

Eau Claire Area Master Gardener News



December 2018



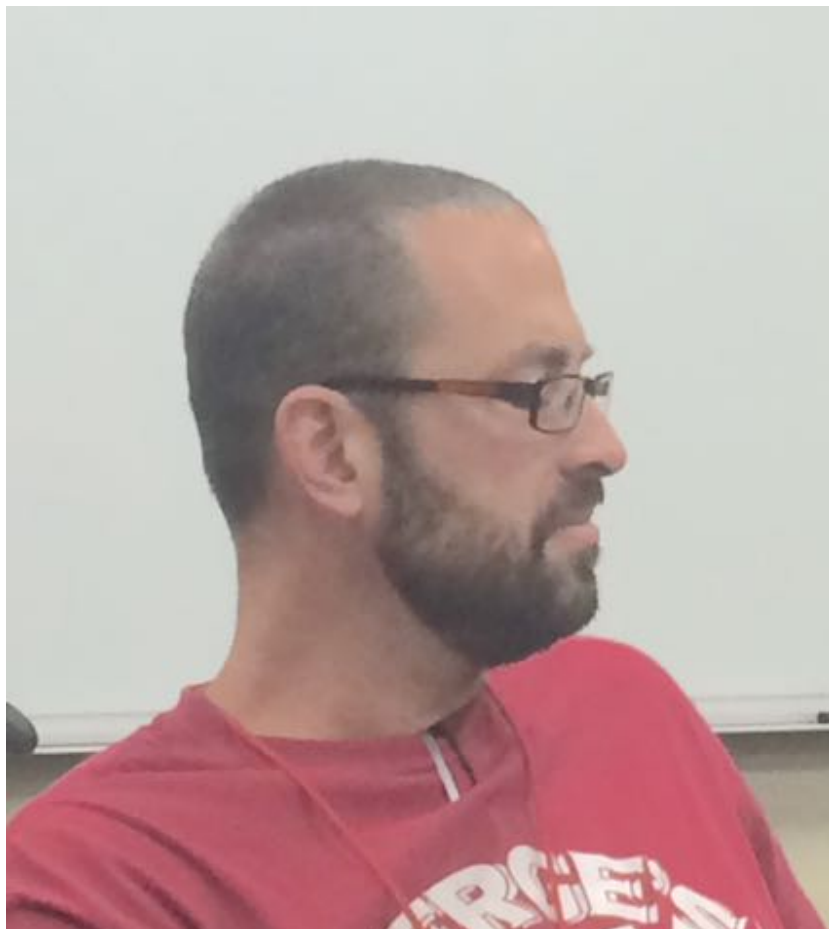
Just Local Foods Panel Presentation-

On Monday, October 7, 2018 three people representing the Just Local Food Co-op formed a panel and answered questions and gave background information on the Co-op. The individuals on the panel were Deli Manager, Heidi Sanders, Nik Novak who is the Meat Buyer for the cooperative and Jake Lau, a local CSA Farmer (Square Roots diversified vegetable farm near Fall Creek).

Nik gave some of the background of the Just Local Foods Co-op. He indicated that this year is the fourteenth anniversary of Just Local Foods which first started out as a buyers coop. They met with many farmers and producers who needed a market and set up a warehouse and delivered produce in the area. Ultimately the old Johnny's Market facility was purchased which is where Just Local Foods is now located. At that point they discontinued home delivery and became a full-service cooperative. The cooperative is owned by 1100 community members.

The co-op purchases produce from 76 local farmers (located within 100 miles) for the bulk of what they sell although they also are involved with 153 local businesses (which includes the 76 farmers) and also purchase product from 104 regional farmers/businesses that are over 100 miles but within a 5-state region.

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Local Master Gardener News

Changing e-mail? Moving?

If you do, please remember to notify the ECAMG and the newsletter editor of your new e-mail address and/or mailing address so you don't miss any Eau Claire Area Master Gardener happenings!

Email your new information to Carol Cox at c7w6c2200@charter.net or notify her by snail mail at 1908 Hogeboom Ave., Eau Claire, WI 54701 (or call her at 715-783-0016 - cell).



Bulletin Board Postings Stories and Opportunities!!!

ECAMGA Board

ECAMGA BOARD MEMBER CONTACT INFO		
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Note:

The ECAMGAV Board minutes may be accessed at <https://eauclairemastergardeners.weebly.com/ecam-board.html>.

HOLIDAY PARTY 2018



The Annual ECAMGVA Potluck Holiday party is planned for Monday, December 17th at the UW-Extension Office (227 1st St. West) in Altoona beginning at 6:00 p.m.

Spouses or guests are welcome to join the celebration. Coffee and another beverage will be provided. Please bring a favorite dish to pass. Appetizers, breads, main dishes, salads and desserts are options to choose from. We know from past parties our members are wonderful cooks and bakers!

Instead of a gift exchange members are again asked to bring non-perishable food items or paper products to be donated to a local food pantry. Items will be delivered the following day, just in time for Christmas boxes to be filled. This was greatly appreciated last year by community families in need during the winter season. Please be generous!

New ECAMGVA Board Members will be introduced and the 2018 Digger Award will be presented as well.

Dress for the Holidays and join in for a good time with food, fun and gardening friends. Door prizes will be awarded!!!! Please call the office at 715-839-4712 to let Andy know how many are attending so we have an idea how tables need to be set up.



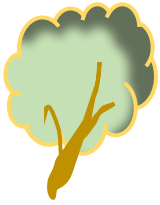
ECAMGVA 2018 Calendar

All meetings at Extension Office unless otherwise noted

December 17: Annual Holiday Party



**"Blessed by the Christmas sunshine, our natures, perhaps long leafless, bring forth new love, new kindness, new mercy and new compassion."
- Helen Keller**



The Quest by Judy Mitchell

This month, my recommendation is UWEX Publication A4133, Spotted Wing Drosophila. I looked this publication up because I had heard of the Spotted Wing Drosophila and I noticed a larva of some kind on one of my blueberries, something I had not seen before.

The Spotted Wing Drosophila is a concern in Wisconsin because it attacks economically viable fruit. Since 2010, it has expanded its range and increased its population. Home gardeners interested in growing fruits such as raspberries, blackberries, blueberries, strawberries and peaches should be aware that these soft-skinned fruits are susceptible to the Spotted Wing Drosophila. Publication A4133 explains how to detect damage and how to monitor for this pest.

The publication includes specific recommendations for home gardeners, starting with instructions for visual observations of the fruit for small flies. Gardeners can monitor specifically for the Spotted Wing Drosophila with homemade or commercial traps that are described in the publication. With the help of this publication, I was able to rule out the Spotted Wing Drosophila based on the size and color of the larva on my blueberry.

Management practices for the home garden include netting, sanitation, refrigeration and lowered canopy humidity. Chemical controls (active ingredient spinosad) are available for the home gardener but they are most effective when combined with the foregoing management practices. I plan to keep my site clean and start visual observations earlier next year. I would hate to lose my blueberries to this pest.

To access this and other publications at the UWEX Learning Store, go to <https://learningstore.uwex.edu>



photo McEvoy 2017



Events



A Sneak Preview on Topics for the February 16, 2019 Think Spring CVMGA Spring Garden Seminar:

2019 seminar topics include: Beekeeping; Vegetable Gardening and Gardening with Chickens; Growing Hops, Peonies, and Mushrooms; Ergonomic Gardening; Monarch Butterflies; Fermenting; Landscape Design and Landscaping with Native Plants.

More info to follow in early January at: <https://chippewa.uwex.edu/>

***“Mirrors don’t lie.
Let’s be thankful they
don’t laugh, either.”***

-Anonymous



Picture by Dana Cox



Classes:

Thursday, December 6th at

5:00 pm – Winter Wreath Workshop: Design your own winter wreath this Christmas Season. When it comes to creating wreaths, we think outside the traditional “Red Bow.” We will start with a base wreath and go over different ways you can “spruce” it up. Cost: Build your own; only pay for what you take home.

Saturday, December 8th at 10:00 am and 3:00 pm – “Spruce” Up Your Porch Pot Workshop: Learn how to create unique containers for this Christmas season! Bring in your own containers and design your own porch pot during the class! Let us help you transform your porch pots for this season. Cost: Build your own; only pay for what you take home. *Please make sure to call ahead to reserve your spot. These workshops fill up quickly!*

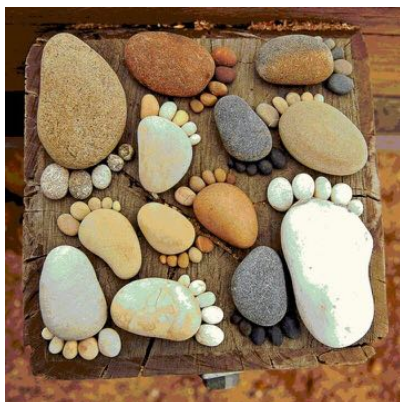
Saturday, December 15 at 3:00 pm: Winter Wonderland Miniature Garden Workshop: Make your very own Winter Wonderland Miniature Garden! These miniature gardens will have a special twist just for the holidays! With a unique container, a few plants, festive holiday décor, and a touch of elfin magic, you’ll have a wonderful new miniature garden to add to your holiday décor! Cost: Build your own; only pay for what you take home. Bring your own container or purchase one here.

NOTE: Pre-registration is preferred for all classes and workshops.

6025 Arndt Lane
Eau Claire, WI 54701
715-833-1234
www.dwntoearth.com



Bits & Pieces



A cute idea off of Pinterest for a stone sculpture or stepping stone using small, smooth stones and pebbles. Check it out at:
<https://i.pining.com/originals/51/76/1a/51761a2631537a997650e16f32058963.jpg>

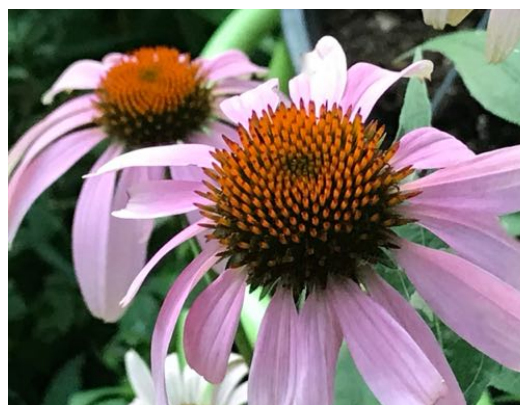


Photo by Jo-Ann Clark – “Echinacea or Coneflower.” Her comment with the submission of the photo for the 2017/2018 Annual Photo Contest was, “What a bee see’s. Look at the symmetry of the center of the coneflower.”

Some people say motivation does not last. Neither does bathing, but we must do it daily.
-Anonymous

The Plants of Christmas...Mistletoe.

While there are many plants that we associate with Christmas, such as the Poinsettia, this plant also has long been joined in our minds with the holiday season.

It is an unusual and interesting plant because it is a partial parasite (a "hemiparasite") that is found growing on the branches or the trunk of a tree. The plant actually, sends out roots that penetrate into the tree and take up nutrients from that tree. Mistletoe is also able to grow on its own and produce its own food through the normal photosynthetic process but is more commonly found growing as a parasitic plant.

There are two types of mistletoe. The one commonly used as a Christmas decoration (*Phoradendron flavescens*) is native to North America and grows as a parasite on trees in the west and in the east from New Jersey to Florida. The other type, *Viscum album*, comes out of Europe and is most often seen growing on apple trees and, rarely, on oak trees. This type is a small green shrub that has small, yellow flowers with white, sticky poisonous berries. The rarer oak mistletoe was most sought after by the ancient Celts and Germans and for use in their ceremonies.

From ancient times mistletoe has been thought of as a mysterious and mystical, even magical, plant and was often considered to be sacred, especially in Europe. There it was connected with Druid ceremonies concerned with the giving of life and fertility; protection against poison; and an aphrodisiac. The mistletoe taken from the "sacred oak" was especially revered by them. On the sixth night of the moon white-robed Druid priests would cut the oak mistletoe with a golden sickle. Following that two white bulls would be sacrificed along with prayers for prosperity. Later, the ritual of cutting the mistletoe from the oak came to symbolize the emasculation of the old King by his successor.

The practice of using mistletoe to decorate houses at Christmas is a survival of the Druid and other pre-Christian traditions dating all the way back to the Greeks. During the Middle Ages and later, branches of mistletoe were hung from ceilings to ward off evil spirits and were placed over house and stable doors to prevent the entrance of witches. It was also believed that the oak mistletoe could extinguish fire (this was associated with an earlier tradition that the mistletoe itself could come to the tree during a flash of lightning). These traditions were attached, by settlers in the new world, to the American mistletoe and continued in this country.

The custom of kissing under the mistletoe was first associated with the Greek festival of Saturnalia. Mistletoe, in Scandinavia, was considered to symbolize peace, under which enemies could declare a truce or warring spouses kiss and make-up. Later, the eighteenth-century English are credited with using mistletoe to form the kissing ball whereby many a kiss was stolen as any lady standing under the kissing ball could not refuse to allow a kiss.

One way or another, the tradition of the mistletoe always makes for fun and frolic at Christmas celebrations. Even if the pagan significance has been long forgotten, the custom of exchanging a kiss under the mistletoe can still be found in many European countries as well as in Canada.

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Just Local Foods – continued from page 1

Jake Lau has been selling produce to Just Local Foods since 2015. His association with the cooperative helps him compete with the big box trucks. He owns 40 acres located between Eau Claire and Osseo where he has a fourth acre under tunnel (unheated hoophouse) for growing later into the season and also crops another 2-3 acres. He wholesales stored carrots, etc. through the winter and sells spinach out of the tunnel well into March.



Heidi emphasized their effort to maintain a quality product for the customer. When things are no longer able to be sold in the store they are donated out or go into compost. While they try to do as much organically grown produce as possible many of their growers are not 100% certified organic. People just want to know that the produce has been grown well and locally without a lot of chemicals and that the animals have been treated humanely. Just Local Foods also tries to have different tiers of quality for their different customers. For example, they have 100% grass fed beef with different organically raised breeds to meet the needs of their different customer tastes. The only conventional produce they will bring in for sale in the co-op is apples as IPM (Integrated Pest Management) programs are used by some of their orchardists, mostly for mold prevention.

Heidi is also a food enthusiasts and is now busy building a deli department (she had previously been in charge of produce) where some 20 different sandwiches can be purchased. In addition, the co-op is doing catering and is the preferred caterer for Visit Eau Claire.

Another feature being developed by Heidi and the co-op is the “What’s For Dinner? Line. This is a complete meal kit that will feed four people at a cost of \$17.99 to \$43.99 depending upon what is served. Right now, this is offered one time per week but they hope to expand this.

The meat end of the co-op is handled by Nik. He has developed relationships with farmers and this has helped grow the meat department over 500%. Their strengths are providing a high-quality product and establishing good relationships with producers and with customers.

Anyone can purchase from Just Local Foods but how does one become a member of the co-op and take advantages of the benefits of membership (like owner day, 10% discounts, special sales, etc.)? A one-time fee of \$150 will make you a member of the co-op and open up those benefits to you.



As to the future, the co-op is presently looking for a new general manager. This is their first priority as their previous general manager went to work for Feed My People. They want to continue to expand the Deli Department and the “What’s For Dinner? Line. Also, the cooperative would like to do a capital campaign to be able to expand the facility.

Following a time for questions and answers door prizes were awarded and treats were provided.



Lawn Tool Storage
using a pallet

step by step directions - frugal, quick & easy!

As per
Pinterest at:
<https://fabuleslyfrugal.com/diy/store-lawn-tools-with-a-pallet/#.XAA3ABNKhYc>

“Some people come into your life as blessings, others come into your life as lessons.”
-Anonymous

Eye Candy



“Tomatillos”
Judy Mitchell’s
photo contest
entry for
2017/2018.

Her comment:
“This is a photo of
tomatillos grown
this summer in the
North River Front
Park Youth
Garden. They
were used by our
UW-EX Nutrition
Educators to make
terrific green salsa
for the kids.”



“Devil’s Trumpet Flower” – photo
submission by Mary Jane Griffin
for the 2017/2018 Photo Contest.
Mary Jane noted that the plant was
gotten from Dick Lienhardt and
grown in her garden this past
summer.



*I will honor Christmas in my heart,
and try to keep it all the year.*

- Charles Dickens



“And a
meowee
Christmas
to you
all!!”

Photo by Dana
Cox

As winter
comes
upon us, it
is the time
for a warm
fire, a good
book, and
let’s not
forget our
feathered
friends, like
this
cardinal,
out in the
cold.



Mistletoe - continued from page 5...



In France, the custom linked to mistletoe was reserved for New Year's Day. Today, kisses can be exchanged under the mistletoe any time during the holiday season.

**Dear Santa;
All I want for Christmas is
A fat bank account and
A skinny body!**

**And please don't mix
them up like you
did last year!!**



**A very Merry Christmas
to all the Master
Gardeners! May all your
gardening wishes come
true in the
New Year!**

EAU CLAIRE AREA MASTER GARDENER NEWSLETTER

A newsletter for the Eau Claire Area Master Gardener Association members.

Unless otherwise noted, articles for this newsletter are submitted and/or written by ECAMGA members or the newsletter editor, Carol W. Cox. Unless otherwise noted, graphics are from clipart. Newsletter layout by Carol W. Cox



For more Eau Claire County UW
Cooperative Extension information
go to our website:

www.uwex.edu/ces/cty/eaucnaire

Phone: 715-839-4712

Fax: 715-839-6277

M-F 8AM-5PM

Happy New Year!

2019

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