



**MASTER  
GARDENER**  
MICHIGAN STATE  
UNIVERSITY EXTENSION

# The Washtenaw Gardener

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## Washtenaw County Master Gardener Newsletter

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### Harvesting Your Timber (The Plan and The Forester) Ron Carpinella (MG 2007)

Whether you are an experienced or a new woodland owner, a woodland management plan is an important part of the decision process to harvest lumber. There is no substitute for the guidance and directions presented by a well prepared woodland management plan. You also might want to have a plan prepared to meet the requirements of a state or federal woodland assistance program. In any case, if you want income from your woodland now or in the future, care about the appearance and health of your woods, or would like to leave the woodland as an asset to your family, then a comprehensive management plan should be developed.

A comprehensive woodland management plan should provide the information and actions necessary to achieve your goals. Recall the ranking process called out in last month's newsletter. In this process we used the list to identify the importance of various goals that were meaningful to woodland stewardship of the individual landowner. They are one of the most important parts of the any plan since they are a reflection of the landowner's desires for the woodlands. These goals and objectives will guide the

development of the recommendations for action contained in the plan.

The plan should contain information that places the goals, objectives and actions in context. This would include information about the property, its location, a general description and amount of land that is woodland, wetland, and non woodland. A good source of this information and soil types for the land under consideration can be found at the Washtenaw County Map Server --- [www.ewashtenaw.org/government/departments/gis/MapWashtenaw\\_Main.htm](http://www.ewashtenaw.org/government/departments/gis/MapWashtenaw_Main.htm) . In addition the NRCS Web Soil Survey at- <http://websoilsurvey.nrcs.usda.gov/app> provides comprehensive map and soil data along with planting recommendations for the particular site under consideration. Further characterization of the property such as: access by roads or trails , a description of property boundaries , the terrain, hydrology and soils fills out the picture of the property provided by the maps

The plan should also include the condition of the woodlands and the potential for future harvesting. This would be a description of the various *stands* on the woodlot. A *stand* description has information about the acreage, tree species present, tree size, and health, quality and growth rate. Each *stand* should have a statement of objectives related to your goals and the ability of the *stand* to achieve those goals. For each *stand*

there should be recommended actions and timelines to meet your goals. The recommendations would include: how and when to harvest, how to enhance wildlife habitat, and how to accommodate environmental issues.

The plan should be reviewed and updated every 10-15 years to accommodate the vagaries of Mother Nature, i.e.: ice storms, fires, insects and diseases. These natural events will force you to adjust the actions necessary to realize your plan. A comprehensive resource to guide plan development can be found at the Michigan DNR website for the publication *Managing Michigan's Wildlife (A Landowners Guide)* which can be found at: [http://www.michigandnr.com/publications/pdfs/huntingwildlifehabitat/Landowners\\_Guide/index.htm](http://www.michigandnr.com/publications/pdfs/huntingwildlifehabitat/Landowners_Guide/index.htm)

Seeking the help of a Consulting Forester is a good starting point for the development of your plan. One could put together a plan from the variety of resources available, however the insight provided by a Consulting Forester is well worth the expense to avoid making the mistakes of partial knowledge. A Forester knows how forests grow and develop, how natural processes and conditions influence the growth and health of forests, and how specific actions can enhance the aspects of the woodland lot in which you are most interested. Typically a Forester has a degree in Forestry and may also have advanced degrees in Forestry or related areas. A Forester has knowledge and experience in the art and science of Forestry, gained through years of practical experience. To help in the selection process, the Washtenaw Conservation District maintains a list of Professional Consulting Foresters who can be hired to construct the Woodland Management Plan. This list is available at url: <http://washtenawcd.org/you/forestryyou.php>

Hiring a Consulting Forester requires the same care as hiring any professional. Interview several, check their references, and meet prospective Foresters on the woodlands of interest. Listen as they assess the condition of your woods, ask about your goals, suggest projects such as planting, pruning, harvesting, and identify interesting features or signs of stress, disease or pest infestations. Have the Forester provide understandable descriptions of

their services and charges so that you can compare your choices. Typically Foresters charge by the hour, a percentage of the timber sale, or by some other metric to which you both agree. Always have a written contract with the deliverables from the work called out. Determine if you can work with the individual, their professional style, and are comfortable with the recommended approaches to meet your goals and objectives for your woodland.

Next month we will look at activities involved with the Selling of your timber. Of special interest will be estimating your timber volume, the selection of a logger and the sales contract.

### Garden Trivia Quiz

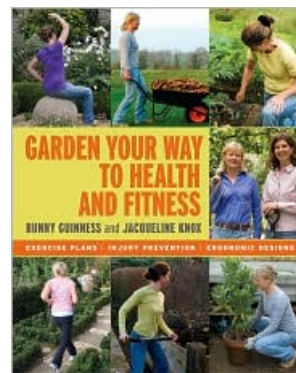
1. What is the most popular vegetable among Americans?
  - a. Potatoes
  - b. Green beans
  - c. Lettuce
  - d. Onions
2. Are cucumbers really cool? How much cooler is the inside of a cucumber than the outside air?
  - a. 0 degrees
  - b. 5 degrees
  - c. 10 degrees
  - d. 20 degrees
3. What is a mosquito's favorite color?
  - a. Red
  - b. Blue
  - c. Black
  - d. White
4. What is America's oldest seed company?
  - a. Burpee
  - b. Ferry-Morse
  - c. Park Seed
  - d. Henry Fields
5. What is the official Michigan state wild flower?
  - a. Dwarf Lake Iris
  - b. Trillium
  - c. Jack in the Pulpit
  - d. Dog Tooth Violet

See page <7> for the answers.

## Book Review

Kathy Kamm (MG 2002)

Garden Your Way to Health and Fitness  
 Bunny Guinness and Jacqueline Knox  
 Timber Press 2008  
 Flexibind 216 pages \$19.95  
 ISBN-10: 088192887X



Any gardener realizes that gardens enhance our emotional wellbeing and improve physical fitness. Working in the garden can work wonders for our health and all ages from children to senior citizens benefit from being in the fresh air while taking part in physical activity.

Jacqueline Knox is a physiotherapist and Pilates expert who recommends taking a few minutes to balance, center and strengthen our bodies before gardening. Then we should carry out gardening tasks in a way to lessen the risk of injury, maximize fitness benefits and then finish up with a few stretching exercises. She calls the garden a viable alternative to the gym and advises those unfamiliar with Pilates to take a few classes to learn the fundamentals. Outdoor dynamic workouts are illustrated and explained in detail in the second chapter. There are also six Swiss Ball exercises for gardeners. A workout menu gives three outdoor exercise regimes: Easy, Moderate, and Advanced. There is also a handy chart showing how many calories are burned through doing various gardening tasks.

The third chapter is titled Safer Gardening: Tools and Techniques. The cornerstones of safe gardening are 1. Pace yourself 2. Be ambidextrous 3. Stay hydrated and 4. Know when to stop. Pilates principles are at the heart of the step-by-step sequences that illustrate the safe way to push a wheelbarrow, lift a heavy pot, or pick low-lying produce for example. This chapter contains suggestions on stocking your tool shed and using tools properly for knee, shoulder and neck, back, hand and wrist, elbow and foot care.

The last three chapters suggest you sit down and draw up a plan, whether designing an entirely new garden or simply revamping an existing one. Plan walkways, levels, paving and gravel, and lawns and their maintenance. There are design ideas for a healthy lifestyle and fitness in the ornamental garden as well as in the productive garden. Probably the best piece of advice the author gives is to be realistic about the maintenance various planting schemes require and to create plantings that will thrive with the amount of time and effort you are prepared to devote to them.

Bunny Guinness is a leading garden designer who has run her own landscape design business since 1987 and takes on private and commercial design commissions all over the world. She is a regular panelist on BBC Radio 4's "Gardeners' Question Time" and has appeared on many TV shows. She writes a weekly column for *The Sunday Telegraph* and has contributed articles to *House and Garden*, *the Garden*, *the English Garden*, and *Country Life*. She has won six gold medals for her Chelsea Flower Show Gardens.

Jacqueline Knox is a physiotherapist who runs her own clinic in Tallington, England. Since 2000 she has served as physiotherapist to the British rowing squad who won a gold medal at the Athens Olympics. She co-wrote *The Official Body Control Pilates Manual* and was medical consultant on *the Pilates Pregnancy Guide*. She qualified at Leeds School of Physiotherapy and followed with a postgraduate diploma in Manipulative Therapy in Perth, Australia. She has worked at various hospitals in Australia and the United Kingdom.

**MG's in Action !!**

See yourself in Pictures



**Wanted:** Images of Master Gardeners while working on their volunteer projects.

The Master Gardener Alumni Association of Washtenaw County would like a collection of images to present at the Fall Banquet.

Please take a digital camera to your volunteer activities and capture images of you, the project and people! Images of children, seniors and anyone also volunteering or being served are also welcome.

You may email your images directly (or as a link from which they can be downloaded) to Susan Horvath at [mqaami@yahoo.com](mailto:mqaami@yahoo.com)

Be sure to include the date, location, names of people shown (if possible), and a brief description of the project.

We will be collecting images until October

We all enjoy seeing each other in action so please don't be shy. Send in those posed and candid shots!!

Thank You,  
Kathie Mahn  
Pres. MGAAWC

**When the Gardener Gets Sick**

Judy Lovell MG 2008

This is not a long story about illness, but rather a story of the magic of a garden and the healing properties a garden can have that reach right to the soul of the creator of that garden.

This Spring I became very sick with non-hodgkins lymphoma. I waited weeks for a diagnosis, had to have surgery, and, needless to say, was unable to work in my garden. It might surprise you to know that with all the medical stuff that was going on all I could think about was how my garden would be taken care of. Who would weed, water, mulch, trim and manicure

my plants and flowers while I was out of commission.

Three years ago I moved into a condominium with the most bland, uninspiring landscaping I had ever seen. I immediately hatched a new landscape plan for both the front yard and the backyard and set about the hours of labor and hard work it took to transform both areas into what I hoped would be English-style gardens filled with tried and true old-fashioned plants and flowers all in greens, shades of purples and white. Of course, it didn't look like much the first couple of years, since I planted smaller, less-expensive sized plants to begin with.

Year two things looked a little better – but still had not reached my expectations for that lush English-garden look.

This year I became ill and worried that my gardens would be neglected and ruined. But then I got decided to take action and called upon the help of a friend who has a small landscape business. She came and edged, fertilized, trimmed, mulched, weeded and prepared my gardens for the season ahead. To my great surprise my seven year old grandson took on the job of weeding. I had taught him well over the last few years as he gardened by my side summer after summer. My next door neighbor, who I had only met a few times, offered to water my gardens for me all summer. I found the kindness and friendship of my neighbors and friends would get my little gardens through the summer.

But the real story here is not only the incredible kindness of others, but the spectacular display these gardens have put on for me. After three years of waiting for my vision to materialize – this year everything came into its own and I had my English garden, both front and back. The front yard is framed by Boxwoods, with Lavender, Snow in Summer, Daisies, Purple and White Cone Flowers and Liriope for the deer to eat. There is a birdbath and a cement bench under a berry tree. A cement pot of lavender Petunias and Sweet Potato Vine adorn the bench. The Annabelle Hydrangeas I put in last Fall under my front windows grew and flowered this year. Every time I look out my front window I see my dream in all its glory.

My back garden is filled with lots of my favorite flowers. I came from a full shade garden in Royal Oak, so I had lusted for years to grow the luscious sun-loving varieties. With my back garden in full-sun I planted daylillies, daisies, cone flowers (both white and purple) Liatris, Veronica, Purple Sage, Clematis, Phlox, Agastache, Astilbe and Allium, to name a few. And, once again, after three years of waiting, I am greeted each morning by what I can only describe as a Monet painting. The heights, color pallet of purples and whites, with a touch of pinks and textures of the various flowers and plants takes my breath away every day when I go into the garden.

There is no question that putting aside all the planning and hard work and the vision for a beautiful garden, the true magic of the garden for me this year has been the

incredible soothing, healing properties. I just can't help but feel wonderful and happy every time I look at my gardens and they have truly helped me have a positive attitude about my cancer and the the upcoming treatments. Gardens are all about life in all its glory and it is impossible to be negative when you look out your window and see the beauty nature provides, with a little creative help of the gardener. So, even though this gardener is sick for this gardening season – I have discovered that my gardens are surviving with the help of friends and I am able to garden vicariously by just appreciating the wonder of a dream come true, partly by planning and partly by accident. I still write in my gardener's journal everyday about what the garden showed me that day – and, of course, I have a "To Do" list a mile long of things I want to do next Spring when I will once again be able to get my hands in the soil and have the joy of tending my own gardens.

A garden is truly a magical thing that reflects the gardener's vision and provides those surprises that you didn't plan. Just looking at a beautiful garden is enough to warm your heart and give you hope.

### **Master Gardener Tote Bags**

Master Gardener Canvas Tote bags are for sale. The cost is \$15 per bag. The bag has the Master Gardener logo and Master Gardener Volunteer printed on one side. The top has a zipper closure, and it is large enough to hold the Master Gardener Manual. There is a bag on display at the MSU Office for viewing. Stop by the MSU office to get yours.

### **Master Gardener Hotline**

I am in need of volunteers to staff the Master Gardener Hotline the months of August through October 15. The shifts are 9 am to noon and 1 pm to 4 pm. If you have a few hours that you could volunteer, that would be great.

Feel free to send me an email at [fischer@ewashtenaw.org](mailto:fischer@ewashtenaw.org) or call me at 222-3948 to request dates, and I will be happy to see if they are available.

Thank you to everyone who has staffed the hotline so far this year, you have done a great job.  
Cindy Fischer

### **Japanese Beetles**

Dr. David Smitley, Landscape Entomologist at Michigan State University, will present recent research on the biological control of Japanese Beetle with a soil borne protozoan pathogen, *Ovavesicula popilliae*. In addition to the presentation, attendees will be given a number of adult Japanese Beetles, from golf courses that have a high *Ovavesicula popilliae* level of infection, as a means to distribute more widely the pathogen through infected adults. This event will be held July 30, 2008, 11-12 PM at the Lajko Park Pavilion, immediately adjacent to Willow Metropark Golf Course, 22900 Huron River Drive, New Boston, MI. There is no charge to attend.

For additional information, contact Dr. David Smitley, 517-355-3385 or [smitley@msu.edu](mailto:smitley@msu.edu); or Mary Wilson, Horticulture Extension Educator, 248-858-0887 or [wilsonm1@msu.edu](mailto:wilsonm1@msu.edu).

Directions: [http://www.metroparks.com/global/willow\\_map.php](http://www.metroparks.com/global/willow_map.php)

### **Master Gardener Alumni Association of Washtenaw County News**

The Master Gardener Alumni Association of Washtenaw County meetings are held on the third Tuesday of the month starting at 7 p.m. in the basement conference room of the County building at 705 N. Zeeb Rd. The MGAAWC "year" runs from September through the following May. Annual dues are \$20 and may be paid at any meeting or mailed to the MGAAWC Membership Chairperson. (See application form elsewhere in the newsletter.) Members of the 2008 MG class are invited to attend for free until they become certified Master Gardeners, at which time they are eligible to become full members by paying the \$20 dues. MGAAWC meetings provide an excellent and easy way to obtain the educational credits needed to meet the requirements for MG re-certification.

Dr. Anton Reznicek, Curator of the Herbarium at The University of Michigan, will kick off the 2008-2009 season on Tuesday, September 16, 7:00 p.m., at 705 N. Zeeb Rd. The topic to be announced. For those of you who went on the 2007 AA Women's Farm & Garden Tour, Tony's backyard was that utterly amazing vertical garden of rare native and rock garden plants.

## MASTER GARDENERS' FAVORITE RECIPES

Grilled Corn on the Cob with Garlic Butter,  
Fresh Lime and Cotija Cheese

- 8 ears corn
- 4 fresh limes, quartered
- Garlic butter, recipe follows
- ½ cup grated cotija cheese
- 2 tablespoons chopped chives, for garnish

Preheat grill to medium. Peel back the husks of the corn without removing them. Remove the silks and recover the corn with the husk. Soak in a large bowl of cold water for 30 minutes. Remove corn from the water and shake off excess. Place the corn on the grill, close the cover and grill for 15 to 20 minutes.

Unwrap corn and brush with the garlic butter. Sprinkle with cotija cheese and squeeze with lime. Sprinkle with chopped chives to garnish.

Garlic Butter:

- 2 sticks unsalted butter, slightly softened
- 8 cloves garlic, peeled and coarsely chopped
- ¼ habanero pepper, seeded
- ¼ bunch fresh chives
- Salt and freshly ground black pepper

Combine butter, garlic, habanero, and chives in a food processor and process until smooth. Season with salt and pepper. Set aside until ready to use.

Recipe courtesy Bobby Flay,

### Chicken Zucchini Casserole

Submitted by: Cindy Fischer, Program Coordinator

- 1 package (6 ounces) stuffing mix
  - ¾ cup butter, melted
  - 3 cups diced zucchini
  - 2 cups cubed cooked chicken
  - 1 can (10 ¾ ounces) condensed cream of chicken soup, undiluted
  - 1 medium carrot, shredded
  - ½ cup chopped onion
  - ½ cup sour cream
- In a large bowl, combine stuffing mix and butter. Set aside ½ cup for topping. Add the zucchini, chicken, soup, carrot, onion, and sour cream to the remaining stuffing mixture. Transfer to a greased 2 qt baking dish. Sprinkle with reserved stuffing mixture. Bake, uncovered at 350 degrees for 40 to 45 minutes or until golden brown and bubbly. Yield: 6 servings.

### Answers to Garden Trivia Quiz

1. a. Potatoes are the most popular vegetable among Americans. Second and third place go to head lettuce and onions.
2. d. Cool as a cucumber? It's true ... Growing in a field on a hot summer day, the interior flesh is 20 degrees cooler than the outside air temperature (University of Illinois Extension - <http://www.urbanext.uiuc.edu/veggies/cucumber1.html>)
3. b. Mosquitoes are attracted to the color blue more than any other color. Only female mosquitoes bite and drink blood. Male mosquitoes feed on the nectar of flowers, assisting in pollination.
4. b. Ferry Morse is the oldest - founded in 1856  
Park Seed - founded in 1868  
Burpee - founded in 1876  
Henry Fields - founded in 1892
5. a. The Dwarf Lake Iris. Living among the dunes along Lake Michigan is the Dwarf Lake Iris, the official Michigan state wildflower. The official Michigan state flower is the apple blossom.

**Enjoy!!!**

# August Calendar

## MATTHAEI BOTANICAL GARDENS AND NICHOLS ARBORETUM

1800 Dixboro Road, Ann Arbor  
734-647-7600  
<http://www.lsa.umich.edu/mbg/>

### Michigan Mushrooms

Lecture:  
Tuesdays, September 9, 16, 23, and 30  
7:15 - 9:15 p.m.

Field Trips:  
Saturdays, September 13, 20, 27, and October 4  
9 a.m. - noon

## MASTER GARDENER ASSOCIATION OF WASHTENAW COUNTY

Tuesday, September 16, 7:00 p.m.  
Dr. Anton Reznicek, Curator of the Herbarium at the University of Michigan, will kick off the 2008-2009 season. Topic to be announced. Dr. Reznicek has spoken to our association in past years on Rock Garden Plants. It is always a pleasure to have him share his amazing knowledge.

## HIDDEN LAKE GARDENS

Arboretum and Gardens  
M-50, Tipton 517-431-2060  
<http://hiddenlakegardens.msu.edu/>  
**Call for class fees and to register**

**Owl Prowl**  
Tuesday, August 26  
7:30 p.m. – 9:30 p.m.

## MSU GARDEN DAY

Friday, August 8

Plant and garden lovers won't want to miss (MSU) Garden Day, Aug. 8 at the Wharton Center and the Plant and Soil Sciences Building. The event, from 8 a.m. to 3:45 p.m., will feature two guest speakers and a selection of workshops brimming with new ideas and practical tips. Master Gardeners can earn five credit hours for participating in Garden Day.

The Garden Day registration fee is \$75 before July 25 and \$85 after that date. Registration includes two workshops, keynote speakers, parking and lunch.

**To register or learn more, visit**  
[www.hrt.msu.edu/gardenday/](http://www.hrt.msu.edu/gardenday/).

### Master Gardener Alumni Association of Washtenaw County Membership Enrollment Sept. 2008 thru August 2009

**(Please Print Clearly)**

Name: \_\_\_\_\_ MG Year completion \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: MI Zip \_\_\_\_\_ - \_\_\_\_\_

Phone: (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Email: \_\_\_\_\_

Check this box if this is an email change

**New items:**

**Gardening interests:**

**Please Circle: Yes / No** to include personal information in Alumni Membership Directory

**Mail enrollment with a check  
for \$20 dues, payable to:**

**Master Gardener Alumni  
Association or MGAA  
c/o Pat Belluci  
5312 Fox Ridge Ct  
Ann Arbor, MI 48103**

6960

Michigan State University  
Washtenaw County MSU Extension  
705 N. Zeeb Rd.  
P.O. Box 8645  
Ann Arbor, MI 48107-8645

**TIME SENSITIVE MATERIAL ENCLOSED  
PLEASE DELIVER PROMPTLY**



**Office Hours:** 8:30—5:00, Monday—Friday

Washtenaw County MSU Extension.....	734-997-1678
Fax.....	734-222-3990
Bob Bricault, Horticulture Agent.....	734-222-3826
Cindy Fischer, Master Gardener Coordinator .....	734-222-3948
Garden Hotline.....	734-997-1819
E-mail:.....	washtena@msue.msu.edu
County website:.....	www.eWashtenaw.org
State website:.....	web1.msue.msu.edu/mastergardener

**This newsletter is a publication of  
the Washtenaw County/MSU  
Extension Master Gardener  
program.**

*Robert J. Bricault, Jr.*

Robert J. Bricault, Jr.  
Extension Educator,

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Accommodations for persons with disabilities may be requested by calling the Extension Educator in charge of the program 2 weeks prior to the program or activity to ensure sufficient time to make arrangements. Requests received after this date will be met when possible.