



## President's Patch By Rhonda Bowman, President

Photos submitted by the author

Are your fall chores complete? Did you get your mowers and tools put away? Are your beds cleaned out? Did you preserve vegetables and herbs you grew this summer? Now is the time to review the production of your garden and flower beds! Did you take notes to allow a good realistic recall to point out what you could have done better or how you could have been more productive? I always have more pointers for the next year but it is an ongoing process each year. I do notice which flowers might need to be split for next year or if I might need to move some items that seemed crowded in my beds. We make a nice bed with lots of nutrients and plenty of water but the weather is a factor that can change our outcomes for the good or bad. Hopefully everyone took many pictures to capture your best crops during the summer!

Is everyone familiar with the "clean eating" movement? Have you heard it and wondered what they are talking about? It means that you can take in the best food options for your health. Use whole grains, vegetables and fruits, making sure you consume no refined grains, which is white flour or rice. It also means that you reduce sugars, salts and unhealthy fats. So if you have to open a box, then it probably is not considered "clean food." Also, it is recommended that you increase your daily fruit intake and only use canned fruits that are packed in their own juice. Supporters claim that the benefits for your health are that it will reduce your chance for type-2 diabetes, reduce weight, cholesterol and blood pressure. Even adding one or two options each month could be a benefit to you. Well, now you know what clean eating means!

Hope to see you at the November 7 meeting!

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### CHAPTER MEETINGS

#### FIRST MONDAY OF THE MONTH

#### NEXT MEETING

**MONDAY, NOVEMBER 7TH, 7:00 PM**  
**LOCATION: MTA BUILDING, CONFERENCE ROOM (IN THE BASEMENT), PALMER, AK**  
 DO NOT HAVE TO BE A MEMBER TO ATTEND

#### MEETING AGENDA

- **TREASURER REPORT**
- **MINUTES**
- **OLD BUSINESS**
- **NEW BUSINESS**

#### TOPIC/SPEAKER:

Amy Pettit, Executive Director  
 Alaska Farmland Trust

What does Alaska Farmland Trust do? Would my property qualify for a conservation easement? Are these questions you've asked yourself before? Join Amy Pettit from the Alaska Farmland Trust for an overview of the organization and how you might get involved.

## PEASANT'S PERSPECTIVE: BY CURT MUELLER, MASTER GARDENER

Photos by the author

Ah, folks, let us not mourn the passing of another productive growing season, but rather turn our thoughts and efforts to another worthwhile endeavor - feeding our feathered friends through the winter season. Perhaps most of us are already doing so. Surely it is an interesting and humane activity. The tiny bodies of some of our over-wintering birds need a source of high-energy food to create body heat; indeed, to survive.

Marge and the peasant have built a feeder by attaching a platform outside our dining room window, thereby creating a dining room of their own for the various birds that come to feed. It is about twelve feet above ground level and not accessible to any stray cats. The peasant forbids mixing bird feeders with feline pets. The location of the feeder directly outside the window allows for viewing the birds at close range and caring for the feeder by opening the window. It is certainly enjoyable to sit down for a meal and watch the birds enjoy theirs as well.



Redpoll on bird feeder

The peasant has watched some of the habits of these birds for a number of years. Perhaps the favorite is the red-

breasted nuthatch, a feeder on suet and often a visitor before full daylight. A feeder on black sunflower seeds is the ubiquitous black-capped chickadee, which takes a seed and then flies to a nearby tree to shell it, consume it, and return for another. Occasionally a boreal chickadee has come to the feeder, but not so often. Red polls often arrive in flocks and take over the feeder for a while, being regular guests in late winter and early spring. Sometimes they must be run off to make room for our faithful winter guests.



Pine grosbeak male on feeder

Early spring is also a time for dark-eyed juncos, which will nest in the area later. Other winter visitors are pine grosbeaks and magpies and even an occasional raven. The latter two are discouraged as they chase away the smaller birds. Downy woodpeckers and hairy woodpeckers are regular feeders on suet. A persistent squirrel can figure out a way to scramble from the deck railing to the feeder. These agile critters are allowed to stay for a short time and are then run off, as small birds will not come to the feeder in the presence of squirrels. Steller's jays will visit for a short time in the fall but are not regular feeders.

## CHRISTMAS PARTY INFO

The Christmas Party will be on Monday, December 5<sup>th</sup> at 6:30 p.m. Location is Turkey Red in downtown Palmer. We will be in the meeting room. Turkey Red will furnish plates and silverware for a small charge per plate. Kristina Tornqvist is taking RSVP's through November 15<sup>th</sup>. Please email her at [ktornqvist@mtaonline.net](mailto:ktornqvist@mtaonline.net) or you can phone her at 907.745.2443.

In the works are a great meal, a round-robin gift exchange, and of course, the superb company of fellow master gardeners, family and friends. More details will be published after the November 7<sup>th</sup> meeting.



## CONFERENCE COMMITTEE MEETING

Conference committee members - there will be a committee meeting on Monday, November 7<sup>th</sup> at 6:15 p.m. It will be in the MTA Conference room. For more information or with any questions, contact the committee chair: Lois Rockcastle at [tundracare@alaska.net](mailto:tundracare@alaska.net).

Some important items to bring updates on would be website info, payment processing info, speakers, and any other concerns committee members have.

## MAT-SU MASTER GARDENER'S ASSOCIATION MEETING MINUTES, OCTOBER 3RD, 2016

### Committee Meeting for April 22, 2017 Conference - 6:00 PM

Six members from various committees met to plan for the conference. We talked about speakers, vendors, set-up and clean-up, and registration. Steve Brown volunteered that he has AV equipment and microphones that we can use. Marsha Clemons volunteered to help fill the goodie bags. It was discussed that a cloth bag similar to the Anchorage bags would be nice for our conference.

### Members Meeting - 7:00 PM

Rhonda called the meeting to order.

Cathy gave the financial report. She also sent around a budget approximation for the April conference.

Deb talked about Judge's Training for the State Fair for flowers and crops. The training will be a three-year training commitment. Deb will contact Cathy Liska to come and talk more about the training possibly for January or February meeting.

Our Christmas Party is December 5 at 6:30 PM at Turkey Red. Gifts (\$10 Limit) will be part of the evening's entertainment. An on-line discussion is taking place now as to what the limit should be.

Our guest speaker for the evening was Ellen VandeVisse, who is the Mat-Su Composting Instructor. The purpose of composting is to keep organics out of the landfill. A 3'x3'x3' compost heap will provide one ton of compost.

The last basic composting class for 2016 will be Saturday, October 15 from 10:00 AM - Noon. It will be held in the composting classroom at the Mat-Su Borough Central Landfill, Palmer. A 20" thermometer to check heap temperature will be given to every attendee.

In February, Ellen is planning a Composting Conference (round-table conference). The 2017 classes will be announced soon.

Joan Redlin, Secretary

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The peasant has probably missed a few, but has mentioned the most common guests at the feeder. The fruit-bearing trees and shrubs in the yard are also frequented in fall and winter. We are fortunate in having a number of these hardy trees and shrubs, all planted by the peasant. One bird which often appears in great numbers is the Bohemian waxwing. They feed on crabapples, chokecherries and cotoneaster fruits. They do not appear at the feeder. They consume the fruit whole. Pine grosbeaks like the tiny crabapples, but eat the seeds only and spit out the pulp. Spruce grouse also eat the crabapples, and will sit on a larger branch and stretch their necks for what they can reach, while the smaller birds can hang onto twigs. The grouse will often nestle in the snow near a tree, and spend the night.



**Bohemian waxwing feeding on crabapples**

It is indeed a pleasure to observe these birds, many of which raise their broods on our property along with others which do not appear at the feeder, but nest in the woods and at the edges, often on the ground.



**Pine grosbeak female, dark bands shadow.**

Thanks, folks. May you all enjoy these friends who add life to winter and summer.

### 2017 State Master Gardener Conference Committees

Chair - Lois Rockcastle  
 Auction/Door Prizes - Marge Mueller, Pat Tremaine  
 PR/Advertising - Wayne and Arlene Bowman  
 Vendors - Michael Kircher, Curt Mueller  
 Speakers - Ken Blaylock, Steve Brown  
 Coffee Service - Cathy Crew  
 Venue Location - Deb Blaylock, Cathy Crew (done) - Palmer Depot Secured  
 Food/Lunch - Lois Rockcastle  
 Programs/labels/registration forms - Deb Blaylock  
 Goodie Bags - Marcia Clemons  
 Registration - Cathy Crew, Joan Redlin  
 Website updates - Eva Cohnen-Brown  
 Table Decorations - Vacant  
 Conference Set-Up/Take-Down - Bonnie Hager  
 CES support - publications/folders/copies/other goodies (as their budget allows) - Steve Brown & Melissa Clampitt  
 Budget - Cathy Crew  
 Thank you gifts for Guest Speakers - Vacant  
 Meeting Scribe - Vacant

## Garden Links

### Alaska Botanical Garden

<http://www.alaskabg.org/>

### Alaska Community Agriculture

<http://www.alaskacommunityag.org/>

### Arbor Day Foundation

[www.arborday.org](http://www.arborday.org)

### Alaska Natural Heritage Program – Botany

<http://aknhp.uaa.alaska.edu/botany/>

### Alaska Garden Clubs

<http://www.alaskagardenclubs.org>

### Alaska Grown Source Book (online)

<http://dnr.alaska.gov/ag/sourcebook/sourcebookindex2016.html>

### Alaska Master Gardeners Association, Anchorage Chapter

<http://alaskamastergardeners.org/>

### Alaska Master Gardener Blog

<https://alaskamastergardener.community.uaf.edu/>

### Alaska Native Plant Society

<http://www.aknps.org/>

### Alaska Orchid Society

<http://www.akorchid.org/>

### Alaska Peony Growers Association

<http://alaskapeonies.org>

### Alaska Pioneer Fruit Growers Association

<http://www.apfga.org/>

### Alaska Plant Materials Center

<http://plants.alaska.gov/>

### Alaska Rhodiola Products Cooperative

<http://www.alaskarhodiolaproducts.com/>

### Alaska Rock Garden Society

<http://www.akrockgardensociety.org/>

### Eat Local Alaska

<http://akfood.weebly.com/index.html>

### Good Earth Garden School

<http://ellenvandevisse.com/>

### Grow Palmer

<http://growpalmer.org/>



### Integrated Pest Management Program

<http://www.uaf.edu/ces/ipm/>

### Junior Master Gardeners

<http://www.jmgkids.us/>

### Landscape Plants for Alaska

[www.alaskaplants.org](http://www.alaskaplants.org)

### Mat-Su Borough Rain Garden Program

<http://www.matsugov.us/environment/raingardens>

### Mat-Su Master Gardener Website

[www.matsumastergardeners.org](http://www.matsumastergardeners.org)

### Master Gardener Research Link

<http://search.extension.org>

### Master Gardeners of the Tanana Valley

<https://fairbanksmastergardeners.wordpress.com/>

### Palmer Soil & Water Conservation

<http://palmersoilandwater.org/>

### South-Central Alaska Beekeepers Assoc.

<http://www.sababeekeepers.com/>

### Southeast Alaska Master Gardeners Association

<http://seak-mastergardeners.org/index.html>

### Sustainable Agriculture – UAF

<http://www.uaf.edu/ces/ah/sare/>

### UAF Cooperative Extension Service, Palmer

<http://www.uaf.edu/ces/districts/matsu/>

### UAF Cooperative Extension Service Publications

<http://www.uaf.edu/ces/pubs/catalog/>

### UAF Georgeson Botanical Garden

<http://www.georgesonbg.org/>

### UAF CES Citizen Pest Monitoring Portal

<http://www.uaf.edu/ces/ipm/cmp/>

### UAF School of Natural Resources

<http://www.uaf.edu/snre/>

### University of Saskatchewan Fruit Program

[www.fruit.usask.ca](http://www.fruit.usask.ca)

### USDA/NRCS Plant Data Base

<http://plants.usda.gov/java/>

### Wasilla Soil & Water Conservation

<http://www.wasillaswcd.org/>

## Announcements

### VOLUNTEER OPPORTUNITIES

The club is desperately in need of someone to coordinate speakers for our meetings.

Need volunteer hours? Volunteer to help with the 2017 State Master Gardener Conference. Send an email to the club and we'll add you to the list.



## CLUB CONTACT INFO

<b>President:</b>	<b>Rhonda Bowman</b>	<b>746-2948</b>
<b>Co-VP</b>	<b>Curt Mueller</b>	<b>745-6144</b>
<b>Co-VP</b>	<b>Hally Truelove</b>	<b>376-0909</b>
<b>Secretary:</b>	<b>Joan Redlin</b>	<b>206-604-4676</b>
<b>Treasurer:</b>	<b>Cathy Crew</b>	<b>632-4401</b>
<b>Member at Large:</b>	<b>Marge Mueller</b>	<b>745-6144</b>

If you have gardening news, photos or information you'd like to share in the newsletter, please contact: Deb Blaylock @Email: [kdblalock@ak.net](mailto:kdblalock@ak.net)

Website: [www.matsumastergardeners.com/](http://www.matsumastergardeners.com/)  
Email: [matsumastergardeners@gmail.com](mailto:matsumastergardeners@gmail.com)

## CALENDAR OF EVENTS

### NOVEMBER 2016

**Nov 6**, Alaska Daylight Savings Time Ends - Fall Back One Hour

**Nov 7**, Palmer, 2017 Conference Planning Committee Meeting, 6:15 p.m.

**Nov 7**, Palmer, MMG Mtg, Amy Pettit, Executive Director, Alaska Farmland Trust

### DECEMBER 2016 AND BEYOND

**Dec 5**, Palmer, MMG Mtg, Christmas Party

### 2017

**Jan 9**, Palmer, MMG Mtg

**Feb 6**, Palmer, MMG Mtg

**Mar 6**, Palmer, MMG Mtg

**Apr 3**, Palmer, MMG Mtg

**Apr 22**, Palmer, Alaska State Master Gardener Conference

**May 1**, Palmer, MMG Mtg

**Jun 3**, Palmer, Annual Plant Sale

**Jun 5**, Palmer, Palmer Library Planting

**Jul 10**, Palmer, MMG Mtg

Please let Rhonda know if you have any ideas for future meeting topics. Members are welcome to offer to speak or reach out to speakers of interest to the club's membership. The club would welcome a speaker coordinator - if interested contact Rhonda.

Our club is only as good as we the members make it!

## *Club Membership*

The membership year runs from January to December each year. Annual individual memberships are \$10 and family memberships are \$12.

Membership forms are available to download on the club's website, [www.matsumastergardeners.com](http://www.matsumastergardeners.com)

*Thank you*

## How and What to Submit for the Monthly Newsletter

Your submissions are greatly appreciated and make our newsletter what it is - so don't be shy about submitting items for publication.

However, there are a few rules which we all must pay attention to:

Articles, stories, poetry, upcoming events, and pictures (garden-related) are gladly accepted for inclusion in the newsletter. Please submit pictures in JPEG format and other items in Word format with no special formatting other than paragraphs. When submitting pictures, please provide a brief caption or explanation as to who or what is in the picture. I do not have a scanner to copy pictures so I cannot accept hard copies.

If you are not the author or photographer, please ensure you have permission of the author or photographer to use their material in the newsletter. The newsletter publisher is not responsible for obtaining this for you.

Please do not provide magazine articles or pictures from the internet unless they are public domain items.

**Deadline for submission of articles and info: 20<sup>th</sup> day of each month -- Thank you--**



November 2016



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**Facebook**

Website: [www.matsumastergardeners.com/](http://www.matsumastergardeners.com/)  
Email: [matsumastergardeners@gmail.com](mailto:matsumastergardeners@gmail.com)

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