

Here's The Scoop!

Sandusky / Ottawa County Master Gardener Volunteers - January, 2024 Newsletter

The Latest Scoop

~The next scheduled Master Gardener general meeting will be Monday, January 8 at the Sandusky County Extension office large conference room, 2000 Countryside Dr., Fremont, Ohio., starting at 9:00 am. The after meeting speaker has not been determined yet.

~The next Board meeting is scheduled Monday, January 8 at 8:30 at the Sandusky County extension office small conference room prior to the general meeting.

~If you are a designated News Messenger/News Herald Master Gardener article writer, don't forget to submit your gardening article to Sue La Fontaine, lafontaine.5@osu.edu, no later than the **Monday** morning of your assigned week. The schedule including all available dates can be found in this newsletter.

~The Master Gardeners are asking for past newspaper publications to be printed in the monthly "Here's the Scoop". Included in this issue is "Flowers So Beautiful You Will Want to Eat" by Elaine Mylander. Let me know if you would to see a repeat article.



Our Mission



We are The Ohio State University Extension trained volunteers empowered to educate others with timely research-based gardening information.

Our Initiatives

••• *Integrated Pest Management with a focus on teaching correct techniques in the garden and landscape*

Invasive Species with a focus on the potential damage they may cause to the environment, and teaching ways to manage/eradicate.

Backyard and Local Foods with a focus on community gardens, councils/policy, urban agriculture – farms and teaching/demonstrating how to grow vegetables

Environmental Horticulture with a focus on varieties of horticulture such as storm water management, rain gardens, good plant selection practices, demonstration gardens and more!

Board meets 8:30 am before the General Meeting

President—Sharon Devine

Vice President—Joy Ceraldi

Secretary—Joyce Konieczny

Treasurer— Bob Horton

Monday, January 8

Board 8:30/Small Conference Room

General 9:00/Large Conference Room

Sandusky County Extension Office

After meeting speaker— TBD

Monday, February 12

Board 8:30/General 9:00

Ottawa County Extension Conference Room

After meeting speaker— TBD

Monday, March 11

Board 8:30/Small Conference Room

General 9:00/Sandusky County

Extension Conference Room

After meeting speaker— TBD

Monday, April 8

Board 8:30/Small Conference Room

General 9:00/Sandusky County

Extension Conference Room

After meeting speaker— TBD

**Master
Gardener
Members
Sandusky/Qtjawa Coun-**

Sharon Anderson

Dennis Bohland

Deb Camp

Johnette Cellier

Joy Ceraldi

Dorothy Clarke

Sharon Devine

Charles Gaydos

Kim Harsanje

Bob Horton

Susan Jenkins

Carolyn Johnson

Joe Johnson

Jackie Kindred

Richard Kindred

Judith King

Joyce Konieczny

Susan La Fontaine

Christine Michael

Daniel Millinger

Sara Sherick

Linda Twarek

Nancy Ziemke

FLOWERS SO BEAUTIFUL YOU WILL WANT TO EAT

You probably think flowers are grown for their beauty or to attract butterflies and bees to your garden, but did you know you can eat them?

By Elaine Mylander

There are so many garden plants that produce edible Flowers; some like rose petals or the common house geranium have nice, subtle flavors. Surprisingly, many of these plants taste like they smell.

Eating flowers dates back many thousands of years to the Romans who use mallow, rose and violets in their food preparation. The Old Testament refers to the use of dandelions as a bitter herb, and in the Victorian era, rose petals were added to dishes and sweets of all kinds. Carnations would be a main ingredient of Chartreuse, which is a green herbal liquor developed by French monks in the 19th century.

It is popular to eat flowers as more and more restaurants are using flowers not just as garnishes but as part of the meal itself. Salads with daylilies and fresh fruit with a light vinaigrette is very popular. Squash blossoms are delightful when stuffed with vegetables and treats.

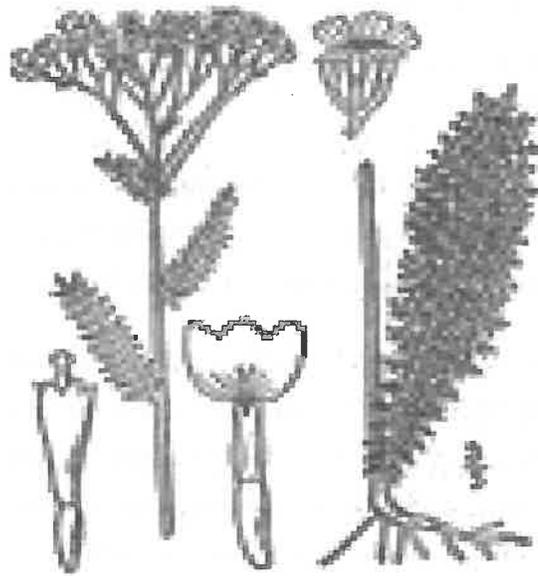
But not all Flowers are safe to eat. You really should do your research before taking a bite. You should know what you are eating. It is important to check two or three sources to make sure the flowers are edible. It is advisable however to eat only organic grown flowers because pesticides can last for months on plants. Stay away from flowers growing by the roadside. So just to play it safe, you can always eat the blooms of common herbs such as rosemary, basil, and fennel. If you eat the fruit of a plant, you can usually eat its flower. For example, apple and lemon flower as well as pea blooms can be quite tasty.

For a hint of spice and pepper, try nasturtiums for a treat. Violas and pansies have a somewhat sweet floral flavor, chrysanthemums can have a bitter flavor. Of course, not every flower will send your taste buds spinning, so sample it before you add to your meal.

You are probably asking when should I pick these flowers before I use them in my recipe? You should pick them a few hours before you plan to use them and always check for insects. You should avoid flowers that are past their prime or not fully open. Wash the lowers thoroughly before eating them. Remove pistils and stamens and use only use the pedals, an exception to this is violas and pansies.

It would be a good idea to introduce these flowers to your diet a little at a time. A good starting place would be with garnishes. Freshly picked and crystallized flowers are beautiful on cakes and other sweets. Incorporate floral flavors, such as lavender and hibiscus, into your favorite cocktail. You can use fresh flowers or freeze the petals in ice cubes will add a nice look to your drink. If you are a tea drinker, this is a great way to introduce flowers to your afternoon refreshment. Just place a handful of pedals in a teapot or cup, pour boiling water over the pedals, let steep for five minutes then strain and enjoy.

The key to using edible flowers successfully is to keep everything else simple as to not overpower the blooms' delicate flavors.



Yarrow is the herb of the year for 2024.

The leaves can be used in almost any dish as a vegetable, added to soups and sauces, or simply boiled and simmered in butter as a side dish. The flowering tops can be sprigled on salads and dishes as a condiment or decoration.

A new Master Gardener class is forming in Sandusky/Ottawa County. If you are interested, please fill out the form below and return to: Sandusky/Ottawa County Master Gardener, OSU Extension Office, 2000 Countryside Drive, Suite D, Fremont, Oh 43420. The sessions will run for ten weeks on Wednesday from 9-4.

MASTER GARDENER CLASS

I am interested in becoming a Sandusky/Ottawa County Master Gardener

Name: _____

Address: _____

Email: _____

Phone: _____

Return to:

Sandusky/Ottawa County Master Gardener

C/O OSU Extension Office

2000 Countryside Drive, Suite D

Fremont, Oh 43420

419-334-6340

Lunch and Learn and Happy Hour Schedule

2023-2024

Here is the information on the site.

Mastergardener.osu.edu

Horticulture Webinars

2023-2024 Hort Happy Hour & Lunch and Learn Webinar Series

(the next session will appear)

Wednesday, October 25, 2023 – 12-1 pm -Growing Frut Trees: The Basics by Dr. Gary Gao, Professor, Small Fruit Specialist, Horticulture and Crop Sciences, The Ohio University.

Thursday, November 2, 2023 – 4-5 pm – Fall Foliage: The Science Behind Changing Colors, Dr. Ann Chanon, Extension Educator, Lake County, The Ohio State University.

Wednesday, November 8, 2023 – 12-1 pm- Invasive Plant ID and Control, Carrie Brown, Extension Educator, Fairfield County, The Ohio State University.

Thursday, November 16, 2023 – 4-5 pm – Christmas Tree Varieties: Tis the Season, Tom DeHaas, Extension Educator, Erie County, The Ohio State University.

Wednesday, December 6, 2023 – 12-1 pm – Why Raised Bed Gardening?, Trevor Corboy, Extension Educator, Brown County, The Ohio State University.

Thursday, December 14, 2023 – 4-5 pm – TOP 10 WAYS TO IMPROVE YOUR GARDEN, Eric Barrett, Associate Professor, The Ohio State University.

Wednesday, December 20, 2023 – 12-1 pm – INSECT RESPONSES TO CLIMATE CHANGE, Dr. Sam Ward, Assistant Professor, Department of Entomology, The Ohio State University.

Thursday, January 4, 2024 – 4-5 pm – WHAT IT MEANS TO BE SOCIAL IN THE INSECT WORLD, Dr. Joe Raczkowski, Assistant Professor, Department of Entomology, The Ohio State University.

Wednesday, February 7, 2024 – 12-1 pm – NATIVE VERSUS NON-NATIVE LANDSCAPE PLANTS, Dr. Dave Shetlar, Professor Emeritus, Department of Entomology, The Ohio State University.

Thursday, February 15, 2024 – 4-5 pm – PLANT PROPAGATION BASICS, Dr. Wendy Klooster, Assistant Professor, Horticulture and Crop Sciences, The Ohio State University.

Wednesday, February 21, 2024 – 12-1 pm – BOXWOOD MOTH UPDATE: OHIO'S NEWEST INVASIVE INSECT PEST, Marcia Gulley, Horticulture Program Coordinator, Hamilton County, The Ohio State University.

Thursday, February 29, 2024 – 4-5 pm – LANDSCAPE DESIGN: GETTING STARTED, Erika Lyon, Extension Educator, Jefferson/Harrison Counties, The Ohio State University.

Wednesday, March 6, 2024 – 12-1 pm – COMMON AND EMERGING SOIL CONTAMINANTS, FROM ARSENIC TO PFAS, Maggie Rivera, Extension Educator, Summit County and Jeff Hatty, Professor, Soil Sciences, The Ohio State University.

Wednesday, March 20, 2024 – 12-1 pm – POTTED LANTERNFLY IS ON THE MOVE: AN UPDATE IN OHIO, Amy Stone, Extension Educator, Lucas County, The Ohio State University.

Thursday, March 28, 2024 – 4-5 pm – SONGBIRDS: CREATING HABITAT AND SAFE SPACES FOR BIRDS IN YOUR BACKYARD, Marne Titchenell, Programm Director, Wildlife, The Ohio State University.

Wednesday, April 3, 2024 – 12-1 pm – VIRTUAL SPRING WILDFLOWER HIKE, Carrie Brown, Extension Educator, Fairfield County, The Ohio State University.

