



November – December Grapevine 2013

New River Valley Master Gardeners Association



Happy Holidays Everyone! 2013 Year-In-Review

By Wendy Silverman

This has been a great year! We have had several new projects this year and more new projects are in the works for next year.

New projects for 2013 included Habitat for Humanity houses in Blacksburg, Gilbert Linkous Elementary School garden, Radford Library “Dig into Reading” summer program, Cloverbud Garden Explorers in Floyd, Pulaski YMCA Children’s “Sensing Garden”, Christiansburg WIC Community Garden, Claudia’s Memorial Garden, Girl Scouts Junior’s Flowers badge, volunteering at Kentland Farm, and Rain Barrel Workshops.

These are not all of the projects we did this year; these are just the new ones! We would not be able to do so much without all of your help. Every project and every hour you put in matters to this community. Thank you for all that you do!

Wreath Making at the NRV Juvenile Detention Home

By Wendy Silverman

In early December, the NRV Master Gardeners taught the kids at the NRV Juvenile Detention Home how to make wreaths using fresh greens and a coat hanger. I was so proud of these kids. They really worked hard on the wreaths. At first they were skeptical.... “Wreaths out of a coat hanger?” they asked. “Yup!” I replied, “A wire coat hanger and some discarded Christmas tree branches”.



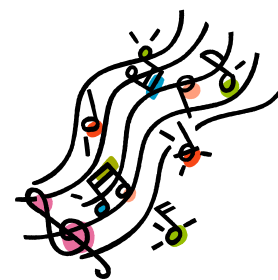
This was a 2-day event. The first day was spent actually making the wreaths. The kids worked in teams of 2, helping each other make a wreath. The second day was decorating. If they wanted bows for their wreaths, they had to make them. At first they were very hesitant about bow making. I told them that my dad is a farmer, he drives the tractor, he

takes care of everything on the family farm, and he knows how to make a bow! In fact, he uses his bow-making skill in the florist shop which is part of his farming business. So, no way out of it! All high school students studying agriculture and taking a horticulture class must make a bow. In the end, all 7 boys made their own bows, and they looked really good.

A BIG THANK YOU goes to Bonnie, Olin, and Ruthann who helped with this event and to Roger and Jane who supplied some of the greens. The kids were so appreciative. I think it was an event they will never forget.

“Wendy’s Top 12 Announcements to NRV Master Gardeners...Fa La La La”

- 12: Remember to fill out your Master Gardener 2014 Contract.
- 11: Please become an NRV MGA member .
- 10: If you are in-charge of a project, please fill out a 2014 Project Proposal.
- 9: All forms are due February 20th and are found on the VMS System.
- 8: The Jan. NRV MGA meeting is a potluck of heavy hors d'oeuvres.
- 7: The date is Thursday, January 16th, at 6:00 at the Hahn Garden Pavilion.
- 6: Bring lots of extra hors d'oeuvres as we will treat the new trainees.
- 5: ***PLEASE ENTER YOUR HOURS!***
- 4: The VMS system website is <https://virginia.volunteersystem.org>
- 3: The due date to enter your hours is December 31.
- 2: Enter even old dates as we calculate yearly totals.
- 1: Have a *Wonderful Happy Holiday!*



Book Review

Tracie McMillan’s “THE AMERICAN WAY OF EATING”

(Scribner, 2012)

By Erica Jones

Traci McMillan researched how Americans eat by taking a year out of her life and holding jobs in three sectors of food production – working at large farms in California that produced mono crops (tomatoes, peaches and garlic), selling produce at a Detroit Walmart (Walmart is currently the largest retailer of produce in the US), and working for an Applebee’s restaurant in New York City. At each job she tried to live on the wages she earned, although she had a car.

On the California farms, she 1) was never paid even minimum wage, 2) most of the jobs required training to perform correctly and to stay employed, 3) all of the training she received came from co-workers who took pity on her, and 4) workers received almost no protection against wage discrimination, injury, harassment, etc. She was mostly paid based on volume and not by the hour. She also suffered work related injuries which were not paid by worker’s compensation or even acknowledged by her superiors.

At the Detroit Walmart, the workers handling produce received almost no training, she had more job duties to do than she could perform efficiently and correctly, and, as a new employee, she had no

chance to work full time. In the book she claims Walmart “wastes” a lot of fresh produce by treating it incorrectly to promote good shelf life. While she was living in Detroit it was interesting how many urban gardens and gardeners she came across. The author was amazed at what the people living in Detroit grew, ate, and gave away. Urban gardening DOES happen!

The Applebee’s in New York City paid the most of the three jobs. While at Applebee’s she received no instruction on food safety and almost none of the food served was prepared “fresh”. Most of the vegetables were precooked and stored in plastic for quick reheating in a microwave before serving.

One reason she picked jobs in big cities was to experience what she had read about food deserts. Food deserts are defined by the CDC as areas that lack access to affordable fruits, vegetables, whole grains, lowfat milk, and other foods that make up a healthy diet. According to the USDA, a small percentage of American consumers are limited in their ability to access affordable nutritious food because they live far from a supermarket or large grocery store and do not have easy access to transportation. [As an aside, much of Craig County is a food desert by definition.] Basically, when living in the big cities, she had to drive 15 miles one way to access a grocery store offering decent produce. Groceries in urban areas are often small “corner” stores primarily carrying nonperishables. Detroit is actually not considered a food desert, but there is more fresh produce available at stores in the Detroit suburbs than at stores downtown.

The author’s theory as to why so many Americans, particularly lower income Americans, eat so poorly has four parts. First, many families are not teaching their children how to cook at home and cooking classes in public schools have basically been dropped, so many families simply do not know HOW to cook (the author did not). Second, it takes time to cook and people trying to live on such low wages usually work long hours and spend a lot of time commuting. Third, lower quality rental units are often in poor condition and either do not have a decent kitchen in which to cook or have only a shared kitchen used by many different people. Scheduling kitchen cooking time and refrigerator space in a shared kitchen takes finesse! And last, produce and fresh food seems “expensive” per pound. Produce can spoil and you must know how to choose and store it. And, interestingly, produce is almost never connected to coupons in the daily paper!

This book is well written and totally riveting as the author describes the family lives of the co-workers she learns to know. And, the fact that the author does not know how to cook or garden makes her more aware of diet and the problems involved in obtaining fresh produce.



Hot Cider Recipe

1 gallon apple cider
1 quart cranberry juice
splash of lemon juice
whole cloves and cinnamon sticks to taste

Heat to blend flavors and serve warm.

Happy Holidays!

Carol

Minutes NRV Master Gardener Association Board Meeting – November 14, 2013

Location: Montgomery County Government Building, Extension Office, Christiansburg, VA

In Attendance: Maureen Fallon, Lynn Brammer, Susan Lockwood, Bob Lockwood, Rosemarie Sawdon, Gwen Ewing, Connie Lawson, Wendy Silverman, Evelyn Melia, Beth Kirby

Meeting called to order at 5:30 pm.

Minutes of October 8, 2013 approved.

Treasurer's report approved. There was a \$.01 error due to interest payment.

Old Business:

Paperwhite bowls for the Junior Master Gardener graduates were reconsidered due to early graduation of the class the previous evening. It was decided to put the bowls together and use them as raffle prizes for the Potluck dinner on November 21. Raffle tickets will be sold for \$2.00 each or 3/\$5 with the basket going as first prize and bulbs as other prizes.

Pete Imhoff has been asked to serve as Treasurer for upcoming year. If he is not interested, Bob Lockwood will consider continuing on as Treasurer.

Potluck set-up —Evelyn, Bob, Susan, Lynn, Maureen and Bonnie M. The paperwhites will be used as centerpieces—Maureen will supply some decorations. There will be PowerPoint presentations from this year's grant recipients.

Grant Committee met last week and considered 11 applications. Those serving limited populations/not educational were not approved. It was considered to increase the grant funding, but may leave the Association with limited budgetary resources. It was decided to leave the funding at the existing \$2600 level. The Board voted to accept the Grant Committee's recommendations. There is still a budget for mini grants for this year.

Approved Grants:	YMCA Children's Garden, Pulaski	250.00
	NRV Juvenile Detention, C'burg	300.00
	NRV Recovery Garden, Radford	400.00
	St. Michael's Micah's Backpack Garden	300.00
	4-H Programs, Pulaski	250.00
	HS Composting, Floyd	500.00
	Gilbert Linkous, Blacksburg	200.00
	Special Ed CES, C'burg	400.00

Susan Lockwood tried to confirm with Radford about possible funding for some projects earlier in the year but was unable to follow-up on the discussion. Contact person will be approached.

New Business:

Wendy brought the new advertisement for NRVMG shirts and aprons. The price was set at \$20 for both shirts and aprons. Will present flyer to membership at Potluck.

Dues will be collected at the Potluck. To enable giving more funds to the Grant Committee, it was voted to increase the annual dues to \$15.00. It will be encouraged for members to donate an additional \$10 (tax deductible) to be used for the grant funding.

A discussion about inactive or new-to- the area Master Gardeners' requirements to become active: must attend 3 classes if current, or see Wendy if long term out of date.

The Master Gardener 2014 Contract and NRVMG Association forms were updated. An additional Committee for NRVMGGA will be Media/Demonstration Videos.

There may be a conflict with Wendy and Thursday night meetings this year since the MG classes will be in the evening. The Greenhouse classroom is an option to use so Wendy can attend the board meetings. She also has the MG class schedule calendar.

The Volunteer Management System was discussed. Wendy said there were several members who had not put in time for/seen the Equal Access Assurance video that is required of all Master Gardeners. She will have a list at the Potluck. She also asked that members be more timely in putting in their hours.

Lynn will be travelling to Charlottesville with Jon Freeborn and Dave Close for a strategic meeting at the state level. It concerns the questionnaire that was sent out earlier in the month about the Master Gardener program—one thing to stop, one thing to start, and one thing to continue.

Lynn will send out a reminder to the membership about the Potluck/ raffle/dues.

Future gatherings: November 21, 6 pm Potluck/General Meeting Government Center

The meeting was adjourned at 6:45 pm.

Some Board Members stayed to put the paperwhite bowls together.

Submitted by: Beth Kirby

Congratulations to the New 2014 NRVMGGA Executive Board!

Co-Presidents:	Maureen Fallon and Lynn Brammer
Vice President:	Dona Fern
Secretary:	Beth Kirby
Treasurer:	Pete Imhoff
Members at Large:	Evelyn Melia Susan Lockwood Phyllis Eschenmann

New River Valley Master Gardener Association

MEMBERSHIP – 2014

Please complete the following information and return by February 20, 2014. Membership Forms received after this date will not be in the NRVMGGA Directory. **Please print the following:**

_____	_____	_____
Last Name	First Name	Initial
_____		_____
Address		City/State/Zip Code
_____		_____
Home Phone / Work Phone / Cell Phone		E-mail address

Individual Membership Transfer (from _____)
 Trainee

List ideas for monthly membership programs and any new projects you would like the NRVMGGA to consider:

Committees for you to consider volunteering for in 2014: (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Membership (Directory & Listserv) | <input type="checkbox"/> Intern Training and Time Sheet |
| <input type="checkbox"/> Program | <input type="checkbox"/> Recording |
| <input type="checkbox"/> Grants | <input type="checkbox"/> Newsletter (Grapevine) |
| <input type="checkbox"/> Nominating | <input type="checkbox"/> Outreach and Public Education |
| <input type="checkbox"/> Fund Raising | <input type="checkbox"/> Financial Compliance |
| <input type="checkbox"/> Website | <input type="checkbox"/> Facebook Administration |
| <input type="checkbox"/> History and Records Retention | <input type="checkbox"/> Web Based Training |

I wish to receive an **PAPER** copy of newsletter rather than electronic yes no

PLEASE NOTE: You must be a certified VCE MG in order to be a member of the NRVMGGA. To activate your VCE MG status, the VCE Master Gardener Continuation Contract for the new year must **first** be submitted to the Montgomery County VCE Office.

Dues are \$15.00 per person, make checks payable to NRVMGGA

Send this completed form and dues payment to:

Virginia Cooperative Extension
New River Valley Master Gardeners Association
Montgomery County Office
755 Roanoke Street Suite 1G
Christiansburg, VA 24073

Office Use Only

Paid Dues? Yes _____ No _____

VCE Master Gardener Continuation Contract 2014

Please read carefully, sign, and return to the Extension Office

As a Virginia Cooperative Extension Master Gardener volunteer, **I will continue to:**

1. Share unbiased, research-based horticulture information approved by Virginia Tech, Virginia State University, or Virginia Cooperative Extension.
2. Refer questions on topics for which I have not received VCE Master Gardener training or do not have appropriate reference materials to the local Master Gardener Coordinator or designated individual.
3. Refer all questions regarding commercial crop production or pest control of such crops to the Extension Agriculture Agent.
4. Not use my VCE Master Gardener nametag, certificate, or title in direct or implied endorsement of any product or service.
5. Not discriminate on the basis race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, socio-economic circumstances, or any other basis protected by law.
6. Acknowledge that I have received explanation of the VCE / Virginia Tech liability coverage for volunteer staff members. I understand that any medical problem arising from volunteer work for VCE / VT is my responsibility, through my personal health care coverage. If injured while working for VCE / VT, I will file the injury with my personal insurance.
7. Understand that as a VCE-MG volunteer, I represent VCE & VT as a non-paid staff member, and must follow policies and criteria specified in the Virginia MG Handbook and other VCE documents.
8. Fulfill an annual commitment of 20 hours of volunteer service and 8 hours of continuing education training to remain an active Master Gardener after my initial intern year of a 60 hour training course and 50 hours of service. 10% of my service will be in the forms of plant clinics, Share the Spare, or the Horticulture Help Desk.
9. Enter service hours into the VMS system in a timely manner (on a monthly basis).

(If, according to our previous year's records, you have not completed the necessary service and training hours, you will be contacted to discuss a plan to do so.)

Name (print) _____ Date _____

Signature _____ Home Phone _____

Address _____ Work Phone _____

_____ Cell Phone _____

Are you re-activating your membership? Yes _____ No _____ E-mail _____

If yes, when was your last year of active Membership? _____

Return by **20th of February of membership year** to: VCE – Montgomery County Office
Master Gardener Program
755 Roanoke Street Suite 1G
Christiansburg VA 24073

2013 Board

Co-Presidents – Lynn Brammer – 540-381-4846 (H), 540-449-6621 (C), lbrammer@vt.edu
Maureen Fallon – 540-381-1371 (H), 540-392-1581 (C), mofallon56@gmail.com
Vice president – Donna Fern—336-380-5242, vafern3@gmail.com
Co-Secretaries – Rosemarie Sawdon – 540-953-0379, sawdon@msn.com
Gwen Ewing – 540-382-9566 H, recycle.compost@gmail.com
Treasurer – Bob Lockwood – 540-639-5982, robelock@hotmail.com
At large – Evelyn Melia 540-998-0786, meliano@comcast.com
At large – Susan Lockwood 540-639-5982, svlockwood@aol.com
At-Large - Bonnie Maccubbin 540-239-9170, bjmac@vt.edu

New River Valley Master Gardener Association

755 Roanoke St., Suite G

Christiansburg, VA 24073