



Oct/Nov/Dec 2011

**REMINDERS!!**

**RECORD YOUR HOURS!**

To retain your active status, remember to record your 2011 service hours and continuing education hours in the book at the Extension Office by December 31. Six hours education and 12 hours service required each year.

**Upcoming meetings:**

**Tuesday, Oct. 4, 7:00**

**Program:** Preparation for International Master Gardener Conference

**Hosts:** Janice Cool & Val Smith

**Tuesday, October 1, 7:00**

**Program:** Integrated Pest Management—Rakesh Chandran / Bill Shockey

**Potluck!**

**Tuesday, December 6, 7:00**

**Make & Take Workshop  
Bring goodies to share!**

# Preston County Master Gardeners

## PCMG 2011 ELECTION, BY-LAW PROPOSALS

**Election:** The success of the Preston County Master Gardeners relies on volunteers like you. We will be having elections for officers at the October 4th meeting. Each office term is two years. Please give serious thought to filling one of these positions:



**PRESIDENT  
VICE-PRESIDENT  
SECRETARY  
TREASURER  
RECORDER**



Per our by-laws, candidates for officers must have completed the required WVU Extension Service Master Gardener Course Work and 1/3 of the required volunteer hours to hold an office. If you have any questions as to what any of these positions will entail, you can contact Barbara Sanders at [barbra.sanders@gmail.com](mailto:barbra.sanders@gmail.com) and she will be happy to answer any questions. The position descriptions are also defined in the PCMG by-laws.

**By-law Proposals:** There will be two proposals for by-law additions read at the October meeting and voted on at the November meeting in accordance with the PCMG bylaws:

**OFFICERS #5:** Add the words "New officers will begin their term in January of the following year."

**SECRETARY #2:** Add the words "She shall be responsible to send thank you notes to our speakers."

**NOTE:** By-laws may be amended at a regularly scheduled meeting with a vote of 2/3 of the active members present. A quorum is required to be present. A quorum is defined as the presence of five (5) active members, one of which must be President, VP, Secretary or Treasurer.

**REMINDER:** If you ordered PCMG polo or t-shirts, please be sure to bring in your checks payable to PCMG to the Nov. 4 meeting. If you can't make the meeting, please mail your check made out to PCMG, Attn: Russ Sanders, 693 Freeport Road, Terra Alta, WV 26764 (Polo: \$22 each / T-shirt: \$15 each).

The theme for our IMGC scarecrow is Recycling & Composting. It will feature a dark green metal watering can and must be easily transported to Charleston. **Please bring the following supplies to the November 4th meeting to help make the scarecrow:**

- \* 1/2-gallon plastic milk or 1/2-gallon juice containers (please, no other size)
- \* Colored, non-glossy newspaper (comics section or ads)
- \* Plastic grocery bags \* Plastic bread bags \* Oats cardboard containers

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**Stay up to date with IMGC Conference announcements!** The 2011 IMGC is using a mailing list, Facebook, and Twitter to keep you updated on conference developments. Email [listserv@listserv.wvu.edu](mailto:listserv@listserv.wvu.edu) with the Subject: **SUBSCRIBE ESIMGC-L** to sign up for email updates.



Follow **IMGC2011** on Twitter and use **#IMGC** to tweet about the conference.



Become a Facebook fan of the 2011 IMGC and network with other gardeners prior to the conference.



in partnership with



**HELP their GARDENS GROW**  
Grant a school's garden wish.

## School Garden Grant Program

The School Garden Grant Program is a collaboration between Whole Kids Foundation, Whole Foods Market and FoodCorps. Thanks to the generosity of Whole Foods Market customers, Whole Kids Foundation is able to provide grants of \$2,000 to support school garden projects in the US, UK and Canada.

### **Why Gardens?**

School gardens are a vital educational tool. Every seed planted sprouts a new opportunity for kids to cultivate healthy eating habits. Teaching kids to garden helps them learn about complex topics like sustainability and conservation, food systems and community awareness. Not to mention an appreciation for food from seed to plate.

### **About the Grant Program**

Learning about the process of growing food helps children develop a deep understanding of the connection between healthy eating and a healthy body. School gardens offer an opportunity to integrate math, science and health curriculum into a dynamic, interactive setting. They also provide a base of knowledge that allows children to take an active role in healthy food choices.

### **Apply**

School garden grant applications will be accepted through 5pm CST, December 31, 2011. You can complete the application at <http://www.gardengrantapplication.org/wkf-public/pages/home.faces>.

To be eligible for a garden grant, applicants must be a 501(c)(3) nonprofit organization or nonprofit K-12 school that is developing or currently maintaining a school garden project that will help children engage with fresh fruits and vegetables. Garden projects may be at any stage of development; planning, construction or operation. For cases in which an applicant facilitates garden projects in more than one school, multiple garden grants may be requested under a single application. In occasional cases, additional funds may be awarded for special projects. In selecting grant recipients, priority will be given to both limited-resource communities and to projects that demonstrate strong buy-in from stakeholders. There is a limit of one garden grant per school.

For questions related to the application process please review the FAQs and application, then contact [info@gardengrants.com](mailto:info@gardengrants.com) if you need assistance.



Green Thumbs, Healthy Joints is a program that provides West Virginia organizations the opportunity to perform community service by making gardening accessible to West Virginians with arthritis.

Green Thumbs will provide qualifying groups with financial support between \$1000 - \$2000 to help cover material costs for construction of raised beds and/or other accessibility modifications for gardens at senior centers, public parks and other locations.

Green Thumbs will provide technical assistance and support for groups in identifying accessible gardening resources to meet the needs of their community.

Groups will receive ergonomic tools, which they can later use in outreach and educational efforts. Partnerships with other community groups are encouraged. Call 800-841-8436 or email [greenthumbs@hsc.wvu.edu](mailto:greenthumbs@hsc.wvu.edu) for more information on possible funding opportunities. The due date for applications is November 1, 2011.

### **What makes a garden accessible?**

Arthritis and other musculoskeletal conditions like carpal tunnel syndrome can create painful and frustrating limitations that affect active people of all ages. Ways to make gardening more accessible include:

- ☞ Raised beds and vertical gardens minimize bending and help prevent overuse of arthritic joints.
- ☞ Container gardening using wheeled caddies enables gardeners to move their plants to more convenient places for maintenance.
- ☞ Pulley systems for hanging baskets make watering, feeding and grooming much easier.
- ☞ Ergonomic tools are helpful not only to gardeners who have arthritis, but also for younger gardeners hoping to avoid the consequences of the repetitive motions and odd postures in which many avid gardeners are frequently engaged.

## UPCOMING EVENTS

September 29—October 2, 2011: **70th Annual Buckwheat Festival**, Kingwood, <http://www.buckwheatfest.com/>

September 30—October 2, 2011: **WV Herb Association Fall Conference**, Jackson's Mill, Jane Lew, [http://www.wvherb.org/conf/Fall\\_Agenda.html](http://www.wvherb.org/conf/Fall_Agenda.html)

October 6, 2011: **Preston County Livestock Association Meeting**, Preston High School, Kingwood

October 11—14, 2011: **International Master Gardener Conference**, Charleston, <http://imgc.ext.wvu.edu/>

April 13—15, 2012: **WV State Master Gardener Conference**, East Fairmont High School, Fairmont



### You Know You're Addicted to Gardening When...

Your neighbors recognize you in your pajamas, rubber clogs and a cup of coffee.	You grab other people's banana peels, coffee grinds, apple cores, etc. for your compost pile.
You have to wash your hair to get your fingernails clean.	All your neighbors come and ask you questions.
You know the daily temperature of your compost.	Your preferred reading matter is seed catalogs.
You enjoy crushing Japanese beetles because you like the sound that it makes.	Your boss makes "taking care of the office plants" an official part of your job description.
Everything you touch turns to "fertilizer".	You know that Sevin is not a number.
Your non-gardening spouse becomes conversant in botanical names.	You sneak home a 7 foot Japanese Maple and wonder if your spouse will notice.
You find yourself feeling leaves, flowers and trunks of trees wherever you go, even at funerals.	You dumpster-dive for discarded bulbs after commercial landscapers remove them.
You plan vacation trips around the locations of botanical gardens, arboreta, historic gardens, etc.	You ask for tools for Christmas, Mother/Father's day, your birthday and any other occasion.
When considering your budget, plants are more important than groceries.	You appreciate your Master Gardener badge more than your jewelry.
You always carry a shovel, bottled water and a plastic bag in your trunk as emergency tools.	You spend more time chopping your kitchen greens for the compost pile than for cooking.
You talk "dirt" at baseball practice.	You have pride in how bad your hands look.
You like the smell of horse manure better than Estee Lauder.	You have a decorative compost container on your kitchen counter.
You rejoice in rain...even after 10 straight days.	Soil test results actually mean something.
You scold total strangers who don't take care of their potted plants.	You can give away plants easily, but compost is another thing.
You understand what IPM means and are happy about it.	You'd rather go to a nursery to shop than a clothes store.
You take every single person who enters your house on a "garden tour".	You drive around the neighborhood hoping to score extra bags of leaves for your compost pile.
You can't bear to thin seedlings and throw them away.	You look at your child's sandbox and see a raised bed.
You know how many bags of fertilizer/potting soil/mulch your car will hold.	You buy a bigger truck so that you can haul more mulch.

### And last but not least...

You know that the four seasons are:

Planning the Garden, Preparing the Garden, Gardening and Preparing, and Planning for the next Garden.

70<sup>th</sup> Annual Preston County

# Buckwheat Festival

September 29<sup>th</sup> - October 2<sup>nd</sup>, 2011



Be sure to show your support and stop by the PCMG Display at the Buckwheat Festival! The focus will be on Garden Ergonomics featuring a garden tool timeline. The BWF Display Committee would like to extend a special thanks to the DHHR for their assistance!



## PRESTON COUNTY RAISED BUCKWHEAT CAKES

(makes 8-12 cakes)

In a large bowl, mix 1/2 cake household yeast (or 1 cake Fleishman's Yeast or 1 envelope dry yeast) and 1 teaspoon salt into one quart lukewarm water. Let stand a few minutes and then add 3 cups, or enough buckwheat flour to make a stiff batter.

Cover and let stand overnight (or at least 4 or 5 hours) When ready to bake the cakes, dissolve 1/2 teaspoon baking soda, 1/2 teaspoon baking powder, and 2 teaspoons sugar in 1 cup hot water. Stir into batter, then add about 1 cup or enough warm water to make a thin batter. Bake on a hot griddle.

Save at least 1 cup of the batter for the next baking. (It will keep in the refrigerator for about a week) To renew, add 1 pint lukewarm water, 1/2 teaspoon salt and enough buckwheat flour to make a stiff batter.

Repeat step 2.

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

## Tips for Awesome Buckwheat Cakes:

1. Beat the mix by hand with a whisk and make sure all the lumps are dissolved.
2. Let the batter rest – cover and let it sit in the fridge for about 12 hours before making the cakes. If you are REALLY hungry, let the batter sit for at least one hour.
3. Use a cast iron skillet or a steel pan – not a non-stick pan. Make sure the pan is as flat as possible with short sides (especially if you are feeling adventurous and want to flip the cakes!).
4. Use as little grease as possible. This will keep the grease from turning brown due to the heat. Gently rub a wet paper towel with heat-resistant oil until there is just a shine.
5. This is the most important tip – do not touch the cake until the top is almost set and the cake is almost cooked through. The composition of the batter is brittle and only the part of the cake closest to the pan will have set. Although you may think that your cake will stick if you leave in your pan too long, you will actually tear the cake if you try to flip it too soon. Wait until the cake is almost set— it will have a much stronger structure and resist tearing from your spatula or from parts still stuck to the pan.

## Did you know?

- ☞ Did you know buckwheat is gluten free? Despite the name, buckwheat is actually a fruit. It is a dicot in the polygonaceae family, which includes rhubarb.
- ☞ Buckwheat is high and fiber and is an easily digestible plant protein. It is actually close to being considered a 'complete' protein as it contains all eight essential amino acids. It is high in B vitamins and is said to lower blood pressure and help reduce cholesterol.
- ☞ Buckwheat is hearty, so it is resistant to damage and is one of the few commercially grown crops where chemicals are not used. It is inexpensive and easy to grow and can grow almost anywhere.
- ☞ The dehulled, unroasted buckwheat seed (groat) is used in breakfast cereals and milled into grits. Roasted buckwheat seed is called kasha, which is also a breakfast food. In addition, kasha and groats can be baked, steamed or boiled and used as an alternative to potatoes and rice. For additional taste and zip, add buckwheat with other flours in recipes.

## International Master Gardener Conference 2011



# Join us October 11-14 in Charleston, W.Va.

West Virginia University Extension Service and the West Virginia Master Gardener Association invite you to join us at the 2011 International Master Gardener Conference, October 11 -14 in Charleston, West Virginia.



Come and join us in sharing gardening information, history and Appalachian culture. The International Master Gardener Conference will be held at the Charleston Convention Center October 11-14, 2011 when fall brings cool nights and colorful mountain scenery. The event will provide opportunities to learn gardening techniques that will help increase biodiversity, control exotic weeds, make the most of native plants in the landscape and improve gardening methods. Pre and post tours will help you discover the splendor of the Appalachian Mountains and the beauty and history of West Virginia. Historic downtown, hotels, restaurants, and our regional shopping mall are within an afternoon stroll. Please come early and stay late to experience our local hospitality and to enjoy fall foliage, festivals and fairs.

### Color it Green in a Wild & Wonderful Way



The Wild and Wonderful State of West Virginia beckons you to its capital city for the 2011 International Master Gardener Conference. Charleston, known in song and lore for its stunning scenery and recreation abundance, has become a regional center for all phases of gardening, landscaping and the associated arts. Centrally situated and crossed by interstates for easy access by auto, plane and rail, Charleston is beautifully banked by an expansive river running through it. Blessed by careful planning, nationally praised restoration and preservation, it presents a variety of historic areas, modern centers for the graphic and performing arts, unique shopping and a devotion to gardens, gardening and gardeners.

Hosted by [West Virginia University Extension Service](#) the [West Virginia Master Gardener Association](#), the conference will feature a variety of presentations for every level of the soil yielding arts from the study of plant materials to the challenges of sustainability. Every facet of growing mediums, combat techniques against invading species, rapacious pests and new and exciting plants will be discussed. Whatever your interest in cultivated flora, there is bound to be a venue. While the array of lectures and workshops will offer something for every interest, our famously safe home offers a rich mixture of activities for all visitors.

*Please come for a time and a place you'll not forget.*

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**For more information about the 2011 International Master Gardener Conference, please go to <http://imgc.ext.wvu.edu/>. To register, go to <http://imgc.ext.wvu.edu/registration>.**