



Saturday, Dec. 10, 2011 started out dreary, foggy and filled with hoarfrost.

However, the closer we came to “the mountain”, the more the fog lifted and the frost began to disappear.

It turned out to be a bright sunny day for our annual Christmas potluck at the Ericksen Mountain Top Retreat.

Over 30 members and guests met to enjoy getting to know one another and enjoy an as usual wonderful potluck.

Master Gardeners not only know how to grow it – they can cook it as well!

By vote of the active Carroll County Master Gardener membership, Richard Knight was awarded the “Silver Shovel” for his contributions to CCMG this past year.

Past winners whose names are engraved on the plaque are:

- 2003 Jean Ericksen
- 2004 Will Schell
- 2005 Neta Stamps
- 2006 Lavonna Schell
- 2007 Anita Engert
- 2008 Beth Stafford
- 2009 Mary Knight
- 2010 Anita Rissler
- 2011 Richard Knight

It was announced at the meeting that Lavonna Schell has put together a “Gardening Made Easy” book which will be on sale for \$10. Proceeds from this book will go to CCMG. Thank you, Lavonna!



No business was conducted at the December meeting; therefore, no minutes are attached.



Master Gardener & Public Garden Event Calendar

January

5 – National Bird Day

6-7 – Horticulture Industries Show Conference, Propagating Success: Pursuing Excellence in Horticulture, Tulsa Community College, Northeast Campus, 3727 E. Apache, Tulsa, Okla. Pre-registration is \$50 by Dec. 20. On-site registration is \$60. For more information, see the following link or call 405-744-6460. <http://www.hortla.okstate.edu/his/>

14 – CCMG Stated Meeting 10:00 a.m. at ECHO in Eureka Springs. This will be a very important meeting. (Weather permitting.) Please plan to attend.

17 – An interesting lecture by John Bain, DDS, local mercury-safe dentist, on oral (teeth) health as it influences whole body health. 6:30 p.m., networking/social 7:00–8:00 p.m. Lecture/discussion. Ozark Electric Community Room, 3641 Wedington Drive, Fayetteville.

February

11 – CCMG Stated Meeting – location to be announced

18 – Spring's A-Comin' Seminar, sponsored by Stone County MGs, First Baptist Church, Mountain View. 8:30 a.m. to 3:30 p.m. Cost is \$20. Seating is limited. Registration deadline is Feb. 11. Mail name, address, telephone number and email address along with \$20 check payable to Stone County Master Gardeners to Pam Alexander, 644 Wildcat Mountain, Melbourne, Ark. 72556. For more information, call Debra Alexander at 870-269-3092 or Pam at 870-219-3280.

24, 25, 26 – The 2012 Arkansas Flower and Garden Show, Statehouse Convention Center in downtown Little Rock

Remember that help is needed on all three shifts of all three days of the Arkansas Flower and Garden Show, February 24–26. If you are interested and have lost the sign-up form, I do still have it on my computer – just contact me. It must be received by Jan. 20, 2012. Neta

May

1-4 – Southern Region Master Gardener Conference in Natchez, Miss.

More information and registration is online at:

http://msucares.com/lawn/master_gardener/2012conference/index.html

17-19 – State Master Gardener Conference in Monticello, Ark. (Registration information available in February.)

<http://www.arhomeandgarden.org/mastergardener/mastergardenersonly/default.htm>

Did You Know? – 2013 State Master Gardener Convention will be hosted by Benton County. “They are already hard at work planning the 2013 event, which will be at the Embassy Suites in Rogers. They have doubled their size since the last time we met there, so it will be a great facility for us to use.” From Janet Carson’s blog. <http://uofacesmg.wordpress.com/>

HAVE YOU ORDERED YOUR CCMG “WORK SHIRT”? Contact Joy Flake to place your order.

WORK DAY AT THE BERRYVILLE LIBRARY

On a very cool cloudy last day of autumn (Dec. 21) seven Master Gardeners raked leaves at the Berryville Library/County office.

Those who braved the weather were Jean Ericksen, Anita Engert, Merrily and Dan Ward, Linda Rogers, John Hutchcroft and Neta Stamps.

We were fortunate in that the city leaf collector came by before we were finished and removed the leaves.



“After the round-ups are over and after the shipping is done
I am going right straight home, boys, ere all my money is gone
I have changed my ways, boys, no more will I fall;
And I am going home, boys, when the work is done this fall.”

WHEN THE WORK’S ALL DONE THIS FALL
(D.J. O’Malley)



“A garden is never so good as it will be next year.”
~ Thomas Cooper (from December County 76)



MESSAGE FROM MARY

12-14-2011

We had a great turn out for our Christmas party, and it was fun! Really enjoyed getting to visit with our new members and meeting their husbands/wives. Jeanie always adds that special touch that only a child can do! She is precious and we really enjoyed her. The gift-giving was fun. Karen Wall almost started a war with her beautiful gift. She painted Santa on a large gourd and it was wonderful.

Richard Knight was awarded the Silver Shovel Award for 2011. Congratulations, Richard!

I know everyone is busy at this time and many have already left town for the holidays, and we are leaving Friday. We will be back before Jan. 1, so I will send out a more detailed letter at that time. But for now, I want to let you know that we will meet the **second Saturday in January (14) at 10:00 a.m. at ECHO 4004 East Van Buren Street, Eureka Springs.**

We wish everyone a wonderful Christmas filled with love, joy, peace, happiness and lots of laughter (chocolate, too). Enjoy your time with your loved ones, and we are looking forward to working with you in 2012! See you then.

God bless,

Mary



Your Worth to Our State

Extension service honored for volunteerism

Sunday, Dec. 11, 2011 By the U of A Division of Agriculture (from <http://www.carrollconews.com/story/1793047.htm>)

With nearly 200,000 hours of volunteer service in 2010, the University of Arkansas Division of Agriculture's Cooperative Extension Service has been recognized for the contributions of its employees and volunteers who are Master Gardeners, 4-H parents and mentors and Extension Homemakers Clubs members.

During 2010, 2,991 volunteers working with extension programs reported donating 199,687 hours of work. The estimated dollar value of volunteer time for 2010 is \$21.36 per hour.

THIS IS EQUAL TO \$ 4,265,314.32!

How many hours did you contribute? See, it really is important to report your volunteer hours.



<http://www.arhomeandgarden.org/GardeningCalendars/january.htm>

Winter weather is anything but predictable in Arkansas. If heavy snows come again this winter, lighten the load on limbs using a broom from the underside. This can prevent limbs from breaking. If you do have storm damage, prune only broken branches quickly. Nice clean cuts are important to prevent decay.



January Birthdays

16th *Jean Ericksen*

23rd *Shirley Clark*

26th *Michael Rissler*

(I am sorry – I have not received a list of birthdays for the class of 2011.)

(I don't think I have printed the following – it is excerpts from a Nov. 2, 2011 article by Jennifer Hansen in the *Arkansas Democrat-Gazette*. Perhaps the beginning of a new year is appropriate for this. N)

TO AND FOR YOUR HEALTH

It's human nature to focus on the negatives in life. Negatives get us excited, angry, active. Positives don't have such an intense an effect, so we don't pay them as much attention. This is one reason why we are so keenly aware of stress, anxiety and depression – the familiar partners of modern life. We know that they are bad for our health.

We know the direct connection between stress and heart health, but POSITIVE states of mind and POSITIVE attitudes don't seem to have as clear a connection to health.

Did you know that how satisfied you are with your life correlates to your risk of heart disease?

We forget about the power of good things because they are easy to forget. Life IS often hard. People CAN be frustrating. Work IS stressful. All this is true, but now there are compelling reasons to pay attention to positives like beauty, joy, love, kindness and compassion. We have paid plenty of attention to the negatives in life. Now let's pay attention to the positives, because they matter, too!

LET'S EAT!





EDIBLE WEEDS

Sorrel (*Rumex acetosella*, sheep sorrel, dock) is a tart, lemony green found all over North America and Europe. It slightly resembles Swiss chard, with thin, triangularly shaped leaves. Use the young leaves in salads for an interesting citrus flavor, or cook older, tougher greens in soups, omelets, or stir-fries. Wood sorrel is another variety that can be eaten; however, it looks more like clover, with three double egg-shaped leaves.

Read more: <http://www.thedailygreen.com/green-homes/latest/weeds-edible-plants-0409#ixzz1aFmFnv2Z>

(Many years ago in my "play world", we pretended that this was coffee!)





Chickweed (*Stellaria media*) is a low-growing succulent with bright green, pointed oval leaves. It's supercharged with vitamins, minerals, omega-6 fatty acid derivatives, and deliciousness. Throw young leaves and stems in salads. However, as a caution, don't eat too much chickweed, as it can give you diarrhea.

Read more: <http://www.thedailygreen.com/green-homes/latest/weeds-edible-plants-0409#ixzz1aFmvXVYF>

(Now we know what to do with that darn plant!)

BROCCOLI SALAD

6 cups broccoli florets (or 1 bag broccoli slaw)
6 oz. shredded Cheddar cheese
1/3 cup cut onions – red or yellow
1/2 cup Splenda
3 Tbsp. red wine or cider vinegar
1 1/2 cup mayonnaise
6 – 12 slices of bacon – fried crispy

Mix broccoli, cheese, onions in large bowl.
Mix mayonnaise, vinegar and Splenda in a bowl.
Toss broccoli mixture and mayo mixture together
Refrigerate at least 4 hours.
Right before serving, add bacon crumbled.



Neta Stamps, Editor

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.