



The Garden Spray

Bulletin of the Men's Garden Club of Minneapolis, Inc

2008, Volume 66, Number 09



❁-SEPTEMBER SPEAKER-❁

Our speaker at the September 9 meeting will be Brenda Wickenhauser from Bailey's Nurseries. Bailey's is a 100 year old local grower located in Newport, which brings together new plant varieties from all over the globe.

Brenda has a BS from the U of MN College of Agriculture in Floriculture with a Business emphasis. She is a native Minnesotan who started work at the U of MN Research Farm at age 16. Since college, she has worked as a grower, and for the past 20 years in plant sales. She says her career has helped feed her addiction to gardening.

Brenda will provide us with information about new introductions to the tree and shrub market, as well as new Minnesota-hardy roses and hydrangeas, including the new Hydrangea 'Endless Summer, Twist and Shout.'

September Dinner Meeting: Tuesday Sept 9th, 2008

Gathering and Conversation -----6:00 pm
Dinner -----6:30 pm
Business Meeting ----- Approx. 7:00 pm
Program ----- Approx. 7:30 pm

Dinner Reservations

Permanent reservations for the dinner meeting are in effect. Reservations or cancellations are required by

the Friday before the meeting. Call or e-mail Carole Anne Brekke (952-435-6029, numsix24@comcast.net) for your reservation or cancellation.

Thoughts from the Prez

by *Larry Larson*

Last summer, several MGCM members approached me about showing some of my dahlias in the FFF show. I had never done that, I said. Furthermore, I had never even thought about it. I decided I would try it, then two weeks before the show, a devastating hail storm hit Minnetonka, ruining my dahlias. No show that year. But I attended the show and decided putting flowers into bottles to win ribbons didn't look that difficult, so I'd try it the following year.

This Spring, of course, I had some health issues to overcome, but I planted my dahlia patch, which amounted to about 40 dahlias. Then the weather turned cold. And stayed cold, well into late June. The dahlias didn't grow much, so I thought this wasn't going to be the year of my FFF debut.

Then it warmed up. I mean, it got HOT! And dahlias love heat. So they began to grow, and pretty soon, quite a few of them began to bud out. I decided to give the FFF show a try. So I began to fertilize, using the secret formula (fish emulsion). I began to cut the side buds off the dahlia stem, leaving the middle flower to grow larger. This also produced the other desired result: leaves on the stem. So I went to bed happy; I was on my way to the FFF show!

Oh, oh, I thought. What if the bugs ate the leaves on the dahlia stems? The next morning, I rushed out and bought Ortho's bug spray and sprayed the entire dahlia patch. What about fungus? Some of the lower leaves looked a little funny. Back to the hardware store to buy anti-fungus spray. I also had to make sure every dahlia was tied up properly. If a wind storm came up, they might break off. And what if the buds didn't open in time? Or what if they opened too early? Geez, there

was a lot more to think about when you were going to the FFF show!

Two days before the show, Randi and I were eating dinner. It started raining. Oh my gosh, I thought, if it hails, my flowers would be ruined again. Should I go out there with a big umbrella and protect my dahlias? Randi thought I was nuts, of course, but I worried and worried until the rain storm stopped. No hail, but the dahlias were drenched. Would they recover? What if it kept raining? Should I pick some of them now, two days before the show? It began to get windy. Real windy. My big red dahlia, Dr. Les, was flopping around. It was on a long stem, by itself, and a gust of wind would probably blow it over. I picked it, put it in warm water, and hoped it would last until the show started. I picked Shinkyoukou also. This was my best flower, a certain sweepstakes winner (or whatever they called it) if it lasted. I couldn't imagine a more beautiful flower. It had lots of leaves, too, which made it perfect.

The next day, I wondered how I would transport 15 dahlias to the show. And how would I make sure they didn't tip over? I had filled out the tags, but would I remember the names of all the dahlias? Randi and I headed out to the show, dahlias secure in their pots, which were placed inside a bed of mulch to keep them from moving around. One hundred feet from the house, one of them tipped over! Geez, I said, I've barely made it out of the driveway and already they're tipping over! I asked Randi to hold the one that fell over. Off we went again, and this time made it to the show. Inside, I was warmly greeted by fellow flower presenters. Everybody was willing to help, although they could tell I was a rookie. We sweated through the next hour and half, putting the stems inside the milk bottles, putting the tags on, and carrying each one of





them out to the show. When we were done, Randi and I headed home, taking a deep breath that we had accomplished what we intended. We had put 12 dahlias in the FFF show.

Later that day, I went back to the show. I discovered each of my dahlias had won ribbons: four blue, four red, four white. I had also won a blue for a perennial Hibiscus I had brought in. Then Margaret Hibbard told me I had won best new presenter. I would get my name on a traveling trophy, she said, and I could keep it for a year. Geez, I thought, that was pretty cool!

And so here I am, back home, thinking about the past few weeks. Yes, it was a lot of worry and a lot of work, but it wasn't something I don't do anyway. I'm always in my dahlia garden, trimming, weeding, fertilizing, nurturing. And this time, I was rewarded with 12 new ribbons, it had made the FFF show a little brighter, and I had gained valuable experience in the art of showing flowers. This was a wonderful experience. I thought back to last summer, when several garden members said I should show my dahlias because it would be a good experience. They were right, and I thank them for it.

A Note from the Editor

Jason Rathe

I heard that an American had been killed in Beijing - but I couldn't believe when I heard not only that he was a Minnesotan, but Todd Bachman. A friend of mine called me immediately wondering if I had heard. This is such a loss to the green industry in Minnesota as well as to our garden club. Lets all keep Todd and his friends and family in our thoughts and prayers. Mary has written nice remembrances of both Todd Bachman and Clyde Thompson on page 8.

Larry's article on preparing for the show is great up close and personal portrayal of what it feels like to enter the FFF Show. He's convinced me that I should enter next year. Seeing the pictures of the entrants is daunting, but there must be something a gardener from the hood can enter.



FFF SHOW

We had another successful Flower, Food and Foto (FFF) Show at the Arboretum. Thanks to everyone on the FFF and Photo Committees who made the shows possible. And thanks to everyone who submitted photos and/or brought in flower or vegetable exhibits. We were excited to have three new exhibitors at the FF show. Suzanne Holt and Our Esteemed President Larry Larson brought in beautiful exhibits. And we had a “crossover” entry from a dahlia grower who mainly entered in the Arboretum/Federated show next door.

We had gorgeous weather this year, and many visitors to both the shows.

And, of course, we awarded some prizes. Here’s a quick summary:

Champion Vegetable and Best of Show: Judy Berglund, Mixed Herb Container

Reserve Champion Vegetable: Jim Dzandzara, ‘Sante Fe Grande’ peppers in container

Featured Vegetable: Judy Berglund, Eggplant ‘Crescent Moon’

Vegetable Sweepstakes: Judy Berglund

Champion Flower: David McKeen, Cyperus

Reserve Champion Flower: Chuck Carlson, Platycodon ‘Komanchi’

Featured Flower: Chuck Carlson, Begonia collection in container.

Flower Sweepstakes: Mary Maynard

Featured Vegetable: Judy Berglund, Eggplant ‘Crescent Moon’

Best First-Time Exhibitor: Larry Larson

Thanks again to everyone who entered, and to the rest of the members who stopped by to visit us at the Arboretum.



(more pics on page 5)





Editor's Note: The following article was submitted by Carole Ann Brekke. This is a copyrighted article; we received permission from the author to re-print it in the Spray.

The Myth of Fragile Roots: "You shouldn't disturb the rootball when transplanting trees and shrubs"

Linda Chalker-Scott, Ph.D., Extension Horticulturist and Associate Professor, Puyallup Research and Extension Center, Washington State University

The Myth "When you transplant, try not to disturb the roots, just take the whole pot-shaped lump of soil/roots and pop it into its new home." This and similar advice can be found on web sites and in gardening books, all which warn us of the fragile nature of roots. When we upend a container and slide out the root ball, it's an innate response to handle those tiny white and brown strands gingerly so as not to break them. Since the survival success of a newly installed tree or shrub is dependent upon healthy, functioning roots, it seems obvious that the more intact the root system the better the chances of establishment. Anything that damages this intricate web would seem to add to transplant shock.

The Reality Though gentle handling of roots is good advice when transplanting seedlings, especially annual flowers and vegetables, woody perennials, shrubs, and trees all benefit from a more vigorous approach. There are several reasons for this, and surprisingly some of the harshest techniques result in the healthiest plants. Containerized materials, especially those in gallon sized pots, often have serious root problems as a result of poor potting-up techniques. Potbound plants exhibit circling root systems, which if not corrected become woodier and more troublesome the older they get. Eventually these circling root systems become girdling roots, which can lead to the early death of otherwise healthy trees and shrubs. At transplant time, a more aggressive approach to root preparation can

discover potentially fatal root flaws. Circling roots, J-hooked roots, knotted roots, and other misshapen roots can often be corrected by careful pruning. In this manner it's possible to remove those root problems before they threaten the survival of your shrub or tree. It's important to realize that roots respond to pruning in much the same way as the crown: pruning induces new growth. Roots that are pruned at transplant time, especially those that are excessively long or misshapen, will respond by generating new, flexible roots that help them establish in the landscape. It is vital that these new transplants are kept well-watered during this time. A second problem with containerized materials can also be avoided during your root inspection. In general, the media in the container is a soilless mix with a large proportion of organic matter and pumice. If transplanted with the plant as part of the root ball, this material will inhibit root development outside the planting hole. Furthermore, the porous texture of this planting media will often lose water more rapidly than the surrounding native soil, resulting in increased water stress to your new transplant. It is much better for root establishment to remove as much of the container material as possible before the plant is installed. The best use for the discarded container mix is as a topdressing over the disturbed soil. When covered with wood chips or another mulch that will reduce weed colonization, the container media serves as a nice source of slow-release nutrients.

(cont. on page 7)



(cont. from page 6)

The Bottom Line

- Plants with woody roots often need corrective root pruning before transplanting
- Containerized plants are notorious for concealing fatal root flaws
- “Bare-rooting” container plants is a more successful transplanting technique as root flaws can be corrected and container media removed
- In a healthy, well-watered plant, root pruning at transplant time will induce vigorous new root growth and assist in establishment

For more information, please visit Dr. Chalker-Scott’s web page at <http://www.theinformedgardener.com>.

Upcoming Events

Date	Location	Event
Sept. 9	LHC	Baileys: New Plants
Oct. 14	LHC	Peter Olin: Years at the Arb.
Nov. 11	LHC	Monrovia: New Plants
Dec. 2nd	LHC	Holiday Party

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

WLC = Westwood Lutheran Church



Club Loses Two Members

We lost two important members this month. We have probably all heard about Todd Bachman, who was tragically killed while in Beijing for the Olympics. Todd joined MGCM as a young man in 1973 and has been a member for 35 years. While he hadn't been very visible in recent years, we have been proud to have him as a member. Todd has always been very helpful with arrangements for our Holiday party, and we will no doubt always think of Todd when we bag up our poinsettias to take home. Todd's father Lloyd is also a member of MGCM, and we extend our condolences to Lloyd as well as to the rest of the Bachman family.

And we lost Clyde Thompson, who had been a member since 1990. (Actually, I think he had been a member earlier on, then "suspended" his membership until he retired from 3M.) Clyde served as club President in 1994, and he seemed to enjoy every minute of it. His MC performance at the Holiday Party was one for the record books. Clyde is probably best known for his wonderful garden that he created with his wife Virginia, and for his extended garden with all of his neighbors in Edina. Clyde was always willing to open his garden (and his neighbors' gardens) for public and club tours. We will miss Clyde, and we send our sympathy to Virginia and the rest of the Thompson family.

New Member!

Shannon Thein
1709 Pondview Terrace
Minnetonka, MN 55391
952-935-8658
E-mail: sthein7478@aol.com
She signed up for the Plant Auction Comm
and As Needed

Balance as of 8-20-08

Checking	4,143.00
CD	5,664.00



2008 FFF Sweepstakes summary

	Hort	Veg.	
Berglund, Judy	64	6	ChampVeg., Best in Show, Veg. Sweepstakes, Featured Veg
Carlson, Chuck	54	2	Reserve Champion Flower, Featured Flower
Dzandzara, Jim		4	Reserve champion vegetable
Hegstrand, Scott	4		First-Time Exhibitor
Hibberd, Margaret	82		
Holt, Suzanne	14	2	First-Time Exhibitor
Larson, Larry	26		Best First-Time Exhibitor
Livingston, Bob	15	9	
Maynard, Mary	112	1	Flower Sweepstakes
McKeen, David	26		Champion flower
Spiegel, Elaine	1		
Trocke, Don	40	6	



SEPTEMBER MEETING TO INCLUDE PHOTOS

This year's photo contest was the sixteenth annual event, and the first to be judged as a single category, with all prints scanned into digital form and viewed on a monitor. The three judges viewed 143 images from 15 entrants to award their points. Judging the 13 classes in a sequential manner, rather than as a set of prints spread out before them, proved challenging at first, but soon the kinks were worked out.

Ada Hegion and Bob Livingston were joined by first-time judge Archie Caple to arrive a fine selection of photos, which will be shown at the September meeting. Those attending the arboretum show on August 16 and 17 already had the chance to see the winners and the full slate of entries. Once again, photos from Hawaii to Como Park, from members' gardens to English gardens were submitted for their approval.

The top single photo (by Chuck Carlson) was from the conservatory in St. Paul, and presented a steamy SEPTEMBER MEETING TO INCLUDE PHOTOS

This year's photo contest was the sixteenth annual event, and the first to be judged as a single category, with all prints scanned into digital form and viewed on a monitor. The three judges viewed 143 images from 15 entrants to award their points. Judging the 13 classes in a sequential manner, rather than as a set of prints spread out before them, proved challenging at first, but soon the kinks were worked out.

Ada Hegion and Bob Livingston were joined by first-time judge Archie Caple to arrive a fine selection of photos, which will be shown at the September meeting. Those attending the arboretum show on August 16 and 17 already had the chance to see the winners

Plant Names

By Chuck Carlson

A rose is a rose is a rose, but is a wort is a wrot is a wort? I had a plant in my yard and someone asked me for its name. I couldn't remember but I remember I dug it out in the woods of a golf course many years ago. Later the missing name bugged me so I just had to look through some books. I did find it and it is called a Spiderwort. I now have it in a number places in the garden I believe that is thanks to the birds. But that just brought up another question. There are many plants that have "wort" as a suffix; so what dose wort mean? If we just used the scientific name we wouldn't have to even think about it.

In any case it sent me to the Internet. Well "wort" according to many simply means plant. It is derived from an old English word "wyr". A German word wurtz also is involved which means root. That just started me on looking at plant names and odd informa-



Lungwort

(cont. on page 11)



(cont. from page 12)

tion. The term wort was also used for names of herbs and plants that have medicinal uses. Some examples are: Liverwort, Lungwort, Scurvywort and Pilewort.

After finding this out I still was inquisitive. Investigating Spiderwort I found out that the scientific name is *Tradescantia* and has many (71 species). Other common names are Ladies Tears, Spider Lily, Cradle Lily, Oyster-plant and Flowering Inch Plant. No wonder we need scientific names. One last item is that the blue stamens mutate to pink when exposed to radiation.

I couldn't stop with this so I investigated a few other worts. The first one is Bloodwort. I found out this is also known as red puccoon root, tetterwort, & bloodroot. Well this is really *Sanguinaria Canadensis* that has both single & double flowers. The common name bloodroot came from the orange colored rhizome that has a sap that if applied to the skin may destroy tissue and lead to the formation of a scab. Seeds can be spread by ants (myrmecochory). They use the elaiosome and discard the rest of the seed that later can germinate. If you didn't know elaiosome is a part of the seed that has oil that the ants feed to their young. Now I know how my plant moved. I guess ants aren't always bad.

Another I investigated is the lungwort that is I the genus *Pulmonaria*. The spotted oval leaves of *P. officinalis* were thought to symbolize diseased, ulcerated lungs, and so were used to treat pulmonary infections, thus Lungwort. By the way, the scientific name *Pulmonaria* is derived from Latin *pulmo* (the lung). Other common names include Lungwort, Soldiers and Sailors, Spotted dog, Joseph and Mary, Jerusalem Cowslip, Bethlehem Sage and Mary's Tears. The name Mary's Tears come from the a story that The flowers start with pink and turn to blue (sadness) and caused

tears that fell on the leaves and created spots.

The last one I will outline is Yellow Starwort. I have this one that I purchased at a Men's Garden plant sale. I believe it was Eldon Hugelen that brought this one. It is also called Horse-heal. It has a scientific name *Inula helenium* or Marchalan (in Welsh). Now I know why Eldon grew it since his wife is Helen and is of Welsh decent. It is a large plant (3 to 5 feet) with large leaves and a yellow star shaped flower. Its largeness is its biggest attribute. It has been used in for medicinal purposes.

I could go on since there is a myriad of worts, but I think I have spent enough time on the subject. Just get out and plant a few worts.



Spiderwort



Men's Garden Club of Minneapolis, Inc.

Inside

Page 1	Sept Meeting
Page 2,3	From the Prez
Page 3	Editors Notes
Page 4-5	FFF Show
Page 6-7	Fragile Roots
Pages 10-11	Plant Names

Club Officers:

President: Larry Larson
15225 Wild Wings, Minnetonka
Vice President: Denise Rust
7933 Girard Court, Brooklyn Park
Recording Secretary: Judy Berglund
Membership Secretary: Sharla Aaseng
1025 20th Ave. S.E., Minneapolis
Treasurer: David McKeen
2834 Vernon Ave. S., St. Louis Park
Past President: Margaret Landry
3252 40th Ave. S., Minneapolis

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

September
2008