



The VMGA Report

The Voice for Virginia Master Gardeners

<https://vmga.net/wordpress/>

January/February 2024

Volume 29, Number 4

From the President

Georgi Hall, Loudoun County. President@VMGA.net

President's Letter

November and December have been busy months for VMGA. We had a VMGA Education Day on Saturday, November 11. During the morning, the Nelson County Master Gardeners hosted the meeting at the Nelson County Extension facilities, where three speakers covered different aspects of plant diagnosis. During the afternoon, participants traveled to nearby Saunders Brothers Nursery for lunch and a history of the nursery's development. A bus tour of the hundreds of greenhouses and growing fields was a great ending to this event.

Due to unpredictable weather in December and February, we held our December 9, 2023, and will hold our bimonthly meetings via Zoom on February 10, 2024. To add spice to our Zoom meetings, the board invited units to do virtual presentations about their programming. Jess Miller, Roanoke's Unit Representative, shared information about her unit and their programs at the beginning of our meeting on December 9. If your unit would like to do a presentation at our February meeting, contact our Vice President, Nelda Purcell, at purcelln@hughes.net.

We look forward to in-person Board meetings in April and August and our June annual meeting.

The EMG Program Director position (formerly held by Dave Close) has been vacant for several months. In December, Dr. Mike Evans, Director of Virginia Tech's School of Plant and Environmental Sciences, announced that **Edward Olsen** has accepted the position of **Consumer Horticulture Specialist and Extension Master Gardener Program Director**.

Ed will begin his new position on January 25, 2024. He will be based in Midlothian, VA, and will come to Blacksburg as activities require. The VMGA Board looks forward to working with Ed.

Thank You,

Georgi Hall
VMGA President – President@VMGA.net

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2024/2025 VMGA BI-MONTHLY BOARD MEETING

VMGA Officers

President

Georgianna Hall
Loudoun County

Vice President

Nelda Purcell
Franklin County

Secretary

Deb Straw
Hill City MGA

Treasurer

Stacey Morgan-Smith
City of Suffolk

Past President

Leslie Paulson
Prince William County

February 10—Zoom

April 13—Hosted by New River Valley MGA- Location St. Paul United Methodist, 220 West Main St Christiansburg, VA 24073

June 15—Annual Meeting—Brent & Becky’s Bulbs, Gloucester

August 10—Hosted by Henrico County Unit

October 12—Hosted by Hill City Master Gardeners Association at Poplar Forest

December 14—Zoom

February 8—Zoom

April 12—TBA

August 9—Lexington

October 11—TBA

December 13—Zoom

Bring VMGA members to your area for the bi-monthly meeting. Contact Vice President Nelda Purcell at purcelln@hughes.net for more information.

VMGA Membership has its advantages:

- ◆ Unit Support
- ◆ Scholarships
- ◆ Newsletter
- ◆ Advanced Training
- ◆ Discount Event Fees
- ◆ Membership Directory
- ◆ Statewide Networking



From the Editor

Deadline for Mar/Apr issue:

February 26

We would love to feature your unit’s announcements, events or articles in the next issue. Articles can be about a favorite plant, tree, project, book review, or other topic of interest. This will encourage involvement around the state, getting more involved.

Please send to:

VMGA Newsletter Editor
newsletter@vmga.net

CALENDAR

January 25, 2024—City of Virginia Beach, For the Birds presented by LRNow.

February 10, 2024 —6th Annual Prince William Native Plant Symposium. PWCVA.COM

March 2, 2024—Northern Shenandoah Valley Master Gardener Association Symposium

June 5-9, 2024—Master Gardener College

June 15, 2024—Annual Meeting at Brent and Becky’s Bulbs, 7900 Daffodil Lane, Gloucester, VA 23061

NEWSWORTHY NOTES FROM NOTABLE NEWSLETTERS

The VMGA Report is always looking for submissions from EMGs, Unit Representatives, VMGA Committee Chairs, VCE Agents, and VCE Program Associates. The next deadline for the VMGA Newsletter is **February 26**. What can you submit? All the news that's fit to print! Here are a few suggestions to get you started:

Training recaps. Tell us your takeaways!

Highlights of your successes in programming, lessons learned, photos of volunteers in action

Upcoming events offered by your unit

Book reviews

Plant or garden spotlights.

Photos of your plants

Recipes using produce from your garden or a farmer's market

Garden-related poems and other creative writing

Be sure to include your name and unit name. Submit your content by email to newsletter@vmga.net.



NEWS AND NOTES FROM VCE LIAISON

Devon Johnson State EMG Office

For updates, be sure to check out the Bi-weekly Update at <https://mastergardener.ext.vt.edu/biweekly-update/>



Open Spot on the VMGA Board for 2024-2026

There is a need for a nominee for Treasurer for VMGA. Please let me know if you are familiar with Quicken and would like to join our Board in June of 2024. Two past treasurers on the Board will support you and answer your questions. There is also a handbook that Pat Reilly did, which will also help you.

I genuinely hope you will consider this. I have made many new friends while serving, and it's like joining a family within our state organization. I encourage you to leap.

If you have any questions, just let me know: ljp6651@comcast.net

Thank you,

Leslie Paulson

Edward Olsen

Consumer Horticulture Specialist and Extension Master Gardener Program Director



In December, Dr. Mike Evans, Director of Virginia Tech's School of Plant and Environmental Sciences, announced that **Edward Olsen** accepted the position of **Consumer Horticulture Specialist and Extension Master Gardener Program Director**.

Ed will begin his new position on January 25, 2024. He will be based in Midlothian, VA, and come to Blacksburg as activities require.

Education:

2010 - Master of Science in Education – Career and Technical Education, Virginia Polytechnic Institute and State University, Blacksburg, VA.

1990 - Bachelor of Science – Horticulture, Virginia Polytechnic Institute and State University,

Blacksburg, VA.

Extension and Related Employment:

7/2020 - Present - Extension Agent, ANR- Horticulture, Virginia Cooperative Extension.

1/2016 – 6/2020 – Associate Extension Agent, ANR- Horticulture, Virginia Cooperative Extension

1/2006 – 12/2015 – Agriculture Teacher, Powhatan High School, Powhatan, VA.

1999 – 2005 – Greenhouse Manager, Lewis Ginter Botanical Garden, Richmond, VA.

1991 – 1994 – Greenhouse Manager, Jolly Greenhouses, Richmond, VA

1990 – 1991 – Research Assistant, Department of Horticulture, LSU, Baton Rouge, LA.

1988 – 1989 – Retail Sales and Customer Services Manager, Azalea Acres, Fairfax Station, VA.

1987 – Estate Gardener, Monticello, Charlottesville, VA

As a Horticulture agent, Ed focused on several diverse program areas which included both consumer and commercial horticulture interests. He worked with both residents and landscape and nursery industry professionals of Henrico County. Ed also provided support to the traditional agriculture producers in Henrico County.

Ed was also responsible for the Henrico Extension Master Gardener volunteer program. The Henrico Master Gardeners are a group of volunteers that help Henrico County residents by answering gardening and landscape questions at Plant Clinics, the Master Gardener Horticulture Helpline and through many various educational programs through the county.

What is Consumer Horticulture?

Consumer Horticulture is the cultivation, use and enjoyment of plants, gardens, landscapes and related horticulture items to the benefit of individuals, communities and the environment. These activities rely on the understanding and application of the art and science of horticulture. Not just the science of horticulture but also the art of horticulture.

How does Ed plan to advance consumer horticulture over the next five years?

Start with a needs assessment to determine where things are and determine the direction to go by reaching out to existing and potential new stakeholders/partners to understand priorities.

Formulate Outputs.

- Modifications to existing outputs.

- Creation of new outputs

- Be more efficient with resources

- Be more impactful with outputs ... quality over quantity

- Measure Impact

Ed Olsen plans to attend some of our VMGA meetings and will share more details about his plans.

Extension Master Gardeners Graduate

Northern Shenandoah Valley Master Gardener Association (NSVMGA)

The Northern Shenandoah Valley Master Gardener Association (NSVMGA) hosted a graduation ceremony for the Class of 2023 on Sunday, August 20, at the NSVMGA member meeting. Seventeen volunteers from four counties were celebrated and applauded for completing their training. Eleven of the 17 also finished their 50-hour volunteer hours and are now officially Extension Master Gardeners.

Jennifer Flitton Adams, NSVMGA president, Extension Master Gardener, Master Naturalist, and Virginia Master Gardener Association representative, welcomed and congratulated the graduates and their families. “This class brings verve to the organization, and we look forward to their ideas and contributions,” said Jenn. Elaine Specht, past NSVMGA president, EMG Class of 2023 lead, and co-lead for the 2022 and 2020 classes, introduced each of the graduates and presented them with certificates and official EMG gear.

Five graduates each presented a 10-minute talk as part of the program. The topics included two talks on bees, hybridizing bearded iris, how to grow and care for spicebush, and managing volunteers.

Congratulations to the following graduates:

Frederick County - Wilma Aleman, Paul Brown, Don Comer, Tricia Knight, and Alysha Lewis

Page County - Wendy Brown and Delynda Hendricks

Shenandoah County - Renee Downing, Jessica Mason, Cindy Mumaw, Amy Palmer, Deb Salmon, Kyle Simpson, and Cindy Stauff

Warren County - Pam Forshee, Hannah Lilly, and Nancy Sabella

Photos:

The membership donated beverages and food for the class of 2023 to enjoy.



Graduate Paul Brown and his wife, Allison.



The class of 2023



Pam Forshee presented a talk on beekeeping.

Bill McCaleb lauded by Virginia Master Gardener Association as Inaugural Honor Roll Member

by Joshua Fitzwater, December 1, 2023

https://www.yourgv.com/news/local_news/bill-mccaleb-lauded-by-virginia-master-gardener-association-as-inaugural-honor-roll-member/article_85462b3e-8fb4-11ee-8baa-07eeb8235a26.html

Beginning to creep toward retirement age in 1998 at 52, Bill McCaleb didn't want a job, he wanted to "play in the dirt."

But McCaleb is "old-school," a moniker which he claims with great passion along with his love for the soil.

So, when asked if he would be interested in being the extension master gardener coordinator for Halifax when the position was suddenly vacated, McCaleb saw it as his civic duty to interview and say yes.

Fast forward 25 years later and he's been saying "yes" to the needs of the Virginia Cooperative Extension each and every time he has been called upon.

McCaleb was born in Oklahoma but grew up in Alabama and Georgia. McCaleb relayed to The Gazette-Virginian that his mother, early in his life, professed, "we aren't going to stay in Oklahoma and eat dust."

The irony of his mother's words are not lost on McCaleb, as he recalled that at the same time, his father was off breathing air of a much different sort in the Pacific, but nonetheless facing extreme challenges of his own.

A veteran of World War II and Korea in the Army Air Corps and later the Air Force, McCaleb remembers his father keeping a garden, while his mom "wasn't too keen on getting dirt under her nails."

In addition to his father, it was McCaleb's grandparents that passed down to him a green thumb.

"My grandfather was a beekeeper with a small orchard," McCaleb explained, flanked on all sides by vintage insect, tree and perennial plant books overflowing in the library room of the downtown Halifax extension office.

"My grandmother didn't let anything go to waste," he said. "Back then, if you didn't grow it, you didn't eat it. They (McCaleb's grandparents) only went to town once a month to pick up salt or wheat."

Along with detailing the many ways his grandparents lived off and ate from the land, McCaleb recounted one of his first great adolescent food memories he had while working the fields on those sweaty Southern summers spent with his grandparents.

"Lunch back then was going to the tomato patch, picking a tomato off the vine, taking your pocket knife out and cutting into it. Then you took one of the biscuits out of your pocket that you grabbed that morning and put that slice of tomato right on top of that biscuit. Kids today wouldn't understand that," McCaleb said, shaking his head slightly in disapproval before pausing to reflect further. "My grandmother, she could make some mighty fine biscuits."

The people of Halifax County

Ultimately, the work endeavors of McCaleb's father would take the family to the Alexandria area of Northern Virginia with McCaleb at the time being a high school senior.

In adulthood, McCaleb would settle into a 30-plus year career of civil service through the United States government in northern Virginia — a job that afforded him a lot of travel opportunities around the country.

"In my travels, I visited Kentucky, Ohio, Maryland, Delaware, New Jersey and other places," McCaleb explained, now

sitting in his tight, fluorescent-lit office adjacent to the extension's library room.

"I met a lot of people," he said. "Some of the nicest people I met were along the Virginia and Carolina border. You could say the friendly people are what brought my wife and I here."

Helping hands

Moving to Halifax County in 1996, the following year, McCaleb would take the master gardener classes through the Halifax Extension Office and shortly thereafter, volunteer as a master gardener coordinator.

"We didn't have many master gardeners back then," McCaleb explained.

In 1998 when McCaleb was simply trying to play in the garden, but instead interviewed and took the extension master gardener coordinator position for Halifax, he explained, "I'm not even sure I prepared for the interview. I more saw it as a way to help."

With that desire to help, McCaleb embarked on the second career of his life in his 50s.

As the Virginia Master Gardener Association recently detailed, McCaleb has been an avid extension master gardener.

He also has been a member of the Virginia Master Gardener Association and served on many committees and officer positions, according to the state group.

The Virginia Master Gardener Association went on to state that most notably he was the president of the organization who witnessed the signing of the State Master Gardener Coordinator Endowment agreement between Virginia Master Gardener Association and Virginia Tech in 2005.

"This Endowment has risen in value due to the efforts of many EMGs [Extension Master Gardeners] and others but came into being during the time Bill was our President. Even after serving as president, he volunteered to help revise By-Laws, help with nominations and much more," the association stated.

Humble acceptance of praise.

For all of his work mentioned, McCaleb was recognized in October as the inaugural member of the Virginia Master Gardener Association Honor Roll.

"What a total surprise this honor was," McCaleb said. "I wasn't totally speechless but certainly wasn't as deserving as others around the state. I hope to see others recognized on down the road."

When contacted by The Gazette-Virginian about a story, multiple times McCaleb asserted that he would rather have the focus be on the program itself rather than him.

"I'm just a wheel on a cart," he humbly stated. "I can help to get things moving but the article really shouldn't be about me."

With the recent honor and a work ethic indicative of a man who only missed one master gardeners' class in 15 years, suffice to say, McCaleb is more than deserving of praise despite his selflessness.

Master gardeners, difference makers

As with the many civic duties McCaleb has been active in, listing the community contributions of master gardeners would be too numerous to detail.

Ultimately, as McCaleb puts it, “Master gardeners get to put their theories into practice. What you learn here you get to teach others.”

This plays out concretely in efforts from master gardeners to help local farmers preserve their soil and yield better harvests through crop rotation measures. It can also be seen in composting tutorials that serve to help benefit the efforts of local gardeners and homeowners with land. And likely one of the most substantial ways the efforts of Master Gardeners like McCaleb and his ilk do a service for local communities is in their growing of fresh fruits and vegetables for those in need through their partnerships with local community gardens.

McCaleb, for example, was one of the founding members of the group that formed the Healthy Harvest Community Garden.

https://www.yourgv.com/news/local_news/bill-mccaleb-lauded-by-virginia-master-gardener-association-as-inaugural-honor-roll-member/article_85462b3e-8fb4-11ee-8baa-07eeb8235a26.html

VMGA Tribute to Elizabeth Overton

Elizabeth Overton, Extension Master Gardener Emeritus, passed away on the afternoon of January 2, 2024. Elizabeth was a founding member of the Southside Master Gardener Association in 1989, also a founding member of the Virginia Master Gardener Association, a retired teacher, and an active community leader in so many areas, as you will read below.



In 1998, Elizabeth and her husband Ed presented a VMGA banner made by Elizabeth to VMGA, and they were honored for their dedicated service to VMGA. Elizabeth was again recognized on February 14th, 2015, at VMGA's 25th anniversary celebration for her 25 years of outstanding effort and contribution to the success of the VMGA.

Elizabeth celebrated her 102nd Birthday on April 4, 2023. Bill McCaleb talked to Elizabeth on her birthday. He said she was surprised and delighted by the 80-plus cards she received from Master Gardeners across the Commonwealth of Virginia and several other states. When Bill visited Elizabeth just before Christmas 2023, she still had all those cards.

Elizabeth Overton was one of a kind—someone who didn't know how to stop giving and never took NO for an answer. "If you don't think we can do it, let me suggest this," and she would have a solution to the problem.

How fortunate we are to have known Elizabeth. I always thought she knew the name of every plant in Latin when I first met her. She was the one to explain to this southern boy what I call pine straw; folks around here called pine tags. I first thought they were talking about pine chips (ground pine bark).

Yes, she was a Charter Member of the Virginia Master Gardener Association. She was instrumental in keeping the Virginia Cooperative Extension Master Gardener Program growing and going since 1989 by also volunteering at the Halifax Extension office, participating actively in the local Extension Leadership Council, and serving as Chair along with starting and keeping our Extension Master Gardener Plant Sale going for several years, mentoring new EMG volunteer educators and leaders, and so much more. In addition, her dedication to our Halifax County communities has been a tremendous asset in moving us into this new century.



Her dedication to the Halifax community and kindness through her other volunteering accomplishments as Den Mother to Scout Troop 410, a nursery volunteer, and member of the Halifax's Women's Club, where she served in leadership roles, as well as serving on the Auxiliary Chapter of the Halifax County Hospital has benefitted us all.



It is hard to account for all that Elizabeth has contributed over the years, as I haven't always been a Halifax County resident, having only been here since 1996. I realize this is only a tiny glimpse into the expansive work for the sixty-plus years Elizabeth dedicated to the Halifax community.

As she is now gone, let us not forget her impact and give thanks and gratitude for all she has accomplished. What a legacy to leave as citizens, fellow volunteers, and associates. Elizabeth, you have our heartfelt thanks for all you did. Yes, you made a difference wherever you went.

If you travel through Halifax, please note the two maple trees on the green in front of the Halifax Library parking lot. These two trees were planted in 2002 in recognition of Ed and Elizabeth Overton's contributions to the Master Gardeners Association. Or, if you visit the Southern VA Botanical Gardens at Edmunds Park (SVBG), please visit the 'Elizabeth Overton Garden' where you can sit and contemplate, surrounded by the many plants that were planted by Southside Master

Gardeners and members of the SVBG for all she did for the gardens.

William H. McCaleb
Program Assistant, Agriculture & Natural Resources
Master Gardener Coordinator
Virginia Cooperative Extension

VMGA Education Event

November 11, 2023

The VMGA Education Day Training on Saturday, November 11, was produced by the VMGA Education Committee, with the aid of the host Nelson County Master Gardeners, represented by Extension Agent Grace Monger, Judy Oglethorpe, and several others who provided coffee, tea, and quite a spread of breakfast treats in addition to all the technical support and room preparation.

At the Nelson County Extension facilities, three speakers covered different aspects of plant diagnosis.

Jim Revell introduced Master Gardeners to Plant Phenology, the dynamics of Growing Degree Days, as a way to time plant vegetables to mitigate insect predation.

Pat Reilly, representing Saunders Brothers Nursery, covered the threats to boxwoods, a staple of American landscapes. The threats she discussed included diseases, insect damage, and abiotic problems. Particular emphasis was put on the development and propagation of blight-resistant cultivars at Saunders Brothers Nursery.



Grace Monger covered some basics of plant problem diagnosis with tips for helpdesk and plant clinic Master Gardener volunteers.



At the conclusion of the speaker's programs, participants traveled to nearby Saunders Brothers Nursery for lunch and a history of the nursery's development. The nursery was founded in 1915 and today encompasses over 250 acres of plant propagation, in addition to fruit and vegetable production for an impressive array of fresh fruit, unique food, and holiday paraphernalia available at the Farm Market at the nursery. A bus tour of the hundreds of greenhouses and growing fields was the smash ending to this event.

Finally, a special thank you to several members of the Education Committee who made this event a great success. First and foremost, the lead organizer and tireless Ever Ready Bunny, Fern Campbell, of special note, Cynthia Falcon, Leslie Paulson, and the support of Georgi Hall. Our Treasurer, Stacey Smith, provided PayPal support for online registration, and Frank Reilly and Dave Banks of the Communication Comm. provided registration lists and website listings.



Fifty-eight registered for the event, and forty-six attended from 22 units of the Virginia Extension Master Gardeners. Eleven of the attendees joined VMGA.

Tom Baughn
VMGA Education Chair



Smelly Plants

by Erica Jones

A Bit of an Odd Lesson Plan

An MG friend of mine wanted to have a once-a-month garden club at a local (public) elementary school named in honor of her now deceased Golden Lab she would take into school regularly. Lyle was so popular he got a place in the school's annual yearbook! She grows vegetables; I grow flowers; so we thought we could pull it off with most bases covered (and with help from her new Golden Lab).

In any case we scratched our heads for something to do in late October (it took a month to get the club started) and I came up with the idea of smelly plants. And I did a lot of praying that we would not get a frost before the first meeting. What I wanted to emphasize is that trained noses and experienced gardeners sure can identify plants by how they smell. This may be a timely topic; I am wondering if a lot of us adults who have had Covid (pretty much all of us??) have lost some of our sense of smell. Certainly as you get older you get less adept at smelling things¹. Looking at pictures on a screen totally does not give you any idea of how that plants' leaves/flower smell; and you can discuss 'senses' with the kids too to expand the science part of things.

We got first thru third graders for our after-school group. My (vegetable) friend suggested just turning them loose and collecting comments from the kids for what they were smelling.

The first thing I noticed is that basically NO ONE could identify any of the plants. Even my sample of marigold came with some flowers attached; well; nope, no takers on an ID. (Marigolds seem to be strangely out of style).



Wafer Tree

I was in a bit of a panic over collecting materials (see my comment on frost!) so I thought I'd bring in a lot of herbs to do in October and leave the trees for later. Our most memorable criteria was probably "is it edible??" After going through the basil/dill/parsley/oregano/lavender/mint edibles (I was out of thyme) we branched into the not-meant-to-be-eaten category. Some things I brought were 1) tomato vine 2) white pine 3) juniper 4) wormwood (totally not popular) 5) walnut and 6) Russian sage. I did not get to nasturtium, lantana, firs and spruces, tree of heaven (*Ailanthus altissima*) and totally skipped *Houttuynia cordata* which smells so badly it gives me a migraine after five minutes of pulling it out. And one not common native tree which has a neat subtle fragrance is the wafer tree leaves (*Ptelea trifoliata*) (the flowers do stink).

When the wafter tree first showed up in our yard I basically ID'ed it by the leaf and blossom fragrance; I had never seen it before and I could not believe what I had.

Of course there is the Sassafras tree (which I don't have growing on our property) so did not bring any in.

So even if you think you can not find enough smelly plants around, I bet you can; at least before the first killing frost. I liked emphasizing the foliage fragrance vs the flowers; foliage just does not get enough press!

Be forewarned – the kids wanted to take samples home for a lot of these. Have plentiful branches and plastic bags!



Sassafras

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2579627/>

Native Plants for Your Garden—Plants for Small Native Bees

By Nancy Arrington
Centennial Garden Club
November 9, 2023

The Bees: There are about 4,000 native bee species in North America and 458 in Virginia. Although bumblebees and carpenter bees are important pollinators, this article deals with small bees ranging in size from 0.2-0.9 inches with names such as cellophane, cuckoo, digger, leafcutter, long-horned, mason, and sweat. They live 3 to 6 weeks as adults and come in a jewel box of colors – metallic-green, bottle blue, gold, brown and glossy black.

Various species are active from early spring, in weather too cold for our non-native honeybees, through late fall. Ninety percent are solitary, and, with no family to defend, don't sting. Around 70 percent nest in underground tunnels, and the rest build nests above ground in tunnels in rotting wood and in the hollow stems of plants. Most are generalists and gather nectar and pollen from many plant species, and others, called specialists (96 species in the Mid-Atlantic), have co-evolved with a specific plant species or genus and gather its pollen to feed their young.

As pollinators, these tiny creatures certainly punch above their weight. In farm fields, natural areas, meadows, and backyard flower and vegetable gardens, they are two to three times more effective than honeybees. Like all insect species, their numbers are declining due to habitat loss, pesticide use, and climate change. As gardeners, we can help ensure the survival of these fascinating and essential pollinators by providing nectar and pollen plants and nesting support.



The Plants: Generally, small native bees visit small flowers including ones preferred by other pollinators. They need nectar and pollen from early February or March through mid-November and are attracted to yellow, blue, and white flowers with a sweet fragrance. The following plants support the most species; especially important ones are in bold type. In many cases, closely related species are equally beneficial.

Trees and shrubs:

Amorpha fruticosa, False Indigo; *Ceanothus americanus*, New Jersey Tea; *Cercis canadensis*, Redbud; *Cornus amomum*, Silky Dogwood; *Diospyros virginiana*, Persimmon; *Hypericum prolificum*, Shrubby St. John's Wort; *Prunus americana*, American Plum; *P. serotina*, Black Cherry; *Salix discolor*, **Pussy Willow**; *S. nigra*, **Black Willow**; *Vaccinium corymbosum*, Highbush Blueberry and *V. pallidum*, Lowbush Blueberry (blueberries support 2 specialists)

Sun perennials:

Allium cernuum, Nodding Onion; *Blephilia ciliata*, Downy Wood Mint; *Eryngium yuccifolium*, Rattlesnake Master; *Helenium autumnale*, Sneezeweed or Helen's Flower; *Helianthus* spp., Sunflowers; *Monarda fistulosa*, Wild Bergamot; *Oenothera biennis*, **Common Evening Primrose**; *Pycnanthemum* spp., Mountain Mint; *Rudbeckia laciniata*, Green-headed Coneflower; *Solidago/Euthania graminifolia*, **Grass-leaved Goldenrod**; *Symphotrichum pilosus*, **Frost Aster** (asters support several specialists); *Vernonia noveboracensis*, **New York Ironweed**; *Veronicastrum virginicum*, **Culver's Root**; *Zizia aurea*, **Golden Alexanders**

Sun/shade perennials:

Cardamine diphylla, Toothwort; *Erigeron pulchellus*, Robin's Plantain; *Eurybia* spp. **Wood Asters**; *Geranium maculatum*, Wild Geranium; *Hydrophylla virginiana*, Virginia Waterleaf; *Lobelia siphilitica*, Blue Lobelia; *Osmorhiza claytonia*, Sweet Cicely; *Packera aurea*, **Golden Ragwort** (also supports a specialist); *Penstemon digitalis*, **Beardtongue** (also supports a specialist); *Polemonium reptans*, Jacob's Ladder (also supports a specialist); *Ruellia caroliniensis*, Wild Petunia; and *Viola striata*, **Cream Violet**

A few more important plants:

Claytonia virginica, Spring Beauty; *Hepatica acutiloba*, Sharp-lobed Hepatica; *Mertensia virginica*, Virginia Bluebells, *Sanguinaria canadensis*, Bloodroot and *Thalictrum thalictroides*, Rue Anemone, supply nectar and pollen for species that are active in early spring.
Heuchera americana, Alumroot, supports a rare specialist cellophane bee.
Oenothera fruticosa, Sundrops, supports the Primrose Miner Bee.
Rhododendron spp., Native Azaleas, support the *Andrena corelli* specialist bee.
Uvularia grandiflora, Bellwort, supports the rare specialist *Andrena Uvularia*.

Nesting help:

Leave areas of bare ground (preferably facing southeast) for ground nesting bees. In the fall, cut hollow-stemmed plants – swamp milkweed, mountain mint, Joe-pye, rattlesnake master, ironweed, cup plant, beebalm – off at 6-8” for aboveground nesting bees. Check periodically to see if they contain nests (stems will be sealed) and leave until young bees have emerged. Mason and leafcutter bees and possibly other species will use nest boxes.

Sources consulted for this article:

Attracting Native Pollinators, Xerces Society Guide, Eric Mader, et al, 2011; www.xerces.org for more information and a downloadable fact sheet, Nests for Native Bees.

Mt. Cuba Native Bee Survey, 2018-2019. Two natural areas and the gardens were surveyed, and more bees were found in the gardens than in the natural areas.

Planting for Wildlife in Northern Virginia, Loudoun Wildlife Conservancy, 2020

Photo courtesy of Missouri Botanical Garden. Calico Aster (*Symphyotrichum lateriflorum*)

is one of several native fall-blooming asters in our area. A few weeks ago, one blooming in my garden was literally covered with various small native bee species. Blue-stemmed or wreath goldenrod (*Solidago caesia*) also attracted many species. My best non-native plants for small bees are Catmints and Calamints (*Nepeta* spp.).

Centennial Garden Club

Nancy Arrington

November 9, 2023



Curried Potato & Chickpea Stew

Servings: 6
Total cost: \$6.70

INGREDIENTS

- 4 Yukon Gold potatoes, chopped into bite-sized pieces
- 1 (15-ounce) can peas, no salt added, with liquid
- 1 (15-ounce) can chickpeas, with liquid
- 1 (15-ounce) can white beans (or kidney beans)
- 1 onion, chopped
- 3 cloves garlic
- 2 tablespoons oil
- 3 tablespoons curry powder
- Salt and pepper, to taste



STEP 1: Heat oil in a large skillet on medium heat. Add onion and a pinch of salt, and sauté until it begins to soften, about 5 minutes.



STEP 2: Add garlic and sauté another 2 minutes. Add curry powder and mix well.



STEP 3: Add potatoes, peas, chickpeas, and white beans. Mix well, reduce to medium-low heat, cover, and cook until potatoes are tender, about 20 minutes. Add more water if needed.

Make it a Meal

Enjoy with brown rice.

Mix it Up

Add some heat to this stew with some spicy peppers or add fresh or canned tomatoes for a different flavor.

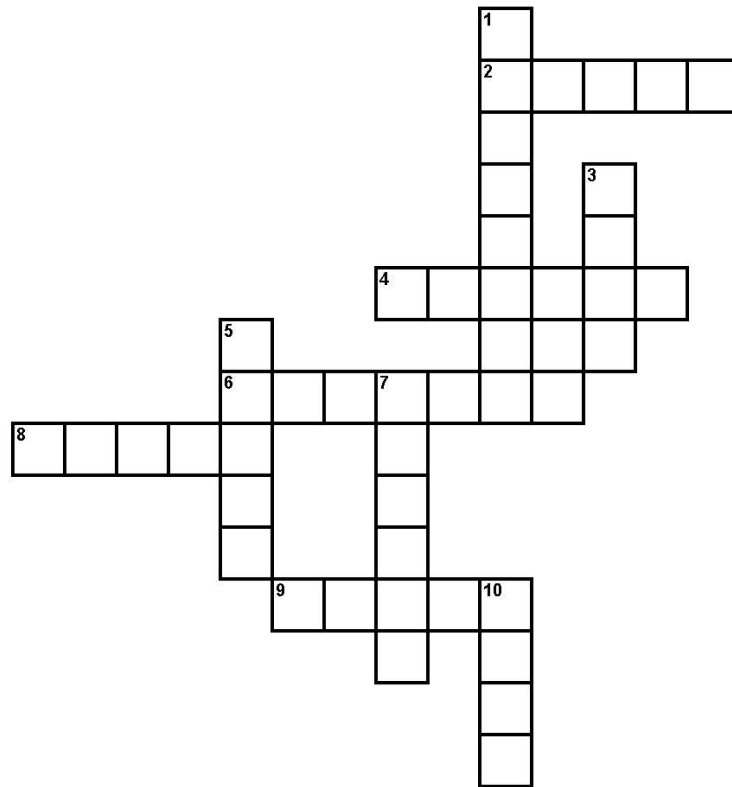
Rinsing Canned Goods

Look for No Salt Added or Low Sodium canned goods, but when these options are not available, rinsing and draining canned produce can reduce the sodium levels by up to 40%.

359 Calories | 61g Carbs | 5g Sugar | 13g Fiber | 1g Fat (1g Sat Fat) | 15g Protein | 438mg Sodium Per Serving

For more recipes and nutrition information, visit capitalareafoodbank.org/recipes

Plants



Across

- [2] Hold the plant in the ground.
- [4] the pretty colorful part of the plant.
- [6] Plants that grows on the Water.
- [8] Part of the plant that protects the seeds.
- [9] Part of the plant that makes food.

Down

- [1] A Sample of flower that we can eat.
- [3] It Carries water and food across the plant.
- [5] Plants needs sunlight, air and _____ to grow.
- [7] Plants that grows on Air.
- [10] The first phase of the life cycle of the plant.

Solution

