 3 pm WSU/Madrona room Aug 10-12– Jefferson County Fair; Fri and Sat 10 am- 29 pm and Sun 10 am- 6 pm; Jefferson County Fairgrounds

Aug 18– JCMGF Annual Picnic; noon-?; Mike and Joy McFadden's (see pg 2 for directions)
Aug 20-Yard and Garden Committee mtg;
Madrona room; 10:30 am

For all other items, activities and events, please see Misc Items on page 6

MG Board Meeting - First Thurs of each month; 3:00 pm, WSU/Madrona room

MG General Foundation Meeting - Second Thurs of each month, 3-5pm, Tri-Area Comm. Center. Aug is our Annual Picnic

WSU Plant Clinic-Every Tue; 1-4 pm Co-op Plant Clinic- Every Fri; 2:30-5 pm Chimacum Plant Clinic-Every 2nd & 4th Sun, 10-2

Y&G Planning Mtg-Every third Mon; 10:30 am

o you have an item for the Calendar/
Schedule of Events? Please submit to the editor
at alibruce113@yahoo.com, or call Ali at 360732-0433. Committee chairs, please submit
dates, times and locations of your meetings.
Newsletter Deadline: 20th of the month.



# August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Board Mtg 3 - 5 pm	3 Co-op Plant Clinic 2:30 - 5 pm	4
5	6	7 WSU Plant Clinic 1- 4 pm	8	9 Foundation mtg will be picnic	10 Co-op Plant Clinic 2:30 - 5 pm Jeff Co Fair	11 Jeff Co Fair
12 Chimacum Plant Clinic @ Chimacum Farmers Market 10-2 Jeff Co Fair	13	14 WSU Plant Clinic 1-4 pm	15	16	17 Co-op Plant Clinic 2:30 - 5 pm	18 MG Annual Picnic Noon-?
19	20 Y&G Planning Mtg 10:30	21 WSU Plant Clinic 1- 4 pm	22	23	24 Co-op Plant Clinic 2:30 - 5pm	25
26Chimacum Plant Clinic @ Chimacum Farmers Market 10-2	27	28 WSU Plant Clinic 1-4 pm	29	30	31 Co-op Plant Clinic 2:30 - 5 pm	



WSU Jefferson County Learning Center 201 West Patison Port Hadlock WA 98339



We're On The Web! http://county.wsu.edu./ jefferson/gardening