



Master Gardeners of Wilson County

Leaves of Wisdom



Great food and camaraderie. *Photo by Deb Williams*



Andy May provided great holiday tunes! *Photo by Deb Williams*



Twos night **RIGHT** before Christmas ...
Photo by Deb Williams



100 hour Leaf Club Members (not present: David Bates, Roz Howell, Marilyn Holysz, Mark Holysz, Lawana Nelson). *Photo by Deb Williams*

200 hour Leaf Club Members:
Vickie Folsom, Maryann Hicks,
Mark Holysz, Joni Wohnrade

300 hour Leaf Club Members:
Rosemary Marshall, Linda
Robertson

10 Year Service Awards:

Linda Atkinson,
Roy Atkinson,
Jason Ellis,
Belinda Foren,
Rae Jacobson,
Judy Lea,
Lauren May

15 Year Service Award:
Barbara Couturier

20 Year Service Awards:

Carol Greer,
Myra (Mike) Willey,
Shirlene (Toots) Willis



Heaven has gained a great gardener.

With sadness we remember Mike Willey who passed away the first of this year. Mike was loved by all our members. She was quick to help with any project and always encouraging. Mike had just earned her 20-year pin. We remember and honor Mike's life with joy and sadness. It was a privilege to know her.



President's Award goes to Linda Robertson! *Photo by Deb Williams*



Rosemary Marshall received the Pam Pulley Award. *Photo by Deb Williams*

Grand total volunteer hours served for the fiscal year 2022 by the MGWC was 4,051 hours!

This newsletter supports the Tennessee Extension Master Garden Program in providing research-based, innovative and usable horticulture information to all Tennessee residents through a dedicated and skilled volunteer network.

WCMG Certified Interns



Sarah Barbian.
Photo by Rosemary Marshall



Denise Schmidt. *Photo by Deb Williams*



Emily Peyton and Cindy Burkitt. *Photo by Rosemary Marshall*



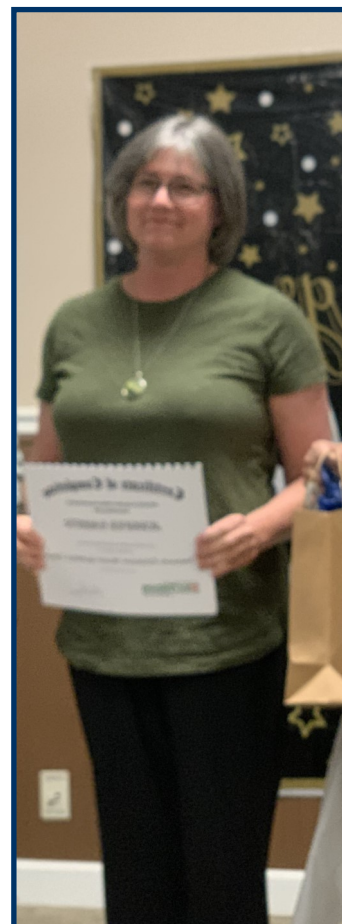
Connie Moore. *Photo by Deb Williams*



Tonya Gardner. *Photo by Deb Williams*



Lori Bornholtz. *Photo by Deb Williams*



Jennifer Garnto. *Photo by Deb Williams*

President's Note



Photo by Deb Williams

As we look back over 2022, I would first like to thank our board members, Mike Hagans (Vice President), Joe Kovacs (Secretary), and Vicki Folsom (Certification Officer and former President) who are completing their terms. Their hard work and innovative ideas have been an invaluable asset to our organization.

a chef and wanted to learn how to grow and use healthy ingredients and use fresh herbs. I showed him some of the herbs in the garden and told him I was sure that one day we would see him hosting his own show on the Food Network!

As we look forward to a new year, I would first like to welcome our new board members, Joni Wohnrade (Vice President), Dean Jones (Secretary), and Deanna Jackson (Certification Officer). They are all busy learning their new roles. Next, I would like to challenge each of us to learn something new about gardening and to try something that may not be in our comfort zone — work in a new garden or volunteer to work with a group of kids who really need to experience the magic of gardening. The Noahs of the world are depending on us! I believe this is our mission! Thanks to each of you who work so hard on all of our projects and events and who share this vision.

Happy 2023, Master Gardeners!

Maryann Hicks, President



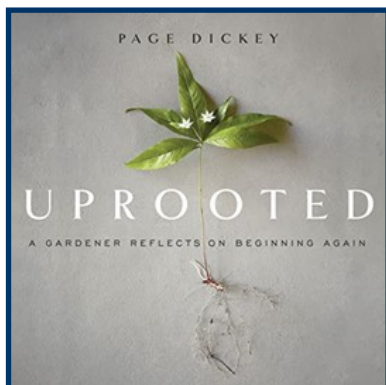
UT Advice on Handling Holiday Freeze Damage

Click on the link below to learn about handling/pruning freeze damage to our shrubs and perennials.

[UT-Hort-Team-Handling-the-Holiday-Freeze-in-your-Lawn-and-Landscape.pdf \(tennessee.edu\)](https://www.tennessee.edu/hort/hort-team-handling-the-holiday-freeze-in-your-lawn-and-landscape.pdf)

Book Review . . . Delightful Winter Reading

By Debbie Williams, Class of 2018



A 70-year-old gardener and her 80-year-old husband – in response to financial considerations -- move from their long-established home and gardens near New York City to begin again in New

England. They search out a less expensive property, renovate an historic Methodist church to make it their home, and design and oversee the installation of new gardens and a small greenhouse. Author and gardener Page Dickey tells her story in **Uprooted: A Gardener Reflects on Beginning Again** (released September 2020).

With luscious color photographs, she writes lyrical descriptions of rolling vistas, native plants, and spring bulb planting. She also finds great pleasure

in forcing bulbs in cold frames for indoor winter blooming. Dickey expresses a sentiment to which many of us can relate: “After all these years, I am used to buying little and being patient and watching plants grow. I don’t very often think about how old we are.” She graciously helps us remember that aging as a gardener still can provide new and exciting opportunities.

The eloquently told story is an endearing reflection on growing older, beginning again, and finding joy in creating something new. The author reminds us that one of the most important but overlooked components of gardening is dreaming and planning as well as charting a path for making those dreams come true. This book is the perfect accompaniment to these colder months when gardeners must wait patiently as they plan and dream of what the coming spring will bring.

Did you know ...

You can sign up to help with preparations for the **Native Plant Sale** to be held at Cedars of Lebanon State Park on Saturday, **May 20, 2023**. This fundraiser raised almost \$6000 for MGWC last year. If you’d like to receive an email when there is preparatory work to be done for the sale, please send an email to littledebbiewilliams@gmail.com to add your name to the email list. Prep includes winter sowing, potting up, washing pots/trays, making labels, and reordering the growing area.



*Photos by
Debbie
Williams*



Photo by Linda Robertson

MGWC Favorites: Bird feeders for Everyone (Except Critters)

By Debbie Williams, Class of 2018

Patti Stein, Wilson County Master Gardener, says that she has tried many different bird feeders over the years, only to have them destroyed by squirrels. The destructive critters chew through the hanging wire, drop the feeder to the ground, take the top off, and dig into the seeds. This continuing destruction led Patti on a search for destruction-proof feeders, and she has found two that she can recommend to us.



Squirrel Buster Plus
(bromebirdcare.com)

Patti's first recommendation is the Squirrel Buster Plus by Brome Bird Care. Here's her take on the Buster Plus: "Although a little expensive, it is heavy duty, and the parts are guaranteed for life. Customer service is great, quick to help, and will ship out the replacement parts free. They will also send

video instructions on how to replace them." This model also has a special feature to allow adjusting the perch tension to feed only small birds or to allow heavier birds to feed. "The ports close when weight is applied to the perch. The squirrel cannot open the ports or pop off the top."

www.bromebirdcare.com or 800-856-5685



Eliminator Squirrel Proof
Feeder (order.wbu.com)

Patti's second recommendation is from Wild Birds Unlimited Fundamentals. It is the Squirrel Proof Bird feeder. The squirrel cannot chew the metal cord hanger or pop off the top. The feeder's tube is surrounded by a cage that lowers with the weight of the squirrel; however, this model is not adjustable for bird weight. There are several Wild Birds Unlimited locations in the Nashville area.



Photo by Rosemary Marshall

This feeder is made with durable poly-lumber that will not warp, split, crack or fade. Non-porous surface is easy to clean with removable screens. Holds two seed or suet cakes. Johnson Nursery and Garden Center in Cookeville has a good selection of feeders and bird houses made with durable poly-lumber. Also online source for this feeder: [Three in One Suet Bird Feeder | Multi-Use Bird Feeders - The Birdhouse Chick](#)

Don't forget ...

By Lori Bornholtz, Class of 2022



Photo by Lori Bornholtz

Feed your feathered friends throughout the winter months! Birds' natural food sources are scarce during these months so seed or suet with a high fat content will provide extra energy for winter survival. (See the Recipe Box in this issue for a make-at-home suet your backyard birds will love!)

Also consider "birdscaping"...planting berry-producing shrubs, vines and trees that are known for drawing birds. Consider planting holly, which can grow as a shrub or a tree and produces berries that attract bluebirds, woodpeckers, catbirds and mockingbirds. Juniper is another option. Although their berries aren't tasty enough to appeal to wildlife during times of plenty, birds like bobwhites, warblers and waxwings often flock to these plants during the winter season.

Additional berry-producing plants that draw birds during cold months include crabapples, flowering dogwoods, white oaks, eastern red cedars, spruces, Virginia creepers, northern bayberries, nannyberries and viburnums.

See Recipe Box at right for No-Melt Suet.

Source: Jessica Walker Boehm, Tennessee Home & Farm, www.tnhomeandfarm.com



The Recipe Box

NO-MELT SUET

- 1 cup crunchy peanut butter
- 1 cup lard
- 2 cups quick cook oats
- 2 cups corn meal
- 1 cup white flour
- 1/2 cup sugar
- 1 to 2 cups mixed bird seed (shelled)

Melt lard and peanut butter in microwave or stovetop pan. Stir in remaining ingredients. Pour suet mixture into containers sized to fit your feeder. Freeze and keep stored in freezer. Keep in mind these cakes do not melt in warm weather but may sag in very hot weather.

For an extra treat, add dried fruit or nuts to the mix or press into surface just before freezing. Woodpeckers love this suet!

NOTE: Not for human consumption

Spotlight: Extension Publications

Sustainability Matters

Researched by Lauren May, Class of 2012

From protecting water quality using environmentally sound landscaping techniques to fostering a community stewardship ethic, the UT Institute of Agriculture's Tennessee Smart Yards initiative provides a treasure trove of information and encouragement to those looking to make their yard and/or their community more ecologically friendly.

Keeping Tennessee's land and water healthy, one yard at a time.

From the *TN Smart Yards Website*, <https://tnyards.utk.edu>:



We call it a Smart Yard — a yard that is in balance with the local environment for the benefit of both people and our ecosystem.

Tennessee Smart Yards is an Extension-led program that guides Tennesseans on practices they can apply in their outdoor spaces to create healthier, more ecologically-sound landscapes and communities. Nine principles of stewardship serve as the

foundation for the program and are explored in online modules and practical workshops taught by UT-TSU Extension and water resource professionals.

Website Highlights:

Smart Yard Certification — From balconies to acreage, from green thumbs to novice, there is something for everyone: <https://tnyards.utk.edu/certification/>

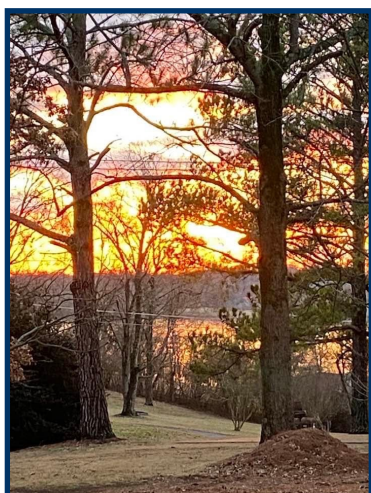
Smart Yards Communities — Community organizations that strive to create healthier, more ecologically-sound landscapes in their community: <https://tnyards.utk.edu/communities/>

TN Smart Yards Introduction (Video): <https://youtu.be/QbBi-RGAtUw>

Educational Modules: Learn from the experts in the “Nine Foundational Principles of a Tennessee Smart Yard” video series. <https://tnyards.utk.edu/certification/>

TN Native Plants Database — TN natives that are commercially available for landscaping: <https://tynnativeplants.wordpress.com>

Smart Yards Facebook Page: <https://www.facebook.com/tnyards/>



Winter beauty. Photos by Deb Williams

Did you know...

the Brother PTD220 makes great labels for all your gardening needs? The labels print on plastic and hold up well outdoors for years. The font, size, and spacing can be varied. The Brother PTD220 is powered by 6 AAA batteries so it is handy for using outdoors. At about \$40, this is a great gift for any gardener and convenient for indoor labeling too.



This quilter understands the importance of being stewards of our environment.

The Original Sewing & Quilt Expo was held at the Farm Bureau Expo Center on October 20, 21 and 22, 2022.

All photos by Kathy Powers



Plight of the Monarchs Quilt by *Kathy Puente* of Alamo Heights, Texas



Plight of the Monarchs *Kathy Puente* Alamo Heights, Texas, USA

Every autumn, monarch butterflies migrate from the U.S. to Mexico where they hibernate in trees for the winter. They make the flight back every spring. In both seasons, hundreds of thousands of monarch butterflies fill the sky and land in my back yard for a rest and meal, beckoning me to enjoy their beauty.

Monarchs need warmth to survive, and due to the changing climate, monarch butterflies are being drastically reduced with fewer and fewer of them actually making it to their hibernation habitat. Everyone can be a part of the solution. The U.S. Fish and Wildlife Service has a webpage dedicated to the monarch butterfly with information on how individuals, communities, and the agriculture industry can help.

Materials: Fabric, paint, wire

Techniques: Hand quilted, thread sketched, hand sewn

What's Cooking ...

Creamy Roasted Butternut Squash Pasta with Sausage and Spinach

Recipe from Tonya Gardner, Class of 2022

Prep Time: 30 mins	Cook Time: 40 mins	Serves: 4
Ingredients	Directions	
2 cups butternut squash, peeled, seeded and cubed	Step 1. Preheat oven to 400 F. In a large bowl toss squash with 1 tbsp olive oil, salt/pepper.	
2 Tablespoons olive oil	Step 2. Spread squash onto parchment paper in single layer and bake in 400F oven for 30 minutes.	
Salt and pepper	Step 3. In a medium skillet, heat 1 tablespoon olive oil on medium heat. Add crumbled sausage and cook for 10 mins. Remove from pan, set aside.	
½ lb sausage, crumbled, no casings	Step 4. In skillet, heat 1 Tablespoon olive oil with garlic and spinach over medium heat. Stir often for 5-7 mins until spinach starts to wilt.	
4 cloves garlic, minced	Step 5. Add heavy cream, bring to brief boil then reduce to simmer, boiling but not intensely.	
6 oz spinach	Step 6. Add shredded Parmesan cheese. Keep stirring the sauce with the Parmesan cheese on low to medium boil (simmer) until the cheese melts. Remove from heat. Season to taste with salt. No salt may be needed if sausage is salty.	
1 cup heavy cream	Step 7. Cook pasta al dente in boiling water according to package instructions, probably about 7-11 minutes. Drain.	
1/3 cup Parmesan cheese shreds	Step 8. To large skillet with the creamy spinach sauce, add the drained cooked pasta and cooked sausage. Stir. Season with salt and pepper as desired.	
¼ teaspoon salt	Step 9. Top the pasta with the roasted butternut squash. Stir the squash in, or leave it on top.	
8 oz bow tie pasta		

Don't forget to help raise money for our organization.

Shop at AmazonSmile
And Amazon will make
a donation to:
Master Gardeners of Wilson County



Here's how:

Go to the Amazon site.

Type smile.amazon.com into the search bar.

Click on Select a charity.

In the Search box type Wilson County Master Gardeners.

Always start your future Amazon purchases at smile.amazon.com.



Click on picture to sign up for Kroger Community Rewards. Select Wilson County Master Gardeners for organization name.

Who Do I Contact?

2023 EXECUTIVE COMMITTEE

PRESIDENT

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mwhicks2011@yahoo.com

VICE PRESIDENT

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MASTER GARDENER
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

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Joni Wohnrade	joni.wohnrade@hotmail.com

If you need to contact one of the bed heads or any other Wilson County Master Gardener, you can go to UT Extension website where you register your hours. Click on **Home**. A dropdown box will appear. Click on **County Roster**, and you will find a list of contact info for all WCMG members

2023 Major Demonstration Gardens Projects			
PROJECT	LOCATION	THEME	CHAIRS
Baddour Parkway Arboretum	All through Fiddlers Grove	A certified arboretum with 71 trees from 46 unique genus	Donnie Skaggs BPATrees@protonmail.com
Cedars of Lebanon Native Plant and Butterfly Garden	Cedars of Lebanon State Park, behind Nature Center	Native plants, trees and shrubs to attract and support butterflies	Rosemary Marshall marshall2171@sbcglobal.net Deb Shields debshields@comcast.net
Extension Office Demonstration Garden	Extension Office	Demonstration garden	Barbara Nissel niss1040@gmail.com
Fiddlers Grove Demonstration Flower Beds	All through Fiddlers Grove, Wilson County Fairgrounds	13 individual garden beds, different themes	Marianne Pelletier breezin1usa@yahoo.com
Fiddlers Grove Demonstration Vegetable Garden	Fiddlers Grove, next to Master Gardeners' Building	Showcase garden, experimental, plants change each year	TBD
Mt. Juliet Community Labor of Love Garden	Charlie Daniels Park, Mt Juliet	A working raised bed vegetable garden	Jan Littrell jlittrell51@gmail.com
Mt. Juliet Library Gardens	2765 N Mt Juliet Road	Several gardens to attract butterflies and birds	Ronnie Gammons gidley41@bellsouth.net Patti Stein mommabear329@yahoo.com

2023 Fiddlers Grove Demonstration Flower Beds		
BED NAME	THEME	LEADERS
Grandmother's Garden	Old-fashioned flowers that our grandmothers grew	Suzanne Dunn slw46123@gmail.com Deanna Jackson dmjackson1@dtccom.net Joni Wohnrade joniwohnrade@hotmail.com
Jordan House Patio Garden	Pollinator-friendly perennials and annuals	Maryann Hicks mwhicks2011@yahoo.com JoAnne Davis davisjoanne88@ymail.com
Medicinal Herb Garden	Herbs pioneers may have used for health and healing	Stephanie Powers stephpowers06@gmail.com
Mobile Containers	Flower displays to beautify spaces and direct visitors through fairgrounds	Marianne Pelletier breezin1usa@yahoo.com
Fiddlers Grove Monarch Way Station	Plants to support monarch butterflies on their journeys north and south	No leader
Mr. Luther's Shade Garden	Plants that thrive in the shade	No leader
Rice Cabin	Annuals and perennials suitable for an historic cabin	Fran Strausburg frans37807@hotmail.com David Bates david.bates00@yahoo.com
Fiddlers Grove Town Hall Entrance	A sidewalk boxwood garden	Gina Stayshich cherry4elvis@gmail.com
Sedum Bed	A collection of sun-loving succulents	Carol Walenga carolwalenga@tds.net
Veterans Porch Garden	Perennials that thrive in sun and heat	Sue Abernathy glorypal@yahoo.com
Master Gardener Building Entrance and Memory Garden	A showcase of small trees, shrubs and flowers	Ed Jacobs ejacobs153@aol.com Linda Kovacs linda.kovacs9@icloud.com
Melrose Church Garden	A collection of shrubs and flowers	Rosemary Marshall marshall2171@sbcglobal.net
Rowland Barn Rain Garden	Plants that thrive in a small catch basin for rain	Gina Stayshich cherry4elvis@gmail.com

January 2023 EVENTS of INTEREST

MGWC Executive Board Meeting	Tuesday, January 3 6:30 pm	Master Gardener Building
MGWC Membership Meeting Speaker: Jason & Lucas “Stump The Experts”	Tuesday, January 10 6:30 pm	Veterans Building
Seed Swap & Share Bring seeds to share & swap! No registration required	Saturday, January 28 1:00 to 3:00 pm	Shelby Bottoms Nature Center 1900 Davidson St, Nashville
MGWC Executive Board Meeting	Tuesday, January 31 6:30 pm	Master Gardener Building

February 2023 EVENTS of INTEREST

Experience Antiques & Garden Show Early Bird Admission \$30	Friday – Sunday February 3-5	Music City Center, Nashville antiquesandgardenshow.com
MGWC Membership Meeting Speaker: C.L. Fornari Discussion of her book “Coffee for Roses”	Tuesday, February 7 6:30 pm	Zoom Meeting Link TBD
Southern Home & Garden Expo	Friday Feb 10 4-8 pm Saturday Feb 11 9am-5pm	Farm Bureau Expo Center 945 East Baddour Pkwy wbthomegardenexpo.com
MGWC Executive Board Meeting	Tuesday, February 28 6:30 pm	Master Gardener Building

March 2023 EVENTS of INTEREST

2023 Nashville Lawn & Garden Show	Thursday – Sunday March 2-5	The Expo Center Nashville Fairgrounds nashvillelawnandgardenshow.com
MGWC Membership Meeting Speaker: Harvey Cotton “Plants of the South”	Tuesday, March 7 6:30 pm	Education Center
MGWC Executive Board Meeting	Tuesday, March 28 6:30 pm	Master Gardener Building

April 2023 EVENTS of INTEREST

MGWC Membership Meeting Speaker: Don Hazel “Attracting Bluebirds”	Tuesday, April 4 6:30 pm	Education Center
MGWC Executive Board Meeting	Tuesday, April 25 6:30 pm	Master Gardener Building

Tennessee Home Fruit and Vegetable Garden

2023 CALENDAR

Real. Life. Solutions.™

UTEXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

[Click here to download calendar](#)

TENNESSEE
ENVIRONMENTAL
COUNCIL

TENNESSEE 
**TREE
DAY** 
MARCH 18, 2023

More information about Tennessee Tree Day will be provided via email to all MGWC in the near future.

Here is a link for ordering: [Tennessee Tree Day 2021 - TENNESSEE ENVIRONMENTAL COUNCIL \(tectn.org\)](https://tecten.org)