ESVMG

Gardening on the Shore

Summer, 2018

Message from the President

As I write this message, the heat index outside is 102°. It's not rained in any substantial amount in over two weeks. The beauty of bulbs, flowering trees and other spring blooming plants is a distant memory. Early to mid-summer blooming perennials are drooping and spent flowers are turning a brownish hue. Yes, this is the life of a gardener. By now, amateur gardeners have become disinterested, looking for other ways to occupy their time. Master Gardeners (the *real* gardeners), especially the ones from the Eastern Shore, are re-doubling their efforts to pull weeds and deadhead spent flowers.

The *real* gardeners are outside every day, talking to their plants and helping them in any way possible. The *real* gardeners are carefully making their fall garden plans, assessing what has and hasn't worked this growing season.

When the going gets tough, the tough get going. Gather your energy. Continue to work in your gardens. Set an example for your neighbors for what can and should be done during the long Dog Days of summer. More importantly, you will be satisfied in knowing that you have not abandoned your garden — that you have persevered. And your garden will thank you.

Also, for your information, I have several announcements to pass on. First, the next General Membership Meeting will be August 7 at AREC. One of our newest members, Jim Crunk, will be making a presentation on pollinators. The Accomack Plant Clinic, held at the Extension Office, is now under the guidance of Susan Weir and will be open weekly on Mondays from 11:00 – 2:00, tentatively beginning Aug 6. Volunteers will be needed, so stay tuned.

Thinking into the fall, the Exmore Plant Sale will be held on Sept 15 and the 2nd Annual Outdoor Exploration Day will be held on Sept 29 at Kiptopeke.

Our elections will also be held this fall. Offices to be filled include President, Treasurer and two Members-at-Large. We need someone to step forward to chair the election committee and to ensure that we have a smooth transition to our new board.

Enjoy your summer!

Phil Goetkin

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Feature Article

NEW ROOTS YOUTH GARDEN: Growing Food and Kids for a Better Future by Hannah Denny, ESVMG Master Gardener Intern



The New Roots
Youth Garden is
hard to miss for all
those headed into
the beautiful town
of Cape Charles,
Virginia. It sits
right across from
the official town

welcome sign, and is a perfect representation of the values that the Cape Charles Township has prioritized. New Roots Youth Garden was at first just a seed of an idea that sprouted and grew in the mind of Laurie Klingel as a Masters Graduate Project. In partnership with Tammy Holloway, ESVMG Master Gardener, they took it from the armchair and into the real world. The entire town, from the Township giving NRYG the land that was previously just an empty, barren lot, to the countless volunteers who wrote grants and did fundraising and dug the beds themselves, embraced the idea with the enthusiasm that comes from working as a community to create a community space. At first there were 8 beds...then Brown Dog donated two big deep trug beds...then two more trug beds were added...a pollinator garden took root...a little herb garden appeared on the side of the fence...

And now in 2018, in the 7th year of the New Roots Youth Garden being an active teaching youth garden, we have 12 raised beds, two

waist-high beds, two garden trugs, a Littles Learning Space, a gorgeous Pollinator Garden, an herb garden, a fence-side garden full of cantaloupe, a wonderful pumpkin/melon patch that is overflowing into the yard, two happy little fig trees and a lovely 3 Sisters Garden. (And don't forget our 3-section compost system!!) The Garden has grown and will keep flourishing under the love and care of the volunteers and children that tend to the veggies and fruits. We grow primarily garden fruits and vegetables, such as kale, spinach, radishes, carrots, turnips, garlic, cabbage, and peas. This year, we have expanded and are growing cantaloupes, watermelon, and pumpkins!!! But I would say our featured plant right now is our native Passion Flower Vine. Not only are the blossoms gorgeous, but we actually have

PASSION FRUIT developing in our pollinator garden! We are so excited to share this unexpected blessing with the community.



The mission of New Roots Youth Garden has always been about cultivating healthy children, families and community through outdoor experiential learning and the profound act of connecting people with food from seed to table. Teaching kids math, science, tenderness and collaboration in real

life, the true power of a happy youth garden, cannot be underestimated. We have had children come to the Garden and insist they "hate all vegetables" ...only keep returning until the end of Garden Club, and be the child that encourages other children to try their favorite fruits and veggies from the Garden. If they grow it, they will at least try it, and the likelihood of them liking it goes up exponentially.

Often, good nutrition starts with the younger generation, and brings youth and elders together as they teach each other what they know about preserving food, cooking it, and the benefits of eating it! "This garden changed my



boy's life", "the garden made me less shy at school", and "I LOVE kale" are just a few quotes from both children and adults that come to the Garden. We started a container garden this year and it has taken off, producing just

as much as our beds, and allowing children and adults to see it really doesn't take much to eat a little healthier. It truly is a blessed place...maybe because of the blessed worms,

maybe because teaching a kid to grow their food, you are doing so much more than just putting a seed in the ground.



When you teach a child to grow food, you teach them how to be confident, knowledgeable, and to take care of their bodies and minds; as well as be sensitive to others around them, whether they are plants or people. New Roots Youth Garden believes in growing skills for the present and future, and healthy choices for all gardeners, big and small. It's a special place that can always use more help, more kids and more volunteers. Come see the magic at the growing corner of Fig and Mason!





Articles of Interest

BRINGING LIFE AND YEAR-ROUND INTEREST TO YOUR GARDEN by Diane Frey, ESVMG Master Gardener

As Master Gardeners we know how to create gardens with style--selecting plants that combine color, texture, flowering types, bloom times, scents, spread, and height. As Master Gardeners, we know what to plant to attract pollinators to our garden and know how to create a garden that stands out and is beautiful on its own.

However, there is much more to gardening than selecting and growing plants. Gardens are creative expressions about the purpose and person who created them. Well-designed gardens provide visual design, rhythm, and drama; they evoke emotions and appeal to the senses in one way or another. Gardens should attract attention and remain interesting year-

round. Creating and adding features to gardens can achieve this. A variety of spaces, decor, lighting, sound, and ornamentation can add feeling, allure, interest, life and pizzazz to any garden. Although one must always be clear about the mood and feeling for which the garden is created, decor elements and plantings can work together to create a garden that is coherent, visually pleasing, colorful, functional, and in harmony with its surroundings.



One of the most classic ways to add interest to a garden is through sculpture or other

ornamentation. Objects and ornaments add another dimension to a garden to give it a focal point, define a space, or evoke an emotion in addition to giving it year-round appeal. This doesn't mean that one must purchase an expensive Greek sculpture or add ornaments that detract from the plants that are in the garden. Much more than an afterthought, garden sculpture and ornamentation can personalize, complement and add interest to the garden and may even affect the use of the garden. Sculpture and ornamentation should always fit the style and mood of the garden space. Be certain to limit sculptures and ornamentation to a few well-placed pieces to prevent the garden from appearing cluttered or causing a detraction. Purposeful and artful objects and sculpture can add charm, adorn the garden space in interesting ways, and can often offer something to the garden visitor that plants alone cannot.

Although one may have a well-established garden, there are ways to create "outdoor rooms" in the garden so that one area may feel open and airy and another cozy and intimate.

Each room, however, should harmonize with the whole so be certain to carry a color, texture, or other similar element throughout the entire garden. Borders, edging, pieces of fencing, gates, decorative walls, bridges, arches or



arbors, and trellises can be used to define "outdoor rooms" in a garden. Benches, swings, or tables and chairs can

be added to various spaces to create an oasis for reading, meditation, or entertaining. Carefully placed, these items can offer clues to the space such as "turn here" or "stop here for a rest or nap", "look up", "slow down", "don't miss this" or signal a change of mood or experience.

Paths are an excellent feature to not only add interest to a garden but also to create movement in a garden. In addition to being functional in helping one to maintain the garden and leading one through the different spaces in the garden, paths can also add energy and light, provide a setting for a range of planting, provide an element of surprise along the way, add a sense of mystery, coziness, or expansiveness, and can enhance the overall design of the garden. A variety of materials can be used to create garden paths including brick, stone, and concrete pavers, stepping stones, grass or mulch, gravel and sand, and even lowgrowing ground cover such as Steppables. Like everything else used in the garden, however, path materials should complement the garden and harmonize with the overall garden design.

Pots and other containers can give your garden a range of interesting and attractive colors, shapes, sizes, and textures. Think about the mood you wish to create and use containers as decorative flair. Containers can provide design solutions for challenging spaces. They can provide visual cues to lead the eye along a path



or toward a
destination or from
one space to another
or they can signal an
elevation change.
Containers can provide
a sense of coherence
to a garden and can
add structure and
interest. If a container
has style in its own

right, it may not need plants but can become a focal point on its own. Containers can fill in spaces, add pop to a space, or be placed at entrances to "outdoor rooms". Containers can be hanging from trees, vines or posts, strategically placed on the ground, elevated on a stump or rock, or placed vertically on a fence or post. Containers that hold a special meaning or memory can be re-purposed into containers in the garden. Spectacular containers are one of the easiest and most versatile ways to add interest and life to a garden.

Music can be created in your garden through the use of water features, a gurgling birdbath, wind chimes, bells, fountains, and flags. Different types of wind chimes have different music, from calming organ-like sounds to bubbling dance-like sounds, so find one that reflects the purpose of the space in which it is placed. Wind chimes can also be placed low in the garden, so they can be touched or brushed as one walks by. Bells, such as copper bells, can also be used along with flapping flags and banners. Fountains can be found in a variety of shapes, styles, and sizes to accommodate almost any garden. They can trickle, spray, or bubble. The addition of a small pond can provide the calming, relaxing sound of moving water. In addition to garden features, different plants make unique sounds as the wind blows

through them or as seed pods are created and are rattled by the wind. Certain plants attract buzzing bees, the singing of birds, or the chirping and whiz of a hummingbird. Using a combination of decor and plants allows the garden to come alive with the slightest breeze and creates a pleasing rhythm that makes a garden sing.



Light brings life to any garden. Lighting can provide intimacy and warmth as well as extending the usable hours of a garden. However, before you invest in any landscape

lighting, determine the purpose of adding light to the garden. Perhaps you want to extend the use of the garden for entertaining, illuminate a bench or a path, or highlight some of the features of your garden, like a fountain or a pond. Lighting should be used to enhance your garden design and add style and flair to your garden and increase its ambience. Fairy lights can be wrapped around vines or trees, strung between poles, or used to create a ceiling of starlight. Lanterns can be hung on branches or vines that allow them to sway with the breeze or placed on tables or walls. Consider minimizing the use of uplights to reduce light pollution and maximize the beautiful night sky.

For that place that is a bit rugged or sloped; or hot and dry, a rock garden space might be an option. A carefully planned rock garden using a variety of native plants along with a variety of shapes, sizes, and colors of rocks can add both interest, shape, color and texture to a garden.

Theme gardens have become quite popular today as a way of adding interest and appeal to a garden. Theme gardens can range from fairy

gardens to nautical gardens to woodland gardens to cottage gardens to Victorian gardens. Appropriate ornamentation is used to reflect each theme.

For many of us, as master gardeners, our gardens are our havens. They are a place where we go to relax, unwind and forget the challenges and stresses of our lives. We may entertain family and friends in our garden or

just spend some time in solitude. Whatever the purpose of the garden, incorporating appropriate features into the garden design can add personality, beauty, and functionality; be engaging to the senses and add flair and interest and provide year-round appeal. A garden and its features reflect the personality of the creator and give the garden a finished look in all four seasons.

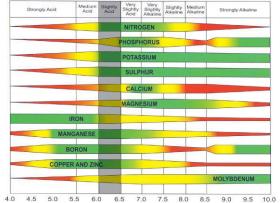
AN INTERVIEW WITH DR. MARK REITER by John McCormick, ESVMG Master Gardener



In June, John McCormick interviewed Dr. Mark Reiter, Associate Professor of Soils and Nutrient Management, at the Virginia Tech Eastern Shore AREC. The focus of this interview was to gather tips on how to prepare either a container, raised bed or "in the ground garden" – what to be thinking about and doing to prepare either of the three types.

The first thing that Dr. Mark did was to hand me a copy of <u>VCE Publication 452-125</u>, Soil Sample Information Sheet for Home Lawns, Gardens, Fruits, and Ornamentals, and shared that "the number one non-agricultural problem is having the wrong pH range for whatever it is you are growing. The wrong pH drives everything else out of whack. For most backyard gardens the optimal range would be 6.2-6.5."

How soil pH affects availability of plant nutrients



He cited statistical data from a VCE internal report for 3,715 soil tests conducted over a 3year period in the SE Coastal Plain of Virginia which indicated that 70% of the PH samples were either too low or too high. The data also indicated that 77% of phosphorous and 72% of potassium samples were also either too low or too high.

Amazingly, the publication/form covered all three types of gardens we wanted to focus on, including "Potted House Plants." The publication also gives information on how to collect your samples. Dr. Mark stressed that all problem areas, perhaps a "dead zone" in your yard, need separate samples which shouldn't be mixed with other samples. Soil sample test kits are available at any county Extension office. There is a \$10 charge for a routine analysis, including pH, but no charge for the soil sample test kit that contains a box for sample submission and your data information sheet.

After getting the results of the soil test, the next step is to select the plants which will go into the garden. This decision will be guided by many factors including the light exposure - sun vs. shade and pH and nutrient needs. Plant species will help dictate fertilizer needs and, more importantly, "how much and how often." Thinking in these terms, the interviewer can

share a story of a gardener he once knew "who planted beefsteak tomatoes and fed them Miracle Grow fertilizer repeatedly after planting. He ended up with 10' cocktail tomato plants and couldn't keep up with harvesting the crop!"

Dr. Mark said to remember what he termed the "Law of the Minimum." "Use only enough to help you reach your goal of yield and quality, with a focus on the correct nutrient or resource that is most likely to be limiting. Also, remember the bag may not always tell the whole story in the generic label directions since the manufacturer doesn't know your personnel situation!" Read it closely and use it sparingly. He also stressed the thought that when thinking about purchasing fertilizer, "don't focus on the brand name. Instead, focus on your analysis and what nutrient is needed and when that nutrient will be available." The more expensive fertilizer

doesn't necessarily
make it the best for
your use. Standing right
next to it maybe
something less
expensive that may
work just as well and/or

contain a more appropriate fertilizer ratio for your needs.

Another important step in planning the garden is irrigation management. Dr. Mark suggested that we consider following what he called the "10" watering rule" that he uses when discussing irrigation with agricultural professionals. If you water your garden and you dig down ten inches and hit some really wet soil, you're wasting water. You may also be washing that fertilizer (nitrogen, phosphorous

and potassium) you just applied down into the Eastern Shores sole source aquifer and, from there, into the streams, bay and ocean that surround us. The suggested alternative might be watering with "shorter durations but more frequently." (See Irrigation Methods excerpt from VCE Publication 426-322, page 9, for more information.) Providing the correct amount of irrigation will enable the water and fertilizer to stay closer to the root zone, which could ensure a greater yield of what you are growing, reduce some potential fertilizer losses, not overtax the aquifer, and produce the quality of goods your friends and neighbors will envy!

Our conversation came to closure with a brief discussion on adding organic matter and the benefits of crop rotation even in a small home garden. "Compost and mulch are *not* fertilizer. They are good for the garden, yes, but not a one-to-one replacement for what a plant

actually needs to grow to its fullest potential." Depending on what is being grown, leaving plant residue in the garden when it is being closed down could help to add organic matter for the

following year at no real cost.

"don't focus on the brand name [of the

fertilizer]. Instead, focus on your analysis

and what nutrient is needed and when

that nutrient will be available."

The home gardener should also remember not to keep planting the same thing in the same spot year after year. Rotating your crops or crop location can help to avoid the growing of soil borne pathogens, which could wipe out your expected harvest. Diversifying your garden is a good rule-of-thumb to follow.

Thanks Dr. Mark Reiter and John McCormick for taking the time in helping us put together this article.

Gardeners' Tips

SUMMER 'TO DO' LIST

Summer brings sweltering temperatures, humidity and insects which can be a deterrent to the most devoted gardener. However, if we want to keep our gardens healthy and enjoy our summer garden at its peak, then we must steel ourselves against these adversities and do it – just a little slower!

- Spot Cleaning. This doesn't have to be a big chore and can be done in short spurts in the heat exposure. Annuals such as petunias and geraniums need deadheading to encourage new flowers.
 Perennial beds look best when the spent blooms are removed, and plants tidied up. Cut back plants that have gotten leggy or overgrown. Keep edges tidy.
- Water, Water, Water. Annuals, perennials and newly planted trees & shrubs need plenty of water during the hot summer days. Check the level in water and bog gardens and refresh if necessary. Also check for algae in these gardens and take steps to control it, if present. If you choose to keep your grass green through the summer, water weekly with a slow, deep soaking. The best time of day to water is in the early morning.
- Control Weeds. At this time of year, there is no need to obsess over controlling weeds. They are part of our summer reality. However, the garden looks much better if weeds are removed from between stone and brick walkways and edges are not infringed upon by unsightly weeds. In your vegetable and flower gardens, keep in mind that weeds are competing with your desirable plants for precious water.
- Address Summer Fungal Problems. As they say, "an ounce of prevention is worth a pound of cure." Early application of an organic spray to combat powdery mildew, black spot and blights is a great preventative measure. Maintain the spray schedule at least every two weeks.
- Plant Fall Vegetables. Sow seeds of fall vegetables such as beets, carrots, radishes and salad greens directly in the garden in mid-July to mid-August.

Homemade Recipes

Tick Repellent

Lemongrass Essential Oil 20 drops Eucalyptus Essential Oil 20 drops Water 4 ounces

Add ingredients and shake well. Spray on shoes, socks & pants cuffs. Safe for pets.

Natural Weed Killer

Vinegar (5% - 18% acidity) 1 gallon Salt 1 cup Dishwashing Soap 1 tbsp

Add ingredients and shake well. Spray directly on unwanted weeds. If the weed is mature, it will take a couple of applications.

Slug Repellent

- Fill a shallow bowl with beer and leave out overnight.
- Sprinkle Epson Salts, lime, diatomaceous earth, crushed eggshells, coarse sawdust, gravel or sand around the plants.
- Collar the plants with a copper or foil ring.

EXCERPT FROM VIRGINIA COOPERATIVE EXTENSION

Watering is a critical gardening chore during the summer months. The following excerpt gives guidance on irrigating the home garden.

Reducing Water Demands

The moisture-holding capacity of [both clay and] sandy soils is improved by the addition of organic matter. Although most water in sandy soil is available, sandy soils typically have low water-holding capacities. The water drains through sandy soils so quickly that plant roots are unable to find much water even a few days after a rain. Humus in sandy soil gives the water something to cling to until the plants need it. Adding organic matter is the first step in improving moisture conditions in the garden.

Mulching

Mulching is a cultural practice that can significantly decrease the amount of water you need to add to the soil. A 2- to 3-inch (6 to 8 inches of loose straw or leaves will compact to 2 to 3 inches of mulch) organic mulch can reduce water needs by as much as half. Mulches smother weeds, which take up and transpire moisture, and reduce the evaporation of moisture directly from the soil. Organic mulches themselves hold some water and increase the humidity level around the plant. If the mulch becomes dry, it may be necessary to add an extra 1 or 2 inches of water to soak through the mulch when doing overhead watering. Black plastic mulch also conserves moisture, but may increase soil temperatures dramatically during the summer (to the detriment of some plants and the benefit of others) if not covered by other mulch materials or foliage.

Irrigation Methods

As a home gardener, you have several options for applying water to plants. Most gardeners either use overhead watering (a sprinkling can, a garden hose with a fan nozzle or spray attachment, or portable lawn sprinklers). You can also use drip or trickle irrigation, which

includes soaker hoses (an extrusion product of ground up tires), thin wall drip irrigation tapes, drip emitters, and spray stakes. When properly cared for, quality equipment will last for a number of years. Some basic techniques and principles for overhead irrigation: Adjust the flow or rate of water application to about 3/4 to 1 inch per hour. A flow much faster than this will cause runoff unless the soil has exceptionally good drainage. To determine the rate for a sprinkler, place small tin cans at various places within the sprinkler's reach, and check the level of water in the cans at 15minute intervals. When using the oscillating type of lawn sprinklers, place the sprinkler on a platform higher than the crop to prevent water from being diverted by plant leaves and try to keep the watering pattern even by frequently moving the sprinkler, overlapping about half of each pattern.

Do not wet the foliage in the evening; this can encourage diseases. Early-morning watering is preferred. It is best to add enough water to soak the soil to a depth of 5 to 6 inches. This requires approximately 2/3 gallon of water for each square foot or 65 to 130 gallons for 100 square feet of garden area. This varies with soil type. Frequent, light irrigations will encourage shallow rooting which will cause plants to suffer more quickly during drought periods, especially if you do not use mulches. On the other hand, too much water, especially in poorly drained soils, can be as damaging to plant growth as too little water.

from "Irrigating the Home Garden" VCE Publication 426-322

Volunteer Work Schedules

Eastville Garden

Tuesdays, 9:00 – 11:00 am Contact: Jennifer Alley

New Roots Youth Garden

Located in Cape Charles Wednesdays, 10:00 – noon Contact: Phil Goetkin

Kiptopeke State Park Garden

Thursdays, 9:00 – 11:00 am Contact: Nancy Smithwick

Northampton Library Garden

Located in Accomac Wednesdays, 9:30 am Contact: Gerri Baldwin

Community Service Board Garden

Located in Parksley
Alternate Thursdays, 10:45 am
Next date: July 5
Contact: Janet Rochester

Ker Place Garden

Located in Onancock Tuesdays, 9:30 am Contact: Julie Cardinale

2018: Year of the Bird

This year marks the centennial of the Migratory Bird Treaty Act, the most powerful and important bird-protection law ever passed. In honor of this milestone, nature lovers around the world are joining forces to celebrate the "Year of the Bird" and commit to protecting birds today and for the next hundred years.

Go to https://www.nationalgeographic.org/projects/year-of-the-bird/ to learn what you can do to support this effort.

Member Spotlight: Diane Frey



Diane's gardening experience began when she was very young. With a large vegetable garden and beautiful flower

gardens that involved the whole family, her parents instilled the love of gardening in all their children. And Diane had extensive gardens at her former home in Pennsylvania which often had visitors stopping to enjoy.

Even though she learned a lot about gardening from her parents, she still had a desire to learn more and investigated the Master Gardener program in Pennsylvania. Due to work schedule, however, she was not able to participate until she moved to the Eastern Shore where she was delighted to find a program.

As an intern, Diane found the ESVMG program to be well organized with excellent presenters who clearly enjoyed their subjects. She has found the same to be true of the Master Gardener group as a whole; i.e., highly knowledgeable and willingly to help and share their knowledge and expertise. She enjoys the camaraderie of the other gardeners and continues to learn as she has visited and worked in the various gardens and attended the continuing education programs provided by the organization.

She enjoys volunteering at the Kegotank Elementary School and Chincoteague Public Library - always a highlight of her week!

Diane loves living on the Eastern Shore and spending time on the beach--in all seasons! Although she no longer has a vegetable garden, she has enjoyed designing and creating her home garden here on the Eastern Shore with perennials, annuals, and native plants. "Every day is a new adventure!"

Our Favorites

With summer being the time for vibrant blooming things, the ESVMG Master Gardeners invite you to enjoy the following pictures and descriptions of our favorites.



Jennifer Alley's **Hydrangea macrophylla** (commonly known as Mophead and Lacecap Hydrangea) grows up to 7' tall and 8'wide. It likes shade but will tolerate some sun. It blooms in early summer and again in the fall. Acidic soil produces blooms of blue; pink flowers from more alkaline soil.



Jane McKinley's

Houttuynia cordata

'Chameleon' was a

delightful surprise when it was
inadvertently transplanted
from a friend's garden along
with another plant. It grows
well in morning to early
afternoon sun but has best
variegation in full sun. Prefers
moist to wet soil and can be
grown in a container in a water
garden. Can be invasive.



Sue Telfer's **Rudbeckia hirta** (commonly known as Black-eyed Susan) is not her favorite, but she appreciates that "boy, do the birds and bees love them!" Also a native.



Diane D'Amico's **Punica granatum** (commonly known as Pomegranate) is one of her many favorites because of the beautiful ruffly, orange-red blooms. Plant this large shrub in full sun in Zone 7 or hotter.



Diane D'Amico's **Crocosmia** is a beautiful addition to her and Phil's sunny garden. These plants make excellent cut flowers and attract hummingbirds. They grow very well in our well-drained soil and climate conditions.



Victor Klein's **Monarda fistulosa,** also known as Wild Bee Balm or Bergamot, gave him a pleasant surprise at "how full and beautiful it is" since he planted it only last year. This plant is grown in full sun to part shade, tolerates drought, makes a good cut and dried flower and attracts hummingbirds and butterflies.

Christine Williams' Lonicera

sempervirens, commonly known as Coral Honeysuckle, presented her with a surprise this summer – a robin's nest with three bright blue eggs! The mother was chattering close by as Christine was taking this picture. Coral Honeysuckle is a native frequently visited by hummingbirds and



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