



From the  
Coordinator:

Linda Barry

**Strong Women**™



I wish you a very Happy and healthy 2009, and thank you for all of your support in 2008. I look forward to another great year for the Master Gardener organization.

Marianne Martin has been entering your committee selections and contact information in our data base. We hope to have an accurate list ready for you. For updating your information, please send it as soon as possible. We are also offering the option of receiving this newsletter online. This is the first edition with this option. If you did not respond to the questionnaire you are receiving a hard copy. You still may choose to read it online. Send me an email and we can make the change.

Thanks to Hope Jones-Gary and her committee for another great Holiday Party on December 7<sup>th</sup>. Their unselfish service to the home gardeners of Delaware County. Delilah Foldes and Joe Daniels received certificates for 2000 hours of volunteer service. Marty Roelandt has given 1500 hours to the MG programs, and Alyce Zellers was recognized for 1000 hours of service. Five hundred hour certificates were earned by Elise Payne, Ron Gatto, Liana Bauerle, Penny Sass, Hope Jones-Gary and Diana Pompei. Jane Baserga, Anna Murphy, Nancy Heckscher, Jean Hopkins and Elise Payne have been Delaware County Master Gardeners since 1993 and have earned 15 year pins. Ten year pins were awarded to Leslie Trimble, Ken Paulsell, Marty Roelandt, and Martha VanArtsdalen.

I have enjoyed working with Kathy Hornberger as our President during the last two years. Her leadership has been inspiring, energetic and professional. Many hours are spent by our elected officers planning our programs and meetings and we do appreciate their efforts. We will elect a new slate of officers at the January 20<sup>th</sup> meeting. Thanks to Carl Pfeiffer for his efforts in obtaining qualified and willing nominees for these positions.

We were notified in December by Senator through the Community Revitalization program. We expect to begin on the project in the very near future. Warren Goll, our Greenhouse Educator, has offered to assist us. We will need a number of volunteers to put the greenhouse together and get it ready for operation. If you would be interested in working with the Greenhouse Committee, please let me know. It was not on our Volunteer Opportunities list for 2009 because we were not informed of the funding until that mailing had been sent.

Want to improve your balance, strengthen your bones to lessen your risk for osteoporosis, and feel stronger? Strong Women is the program for you!

Strong Women is a research based strength training program for women, age 40 and over, that was developed by Dr. Miriam Nelson from Tufts University.

Penn State Cooperative Extension will be conducting this program at Leiper Presbyterian Church, 900 Fairview Road, Swarthmore on Tuesday and Thursday mornings, from 10:00-11:00 a.m., and Tuesday and Thursday evenings from 5:45- 6:45 starting January 13<sup>th</sup>. It is requested that all new participants arrive a half hour early on January 13<sup>th</sup> to fill out necessary information and medical forms. Women over 70 will need a medical form signed by their physician and this can be mailed to you in advance. Weights will be provided for class activities. Please bring your own towel and water. Cost: \$80.00 for 16 classes Call 610-690-2655 to register and for questions. Brochures are available. Instructors: Judy MacRone (PM) and Donna Tomaino (AM).

**ES Committee Tip of the Month**

An event is scheduled for February 5, 2009. The entire event can be seen online. Environmental Systems Institute to read how climate change will affect agriculture. [http://www.eesi.psu.edu/news\\_events/Easterling.shtml](http://www.eesi.psu.edu/news_events/Easterling.shtml)

# From MG President

Lorraine Altrichter



About four or five years ago, at one of our plant swaps, some wonderful person brought some blackberry plants and I was lucky enough to get one. That plant flourished and from its trailing canes I rooted four more plants.

My blackberry crops have gotten heavier and heavier and the 2008 crop yield was so large I am just now finishing the last of the berries.

Ironically, the Morrison Black Raspberries were struggling in the encroaching shade of my neighbors encroaching wild maple forest are now making a comeback. The neighbor moved and before he left I got his permission to take down 5 huge Norway Maples that had killed my vegetable garden and stunted lots of other plants including my Lilacs. With the trees gone since spring of 2008 I once again had a raspberry crop, small but hopeful.

With all the health benefits I read attributed to eating berries and riding on my luck with the berry plants, I decided to try blueberries. Last Spring I planted a blueberry bush and last summer I actually harvested enough blueberries to sprinkle over my cereal for three breakfasts. So in the Fall I planted another blueberry bush.

So far, I have not had problems with birds eating my crops. The squirrels seem to ignore them. I wish they ignored the pears and the apples but these they take before they even lems. Oh, occasionally, there is the beetle or c, [ Á c @ æ c Á Q Á • } æ c & @ Á æ , æ ^ Á : sure, this said that 2009 will bring birds, bugs and pestilence but really, up to now, the berry bushes ask for very little. Take away the old canes of the raspberries and they are happy. The blackberries have to be pruned back to keep them in check but that is all.

Keeping the fruit, if you get too much at one time is easy too. I wash them off, pat dry, spread them out on a cookie sheet and put them in the freezer. Once frozen, I pack them in small zip top freezer bags. Then, I just take out what ever I want to eat at a time. They stay separate æ } á Á á [ } q c Á & | ~ { ] È Á Á Q ~ Á ^ [ ~ Á ^ recommend having some in the garden. Think of all the money you save also - always makes me smile.

Q c q • Á à ^ ^ } Á æ } Á ã } c ^ | ^ • c ã } \* Á , windy weather is my enemy, I really enjoy the mid-~ [ | c ^ Á á ^ \* | ^ ^ Á c ^ { ] ^ | æ c ~ | ^ been having as this means I can get out in the garden. I always try to put the garden to + • | ^ ^ ] + Á ã } Á c @ ^ Á Ø æ | | Á æ • Á ] ã & no matter how much raking and clipping I did, it still looks ragged in mid winter. With the leaves gone the pruning jobs become more obvious and some of the ornamental grasses are looking tattered and beg for clipping. The Trumpet Vine (Campsis Radicans) and the Carolina Jasmine (Gelsemium semperviron) both got a good trim. I did discover one disaster. I guess I tried using the burlap wrap for my fig tree one season too many. The side away from my view ripped in the high winds. I may not get any figs next season as I probably have lost the fruit bearing branches. To put c @ æ c Á [ ~ c Á [ ~ Á { ^ Á { ã } á Á Q Á c @ ã } through the plant and seed catalogs and start { ^ w% + Á | ã • c È

P.S. Be careful when pruning as I found a Praying Mantis egg case in the Northern Sea oats and had to relocate it.

**NEWSLETTER STAFF:**  
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 Mary Sambor, Carl Pfeiffer & Arlene Pugh  
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 Blog Address: <http://go.philly.com/gardenerjournal>  
 Cooperative Extension - Email: [DelawareExt@psu.edu](mailto:DelawareExt@psu.edu)

**MG News in February**

The deadline for articles to be published in the November MG Newsletter is **Wednesday, Feb. 4th, 2009**, Please be timely & send your article to: [babs9747@comcast.net](mailto:babs9747@comcast.net)



# Make your New Year's Resolution "GREEN" for 2009

by Joe Daniels

Have you already made your lists of resolutions....and broke a few already? Try something different for 2009 and make an effort to go "Green" and help Mother Nature out. Start looking for environmentally-friendly, eco-conscious gifts for birthdays, weddings, anniversaries and other important occasions. Many retail stores have integrated green gifting into their inventory and a quick Google search will bring up millions of links.

A few ideas for children or relatives could be...adopt an animal at the zoo, or have a tree planted in the Brazilian rainforest, or locally for your brother or sister. Check out the World Wildlife Fund at [www.worldwildlife.org](http://www.worldwildlife.org), the Nature Conservancy at [www.nature.org](http://www.nature.org), Kiva at [www.kiva.org](http://www.kiva.org) and "TisBest at [www.tisbest.org](http://www.tisbest.org) for more information.

Make your friends and family wear their green on their sleeves - literally. give them clothing made from organic cotton or hemp or even bamboo. Help a friend sort through old clothing and drop them off at a Goodwill store or other local thrift shops. What a good way to recycle and help out others during these difficult economic times.

Find out some local organic farmers markets or farms in the area to buy local produce this summer. Start some herbs in your windowsill or help a friend get started doing the same, or a child that might just get the "gardening bug" at an early age and carrying it through their entire life. Stop by Trader Joe's or Whole Foods Market or another natural, health or organic food store in the area for some organic chocolate, fair trade coffees and teas, and organic wine. Pair the wine with two wine glasses made from recycled glass , what a great gift.

Give children green toys to teach them about green living from an early age. Check out [www.greentoys.com](http://www.greentoys.com), [www.greatgreenbaby.com](http://www.greatgreenbaby.com), and [www.planetgreen.discovery.com/go-green/kids-toys](http://www.planetgreen.discovery.com/go-green/kids-toys).

There are many books on the "green topic". "You Grow Girl" by Gayla Trail is a hip, how-to guide-book for beginning and intermediate gardeners. "Little Green Books" by Simon & Schuster is a series of books made from recycled materials designed to educate children about endangered species, recycling, planting and other green topics. Other green books include "Green, Greener, Greenest: A Practical Guide to Making Eco-Smart Choices Part of Your Life by Lori Bongiorno; Reduce, Reuse, Recycle: An Easy Household Guide" by Nicky Scott; "Gorgeously Green: 8 Simple Steps to an Earth-Friendly Life by Sophie Uliano; and "Confessions of an Eco-Sinner: Tracking Down the Sources of my Stuff" by Fred Pearce. Stop by a local bookstore and find many more interesting and green friendly books for yourself and loved ones

## Election of Officers

The officers who will serve during the year 2009 will be elected at our January meeting.

The nominating committee will present the following nominees:

For President-----Lorraine Altrichter  
For Vice President----Gail Sklar  
For treasurer-----Liana Bauerle  
For secretary-----Tara Clarke

To suggest any additional candidates please contact Carl Pfeiffer

to make us all more conscious of how we can help out in "THE NEW YEARS RESOLUTION WE CAN ALL TRY FOR 2009"

Best of luck and let me know how you are helping out the green movement, or raising awareness with friends and family that benefits us all.

### GREEN THUMB DINNERS

All MGs are welcome to join us for dinner. We meet once a month and we always meet at 6:45.

On Thursday, January 22nd  
per Darby and  
Feb 24th Central Park on  
Baltimore Pike in Springfield

So I can reserve the proper sized table ½ RSVP to me.

Janae Alberts 610-642-7831



# EARTH NOTES

by Marion Yaglinski

trick · creating realities by first imaging them. As soon as we sense the possibility of a more desirable world, we begin behaving differently, as though that world is starting to come into existence, as though, becomes an invisible force which pulls us forward.

Brian Eno

a brand new chance to imagine and create a new reality. Dream big! Do the right thing for our home planet · learn everything you can about environmental stewardship and then put what you learn into practice. The Environmental Stewardship committee is available to help if you need information or have questions. Feel free to contact us.

Focus the Nation event day, February 5th, 2009.

<http://pennstatefocusthenation.org/> to view the entire 2008 program.

Last year, Penn State's Focus the Nation event renowned climate-change experts with interdisciplinary faculty to raise awareness and a better understanding of the climate change crisis and options for change. The program included the science of climate change, its impacts on humanity and ecosystems, and local and global solutions.

mental stewardship and sustainable living on our blog at <http://blogs.phillynews.com/inquirer/gardenerjournal/> Check it out and share it with contact me.

Happy New Year, everyone!

## MG OFFICERS & COMMITTEES

- President: Kathy Hornberger 610-494-8846
- Vice President: Lorraine Altrichter 610-353-4765
- Secretary: Gail Sklar 610-355-0665
- Treasurer: Liana Bauerle 610-485-3001
- Coordinator: Linda Barry 610-698-7669
- lrb16@psu.edu
- Committee Chairs:**
  - Newsletter : Barbara Smith 610-521-1333
  - Arbor Day: Mary Sambr 610-449-7158
  - Elsie Mueller 610-626-7210
  - Environmental Stewardship: Marion Yaglinski - 610-565-7221
  - Fall Fest: Diana Breen 610-325-6941
  - Alyce Zellers 610-565-9906
  - Field Trips: Gerry Eunson 610-459-8485
  - Garden Contest: June Wojtowicz 610-527-0936
  - Hortline: Ron Gatto
  - Michele Sullivan
  - Grant Writing: Gail Sklar 610-355-0665
  - Port Therapy Committee Chairs:
    - Chloe Mayes; Connections; Chuck McLaughlin
    - Broomall Presbyterian Home: Mary Evans
    - CADES: Marty Roelandt
    - Center for the Blind & Visually Impaired: Hope Jones-Gary
    - Holcomb House: Chuck McLaughlin
    - Merry Place : Janae Alberts, Marianne Martin
    - Mischa House: Nancy Simons
  - MG Recruitment: Marty Roelandt 610-566-5880
  - Office Mgmt: Barbara Meahl 610-328-9963
  - Public Relations
  - School Gardens
    - Main Street School: Delilah Foldes
    - Sabold Sculpture Garden: Holly Thorpe
  - Social Events: Hope Jones-Gary 610-444-0768
  - Speakers Bureau: Joe Daniels 610-485-2404
  - Special Events: Gerri Eunson 610-459-8485
  - Taylor Arboretum: Ed Lyons 610-872-9540
  - Darlene Delany 610-991-0728
  - Teaching Gardens: Hillside: Delilah Foldes 610-565-2473
  - Stephen Hinds 6610 610-544-2399
  - Butterfly: Kathy Hornberger-610-494-8846
  - Marijane Martin 610-356-1134
  - Carl Pfeiffer 610-566-7209
  - Terrace: Carl Pfeiffer 610-566-7209
  - Martori Nelson 610-544-5989
  - Shade: Carolyn DiPaulo 6610-544-3017
  - Julia King 610-532-7598
  - Tyler Partnership: Jeanne Skinner

## Hints from Delilah

If you used a cut tree for the holidays, now is a good time use the branches to shelter your plants from the freeze- thaw cycle, or you could prop the whole tree up outside to provide shelter for the birds in severe weather. When the limbs are bare put the tree on the brush pile to shelter small animals.

Save some of your cooking grease to mix with oatmeal and birdseed cornmeal or dried fruits to feed the birds.

While dreaming of your spring garden include some native plants. Small ones make for easier planting and they will grow readily. Some catalogs identify plants as native in the plant description.

Some local nurseries carry native plants. Be sure not to buy any of those invasive ones. They are supposed

Amaryllis and Poinsettias are favorite holiday plants. They can be kept for annual re-bloom. Cut the flower stalk of Amaryllis when it is finished blooming as close to the base as possible. Continue to water and after February 15th lightly fertilize



the plant to keep the foliage healthy. Keep the plant indoors or outdoors, after the weather warms up, in part sun. In late August, stop watering the plant place it in a cool, dry place and allow it to rest for two months. Then repot the plant in fresh soil, water again until new growth appears. Then water it as needed, allowing the top soil to dry out between watering. It may take a few months but it will bloom again as well as it did when you first got it.

Poinsettias can be cut back to four inches after blooms fade and kept watered and lightly fed, indoors or out, in sun. Pinch back new growth when it is four inches long to encourage branching and more blooms. In October, put the plant in a dark place for fourteen hours per day. This plant is a photo responder and will not bloom readily if it receives too much light. When the red bracts (leaves) appear, place the plant in strong light



### Money Saving Hints:

Cook meals in a slow cooker for less power use.

Use the toaster oven for baking small quantities.

Use glass baking dishes to save 25 degrees of oven heat.

Installation is needed around food.

Check the efficiency rating on new appliances.

Hang clothes in the house for drying.

Install a programmable thermostat on the furnace.

Open the drapes on the sunny side of the house.

Unplug toasters coffee makers and computers when not in use. They use more energy when