

Spring 2019 - Volume 25- Number 2

*A Volunteer Organization of the
UW-Cooperative Extension Service*



"Only with winter-patience

Can we bring

The deep-desired

Long-awaited spring."

- Anne Morrow Lindberg

DCMGA

Board of Directors & Officers

President - Jeanne Vogel

Vice President - Mary Moster

Treasurer - Shawn Mathys

Secretary - Holly Green

Past President - Dorry Wilner

Board Members

Lee Ann Casper

Sunny MacLachlan

Carrie Sherrill

Linda Zolnosky

UW-Extension Agent

Annie Deutsch

MISSION STATEMENT

The Door County Master Gardeners Association, Inc., in partnership with UW-Extension, shall strive to make a positive impact on horticulture in our community through education, community outreach, and stewardship of our environment.

President's Message

Congratulations to the MGV class of 2019 and WELCOME to the Door County Master Gardener Association! Many of you have already begun your volunteer commitment by working in the greenhouse. It has been enjoyable for me to work with you and get to know each of you better.

A special thank you to Carrie Sherrill and Sue Kunz for implementing a great curriculum. Your dedication to this Training Program and the students was very apparent and appreciated. Also, thank you to all DCMGA members and Annie Deutsch, UW-Ext educator, that agreed to share their knowledge and expertise with the class. We all know how crucial the training class is in maintaining our excellent team of dedicated volunteers!

The Door County Seed Library (DCSL) launch was a roaring success thanks to our MGV, Penne Wilson and her team of volunteers. The collaborating groups also need to be acknowledged. They are the Sturgeon Bay branch of the DC Library, Community's Gardens, Wild Ones of the Door Peninsula and UW Extension Door County. The two hundred plus in attendance received a free packet of seeds along with educational materials. Two seed planting demonstrations were presented by MGV Karen Kidd. If you have not done so, please stop by the SB Library and look at the display. Joining is easy and membership is free!

Kudos to Chris Holicek and the Education Committee for their efforts. Thanks to the makers/bakers of the delicious treats as well. Yum! The results of the surveys confirm many more people from the community attended this years winter series. The overall satisfaction level was very good to excellent. Well done!

Cont'd. page 2

President's Message cont'd.

Many volunteers are needed for the upcoming PLANT SALE. The week of the sale is the busiest and most demanding of our members. Please SIGN UP and SHOW UP!

The funding of our educational programs and TGD are dependent on the success of the Plant Sale. Knowing you are helping your community can make this a very rewarding experience.

Open House chair, Dorry Wilner has planned a fun day for this annual event which will take place on Saturday, July 13th from 10 AM - 1 PM. The event will include the 'Spudmobile' and music by Guitarola Duo. Please plan to attend the event and bring your friends for a fun-filled three hours!

Tuesdays in TGD will take place again this year starting in June. Carrie and Sue have a great lineup of educational programs in store as well as Barb and Doug Henderson giving garden tours half an hour prior to the programs. This is another opportunity for members to obtain educational hours as well as enjoying time in the garden. Please encourage your friends to attend these excellent programs.

Spring is a special time to use all the senses we have been given! See - observe each new leaf! Smell - each new flower! Touch - every bud and bloom! Listen - to the melodies of the birds!

WELCOME SPRING!!!

With appreciation and gratitude to each of you,

Jeanne Vogel, President



2019 DCMGA Committee Chairs/Coordinators

Awards - Nancy Anschutz

Annual Meeting - Mary Moster

Community Projects - Carrie Sherrill

Education - Chris Holicek

Garden Door:

Operations - Dale Vogel

Plants - Carrie Sherrill and Sue Kunz

Financial - Nancy Anschutz

The Garden Next Door - **OPEN**

Marketing Coordinator - Dorry Wilner

Membership - Linda Zolnosky

Newsletter Editors - Lee Ann Casper and Karen Newbern

Open House - Dorry Wilner

Outreach/Speakers Bureau -

Sunny MacLachlan

Plant Sale - Karen Kidd and John Werblow-

Social - Coggin Heeringa

Social Media - Penne Wilson

Sunshine - Holly Green

Training - Carrie Sherrill

Website - Mike VanEss

WIMGA Rep - Mike VanEss

Notes from the Board of Directors

Here is information on some of the reports, discussions and decisions made at the Board of Directors meetings in the first three months of 2019. As always, the complete minutes may be found under the Members section of the website.

January 21

Annie Deutsch advised that the Hold Harmless section of the Master Gardener legal agreement (which had been concerning) has been deleted. Those who did sign the agreement previously will not need to enter it again online. UW-Extension has a new name - Extension Door County University of Wisconsin-Madison - and a new logo which indicates the new connection with the UW-Madison. Annie is working on developing small classes for/with other local groups to reach more of the general public.

Penne Wilson of the DC Seed Library made a request that DCMGA serve as the fiscal sponsor for the Seed Library, enabling their organization to have the 50d1c3 status it needs. The implications will be researched, with a decision at the March meeting.

Numbers: Ninety-seven people are currently active members. Forty-eight people attended the winter party in January.

Risk Management Insurance: A motion was made to purchase liability insurance for the Directors and Officers of DCMGA. The cost of \$872 will be added to the budget.

March 18

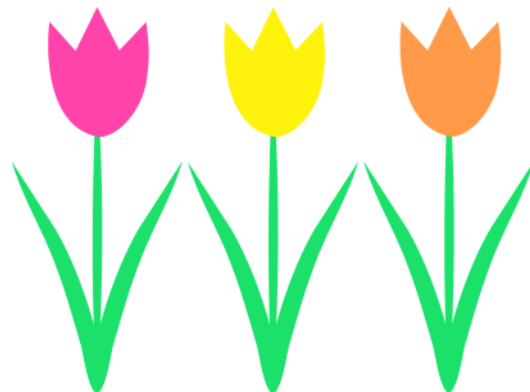
Community Projects: Carrie Sherrill introduced the idea of a "Community Projects Trail Map & Scavenger Hunt." The Southern Door school garden needs volunteers. The PowerPoint on Community Projects is available for anyone to use.

Fiscal Sponsorship Agreement was discussed. A motion to accept the Door County Seed Library Fiscal Sponsorship Agreement as written was approved. A motion to approve two grant applications as submitted by Penne Wilson for the Door County Seed Library was also approved.

Door County Non-Profit Organization: Motions were made and approved to join the organization and to have Dorry Wilner as our representative.

Committee formed to plan Leadership/Succession for the Board of Directors.

Earth Day: DCMGA will have a table on April 27 during the three day festival at the Kress Center in Egg Harbor. Information about the Plant Sale, Seed Library and Community projects will be displayed, Master Gardeners will answer questions and show a Power Point.



Notes from the Education Committee

Over the last months, the work of this committee has been focused on the Winter/Spring Education Series. The lecture programs are now finished, but educational offerings continue.

Tuesday Education Evenings in the Garden Door

Programs are offered the second Tuesday of the month at 7:00 PM. Each segment of the program is about 20 minutes long. These programs are open to the public.

The June 11 program will include Anne Emmerich speaking on PT Body Mechanics for Gardeners, a Demonstration of Dividing Grasses with Sue Kunz and others, and a topic to be determined.

Doug and Barbara Henderson will lead an informal tour of the garden at 6:30 PM.

WDOR

Programs are broadcast the third Thursday of the month from 10:40 to 11:00 AM with Carrie Sherrill as the Master Gardener host.

May 16 topics include the Plant Sale, spring in The Garden Door, Tuesday evening programs in TGD, and good places to hike in Door County to see spring ephemerals.

June 20 will feature Dorry Wilner to talk about the Open House, Sue Kunz and Carrie to talk about areas in The Garden Door, and the upcoming Tuesday evening programs.



The DCMGA would like to extend a huge "Thank you" to Jan Gigstead for her faithful work as Master Gardener photographer over the years, as well her many other contributions. Many of the photos in these newsletters, and on our Facebook pages, have been taken by Jan. She has decided to step away from her "official" photographer duties at this time. We all appreciate your work!!

Notes from The Garden Door

This group is looking forward to spring and summer, but not before all plans for the warm season are completed! Here are some of the details from the January 14 and March 11 Committee meetings:

The signage for the limestone boulder in the butterfly/pollinator garden is on track to be installed in time for the Open House.

Mike VanEss is working on the new Invasive sign for the garden. After the May meeting the wording will be finalized and the order sent. The plan is to use both the Pollinator sign and the Invasive sign this year.

A proposed policy for Private Events in The Garden Door was approved and has also been approved by the Board. Wedding Ceremonies are not allowed; photos may be taken.

There are plans to order t-shirts for The Garden Door.

The tri-fold brochure for visitors to The Garden Door will be ready for the next meeting. There will be dispensers mounted at the entrance to TGD.

The Open House, July 13, will include easy listening jazzy music by "Guitarola" with John Lewis, husband of Kris. The Wisconsin Spudmobile, a large RV classroom, will be there.

The Pond Garden needs a supervisor. The Garden Next Door will be managed by those who are participating.

The Butterfly Garden is now the Pollinator Garden; the Tunnel Garden is the Memorial Garden.



Going Buggy with Annie

Some signs of spring: blooming crocuses, lots of rain, it stays light past 7pm... and bugs! Outside, some of the first insects you might notice are clouds of midges down by the water and grubs eating their way through lawns.

At this time of year, insects will also start showing up inside homes. These indoor invaders typically entered the home in the fall and spent the winter in wall voids or other areas to escape the cold. Now that things are warming up (hypothetically), they are starting to move around and become apparent. The good news is that most of these invaders do not reproduce indoors: any that you are finding now entered in the fall. Examples are the multi-colored Asian lady beetles (ladybugs), box elder bugs, and the brown marmorated stink bugs.

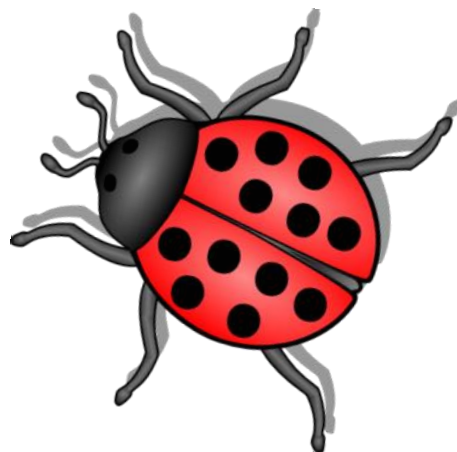
Some other insects found inside during this time are ones that are essentially lost. An interesting specimen I got last week was the tiny Eastern ash bark beetle. These weevils attack dead or dying ash trees, and apparently also accidentally wander inside. For all these pests, your best control tactic is vacuuming. They may be annoying for a while, but the population is finite.

If you are finding any insects in your home and want to know what they are, feel free to email me a picture (not blurry!) or drop it off at our office. If you can't make it to Sturgeon Bay for a few days, just put it into a small container, toss it into the freezer, and deliver it when you can. There are some insects that can reproduce indoors (pantry pests, bed bugs etc.), so it is always a good idea to know what you are dealing with before you take action.



Curious about insect winter survival techniques and how they might have fared this winter? Check out PJ Liesch's recent blog post from the UW Insect Diagnostic Lab:

<http://labs.russell.wisc.edu/insectlab/2019/03/13/2019-polar-vortex/>.



DCMGA Spring/Summer Events & Meetings

An asterisk (*) indicates that the rain date for an event will be the next day.

Monday, May 13	TGD Committee Meeting	5:30 - 7:00 PM
Thursday, May 16	WDOR broadcast	10:20 – 11:00 AM
Friday, May 17	Set-up for Plant Sale (+ work that week) 1ST PICK PLANT PRE-SALE	5:00 - 7:00 PM
Saturday, May 18	PLANT SALE	8:00 AM- noon
Monday, May 20	Board of Directors Meeting	5:30 PM
Wednesday, May 22 *	TGD cleanup	10 AM - noon
Friday, May 31	UW-Ext Program by Mike Maddox	6:00 - 7:30 PM
Saturday, June 1	UW-Ext Program by Mike Maddox	9 AM - 4 PM
Monday, June 3	Coffee and work at TGD	8:00 - 9:30 AM
Tuesday, June 11	Tuesday Evening Education at TGD	7:00 PM
Thursday, June 20	WDOR Broadcast	10:20 – 11:00 AM
Monday, July 1	Coffee and work at TGD	8:00 - 9:30 AM
Tuesday, July 9	Tuesday Evening Education at TGD	7:00 PM
Thursday, July 11*	Weed and Feed at TGD 10:00 AM to noon	
Saturday, July 13	OPEN HOUSE at TGD 10:00 AM to 1:00 PM	



Not sponsored by DCMGA but Also of Interest:

Thursday, May 16 "Bugs are our Buddies" (Wild Ones) with Karen Newbern
Crossroads 7:00 PM

Thursday-Sunday May 23-26 Door County Festival of Nature – Ridges Sanctuary

Extension Horticulture Programs

Tips, Tricks, and Tools for Adaptive Gardening Techniques

FREE program! Friday, May 31, 6–7 PM, at the John Miles County Park Fairgrounds, Junior Fair Building, 812 N 14th Avenue, Sturgeon Bay

Gardening is one of the few things in life that crosses culture, age, and ability. But as our bodies age, or as we incur injury (be it permanent or temporary), we may need to make adjustments to how we garden. This presentation will touch upon adaptations we can make to our garden structures, ourselves, and the plant materials we may choose. We'll also discuss continuing gardening when downsizing to a condo or apartment and proper tool use to reduce the chance of injury while gardening.

Program presented by Mike Maddox, University of Wisconsin-Extension Master Gardener Program Director.

For planning purposes, please RSVP to the Door County Extension office by May 29.

Horticultural Therapy

June 1, 8:30 AM - 4:00 PM, John Miles County Park Fairgrounds, Junior Fair Building, 812 N 14th Avenue, Sturgeon Bay

COST: \$25 per person

Master Gardener Volunteers make a difference in their communities by engaging people in the process of gardening; this includes youth, elders, people with limited abilities, veterans, the incarcerated, novice gardeners, and more! But to successfully engage audiences, a MGV needs to know more than how to grow plants. By incorporating horticultural therapy techniques into a gardening project, MGVs can create more meaningful and impactful experiences for themselves and others!

To best accommodate dietary needs, please bring your own lunch and snacks.

Register before May 24, 2019 by contacting the Door County Extension office, 920-746-2260 or email. We will be working with plant material this day; please let us know of any allergies when registering.



Extension

UNIVERSITY OF WISCONSIN-MADISON
DOOR COUNTY



Plant Sale

Our annual plant sale is almost here! Some changes have been made this year, most notably the date of the event. This year's sale is **Saturday, May 18**, one week earlier than in past years and starting one hour earlier. In addition, a new 1st Pick event will be held the evening before the sale. This is an early bird shopping event, created in response to comments from people who wanted to shop the sale but, for various reasons, couldn't attend.

Although the Plant Sale really starts with the first seed plantings in February, and continues with watering, fertilizing and tending plants for many weeks, the week of the sale is always the most hectic time. Here's what is happening that week:

Volunteers are needed from Tuesday, May 14 through the day of the sale. If you haven't already signed up to volunteer, you can do so by visiting SignUp.com: <https://signup.com/go/CjJWbEe>. You will see a list of different tasks and the times that volunteers are needed. Select the spot(s) you would like and sign up.

Wednesday, May 15, 5:00-6:00 PM: Orientation meeting for those volunteering during the 1st Pick event or the Plant Sale.

Thursday, May 16, 10:00-11:00 AM: Repeat of orientation meeting for those volunteering during the 1st Pick event or the Plant Sale. **After the day's activities are completed, volunteers working the Friday event will be able to shop early for their annuals. Arrangements need to be made with Karen Kidd. Perennial and shrub pre-sale orders may be picked up and paid for between 10:00 AM - 4:00 PM on May 16 unless other arrangements are made with Karen.** Checks are preferred, charge card square will be available if needed.

May 17: Sale set up day! Volunteers are needed to assist with the set up, tents and plant placement. etc. Volunteers not working the 1st Pick event will be asked to leave the site by 4:00 PM. **The 1st Pick event runs from 5:00-7:00 PM.**

Master Gardeners do not have to pay to enter the 1st Pick event. MGVs will need to wear their name tags to gain free entry, and will have to pass through the entry point and get a ribbon on their arm, like all other attendees. If an MGV comes with a friend, or relative, that person has to pay to enter. MGVs will not be eligible for the free raffles or gift bags.

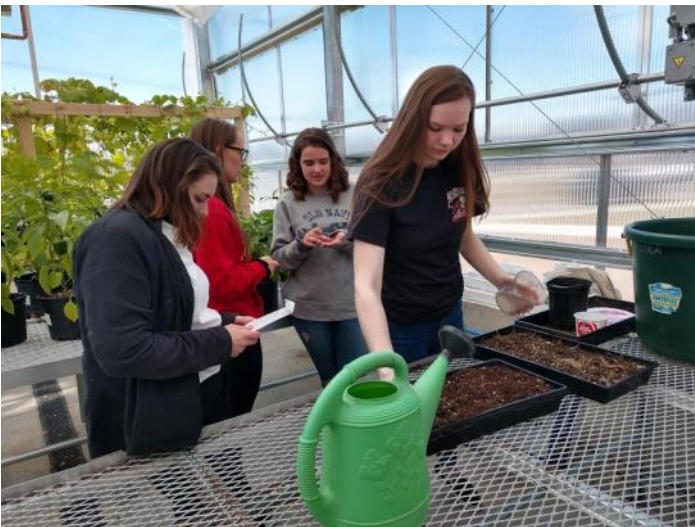
Because everyone is so excited about some of the raffle prizes that have been donated, additional tickets will be sold for \$5.00 each or 3 for \$10.00 (pending raffle license approval from the State). MGVs can purchase raffle tickets.

May 18: Plant Sale runs from 8:00 AM to noon. All volunteers should meet at PARS at 7:00 AM to finalize any last minute plant movements and set up details.

Spotlight On Community Projects: Sturgeon Bay High School Greenhouse

There's a lot of horticultural excitement going on at Sturgeon Bay High School. In the newly built greenhouse that opened last December, students are learning from the ground up how to grow food for themselves and others.

Since last November, DC Master Gardener Deb Javurek has volunteered her expertise to help this program get growing. She had enjoyed her own teenagers, and a gardening program at PARS for kids, so when the call for help went out, she thought it would be a good fit.



Collaborating with Natalie Townsend, the teacher of the High School Sustainable Living class, she has taught the students how to mix soil, plant seeds, transplant, water, and harvest. She has also been one of the adults responsible for making sure that the plants are flourishing. That, of course, is an on-going task.

Extension agent Annie Deutsch came to talk about soil, and experts on bees and vermiculature came too. Best greenhouse practices have been followed. Used plastic pots have

been donated and cleaned correctly and students wear gloves. It has been possible to grow everything organically.

After about four months of growing, a lot of produce has been picked. Many kinds of salad greens, kale, spinach, green beans, tomatoes, cucumbers and herbs have been tasted in the classroom and in the cafeteria. There have been successive plantings of salad greens. Green peppers will be the last crop to harvest; they will soon be ready.



Sturgeon Bay High School Greenhouse cont'd.

Students in the classroom have learned how to can beans with herbs like basil and dill, and kids in the lunchroom are offered fresh green beans and a salad buffet. There is a mixture of greens and toppings from which to choose. One of the most interesting is tea (yes, tea) which is grown as a plant, and the tops snipped to sprinkle on a salad.

A wonderful aspect of this program is that food service director Jenny Spude has been able to use Federal funds in her budget to purchase produce grown by the students. It is then incorporated into the school lunch menus. What she pays goes into the greenhouse maintenance fund.

An additional plus of the program is the curricular crossover. The woods class has made trellises and the metals class has engraved donor plaques to be displayed in the greenhouse. There are ideas for other subject areas to participate, too.



As the school year ends, so must the work in the greenhouse, but the program will continue next fall with an even better system of growing things. Deb has had a lot of fun and learned from the experience; the students have had a lot of fun and learned how to produce fresh food and enjoy it.

Does this sound like a good community project for you? Deb says that another volunteer(s) would be welcomed.

It is important to note that the greenhouse has been paid for entirely by donations. Waseda Farms in Baileys Harbor has been a principal supporter. To see a video about this project, go to <https://www.sturbay.k12.wi.us/district/greenhouse.cfm>.



Door County Seed Library

The Door County Seed Library held its launch event at the Sturgeon Bay Library on Saturday, March 2. Nearly 200 people attended! Some statistics as of April 17:

- ◆ 1,375 seed packets have been checked out
- ◆ An additional 45 seed packets have been distributed as freebies
- ◆ 113 people have filled out membership forms
- ◆ 171 people like us on Facebook
- ◆ Karen Kidd's classes on Starting Seeds Indoors were filled to the max
- ◆ 28 people were at Dora Leonardson's Straw Bale Gardening Class

The response from the community has been very positive and supportive. For example, a Healthy Way Market employee expressed how excited they were about this project and how great it will be for the community.

Musician Cathy Grier (who has the amazing garden on the corner of Oregon and 3rd Avenue in Sturgeon Bay) said that she's planting her entire garden in Door County Seed Library seeds. She also said that she normally doesn't allow any signs on her property, but she welcomes us to place a Door County Seed Library sign there. She also said that we could come over and see how things are growing, take pictures, give demonstrations, etc.

Several new members have indicated that they are interested in volunteering with the seed library, including organizing the seed library, preparing seed packets, recordkeeping, and even teaching classes/workshops.

Upcoming events:

May 11, 9:30-11:30 AM at Sturgeon Bay Library.

Kids Gardening Day. Learn about gardening and the seed library, participate in indoor and outdoor activities, and kids can plant their own seed to bring home. Annie Deutsch will have hands-on demonstrations. Co-sponsored by Healthy Door County 2020, Door County Partnership for Children and Families, Door County Seed Library, and Extension Door County.

(Tentative date) June 8, 10-11 AM at Sturgeon Bay Library.

Composting class taught by Lora Jorgens.



Meet the MG V Class of 2019

Fran Frommherz lives in Southern Door. When she saw a plea for help to clean up the school garden there, she responded. This led to her joining the class of 2019! Fran's impetus for moving to Door County in 2016 was to be close to her daughter and grandchildren. She and her husband built on ten acres in the country which she describes as being "really wet", so red osier dogwood is all over. Growing up on a farm in the Ripon area, Fran has been around gardening all her life. She has done considerable vegetable gardening and would like to do more with perennials, for example, incorporating more varied daylilies like her mother had. Fran believes in passing along the love and skills of gardening to the next generation.

Joyce Smith is a "huge dog lover"! When she lived in Illinois, she worked as a dog trainer and also did dog walking and pet sitting. She and her husband, a physical therapist for DC Medical Center, moved to Egg Harbor about a year and a half ago. They had vacationed in DC for many years and "fell in love with the area." Joyce joined the MG training class especially because she wanted to learn more about native plants of the county. She also thought it would be a good way to meet new people (right!). She would like to develop some interesting gardens in her yard using local plants. While she finds great pleasure in the outdoors and watching things grow, she also likes to cook and read.

Bob Jorin moved to Sturgeon Bay from Milwaukee a little over two years ago. He'd always liked spending time here. Besides, his wife, Penne Wilson, was moving here, too! Penne has transferred her MG membership. Now the two can have fun gardening together. Bob likes to grow food for people to eat. Gardening to him means doing something healthy for himself, and good for the community. He is not only an emerging gardener, he is also a musician, a cyclist, a kayaker, a hiker, and a member of a dog family. And a computer network technician for the county. Rumor has it that he will do physical or messy jobs.

Gardening in Door County is different than gardening in Georgia. That is part of what motivated **Janet Uteg** to join the 2019 training class. Janet was certified as a Master Gardener in Georgia in 2006. She and her husband relocated to Sturgeon Bay just nine months ago. Jane says that gardening is important to her whether it's food or flowers. She likes "the focus on life". While improving her own gardening practices, she also wants to assist in maintaining our organization and its contributions to the community. Janet is another one of those gardeners who loves to cook. She also quilts and sews. She has five children and nine grandchildren, some in the U.S. and some in the U.K.



MGV Class of 2019 cont'd.

After visiting Door County for 25 years, **Gwen Graboyes** and her husband bought their Whitefish Dunes area home in 2010 and moved here permanently in 2014. Gwen had promised herself that after retiring from her job as a general surgeon she would get involved with Master Gardeners. She's been vegetable gardening with "some success" for many years and is now eager to learn more about perennial gardening. For her, gardening is one way to work on her major concern for the environment. She sees herself working with children to encourage better eating habits. Gwen enjoys cooking, walking, bike riding and playing bridge. She has three grandchildren.

Barbara Shakel is an artist who has lived on Clark Lake Road since 2003. In January 2018 she retired as owner of an art gallery in Green Bay where she also did custom framing. She took a year off after retiring to read and hike and see what might inspire her. She had long wanted to be a Master Gardener and decided she'd like to commit her time and energy to The Garden Door, where she has always taken visitors when they come to the county. She has always done vegetable gardening and canned dozens of quarts of tomatoes and salsas. Now she would like to develop a good compost system and redesign her floral gardens after 15 years. She is still reading and hiking and doing pastel painting.

Pam and John Flanders joined the 2019 class together after Pam's friend recommended the class and Pam recruited John to join with her. After visiting Door County over the years, they never forgot the beauty and the memories. They chose to retire in Sturgeon Bay in 2016, returning to their Wisconsin roots. They have two children in the Chicago area and a five-year-old granddaughter. John worked in health care; Pam worked for 25 years as an RN. At the same time, she was taking art classes. When her mother died suddenly, Pam decided she should follow her mother's advice to "follow her passion". She worked to develop her skills as an oil painter and fell in love with plein air painting. John is new to gardening but has already established several raised bed vegetable gardens. Pam grew up with a bounty of home-grown vegetables and wants to "revisit gardening." A goal is improving their back property to be a paradise for wildlife. John and Pam like to travel and spend time with their family. John also likes to golf. Pam mentions walks in nature and being inspired by its beauty, developing her studio painting, and says she never seems to get enough time to read and write.



The rest of the 2019 class members will be highlighted in the summer newsletter!

Another Great Series...

A very successful winter-spring lecture series concluded on April 23. Thank you to the Education Committee and chair Chris Holichek for assembling a fine array of nine speakers. These experts entertained, educated and inspired both Master Gardeners and the public.

The average attendance over the last three years is showing an upward trend. This year it was 74 people per program; that average was affected by one snowy evening with only 34. Without that, the average number in attendance was close to 80.

There were two presentations with over 90 people: "Animals of Door County" with Charlotte Lukes, a perennial favorite, and "Garden Mistakes" with Mark Dwyer of Rotary Gardens. Mark is already scheduled to present in April for the 2020 series.



This year an evaluation form was added to the program. From the number of respondents indicating they are not MG's, it is clear that we are drawing significantly from the public. The speakers were all highly rated, with five speakers receiving scores of 4.9 on a 5-point scale.

The Committee will be further analyzing the data and the comments made.



Meet and Greet

Current Master Gardener Volunteers had the opportunity to “meet and greet” members of the 2019 training class on Sunday, February 17. Great food, great conversation, and a fun trivia contest were all part of the afternoon.



Above, Joyce Smith and her husband; John Kiersten and John and Eileen Werblow.

Puzzling over a particularly tough trivia question are Laurie Connell, Laura Maloney, David Casper and Lee Ann Casper.



Healing Wildflowers

The wildflowers of Door County provide great visual enjoyment for many who visit this unique Wisconsin ecosystem. Did you know that many of these plants served as ancient times as cures for illnesses? Native Americans often utilized these plant resources for treatment and prevention of disease. Preparations such as teas, elixirs or tinctures (alcohol-based extracts) and poultices (plant parts applied topically) were prepared.

Risk, benefit and preparation instructions for these items generally rely on cultural practical experiences and observations that were handed down from generation to generation. Few scientific, controlled trials of safety and efficacy exist. It is often unknown whether a single chemical within the plant or mixture of various plant-based components contribute to the observed benefits. Additionally, the amount of active compounds in a plant's flower, leaf, bark, or root will vary with the cultivar, soil, weather, time of year, time of the plant's life cycle at harvest, and the way in which the plant is procured, dried, preserved, and processed.



Cont'd. on page 18

Marsh Marigold (left), Bloodroot (lower left) and Trout Lily (lower right)

Healing Wildflowers cont'd.

In the US, when these plants are manufactured to produce tablets, salves, oils, elixirs or other "natural remedies," they are classified as food supplements. With little regulation, it is "buyer beware" as content is not assayed or verified. Some products randomly tested from US store shelves have in fact have demonstrated no plant product at all within the labeled supplement. In Europe, a certification and quality control process is available for various food supplements and these therapies are incorporated routinely as common treatments. The translated document, called the German Commission E Monographs, contain relevant information for various plant-based products available in Europe.

Should you decide to use plants out of your own garden, please note the possible risk of making product that is inactive or toxic if not handled, processed or validated appropriately. With that said, many folks continue to use and incorporate plant based medicines and publications on the topic are widely available in bookstores and on the internet.

A few of the common local wildflowers are listed in the table on the next page. Next time you enjoy a walk in Door County, check out a few resources to learn about what is growing in your area!

American Botanical Council, publisher of translated German Commission E Monographs. www.herbalgram.org

Native American Ethnobotany Database. www.naeb.birt.org

USDA Plants Database. <https://plants.sc.egov.usda.gov>

University of Kansas Herb Fact Sheets. <https://nativeplants.ku.edu>

Rocky Mountain Herbarium. <https://rmh.uwya.edu/data/search.php>

Turtlehead (below) and Self Heal(right)



Wildflower	Meaning	Habitat	Traditional Use
Turtlehead (Chelone glabra)	Refers to flower shape	Moist woodlands Blooms Aug-Sept	Skin rash.
Bloodroot (Sanguinaria canadensis) **	Refers to root liquid	Most woodlands Blooms Mar-June	Face paint, dye, rheumatism, lung ailments, ulcers, skin conditions. Nausea can occur with use; toxicity.
Boneset (Eupatorium perfoliatum) **	Leaf configuration appears as skeleton; also use in dengue ("breakbone fever")	Sunny meadows Blooms Jul-Oct	Topical treatment of broken bones, Ingested to treat fever. Possible liver toxicity.
Trout Lily (Erythronium americanum)	Brown spotted leaf markings resemble those of trout	Rich moist woods Blooms Apr-May	Bulbs used for culinary purposes. Tea for hiccups.
Marsh marigold (Caltha palustris)	Latin name, Caltha, refers to cup-like flower shape	Marsh and swamps. Blooms Apr-June	Leaves rubbed on skin for insect bites. Tea mixed with maple syrup for cough.
Evening primrose (Oenothera biennis)**	Blooms open after sunset	Common roadside weed Blooms Jun-Sept	Obesity, sore muscles. A therapeutic component, Gamma linoleic acid is under current research.
Purple coneflower (Echinacea purpurea)**	Refers to spiny central cone shaped center	Fields and thickets Blooms June-Oct	Roots for snake and insect bites. Also used for burns, toothache, colds and flu.
Blue vervain (Verbena hastata) **	Name means sacred bough; refers to the use in celebrations	Wet meadows and lakeshores Blooms Jun-Oct	Used for swelling and improving circulation. Also as tranquilizer.
Self heal (Prunella vulgaris)**	Used in combat to treat soldiers' wounds	Fields and woods Blooms Jun- Aug	Used in mouth and throat disorders; possible antiseptic and anti-inflammatory properties.
St John's wort (Hypericum perforatum) **	Blooms end of June, around St John's Day	Sunny fields and meadows Blooms Jun-Aug	Depressed mood, anxiety.
Yarrow (Achillea millefolium)**	Latin name, millefolium, means "thousand leaves"	Roadsides Blooms June-Sept	Packed into wounds to stop bleeding. Antibacterial; Anti-inflammatory.

** these products can be commonly purchased as food supplements in the US.

Thank you to Karen Smith, pharmacist and member of the 2019 MGV class, for contributing this article.



- * **Volunteers needed to assist with beautification and maintenance of local showcase garden (The Garden Door)**
- * **Must be current Master Gardener Volunteer or Master Gardener student**
- * **Previous experience helpful, but not essential**
- * **Jobs available for any Master Gardener Volunteer**

BENEFITS

- * **Excellent learning opportunities as well as teaching opportunities**
- * **Great socialization with like-minded people**
- * **Exercise program included free of charge 😊**
- * **Leadership opportunities available - please inquire!**
- * **Feeling of pride in your work**
- * **Fun way to give back to the community**
- * **Plenty of opportunities to show off your workplace to visitors and family**
- * **1:1 mentoring available if desired**
- * **Coffee and treats on Monday mornings throughout the growing season**

FOR MORE INFO CONTACT

- * **Garden Door Coordinators: Nancy Anschutz, Dale Vogel, Carrie Sherrill/
Sue Kunz, Doug Henderson (The Water Guy)**
- * **or any Garden Door Area Supervisor**

