

# LEAVES OF WISDOM

*Master Gardeners of Wilson County Newsletter*



Volume 3

Issue 4

## A FAIR REVIEW IN PICTURES



The 2025 Wilson County Fair/Tennessee State Fair is in the books! By all accounts, Year of Pork was a success. The Master Gardeners of Wilson County volunteered over 2,250 hours to the event with 77 of our members participating. Thanks to all of you for your hard work and smiling faces!



....continued from page 1



Thanks to Denise Schmidt,  
Tammie Willis, Barbara Nissel,  
Lauren May and Theresa Brown for  
the fair photos.





....continued from page 2





# President's Note

TONYA GARDNER



## Lessons from My Lackluster Vegetable Garden

I'm not sure what the deal was with my garden this summer, but it was a LESS than stellar garden season for me. Was it the unusually rainy June weather? Was it my late planting dates? I started my seeds right on schedule, but my seedlings were frail looking and I think I may have had some bad soil. Can I blame it on the soil? Is that allowed?

I honestly don't know what the deal was this year. I definitely had deer pressure unlike any year before. (See pic above - I'm sure that guy wasn't in there to help me do some weeding. ) I'm at a loss. I was frustrated with it all during July, and then by August I had developed more of an "Oh well, there's always next summer" attitude. One thing you have to give us gardeners credit for: It takes a LOT to dissuade us from growing plants. So I've decided that instead of having a pity party, perhaps there are some lessons I can learn from this year's "Lackluster Garden."

1. Anytime I can have my hands in the dirt working in the garden is a good thing. I'm breathing fresh air, getting natural vitamin D, working muscles that were neglected over the cold months, and listening to the sounds of nature. I prefer that all day long more than sitting on the couch watching TV. And let's be honest, gardening tired is such a good tired.
2. I may have to look past the vegetable garden to find the beauty. My flowers were beautiful this year. I also added another native plant bed in July and it really took off. I've had so many bees and butterflies and birds. They've entertained me all summer. My neighbors have enjoyed the flowers, too. While I can't EAT much from my vegetable garden, the flowers in my flower beds have been a real FEAST for my eyes.
3. It hasn't all been a loss. I've had good success with squash and peppers and herbs. I also added two new Vego raised beds that were my Mother's Day present, which allowed me to rip out some cedar framed beds that were rotting. I gained square footage. Sure, this year it was square footage for failure, but I'm going to move past that.
4. I've spent more time with other gardeners this summer than ever before. I've learned so much from them (many of them are Master Gardeners of Wilson County), and I have tucked away some great tips and ideas to try. It has encouraged me so much to hear their fun stories.
5. Walking through my garden and mulling over its failure to thrive has given me a jump start on planning for my fall garden and next spring's garden. I've made notes and researched plants and rethought the way I've organized the beds. I now consider myself much more prepared for the coming gardening seasons. Enjoy these garden failure quotes with me. Lackluster gardens are more common than we think!

“There are no gardening mistakes, only experiments.”

“I tried, it died.”

“A gardener learns more from the mistakes than the successes.”



# THE MASTER GARDENER OF WILSON COUNTY TRAVELING CAP

Let us know if your MGWC cap takes a trip!



From Sara  
Chodl  
Hat pictured at  
the gardens of  
Versaille and at  
the Eiffel  
Tower - July  
2025.



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# NEW MEMBERS/BADGES/PINS

Awards presented by Linda McCain,  
MGWC Certification Officer.



**Congratulations to Adrienne Ratmanský, Claire Amos, Sarah Barga, Ilene Marshall and Nancy Savard who earned their green badges in August!**



**Congratulations to Julie Wharton, Gwen Stahnke and Jennifer Brewington who earned their green badges in September!**



What is your favorite tree?

Debbie--My favorite tree is the crepe myrtle.

Andy--Magnolia and crepe myrtle as a close second.

What is your favorite flower?

Debbie-- My favorite flower is the Rose of Sharon.  
Andy--Rose

Do you have a gardening trick/tip that everyone should know?  
Debbie--Always carry pruners when going into the garden, you just never know when you're going to clip something to throw away, add to a recipe or better yet bring inside to decorate with.  
Andy--Just do it!

How long have you been gardening, or when did you first become interested in gardening?

Debbie--I have been gardening for 25 years off and on. We owned our own landscaping and lawn maintenance company for 30 years and I loved seeing the transformation with the yards we cared for. For most of those 25 years, my gardening consisted of decorative plants around our home. When the kids were little, I dabbled and then we moved to a couple acres where I was able to grow food. I enjoyed going out early in the morning, grazing as I worked to trim, pull or harvest what was ready.

Andy--I worked in the lawn and landscaping business with ornamental plants starting back in the early 1990s. Then started gardening for food around 2008 when we bought a property with 2 1/2 acres.

# MEET THE MASTER GARDENER!



Where are you from?

Debbie--I was born in Chicago but moved to Florida when I was one. We moved to Tennessee in 2018.

Andy--Born in Barberton, Ohio, but most of my life spent in west central Florida.

What is your favorite garden tool?  
Andy and Debbie--Pruners!



What advice do you give new gardeners?

Debbie--Don't give up! Gardening is about far more than growing plants. Getting your hands in the dirt and being in the garden is like going home. It's inviting, comfortable, and always open.

Andy--There is not a perfect way or method; experiment and learn.



Andy and Debbie Franek  
Class of 2024

What is your favorite vegetable?

Debbie-- This may be one a little strange but I really like onions. They help make recipes complete. They add a lot of flavor and so easy to use in everything.

Andy--Jalapeno peppers they're great with most any meal and also excellent in margaritas.



What is your favorite plant to grow?

Debbie--Picking a favorite is a hard thing to do because I love all flowering plants. I do really like to grow herbs so I can add them to our meals. Rosemary and basil would probably be my choice if I had to choose.

Andy--Ornamental roses; also tomatoes

What is your favorite MGWC Project?

Andy and Debbie--Pickett Chapel





# ARBORETUM NEWS

## TREE STEWARD HIGHLIGHT:



**Gretchen Tighe**

Our featured steward of the month is Gretchen Tighe. Gretchen is a recent graduate of the Master Gardeners program for 2025. She moved here from Tulsa, Oklahoma, with her husband, who is a construction executive, along with her two Bernie doodles. She is featured here with one of her Bernie doodles, Monte: the other is Marte.

Gretchen is a dental hygienist with a career that spans over 30 years. On her days off she enjoys spending time on Old Hickory lake with her husband and working outside in her yard. It was this love of plants and the outdoors that prompted her to become a Master Gardener. New to the community and not knowing that many people, she decided to enroll this year.

Being a tree steward allows her to be in the Master Gardeners program and get the required volunteer hours needed due to its flexibility. She currently is the steward over the Northern Red Oak and Roughleaf Dogwood.

One of Gretchen's favorite quotes is from Martin Luther King Jr. "Everyone can be great, because everyone can serve."

## **NORTHERN RED OAK**

The northern red oak has been called one of the handsomest, cleanest and stateliest trees in North America and is widely considered a national treasure. It is especially valued for its adaptability and usefulness, including its hardiness in urban settings.

This medium to large tree grows on average more than 2 feet a year for 10 years, with its mature height reaching 60 to 70 feet, with a spread of 50 to 75 feet. It provides food and shelter for wildlife. It's acorns are at the top of the food preference for blue jays, wild turkeys, squirrels, small rodents, whitetail deer, raccoons, and black bears. It prefers full sun, and can grow in virtually all soil.



The Northern Red Oak has been a favorite of both lumberman and landscapers since colonial times. It is the state tree of New Jersey.







During an April trip to Charleston, South Carolina, when my own garden's flowers were just beginning to show life, I marveled at the abundance of floral beauty bursting from the stunning window boxes that decorated this amazing town's streets.

As garden space is limited in the heart of the city, the homes there take full advantage of the space that they do have to display arrangements. Consequently, Charleston's window boxes have become a well-known, charming feature of this historic city. In my research to learn more about the history of the window boxes, I was surprised to learn that their initial purpose was not to display beautiful decoration, but rather to mask very foul odors! In the 18<sup>th</sup> and 19<sup>th</sup> centuries, the streets of Charleston were unpaved, often muddy and full of both human and animal waste...and of course the heat and humidity only exacerbated the stench. Yuck! I was very happy that during my visit things have come a long way and now the window displays are all about beauty (but they also did smell lovely)!

I hope you enjoy these photos I took. Apologies for the "odd angle" of many of the shots. I have to admit, it felt a bit uncomfortable taking pictures of people's homes windows. However, if you ever get a chance to visit Charleston, be sure to check out these beautiful displays for yourself!





# The Snowberry “Hummingbird” Clearwing Moth

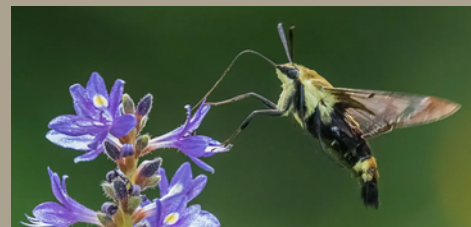
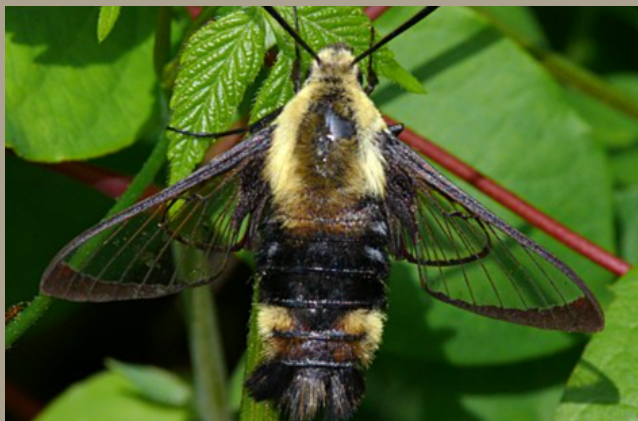
By Fran Strausburg

Several days ago I went out to water my flower garden and I spotted 2 Hummingbird Snowberry Clearwing moths. I was shocked! I was thrilled! I haven't seen one in 15 years, and there they were, in my garden. I didn't even know they existed in TN. But then why wouldn't they? The weather is perfect for them.

I stopped breathing lest I scare them away. But every now and then they would land and sit still a moment, just begging me to take a picture so I could prove people that I actually had them in my garden. At least I assumed that's what they were doing, because I can't stop breathing forever. Well, you know....

Anyway, I grabbed my phone and got several good pictures before they zipped in front of me to indicate I had taken enough of their time and then took off. Yesterday, they came back and targeted my Stokes Aster, my Lantana, and several other plants they thought might be delectable.

I've never really read up on these beautiful creatures, so I'm no expert. I just know they're awesome and they're in my garden! So, to be able to treat them properly, and to talk about them, I decided to do some research.



First of all, they are not hummingbirds as so many people think, but insects. That moniker was attached to them because they hover and fly like hummingbirds. Their wings beat up to 70 beats PER SECOND, enabling them to fly up to 12 mph.

They do not have beaks like hummingbirds, but have a long tongue-like proboscis that rolls out of their mouth to reach the nectar deep inside flowers. Its tongue is about twice the length of its body. I don't know how it carries that inside without gagging. They range in size from 2"-2.5" and are covered with white, rust, brown, or yellow hair that resembles feathers. The Snowberry Clearwing moth also has clear wings (I never would have guessed that), which gives it its unique name, and a black line running through its eyes and down its sides.

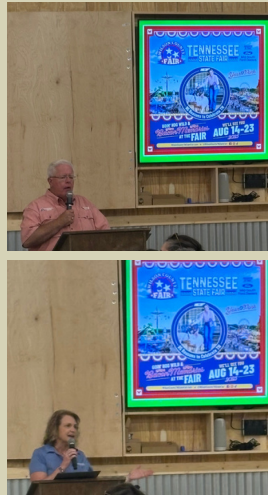
They are a crucial pollinator, especially for twilight blooming flowers, helping to maintain the health and diversity of various ecosystems. They can live up to 6 months to 3 years. However, “real hummingbirds” can live up to 6 years. Hummingbird moths feed on flower nectar alone, while hummingbirds enjoy a variety of insects with their diet.

Clearwing and other known moths can be found in North America, Europe, Africa and Asia. In the United States, they have a wide range of migration from Texas and Florida, to Maine and Alaska.

There's lots more information on these wonders of nature, but there is only so much time. However, I used Garden Gate Magazine for my research and they are a really good source of info. So, if you want to know about these fantastic insects, just go read all the good stuff they have worked so hard to gather for you. Or go to the interest and search for “Snowberry Clearwing Moth”. In the meantime, I hope you have the good fortune to see some of them in your garden. They are truly a joy.



# General Membership Meeting Recap



**Our August membership meeting was held at the 4H/FFA Building. The dinner theme was Farm to Table and it was truly a delicious feast!**

**Our guest speakers were Randall Clemons and Shari Bazydola from the Wilson County Fair/TN State Fair. They always share the most interesting facts about the fair. We appreciate them taking the time to join us!**

**There was a short presentation on how to submit winning fair entries by David Greer, Vicki Folsom and Kathy Rychen.**

**Our business portion of the meeting included:**

- Approving 3 budget increases for Labor of Love Garden, TNPS growing facility at Sadie Ford and the Hospitality fund.**
- We approved a donation to the first ever TN Garden Party hosted by the Rose Committee held during the fair.**
- We were encouraged to sign up to volunteer at various fair activities MGWC hosts.**
- Introduced a new MGWC project in Mt. Juliet - the Cedar Creek Greenway Restoration Project, chaired by Amy Ritter.**

**There were 96 total members present in person, no Zoom option, as well as 1 guest. 5 Badges were received.**



**Thanks to Stephanie Powers and Lucas Holman for the fun door prizes.**





# General Membership Meeting Recap



Our September membership meeting was held at the Arnett Education Building on September 2. The dinner theme was Tailgating - what a fun theme!

Our guest speaker was James Hearn, a Master Gardener from Davidson County, who taught us all about hydroponics in his presentation “Small Scale Soilless and Hydroponic Production Methods for Home Gardeners.” We learned so much and we appreciate him teaching us!

Our business portion of the meeting included:

- Approving 2 budget increases for Labor of Love Garden and the TNPS growing facility at Sadie Ford.
- We were invited to a Garden Gab on Sept 27 for MGWC members.
- Deanna Jackson reminded us about signing up for the Garden Tour to Memphis/Jackson in early October.
- Debbie Franek and Jamie Howard shared about the upcoming Green Thumb Workshop on October 4.

There were 76 members present in person, 21 present on Zoom, as well as 1 guest, for a total of 97 members in attendance. 3 badges were presented.



Photos provided by  
Peggy Fannin.







# Conservation Conversations

*A series featuring land stewardship, sustainability, and related topics.*

*By Lauren May*



## AND FALL NATIVE PLANT SALE

*Saturday, October 11, 2025*

### 2025 Theme: Connections

*When we try to pick out anything by itself,  
we find it hitched to everything else in the Universe.*

*~ John Muir*

Who you gonna call... with your Middle Tennessee-specific natural resource-related questions or dilemmas?

Find out at this annual event, held at the Wilderness Station in Murfreesboro's beautiful Barfield Crescent Park. **Connect** with representatives from roughly two dozen natural resource-focused agencies, organizations, and businesses that work in our area. Find out about the work they do, take a hike with a naturalist, watch a demonstration, attend a workshop, try a little forest bathing, discover citizen science projects and local volunteer stewardship opportunities available to you, shop for native plants for your garden, and more -- all in one place!

- Activities and Exhibits: 9 AM - 3 PM
- Native Plant Sale: 9 AM - 1 PM
- Nature book signings: AM
- Nature walks: AM & PM
- Wheelchair-accessible golf cart trail rides: AM & PM
- Native garden tours: AM & PM
- Demonstrations, workshops, & "Flash Features" throughout the day
- Animal Ambassador appearances periodically throughout the day
- Food Trucks: 10 AM - 2 PM

Visit the Conservation in Action Expo website for details!

<https://www.murfreesborotn.gov/2716/Conservation-in-Action-Expo>



PRESENTED BY: THE MASTER GARDENERS OF WILSON COUNTY



JOIN US FOR A FUN, HANDS-ON GARDENING WORKSHOP!



SATURDAY, OCTOBER 4, 2025

10:00 AM - 12:00 PM

MASTER GARDENER BLDG IN FIDDLERS GROVE



2 WORKSHOPS/1 PRICE:

- MAKING FLOWER FROGS- 10 AM
- WAYS TO USE HERBS - 11 AM



\$5 PER PERSON

- Includes materials and snack
- Open to Wilson Co. community
- LIMITED SPACE

TO SAVE YOUR SPACE, CONTACT DEBBIE FRANEK:  
DEBBIEFRANEK1@GMAIL.COM

The Master Gardeners of Wilson County have many volunteer opportunities to allow you to earn your required hours each year. We also provide a way to get involved, make friends, learn, educate and serve!

## PROJECTS

Projects are approved by the Executive Committee and may include funding.

MGWC Projects are led by Master Gardeners and are typically beds and gardens that we maintain and manage. Projects should include education in gardening, horticulture or landscape management, be available in our communities, etc.

- BADDOUR PARKWAY ARBORETUM (BPA)
- LEBANON COMMUNITY & EDUCATION GARDEN
- CEDARS OF LEBANON BUTTERFLY GARDEN
- MONARCH WAY STATION FIDDLERS GROVE
- COMPASSIONATE HANDS HEALING GARDEN
- MONARCH WAY STATION CHARLIE DANIELS
- EXTENSION OFFICE DEMONSTRATION GARDEN
- MT. JULIET LIBRARY
- FIDDLERS GROVE DEMONSTRATION FLOWER BEDS
- PICKETT CHAPEL HERITAGE & PEACE GARDEN
- FIDDLERS GROVE DEMONSTRATION VEGETABLE GARDEN
- SCHOOL GARDEN PROJECTS & SCHOOL LESSONS
- LABOR OF LOVE GARDEN
- SADIE FORD GROWING FACILITY
- RAISING HOPE
- CEDAR CREEK GREENWAY RESTORATION PROJECT

## ACTIVITIES

Activities include a broad range of MGWC committees and other volunteer opportunities that benefit the operations of our organization.

- AUDIO/VISUAL
- MASTER GARDENER COMMUNICATION
- EXTENSION AGENT SUPPORT
- MASTER GARDENER EXECUTIVE BOARD
- GARDEN TOUR & PROGRESSIVE DINNER
- MASTER GARDENER INTERN MENTOR PROGRAM
- GREEN THUMB WORKSHOPS
- NON-MG HORTICULTURAL ACTIVITIES
- HELP LINE
- OUTREACH PROJECTS
- HOSPITALITY/SOCIAL
- SCHOLARSHIP/ACADEMIC AWARD
- MASTER GARDENER COMMITTEE
- TECHNOLOGY

## EVENTS

Events are managed and run by other organizations and MGWC primarily provides volunteer support or expertise, and in some cases funding for gardening-related items

- 4H DAY CAMP
- SPRING FEST IN THE GROVE
- BE HEALTHY KIDS SUMMER GARDENING CAMP
- TENNESSEE TREE DAY
- TN NATIVE PLANT SALE
- WILSON COUNTY FAIR ACTIVITIES
- SOUTHERN HOME & GARDEN EXPO
- WILSON COUNTY FARM DAYS







## NATIVE PLANT PRIMER



### Good Grief... It's Just Goldenrod (*Solidago* spp.)!!!

Goldenrod is the perfect late summer and early fall native plant. Its brightly colored blooms are a lovely addition to any perennial garden, providing a burst of bright yellow blooms in late summer to early autumn, just as most summer flowers are starting to fade.

Goldenrods come in a wide variety of sizes and growth habits. Some are more suited to large scale, meadow, or natural style landscapes. Others are non-aggressive, compact clumpers, and are great additions to more organized, small scale landscapes. Whatever style or space your garden has, there is a goldenrod variety out there for you!

Goldenrods are very beneficial to our ecology. In our area, they support 90 pollinators and insects making it the most powerful keystone out of all of our native wildflowers! In the fall, goldenrod attracts monarch butterflies which depend on it for nectar to fuel their long migrations. As there are fewer flowering plants available to assist the monarchs on their difficult flight to Mexico where they overwinter, goldenrods play a crucial role for monarch migration. In the winter, the songbirds use goldenrod seeds as a source of nourishment.

Sadly, goldenrods often get confused with ragweed and get blamed for allergic reactions because they bloom at the same time as these allergy inducing plants. However, goldenrod is not an allergenic plant. Goldenrod pollen is large and sticky which enables it to better adhere to the body of visiting insects. Because of this, goldenrod pollen doesn't become airborne, meaning it cannot make its way into your sinuses. The real culprit for hay fever is ragweed, which broadcasts loads of lightweight pollen into the air.

We cannot stress enough how important it is to use goldenrods in our landscapes. Their presence in your garden will provide ecosystem services well into the fall, when most other plant life is going dormant for the fall and winter.

### HERE ARE A FEW GOLDENRODS FOR OUR AREA THAT YOU MIGHT CONSIDER PLANTING:

Botanical Name	Common Name	Notes
<i>Solidago caesia</i>	Blue-stemmed Goldenrod	Compact grower, not aggressive 1-2 ft in ht
<i>Solidago flexicaulis</i>	Zig Zag Goldenrod	Shady natural woodland, 1-3 ft in ht
<i>Solidago nemoralis</i>	Grey Goldenrod	Compact grower, not aggressive 1-2 ft in ht
<i>Solidago odora</i>	Sweet Goldenrod	Anise scented, not aggressive 1.5-2 ft in ht
<i>Solidago rugosa</i>	Rough-stemmed or Wrinkleleaf Goldenrod	Spreading clumper, not aggressive – suggest 'Fireworks' cultivar as the straight species can be more aggressive. 3-3.5 ft in ht
<i>Solidago sphacelata</i>	Autumn Goldenrod – 'Golden Fleece'	Compact grower, not aggressive - 2-4 ft in ht
<i>Solidago speciosa</i>	Showy Goldenrod	Back of the border, not aggressive – 3-5 ft in ht



The more you know... the more (native plants) you'll grow!



# MASTER GARDENERS OF WILSON COUNTY

## Volunteer Project Special Highlight



Our Fall Pop-Up of the TN Native Plant Sale is in the books! There was steady traffic all morning. 670 plants were sold with \$3820.97 net of all sales! Thanks to the TNPS committee for all your hard work!



### JOIN US FOR A GARDEN GAB

AT THE MGWC BUILDING  
IN FIDDLERS GROVE

**Saturday, September 27**  
10:00 AM - 1:00 PM - DROP IN ANYTIME

WE WILL HAVE A SEED SWAP AND A TIME  
OF CASUAL UNSTRUCTURED GARDEN CHAT  
WITH OUR MGWC FRIENDS.

BRING YOUR COFFEE/WATER  
AND WE WILL  
BRING THE COOKIES!





# MGs on the Road

## Tahiti

Pic 1 and 2  
Beautiful plants  
in Tahiti.  
Pic 3, 4 and 5  
Bora Bora  
beaches are  
breathtaking.



1



2



3



4



5



8



6



7



9



11



10

Master Gardener, Sue  
Abernathy, recently took a  
vacation to Hawaii and  
Tahiti. She has been kind  
enough to share photos of  
the interesting and  
beautiful gardens and  
views she enjoyed  
along the way.

## Hawaii

Pic 6 In Hawaii, at the end of  
the Wailua River, there is the  
Fern Grotto where the Boston  
Sword Ferns hang down  
Pic 7 & 8 The Kula Botanical  
Gardens is the inspiration of  
one man, who still maintains  
this large site. He had a section  
of orchids.  
Pic 9, 10 & 11 The Ocean  
organic vodka facility also made  
Brum, a brand of rum which  
grew its own sugar cane.



*"Plant and your spouse plants  
with you; weed and you weed  
alone." – Jean Jacques Rousseau*





## Cornbread & Taco Stuffed Peppers

Cook: 30 min

Prep: 20 min

Total: 50 min

### INGREDIENTS:

- ☐ 6 large bell peppers
- ☐ 1 cup chopped onion
- ☐ 3 Tbsp oil
- ☐ 1 lb lean ground beef
- ☐ 1 pkg taco seasoning
- ☐ water
- ☐ 1 1/2 cups salsa
- ☐ 2 cups shredded cheddar
- ☐ Unbaked cornbread batter
- ☐ Sour cream, lime, cilantro...

### DIRECTIONS:

- Preheat oven to 400 degrees F.
- Slice a small sliver off the bottom of each bell pepper so the peppers will stand upright. Cut the tops off the peppers and scoop out the seeds and ribs. Chop the pepper tops, discard the stem.
- Add 1 tablespoon oil to a large (12-inch) skillet over medium heat. Add onions and peppers and cook for about 5 minutes or until softened. Add ground beef to the peppers and onions and brown, breaking up while cooking. Drain off any excess fat.
- Mix in taco seasoning and water, reduce heat to low and put lid on pan.
- Pour salsa in the bottom of a 2-quart baking dish and arrange the peppers in the dish. Cover dish with plastic wrap or lid and microwave for 6-7 minutes or until the peppers are softened.
- Spoon the beef mixture into the peppers until about 2/3 full. Spoon any additional beef mixture around the bottom of the dish.
- Using 1 1/2 cups of the cheese, evenly sprinkle a layer of cheese onto the beef mixture in each pepper.
- Prepare cornbread batter.
- Spoon an equal amount of the cornbread batter into each of the peppers.
- Place in oven and reduce temperature to 375 degrees F. Bake for 20 minutes.
- Top each pepper evenly with the remaining cheese. Continue to bake for 10 more minutes or until the cornbread is cooked through. You can insert a toothpick and see if it comes out clean.

Tina Verrelli - epicuricloud.com

## Sinful Mississippi Quiche

Cook: 1 hour

Prep: 5 min

Total: 1 hr 5 min

### INGREDIENTS:

- ☐ 1 cup of diced ham
- ☐ 2 oz cream cheese
- ☐ 1/2 cup shredded cheddar
- ☐ 1 chopped green onion
- ☐ 1/4 tsp hot sauce
- ☐ 1/2 tsp Worcestershire sauce
- ☐ 3 Tbsp sour cream
- ☐ 1 cup heavy cream
- ☐ 3 eggs
- ☐ 1- 9 inch deep dish pie crust

### DIRECTIONS:

- Preheat oven to 350 degrees F.
- Heat ham in skillet for 3-5 minutes to remove moisture. Remove from heat.
- Combine ham, cream cheese, hot sauce, and Worcestershire sauce.
- Put ham mixture in bottom of pie crust.
- Top with cheddar cheese and green onions.
- Whisk together eggs, sour cream and heavy cream.
- Pour over ham mixture.
- Bake for 60 minutes or until set.



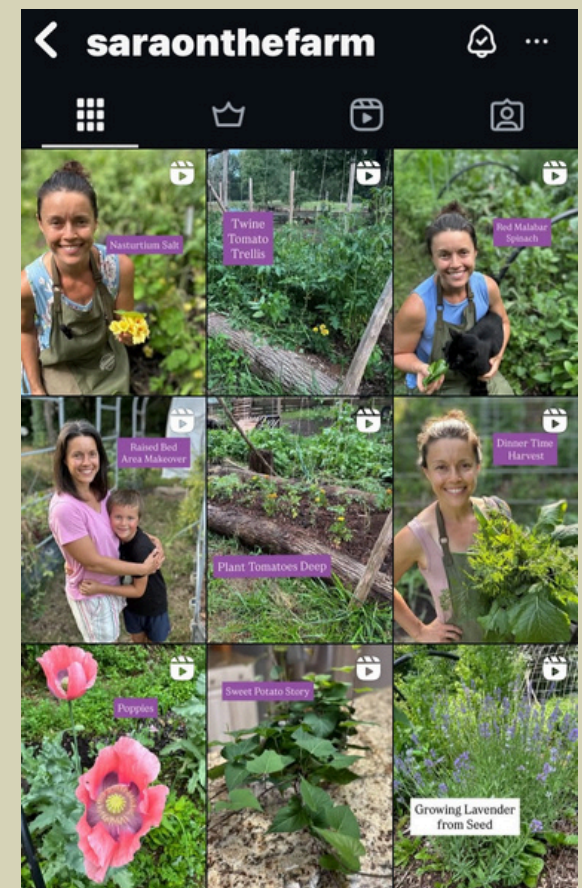
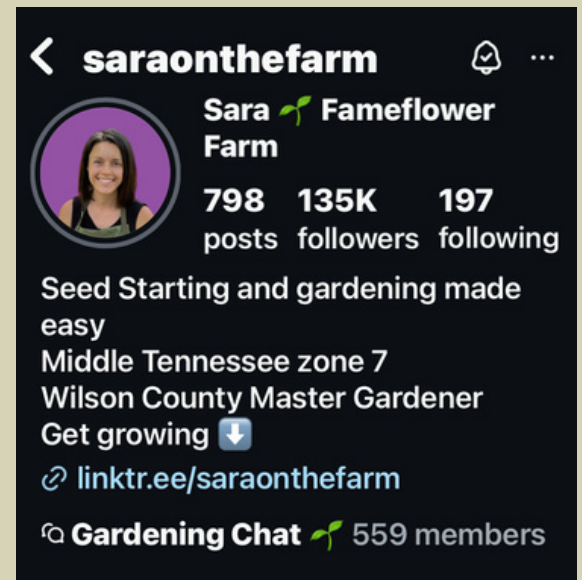


# Garden Media Review

Our own MGWC Secretary, Sara Chodl, maintains a large social media audience with well over 130,000 followers on Instagram. Her informative, and always upbeat, posts and videos educate the viewer on simple, organic practices that anyone can implement in their own garden. Sara and her young sons demonstrate different gardening methods and show you what they are harvesting. Her encouraging media presence spurs her followers to try new, and always natural, techniques. When something fails, she is willing to share lessons learned and potential remedies. She takes you from seed to table in many of her posts, showing how to prepare or preserve what you've grown. Sara's family farm also breeds Pyredoodles, raises forest pigs (which they hope to sell the meat from soon), as well as other livestock.

Sara, and her husband, Eric, own FameFlower Farm, in Lebanon. Their farm is named after an endangered plant, the limestone fame flower, that grows on the limestone glades where their farm is located. Sara and Eric's passion for a sustainable farm is evident in their website bio: "Our 57 acres are mainly wooded with many different types of trees, plants, and wildlife which makes for a wonderful ecosystem. Along with puppies and pigs, we also raise chickens, turkey, guineas, rabbits, goats, and cattle. We have a garden and are working on a permaculture food forest to round out the farm. Everything on the farm is grown or raised with a holistic mindset. Our animals live their lives in as natural a way as possible."

You can also find Sara's garden blog at [fameflowerfarm.com](http://fameflowerfarm.com) or you can follow her @saraonthefarm on Instagram.



[CLICK HERE](#)  
[TO VIEW](#)  
[FULL](#)  
[CALENDAR](#)





# CALENDAR OF EVENTS 2025

## SEPTEMBER

- Sept 27 - Garden Gab - 10:00 am-1:00 pm (drop in)
- MG Building in Fiddler's Grove
  - Informal seed swap and garden chat
- Sept 30 - Executive Board meeting - 6:30 pm
- MG Building in Fiddler's Grove

## OCTOBER

- Oct 3-4 - Garden Tour to West TN
- Oct 4 - Green Thumb Workshop - 10:00am-noon
- MG Building in Fiddler's Grove
- Oct 7 - MGWC Meeting - 6:30 pm -Veteran's Bldg
- Speaker: Melody Rose - Green County Ext Agent "Granny Witchcraft in the Garden" - 1 CEU
  - Soup and Sandwiches Meal
- Oct 28 - Executive Board Meeting - 6:30 pm
- MG Building in Fiddler's Grove

## NOVEMBER

- Nov 4 - MGWC Meeting - 6:30 pm - Arnett Bldg
- Speaker: Justin Stefanski - Tree Pruning - 1 CEU
  - Thanksgiving with Friends Dinner
- Nov 15 - Green Thumb Workshop - 10:00am-Noon
- MG Building in Fiddler's Grove
- Nov 25 - Executive Board Meeting - 6:30 pm
- MG Building in Fiddler's Grove

## DECEMBER

- Dec 2 - MGWC Meeting - 6:30 pm - Arnett Bldg
- Christmas Party and Awards
  - Breakfast for Dinner
- Dec 30 - Executive Board Meeting - 6:30 pm
- MG Building in Fiddler's Grove



### 2025 EXECUTIVE COMMITTEE

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**VICE PRESIDENT - CONNIE WILLIAMS**  
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**SECRETARY - SARA CHODL**  
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**WE WELCOME YOUR IDEAS!**

**UT EXTENSION**  
**INSTITUTE OF AGRICULTURE**  
THE UNIVERSITY OF TENNESSEE

**COFFEE.  
GARDEN.  
COFFEE.**

*Does a good morning  
need anything else?*

Betsy Canas Garmon