



Kentucky Extension  
Master Gardener  
Fayette County

# Newsletter

## Fall 2020

### Fayette County Master Gardener Association

#### Association Dues

If you haven't yet paid your dues, please send a \$20 check payable to FCMGA to:  
Kay Fisher  
1905 Port Royal Ct.,  
Lexington, KY 40504

#### Newsletter Committee

Susan Miller, Chair  
Mary Miller, Co-Chair  
Sharon Bennett  
Nancy Boland  
Stacy Decker  
Debbie Johnson

**DID YOU KNOW?**  
Kentucky State University has the largest research program in the world devoted to this. Can you name it? Look for the answer at the end of the newsletter.

#### *The Prez Sez:*

Hello fellow MG's,

Fellow Master Gardeners—that has a nice ring to it—and would have an even nicer ring to it if we were able to have in-person fellowship and companionship. I miss you all so much! It's hard for any organization, including ours, to maintain that sense of community when circumstances are driving us apart.

One thing you can do is participate in the September Master Gardener Food Drive. It could be a safe, contact-free way (especially if you use one of the drive-up, load up grocery store services) to do some real good for our community. And that's what we're all about, isn't it? Volunteering, education, service—these are what we're all about, these are things that reflect us as an organization. So please help out. You'll find more information in this newsletter on page 2 about when and where.

Another fun thing is to go on YouTube and watch the extension videos that Jamie and Carrie are producing. They are enjoyable, mostly short, info pieces about common garden plants and garden questions. We may not love Zoom and YouTube, but that's how we're going to be living for a while and it does help you to feel connected. More information about them is in this newsletter on page 9, along with links to help you find them.

I honestly do not see us being able to have a summer picnic, or an annual meeting with a potluck. The Executive committee is investigating our options, which admittedly are very limited. We may do some sort of online vote or a Survey Monkey vote, since we are required by our bylaws to have an annual meeting, as well as Executive Committee meetings. We'll keep you posted about this.

In the meantime, I hope you get to spend time outdoors, or in your garden. There is nothing better than growing your own food or beautiful flowers and then giving them away. Rudyard Kipling said "Gardens are not made by singing "Oh how beautiful" and sitting in the shade. But there's not a thing wrong with a shady seat either. Take care and stay well my friends.

**Stay safe,**

*Susan Umberger, President*



# EXTENSION MASTER GARDENER FOOD DRIVE!!

By Susan Umberger

September Dates are coming up soon!!



On **September 14, 15 and 16** (Monday through Wednesday), we will again be collecting produce and non-perishable food items. We had good success in August with our food drive, but it sure would be great to top that poundage with the last food drive of the season.

Please, if you have extra produce-or if you don't have a garden and can donate canned goods, bring it to the Fayette County Extension Office on the above dates during normal business hours. Call when you arrive and let them know your donation is at the front door. This is a contact free drop off just for you, and if you are worried about going to the store, you can even do a Kroger click list pickup to make it totally contact free.

In the August drive, we donated about 200 total pounds of food, both produce and non-perishable items, to the Fayette County School Family Resource Centers and to St. James Place. The schools have programs for those needing assistance and they were SUPER thankful and said our donation couldn't have come at a better time! The remainder went to St. James Place, which offers housing and group meals for disabled veterans.

There is only one rule: **No home canned produce.**

Your donation can make a big difference, both in how you feel and in how a hungry child might feel too. Many of us feel helpless at this time. This is an opportunity to take charge, albeit in a small way. Thanks for your attention.

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## **FCMGA will make a donation to Glean KY in honor of two of our members who recently passed away.**

*Master Gardener Erwin A Jones, Jr. , M.D., of Lexington, died on Sunday, July 26, 2020. Erwin volunteered at the Vegetable Demonstration Garden when it was housed at the Arboretum. In 1975, he founded the Allergy Department of the Lexington Clinic and continued the practice of pediatric allergy until his retirement in 1995. In addition to his love for gardening, Erwin played bridge, tennis and sailed all over the world and was an excellent cook. Erwin left behind (in his own words), "two wonderful daughters, two accepting sons-in-law, five very special grandchildren, a respectable lawn & garden, and an endless amount of firewood." Those of us who volunteered with him will remember the smell of pipe smoke trailing behind Erwin as he biked home from his volunteer shifts at the Arboretum.*

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*Russell Hoffman, the First President of the Fayette County Master Gardeners Association, passed away on March 13, 2020 in Lexington. Master Gardener Candace Harker shared some memories and said he was very much a family oriented man who took care of his widowed mother, had a beautiful singing voice, and took part in many national Master Gardener meetings, traveling by bus and train all over the US and Canada. He became President and CEO of Womwell Auto Parts stores, after starting in 1945 delivering automobile parts on a bicycle, earning 35 cents per hour. He was involved in numerous other civic and volunteer positions including the Lions Club, Rotary Club, and the Greenbrier Men's Golf Association, and he received an Outstanding Citizens Award from Mayor Jim Gray in recognition of Volunteer Services at Mayfair Manor Nursing Home.*

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## Susan Umberger's Garden



These Benary Giant zinnias have the vibrant colors and beautiful shapes that make a superb annual for any garden.



Gomphrena 'Fireworks'



Gomphrena 'Mardi Gras Parade'

Pumpkin on a Stick Eggplant – Susan uses these in flower arrangements.





## IT'S PAWPAW SEASON!

By Susan Miller

Some of us are lucky enough to have pawpaw trees on our property, and some of us may have them and not even realize it. Then there are those who have them and wish they didn't. Oblong with blackish spots when they are really ripe, they aren't exactly the type of fruit you would display in a pretty bowl on the kitchen counter.

Pawpaws are mostly wild, though you can find small trees at a few nurseries - and sometimes at farmers markets where you might also find fruit for sale at this time of year. Our local co-op usually has them, but followers say the late spring freezes we had in Kentucky will probably affect this year's yield.

It's an adventure to track down this "feral" fruit with its banana-mango-pineapple flavor. Head to the woods with high hopes and eagle eyes. On our property the trees grow

about 50 feet from Boone Creek, camouflaged by thick woods. They are tall old trees but it was several years before we realized what they were. They are sneaky. At this time of year, you might identify them by ripe fruit with a delightful (or disgusting) aroma that has fallen to the ground. They have a big presence when overripe.

Getting to the custardy fruit inside the green skin and around monster black seeds takes some patience (a bottle of wine helps with the prep!). After all the hours we have spent scraping around those seeds, I recently saw a shortcut method: Just cut the pawpaw in half, scoop out the fruit and push through a colander to catch the seeds— one with larger holes. A food mill also works if you happen to have one.

This fruit is a powerhouse of nutrition and antioxidants and can be used for pies, spreads, smoothies, craft cocktails, you name it. You can even find pawpaw flavored beer and vinegar. But the most delicious way to enjoy pawpaws at home, and make all that hunting and gathering worth it, is ice cream.

Here's a simple recipe and keep in mind, the more fruit you use, the better the flavor.

- 2 cups pawpaw pulp (or more, if you have it)
- 1 cup sugar
- 2 cups cream
- 2 cups milk

Combine the pawpaw and sugar. Stir in the cream and milk. Pour mixture into an ice cream maker and freeze according to the manufacturer's directions.



**Nancy Boland's Garden**

**Lots of vibrant color in Nancy's garden!**



## Gardening Safely: Fall Clean-up

### By Sharon Bennett



Raking leaves is moderate physical activity—similar to a brisk walk. This is a whole body activity where your trunk is working to stabilize your body while your arms are moving.

#### Safety Tips

Rake leaves when they're dry. Wet leaves are heavier, harder to rake, and more slippery. They also can breed mold and mildew, which can make raking unpleasant for allergy sufferers.

Watch your footing. Wear shoes with good traction and support to keep you from slipping and falling. Good foot support will also keep your back from tiring as easily.

Be aware of your surroundings. Be careful of holes in the ground or objects you can trip and fall on, such as rocks, branches, roots, buried garden tools, or misplaced hoses or lawn ornaments.

Heed nature. Look out for insects (especially the stinging kind) and snakes or other critters that might have made the leaves their home. Wear gardening gloves to protect your hands. If there is mold on leaves, trees, or elsewhere in the yard, consider wearing a mask if you have allergies.

To make raking easier on your body:

**Warm up.** Warm up your muscles before you start working. Raking uses almost all the muscles in your body. Walk around, do some circular arm movements, bend forward and backward, and to each side. Follow that with some gentle stretches.

**Stand and move correctly.** Pay attention to your raking posture. Form a wide base with your feet and hold the rake slightly toward the end of the handle with one hand and three-quarters of the way down the handle with the other. Be careful not to twist your spine. Instead, move your whole body (think of a rotating chair), not going farther than your feet will allow. Keep your back naturally aligned — try to stand as straight as you comfortably can.

**Switch sides.** People tend to rake on one side of their body, using the same muscles to do the same movement over and over. To avoid overuse injury, switch sides every few minutes. Try raking 10 minutes left-handed and another 10 minutes right-handed. This will help balance out the stress and strain to the lower back. It also distributes the strain on your arms and shoulders evenly on both sides.

**Take it easy.** Stop and take a break every 10 or 20 minutes. Have some water and do some stretching. The breaks give the muscles you've been using a chance to relax.

**Cool down.** When you're done raking, do some more stretching to help relax tense muscles.

#### Bagging Leaves

- Bagging leaves can involve awkward bending and stooping. If you have to stoop over, face forward rather than stooping and twisting to one side, which strains the back.
- Lift bags by bending your knees and lifting with your leg muscles.
- Don't overfill bags so they become too heavy to lift. Try dragging the bags or using a wheelbarrow to move them long distances.
- If you're using a tarp to drag leaves to a curb, don't overload it. Don't twist your body when you're pulling the tarp. If possible, have someone grab an opposite end to help you move the leaves.
- Don't be a weekend athlete and try to bag all the leaves at once. Pace yourself and tackle leaves in several sections. Better yet, save the bagging for another day since you put your back at greater risk of injury by lifting right after raking.

Adapted from AARP "Raking Leaves" April 2010

## Judy Worth's Garden

A pond is a wonderful addition to any garden, and Judy's pond has beautiful water lilies.



Raised beds can be of any size and these offer space on Judy's deck for her ever-bearing strawberries.

Spikes of berries from an Arum plant. If you're lucky, the birds scatter the berries in the yard and you end up with Arums in surprising locations!



**Susan McDaniel's Garden**

**Beautiful colors and contrasts including a visitor to the Blackberry Lily!**



**Blackberry Lily – with a lady bug**



**Blue Globe Thistle and purple Coneflower**



**Light in our gardens can make even a lowly wheelbarrow look magical or a bundle of garlic take on an otherworldly air.**







## **Jamie and Carrie are YouTube's newest stars**

While we've been unable to meet in person for Toolbox and other educational opportunities, Jamie and Carrie have been hard at work recording videos to help keep everyone up to date with in-depth explorations of gardening topics. You can look at the Fayette County Extension website to find the link or you can find the collection at:

<https://www.youtube.com/channel/UCs72XdCBoKYkHN9VMFx4aMw/videos>



**Serenity in the  
Kentucky countryside  
with  
Queen Anne's Lace**

~

**Contributed by  
Susan Miller**

**Answer to Did you Know? on page 1 – Kentucky State University has the world's largest research program on pawpaws. Check it out at <https://kysu.edu/academics/cafss/pawpaw/>**