

# 'THE COMPOST'

## NEWSLETTER

CLINTON COUNTY MASTER GARDENER VOLUNTEERS



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

JAN.- FEB. 2015

### Ohio State University Extension - Clinton County

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Next *COMPOST*  
Deadline:

Feb. 23

Please submit items in MS Word  
format to Judy Grosvenor at:  
[grosvenor.judy@hotmail.com](mailto:grosvenor.judy@hotmail.com)



"From Heaven I fall, though from  
earth I begin.  
No lady alive can show such a skin.  
I'm bright as an angel, and light as  
a feather,  
But heavy and dark, when you squeeze  
me together.  
Though candor and truth in my aspect  
I bear,  
Yet many poor creatures I help to  
in snare.  
Though so much of Heaven appears in  
my make,  
The foulest impressions I easily take.  
My parent and I produce one another,  
The mother the daughter,  
The daughter the mother."

*A Riddle - On Snow*

by James Parton

## **OVER THE GARDEN FENCE...**

### **When does winter end...**



Well, all the great food, parties and holidays are over. It's too cold to do more than run from car to back door and there is NOT Enough Sunshine! On the couple of unusual above freezing days, you run out and grab Christmas lights down and perhaps try to cover a few more plants you didn't get to earlier. I noticed on one of these days, that I have daffodils peaking up out of the ground. I still haven't picked that perfect day to get my winter pruning done. And I believe that there are less garden catalogues this year, I must have not made enough purchases last year. As winter knuckles down and the cabin fever kicks in, I want more outside time, digging in the dirt.

I hope you are looking forward to warm weather as much as me. And also, looking forward to another great year with MGV's. We will be reviewing our options for new and existing projects and educational programs. Some of the opportunities are Southeast Park and Denver Park with our ongoing Food Forest project, continuing improvements to the front entrance, possible the upcoming dog park and our 'picture opportunity' planting project. Please be thinking about what you would like to do and see done in our community and bring your ideas to our next meeting.

Greene County is doing MGV classes starting Feb. 5<sup>th</sup> in Xenia and we would like to find interested interns for Clinton County. Please let anyone you know interested in being a MGV to contact the Extension office immediately for an application.

Our first meeting will be on Jan. 22 at 6:30 pm, (**note the new time**) in the community room. It's the time also for club dues to be collected. Looking forward to seeing everyone for our first meeting and planning out the new year in front of us.

*Think warm,*

**Judy Grosvenor, CCMG President**

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### **Minutes: *Clinton County Master Gardener Association Dec. 4, 2014***

In attendance: Judy Grosvenor and husband Frank, Mary Harris and friend, Debbie Tong and husband, Beverly and Jeff Drapalik, Connie Hardie, Susan Hunt and husband Harold, Juanita Tigar and daughter, Mary Helen Mack, Ray Koch, Tony Nye.

The Clinton County Master Gardeners met at the General Denver Hotel on Dec 4<sup>th</sup> for their years' end Christmas celebration and dinner. We welcomed this year's interns on their graduation, into the great Master Gardener Volunteer program, Jeff Drapalik, James Stein and Mary Harris. Tony Nye presented each MGV with completed hours, a certificate. Garden related gifts were exchanged among MGV's and each received an aromatic evergreen bouquet. A rosemary bush was given to Tony. Much fun and enjoyment was had by all. All are looking forward to a New Year and great community projects.



## **FROM TONY**

### **Greeting Master Gardener Enthusiasts.**

I want to wish everyone a very Happy New Year. I hope you have all chosen a New Year's Resolution that has something to do with Horticulture. It might be something like this "I will volunteer 100 hours to the Clinton county Master Gardener Program and along with that will come up with two new program or project ideas for 2015".

What do you think, a pretty good resolution for this year? Ha, Ha!

Seriously, I hope you all have had a great start to the new year and I hope you can come up with a few new ideas for program and /or projects for us to become involved with. One might be the development of some gardens here in our green space. I have spoken to a couple key people in the court house unofficially but thought I would wait until they finalized the 2015 Budget before I go officially to the Commissioners. I will want a couple of you to probably go with me and that way we can present some ideas we might have for that space.

Let's have another great year. And I hope when you get this, the Buckeye's are National Champions in Football!!!!

Until next time

***Tony***



### **Denver Park Entrance...**

Check out the updates to the entrance to the Denver Park. The dead ash tree was removed earlier this past fall, leaving a large noticeable hole. Also, two of the arborvitaes did not make it. Two new arborvitaes were planted by Master Gardeners. Now there are two new planters; one planter donated by Dori and her family in memory of her father.

The other planter was donated by the Clinton County Master

Gardeners, shown below. They are currently decorated with wire and greenery for the winter. Plans are to plant them with bulbs this spring. We have also been asked to look at adding more plants to the area.



## PLANT OF THE MONTH...

### **2015 Herb of the Year: SAVORY**

Savory has been used to flavor food, and as a strewing herb for over 2000 years, the Romans introducing the herb to England where it was used both in cooking and medicinally. The Saxons named it savory for its spicy, pungent taste. The Latin name "satureja" comes from the word "satyr", the mythical half-man half-goat. Legend has it that this was his herb. There are several types of savory.



Family Lamiaceae Common names Bean herb, Pepper herb.

The genus *Satureja* (the old Latin name used by Pliny) comprises about fourteen species of highly aromatic, hardy herbs or under-shrubs, all, except one species, being natives of the Mediterranean region. The annual is more usually grown, but the leaves of both are employed in cookery, like other sweet herbs, the leaves and tender tops being used, with marjoram and thyme, to season dressings for turkey, veal or fish. Both species were noticed by Virgil as being among the most fragrant of herbs, and on this account recommended to be grown near bee-hives. Vinegar, flavored with Savory and other aromatic herbs, was used by the Romans in the same manner as mint sauce is by us. In Shakespeare's time, Savory was a familiar herb, for we find it mentioned, together with the mints, marjoram and lavender, in *The Winter's Tale*.

**Winter Savory** (*Satureja montana*) zone 5-8 is a low-growing shrubby **perennial**, requiring a well-drained, sunny site. It needs regular watering in dry weather. The small dark leaves grow on woody stems and in summer flowering stems grow upwards. Dainty white flowers appear at the tips. Trim and remove dead wood after flowering. Dry these tip cuttings and store for winter use. Winter savory grows well in containers and can be moved to a more sheltered position in cold weather to ensure a continued supply of usable leaves. Propagate by cuttings or by seed gathered in summer. The spreading stems naturally layer themselves and form roots where they touch the soil. Cut these off and pot up.

Companion planting: Beans grow better with winter savory planted next to them. No diseases noted. Perhaps not as full as other plants because of its thin foliage, the winter savory did best planted in a mass in front of an extensive planting of sweet basil. This arrangement provided a change of texture and looked especially nice in August and September, when both plants were in bloom. The winter savory contributed a reddish hue to the garden and bloomed profusely for nearly a month.

**Summer Savory** (*Satureja hortensis*) is an **annual**, grown from seed in spring. It grows more uprightly with bigger leaves and sparser foliage. Seeds may be slow to germinate and can be soaked in hot water before sowing. Prefers full sun, and well-drained, moderately moist soil of medium fertility. Nipping out the growing tips will then encourage the plant to bush and ensures a continued supply of tender young shoots to use. Summer Savory is popular along the eastern regions of Canada, where it is used in place of Sage to flavor various meat and poultry dishes. Bright, pungent, and slightly sweet, Savory has also been utilized in the cuisines of Europe, notably France and Bulgaria where the dried and crushed leaf is a popular table condiment.

**Creeping Savory** (*Satureja repanda*) leaves are softer and less pungent. As the name suggests this variety grows as a ground cover, making it an ideal plant for rockeries or clay pots with side pockets. The white flowers, as with the other savory varieties are a magnet for bees.

**Medicinal Savory** is best known medicinally as a carminative and a powerful digestive aid. For this reason it is paired successfully with all kinds of beans. Savory as with other plants in the Lamiaceae family contain the essential oils carvarol cineole, and thymol, which are found to have antibacterial, antiseptic, and anti-fungal applications. Savory can use instead of sage and thyme for coughs colds and sore throats. Once thought to be a powerful aphrodisiac the monks of the Benedictine order were banned from growing it in their monastery gardens. The fresh leaves are an instant first aid for insect stings suffered while working in the garden. Cautions: Winter savory should not be taken during pregnancy due to the high levels of Thymol in the herb. Both the old authorities and modern gardeners agree that a sprig of either of the Savory's rubbed on wasp and bee stings gives instant relief.

### **Cooking with Savory**

Savory is described as having hints of both thyme and marjoram, all species have similar hot peppery flavors.

- Winter savory should be added to a dish during cooking, **not eaten raw**.
- traditionally used when cooking dried beans and pulses as a digestive aid.
- sprigs of fresh savory can be frozen with green beans or peas ready for use.
- add a sprig or two to vegetables when cooking, instead of mint.
- commercially used as a flavoring in salami.
- instead of pepper add chopped savory to any meat dishes for flavoring.
- it can be made into a refreshing 'pick-me-up' tonic drink, when bruised and added to white wine.

Savory combines well with thyme, rosemary, sage, bay or marjoram, and can be used with fish, chicken, meat, and vegetable dishes. Add savory leaves when cooking any vegetables of the brassica family (cabbage, kale, Brussel sprouts, and cauliflower). The herb will improve flavor and reduce the odor. Savory along with oregano, thyme, rosemary and marjoram is one of the five herbs combined and used in "Herbes de Provence". This traditional mix flavors many dishes from the Mediterranean region especially pizza toppings, baked tomatoes or sprinkled over kebabs.

### **HERBES DE PROVENCE BLEND** Makes ½ cup

2 tablespoons dried thyme, 2 tablespoons dried marjoram, 2 tablespoons dried savory, 1 tablespoon dried rosemary, 2 tablespoons dried lavender flowers. Combine all ingredients in a blender process on a low to medium setting for about 10 seconds or until the lavender has been broken down into very small pieces. Store in an airtight container.

### **SAVORY HERB BUTTER**

2 tbsp. butter, softened    1 tbsp. grated parmesan  
1 tbsp. minced garlic      2 tbsp. finely chopped savory  
Blend all ingredients together, spread on vegetables, crackers or bread.

References: *Winter Savory – Marilyn Wightman – Herb writer for Weekend Gardener*

*How can I use herbs in my daily life – Isabell Shipard. 2004. "Savory" page 291*

[www.growing-herbs.com](http://www.growing-herbs.com)

*Botanical.com " A Modern Herbal" by Mrs. M.Greive*

*Penn State University Extension/<http://extension.psu.edu/plants/gardening/herbs/winter-savory>*

*(The information provided herein is for informational purposes only and is not intended as a substitute for advice from a Medical Herbalist or other health care professional. Herb Federation of New Zealand's Herb Awareness Week 2015)*



## 2014 WORKSHOPS, EVENTS, & SEMINARS:

**Jan. 29<sup>th</sup>, 2015: Webinar** *Growing Conifers in Home Gardens*, 12:30 to 2 pm, at Clinton Co. extension office. See Judy for details.

**Feb. 3<sup>rd</sup>, 2015: Webinar:** *Growing Apples in Home Gardens*, 12:30 to 2 pm, at Clinton Co. extension office. See Judy for details.

**Feb. 5 – April 9, 2015:** Training for new MGV program ever Thursday, 9 am to 3:30 pm at the Xenia Community Center: 1265 W. 2nd St, Xenia, OH 45385. Learn more about the 2015 Master Gardener Training by contacting the OSUE Clinton County office, 937-382-0901.

**March 5<sup>th</sup>, 2015:** 16th Annual Central Ohio Perennial Flower School, at Hollenbeck Bayley Creative Arts and Conference Center, 275 South Limestone St., Springfield, OH 45505 Cost: \$60. Info: <http://clark.osu.edu>

**April 4, 2015- Clark County Garden Fling:** check <http://clark.osu.edu> for more info.

**April 9, 2015 – 8 am to 4:30 pm:** 21<sup>st</sup> Annual Southwest Perennial School. More info: contact the <http://clermont.osu.edu>.

*If you have events you would like to add, please let editor know.*

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The Ohio Invasive Plants Council (OIPC) has posted on their website, [www.oipc.info](http://www.oipc.info), new factsheets on some of the most problematic invasive plant species in Ohio. Check it out. Also other interesting websites:

Ohio State MGV website: <http://mastergardener.osu.edu>.

Ohio MG Volunteer system sign in: <https://ohio.volunteersystem.org>

<http://vegnet.osu.edu>; <http://ouohio.org/home-gardens/> ; [www.ohioline.osu.edu](http://www.ohioline.osu.edu);

<http://www.growingvegetablegardens.com/index.htm> <http://www.hummingbirds.net/map.html>.

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### **Clinton County MG 2015 Meeting Dates:**

The Association meets on the fourth Thursday of each month unless otherwise noted. All regular meetings begin at 6:30 pm. (*note time change*)

January 22 Regular Meeting 6:30 pm

February 26 Regular Meeting 6:30 pm

March 26 Regular Meeting 6:30 pm

April 23 Regular Meeting 6:30 pm

May 9 Plant Sale

May 28 Regular Meeting 6:30 pm

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THOUGHTS...

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour." - John Boswell

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### **Master Gardener Program - Ohio State University Extension Our Mission:**

The Ohio State University Extension Master Gardener Program provides knowledge to and develops the leadership abilities of volunteers who, in turn, enable others to improve the quality of their lives by enhancing their home and community environments through horticultural education and activities.

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