



Master Gardener Thymes

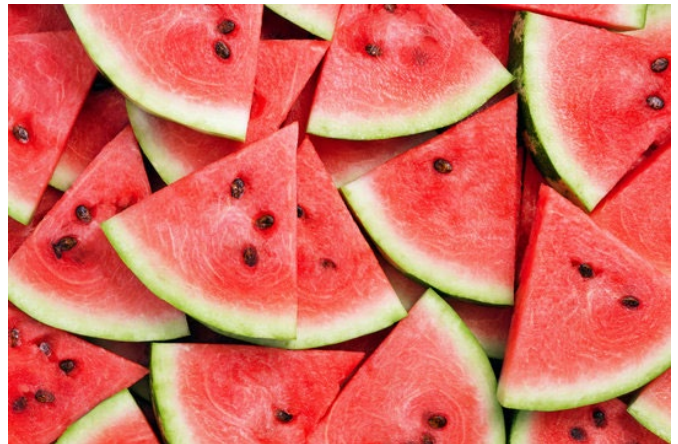
Official Publication

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It's Hot and Dry!

We can safely say that Summer has arrived! Now we must focus on caring for our plants so they will thrive in the heat and drought! And, we must still weed! How is it that weeds seem so happy when the desirable plants are stressed?!

Keep working on 2024 continuing education hours. Check out the calendar at the end of this newsletter for learning opportunities.



NETMGA JULY BOARD MEETING

The next NETMGA Board meeting will be in **July 8**, 6:30pm; Jonesborough Farm Bureau Insurance Agency, 1103 Boones Creek Rd, Jonesborough

NETMGA AUGUST MEMBERSHIP MTG & PROGRAM

Aug 5, 6:30pm at Tipton Haynes State Historic Site, 2620 South Roan St., Johnson City. Details on page 2 of this newsletter.

WHAT'S INSIDE:

- NETMGA General Meeting & Program
- Mark Your Calendar!
- Ask A Master Gardener
- Featured Project
- Article: Managing the Garden in Extreme Heat
- July/August 2024 Calendar of Events

NETMGA General Membership Meeting and Program – August 2024

The membership meeting on **August 5**, at 6:30 p.m., will be held at Tipton Haynes State Historic Site, 2620 South Roan St., Johnson City. A Signup Genius will be sent so everyone can register for a picnic dinner. Please register. **A sandwich, drink and watermelon picnic will be provided so it is important for everyone to register.**

For those of you who have not been to Tipton Haynes, it has been described as Tennessee's most historic location. Early Woodland Indians and later the Cherokees established hunting camps on what is now Tipton-Haynes Historic Site. It was the home to statesmen from the American Revolution through the Civil War. French botanist Andre Michaux documented native plants during several visits to the site.

In 2014 Tipton Haynes was designated as a Certified Monarch Waystation due to the emphasis on native plants and those that attract and/or serve as hosts for Monarchs and other caterpillars. The Project leaders will be presenting a program on pollinators and native plants grown at Tipton Haynes. The project leaders are Betts Leach, Master Gardener from the MG Class of 2012; works seasonally at Evergreen of Johnson City and occasionally leads seminars there and for local garden clubs. Vern Maddux, Master Gardener from the MG class of 2012, worked with the U. S. Forest Service for 34 years, in Montana, Idaho, Utah, Georgia and the last 12 on the Cherokee National Forest in Tennessee. Vern and Betts have volunteered at Tipton Haynes State Historical Site since 2012.

Note: Watch for information about the October 7 Membership Meeting with a program on Propagation!

Mark Your Calendar!

Hamlett-Dobson Farm Fest 2024

Hamlett-Dobson Farm Fest will provide old-fashioned family fun on Sunday, **July 21**, from 2-5 p.m. at Exchange Place Living History Farm, 4812 Orebank Road in Kingsport. Farm Fest celebrates the pleasures of country life as visitors step back into the nineteenth century and enjoy fresh summer food like watermelon and corn on the cob, join in activities from bygone days like sack races, hay rides, and cakewalks. Listen to music on traditional instruments, see the farm animals, and try your hand at old time crafts. The event is part of Kingsport's Fun Fest and is free with no ticket or registration required. A shuttle bus will run from Mountain View United Methodist Church to Exchange Place from 1:45 to 5:30 p.m. to ease parking congestion. This is a fun, family oriented community event, and we need Master Gardener volunteers to help with plant and garden related activities. Your volunteer time at Exchange Place counts as MG hours. For more info or to volunteer contact Joy Moore at 423-348-6572 or jemoor@gmail.com. For more information about Exchange Place, see <http://exchangeplacetcn.org/>.

Ask a Master Gardener

The **Ask-A-Master Gardener** column has been running in the local area newspapers for over two years. Last month we asked for any additional volunteers to help write articles and we now have a new addition to our writers.

Wes Walker, NETMGA Class of '17, will be writing articles for the Ask-A-Master Gardener column over the next few months addressing Integrated Pest Management (IPM). The first article - Introduction to Integrated Pest Management (IPM) was published June 16th, 2024. Other articles to watch for are; Cultural Control; Mechanical/Physical Control; Biological Control and Chemical Control.



Wes was raised on a tributary of the Chesapeake Bay in Gloucester County, Virginia, where his grandfather taught him to garden. He served in the Air Force for 30-years in the Public Health and Medical Entomology profession. His career took him across the globe, where he served in combat operations, humanitarian missions, and performed zoonotic disease research. He finished his career as Command Entomologist for the Pacific Air Forces, Okinawa, Japan.

He has a Bachelor's of Science from Wayland Baptist University, and a Master's Degree from the University of Texas Health Science Center. After his retirement, he and his wife Kristy spent 2-years touring the lower-48 in search of a place retire, and decided to put down roots in Northeast Tennessee.

He completed the Master Gardener course in 2017, and is active with the NETGMA community, the Friends of Steele Creek Nature Center and Park, and the Bristol PepperFest. His favorite pastime is walking with his wife and golden retriever on lightly worn trails under old growth trees.

The link for articles available can be found on the NETMGA web site at <https://www.netmga.net/ask-a-master-gardener/>.

Recent articles -

IPM – Link pending

<https://www.netmga.net/ask-a-master-gardener/vegetables/>

<https://www.netmga.net/ask-a-master-gardener/flowers/>

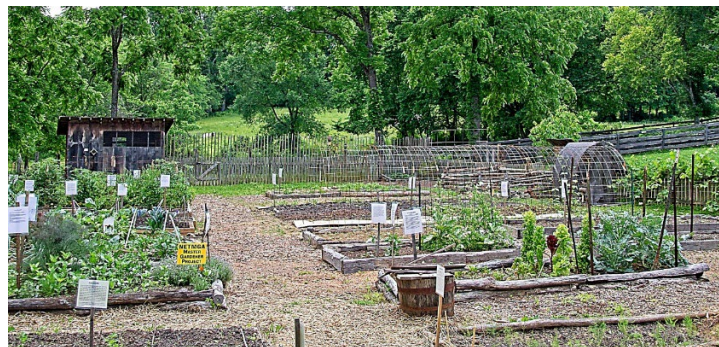
<https://www.netmga.net/ask-a-master-gardener/mg-programs-projects/>

“Featured Project” – Exchange Place Living History Farm

Master Gardeners volunteer at Exchange Place Living History Farm on Orebank Road in Kingsport for maintaining various gardens, the general grounds and some maintenance projects. The gardens currently being serviced by Master gardeners are the Demonstration vegetable garden and the pollinator garden. The other gardens that are available to be service are a wildflower garden and a small garden adjacent to souvenir store. Currently the gardening and grounds maintenance volunteers work on Wednesday mornings. However, if some gardeners want to work on the grounds, wildflower or souvenir store garden they could do so on days and times that would work for them. Another opportunity for master gardeners is to do lawn cutting using the riding mowers on the property, which has traditionally been done on Mondays. Additionally, gardeners regularly volunteer to help in various ways at the festival events including the Spring Garden Festival the last weekend of April, the Farm Fest event held the second Sunday of July and the Fall Crafts festival held the last weekend of September.

If you are interested in volunteering for any of these projects contact Earl Hockin at ehockin@yahoo.com.

Those who volunteer get to share the various vegetables that are harvest during the spring, summer and fall gardening seasons. If the vegetable production exceeds what the volunteers can use the extra vegetables are given to a food bank. In the demonstration vegetable garden, each year in addition to vegetables that are commonly grown by gardeners locally, we always grow one or two varieties of vegetables that are not commonly grown locally. Some recent examples include black peanuts, Yacon, yard long beans, climbing squash, and fava beans.



Exchange Place Living History Farm (Continued)



Article: Managing the Garden in Extreme Heat

Published by Ohio State University Extension; Author: Aaron Steil

When a summer heat wave arrives, it can be stressful for plants and gardeners alike. The plants of your landscape will require a little more TLC to make it through periods of extreme heat.

How Plants Respond to High Temperatures

As temperatures increase, so too does the growth rate of plants. Once temperatures exceed 86°F, the growth rate of most plants begins to slow. This happens because the rate of photosynthesis (the process in which plants use the sun's energy to create carbohydrates as a food source) reduces when temperatures soar into the 90s and 100s. In contrast, the rate of respiration (the process by which plants use carbohydrates to grow and develop) continues day and night, even at higher temperatures. This depletes the food reserves of the plant. If extreme heat continues for weeks at a time, plants can actually die from a depletion of their food reserves.



A newly planted maple tree showing signs of drought stress.

High temperatures can also cause severe water loss (desiccation) when transpiration (the process by which leaves release water vapor to the atmosphere) exceeds moisture absorption by the roots. Evaporation of water from the soil can further reduce the amount of water available to plants. As the water content in leaves decreases, leaves wilt, slowing the rate of water loss, but this causes leaf temperatures to increase because of reduced evaporative cooling. If high temperatures persist, this cycle can worsen so that a portion or all of the leaf can be killed.

What to Do in the Garden in Extreme Heat

A few tips to protect your lawn, garden, and landscape when temperatures soar:

Change Watering Practices

With higher temperatures comes more water loss both through the leaves of the plant (transpiration) and through evaporation from the soil surface.

- **Check soil moisture at least daily.** If soil is dry at a finger's depth or more, it's time to water.
- **Water in the morning.** Less water is lost to evaporation in the cooler early part of the day, and it allows plants to fully hydrate before the heat of the day sets in.
- **Apply water efficiently.** High temperatures mean a high potential for water to evaporate before it ever reaches the roots. Avoid sprinklers and instead use spot watering at the base of the plant, soaker hoses, or drip irrigation systems to provide water efficiently.
- **Plants in containers and hanging baskets may need water twice a day.** Especially when windy and hot, containers dry out very quickly. Check often, as most will need water at least once a day, and some may need water in the morning and the afternoon!
- **Pay close attention to recently planted plants.** Perennials, trees, and shrubs planted earlier in the year have not yet rooted in fully. With most roots still in the original root ball, that root ball can quickly dry out. Check newly planted plants frequently and water both the original root ball and the surrounding soil if either is dry. The same consideration is important for those plants planted within the last three years. These plants still do not have extensive root systems and may need extra water during stressful times.
- **Remember to always check soil moisture before watering.** The metabolic processes of plants slow down in extremely hot temperatures. While plant processes like respiration and transpiration increase as temperature goes up, there comes a spot where these processes plateau or slow down. This means the plant may use less water at 95°F than 85°F (assuming water is not lost to evaporation).

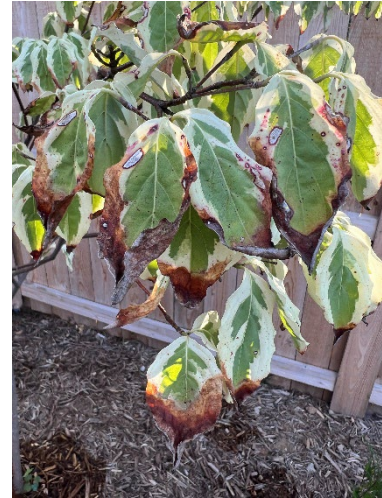
Add Mulch

Covering the soil with an organic mulch such as woodchips, cocoa hulls, compost, or leaf mold can help hold water in the soil by reducing evaporation. It has the added benefit of shading the soil to keep the root zone cooler.

Provide Some Shade

For plants in containers, move them to a shady spot during the heat wave. This reduces the light that hits the plant and container, keeps temperatures lower, and reduces water loss.

If you cannot take the plant to the shade, then bring the shade to the plant. Utilize shade cloth, screening, or even white sheets to reduce the amount of light hitting the plants and the surrounding soil. Secure shade covers on a few posts or a wire hoop frame several inches over the plant. Putting up some type of shade cover helps the soil and plants stay a few degrees cooler while reducing the amount of moisture lost. Shade cloth comes in various densities that can block different levels of light. Different densities can be layered to provide even more shade. Any shade covering should stay above the plant and not come in direct contact to avoid retaining heat and potential leaf burn.



The leaves on this variegated dogwood show damage from dry conditions and intense light.

Don't Fertilize

In extreme heat, plant processes slow down. Adding fertilizer promotes growth that the plant cannot support, leading to additional stress.

Wait to Transplant or Propagate

Planting, transplanting, and propagating are stressful on plants at any time of the year. Don't add to this stress by doing it during extreme heat. Wait until the heat wave subsides to plant or propagate.

Deadhead

Many plants will stop blooming during extreme heat. Removing the spent flowers can improve the plant's appearance, keep plants from spending precious resources on fruit and seed development, and set the plant up to bloom again once the heat wave passes.

Allow the Lawn to Go Dormant

If supplemental irrigation is not provided for the lawn during hot, dry weather, the cool-season grasses can survive by going dormant. In these conditions, the shoots of the turfgrass plants stop growing. While the leaves have turned brown and died, the turfgrass roots and crowns remain alive. Generally, cool-season grasses can remain dormant for four to six weeks without suffering significant damage.

If the heat wave lasts longer than six weeks, dormant cool-season grasses risk dying. To ensure the survival of dormant grass, it's best to water lawns that have been dormant for

six weeks. Apply 1 to 1 ½ inches of water in a single application. Water again seven days later. The grass should begin to green up after the second application.

Don't Forget About the Gardener!

Of course, hot weather is just as hard on you as it is on the plants you're growing.

- Work in the garden early in the morning when temperatures are cooler.
- Drink plenty of water. Carry a water bottle with you as you work.
- Wear sunscreen and a large hat to protect your skin.
- Take frequent breaks to cool down.
- Learn the signs of heat exhaustion and heat stroke (see below) and cool off indoors or get help should they start to develop.

Learn more about heat-related illness in this article from the CDC: [Heat Stress - Heat-Related Illness](#).

The infographic is a vertical poster divided into two columns: Heat Exhaustion (orange background) and Heat Stroke (red background). At the top, the word 'OR' is placed between the two columns. A central figure of a person is split vertically, with the left side in orange and the right side in red. Various symptoms are listed on either side of the figure, connected by lines to icons on the figure's head, torso, and limbs. At the bottom, treatment instructions are provided for each condition. The Heat Stroke section includes a large 'CALL 9-1-1' in white text on a red background. Logos for Weather.gov, the Sacramento Office of Emergency Services (OES), and SacramentoReady.org are at the bottom.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

HEAT EXHAUSTION

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

HEAT STROKE

CALL 9-1-1

- Take immediate action to cool the person until help arrives

Weather.gov/socialmedia
Weather.gov/heat

@SacramentoOES
SacramentoReady.org

Projects List

Boundless Playground at Warriors' Path State

Park Kingsport

Gwyn Duncan 423-239-0460 geduncan@charter.net

Branch House Family Center

Blountville
Pat Mazurkiewicz 423-323-1644

robmazur@chartertn.net

Carver Peace Gardens

Johnson City

Nancy Shilling 423-833-1420 nancyshilling@gmail.com

Church Hill Senior Citizens Center Garden

Marcia Vandermause chscgarden@yahoo.com

Discovery Garden at Gray Fossil Museum

John Hitchcock 423-525-8587 jghitchcock25@gmail.com

Exchange Place Living History Farm

Kingsport
Earl Hockin 423-817-5473 ehockin@yahoo.com

Harvest of Hope Community Garden

Kingsport
Dave Rogers 423-502-2459 dave_carla@chartertn.net

Johnson City Hospitals

Johnson City
Barbara Voigt 423-467-2013 voigt7b@comcast.net

Rocky Mount Living History Site

Piney Flats
Don Davis home 423-854-0152, cell 423-943-2392

donfdavis@aol.com

Steele Creek Park

Bristol, TN

Robin Feirabend 423-764-3336 Feierabe@ETSU.edu

Sycamore Shoals State Historic Site

Elizabethton
Sarah Cox 423-213-9024 mrs.sarahecox@gmail.com

Tipton Haynes Historic Site

Johnson City

Vern Maddux 423-440-9236

vjornmaddux@embargmail.com

Betts Leach 423-571-8662 BettsL@aol.com

Unicoi County Hospital

Erwin

Gina Clark 423-956-2426 gclarkx4@gmail.com

NETMGA Yearly Projects List:

Johnson City Home Show and Women's Expo

Penny Rutledge 423-612-4785 pennyrutledge2@aol.com

Farm Expo

Wes Walker 804-824-5308 wes.walker@me.com

Kingsport MeadowView Home Show

Paula Peralta 916-580-7256 pjblessed1@gmail.com

Bristol PepperFest

Wes Walker 804-824-5308 wes.walker@me.com

Kingsport Tomato Festival-TBD

**Master Gardeners:
Report your hours each month!!**



2024 OFFICERS

PRESIDENT Karen Rowell
423-737-0332
karenrowell94@gmail.com

VICE PRESIDENT Susie Morrison
423-279-8521
susie.m188@yahoo.com

TREASURERS Mary Ann Lovelace
423-742-5683
lovelaceclan@chartertn.net
-and Karen Todd
423-502-0575
Ktodd820@gmail.com

SECRETARY Janet Smith
276-806-1254
eskimowinters@hotmail.com

ADVISOR Chris Ramsey
423-646-9043
cwramsey@utk.edu



MEMBERSHIP/CERTIFICATION

Mary Cain
423-361-0223
cainm01@yahoo.com

PROJECTS Don Davis
423-854-0152
donfdavis@aol.com

MENTORS John Hitchcock
423-525-8587
jghitchcock25@gmail.com

2024 CLASS REPRESENTATIVES

Coming Soon

PROGRAMS Brenda McKinnis
423-946-2769
jbmckinnis4@gmail.com

2024 COMMITTEES

WEBSITE Carl Voigt
423-467-2013
voigt7@comcast.net
Barbara Voigt
423-467-2013
voigt7b@comcast.net

PUBLICITY
Brenda McKinnis
423-946-2769
jbmckinnis4@gmail.com

Nancy Shilling
423-833-1420
nancyshilling@gmail.com

COMMUNICATIONS
Heather Duby
865-556-7630
kelshei@gmail.com

NEWSLETTER EDITOR
Betts Leach
423-571-8662
BettsL@aol.com

FACEBOOK
Valerie Jondahl
336-354-6049
valzoo35@gmail.com

Feed the birds!



JULY and AUG 2024 Calendar of Events

Covid-19 occasionally affects events. Please note that some programs, events and tours may require masks for participants. Before going you might want to confirm that event has not been cancelled.

CHECK THE SITES BELOW MONTHLY FOR CLASSES, SEMINARS, WORKSHOPS:

Monday Musings with Melody Rose, Greene County TN Extension

Information and Registration: <https://sites.google.com/utk.edu/mondaymusings/home>

Knoxville Botanical Garden and Arboretum Classes/Workshops: [Learn — Knoxville Botanical Gardens \(knoxgarden.org\)](#)

North Carolina Arboretum Classes Schedule:

<https://www.ncarboretum.org/education-programs/adult-education-classes/>

Asheville Botanical Gardens: ashevillebotanicalgarden.org

Tennessee Native Plant Society Seminars: <https://www.tnps.org/tnps-speakers/>

Appalachian Highlands Chapter of Wild Ones:

<https://www.facebook.com/groups/783213076410695/about>

Tennessee Valley Chapter of Wild Ones/Programs and Events:

<https://tnvalleywildones.org/programs-events/public-programs/>

Wild Ones Webinars: <https://wildones.org/webinars/>

Orchid Society of East Tennessee meets first Sunday of every other month (Feb. through December), 2 pm Gray Community Center.

<https://www.facebook.com/OrchidSocietyOfEastTennessee/>

JUL-AUG Summer in the Park at Warriors' Path State Park

Get information and details here: [Event Details — Tennessee State Parks \(tnstateparks.com\)](#)

JUL 8 NETMGA Board Meeting

6:30pm at Jonesborough Farm Bureau Insurance Agency, 1103 Boones Creek Rd, Jonesborough.

JUL 21 A Look at Plant Medicine of Appalachia at Sycamore Shoals State Historic Park
2:00-2:45pm. Learn about traditional local medicinal plants and the various ways to
prepare them, just as the settlers and Native Americans would have done hundreds of
years ago. Learn about making salves, poultices, tinctures and concoctions from
several native plants. Suitable for all ages. Meet at Fort Watauga. Cost: \$10 for ages
18+; \$7 for ages 11-17. Information: [Event Details — Tennessee State Parks
\(tnstateparks.com\)](https://www.tnstateparks.com)

JUL 21 Hamlett-Dobson Farm Fest at Exchange Place Living History Farm
2:00-5:00pm; 4812 Orebank Road in Kingsport. Information: [Farm Fest – Exchange
Place \(exchangeplacetn.org\)](https://exchangeplacetn.org)

JUL 26-28 Wild Herb Weekend – NC Herb Association
Valle Crucis, NC. Details, Registration, etc. : [Botanicals | N.C. Herb Association | Herbs
\(ncherbassociation.org\)](https://www.ncherbassociation.org)

AUG 5 NETMGA General Membership Meeting
6:30pm at Tipton-Haynes State Historic Site, 2620 South Roan St., Johnson City. See
details on page 2 of this newsletter.

Horticultural information and resources for Tennessee gardeners

<https://uthort.tennessee.edu>