

December 2013

Central Peninsula Garden Club



PO Box 767 · Kenai, Alaska 99611 · www.cenpengardenclub.org

DECEMBER 10TH PROGRAM, 7 PM
AQUACULTURE BLDG., K-BEACH RD.

Alaska Sprouts!

S J. Klein started Alaska Sprouts to provide sprouts to South Central Alaska. In the four years he has operated his business, he has introduced microgreens, hydroponic basil and lettuces, and fresh tofu. Mr. Klein is obsessively focused on food safety, and brings a background in microbiology and production through his former occupation as a brewer, where he operated the Borealis Brewery. He has also consulted with other startups helping develop business plans and find operating capital. S J. admits he has a green thumb in water, but can't grow in dirt for the life of him!



*SJ Klein, owner of Alaska Sprouts
Program presenter, Dec. 10th*



Klein is a sought after speaker regarding his unique business and was one of the popular presenters at last spring's Alaska Botanical Garden conference. He's a high energy guy, with relevant sprouting information, the various seeds and beans that work best and why, and probably how they are typically used.

Break out the mung beans, alfalfa seeds and mustard and start sprouting a bit before December 10th to compare notes!

Beautiful micro greens at Alaska Sprouts

Board Members

- Marion Nelson - *President, program chair—(907) 283-4632, (907) 398-8669 (cell)*
- - *Vice president, web site coordinator, hospitality*
- Kay Gardner - *Secretary, special events, hospitality*
- Peggy Morris - *Treasurer, plant sale, CIAA gardens*
- Juanita Owens- *Hospitality chair*
- Cathy Haas - *Plant sale co-chair, historian chair*
- Don St. John - *Tech chair, Sea Ag sales chair, special events*
- Renae Wall - *Publicity chair, nominating committee*
- Don Thompson - *Special events, plant sale*
- Velma Bittick - *Special events programs*
- Lee Bowman - *Sea Ag committee, special events*



Talking Turkey—Marion Nelson

I have some history with turkeys thanks to my son. His interest in them has been almost life long, resulting in purchases of dark/wild turkey varieties with an occasional white bird. The wild varieties can fly and survive longer than their heavier breasted (lower IQ) white cousins. While many people are put off by their aggressive nature, they are easy enough to scatter with equally aggressive responses, a bob to the beak or waving arms and turkey talk.



The 20 or so birds my son and his family had most recently, were very humorous, especially the clutches of chicks during the learning-to-fly period. It's a learn quick or die situation. One clutch of newly flying chicks had to get from the ground up to their mom roosting on the 2nd floor deck railing, just outside a large window for a Disney/PBS quality show. I'll call the mom Grace. Grace chose her spot, and almost all the chicks quickly fluttered up 2-3 at a time to settle under her wings for the night, bobbing up and down in the process. This took at least 15 minutes of back and forth positioning, over Grace's back, under her wings and repeat and repeat. Grace just sat there with "Get it figured out will ya," body English. But..... little Charley-turkey, still on the ground was the ringer. He kept hopping up and down trying to make that first flight to join the better flyers in his family. This went on for another 10 minutes and finally, finally he made it. Of course this completely disrupted the rest of the gang and the positioning started all over again, walking over and under Grace's back and wings and each other. She remained stoic throughout. The positions were finally just right, eyelids fell and all were in place for the night. It was a great show and in full view. Wish I had a video.

One big white turkey, named Lucy, was memorable for a variety of reasons, her size, sweet nature and complete tolerance of humans of all ages and group sizes. She visited a few classrooms of kids (in the parking lot), with the whole group of them up close, petting her and completely surrounded. She was seemingly in turkey heaven. Sadly she went the way of white turkeys who live in coyote areas.

Then came the Big Walk between my son's down-the-road neighbor's white turkeys and his black turkeys. Both homes had about 15-20 birds. In between these homes are large wooded areas, other homes and a dog or two. I sincerely wish I could have witnessed the initial discovery, as they stepped down the road or through the woods, talking all the way. It had to be a noisy, high drama encounter but perhaps no less than what ensued with daily back and forth mixing. White birds hid under decks on the ground at night, black birds up in the trees looking vulture-like as they roosted on high stable branches or tenuous positions at the end of bouncing, drooping branches. It was a comedy routine. A breeding cycle later, the amazing mixes were evident. Mostly black, mostly white and one big fella, was a B & W photographer's dream. He wasn't a checker board but close. The birds who could fly with enough wild blood in them continued to produce chicks, until the remainders were an interesting mix of mottled gray or mostly black. They are all gone now, but in spite of the undesirable turkey droppings (keep the hose handy at all times), they provided a lot of entertainment and appreciation for the bird. And Yes, I talked to them.

Happy Holidays.

Extension Office Links to Check Out on Sprouting

Here are three publications. The Wisconsin one offers some good nutrition information. The California pub covers the food safety concerns of sprouts. The other one is very general.

<http://pubs.ext.vt.edu/426/426-419/426-419.html>

<http://learningstore.uwex.edu/assets/pdfs/A3385.PDF>

<http://www.foodsafetysite.com/resources/word/factsheets/FSAIfalfaSprouts.pdf>

Linda Tannehill
UAF Cooperative Extension Service
Health, Home & Family Development Agent
Kenai Peninsula District

One Small Part—Will's Ramblings by Will Hightower

November 8, 2013. I'm sitting in the Anchor River Inn at mile 157 of the Sterling Highway. Outside, on the property, is a dusty metal monument from 1971 declaring the highway to be part of the "Blue Star Highway." A metal plaque, next to the Blue Star, states this to be the western most point of the contiguous highway system of North America. One of the sponsors of the highway plaque was the Kenai Garden Club. Like ancestor research, I wonder who was the Kenai Garden Club? Until now, I'd never heard of them. What else did they do?

A few days ago I was at the Borough Mechanical Shop and one of the mechanics asked me, "Why do you drive activity buses?" Good questions always set me to thinking. Staying active is always up there, but the number one reason is: I end up in all kinds of odd places—reflecting.

Reflecting is something one gets to do in their golden years. Reflecting is something I would not take time for if I were not forced to sit and wait for the basketball game between Homer Middle and Chapman to end. Reflecting results in "Will's Ramblings" articles, sometimes. And, waitresses tell me to, "Help yourself to the coffee pot," since I spend large amounts of time staring off into space.

In the last month I purchased a Walkman CD player for listening to recorded books. I found that the Kenai Library has a lifetime supply of recorded books to listen to. My kids called the purchase, "So Retro". I should just download books on my iPhone. Glaciers move very slowly but do much work.

I've been listening to Thomas L. Friedman's Hot, Flat and Crowded. He contends that people of Earth have to change almost all of their activities, including food production, for there to be a future for them. While parked at Kenai Middle School, reflecting and waiting for kids, I shut off Mr. Friedman and walked into the school. I found myself in an "Energy Fair" sponsored by HEA. Energy usage is high on Mr. Friedman's list of changes needed.

Wandering around the Energy Fair I found the Central Peninsula Garden Club's booth and right across the aisle was the Extension Service focusing on root cellars. My first reflection was, what are these people doing with the "light bulb crowd?"

Dumb me! I had been listening to Hot, Flat and Crowded, not taking in what it was he was saying. Two of the main points were CO₂ pollution and energy use. People who grow plants help clean the air of excess CO₂. And, if the plants are food plants that are used (fresh or from a root cellar), the energy used in large, long distance food production is reduced. Not to mention the health benefits of good food and exercise. My hat is off to the Central Peninsula Garden Club for being part of the grass roots solution to a global problem.

Would someone save me some seeds? I want to get rid of some pollution.



Blue Star Memorial Program

The Blue Star Memorial Program honors service men and women. It began with the planting of 8,000 Dogwood trees by the New Jersey Council of Garden Clubs in 1944 as a living memorial to veterans of World War II. In 1945, the National Council of State Garden Clubs adopted the program and began a Blue Star Highway system, which covers thousands of miles across the Continental United States, Alaska and Hawaii. A large metal Blue Star Memorial Highway Marker was placed at appropriate locations along the way.

The program was expanded to include all men and women who had served, were serving or would serve in the armed services of the United States. Memorial Markers and By-Way markers were added to the Highway Markers, to be used at locations such as National cemeteries, parks, veteran's facilities and gardens.

The Blue Star became an icon in World War II and was seen on flags and banners in homes for sons and daughters away at war, also in churches and businesses.

Editor's Note: the above information and more can be found by Googling Blue Star Memorial

 <p>KENAI FEED & SUPPLY www.kenaifeed.com MILE 14.5 K-Beach Rd. 907-283-1929</p>	<p>HIGH TUNNELS ORGANIC FERTILIZER PEAT • SEEDS FENCING LIVESTOCK & PET FEED/SUPPLIES PRODUCE</p>	
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Alaska Peony Growers—Planning is Key

A few words on the Commercial Peony Industry in Alaska

Contributed by Rich and Irene Repper*, Echo Lake Peonies, Soldotna

These Alaska statistics were taken from UAF professor Dr. Pat Holloway and Kathleen Bucholtz. In 2012, 38 Alaskan Peony Growers reported having planted more than 120,000 roots. More than triple the amount in 2011. Based on an industry estimate for average yield of 10 stems per plant, projections for 2015 is 1.2 million fresh cut stems for market.

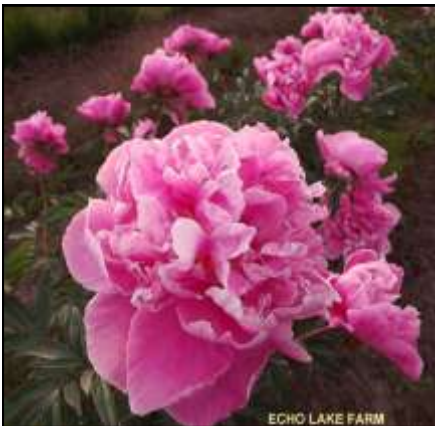
Now, 2013 seems to have doubled the amount of growers and roots planted.

As a local grower since 2008, Echo Lake Peonies cannot emphasize enough the need to, as Mari-on Nelson states, PLAN and then PLANT!

A few important considerations are land lay out, irrigation, labor pool, cooler, packing facility, accountant, tractor, implements and lots of free time.

Statewide growers were reporting major losses from heavy rain in the fall of 2012 and the late spring frosts in 2013. Several growers in the Homer area reported huge losses of well established plants. Stem production was also down from Bud Blast. Late spring frosts cause emerging buds to die.

Echo Lake Farm begins working from spring break up, on through October, and most years into November. Let me do the math for you. Seven to Eight months of physical labor in the field. Also take into consideration return on investment. Our experience is that you won't see a substantial return for 7-9 years.



So, think first. Are your summers for pleasure or hard work? The Peony will dictate your time. Her needs come first. Be prepared! You may only want Peonies for your yard landscape. Give it a try. They are gorgeous. More information at Google "Alaska Peonies."

The annual winter Peony conference is a wealth of information for all interested in Peony production.

Dates: January 31-February 1, 2014.

**CONFERENCE LOCATION: BP Energy Center
900 East Benson Blvd., Anchorage AK**

Contact: Alaska Peony Growers Association <http://www.alaskapeonies.org/>
More on Alaska production <http://research.uaf.edu/node/1233>

**They welcome your questions. Email: peony@echolakefarm.com.
www.echolakefarm.com*

CPGC Treasurer's Report, October-November 2013 Submitted by Peggy Morris, Treasurer

Beginning Balance:	\$16,035.43	Expenses:	Plant Sale	- \$4.75	
Income:			Historian	- \$10.15	
October Income:	Dues \$235.00		Program Expenses	- \$234.00	
November Income:	Dues <u>\$120.00</u>		Printing	<u>- \$74.00</u>	Ending Balance:
	\$355.00			- \$322.90	\$16,067.53

**Refreshing Libations
for Your Next
Garden Party!**



Country Liquor
140 S. Willow St.
Downtown Kenai
283-7651

Giving Thanks...

Contributed by Mrs. Werner's 6th Grade Class at Tustumena Elementary, Kasilof

In 1621, after half of the pilgrims had died and the remaining ones suffered from malnutrition and illness, an escaped slave named Squanto taught gardening lessons. William Bradford, the colony's governor, organized a feast to celebrate their first successful corn harvest and invited the Wampanoag tribe. This celebration has become known as the first Thanksgiving. Our class is thankful for many things...

... **Dirt** because it helps us grow the plants we can eat!--Jacob



... **Locally grown food** is definitely something to be thankful for. When you taste local food, you can tell the difference between that and food that was grown in another place. Local food seems more fresh and colorful. —Korrine

... **Bees**. Although some people think bees are mean or evil, they actually do a lot for us. They help pollinate our flowers. Without bees the world would be much different. —Korrine



... **Corn**. It is a grain. Without it, there would be no popcorn. —Camden

... **all the volunteers** that come and help us with our school garden and go to the habitat meetings. —Jack

... **Flowers** give the sweet smell in the garden, I am most thankful for them. —Sara



... **Plants** are important because medicines are made from plants. I am thankful for them.—Mack



... **Fish** because when you catch fish and put it next to a tree, it soaks up the slimy stuff off the fish, which feeds the trees.—Kayla

... **The food bank** because they grow plants and send them out to people. When they send food out they're saving hungry people. Nobody wants people to die.—Brayden

... **Water** that grows the plants.—Serenity



... **Seaweed**, because it helps the fish breath, it feeds them and gives them shelter and a place to hide. Seaweed can also feed people, like sushi. —Margret

... I am so thankful for my **three apple trees**. This year, we also got some wild apples all the way from Girdwood so we could make some wine.—MJ

... **Fish** may seem like just a slimy, disgusting creature, when really, it is a very big food source here in Alaska.—Kilee

... **Life**. If I didn't get a chance to live, I would have never gotten to experience all of life's wonders.—Jack H

Mrs. Werner's class works on garden projects throughout the school year.

Got a story or photos to share?

Contact Marion Nelson, 283-4632 or
mmkn@ptialaska.net

Advertising space available at very
reasonable prices!

Check out the club's Face Book page!

Newsletter layout by
Pam Voeller and Becky Holloway.

MARION'S
PLAN & PLANT



MARION K. NELSON

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P.O. BOX 3612 • KENAI, ALASKA 99611 • mmkn@ptialaska.net

Upcoming CPGC Events & Volunteer Opportunities!



Volunteers Needed:

- Special event booth staffing, workshop host**, few times a year: Home Show end of April, Workshop Weekends -May, Ninilchik Fair - August. Contact Marion 283-4632, mmkn@ptialaska.net
- Program Committee**. Meets occasionally. Contact Marion, 283-4632
- Hospitality Committee**. Help at the registration desk, clean up, room set up, refreshment arrangements. Contact Juanita Owens, - samowens0969@yahoo.com
- Backup Videographer/photographer** for programs and workshops. Contact Linda Dunn, 283-7857 or Marion, 283-4632.
- Tech backup**. Power Point programs and mike set up for programs, occasional workshops. Contact Don St. John, 394-4474.
- Sea Ag Fertilizer** order pick up on Saturday May 10th. Volunteers needed for a few hours. Contact Don St. John, 394-4474.
- Guest speaker lodging**. Needed occasionally for out of town speakers. Great opportunity for more expert information. Contact Marion, 283-4632.
- June through September** – Weekly summer flower bed maintenance and clean up at the Aquaculture Bldg. Light weeding and some planting. The entrance bed plantings are a thank you to CIAA for meeting room use throughout the year. We appreciate this invaluable contribution. Contact Peggy Morris, 262-8374.

Programs:

- December 10:** Alaska Sprouts! Presenter: SJ Klein, owner of Alaska Sprouts, from Anchorage.
- January 11:** Dart-AM Farms at Manley Hot Springs. Presenter: John Robert Dart
- February 11:** Soil Readiness, Amendments & ZONES!
- Date TBA:** Alaska Flour Company from Delta Junction Barley growers. Might include a workshop.
- February X:** Beginner's Only Special Program. Date to be decided.
- March 29:** Getting Ready For Spring. Half Day Event! Location, Kenai Visitor Center. Round Table with many topics.
- April 7:** Cut Worms, Root Maggots & Slugs! What to do About Them and How. (Home Show booth end of April)
- May 3, 10, 17, 24, 31: Workshop Weekends!** 4-8 workshops every Saturday. Help host, schedule, present a workshop.
- June 14:** Annual Plant Sale! Early plant drop off evening of 13th and then pre sale plant drop off on the 14th.
- June, July August: Summer tours.** What location do you want to visit next summer? Ideas welcome.
- How about a tour - trip to another part of Alaska?

Past Program Reviews

Contributed by Donna Endreson

October 8th: Explore Your Options—Bark, Berries, Bulbs, Fragrance, Herbs and Vegetables with Brenda Adams

Well known Homer Landscape Designer and author of [There's a Moose in my Garden](#) gave us lots of ideas to make our gardens more impactful and how to design your garden in a way that makes YOU happy.... on a daily basis. She suggested ways of using color, foliage, texture, bark, stems, bulbs and berries to give our gardens a longer season. She had beautiful examples of integrating veggies for additional interest.

Featured points from Brenda's presentation: use a tall tree in the center of your garden... When choosing shrubs, look at the stem color, plus front and back of leaves for color inspiration.... Add a path (with features showing continuity or contrast), and a bench to sit and watch birds come to eat or gather berries.... For early spring color, plant snowdrops (most are vole and moose resistant). Moose and voles usually leave daffodils alone, but they LOVE Tulips! All bulbs need good drainage and it's best to sprinkle your bulbs over a large area instead of compacting them tightly together in a small area.

Brenda uses only natural fertilizers such as compost, kelp meal, fish and bone meal and ended the program saying, " The most important thing is that your garden has to be pleasing to YOU! Sound advice in my eyes!

November 12th: Root Cellars! Storage Practices and Designs Moderated by Lydia Clayton, CES Horticulturist

Panel members Kay Gardner, Lee Bowman, Cheryl Wickstrom, and Linda Tannehill. All of these knowledgeable individuals use root cellaring practices that are very different from each other: a cold garage with a protected storage area; an unused "oil changing pit" in the garage; a traditional root cellar built into a side of a hill; a root cellar built into a lower level of a home; and a banked well house near the home.

Pointers shared by panel members:

- Do not keep any damaged, or funky produce with the good stuff.
- Store produce dry.
- Inspect for blemishes before storage; grade your produce. Keep graded produce together, and eat the not so good stuff first.
- Onions, garlic and squash keep well in a basement. You can braid the onions and garlic to hang them up.
- Do not put your produce on bare concrete—it gets too cold.
- Heat dries out the veggies. Most need 80-95% humidity. Most crawl spaces are too warm.
- Lee washes his potatoes and carrots and lets them air dry before he puts them in storage, then keeps the carrots in damp sand by layering them, with a small layer of sand between them. No carrot to carrot contact! Don't use beach sand—go to a gravel pit for low cost sand.

For more information: Utah has a great site on food storage for an emergency at: ufu.edu/food storage/books. Root Cellaring by Mike and Nancy Bubel.





Central Peninsula
GARDEN CLUB



COMING NEXT

January 14th

•
John Dart
Dart-AM Farms
Manley Hot Springs

•
Join the CPGC
Facebook Page

•
**Club Information &
Membership Forms**
www.cenpengardenclub.org
or 283-4632

•
Annual Membership
Dues - \$20 Family - \$30

MONTHLY MEETING

Tuesday, Dec. 10, 2013, 7pm

Cook Inlet Aquaculture Building

40610 K-Beach Road - between KSRM & Bridge Access Rd.

PROGRAM:

ALASKA SPROUTS!

Presenter & Owner

S.J. Klein, Anchorage

Learn About this Innovative Business

Challenges & Successes

Sprouting Advice

Public Welcome • Refreshments • Door Prizes

www.cenpengardenclub.org