



## GREEN TIMES

September 2010

Volume 10 Issue 7

**Master Gardener Meeting**  
**Tuesday, Sept. 28, 2010 at 7 pm**  
Totowa Business Center  
930 Riverview Drive, Suite 250  
Totowa, NJ

**Meet us for dinner at 5pm**  
Miranda's Café  
Route 23 North, Wayne NJ  
Allow 15 minutes to get to the meeting

### **“ORCHIDS” with THERESIA SONYI**

This month's meeting will be held at Strawberry Blossoms nursery on Route 23 North. After the meeting, Master Gardeners will be given an opportunity to shop in the store and purchase items at a discount.



### **1610 PROJECT**

In the course of 2010, the Passaic County Master Gardeners have managed to make a difference county-wide. A sampling of what our volunteers have accomplished with their efforts follows:

BLOOMINGDALE - Senior Center, Hamburg Turnpike  
CLIFTON - Morris Canal Park, Broad Street  
HALEDON - Botto House Museum, Norwood Street  
HAWTHORNE - Master gardener talk  
LITTLE FALLS - Cleanup and plantings in Savitteri Park  
NORTH HALEDON - Bookworm program  
PASSAIC - Bookworm program  
PATERSON - Salvation Army bulb planting, West Broadway  
PROSPECT PARK - Judging of borough garden/landscape contest

POMPTON LAKES - Bookworm program  
RINGWOOD - New Jersey Botanical Garden  
TOTOWA - Bookworm program  
WANAUKE - Horticultural therapy  
WAYNE - Friendship Garden, Passaic County Agricultural Office,  
Route 23 North  
WEST MILFORD - Horticultural therapy  
WOODLAND PARK - Bookworm program

Thanks to all who made an extra effort to reach every town in our county. Special thanks to Ray Edel for not only initiating the project, but for helping keep track of our project tallies.

— Janet Rekesius



## ELAINE'S CORNER



### To do in September

- ◆ Continue to plant cold-hardy vegetables
- ◆ Leave leeks, carrots, turnips or beets in the ground to harvest as needed
- ◆ Soil test (every 3-5 years)
- ◆ Lawn renovation - dethatch, aerate, seed and water
- ◆ Continue mowing the lawn (2 1/2 to 3 inches)
- ◆ One and one-half pounds of N per 1000 sq. ft. of lawn may be applied now
- ◆ Control broadleaf lawn weeds
- ◆ Dispose of diseased weeds and plants
- ◆ Fall is for planting (and transplanting and dividing perennials like daylilies, iris, peonies and phlox)
- ◆ Sow seeds of plants that need cold stratification outdoors (annual poppies, larkspur, *Nigella*, pansies, foxgloves, sweet william, hollyhocks, coneflower, black-eyed Susan, columbines, etc)
- ◆ Be sure that houseplants are pest-free before returning them indoors
- ◆ Pot up bulbs for forcing - amaryllis, tulips
- ◆ Sow herbs or pot up thyme or oregano for a windowsill garden
- ◆ Place poinsettia in the dark for 12 hours a day beginning September 20

### Rutgers MG Training Classes offer Continuing Education Credits

If you are interested in any of the MG training classes, please call two weeks ahead so that we have a handout for you. 973-305-5740. Continuing education credits are on a one:one basis (One hour in the classroom equals one hour continuing ed credit).

### Time Sheets and Audience Contact Form

Did you volunteer at an MGAPC site or in your community to plant, weed or water? Please remember to fill in the volunteer time sheet. Did you give a garden lecture or lead a garden tour? Please write the event and estimate the number of adults and youth at your program. THESE NUMBERS ARE USED IN MY ANNUAL REPORT. YOUR CONTACTS REALLY DO COUNT!

### Congratulations to Passaic County Projects and People Getting State MGANJ Awards!

State Master Gardener awards will be held Saturday, October 2nd, Cook Campus. Congratulations and thanks to Jack Kuepfer for Morris Canal Park (individual award) and the group award goes to the RCE Friendship Garden volunteers: Howard Aschoff (project coordinator); Ruth Bednarz, Sherry Calise, John Crowell, Al Fabbro, Randy Hinton, Carol Huber, Mike Kealy, Patricia Ludwig, Tony Molinari, Jo-Ann Pituch, Jack Sytsma, Dick Watts, and Rick Wild.

### Fall Clean-up

~Household Hazardous Waste Collection will be on Saturday, October 2nd Para-Transit Facility, 1310 Route 23 North, Wayne. Collection sites open from 7:30am and until 2:00pm. Rain or Shine.

~Computer and Electronic collection even will be on October 8th and 9th Para-Transit Facility, 1310 Route 23 North, Wayne, NJ. Collection site will be open from 9:00am to 2:00pm only. Rain or Shine.

### Note to Self - Good Ideas/Bad Ideas of Summer 2010

~Potting up drought-tolerant angelonia - good idea. Leaving Bruce to water them while I'm on a 10 day vacation - bad idea.

~Direct seeding zinnias - good idea. Not installing a string barrier to hold them up - bad idea.

~Deciding to leave the native cherry tree, black knot and all - good idea. Not controlling the fall webworms and picking them out from my lemonade - bad idea.

~Planting canna right in the ground - good idea. Not planting them early enough for flowers - bad idea (but enjoying the foliage anyway).

~Joining a community supported garden - good idea (no bad idea about this one).

*"There are always flowers for those who want to see them" - Henri Matisse*

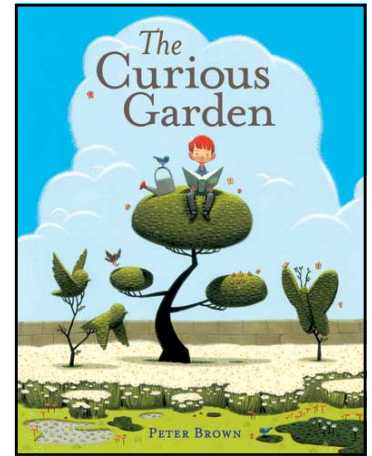
Elaine Barbour  
County Agricultural Assistant

## WEEDING VOLUMES

Four children's books received the 2010 "Growing Good Kids – Excellence in Children's Literature Award" this July during the American Horticultural Society's 2010 National Children & Youth Garden Symposium in Pasadena, Calif. The award program recognizes children's books that effectively promote an appreciation for gardening, plants, and the environment.

This year's winners, selected from books published in 2009, are:

- *Bring Me Some Apples and I'll Make You a Pie* by Robbin Gourley (Clarion Books).
- *The Busy Tree* by Jennifer Ward, illustrated by Lisa Falkenstern (Marshall Cavendish Corp).
- *The Curious Garden* by Peter Brown (Little, Brown Books for Young Readers).
- *Our Shadow Garden* by Cherie Foster Colburn, illustrated by the children at Children's Cancer Hospital at M.D. Anderson Cancer Center (Bright Sky Press).



Nominations for books published in 2010 will be accepted through April 22, 2011.

For more information about the "Growing Good Kids" book award program visit <http://www.imgkids.us>.

— Ray Edel

## MGNAJ CONFERENCE

*Master Gardener Association of  
New Jersey Fall Conference  
Saturday, October 2, 2010  
8:15 am—3:30pm*

Douglass Campus Center, Rutgers University, New Brunswick, NJ

The conference hours are:

- 8:15—9:15 am registration & Garden Market
- 9:15—11:30 am presentations
- 11:30—12:45 lunch
- 12:45—1:45 pm workshop, session1
- 2—3 pm workshop, session2
- 3:10—3:30 pm evaluations & Garden Market

**Volunteers needed for MGANJ Conference** – Passaic County's responsibility at the MGANJ Conference is manning the state table, which sells items donated by the counties. Proceeds benefit the MGANJ. Mary Ann & Jack Sytsma and Joan Kaynak will be there at 7am to set the tables up and staff the tables until the conference starts. Volunteers are needed for lunch time and throughout the afternoon. Shifts can be broken up in hourly segments, so that you won't miss too much of the conference. Mary Ann and Jack will close up the table at the end of the conference. Please contact the Sytsmas at 973-238-0160 or send e-mail to [masytsma@optonline.net](mailto:masytsma@optonline.net). If you would like to donate garden related items, please bring them to the table as soon as you arrive at the conference. Thanks for your support.

**MGANJ State Representative Needed** – A volunteer is needed to represent Passaic County at the MGANJ monthly meetings, as the current representative will be stepping down. If you have any questions about this opportunity, please contact Mary Ann Sytsma at 973-238-0160 or send e-mail to [masytsma@optonline.net](mailto:masytsma@optonline.net). Thanks.

— Mary Ann Sytsma

**DIG IN!****RED SAUCE FOR THE FREEZER**

If you have a recipe that features ingredients that can be grown in your garden, please email it to: [regimper@optonline.net](mailto:regimper@optonline.net).

I started making this several years ago and it gets us through the cold winter.

Sautee a large onion or two in just a bit of olive or canola oil. Take equal parts ripe tomatoes and red peppers. The peppers really must be red otherwise the sauce will be bitter. Five pounds of each is a good amount. Core and dice the tomatoes, add to the onions. Core and chop the peppers and add. Simmer until this is cooked down. We like a bit of heat in our sauce so I usually add a hot pepper or two. Add salt and black pepper to taste. Cook about 45 minutes on a medium flame. I have an immersion blender that makes the next part easy, but you could do this in a food processor or blender - just watch the blender, when you put hot liquids into the blender it just explodes when mixing and you are liable to get red sauce all over your kitchen. Crush 4 to 8 good sized cloves of garlic and add to the sauce once you take it off the heat. Blend until smooth. Taste one last time to check for enough spice. I measure two cups of this into zip-lock freezer bags that I lay on their side and pile up in the freezer. That is enough to sauce 1/2 a pound of pasta. You can use this sauce as a base for baked ziti, lasagna, eggplant parmesan. It is a very quick meal to cook up on those nights when you get home from work late and you don't want to fuss. It is quick and easy to cook because I don't peel or seed the tomatoes. The more I read about the conditions in food processing businesses like the latest egg fiasco, the happier I am to cook my food from start to finish. I have over 30 bags of sauce in my freezer. We'll have pasta with red sauce once a week all winter long.

**PESTO SAUCE FOR THE FREEZER**

I convinced my friend Raniel Hinton to grow a lot of basil and told him that whatever he would give me, I would transform into something good to eat and give half of it back to him. We both have plenty of pesto sauce in our freezers.

Three pounds of basil. Wash the basil and take the leaves off the tough stalks. Put a good handful of shelled walnuts and several cloves of garlic into the bowl of a food processor. Add a bit of olive or canola oil, a good pinch of kosher salt and a generous grinding of black pepper, along with the juice of a freshly squeezed lemon. Grind until smooth. You may need to do this in smaller batches depending on the size of your food processor or blender - I really prefer to do this in a food processor as a blender just doesn't mix this up as easily. Taste the pesto and adjust the seasonings. I put about 4 ounces of pesto into little plastic cups the size of Dixie cups - use plastic though. Put the cups into the freezer overnight. The next day, pop the pesto out of the cups and put into larger zip-lock freezer bags. Each cube will sauce 1/2 a pound of pasta. Take a pesto cube out of the freezer and let it sit in the fridge to thaw or put on the counter for 1/2 an hour or so before putting on the pasta water to boil. Reserve some of the pasta cooking water to add to the pesto and pasta and make it a bit saucy. Grate with cheese before serving. This recipe is very heart healthy, loaded with omega 3 fatty acids from the basil, walnuts and canola oil.

With these two things in my freezer, I taste the bounty of summer all winter long.

— Brigitta von Gullner

**DIG IN! (cont.)****SUNNY AND JIM'S EASY BREAD PUDDING**

Sunny served this bread pudding recipe at the MG Picnic, at Mari's house. Several people asked for the recipe, so here it is!

Ingredients

- 1 cup milk ( 1% or 2% )
- 1/2 cup sugar plus 2 Tbs. sugar
- 1 cup Egg Beaters or Better n' Eggs
- 12 slices Pepperidge Farms Raisin Cinnamon Bread
- 4 large ripe Bananas or 5 Medium size Bananas
- PAM Spray
- 2 Quart French White or similar oven-proof bowl

Directions

1. In a large mixing bowl, whisk milk and the cup of sugar together.
2. Reserve the 2 Tbs. sugar for the topping.
3. Add Egg Beaters and gently mix with milk and sugar.
4. Cut bread 4 slices at a time. Cut the bread in fours horizontally and again in fours vertically.
5. Add all bread to the egg/milk mixture in the mixing bowl.
6. Gently mix and coat the bread with the liquids.
7. Cut the bananas in half length-wise.
8. Turn and cut the lengths of banana into 1/2 inch pieces.
9. Add all cut bananas to the mixing bowl.
10. Gently mix bananas into the bread mixture.
11. Cover mixing bowl with a clean towel and let rest for 10 minutes to let the flavors combine and the liquids to absorb.
12. Spray the inside of the 2 Qt bowl with PAM spray.
13. Add mixture from mixing bowl into the 2 Qt oven-proof bowl.
14. Level the mixture and sprinkle the top with the reserved sugar.
15. Bake 25 to 30 minutes in a pre-heated 325 degree oven. (Times will vary with different ovens)
16. A little under-done looking is ok. Cooking will continue for a while after the hot bowl is removed from the oven.
17. Serve with Cool-Whip or other similar topping and enjoy!

— Sunny Brennan

**WEST MILFORD AUTUMN LIGHTS FESTIVAL**

Saturday October 9, 2010 10am - 4pm, Heavy Rain Date: Sunday October 10, 2010

Master Gardeners of Passaic County will have a table at this event: We will present who we are, what we do, give out general information. Need volunteers. Come join old friends or come and make new ones. If you have 1 or 2 hours to spare please let Barbara Sanford know; contact information [basbas007@hotmail.com](mailto:basbas007@hotmail.com).

— Barbara Sanford



## LAURELWOOD ARBORETUM



Friends of Laurelwood Arboretum (FOLA) volunteers, assisted by Passaic County Master Gardeners, are busy moving plants to make way for the new Sensory Garden, which will be designed for the enjoyment of people with disabilities.

— Alice Moskowitz

## FRIENDSHIP GARDEN



Tony Molinari installing a bird house in a Friendship Garden Crabapple tree. The home-made bird house is made from a No.10 tomato can.

— Howard Aschoff

## HORTICULTURAL THERAPY

Autumn is in the air. We will be making autumn arrangements at Lakeland Health Care, Wanaque NJ and Van Dyk at Bald Eagle Commons, West Milford, NJ.

Please join us in these delightful projects. We have 25-30 clients on average to assist, so many hands make light work. Save the dates!! We do this project in conjunction with the Ringwood Garden Club.

**Lakeland Health Care** 25 Fifth Ave. Haskell, NJ on Saturday, October 23, 2010. Please meet at the front door at 9:00am; start time is 10:00am. We will need 1 hour for prep time.

**Van Dyk at Bald Eagle Commons** 197 Cahill Crossing Road, West Milford, NJ on Saturday, October 30, 2010. Please meet in the lobby at 12:30pm; start time is 1:30pm. We will need 1 hour for prep time.

Any further information, please contact Barbara Sanford at [basbas007@hotmail.com](mailto:basbas007@hotmail.com).

— Barbara Sanford

## LAURELWOOD ARBORETUM SEPTEMBER EVENTS

- **Volunteer Days** 9—11:30 am every Tuesday, and 2nd and 4th Saturdays through October. Meet in the pavilion.
- September 22nd, Wednesday, 4—5:30 pm. **Autumn Equinox Weed Walk** with renowned herbalist Robin Rose Bennett. Leisurely walk through Laurelwood focusing on the abundance of nourishing and medicinal plants that surround us every day. Book signing. Registration is required. Call 973-202-9579
- September 25th, Saturday, 9 am—2 pm. **Harvest Celebration** at Laurelwood Arboretum  
12 Noon. **Container Garden Design Workshop** courtesy of Strawberry Blossom Home and Garden Center  
1 pm. **Native Plant Tour**  
Large mums for sale — Assorted plants grown by FOLA volunteers for sale — Bake Sale

— Bonnie Joachim

## LILAC SATURDAYS

Please mark your calendars and join us in the lilac garden at Skylands September 18th and 25th, with a rain date of October 9th. We begin at about 9 a.m. (or whenever you arrive) and end after a light lunch. (Bring your own beverages). At about 10 a.m. Dan Ryniec (lilac curator at Brooklyn Botanical Garden) will give a lesson specific to lilac care.

Bring pruners, loppers, kneeling pads, your enthusiasm, and sunshine.

You do not need tools or skills to have an enjoyable day with fellow gardeners. You will learn something new and leave with a sense of accomplishment, and the lilac garden will look better as a result of our efforts.

Contact Edith Wallace at 201-444-2717 or Frank Dyer at 973-962-4461 with questions.

— Edith Wallace



## RUTGERS MASTER GARDENER CLASS of 2011

Totowa Business Center, 930 Riverview Drive, Suite 250, Totowa, NJ, 9:30am to 12:30pm

- September 16** Welcome and Turf Renovation  
Elaine F. Barbour, County Agricultural Assistant
- September 23** Plant Identification  
Clare S., Liptak, Professor Emerita
- September 30** Bus trip to Snyder Research Farm, Pittstown, NJ  
(leaving Totowa 9:30am sharp, returning about 2:30pm)  
Rain or shine. Bring lunch, beverage, insect repellent. Dress appropriately.  
First come, first served
- October 7** Soil and Fertilizers  
Brian Oleksak, Program Associate
- October 14** Pesticide Safety  
Patricia Hastings, Pesticide Safety Education Program Coordinator
- October 21** Botany  
Elaine F. Barbour, County Agricultural Assistant
- October 28** Plant Diagnostic  
Richard Buckley, Coordinator, Plant Diagnostic Laboratory
- November 4** Entomology  
Joseph Gyurian, Horticultural Consultant
- November 18** Horticultural Therapy  
Joel Flagler, County Agricultural Agent

## **BLOOMINGDALE SENIOR CENTER PROJECT**

Passaic County Master Gardeners were honored on August 17th with a resolution from the Bloomingdale Town Council for their work on the beautification project at the Bloomingdale Senior Center. Participants were also given pins with the town logo on them.

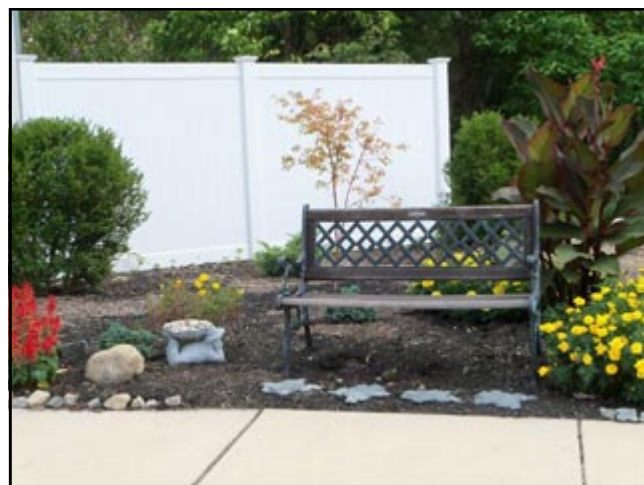
In May, 22 Master Gardeners said yes to designing and implementing the first phase of landscaping at the Senior Center site. It has been heartwarming to have the support of so many other people who have said yes to the garden. The Senior Advisory Committee, Bloomingdale Memorial Golden Age Club, The Bloomingdale Beautification Fund, Bloomingdale Department of Public Works, Bowman Fence, North Jersey Property Maintenance, Glenwild Garden Center, Lowe's, and 33 Seniors all in some way shared their time, treasure, or talent.

Mahatma Gandhi once said "We must be the change we wish to see in the world." In reality, whenever you gather great people together, with good intentions, good things can happen.

Rutgers Co-Operative Extension program has trained the Master Gardeners well. The new plantings at the Senior Center are designed to be low maintenance, deer resistant, and xeric for low water usage. Most of the plants, rocks and mulch have been donated by the volunteers involved in the project.

We hope that these new gardens and improvements will provide years of enjoyment and horticulture hands on activity for the Bloomingdale Senior Community.

— Sunny Brennan



Photos courtesy of Sunny Brennan



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— Barbara Sanford

## FRIENDSHIP GARDEN PROJECT 2010 MGAPC STATE AWARD WINNER

The Friendship Garden is located at 1310 Route 23 North, Wayne, on the property of the Cooperative Extension of Passaic County.

The county facility houses many departments including Rutgers Cooperative Extension and the Master Gardener Helpline.

The garden has been in existence for many years. Renovation, which began in July 2009, started with the pruning of 67 Weigela by the master gardeners.

The one acre site includes lawn, annuals and perennials.

As of May 5, 2010, the master gardeners have totaled 209 hours of work which included a trail renovation, tree pruning, removing invasive vines, painting a tool shed and flag pole base, installing bulbs and annuals, making drawings and sketches, and transplanting.

Future plans may include a demonstration garden which will include classes for master gardeners (pruning, plant identification, and integrated pest management).

**Participants:** Howard Aschoff (project coordinator); Ruth Bednarz; Sherry Calise; John Crowell; Al Fabbro; Randy Hinton; Carol Huber; Mike Kealy; Patricia Ludwig; Tony Molinari; Jo-Ann Pituch, Jack Sytsma; Dick Watts; and Rick Wild.

— Ray Edel

## JACK KUEPFER 2010 MGAPC STATE AWARD WINNER

Jack Kuepfer, a resident of Clifton, has been a Master Gardener for 25 years. Jack initially took his training in Essex County and joined the Master Gardener Association of Passaic County about five years ago. He turned a young 90 years old in August of this year.

Jack is best known for his development and stewardship of the Morris Canal Park and Nature Preserve located at 1115 Broad Street in Clifton. His interest in developing a park and nature preserve at the site began in the mid-1980's when he would take his son and grandson to walk along the canal's towpath. As Jack recalls, his grandson would run through the fields, which were mostly weed-filled. At the time the land was used as a dumping ground by the Parkway, and Jack's hope was to clear the area and preserve it as an historic site so that more people could enjoy it.

Jack used his contacts around the city and Passaic County to get the weeds removed, the area cleared of debris, and a driveway paved for easy access to the park. Jack followed his son's suggestion that they contact the local Eagle Scout troops to work on some projects, which resulted in 55 Eagle Scout projects including bridges, fences, benches, signs, etc.

On May 17, 1987, the Morris Canal Park and Nature Preserve was dedicated by the Canal Society and was listed in the National Register of Historic Places.

Jack continues to rely exclusively on volunteers and donations to maintain the site. To this day, you can find Jack overseeing the park and its small group of volunteers every weekday morning.

— Regina Imperato

**PLANT OF THE MONTH: CYCAD (*Cycas revoluta*)**

*Cycas revoluta* is also known as sago palm or Japanese sago palm. Despite the common name it is not a palm but a cycad. True palms are flowering seed plants (angiosperms). Cycads are gymnosperms; seeds but no flowers. Pine trees and other conifers are also gymnosperms. Cycads are considered primitive gymnosperms and were once a common plant type but now grow only in warm places.

The pineapple shaped structure is the stem from which a rosette of stiff arching leaves arises. The plants are slow growing, putting out only one new leaf each year. The leaves may reach 3' in length.

House plant books describe these plants as undemanding; easier to grow than palms. They can take direct sun or strong filtered light. Indoor temperatures year round are satisfactory as cycads have no rest period. They may be fertilized monthly from March to September. Be careful of over watering. The soil mixture should be allowed to dry out between waterings.

— Edith Wallace



**2010 MEETING DATES**

Board Meeting Dates

(3rd Wednesday - 6:30 p.m.)

Sept. 15, Oct. 20 and Nov. 17

General Meeting Dates

(4th Tuesday - 7 p.m.)

Sept. 28, Oct. 26 and Nov. 23

Visit our Web site at [www.mgapc.org](http://www.mgapc.org) for current information including upcoming events.

Contributors: Howard Aschoff, Elaine Barbour, Sunny Brennan, Ray Edel, Brigitta von Gullner, Regina Imperato, Alice Moskowitz, Janet Rekesius, Barbara Sanford, Mary Ann Systma, and Edith Wallace

Editor: Regina Imperato

Send articles for next month's Green Times to [regimper@optonline.net](mailto:regimper@optonline.net).



**Master Gardener Association of Passaic County Officers**

Ray Edel, President  
 Janet Rekesius & Mary Ann Sytsma, co-1st Vice-Presidents  
 Howard Aschoff, 2nd Vice-President  
 Barbara Sanford, past President

Joan Kaynak, Treasurer  
 Patricia Engrissei, Recording Secretary  
 Regina Imperato, Corresponding Secretary  
 Edith Wallace, past President

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