



Newsletter July 2023

Seed Stock Update

Our latest seed packing event was a great success! Thank you to everyone who came and helped. We were able to fill over 1,000 additional envelopes, including many crops that can be sown later in the season. We will be taking a break from seed packing to focus on gardening for the season. As we wrap things up in fall we will start up seed packing events again. Scheduled dates will be listed in our calendar.

Seed Steward Training

Our first Seed Steward in person event is scheduled for July 24th at the Children's Garden. There will be two time slots available; 5:50 and 7:10. Each class will be approximately 20-30 minutes. After you have completed the 3 videos and the in person training, you will be able to fill out the online survey to become a Seed Steward! Upon completion, you will be able to pick up your BCSL Seed Steward garden sign. We will also have available for you to pick up at the library multiple sizes of blossom bags to utilize in your seed saving. For pickup information or if you have any questions please email seedsaver@newmastergardeners.org.

Calendar of Local Garden Related Events

July 11, 6pm - 7:30pm (free)

[Evenings in the Library's Edible Garden](#)

Central Library

July 18, 6pm - 7:30pm (free)

[Evenings in the Library's Edible Garden](#)

Central Library

July 19, 5pm - 7pm (free)

[Monarchs, Pollinators and Native Plants!](#)

Locktender's Garden on Fox River Trail

July 21, 10am - 11am (free)

[Popcorn & Seed Celebration with Children's Author Cynthia Schumerth: An Edible Garden Exploration](#)

Central Library

July 22, 9am - 3pm (\$)

[The Gardeners Club of Green Bay Garden Walk](#)

5 gardens in Suamico, Seymour and Howard areas

July 25, 4:30pm - 7:45pm (free)

[How-To Fest with "Basic Seed Saving: BCSL Seed Stewards"](#)

Central Library

July 25, 5pm - 7pm (free)

[Garden Hike led by Inspired North](#)

Seymour Park

July 25, 6pm - 7:30pm (free)

[Evenings in the Library's Edible Garden](#)

Central Library

July 26, 5pm - 6:30pm (\$)

[Plant Identification 101](#)

Green Bay Botanical Gardens

August 1, 12pm - 3pm (free)

[Plant Health Monitoring Workshop](#)

Green Bay Botanical Gardens

August 1, 6:30pm - 7:30pm (free)

[Preserving the Harvest: Canning Basics](#)

Kress Family Branch- DePere Library

August 5, 10am - 11am (free)

[Basic Seed Saving: BCSL Seed Stewards training](#)

ADRC parking lot/ raised beds

August 7, 5:45pm - 7:45pm (free)

[Eco-Gardening: Organic Soil, Gardening and Compost](#)

Central Library

August 8, 6pm - 7:30pm (free)

[Evenings in the Library's Edible Garden](#)

Central Library

August 15, 6pm - 7:30pm (free)
[Evenings in the Library's Edible Garden](#)
Central Library

August 22, 6pm - 7:30pm (free)
[Return of the Dragon Tongue Beans: A One Seed, One Community Celebration](#)
Central Library

August 26, 10am - 2pm (\$)
[Native Plant Sale](#)
Stone Silo Prairie Gardens

August (mid to late, date and time TBD) (\$)
[Ohe-Laku Farm Tour and Harvesting Workshop](#)

One Seed, One Community

The Waiting Game: This is the part of gardening where we patiently wait until some blossoms appear on our bean plants. All we really need to do right now is water and wait. If you have not fertilized your beans, you might want to consider adding some blood meal or greensand to increase plant growth. If you are getting pods on your Dragon Tongue bean plants, this is the time to tag the first three pods on each plant with a piece of string or twist-tie. These pods are marked to remind us not to pick them, but to let them grow out to the seed stage where the pod turns brown and starts to dry up. Enjoy eating the rest of your harvest!

Problems? Yes, we have!

- “One morning I discovered a critter was digging in the window box container where I had planted bean seeds. I raised the planter a foot off the ground and hoped for the best. My guess was right. Where the critter had dug, a bean didn’t grow.”
- “My beans had germinated and started to grow into nice seedlings in paper tubes. I transplanted them into the ground and the life of a bean plant was going well. A week later I decided to work a little organic blend of blood meal, bone meal and greensand around the plants, but forgot to put the temporary fencing back around these five plants. The next morning, my crop of five plants was two. The bunnies were very happy with my error.”
- “Bean plants were starting to push roots out of the bottom of the falling apart paper tubes. Perhaps they were being watered a bit more than necessary. They all planted up well in a foot high wooden raised bed that has a hinged top made of galvanized hardware cloth for bunny protection. Next time I was out to water, I could find no evidence of bean plants. My guess is that slugs had a fest.

My next job before replanting is to gather and smash eggshells to sprinkle over the ground.”

Seriously, all three of these things happened to me this spring, and this happened before July when the Japanese beetles will descend upon us. The good news is that there is still enough time left of summer to replant beans. And now we have new wisdom! If you also have the need to replant, know that the BCSL still has bean seed packets left.

Mark your calendar to join us for the Return of the Dragon Tongue Bean Celebration at the Central Brown County Library on August 22 from 6:00 – 7:30 pm. This would be a great time to return your beans, help us clean and weigh the seeds, and partake in other family fun activities around the bean theme.

Submitted by
Peggy, NEW Master Gardener

Seed Saving

What are biennials? Plants that need two growing seasons before they produce seeds. Examples of biennial crops include carrots, beets, chard, turnips, onions and cabbage. These plants need to be overwintered to go through a period of vernalization, which is exposure of below 50 degrees cold for 8 to 12 weeks. Another resource suggests the temperature for this period should be as close to 32 degrees, but not below freezing. After storage, the roots are planted out in the spring. Lots of room is needed for year two growth.

How do you overwinter crops? A root cellar is a perfect place to overwinter crops, but they are not very commonly found any more. Resources suggest building a skeleton box of rot resistant wood and covering it with half inch galvanized hardware cloth. Trim the tops of your root crops to about an inch from the crown of the plant and layer the vegetable roots in moist sand inside the box. Fill the top of the box with straw or leaves. Bury this box in the ground so the top is a few inches below the soil level.

Let's get creative! Last winter some Master Gardeners found success with the following two methods in their efforts to overwinter crops. The first method was placing roots in breathable bags and storing the bags in the bottom drawer of the refrigerator. The second method was leaving the roots with trimmed tops in the ground and putting two plastic covered hoops over the raised bed they had been growing. Both of these methods were successful. If you have been able to overwinter your root vegetables, we'd love to hear from you.

Why mention this now? The beginning of July is a great time to start crops for overwintering. The crops will have enough growing time to put energy into the roots.

Select a biennial crop and give it a try. It's amazing to see how large the plants get in their second year. The early spring flowers were a pleasant surprise, too.

Submitted by
Peggy, NEW Master Gardener

Planting for a Fall Garden

July is the time to start thinking about your fall garden. Many crops can be planted now with the intention of harvesting in fall or even early winter. Our estimated first frost date for zone 5A is October 15th. So a July 15th planting gives you 90 growing days until the first frost. Look at the seed package and the maturity date. You want to plant things that have a maturity time of 90 days or less. After the summer solstice (June 21) the daylight becomes a little less every day. Due to this, your crops may take a little longer to mature than it says on the package; however the warmer soil may help them germinate faster than they would have in the spring.

Things to plant in July for a fall harvest include dragon tongue beans, green beans, basil, cabbage, carrots, cilantro, chard, collard greens, mustard greens, kale, lettuce, peas, radish, spinach. While some of these crops won't survive past the first frost, some crops can survive several frosts, and are even improved after a frost or two. Imagine harvesting carrots for Thanksgiving fresh from the garden!

Submitted by Melissa, NEW Master Gardener

Living Soil and Planning Your No-Till Garden

Last month we talked about methods for turning over beds as discussed in Jesse Frost's book "The Living Soil Handbook". This month I would like to talk about path management. One of the unique aspects of no-till gardening, I have found, is that even the paths contribute to the health of the overall garden and soil microbiome. Permanent beds for planting mean permanent paths around those beds as well. In order to make them function as a part of the ecosystem there are a few different methods you can utilize.

My favorite, because it is readily available, local and either cheap or free, is wood chips over cardboard. Both wood chips and cardboard are high in carbon but they attract different organisms. Cardboard tends to attract earthworms who aerate the soil and leave behind nutrient rich castings. Wood chips attract specific fungi with the ability to break down the lignin and cellulose in woody plants and allow the nutrients inside to become available to other plants and living things in the soil. Wood chips also help retain moisture in your garden. By first layering cardboard and then covering with wood chips, you get the benefits of both, plus the added weed blocking benefit of the

cardboard. Since the cardboard breaks down so much faster, you may need to rake aside your wood chips to put another cardboard layer down if you are having a lot of weeds pop up. It is recommended that you layer the wood chips 4-6" deep to help prevent too much compaction.

Another option is sawdust and bark mulch. If you have access to sawdust from untreated wood on a large scale (like a sawmill), it can be used in pathways and often does not require an underlayer of cardboard. Since sawdust particles are so small, they can mat together to allow less weeds through. You will use a thinner layer of them as well, 2 inches is recommended. If using sawdust, try to apply before any of your plants are growing, as it can be hard to clean sawdust off of leafy greens.

Other options discussed in the book include matted wool, compost and plastic mulches. I don't recommend plastic for environmental reasons. If you know of a farm that has old matted wool it can be used but I'm not aware of any large sheep farms around Green Bay where you could source it. And with compost I would worry about giving weeds a healthy space to grow without crop competition.

The last option discussed is living pathways. Living pathways can bring lots of benefits to our gardens and their soil life. Following along with the basic tenet of "Keep it planted as much as possible", living pathways take areas of your garden that normally provide no photosynthesis and convert them to photosynthesizing cover, supporting the soil microbiome. However, this can be tricky. You need plants in your pathway that can support being walked on. They either need to stay short (like white clover) or tolerate mowing. And they need to not migrate into your actual garden beds. In addition, you will need to hand weed your living pathways to remove unwanted weeds, or be open to tolerating them in the pathways. Some of the recommended plants from the book are clovers, perennial ryegrass, creeping thyme and chamomile. It is recommended that you maintain the edges where the pathways meet the beds with an edger, and mow weekly to ensure nothing is setting seed and going to creep onto the garden.

Another option is planting the pathways with a dense cover crop and either crimping to terminate the crop before it sets seed or allowing it to winter kill. Then you use the remaining plant material as mulch. If you are doing a cover crop on a garden bed, you can essentially just plant the same cover crop in the pathways as well. Then you won't be walking in the pathway frequently to maintain anything. I am intending this fall to try this method in between some in-ground beds, using daikon radishes, which seem to pretty reliably winter kill and shouldn't get weedy.

Whatever pathway management strategy you use, just remember that it is a part of your garden ecosystem and is a great opportunity to provide habitat for insects and microbes!

Submitted by Melissa, NEW Master Gardener

Featured Local Organization



[Wild Ones](#) is a national nonprofit, environmental education and advocacy corporation. Their mission is ‘to promote environmentally sound landscaping practices to preserve biodiversity through the preservation, restoration and establishment of native plant communities.’

In the 1960’s, Lorrie Otto noticed a number of dead birds on her Milwaukee property. Her research and work led to the 1970’s ban of DDT in Wisconsin, and two years later the ban became nationwide. After hearing Lorrie Otto lecture in 1977, a group of nine Wisconsin women started monthly meetings to share natural landscaping ideas. They called themselves ‘Wild Ones’. The organization now has grown to chapters located throughout North America.

Wild Ones has a [local Chapter](#) in Green Bay, and monthly meetings are free and open to the public. Last month the meeting was a tour of the arboretum at UWGB. You can join their meeting this month at Barkhausen Waterfowl Preserve in Suamico on Saturday, July 22 at 10:00 am.

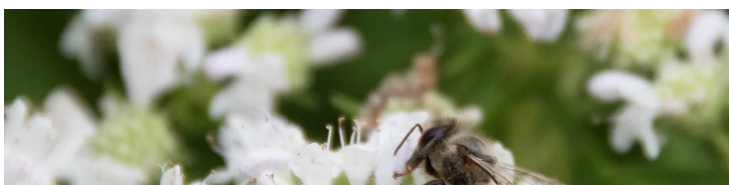
The Wild Ones are featured this month in our newsletter, as they will be joining efforts with the Northeastern Wisconsin Master Gardeners hosting an [event](#) on monarchs, pollinators, and native plants. There will be other topics of interest and kids activities. Join us on Wednesday, July 19 from 5:00 – 7:00 pm at the De Pere Locktender Garden by Voyager Park.

“If suburbia were landscaped with meadows, prairies, thickets or forests, or combinations of these, then the water would sparkle, fish would be good to eat again, birds would sing and human spirits would soar.” – Lorrie Otto

Submitted by
Peggy, NEW Master Gardener

Plant Profile

PLANT PROFILE: MOUNTAIN MINT



Mountain Mint is a lovely herbaceous perennial plant that is in the genus *Pycnanthemum* and a member of the Lamiaceae family. There are 20 species of *Pycnanthemum* native to the US and Canada. The pictures here show *Pycnanthemum virginianum*, which is a native to our area of the country. It has long narrow leaves that are positioned opposite one another, up to 2.5 inches long and 1/4 to 1/2 inch across and are lanceolate in shape. The small white flowers often have purple dots and are present in flattened heads at the ends of 2 to 3 foot tall stems. Not all of the flowers bloom at once, but begin at the outer edge of the head and end near the center. The white tubular flowers are tiny, only about 1/8 inch long. Blooms appear mid to late summer and linger through September. The leaves release a strong minty scent when handled or damaged.



Unlike many other members of the mint family, Mountain Mint is not as rapidly invasive. Instead it grows outward with slower growing rhizomes and does have some limited seed spread by wind. It is loved by pollinators, including honey bees, bumble bees, beetles, and Pearl Crescent butterflies. It is not favored by deer or other herbivorous mammals because of its strong minty aroma and taste.

The common name, Mountain Mint, is somewhat of a misnomer as the plant is typically found in moist soils of wet meadows or grassy prairie settings across the upper Midwest and upper New England. It prefers partial to fully sunny conditions. It can be companion planted with vegetables, such as beets, beans, cabbage, tomatoes and peppers, as it can repel ants, aphids, cabbage moths, and slugs.

References accessed: Extension.umn.edu; Prairie Nursery; Cornell Cooperative Extension.

Submitted by Terri, NEW Master Gardener

Featured Recipe

Collard Green, Dried Cranberry and Walnut Salad with Hot Bacon Dressing

By: Chef Selena Darrow

Yield: 4 servings

Ingredients

- 1 large head local collard greens
- ¼ cup dried cranberries
- ¼ cup chopped walnut pieces
- 4 ounces local bacon, chopped
- ¼ cup chopped local onion
- 1 teaspoon Dijon mustard
- 5 tablespoons apple cider vinegar
- ¼ cup granulated sugar
- 2 tablespoons water
- Kosher salt and fresh black pepper



Instructions

1. Remove collard leaves from stems. Arrange in a pile on a cutting board and cut into thin ribbons (about 5 cups total). Place in a large bowl; add cranberries and walnuts.
2. Cook bacon and onion in a skillet over medium high heat until bacon is crisp; remove bacon and onion to paper towels to drain. Reserve 3 tablespoons of rendered fat in the skillet.
3. To the skillet, add mustard, vinegar, sugar and water. Season with a pinch of Kosher salt and a few grinds of fresh black pepper. Bring to a simmer over medium low heat, simmering for 2 minutes.
4. Pour dressing over collard greens and toss to coat. Season with additional salt and pepper if desired.

Salad would be delightful served with grilled pork chops, salmon or chicken.

Chef Selena Darrow is a lifelong Green Bay resident, and her passion is food. She has over 25 years' experience in the local food industry including: restaurants, healthcare dietetics, school foodservice and food manufacturers.

She owns and operates her own culinary consulting business, Culinary Innovations, which specializes in creative content development and technical R&D Chef support for the food service industry.

Selena is also the Executive Director for the nonprofit, Rooted In, whose mission is to improve food access in the Greater Green Bay area.
You can contact her at Selena@sdculinaryinnovations.com.

