

Hello Master Gardeners!

The long, lazy days of summer are here, Kids are out of school, gardeners have put in their landscapes and are starting to harvest the fruits and vegetables of their labor. With all of these great things to enjoy, the theme of this newsletter is “summer pleasures.”

Summer is indeed the time to enjoy the outdoors, maybe by visiting some of the “Summertime In The Country” tours, or participating in local garden walks. One great local celebration will be North Bend’s sesquicentennial celebration and the “Art In The Garden” tours on June 24. This event will feature four private gardens, Franklin-Cotterell Greens Arboretum at the North Bend High School, and a native prairie. Local artists will be featured at each site demonstrating and discussing their art.

Enjoy your summer!
-Betty Hamata



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2006 Master Gardener Interns

Another wonderful group of gardeners went through Master Gardener training this spring, swelling our ranks and bringing their own special skills into our midst.

You might see them helping out with phone answering the next time you stop into the UNL Extension Office. Please give them a warm welcome!

Helen Beebe- Fremont
Nancy Hecht- Yutan
Sylvia Hermone- Fremont
Lois Johnson- West Point
Leona Marchand- Ashland
Alison Mockenhaupt- Oakland
Linda Ryan- Fremont

Arthur L. Peters Garden Club Becomes Tri-County Gardeners

At their January 2006 meeting, the members of the former Arthur L. Peters garden club unanimously decided to change the name of the club to Tri-County Gardeners.

There were several reasons for the change, but foremost the club would like to encourage participation by new members from surrounding counties, particularly from towns where there is no longer an active garden club.

Tri-County Gardeners meets the 4th Thursday of each month January through October at the Keene Memorial Library in Fremont, at 7:00 p.m. Membership dues are \$15.00/person or \$20.00/family. For more information, contact Daniel or Mary Monson, 753-0027.

New members are always welcome!

From The Garden To The Table

Cooking With Flowers

By Bonnie Parrish

I recently attend a class at the UNL Extension Office in Omaha titled GROWING AND COOKING WITH HERBS. While I didn't learn a lot about growing the basic herbs, I did enjoy the cooking portion of the class.

I've experimented with eating nasturtiums, pansies, chive and borage blossoms, but the concept of eating tulips, lavender, calendula, and several of the others is still kind of foreign to me. I decided to share some of the recipes that we received. The lavender bread is pretty tasty! If you don't have the flowers in your garden, WILD OATS in Omaha carries a variety of dried flowers for cooking. You can buy as much or as little as you like.

- Steam daylily blooms in a vegetable steamer until just wilted. Then toss with a little herbal butter and grated Parmesan cheese.
- STUFF whole flowers such as tulips, yucca, squash blossoms or nasturtiums with some type of

meat, fish or egg salad.

- ADD petals to vinegars or butter, let stand for a few days to develop flavor, and use to season salads or hot vegetables, fish, etc.
- DIP squash blossoms or clusters of elder flowers in batter and fry.
- USE mild-flavored flowers in salads.

LAVENDER HERB BREAD

1 pkg Active dry yeast
1/4 c warm water
1 c low fat cottage cheese
1/4 c honey
2 tbs butter
1 tsp dried lavender buds
1 tbs fresh lemon thyme
1/2 tbs fresh basil; finely chopped
1/4 tsp baking soda
2 eggs
2 1/2 c unbleached flour
herbal butters

Dissolve yeast in warm water in small bowl. In a larger bowl, mix together the cottage cheese, honey, butter, herbs, baking soda and eggs. Stir in the yeast mixture. Gradually add flower to form a stiff dough, beating well after each addition.

Cover and let rise about 1 hour, or until doubled in bulk. Stir the dough down with a spoon. Place in a well greased 1 1/2 or 2 qt casserole or ten 4" individual pie tins. Let rise 30-40 minutes, or until doubled in bulk.

Bake at 350 F for one hour for a large loaf, 20-30 minutes for small loaves. When done, turn onto a rack, brush tops with soft butter and let cool.

- ADD sweet flowers to fruit mixtures.
- USE strong-flavored flowers with cheese, eggs, vegetables, pasta or meats.

ANY ONE UP TO A FLOWER TASTING PARTY NEXT SPRING??

MARIGOLD CHEESE DIP

1-8 oz package cream cheese
1 c sour cream
1 tsp sherry
1 tsp minced fresh chives
1 tsp fresh summer savory, chopped fine
1 tbs fresh marigold petals, chopped fine

Blend cream cheese, sour cream and sherry until smooth. Add chives, savory, and marigold petals (if using dried, soak in water for half an hour before using and drain thoroughly). Season with salt and pepper if desired.

Refrigerate for at least one hour. Serve with chips, crackers, tacos, or on hot small biscuits. Serves 6-12.

TARRAGON FLAVORED POTATO SALAD

1 qt prepared potato salad
4 hard cooked eggs, chopped
4-6 fresh tarragon leaves, finely chopped

Into a bowl stir together potato salad, chopped eggs, and tarragon. Cover and refrigerate overnight for flavors to blend. Serves 8.

Going & Growing Newsletter Contributors:

Lorraine Urban
Mary Svoboda
Bonnie Parrish
Nancy Lindblad
Betty Hamata
Marilyn Fenton
Sarah Browning
Helen Beebe
Rich Apking

Everything's Coming Up Roses

By Helen Beebe

On a day when you are feeling the need to outdo yourself in the kitchen, amble out into the rose garden. Select some blooms to use in the following recipes. Be ready to devote a goodly amount of time preparing these delicacies. A valid suggestion could be— reserve the recipes for a special occasion. Make it a labor of love or whatever suits your fancy.

For the following recipes use only roses from plants that have not been treated with pesticides. Wash before using.

CRYSTALLIZED ROSE PETALS

Rose petals, washed & dried
Egg white
Granulated sugar

Beat egg white to a foam. Brush on both sides of petals with a small pastry brush or fingers. Both sides should be moist, but have no excess egg white.

Shake granulated sugar on both sides and carefully place on a tray. Dry in refrigerator for several days. Use petals to garnish cakes— they are edible!

ROSE BUTTER

Sweet butter, softened
Rose petals, washed & dried

Place a layer of butter in the bottom of a wide-mouth jar. Cover with a layer of petals. Continue to alternate layers of butter and petals, then seal tightly and store in the refrigerator. Blend together just before using.

ROSE PUNCH

1 c Rose brandy syrup (see below)
1 qt club soda, chilled
1 bottle rose wine, chilled
Rose ice cubes (see below)

Fill a glass punch bowl with frozen rose ice cubes. Pour rose syrup, club soda and wine over the ice cubes. Stir. Ladle into individual punch cups.

ROSE BRANDY SYRUP

1 c fresh rose petals, tightly packed
1 c sugar
4 cloves
1 c water
1/2 c brandy

Put all ingredients, except brandy, into a saucepan. Bring to a boil and simmer for 45 minutes. Cool.

Add brandy and strain into a jar. Makes 1 pint. Store in refrigerator until ready to use.

ROSE ICE CUBES FOR PARTY PUNCHES

2 doz. Miniature roses
Cooled, boiled water

Place roses in ice cubes trays, , 1 flower per cube. Half fill with water. Freeze.

When frozen, fill to the top with water and refreeze. This keeps the roses encased in ice instead of floating to the top.

Rose Facts

- By about **1200 AD** the first five groups of domesticated roses had already begun to evolve in cultivation: Albas, Centifolias, Damasks, Gallicas and Scots Roses.
- The first guide to roses was written around **300 BC** by Theophrastus, a pupil of Plato and Aristotle. Pliny the Roman went into more detail 200 years later with the equivalent of the world's first catalogue, which listed thirteen roses.



Coral Bells or *Heuchera*

By Rich Apking

Heuchera (HUE-ker-uh) is a Saxifragaceae, or a member of the Saxifrage family. Also known as alumroot, coral bells is a foliage plant with spring and summer bloom, grown in full sun to part shade. Some of the hybridizing that has been done recently has yielded some fragrance on what was always considered strictly a foliage plant.

Heuchera is a large genus of lovely foliage plants, many of which also have showy flowers. The evergreen leaves are rounded, heart-shaped, or triangular and have long slender leafstalks (petioles). The plants grow from a stout woody crown with thin fibrous roots. The ¼" to ½" flowers are borne on narrow upright stalks.

Here are some of the more common, or should I say "popular" since there is nothing common about *Heuchera*, varieties that are hardy in Nebraska:

- *H. Americana*, American alumroot, rock geranium. Size: 1-1/2" to 3" tall with leaves 8" to 10" long.
- *H. x briozoides*, Hybrid coral bells. Size: 1' to 2-1/2' tall with leaves 4" to 8" long
- *H. clyndrica*, Poker Alumroot. Size: 1' to 1-1/2' tall with leaves 6" to 8" long
- *H. micrantha*, Small-flowered alumroot. Size: 1' to 2' tall with leaves 8" to 12" long.
- *H. sanguinea*, Coral bells. Size 1' to 1-1/2' tall with leaves 4" to 6" long.

How to grow: Plant alumroot and coral bells in moist but well-drained, humus-rich soil in partial shade. In warm regions, provide shade from hot afternoon sun to keep the leaves from bleaching, especially for 'Palace Purple' and other dark colored *Heuchera*.

Plants in heavy shade tend to produce leggy mounds of foliage and seldom flower. Cooler summer temperatures also promote continued bloom.

As the clumps grow, they rise above the

ground on woody crowns. Lift the clumps every 3 years, remove the oldest woody portions of the crowns and replant the rosettes into well prepared soil.

Landscape Uses: Alumroots offer beautiful foliage and airy, often subtle flowers. Coral bells have similar foliage and showy colorful flowers. Use these versatile plants in rock gardens, beds and borders. Think purple and yellow, it's a knock-out.



Heuchera americana
American Alum

Great Summer Perennials– Daylilies & Hosta

By Betty Hamata

Perennials add structure, color and texture to landscapes. Although some bloom for just a short time, they can still add beauty with their leaf texture.

The daylily is the most popular blooming perennial for sun or part sun. They require 6-8 hours of sun daily but some shade in late afternoon is ideal. Although the blooms last only one day, there are several buds on a single stem and the color lasts several weeks.

There are several varieties from the orange "ditch" daylily to the popular yellow 'Stella d'Oro.'

A mass of different varieties of daylilies provide color all summer. A single day-

lily tucked into a perennial bed is also very pleasing to the border.

One drawback is that daylilies will sometimes get too big and need dividing, but this provides may plants to share with other gardeners.

Hosta is the most popular perennial that grows in the shade. From the humble green, to the blues and variegated varieties, there is a hosta that will fit into anyone's shaded landscape.

Though they are grown mostly for their foliage, hostas bloom from early to late summer, depending on the variety, and many of the flowers have a pleasing fragrance.

Hosta requires moist, well-drained soil and they prefer full to mostly shaded conditions, although the variegated types can tolerate more sun.

Slugs can be a problem, causing holes in the leaves. Diatomaceous earth placed on the soil can protect the plants from slugs.

Hostas need dividing when the centers die out, about every three to five years, however, they are easy to divide; just dig out the whole plant and pull or cut apart the crowns.

Replant the divisions or share the extras with friends. Division is best done in spring when new growth is 1-2 inches tall or in fall, usually September for eastern Nebraska.

Clematis Propagation— Cuttings

By Lorraine Urban

"Cuttings" are the most-used method of propagation by Clematis growers because it is quicker than layering, is economical, and is a reliable way to reproduce the parent plant. No fancy equipment is needed, and the average gardener can expect to get satisfactory results. Most Clematis varieties can be reproduced from cuttings and the best cuttings are usually taken from mid-April to mid-July.

Materials Needed:

- a sharp knife
- a small to medium-sized pot
- growing material made of 50% sharp sand and 50% peat
- all-purpose fungicide (such as Benomyl or Thiram)
- fresh hormone rooting powder
- clear plastic bags and rubber bands

Mix the peat and sand thoroughly and place in the pot. Press down on the mixture to make it fairly firm and water well with the fungicide. Allow the excess water to drain before using.

Select 2 or 3 lengths of stem from the plant you wish to reproduce. (Be sure that this plant is not one of those still protected by Plant Breeders' Rights – such as all of the "Evi" series and other newer cultivars). Choose stems that look vigorous and healthy and cut pieces 12-36" long just above the leaf nodes. Immediately place the cut end of the stems in clear plastic bags to prevent moisture loss.

These stem sections will be cut into

smaller pieces for rooting, with each stem section yielding several individual cuttings.

Choose a section part of the stem that is starting to turn brown, not too green and not too woody, but semi-ripe. Being especially careful not to damage the leaves, cut a section that starts directly above a leaf node and ends below that node – about 2" in length. Make several of these cuttings and choose only those that look healthy.

On each chosen section, carefully cut away all but one leaf. If it's a very large leaf, cut half of it away. Because the plant has lost most of its ability to absorb moisture (roots), you help to balance that out by reducing the need for moisture (leaves).

Dip the whole cutting into the fungicide solution and allow it to drain. Then dip the end opposite the leaf into a rooting hormone (as directed by the manufacturer). If the stem of your cutting is mostly green, you may not need the rooting hormone.

Always being careful not to damage leaves, push each cutting into the pot at an angle with the remaining leaf on top. If you plant several cuttings in the same pot, angle them in different direction and make sure that the leaves do not touch or overlap. Water with a fine mist spray of the fungicide solution to eliminate air pockets and prevent disease.

Cover the pots with clear plastic bags to keep the moisture in, and secure the bags with rubber bands.



Place the pots in a well-lighted area, but not in direct sunlight. Check them regularly. Don't allow the soil to dry out, but it shouldn't be so "soggy" that mold grows on the top. If brown patches appear on the leaves, cut them away with a sharp scissors.

It takes about 4 to 8 weeks for the cutting to root. When this happens, you will see the dormant buds at the leaf nodes start to grow and a gentle tug on a rooted cutting will offer some resistance. Gradually open the plastic bags over several days and allow the air to flow through.

When it's time to pot up the rooted cuttings, plant them in 8" pots filled with good compost and bury the original leaf node just below the surface.

When the plant is about 12" tall, prune it back to just above the first pair of leaf nodes; when it regrows to 18," again prune back. This will ensure the development of its root system.

Water and feed the plant until the following spring. Harden it off for several days outside before you plant it in its permanent location.

Tis The Season -For Ticks

By Mary Svoboda

Ticks are blood-feeding external parasites of mammals, birds, and reptiles throughout the world.

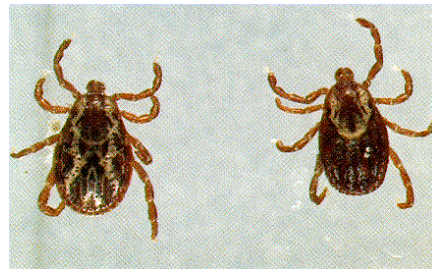
Approximately 850 species have been described worldwide. The two well established families are hard ticks and soft ticks. Both are important vectors of disease-causing agents to humans and animals throughout the world. Ticks transmit the widest variety of pathogens of any blood-sucking arthropod. Some human disease of current interest in the United States include Lyme disease, ehrlichiosis, babesiosis, rocky mountain spotted fever, tularemia, tick-borne relapsing fever, and tick paralysis.

Hard ticks have a hard shield just behind the mouthpart and are shaped like a flat seed. Soft ticks are shaped like a raisin, and prefer to feed on birds or bats. Seldom are they encountered by humans unless they are nesting in occupied buildings.

Hard ticks seek hosts by an interesting behavior called "questing." Questing ticks crawl up the stems of grass or perch on the edges of leaves on the ground in a typical posture with the front legs extended, especially in response to a host passing by. Certain biochemicals such as carbon dioxide as well as heat and movement serve as stimuli for questing behavior. Subsequently, these ticks climb onto a potential host which brushes against their front legs.

Hard ticks feed for extended periods of time on their hosts, varying from several days to weeks, depending on such factors as life stage, host type, and species of tick. The outside surface, or cuticle, of hard ticks actually grows to accommodate the large volume of blood ingested, which, in adult ticks, may be anywhere from 200-600 times their unfed body weight.

Hard ticks have a variety of life histories with respect to optimizing their chance of contact with an appropriate host to ensure survival. Some ticks feed on only one host throughout three life stages. These are called one host ticks. They remain on one host during the larval and nymphal stages until they become adults, and females drop off the host after feeding to lay a batch of eggs.



American Dog Tick
AKA wood tick

Two-host ticks remain on one host during larval and nymphal stages, then drop off and attach to another host for a final blood meal. The three-host ticks drop off and reattach to a new host during each life stage, until finally the females lay a batch of

eggs, the female dies and after the male has reproduced, he dies as well.

Hard ticks have three distinct life stages- larva, nymph & adult. Larvae which emerge from the eggs have 6 legs. After obtaining a meal from a host, they molt into the nymphal stage and acquire 8 legs. Nymphs feed and molt into adults, which also have 8 legs.

Only one blood meal is taken during each life stage. One batch of eggs contains thousands. The time of completion of the life cycle may vary from less than a year in tropical regions, to over three years in cold climates. Many hard ticks can go for several months without feeding if not stressed by the environment.

Although ticks are commonly thought of as insects, they are actually arachnids, like spiders, scorpions, and mites.

One of the most frequently encountered ticks is the **American dog tick**, AKA the **wood tick**. The larvae feed on small warm-blooded animals such as mice and birds, and the adults feed on medium to large animals such as raccoons, dogs and humans. Unfed male and female wood ticks are reddish-brown and about 3/16 inch long. Females have a silver-colored spot behind the head and become 1/2 inch long after feeding, or the size of a small grape. Males have fine silver lines on the back and do not get much larger after feeding. This tick is the vector of the causal organism of Rocky Mountain spotted fever and is one of the species in-

(Continued on page 7)

volved in tick paralysis. This tick is widely distributed in North America and is the most commonly encountered by pest professionals. It occurs throughout eastern and central United States.

Lone star tick. Larvae, nymphs and adults will feed on a variety of warm-blooded animals including humans. The larvae are tiny, only a little larger than the period at the end of this sentence. The nymph, the most common stage found on people, is pinhead sized. Adults are 1/8 inch long and brown. The female has a white spot in the middle of her back. This tick, most active from April to July, can transmit Rocky Mountain spotted fever, tularemia, and ehrlichiosis to humans, but is not believed to cause Lyme disease.

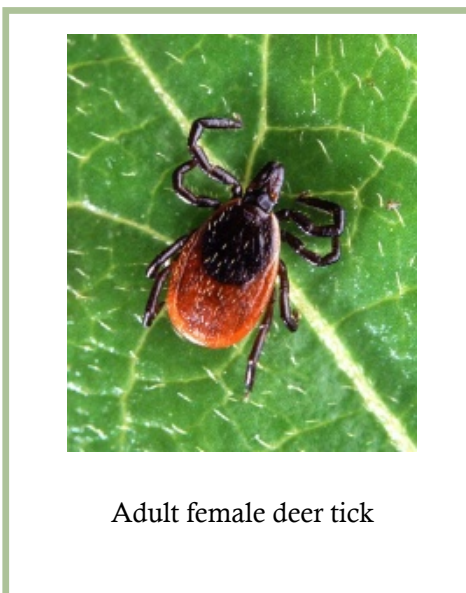
Blacklegged or deer tick. All three active stages of this tick will feed on a variety of hosts, including humans. After eggs hatch in spring, the very tiny larvae feed on mice or other small mammals. The following spring, the larvae molt into pin head-sized brown nymphs and feed on larger warm-blooded animals, including humans. In fall they molt into adults that feed primarily on deer, with females laying eggs the following spring. Adults are reddish-brown and 1/8 inch long, found in wooded areas, and are active from spring through fall. The deer tick can transmit Lyme disease and ehrlichiosis to humans.

The **brown deer tick**, also known as the kennel tick, is found throughout the United States. This tick feeds on dogs and rarely bites people. However, unlike other species of ticks, its life cycle allows it to survive and develop indoors. It can be found in ken-

nels or in homes, hiding in cracks, under rugs or in furniture.

Tick Prevention & Control

Make sure the property around your home is unattractive to ticks. Because ticks are sensitive to dry conditions and do not thrive in short vegetation, they are seldom a problem in a well-maintained lawn. Clean up items that attract rodents which can carry ticks, such as spilled birdseed, and hiding places like wood piles. There is no way to completely rid an



area of ticks—conventional pesticides have been ineffective and create risks for people and the environment. For a pesticide to work, it must come in contact or be consumed by the tick. Ticks do not eat vegetation and are likely to spend most of their time in sheltered areas, like mouse burrows, where pesticides will not contact them. It is important to understand the life cycle of the ticks and their relationship to other animals.

If in a wooded area, wear light-colored clothing that covers the body, especially your legs. It is easiest to

spot ticks on light-colored clothing, where they can be removed before they bite. Tuck your pants into your socks, and wear a hat.

Use an insect repellent containing DEET applied primarily to clothing. Use repellents containing permethrin to clothes only, not to skin. Always follow label directions. Walk in the center of trails, so as not to brush against foliage.

Check yourself, your children and your animals often. Most ticks do not attach quickly, and rarely transmit organisms until they have been on the animal for four or more hours. If ticks are crawling on your clothing, they may be removed by masking tape.

If you find a tick imbedded in your skin, remove it quickly. The mouthparts of the tick are barbed and remain imbedded and lead to infection at the site of the bite. Do not use bare hands to remove ticks, as the secretion may cause disease. Grasp the tick firmly with tweezers as close to the skin as possible. Do not twist or jerk. Pull it straight out. If tweezers are not available, use some type of barrier between your fingers and the tick.

Ticks can be safely disposed of in soapy water or alcohol, or by sticking them to masking tape. If you want to have the tick identified, save it in a container or a Ziplock bag.

Hot match heads, cigarettes, gasoline, petroleum jelly and other methods do not work for removing ticks.

(Continued on page 12)

Composting

By Merry Fenton

Composting is one of my very favorite things about gardening. I'm not kidding! At my community garden back east, I volunteered to head the compost crew every year – a job most people considered the last resort. I ended up with two helpers each year that reluctantly served, usually because they missed the meeting where we signed up for our chores and were stuck with the leftovers. But by the end of each year, I'd gone a long way towards converting my reluctant crew to the wonders of composting.

To me, composting is a no-brainer. Every gardener, no matter how meticulous, is left with garden debris and our Nebraska soil needs organic matter to help lighten its clay structure. Compost is the perfect solution, keeping yard debris out of landfills and providing cheap organic matter with little or no effort.

I think some people are scared away from composting by demonstrations that focus on carbon/nitrogen ratios and encourage people to weigh ingredients, making it seem like a dauntingly scientific process. Well, while having the perfect ratios and amounts of materials will speed up your compost, having them not perfect doesn't doom the entire project to failure. It'll just take a bit longer.

If you haven't started a compost pile in your yard, it's really quite easy. All you need is a spare corner where you can pile ingredients and the patience to let nature take its course. A compost heap should be at least 3x3 feet to heat up properly and no more than

5x5 feet so that air can get to the center. It's easiest to achieve the height you need if you contain it in some kind of fence, which also makes it look neater, but it isn't essential.

The perfect compost ratio of carbon to nitrogen is 30:1, the target we should be trying to hit to make the quickest compost. Most garden waste that's plentiful in spring (grass clippings, garden debris, kitchen scraps) has a low ratio, mostly in the vicinity of 20:1. Finding high carbon ingredients ("browns") in the summer to balance out all the available "greens" can be a challenge. But one source that most people overlook that's easy to find and has a typical carbon/nitrogen ratio of 150-200:1 is shredded office paper.

With such a heavy carbon load, it doesn't take much shredded paper to get to that coveted ratio of 30:1. And the beautiful part is that shredded paper is in the perfect state to mix with chopped garden debris or grass clippings. The paper also traps lots of air, which helps the compost break down quickly. And mixing it with grass clippings helps counteract the grasses' tendency to clump, which leads to the ammonia smell we're all familiar with if we've happened upon a trash bag filled with grass clippings that's been sitting in the sun.

Try this technique this summer – mix equal parts by volume of shredded office paper with grass clippings or chopped garden debris. Layer this mix in your compost bin about 3 inches deep and then sprinkle with compost or soil (these inoculate the pile with the microbes that will do the

breaking down.) Repeat these layers, ending with a soil/compost layer, until the pile is the right height. Water it in and then sit back and wait.

The height of the pile will drop dramatically within just a week as the pile heats up and the microbes do their job. If your pile is in or near your garden, you can water it at the same time you water your garden. The inch per week of water your garden needs will work for your compost pile too, so that's not adding any work.

You can take the passive approach, doing nothing more and your compost will be ready next spring. To speed the process up, you can turn the pile weekly to redistribute the materials, moving the outside towards the center where the pile is hottest. This will result in quick compost that'll be ready this fall.

So, whatever your gardening style – from laid back to driven – composting can work for you. Give this quick and easy method a try and you'll never go back.



The Modern Shrub or Landscape Rose

By Nancy Lindblad

Since the mid-twentieth century, when Wilhelm Kordes of Germany introduced his hardy, disease resistant Kordes rose and its offspring, modern breeding programs have produced a steady stream of disease-resistant, hardy, repeat-flowering shrub roses for garden and landscape use, often called "landscape roses".

Many of you will remember back when the "Knock-out" rose was introduced in nursery catalogues and garden centers. As a hybrid tea rose grower, I was instantly taken with the description of this newcomer because it promised nonstop blooms from late spring to frost and disease-free foliage. I was becoming less enchanted with my hybrid teas as black spot took them to leafless splendor by late July every year. I ordered from a nursery catalogue that first year and was disappointed because they ran out of stock almost at once. Now, you see "Knock-out" roses in endless ranks at every garden center you visit.

As it turned out, my first shrub rose purchases were David Austin Roses as I mentioned in a previous article. I have yet to have one of the other shrub rose varieties in my garden. That is only because I don't have the room. But I have consulted with friends about landscape roses for a border and have seen what a fine addition they can make for long season color.

There are several choices to think about when planning to plant landscape roses. There are the multi-flowered, of which the "Knock-out" series is the best example. These have a more upright growing habit and display well in a border as single plants or in a group depending on the size of the

border. There is the rugosa, originally from Japan whose name comes from the wrinkled leaves, unique to this rose. They are repeat bloomers, fragrant, and have large hips in the autumn. The canes are dense and thorny making them a good choice for a formidable hedge with both summer and winter interest, as the hips stay on after the leaves are gone.

There are ground cover roses that have single petal blossoms. These are excellent for sunny banks. I remember a friend's landscape where the older "Meidiland" rose held forth on a bank making a riot of red and white in mid-summer. I believe that the newer varieties are easier to manage as the canes do not need pruning. Careful planning when planting ground cover roses will give the gardener a lot of bang for the buck. Use a weed-suppressant after soil preparation is complete to give the roses a chance to take over and give yourself a break with weeding.

When buying shrub roses it is important to know if the rose has been grown on its own roots or if it has been grafted onto a hardier root stock. When planting, dig a hole as deep as the rose roots as it comes out of the pot and twice as wide. Plant an own-roots rose with the canes at ground level. Plant a rose that has been grafted with the bud graft union a couple of inches below ground level for winter protection.

This year I'm reluctantly cutting back on my garden but doing so gives me the opportunity to rethink the space and make room for plants that require less care and feeding. "Knock-out" roses are at the top of the list when I think about how much work my floribunda roses are. The prospect of a new color (and believe me, the shrub rose comes

in every color you could desire) and a new growth habit is exciting even while mourning the part of my landscape that is returning to grass!



'Centennial' an Easy Elegance, own-root, shrub rose from Bailey Nursery.

Please Join Us!

Newsletter Committee Meetings

- ♦ July 24th (PLEASE NOTE- NEW DATE)
- ♦ September 25th

All meetings are held from 7-8 pm at the UNL Extension Office, 1206 W. 23rd Street
Fremont, NE

We have fun brainstorming newsletter article ideas for our next issue of the Going & Growing Newsletter.

Apples For Eastern Nebraska

By Rich Apking

Apples. A subject that is near and dear to my heart, as I really like to eat them, grow them, can them, and I really like apple pie. I haven't had extremely good luck growing apples, and think that I was growing the wrong ones. I've tried growing Red and Yellow Delicious apples, but have not had really good luck. So I thought the smart thing to do was to talk to folks that actually grow apples for a living.

I consulted an Arbor Day publication to find growers in our area, mainly Eastern Nebraska. They had a listing of several operations, from nearly huge commercial operations to quite small ones that sell from their fruit stands. Here's what I found:

Kimmel Orchard near Plattsmouth grows a lot of different kinds of apples, they've been in business for almost 80 years and list their apples by the month when they are ready. For instance, in August they have Early Gold, Lodi, Paula Red, and Wealthy. In September, Gala, Golden Delicious, Honey Crisp, Jonagold, Jonathan, Ozark Gold and Red Delicious are ready. In October they'll have Blushing Golden, Braeburn, Empire, Fuji, Idared, Pink Lady, Rome Beauty Suncrips and Winesap.

Arbor Day Farms also grows and markets apples. Big surprise, huh? Their apple list includes: Early Harvest, Lodi, Red and Yellow Delicious, Red Jonathan, and Stayman Winesap. Their apples are for sale at Arbor Day Farm near Nebraska City.

Rod Oberle of Oberle's Garden near Gretna says he plants and markets: Macintosh, Jonathan, Gala, and Red and Yellow Delicious. Rod sells his apples at a fruit stand near home and at the Omaha Farmer's Market.

Rita and Rob Kiser run Kiser Orchard near Plattsmouth. They state that the best seller they grow is: Jonathan, followed by Red and Gold Delicious, Early Golden, Honey Crisp, and Winesap. Rob said that the Honey Crisp is a new apple for him. Kisers have a roadside stand and sell at the Plattsmouth Farmer's Market.

Gene Sivard owns and operates B & B Orchards near Plattsmouth. He says his best seller is the Jonathan apple. He also grows Red and Gold Delicious, Winesap, Cortland, Big Chief, Early, Dutchess, Gala, and Jonagold Hybrid. He's just started growing Granny Smith, and Rome apples. His products are available at his roadside stand and the Farmer's Market in Omaha.

A few (perhaps erroneous) conclusions: Jonathan seems to be the easiest to grow and favorite apple of the commercial folks, followed by Red and Gold or Yellow Delicious. Perhaps these are the varieties best suited for eastern Nebraska.

If you are interested in growing apples, and have access to the internet, a real good site is: <http://urbanext.uiuc.edu/apples>. This is a website from the University of Illinois extension service.

Apple Facts

- 2500 varieties of apples are grown in the United States.
- Apples are grown in all 50 states.
- Apples are fat, sodium, and cholesterol free.
- A medium apple is about 80 calories.
- The science of growing apples is called pomology.
- Most apples are still picked by hand in the fall.
- Apples are a member of the rose family.
- The largest apple picked weighed three pounds
- It takes about 36 apples to make one gallon of apple cider.
- One of George Washington's hobbies was pruning his apple trees.



Braeburn

An Interview With Sarah

By Helen Beebe

If you think you know all about the environment and nature you could be mistaken. A sure way to find out is to enroll in a Master Gardener class under the guidance of Sarah Browning, UNL Horticulture Extension Educator. Before long, future Master Gardener hopefuls realize this teacher knows a lot more than they do about Mother Nature. Teaching on the subject seems to be second nature for her.

The strength of a Master Gardener lies in the knowledge and judgment of their teacher. Few books can replace the advice of a professional educator in providing accurate and reliable information. Sarah fills the bill, and it becomes a worthwhile, intellectual journey studying both the steak and sizzle of Master Gardening with our keystone, Sarah Browning.

Upon completing their final class, Sarah's students are of the opinion that Sarah never has a bad day. That trademark smile of hers never fades, and each student leaves the building feeling like they are teacher's pet.

Sarah's career choice fits her like a glove. She delights in her job and with the people involved. However, the path to becoming a horticulturist was unexpected.

While attending Omaha, Nebraska's Benson High School she played clarinet in the marching band. In 1980 the band members traveled to Dallas, Texas where they marched in the Cotton Bowl Parade.

After high school graduation, Sarah enrolled at Northwest Missouri State University in Maryville, MO. Still undecided as to a major, she registered for horticulture classes. These brought to mind times spent as a kid, when her mother took her to a neighborhood nursery. She delighted in the plants and the old, glass greenhouses on those outings.

It is unlikely that Sarah's mom ever imagined her middle child, born and raised in Omaha along with 2 older sisters and 2 younger brothers, would eventually determine her profession, in part, upon those childhood visits.

After graduating from NWMSU with a bachelor's degree in horticulture, Sarah continued her education at the University of Nebraska-Lincoln, pursuing and earning a master's degree in plant breeding as part of a buffalo-grass development study funded by the USGA.

Sarah's research study went well, until a worker accidentally plowed under a new planting of 1,000 grass seedlings in the second year of the study. Since a comparison was to be made with the first year's test plot, as part of the replicated study, this was a serious problem. However, with some creative thinking, the problem was resolved and Sarah graduated in 1990.

Sarah served an internship at Callaway Gardens in Pine Mountain, GA located in the northwest corner of the state. She presented educational programs to adults and children at this summer get-a-way for families. The gardens included a butterfly con-

servatory, bike and hiking trails, three golf courses, a lake for swimming and water skiing and rental cabins. Sarah has a great time there, and began to love teaching in an informal environment.

In 1998, Sarah joined UNL Extension, serving Dodge & Saunders counties as a horticulture Educator. Along with other tasks, office time finds her fielding questions from the public on a daily basis. This is an area where Master Gardeners assist by answering some of the 20-30 daily incoming phone calls. Sarah said one of the most common questions regard insect identification.

Instructing Master Gardeners is fun for her. Her first MG class was held in 1999, and she has led one class yearly since then. The classes average 5-7 students, spanning in age from 20-79. Currently there are 35 active Master Gardeners in Dodge and surrounding counties.

Sarah writes a weekly horticulture column that is dispersed to 6 counties, she makes a weekly radio appearance on KHUB radio, and she is now a regular panel member on Backyard Farmer.

Outside of work, Sarah's favorite pastimes include spending time with her 12 nieces and nephews, ranging in age from 2 to 27. She also volunteers for the Nebraska Humane Society out of Omaha, serving as a foster parent for young or injured pets. Just one of her many ways to serve and solve the variety of nature's problems.

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We're on the web, at <http://hortparadise.unl.edu>. Click on 'Master Gardener Program.'



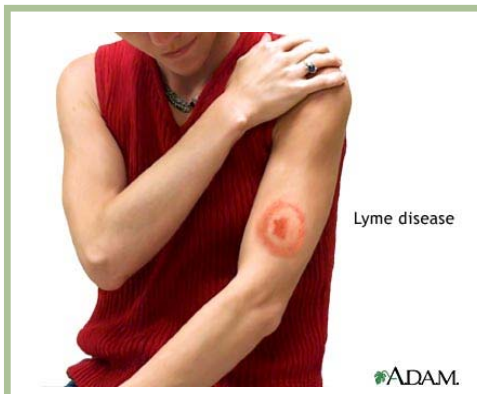
Tis The Season -For Ticks, continued

(Continued from page 7)

Diseases

In the mid-1970's, physicians observed clusters of children with arthritis in and around Lyme, Connecticut. Other clinical symptoms suggested that this was a distinct illness probably transmitted by an arthropod. Researchers linked rash lesions to tick bites and determined that early treatment with penicillin shortened the duration of the rash and reduced subsequent arthritis.

Symptoms of Lyme disease may vary from person to person, but in most cases a bump that looks like a bull's eye develops with a possible rash



The most common early sign of Lyme disease is the appearance of a rash on the skin that looks like a "bull's eye".

at the site of the bite or elsewhere on the body. The bump will usually occur within 30 days of the bite and looking red on light skin and like a bruise on dark skin. In that time the person may also develop flu-like symptoms, fatigue, chills, headache, muscle and joint pain, and a low fever.

If you experience a rash that looks like a bull's eye, or a rash anywhere on the body or an unexplained illness, you should consult your physician and tell him that you were bitten by a tick. Disease carried by ticks can be treated with antibiotics, however, they are type-specific.

Ehrlichiosis has been a well known disease in dogs, cattle and other animals for years, now it is known to occur in humans as well. First found in the 1980's, it occurs in any part of the United States, causing flu-like symptoms. Symptoms start 5-10 days after the bite but may take as long as one month to appear. Most cases are mild and can be treated with antibiotics.

Tick paralysis occurs during the feeding process when the host is afflicted with a paralytic condition, which develops gradually and may result in death. Paralytic symptoms disappear rapidly when the tick is removed and there seem to be no other side effects.