Shorter days and cooler weather are bringing gardening season to a close. As we put our gardens to bed for the winter, we also plan for next spring. We move or remove a few plants, look for a good spot for that last sale purchase, and plant bulbs for a burst of early color.

Gardens are constant and ever-changing. Despite our best care, forces beyond our control will affect them. Beloved plants succumb to drought or cold; wind-borne seeds bring in annoying weeds and unexpected wild flowers. Rabbits, slugs, powdery mildew, aphids, Japanese beetles and squash bugs, all must be dealt with year after year. Still we persist, and we learn to accept what we cannot control and to love our gardens as they are.

SEWMG is also constant, yet ever-changing. General training is in full swing, bringing us a group of eager new volunteers to help with our many educational activities, our Approved Gardens, and the plant sale. We welcome them, and look forward to the energy and ideas they bring to our organization and our projects.

This is my last President’s Corner update. My thanks to President Elect Diane Thieme, Secretary Linda Ziebell, and Treasurer Lindy Pawlak for handling the business of SEWMG during my absence these past few months. I hope to be back in full health in time for next spring’s Pot-A-Thons.

Thank You

Road Construction Update

Swan Boulevard is closed. Plan to use North Avenue, Hwy 100, and Watertown Plank Road to get around the closure.

Hwy 100 / Mayfair Road work, including the intersection with Watertown Plank Road, should be completed in December. All roads are open, but there are lane reductions. Plan extra time if you are using this route to UWEX at the MCCE building.

Glenview Avenue / 84th Street is open from I-94 north to Watertown Plank Road.

You can get the latest information on these and related road construction projects at http://projects.511wi.gov/web/zoo-interchange-project/overview

Safe travels and happy gardening!

Remember all payment requests go to the treasurer Lindy Pawlak and need the signature of the Committee Chair.

President’s Corner

by Kris Jensen

Hear Ye! Hear Ye!
Save the Date
SEWMG Holiday Party and Annual Meeting:
Wednesday, December 4th, 2013
DoubleTree by Hilton
18155 W. Bluemound Road
Brookfield, Wisconsin 53045
6:00 p.m. Cash Bar
7:00 p.m. Dinner

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Special points of interest:

- Holiday Party Sign up
- Kids’ Day at Stagecoach Inn
- Membership Dues are Due November 1st
- Garden Support Committee Update
Reporting on Wisconsin State Fair  
by MGV Faouzi Kablaoui

A big thank you to all the Master Gardener Volunteers who staffed the gardens at the State Fair from August 1st - 11th.

Visitors:
Total number of visitors was 63,384, based on 5-minute counts every hour. Last year the number was 51,756. I think the difference due to nice weather.

Brochures:
This year we distributed 8,651 brochures, compared to last year’s 6,379. The most wanted brochures were: Butterfly Gardening 900, Japanese Beetles 704, Trouble-Free Tomatoes 684 and Composting 530.

Points of Interest:
Butterfly Garden, Creeping Charlie, Japanese Beetles and Composting.

General comments:
Visitors asked questions about plants that attract hummingbirds and soil testing kits. A few plants and the big trees were not labeled.

Five Master Gardener Volunteers did not show up for their shifts, even though shift captains had reminded them.

Garden Support Committee Update

By MGVs Patty Witt & Ken Loeffel Garden Support Committee Co-Chairs

Fourteen members of the Garden Support Committee (GSC) visited eleven Approved Master Gardener Project Gardens during June, July & August of this year. Each garden was visited by two MGVs. The time of the excursion was arranged so that the Garden Chairs of each garden were able to be present when we toured the garden. The purpose of seeing these gardens was an opportunity for members of the GSC to view other selected sites and a chance to lend support to the chairs of each location. We were able to point out resources that are available from UW Extension and assist the Garden Chairs with any issues unique to their garden. We also were able to answer any questions they might have regarding criteria to continue to be an Approved Garden.

A short check list was completed by each team. At our GSC meeting on September 4th, we discussed these completed check lists and shared any comments that were given to us during these visits. We will use this information to assist us with topics for future Garden Chair Forums.

There are approximately 39 approved gardens and, at this time there is a moratorium on new gardens and projects.

There are approximately 39 Approved Gardens. In 2012 we visited one third of the Approved Gardens. In 2013 we visited another one third of the Approved Gardens. In 2014 we hope to visit the last one third of the gardens. We intend to visit each Approved Garden once every three years.

The next Volunteer Opportunity Fair will be held on Saturday January 18th, 2014. This is an annual event at which each Approved Garden and each Approved Project is able to have a display explaining to new and seasoned MGVs the various opportunities available to get their volunteer hours logged. More details to follow in the Jan/Feb 2014 newsletter and future listserv e-mails.

We always welcome MGVs to join us at our meetings. Our last meeting was Wednesday, October 9th at 10:30 a.m. watch the listserv for the next date and place. We always send a reminder via a listserv e-mail. Please contact Patty Witt or Ken Loeffel with any ideas or comments.
Volunteer Opportunities
by Nancy Lehrer, UW-Extension Master Gardener Program Volunteer Coordinator at MCCC

I would like to extend a big thank you to all the MGVs that volunteered at the Milwaukee County Fair from September 26th to the 29th! It was a beautiful weekend and I think everyone will consider it a great success!

Now that the gardening season has slowed down, I would like to invite you to take a look at the SEWMG website. It holds a plethora of information regarding SEWMG forms and how to fill them out!

On the home page you will find tabs on the left-hand side.

Home page tabs include: Who We Are & How to Become a Master Gardener tabs will help future MGVs find sign up information and a little information on what we do as MGVs.

Volunteers tab contains a list of possible volunteer activities including all the Approved Gardens and Approved Projects with contact information and phone numbers.

Events are updated regularly by our website guru Judy Williamson. Judy does an excellent job of posting new events as they are presented to her. You can find continuing education opportunities in this location.

Documents tab contains all the forms you will need to report your hours and continuing education. It also includes forms related to Approved Projects and Gardens. The form for your annual dues and fund requests can be found as you scroll down through the Documents page.

Training tab describes all the MG training opportunities. On the upper right-hand side a link, “Training Materials” will provide all materials from Level 1 and Level 2 Training! Scroll down to find over 50 plant pages from the Summer Specialty Short Course 2007 on Trees & Shrubs! Keep looking... there are many excellent resources here!

Related Links is a list of 18 excellent resources. It includes our WI MG website, Learning Store and the UW system specialists. The websites are horticulture related websites for you to search and get university researched information!

Continuing Education Opportunities: Wednesday October 24th, 2013 6:30 - 7:30 p.m. SEWMG Continuing Education Program: the speaker will be Ron Fortmann. He will be presenting “Introduction to the Ancient and Living Art of Bonsai” at the Milwaukee County Extension Office Building in the Auditorium

Saturday, November 2nd, 2013 8:00 a.m. - 3:45 p.m. Wild Ones presents Landscaping With Native Plants at Cardinal Stritch University, Kliebhan Conference Center, Fox Point, WI

Keynote Speaker: Stephen Packard

Saturday, November 2nd, 2013 9 a.m.-3:30 p.m. Fall Garden Symposium: “New Old Favorites for the Midwestern Garden” at Rotary Botanical Gardens, Janesville, WI

Speakers include:
☞ Jim Ault, Dir. of Ornamental Plant Research, Chicago Botanic Garden
☞ Kris Bachtell, VP of Collections and Facilities, Morton Arboretum
☞ Susan Martin, Dir. of Marketing Communications for Walters Gardens, home of Proven Winners

Moratorium on New Garden Projects

Effective immediately, there will be a moratorium on new SouthEast Wisconsin Master Gardener Garden Projects including youth gardens. We will not be accepting new garden project profiles and no new garden projects will be approved; the present policy and forms will be re-evaluated. If you have already talked with Sharon Morrisey or Ann Wied about a potential new garden project, contact them to discuss it further. Contact Ann or Sharon if you have any questions about the moratorium. Thank you.

Garden Annual Reports Received

The Garden Annual Reports have been received, reviewed by the Finance Department, and have now been turned over to Ann and Sharon who will be reading these documents over the next few months. These reports provide a wonderful snapshot of the variety of educational garden projects we have throughout both counties. We thank everyone who was involved in the development of these reports and appreciate the time that was taken to complete them and submit them on time.


Volume 13, Issue 6
Come Celebrate the Season! Master Gardener Holiday Party & Annual Meeting

Wednesday, December 4th, 2013
DoubleTree by Hilton
18155 Bluemound Road
Brookfield, Wisconsin

6:00 p.m. Cash Bar
7:00 p.m. Dinner
Annual Meeting to follow

Limited to the first 200 people to register

MGVs $10
You may bring 1 guest for $10.

Make check payable to:
SEWMG

Your Holiday Party Reservation will be accepted only if your 2013 volunteer hours have been submitted and your 2014 dues have been paid.

Please Note: MGVs in Training will not be eligible to attend the Holiday Party until completion of their first year of service. The Holiday Party is our way to show appreciation for member’s volunteer service. We look forward to having you join us next year.

Holiday Party Reservation

RSVP by November 25th, 2013
Mail to:
Patty Witt
16508 W. Melody Ct
New Berlin, WI 53151-9243

___Yes My 2013 Volunteer Hours have been submitted.
___Yes My 2014 SEWMG Dues have been paid.
or
___Dues are Included. Make a SEPARATE $10.00 check Payable to SEWMG.

Yes, I will be attending __________________________________________

Print for Name Tag

Please include my guest __________________________________________

Print for Name Tag

Menu:

Self Guest
_____ _____ Roast Chicken Breast “Saltimbocca” Stuffed with Fresh Sage, Provolone Cheese and Prosciutto with a Roasted Garlic Sauce.
_____ _____ Baked Salmon Fillet with Braised Leeks, Basil-Citrus Sauce
_____ _____ Garden Pasta Sautéed Peppers, Tomatoes, Onions and Mushrooms Tossed with Fettuccini in Tomato and Sweet Basil Sauce

Page 4 Good Earth News
Membership Essentials
by MGV Patty Witt Membership Chair

SEW MG dues for 2014 are due by November 1st, 2013. As of this date, only 142 MGVs out of 500+ have paid their dues. Please use the below application to submit your dues. Remember that only dues-paying MGVs may attend the Holiday Party.

SouthEast Wisconsin Master Gardeners, Inc.
Annual Dues Application
2014 DUES

Name___________________________________________________________

Address_____________________________________________________________________

City_________________________________ State _______ Zip ________________________________

Telephone: [home]_________________________________________________________

Telephone: [cell]_________________________________________________________

e-mail address: ___________________________________________________________________________________

New Membership____________ Renewed Membership______________________________

Please share with us your skills, special talents, or areas of interest

☐ Graphics/displays ☐ Finances/accounting

☐ Computer skills ☐ Teaching/education

☐ Project management ☐ Administrative/support

☐ Event planning ☐ Writing & Editing

Other: ____________________________________________________________________________

SEW MG DUES: $10.00 PER YEAR
(INCLUDES MEMBERSHIP DUES FOR WIMGA)

MAKE CHECK PAYABLE TO: SEW MG

PLEASE MAIL TO: SEW MG
P.O. Box 26453
Wauwatosa, WI 53226-0453

Dues are payable by November 1st, 2013
The adventure began one Friday morning when a car wheeled into the parking area near the Inn. Janet Wintersberger, a MGV and a member of the Elmbrook Historical Society, greeted the president of the organization. She asked Janet if the group of Inn gardeners would agree to be involved in a day with fourth graders from Swanson School. Janet, of course, said yes. The rest of the group stood by stunned as we wondered what we would do.

A plan evolved from a later discussion. The MGVs would explain seeds and planting, covering basic botany ideas; the children would plant bean seeds to take home; the garden would be used to show its produce. So MGVs Janet, Sheila Schrieber, Bette Frangesch, Ann Weronke and MGV-in-Training Barb Hemmingsen seized the challenge.

At 9:40 a.m. on September 11th, the big yellow busses rolled into the Historic Dousman Stagecoach Inn’s parking lot. Soon 120 fourth graders erupted from the opening doors. A day in the 1880’s began for those eager boy and girls. Five master gardeners stood at picnic tables next to the square foot garden we had constructed and tended, waiting to tell the marvels of planting and gardening to these young people. We had a plan and we were about to begin.

Barb led the group of children, showing a chart with the facets of a seed. She explained the coat, the food and the embryo. Using a second chart, Sheila explained the development of the bean seed. She showed them what these students could expect to see in 7 days…and in 55 days (at maturity). Then the planting began: little fingers poked at the peat pellets and we helped each student plant the seed in the pellet. Ann and Bette gathered the planted seeds and put them in a tray that an adult would pick up at the end of the day. The tray also held an envelope with a sheet of instructions for the students about growing and watering their plants. Waiting for the plants to grow will be hard. Watching will be fun.

Next, the children surrounded a table holding vegetables such as cucumbers, sunflowers and tomatoes. Students identified the seeds in the cut vegetables and picked at the seeds found in the sunflower. Students learned that seeds were gathered and dried after the harvest so farmers would have seeds for planting the next year. While at this table, talk included how people in the 1880s saved and preserved foods for the long winters in our regions. After pointing out the Inn’s root cellar doors, Barb explained that the root cellar held potatoes and many root plants. There was also a display of canned goods some that Ann had preserved.

Lastly, the group walked to the Inn’s herb/kitchen garden based on Marcia Carmichael’s book, Putting Down Roots. Janet displayed clogs once worn for gardening and showed them a harvest basket for gathering vegetables. The clogs and basket are more than 150 years old. Vegetables from the garden filled the basket. Students scurried about the garden looking for squash, corn, and tomatoes. They dug carrots, leeks and potatoes while tall sunflowers swayed above their heads. All during these activities, Bette took pictures of the students. (Some of these accompany this article.)

And finally the bell rang, signaling that our first group was move on to another activity. We MGVS looked at each other and smiled. Our trepidations lessened – a good thing since we would be seeing eight more groups that day!

The Inn itself was a treasure trove of history for these young people. They trudged through the prairie, visited the old kitchen, a ‘one-room schoolhouse’ classroom, a blacksmith shop and played games from the era. They washed clothes using an old hand wringer. They sewed buttons, churned butter and made ice cream that was eaten with their lunches. All in all, the youngsters experienced a day filled with 1880’s activities and then boarded the bus back to school.
Kale’s recent rise in popularity begs a few questions. Why such a sudden desire to eat kale? Why did people stop eating it in the first place and start using it only as a garnish? The answer to the first question lies in its extreme nutrition. For the second question, I can only guess.

Kale is loaded with nutrients. A cup of cooked kale supplies 53 mg of vitamin C, 5.8 mg of beta carotene, 0.2 mg of vitamin B6 and 2.6 g of dietary fiber, and 94 mg of calcium for only 36 calories! Some greens (Swiss chard, beet greens, and spinach) also contain oxalates which prevent the calcium in these greens from being absorbed, but this is not the case with kale. Kale also contains the carotenoids lutein and zeaxanthin, which can protect the eyes from damage.

As a garnish, kale is not only beautiful but holds up without wilting for a long time. There are also ornamental varieties of kale that develop into frilly, rose-like bouquets used to add color to fall plantings both in ground and in containers. These varieties, also called flowering kales, are edible but not very palatable when compared to those grown as a vegetable.

The flavor of kale is strong compared to lettuce and spinach and somewhat spicy. Different varieties have different flavors. Hot, dry conditions make it stronger in flavor and tougher. It also gets stronger the longer it is stored in the refrigerator. Fall frosts darken the color but, more importantly, make it much sweeter. There are varieties that tolerate heat without becoming tough and ones that may be hardy enough to survive the entire winter.

In northern climates such as ours and even further north, kale is almost the perfect crop. It is easy to grow starting early in the spring all the way through early winter. Harvesting can begin as soon as a few sets of leaves have developed since only the older, outer leaves are harvested leaving the growing point to continue production of more tender young leaves all season long.

Seed can be sown indoors 6 - 8 weeks before the average frost free date around mid-March. These transplants can be moved to the garden around May 1st. It is equally successful to sow directly in the garden in mid-April in rows about 18” apart thinned within the row to 12 - 18”. Put the thinnings into salads for a boost of flavor and nutrition. The final sowing outdoors can be done around 10 - 12 weeks before the killing frost on approximately October 20th in our area. This tough leaved plant can tolerate hard frosts and even freeze and remain harvestable, some varieties more than others.

Kale does not require high fertility and actually can get limp and stringy if it gets too much. It should be kept evenly moist as the quality suffers if it dries out between waterings. Being a crucifer, or cole crop very similar to collards, cabbage, cauliflower, broccoli, and Brussels sprouts, it is prone to many of the same insects and diseases. Flea beetles are drawn to the mustard oil in the leaves of all of these crops. They chew pinprick size holes in the leaves that expand as the leaves expand. Once the plants have around 5 - 7 leaves, the damage diminishes, another good reason to use transplants. The caterpillar complex that causes problems on broccoli, cauliflower and cabbage will also lay eggs on kale, the young larvae eating holes in the leaves. Despite the potential pest problems, kale is easy to grow producing large quantities in a small area.

Many of us are unfamiliar with cooking kale, but it can be as easy to use as it is to grow. Kale chips are extremely popular and recipes for them abound. Here are a few other basic suggestions:

- Only very young kale leaves can be eaten raw, chopped and added to leafy green salads.
- Kale can be steamed or sautéed in a little olive oil and garlic.
- Add shredded kale to minestrone, potato chowder, or vegetable soup.
- Stir sautéed kale into mashed potatoes.
- Add canned white beans to shredded kale, sautéed in olive oil and garlic and toss with freshly cooked pasta.
- Use kale leaves instead of cabbage leaves in stuffed cabbage recipes.
- Top a pizza with sliced steamed kale.
- Add kale to grain or rice pilafs.
- Stir kale into stuffing for poultry, meat, or seafood.
- Add shredded kale to stir-fries.
- Braise kale in a flavorful vegetable or chicken broth and serve as an accompaniment to grilled meat.

So, if you’ve never grown kale before, plan to next season. Or just buy some at one of our local farmers’ markets and start trying some of the tasty recipes that will eventually make you say, “All Hail Kale”!
Our Mission Statement
To support and assist UW-Extension in community horticulture programs through volunteerism, education and environmental stewardship.

Contact Information
For more information:

Calendar Hotline (MGV Hotline) 414-256-4660
On the Web http://fyi.uwex.edu/sewmg/
Sharon Morrisey (Consumer Hort. Agent, Milwaukee) 414-256-4660; sharon.morrisey@ces.uwex.edu
Ann Wied (Consumer Hort. Educator, Waukesha) 262-548-7788; ann.wied@ces.uwex.edu
Kathy Bosetti Reese (Program Assistant) 414-256-4600; kathy.reese@ces.uwex.edu
Nancy Lehrer (Volunteer Coordinator) 414-256-4661, nancy.lehrer@ces.uwex.edu
Milwaukee County Cooperative Extension Office 9501 W. Watertown Plank Rd. Building A, Wauwatosa, WI 53226
Waukesha County Cooperative Extension Office Waukesha County Administration Center, 515 W. Moreland Road, Room AC-G22, Waukesha, WI 53188

Grow with us
Check out our website
http://fyi.uwex.edu/sewmg