

Kewaunee County Garden Club

Calendar of Events

- Tuesday, July 26
Garden Club Meeting
Claire Thompson CSA
6:30 p.m.
- Wednesday, July 20
**Walworth County
FTD 2016**
Departure: 7:30 a.m.
Luxemburg
Fairgrounds
- Tuesday, August 16
Garden Club Meeting
Cheryl Eberle's
Picnic
6:30 p.m.
- Wednesday, August 17
**Christopher Farm and
Gardens Tour**
Sheboygan, WI
10:00 a.m.—Noon

Featured Articles	
Dana Farm	2
Ryan Park	2
Walworth FTD 2016	3
Garden Committee	3
Epsom Salt Benefits	4
Garden Walk Photos	5
Garden Club Meetings	6
Christopher Farm and Gardens Tour	6
Habitat for Humanities	6
Future Master Gardeners	7

Not Just an Ordinary Fruit

Red Raspberry is a plant that is the source of a widely eaten, tasty, sweet berry; however, the leaf as well as the fruit have been used as medicine for centuries. The leaf is used for GI tract disorders, respiratory disorders including flu and swine flu, heart problems, diabetes, and vitamin deficiencies. Some even use it for general 'purification of skin and blood.' Some women have used it for morning sickness associated with pregnancy and easing labor pains and delivery.

Raspberries can be found in assorted colors including gold, black, purple, but red raspberries are the most common. New research suggests that eating red raspberries may prevent cancer by inhibiting the abnormal division of cells and promoting normal healthy cells.

Raspberries are also a rich source of the flavonoids quercetin and gallic acid, which have been shown to play a role in heart health and the prevention of cardiovascular diseases, obesity, and age-related decline. Raspberry ketones are similar to capsaicin, found in red pepper, which is known for its ability to inhibit the growth of cancer cells.

A raspberry is made up of many tiny bead-like fruits called 'drupelets' clustered around a core. Each drupelet contains one seed, and an average raspberry has 100 to 120 seeds. (*your trivia lesson for today*) The oil in the seeds is rich in vitamin E, omega-3 fatty acids, and has a natural SPF (sun protection factor) of 25 to 50. You can see why it is gaining in popularity for skin care products!

Raspberries are an extremely versatile fruit; they can be used in sauces, jams and jellies, ice cream, salads, pies, cakes, cookies, muffins, desserts, pancakes, scones, salad dressings, juices, smoothies, and punch.

Raspberries are high in vitamin C, potassium, and in folate; they have NO fat, NO cholesterol, or NO sodium. They are high in fiber. One cup of raspberries provides 8.34 g of dietary fiber. Raspberries rank in the Top 10 antioxidant-high fruits and vegetables!

Raspberries provide important anti-inflammatories which are believed to help reduce cardiovascular disease



and diabetes, and help to improve eyesight and memory functions.

When ripe, raspberries separate easily from the core, which remains with the raspberry plant. *Unripe* raspberries do not ripen after they are picked!

Raspberries can be preserved by freezing, drying, or canning. One cup of raspberries has only 60 calories,

There are two types of raspberries: **Summer-bearers** bear one crop per season, in summertime, and **ever-bearers** bear two crops, one in summer and one in fall. They are relatively easy to grow—with proper care—can bear fruit indefinitely! **Ever-bearers** require less care ... prune them to the ground in the fall. Clean up all debris—diseases and pests overwinter.

Summer-bearers should be pruned in the fall. Leave about 6 of the thickest, strongest green canes. Cut off all canes that grow sideways.

Dana Farm *(mid-summer)*

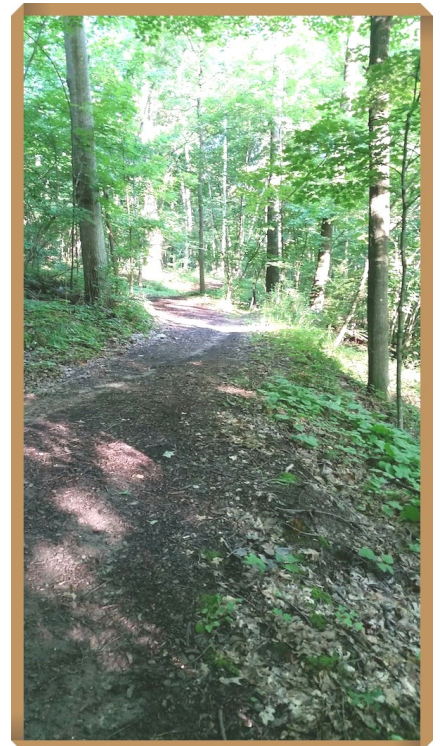


Weeds ... weeds

If you can spare some time to do some weeding at Dana Farm that would be great. Weeds have the annoying habit of appearing every time you turn around! They like to crawl around, wave at you, sting or prick you, entangle you, and even eat your good flowers or plants.

At the May Garden Club meeting it was decided to do some weeding the second Monday of the month. However, any day/evening during the week would be very much appreciated. It is fun to get together with a group to do some bonding and perspiring!

Ryan Park



The May garden club meeting was held at Ryan Park in the Town of Kewaunee. Following the meeting, those who were interested in taking the 2 mile nature walk did so. The rain and mosquitos were very accomodating. It was a beautiful evening for a nature walk.

Walworth County FTD 2016

Date: Wednesday, July 20, 2016

Departure Location:

Kewaunee County Fair Grounds
625 3rd Street
Luxemburg, WI

Parking: park in lot south of Expo Hall

Loading Time: 7:00 a.m.

Morning Departure: 7:30 a.m.

Evening Departure: 6:00 p.m. *(with stop on the way home for a bite to eat)*

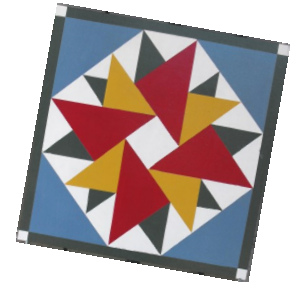
Tickets will be distributed when you arrive at the show by your bus leaders.

FTD 2017 Committee T-shirts are Available.

Your committee co-chair will distribute them or you may pick it up at your convenience.

First Aid for a mosquito bite or bee sting

1. Ice pack or bag of frozen peas (place on bite/sting 15 minutes at a time for a few hours)
2. Green tea bags
3. Mix equal parts of water and vinegar (dab on with cotton ball)
4. Crush basil leaves into a paste (dab on with a Q-Tip)
5. Milk (dab on with cotton ball)



Kewaunee County FTD 2017

Greenscapers FTD Committee

Do you realize that a year from now we will be in full swing at the 2017 FTD! It is both exciting and scary to think about all that needs to take place before the show starts.

The co-chairs are working behind the scenes getting show elements organized. This is no easy task! It will be most helpful traveling to Walworth Coun-

ty's FTD to be able to see the flowers, plants, and grasses that they use for landscaping. It will also enable us gardeners to ask questions that are rattling around in our heads.

Even if you are not traveling to the 2017 show or you are not on the committee, we definitely need your help. This is how you can be of help.

1. You undoubtedly will need to divide some

of your perennials. Consider donating whatever you have. Plant them in a container.

2. If you have garden ornamental elements that you would consider sharing, please talk to one of the co-chairs.
3. When it is time to plant the containers, consider helping with this task. It will be very much appreciated.
4. Support and help with projects all year.

14 Reasons to use Epsom Salt

Epsom salt, also known as **magnesium sulfate**, is a natural mineral that was first discovered in Epsom, England. It works well in the home garden because it gives fertilizer and soil a much needed boost of both magnesium and sulfate. The additional minerals enable plants to receive more nutrition from the soil that they are in. This increases the plant's productivity. Add 1 tablespoon of Epsom salt to a gallon of water and water plants with the mixture. Repeat process every two weeks.

1. **Produce abundant night-shade plants** such as peppers, tomatoes, eggplants, and potatoes.
2. **Nix garden pests**
The only caveat about using Epsom salt to deter pests is that it is water soluble, so you will need to continuously reapply it.
3. **Makes fruit sweeter**
When Epsom salt is added to trees, bushes, and vines that produce fruit, boosts the chlorophyll inside the plant. When plants have more chlorophyll, they have more energy. When they have more energy, they produce more sugar.
4. **Stop transplant shock**
If your plants are experiencing transplant shock, feed Epsom salt to them either by sprinkling on the topsoil near the base of the plant and then watering or putting a little salt into the hole or planter you will be planting your plant. Next, cover the salt with a little soil before potting your plant.
5. **Keep leaves green**
When plants don't get their recommended daily amount of magnesium, their leaves start turning yellow.. Place one tablespoon of Epsom salt per 12 inches of height once a month
6. **Annihilate pesky weeds**
You can kill weeds by mixing a couple of cups of the mineral with a gallon of vinegar and some liquid dish detergent. Put the mixture in a spray bottle and spray the weeds you wish to kill.
7. **Lush lawn fertilizer**
If your lawn isn't lush and beautiful, it probably needs a little magnesium in its life. It is suggested that you add 3 pounds of the mineral to every 1,250 square feet of grass and then water after the application.
8. **Tree stump remover**
Drill a holes into the stump and fill the holes with Epsom salt. In a few weeks, the stump will begin rotting.
9. **Beautiful blooming roses**
Adding Epsom salt to rose bushes encourages them to produce larger flowers with darker, deeper colors. To incorporate Epsom salt to your rose bush's diet, add it at the time of planting and when flowers are in bloom.
10. **Splinter removal power**
If you get a splinter when gardening, soak the area in 2 tablespoons of Epsom salt and water. The should make the splinter pop out of your skin on its own.
11. **Cure leaf curling**
Leaf curling is a sure sign of a lack of magnesium in a plant. If the leaves on a plant are curled, amend the plant's soil with 1 tablespoon of Epsom salt.
12. **Perky potted plants**
Plants in containers go magnesium-deficient faster than in-the-ground plants. To remedy this, add 2 tablespoons of the mineral to the surrounding soil once a month.
13. **Increase nutrient uptake**
Epsom salt, when added to the soil around plants, helps them absorb other nutrients more efficiently. Most commercial fertilizers have large amounts of magnesium. By adding plain Epsom salt, you won't have to bother with so much fertilizer.
14. **Fancy full ferns**
When ferns are yellow and dull-looking, they don't look great. Epsom salt helps ferns and plants similar to ferns, such as elephant ear, have rich, dark foliage. Add 1 tablespoon of Epsom salt to a gallon of water and spray ferns and elephant ears to achieve the look.

Garden Walk—Algoma



Kewaunee County Garden Club Meetings

Date: Tuesday, July 26, 2016

Place: Claire Thompson CSA Farm, N8421 County Road D, Algoma

Time: 6:30 p.m.

Date: Tuesday, August 16, 2016

Place: Cheryl Eberle's, 5678 W. Wilson Road, Algoma

Special Event: Picnic (*bring your most requested potluck dish to share*)

Time: 6:30 p.m.

Christopher Farm and Gardens Tour

Date: Wednesday, August 17, 2016

Tour Time: 10:00 a.m.—12:00 p.m.

Address: W580 Garton Road, Sheboygan, WI

There is no charge for the tour; however, they encourage a minimal donation of \$2.00/visitor for Meals On Wheels—Sheboygan County. Your donation can be mailed directly to them or left with the tour guide.

Habitat for Humanity Volunteers

The Green Bay Habitat for Humanity is looking for volunteers to help with planting. If you are interested in helping or know of someone that would like to help, please contact Julie Taylor at 920-857-4577.





Mission Statement

It is the mission of the Kewaunee County Garden Club to support the horticulture efforts of the people and communities of the county with volunteer work, education, and example.

Membership Information

Single Membership _____ \$10.00

Couple Membership _____ \$15.00

Send Membership Dues to:

Donna Hella
N4480 County B
Kewaunee, WI 54216