



# The Garden Spray

Bulletin of the Men's Garden Club of Minneapolis, Inc  
2007, Volume 65, Number 05



## MINNEAPOLIS MENS GARDEN CLUB PLANT SALE

On Tuesday, May 8, 2007, MGCM will hold its major annual fundraiser, our Plant Sale, Auction and Country Store. The schedule of events is as follows:

4:15 PM Country Store Volunteers who work the sale can buy in the Country Store;  
4:30 PM SILENT AUCTION BEGINS  
4:45 PM COUNTRY STORE OPENS TO EVERYONE;  
5:45 PM Dinner is served;  
6:30 PM Dinner tables cleared and stowed, chairs set up for Live Auction  
6:45 PM LIVE AUCTION BEGINS

Please remember : The lion's share of the clubs annual budget, between 60 % and 75 %, is raised during this event. A successful evening will help keep our annual dues at \$10 per member.

## Upcoming Events

| Date | Location | Event |
|------|----------|-------|
|------|----------|-------|

|          |     |            |
|----------|-----|------------|
| May 12th | WLC | Plant Sale |
|----------|-----|------------|

LHC = Lake Harriet Church (4901 Chowen Ave. S., Minneapolis)

WLC = Westwood Lutheran Church



# Thoughts from the Prez

by Margaret Landry

I am in the last throes of getting my house ready to sell, and my magnolia's in full bloom. It will be harder to give up the plants, trees and shrubs than the house! I'm giving away a pair of Saskatoon berry trees (*Amelanchier alnifolia*), which belong to the Rose family. Saskatoon berries taste like Juneberries or wild blueberries -- very flavorful and intense. They make great pie! The saskatoon is hardy to -60 degrees C (-75 degrees F!), so I'm not surprised it has health benefits. Does anyone want to start a Saskatoon berry orchard?

The following is from *The Prairie Fruit Journal*, Vol. 14 #1:

“EXCITING NEWS ON saskatoons! Saskatoons contain Resveratrol. This most exciting research confirms what we always knew, that saskatoons are one of the best foods for you. Saskatoons are believed to be the highest food source of a substance called Resveratrol. Resveratrol is produced by plants as an antifungal chemical. It is also found in the skins of certain red grapes, in peanuts, blueberries, some pines and the roots and stems of knotweed. It is available as a mass produced nutritional supplement and is registered as an investigational drug.

From Wikipedia, *Physiological Effects*  
Resveratrol interferes with all three stages of carcinogenesis - initiation, promotion and progression. It has recently been reported to be effective against neuronal cell dysfunction and cell death, and may be of use for diseases such as Huntington's disease and Alzheimer's.

Dr. Sinclair of Harvard University published in the 2003 *Journal Nature* claiming that Resveratrol

significantly extends lifespan. He then founded Sirtris pharmaceuticals to commercialize Resveratrol as an anti-aging drug. Later studies showed that Resveratrol prolongs the lifespan of the worm *Caenorhabditis Elegans* and the fruit fly *Drosophila Anelanogaster*. In 2006, it was shown that it also extends the maximum lifespan of a short lived fish, *Nothobranchius Furzeri*, by 59 % and the median lifespan by 56 %. Also noted were an increase in swimming performance, an increase in cognitive performance (learning tasks) and no neurofibrillary degeneration, which was found in a control group.

**Antiviral Effects:** Resveratrol has also been seen to increase the potency of some antiretroviral drugs against HIV in vitro.

A cell culture study has found that Resveratrol thwarts the ability of the influenza virus from carrying viral proteins to the viral building site, hence restricting the ability to replicate. The effect was 90% when Resveratrol was added six hours after infection and continued for 24 hours thereafter....”

I'm looking for volunteers to join the ad hoc committee to update our member handbook. Please send me a message at [mldry@alignforease.com](mailto:mldry@alignforease.com) if you're interested in joining the committee or finding out more about it. Thanks!

I encourage you all to join us for the plant sale and

(cont. on pg. 3)



(cont. from pg. 2)

auction, and bring friends! This is one of our main ways of raising funds for horticulture scholarships, and it's a lot of fun, even if our auctioneer (probably) won't be on crutches this year. The plants provide a great visual feast and the food's usually pretty good, too. I hope to see you there!

Regards,  
Margaret

## *A Note from the Editor*

Editor's Note:

ItThere's nothing quite like April, is there? Phil and I were in Florida and missed the snowstorm during the first week in April, but were back in town in time to enjoy the second one. Then, two weeks later I'm fretting about whether I should have sprayed the irises by now. (I try to follow Lloyd and Patti Weber's advice to control iris borers by spraying with Cygon after the third day when temperatures reach 70 degrees or more, then again 10 days later. But should I count that warm day in March? Before the 11 inches of snow? Decisions, decisions.)

We're coming up to one of my favorite events -- the plant auction and sale. I thought Doug did a great job as auctioneer last year, and Bob and Ritchie are superb raffle managers. I'm always appreciate the country store, too, since I can pot up some of my overflow and bring it in, making space for new treasures that I bring home again the same night. Thanks to everyone who works so hard on this event. See you at the sale!



## April Meeting Topic: Dahlias

Our April program introduced us to two terrific dahlia growers, Jerry and Karen Zierdt, who have been growing and judging dahlias for a long time.

Now, I have gotten some good advice from Harold Gulde and Carleton Nelson and Jerry Shannon over the years, and I think I do okay in the dahlia department. But I definitely learned a lot at this presentation.

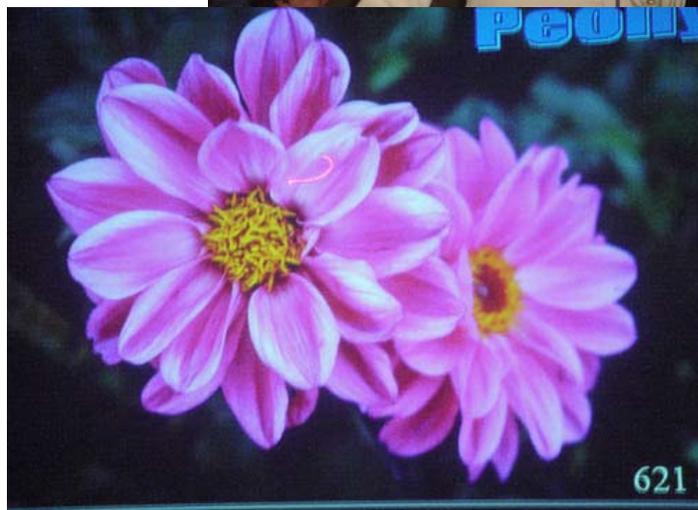
Here are a few things that I learned at the April club meeting:

- \* There are 18 different classes of dahlias, including two classes just for the things that don't fit into the other 16 classes. A 19th class for something in between 'Orchid' and 'Collarette' is under consideration.
- \* Jerry stores his tubers whole (not cut up into individual tubers) and divides them in the spring. He marks the variety name on each tuber with a permanent marker.
- \* Large tubers are not always better. Plants need to develop a good system of feeder roots to survive, and if the tuber is too big, the sprout can draw nutrients solely from the tuber and never develop the feeder roots. After the nutrients from the tuber are exhausted, the plant will die if feeder roots are not established.
- \* Jerry stores his tubers in wood shavings (pet bedding) in a location that he can keep at about 40 degrees over the winter.
- \* Plant tall varieties that need to be staked on the north side of the stake. The plant will grow toward the stake and make tying much easier. Always put the stake in the ground first and plant the dahlia afterward.

\* Don't water dahlias immediately after planting in the garden. The tuber and normal spring soil will have enough moisture, and the plant needs to establish roots that can draw water out of the soil.

\* The best fertilizers for dahlias are low-nitrogen, high potassium and phosphorus mixtures, often found as vegetable fertilizers. Jerry and Karen recommend 5-10-10, 10-20-20 or 0-20-20. Apply within 30 days of planting and again about 6 weeks later.

*Below: Presenter Karen Zierdt and a "peony" type dahlia*





*Below: Presenter Jerry Zierdt and a “stellar” type dahlia*



## Getting To Know The Board: Larry E. Larson

Written by Larry Larson

Larry E. Larson was born in Crystal in 1946. He graduated from Robbinsdale High School in 1964. Larry played and sang in a Rock and Roll band called The Barons after high school. In December, 1965, he went into the U.S. Army. He served in Vietnam for 14 months. He was honorably discharged in 1968. In 1969, he enrolled at North Hennepin Junior College, graduating in 1971. While at North Hennepin, Larry played on the baseball team and was editor of the school newspaper. He won an all-college award in 1971. His editorial, “Why are we called a JUNIOR college?” received significant publicity and he spoke at a legislative hearing at the capitol to change the name of all state junior colleges to ‘community’ college. A bill was drafted and was

passed by the legislature; the change became effective the following year.

Larry graduated from the University of Minnesota in 1973 with a degree in journalism. In 1974, he began his journalism career at the Sherburne County Star News, a community newspaper in Elk River. He became editor in 1979. Over the course of a ten year period, Larry wrote more than 2,000 newspaper articles. His ‘On the Road’ column won best column of the year in the State of Minnesota in 1982. He also won awards for Feature Writing, Investigative Reporting and News Reporting. He also wrote theatrical reviews, which hung on the walls of various theaters in the Twin Cities area (the positive ones anyway).

In 1978, Larry married Randi Bjorkland from Hopkins, Minnesota. A baby girl, Jessica, was born in 1979. They lived in Elk River during this period.

(cont. on pg. 10)



## LYNDALE GARDEN COMMITTEE

MGCM's Lyndale Park Garden Committee has prepared plans for the '07 gardening season. Kay Wolfe, Chair, hosted the planning meeting for the preparation, planting and maintenance of the park garden. The garden is a cooperative effort with MGCM, Minneapolis Park and Recreation Board and the University of Minnesota Department of Horticultural Sciences.

The project, located across from and northeast of the Lake Harriet Rose Gardens is becoming a "destination garden." There are beautiful displays of perennials, grasses, mums, roses, shrubs, hosta and, of course, the trial plantings. It is a project of which MGMC can truly be proud; beautifying a small part of a big world.

Why don't you come by and see us someday? We volunteer about every other Saturday (9 a.m.) and some Thursday evenings as scheduled. Spring clean-up, April 21 and 28. Trial bed preparation May 19th and planting the trial specimens on June 2 (rain or shine, help always welcome.)

Continuing dates are June 16 and 30, July 7 and 21, August 11 and 25, and September 8 and 22.

For Lyndale Park Garden updates get on Kay Wolfe's email list. Come by, dig in, socialize and help with the "donut hole taste off".



ABOVE: The Lyndale Park Garden committee having tea in Kay Wolfe's library. Join us--We are a sophisticated committee.

Committee members present at the meeting, in the order of sitting around the table enjoying Kay's banana cake ala mode, fresh berries and hot tea, are Tim Rosener, Judy Berglund, Tina Scott, Rodger Sefelt, Robert Kean, Andy Hovland, Carol Schreier, Marilyn Moon, Ada Hegion, Bob Redmond, Mollie Dean, Maurice Lindblom, M.T. Pulley and Kay Wolfe. We sincerely appreciate the help.

# New hosta



Here are two relatively new hostas I can recommend to our members (you don't want hot-off-the-hybridizers introduction list for this year's new plants--they can run several hundred dollars and occasionally turn out to be duds after a couple of seasons).



Hosta "Blue Mouse Ears"

H. 'Blue Mouse Ears'--a very small plant with stout bluish leaves. It was also discovered in the Washington, D.C., area. It is suspected to be a chance mutation of H. 'Blue Cadet'. Everyone who sees one wants to get one--just like with H. 'Liberty'. 'Blue Mouse Ears' should be about \$12 for a nice (single crown) plant.

H. 'Liberty'--a very large plant. It is a sport (or mutation) of H. 'Sageae' with a much wider gold margin. This cultivar was found in Virginia and is now widely available throughout America. There is a quite similar sport found by the Savory's in Edina who sell it under the name H. 'Ivory Coast'. You shouldn't have to pay more than \$15 for a good sized (single crown) plant.

Spring and fall are times for moving perennials around and splitting them up. And that is fortunate, because spring also is when we are in a "dividing mood." It is when most gardeners are thinking of things to change and rearrange. Spring is a good time to divide hostas—not necessarily the best time, but a good time (fall may be a better time because the plants are actively growing new roots then). Some perennials do better when regularly split, they get new vigor the next growing season. That is not the necessarily case with hostas but there are other reasons to divide them: You may wish to share your prize cultivar with a friend. The plant could have developed a "fairy ring" growth pattern—where all the nutrients are gone from the center; no crowns will develop inside the fairy ring and instead of a lush tall

# Dividing hosta

plant with leaves exploding into the air from its center there is a low-growing flat topped hosta (ugh). You may want to keep a grouping of hostas at a uniform smaller size, as such they may be more attractive bordering a walkway. There are a lot of reasons to divide hostas. However, if you want to develop the mature giant clumps that cause "oohs" and "wows" from garden visitors you will resist the temptation to divide. In our garden some hostas have not been divided in twenty years. That said, here are some pointers on dividing hostas.

You must be a bit cautious in spring because the

(cont. on page 8)

(cont. from page 7)

hostas will not develop new roots until after the leaves are formed. Prior to this they will get all their nutrition from carbohydrates stored in their crowns and through their existing root systems. Hostas are monozygotes; therefore they have adventitious roots, roots that must be formed from sites in the crown structure. If you sever an existing root it will not re-grow from the point it was cut—a new one must come from the crown. That will not happen until leaves are formed. So be careful with the root system when you are dividing in the spring. I am sure you have seen a plant divided by cutting it into two halves with a shovel. If this is done with a hosta each half will droop on the ground with floppy leaves for a long time, until new roots that can support a large leaf system develop. This is very hard on hostas and the plants will be considerably smaller the next year.

The ideal plants to divide are about three years old. At this age they will have several distinct crowns, a good root system and best of all be easy to separate. Very large old plants can be challenging.

Tiny hostas will do better if you keep two or



Hosta "Liberty"



three crowns together at the time of division. It is hard to get hostas going unless a critical mass of crown tissue is present. Some tiny single-crown hostas do best if grown in a pot for a year or so. Big hostas can thrive as single crown divisions.

Divide early. As soon as the pips can be seen emerging from the ground, carefully dig the plant using a garden fork rather than a shovel. Shake the soil from the roots—I assume you all have ideal soil like Lloyd and Patti Weber where you merely lift plants from the ground and excess soil drops away exposing the entire root structure. If your soil is not ideal, use your fingers to remove as much as possible and then use a nozzle-end hose to remove the rest. Don't worry about damaging the roots with the jet of water, they are pretty tough. Alternatively you can soak the roots in a bucket of water to remove soil if you are a very cautious worker. Now you should be able to see the various crowns and their intertwined roots. Grasp half the hosta in each hand and wiggle the clump slightly clockwise and then counter clockwise all the while gently pulling it apart. The clump should separate along natural cleavage planes with all roots intact. Often you can repeat this process getting down to individual eyes, each with an intact and undamaged root system. Occasionally the rhizomatous portions of the crown will break in two as the parts are separated—don't worry about it.

I stop when the crowns can no longer easily be pulled apart unless there is a special reason to divide down to individual eyes. In such case you need to get a sharp knife and cut wedges out of the main crown system, making sure each wedged-out portion has an eye (or pip which already is forming leaves) and a good root system.

(cont. on page 9)



(cont. from page 8)

Each of these will form a new hosta. You can get an awful lot of hostas from a single clump—at times it seems rather like feeding the 5,000 people with five loaves of bread and three little fish.

Once separated the divisions can be planted (if time is a factor they will be O.K. left in a bucket with water covering the roots for several days before planting). Give the hostas a good place to grow. Bob Savory, the grand hosta master of the MGCM used to say, "Never put a \$40 plant in a fifty cent hole." You hope to have them in the same place for twenty years, so do it right. Hostas like a loamy soil with a good deal of organic material.

If you want to fertilize these newly divided hostas try using a small amount of Osmocote which will provide nutrients throughout their first year. Water them regularly, they will want an inch of water a week if possible.

Actually, if you take care to keep good root systems with the crowns and leaves you can divide any time throughout the summer. I would be cautious about dividing in late July, however, because hostas like many other perennials tend to go dormant during hot dry weather. And it is always better to divide a plant when it is growing.

Good luck,

Bob Olson

Call me if you have questions: (952) 920-8327

#### BOARD MEETING MINUTES

April 3, 2007

**PRESENT:** Sharla Aaseng, Elizabeth Hamilton, Margaret Landry, David McKeen, Denise Rust.  
**ABSENT:** Kris Deters, Larry Larson, Elaine Spiegel, Don Trocke.

**TREASURER'S REPORT:** Club has \$3,555.69 in checking and \$5,343 in a nine-month CD.

**OLD BUSINESS:** A digital projector costs over \$100 each time we rent one for a meeting. It is time to see if anyone knows of a source for a good used one or to appoint a person or committee to look into the cost of a new one.

**NEW BUSINESS:** Board is looking for nominations for one honorary member. Board brainstormed possible candidates.

The public tour is a go for July 14-15 with eight gardens on tour.

There may be a push in the fall to raise club dues. The club lost money last year in part due to giving three horticultural scholarships without the income of a public tour. We will see how the July public tour does before making a decision on this.

**NEXT BOARD MEETING** is scheduled for Tuesday, June 5 at 7:00 PM at Dave McKeen's.

## Larry Larson cont.

(cont. from pg. 5)

In 1983, Larry left the newspaper business and became a Communications Representative for the Commercial Avionics Division of Honeywell. He was later named manager of communications projects for the same division. When the division moved to Phoenix in 1987, Larry moved to the Defense Systems Division and became a technical writer and editor. One manual he wrote on Land Navigational Systems, is still being used by the United States military and several other countries.

In 1994, Honeywell spun off its defense systems business into Alliant Tech Systems, which laid off 90% of its employees over the next two years. Larry left in 1995. He worked as a tech writer for several other companies, including 3M, until Feb. 2000 when he suffered a heart attack. He retired the same year. He regularly sold items on Ebay for two years. Last year he worked part time at Home Depot in the garden center.

Larry is an avid collector of sports and movie memorabilia including autographed photographs, magazines, uniforms, baseballs, etc. He also collects movie posters, lobby cards, records, Hamm's beer items, beer steins, and Asian collectibles. He was a sports card dealer from 1986-91, buying and selling baseball cards and other sports related items. He is an avid golfer and a big Twins fan. He played softball and racquetball for 25 years but injuries forced him to retire from those sports.

Larry and Randi have traveled extensively. His favorite city is Paris and the nearby castles of the Loire Valley. He also loved the trips to Hawaii, Prague, Vienna, St. Petersburg, Russia, Tokyo, Japan, Stockholm, Yellowstone Park and Seattle, where his daughter now



lives. Larry and Randi both enjoy gardening and going to garden centers. His favorite flower is the Dahlia. He grows about 40 of them every year.

He lives in Minnetonka with his wife, Randi and two cats, Ole and Lena.

Larry joined the MGCM in 2001 and the Minnesota Dahlia Society in 2004.

That's enough!!! Yawn!

### Plant Sale Raffle!!!

Have you ever wondered where all the garden items come from that are in the raffle each year? Did you know they are all donated items? All the money raised is clear profit--no expenses related! This year Ritchie Miller and Bob Voigt are collecting garden-related treasures. They are asking every member to make a contribution or to secure a garden-related gift from your neighborhood garden store or hardware store where you do business. All proceeds go toward supporting club activities. Contributing something is easy. Try it. It works. Then phone either Ritchie or Bob and tell them what you are donating. Then bring it to the plant sale on May 8. Thanks, everyone.



## **PUBLIC GARDEN TOUR SET FOR JULY 14-15**

Ticket distribution at May/June meetings

Seven special gardens will be featured in this year's MGCM Distinctive Gardens Tour. The proceeds from this event, as always, are devoted toward scholarships given by the club to horticulture students in Minnesota. Members Leroy Cech, Jerry and Lee Shannon, Lloyd and Patti Weber, Don Untiedt and Jim McKee, Dave and Delores Johnson and Bob Redmond, along with non-members Janet and Janice Robidoux/Everett Anderson, have graciously offered their gardens for the tour.

The support of the club is vital to ensure the success of this event. At the plant auction May 8 and also at the June 12 meeting, committee members will have tour tickets for you to pick up to sell, as well as flyers to be posted at public locations you have access to. Members can help by selling only a few tickets apiece. Individual drive-yourself tickets will cost \$10, and tickets to ride in an air-conditioned coach starting from Southtown on Saturday will cost \$20. Committee members working on publicity are pursuing many outlets to get the word out, but if you have an idea for publicity or know of an outlet to sell additional tickets, please contact Kent Petterson at 651-222-5536 or [terrace@winternet.com](mailto:terrace@winternet.com), or Elaine Spiegel at 952-927-9539 or [spiegel.elaine.les@parkwifi.com](mailto:spiegel.elaine.les@parkwifi.com).

As an incentive to member sales, Kent Petterson at Terrace Horticultural Books is offering prizes for the top ticket sellers. Anyone selling eight or more tickets will receive a free book valued up to \$20 in a subject of their choosing from bookstore stock. The top ticket seller will receive a free specially prepared Tea at Terrace in the bookstore garden for up to four people.

The public tour hours will be 12 Noon-5:00 PM July 14-15, which is a Saturday and Sunday. The bus tour runs only Saturday and will not be able to get to all of the gardens, but bus riders will receive directions to other tour gardens in case they wish to venture out on their own on Sunday.

Full details about the tour are available at the MGCM website, [www.minneapolismensgardenclub.org](http://www.minneapolismensgardenclub.org). Questions and ticket requests can be directed to Denise Rust, 763-560-7747 or [dk\\_rust@hotmail.com](mailto:dk_rust@hotmail.com).

### **CLUB FINANCIALS**

CHECKING - \$6379.00

CASH - \$100.00

CD - \$5662.59



# Men's Garden Club of Minneapolis, Inc.

## Inside

|          |                    |
|----------|--------------------|
| Page 1   | Plant Sale         |
| Page 2   | Word from the Prez |
| Page 3   | Editors Note       |
| Page 4-5 | April Program      |
| Page 5   | Get To Know Board  |
| Page 6   | Lyndale Garden     |
| Page 7   | Hostas             |
| Page 9   | Board Minutes      |
| Page 11  | Public Tour        |

### Club Officers:

**President: Margaret Landry**  
3252 40th Ave. S., Minneapolis

**Vice President: Larry Larson**  
15225 Wild Wings, Minnetonka

**Recording Secretary: Denise Rust**  
7933 Girard Court, Brooklyn Park

**Membership Secretary: Sharla Aaseng**  
1025 20th Ave. S.E., Minneapolis

**Treasurer: David McKeen**  
2834 Vernon Ave. S., St. Louis Park

**Past President: Kristine Dieters**  
1736 Lexington Ave. S., Mendota Heights

### Directors:

**Elaine Spiegel**  
4814 West 41st. St., St. Louis Park

**Elizabeth Hamilton**  
8219 Russell Ave. S., Bloomington

**Don Trocke**  
10625 Bush Lake Rd., Bloomington

The Garden Spray is published monthly by the Men's Garden Club of Minneapolis, Inc. for its members. The Men's Garden Club of Minneapolis is a not-for-profit, equal opportunity organization.

Return To:

## The Garden Spray

Men's Garden Club of Minneapolis, Inc.  
Mary J. Maynard, Co-Editor  
4375 Dart Avenue  
St. Louis Park, MN 55424

**First Class Mail**

*May  
2007*