

roots

The monthly newsletter of the Sevier County Area Master Gardeners Association

JUNE 2022



SEVIER COUNTY
UEXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

in this issue

- Letter from the President 2
- Demo Garden News..... 2
- Sevier County Fair 3
- Meetings, Events, Educational & Volunteer Opportunities 3
- Sprouting Your Way to a Healthy Diet..... 4
- June Meeting info..... 5
- TEMG Events..... 5
- April Meeting Minutes 6
- Herbal Salve class flyer 7
- February Treasury Report..... 8
- Contacts 9



On the cover: A perfect cherry tomato waits to be picked. Photo credit: Courtney Smith / Unsplash.com

letter from the president

Our May meeting was so wonderful in many ways. First, we got to welcome our new interns and learn more about them. We have a great group of new folks that are already jumping in and getting things done. That alone is exciting! Second, we had food. Hint, probably more of that to come. Third, we are having a prize every month... maybe more than one in coming months. Fourth, Matt shared more about himself not only in his position, but personally. We are so very thankful to have him join us. And finally, we had only four people on zoom and a room full in person. With that being said, June will be our last meeting with a zoom option. Starting in July it will be in person only. Did I mention there might just be food and more prizes! See you in a few weeks.

Tammie Browning

SCAMGA President
 865.604.4829 | shallywag@yahoo.com
 Facebook: [Tammie Gibson Browning](#)

demo garden news

Farm Days 2022 was a huge success. We had 54 fourth grade classes tour the Demo Gardens. I would like to give Patsy Farmer a HUGE shout out, she worked both days tirelessly and kept me on my toes. Thank you Patsy!!!

We are going to have a scheduled work day on June 6th at 9:00 am. I am hoping to have more mulch to spread on some of the newer gardens. We also need to clean out the shed. Please put this date on your calendar, we could use your help. Many hands make light work.

Diane McCullen

SEVIER COUNTY
UT EXTENSION
 INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



opportunities



educational

sevier county fair

It is getting closer!!! The Fair starts August 30th and runs through September 5th. Please plan on working our booth one or two of those days.

I could use another set of ceiling fan blades and a few more large black plastic pots. If you have either one of these items please let me know.

I am also looking for a couple of people to help co-chair the fair committee. It is not a hard job and it only lasts a week. Please consider volunteering for this position. The Fair is an excellent opportunity to reach out to our community and educate them on sustainable gardening.

Diane McCullen

meetings & events

TEMG State Conference in Blountville, TN, Jun 9-11. Learn more about the sessions [HERE](#). See full schedule [HERE](#). Register online [HERE](#).

Monthly Meeting, Monday, June 20, 6:30 pm. In-person, with Zoom option. Info on page 7.

volunteer

Jr. Lunch & Learn Series, Wednesdays in July, 11:30 am - 1:30 pm, Contact Tammie Browning for more info.

Senior Center Garden Workdays, First Saturday and Third Wednesday of each month 9:00 am.

Melody's Monday Musings (Greene County), [More info HERE](#).

Check out the First Friday Field Day recordings! Click [HERE](#) for March Fruit, or [HERE](#) for April Vegetable Field Days.

Herbal Salve Making Workshop, Friday, July 15, 1:30 to 3:30 pm. Sevier County Extension Office. Cost: \$25. Preregistration required. Space is limited. More info on page 8.

Wild Herb Weekend, July 22-24, 2022, Valle Crucis, NC. Further information [HERE](#).

First Friday Office Hours Session - UTK Horticultural Team, August 5, 10am. Fun, interactive and informative session where your questions on summer in the garden are answered. Use [THIS FORM](#) to ask questions ahead of time. Click [HERE](#) to joining the webinar (passcode: UThort).

Online event signups as well as live event registration on the [state website](#). Plus, connect with your coordinator and local officers for all the details.

THESE FOLKS HAVE PAID 2022 DUES AS OF THURSDAY, JUNE 2:

2022 dues | \$25 per MG

Second person from the same household is \$15

Pam Barron
Tammie Browning
Pat Butler
Lois Cooper
Joan Falsone
Patsy Farmer
Bonnie Gathergood
Sarah Gibson
Steve Greenwell
Karen Hall
Glenna Julian

Guane Julian
Brad Knight
Karen Less
Leo Lubke
Audrey MacClellan
Colette Mancke
Diane McCullen
Donald Norstrand
Linda Oakberg
John Oakberg
Sandra Palmer

Carl Parsons
Melinda Paxson
Teresa Rae
Dixie Seaton
Jerry Shonk
Donna Stinnett
Renee Thrapp
Steve Wilson
Ellen Yatteau

Please send by check to:

Attn: Debbie Hurst
UT Extension Sevier County
752 Old Knoxville Highway
Sevierville, TN 37862

If you prefer, you may drop off your payment at the office, but call first to make sure they know you're coming. Class of 2022 does not owe dues this year.

sprouting your way to a healthy diet

by Karen Less



As gardeners, we grow a variety of plants at different times of the year, depending upon their seasonality. However, a category of plants that have no season and are extremely easy to grow are sprouts. Sprouts are essentially the early root stage of certain plants such as beans, grains, nuts, and certain vegetables, and are jam packed with vitamins and minerals (sometimes several times more than their mature counterparts), plus phytonutrients, flavonoids, polyphenols, antioxidants, prebiotics, probiotics, fiber, and protein, are low in calories (zero point WW food) and are low on the glycemic index. Some of the more popular sprout varieties are alfalfa, broccoli, red clover, lentil, and mung bean. Broccoli sprouts have attained superstar status in the health world, as they contain up to 100 times the cancer-fighting phytochemical, sulforaphane than

mature broccoli. Sprouts are also high in Diamine Oxidase (DAO), a digestive enzyme responsible for breaking down histamine in the body. The DAO level can be increased by depriving sprouts of light. I wrap my sprouting jars in cloth while they are growing to keep out the light.

Additionally, sprouting reduces the phytic acid and lectins that give some people problems when eating beans. So people whose digestive systems have difficulty with legumes may be able to eat sprouted ones with no problems.

For all their benefits, sprouts can be expensive to purchase in the supermarket. Food City sells a 4 ounce container for \$4. A pound of broccoli sprout seeds, at less than \$20, can grow 4 pounds of sprouts. Sprouts are a hydroponic crop and can be grown in a small area of your kitchen. Growing sprouts also requires just a few minutes each day and minimal equipment. All you need are seeds (those marketed specifically for sprouting work best), a fresh water source (preferably without chlorine), and a glass jar with a mesh lid tight enough that the seeds won't rinse



out. You can use any canning jar in good condition, and mesh lids are available through companies that sell sprouting seeds or on Amazon. As you become more accomplished at growing, you may want to upgrade to a system that allows growing multiple varieties of sprouts at the same time.

In order to grow sprouts, the seeds are soaked overnight in water (I use distilled water because I have experienced issues with germination when using my well water) then rinse twice a day. In 4 to 6 days, sprouts are ready to harvest and eat. To harvest, simply give the sprouts a final rinse and spread them out on a towel on your kitchen counter for 30 minutes or so to allow them to dry

and boost their chlorophyll. Then store in the fridge for up to 5 days. Sprouts can be used raw in salads, sandwiches, and smoothies, but can also be cooked as part

of dishes like stir fries, soups, and other hot dishes.

Occasionally you will hear of commercially produced sprout



june meeting info

recalls from e-Coli or other bacteria. These can occur in home produced sprouts as well due to the seeds being the source of the contamination. According to Doug Evans, aka “The Sprout Man”, this risk can be eliminated by soaking seeds for 5 minutes in vinegar, hydrogen peroxide, or bleach as the first step in the sprouting process. I soak mine in white vinegar and have never had a problem with contaminated seeds. The most common problem I experience is occasional formation of mold in warmer weather. This seems to result from a decrease in air circulation during sprouting that can be mitigated by using a larger jar or decreasing the number of seeds sprouted at one time.

Sprouting can be an easy and cost-effective way to increase nutrition. It can also provide a way to have freshly grown plants available year round in just a few days with little effort.

Cleveland Clinic (March 3, 2021). What Are the Health Benefits (and Risks) of Eating Raw Sprouts? <https://health.clevelandclinic.org/what-are-the-health-benefits-and-risks-of-eating-sprouts/>

Evans, D. (2020). The Sprout Book.

*Schnedt, W.J. and Enko, D Histamine intolerance originates in the gut. *Nutrients* 2021, 13, 1262. <https://doi.org/10.3390/nu13041262>.*

Stone, A. (2010). Sprout Production. Oregon State University College of Agricultural Sciences. <https://horticulture.oregonstate.edu/oregon-vegetables/sprout-production-0>

*Vanduchova, A., Anzenbacher, P, and Anzenbacherova, E. Isothiocyanate from broccoli, sulforaphane, and its properties. *Journal of Medicinal Food* 22 (2) 2019, 121-136. <https://pubmed.ncbi.nlm.nih.gov/30372361/>*

This month’s guest is Ashley King, Education Coordinator for Keep Sevier Beautiful, a multi-award winning non-profit that brings people together to protect the beauty of Sevier County, in turn stimulating economic growth, building vibrant communities and protecting the gateway to the Smoky Mountains.



KEEP AMERICA BEAUTIFUL AFFILIATE

From Recycling and Litter Prevention to Education and Beautification, Ashley will be sharing about the exciting projects Keep Sevier Beautiful is doing in our community.

Note: June will be the last zoom option for meetings.

June 20, 2022, at 6:30pm

[Click here to Join the Zoom Meeting](#)

Meeting ID: 898 6503 7150

MUST ENTER PASSCODE: 076961

TEMG PLANS FOR 2022

DISTANCE CONNECTIONS FOR EMGS

11 AM ET/10 AM CT-
Live on Zoom
Tours, Teaching and Q and A with our statewide Extension Hort Team

June 3: First Friday Hort Session

Aug. 5: First Friday Hort Session

Sept. 9: TEMG Friday Focus

Nov. 4- First Friday Hort Session

LIVE TEMG EVENTS

June 9th-11th: State TEMG Conference, Northeast TN

Oct. 20th: Leadership Day



UTIA AND EXTENSION EVENTS

June 14th: Fruits of the Backyard Field Day, Spring Hill
Jul. 14th: Summer Celebration, Jackson
Aug. 30th: Fall Gardener’s Festival, Crossville

Online event signups as well as live event registration will be found on the [state website](#). Plus, connect with your coordinator and local officers for all the details.



SEVIER COUNTY AREA MASTER GARDENERS ASSOCIATION

meeting minutes

MAY 16, 2022

Call to Order: 6:35 PM

ATTENDANCE

In person = 25, Zoom = 4

Total = 29

PRESENTATION

Matthew Anderson reviewed his bio and new responsibilities and commented on the favorable comments regarding the Demo Garden he received during the recent Farm Days Event. He concluded by distributing the certificates for those completing the 2022 Master Gardener Intern Workshop.

Business Meeting Call to Order:
8:11pm

MEETING REPORTS

The April Minutes were approved without change by voice vote.

The April Treasurer's Report was approved without change by voice vote.

OLD BUSINESS

President Tammy Browning announced that there was no Old Business.

NEW BUSINESS

Tammy announced that the Ask-a-Master-Gardener function will be reduced to working at events only rather than staffing the Extension

Office phone for community call. That function now will be handled by Matthew Anderson and the AAMG desk will be taken over by the new Extension agent for 4-H.

Tammy thanked the 2022 interns for sprucing up the Demo Garden for Farm Days. A total of 54 fourth grade classes attended the event.

COMMITTEE REPORTS

PLANT SALE: Andy Bush reported that the sale grossed nearly \$3,000. He also stated that online payment capability will be needed for future online sales. There was some discussion about what the net results of the sale might be, but this figure is not tracked directly since most of the expenses occur in the Greenhouse budget. There was also some discussion about an additional fundraiser. John Oakberg requested that suggestions be sent to him in his function as Member-at-Large.

GREENHOUSE: Dixie Seaton stated that the greenhouse is now empty but will require an annual bleach wash of the fixturing before allowing the greenhouse to heat up and kill any unwanted plants and insects, especially the aphids that affected some of the sale plants. Sarah Gibson reported that there was one fan/vent not working.

JMG: Tammy reminded everyone that the annual JMG summer camp in Wears Valley will be held on June 3rd - 4th and that volunteer are still needed, especially an overnight male volunteer. The theme of this year's camp session is "Getting Wild with Nature."

NEWSLETTER: Teresa Rae stated that the deadline for contributions to the June newsletter must be forwarded by June 1st as she will be out of town for much of June.

SENIOR CENTER: Glenna Julian stated that a clearance plant sale will be held at the Senior Center greenhouse on Wednesday, May 18th.

SEVIER COUNTY FAIR: Tammy reminded everyone that when Fair time arrives volunteer hours worked at the Fair count as MG hours. A planning meeting will be held Thursday, May 19th at 6:00 pm. Also the Butterfly House needs appropriate plants now for this season's butterflies.

TOMATO SEED PROJECT: Tammy announced that this project will restart in 2023.

WILDERNESS WILDLIFE WEEK: No report.

ADJOURNMENT

The meeting adjourned at 8:37 PM.

Respectfully submitted,

Carl Parsons
Secretary



Make Your Own Herbal Salve

Learn to make customized oil-based medicinal salves to

Repair • Soothe • Heal

Herbal preparations are widely available but can be pricey. In this workshop participants will learn the basics of creating a personalized herbal salve. Highlights will include creation of herb infused oils, creating a basic salve, and enhancing salves for soothing, healing, and repair through the use of essential oils.

Instructor: Karen Less, Certified Fundamentals Herbalist

Friday, July 15, 2022

1:30 to 3:30 pm

**UT Extension, Sevier County
752 Old Knoxville Highway, Sevierville**

Cost: \$25



Class size limited so register early!

Use this QR Code for access to the registration and payment link, or contact the extension office for additional registration and payment options at (865) 453-3695.



treasury report

Sevier Co. Area Master Gardener Assoc. | April 2022

MG & JMG Total from March, 2022: **\$9,076.99**

MASTER GARDENERS

MG Carryover from March, 2022, (YTD)			\$ 5,091.82
Transactions	Inflows	Outflows	Year to Date
Membership Dues#	\$240.00		\$675.00
Sevier County Fair			-\$460.00
Plant Sale	\$710.25		\$710.25
Demo Garden		-\$311.87	-\$436.87
Greenhouse		-\$2,992.32	-\$3,395.11
Fair Beautification			
MG Flower Show	\$350.00		\$176.00
Ice Cream Social			
MG Craft Fair#			
Storage Building		-50.80	-50.80
Zoom Fees			
Christmas Dinner			
Miscellaneous			
Adjustments*		-\$2,441.58	-\$2,441.58
Subtotals	\$1,300.25	-\$5,796.57	-\$4,417.53 (YTD)
Net Change for April 2022			-\$4,496.32
MG Ending Balance on April 30, 2022 (YTD)			\$1,025.00
MG Net Change for 2022 (YTD)*			-\$4,417.53

JUNIOR MASTER GARDENERS:

JMG Carryover from March, 2022, (YTD)			+\$3,555.67
Transactions	Inflows	Outflows	Year to Date
4-H Scholarships			-\$600.00
Donations			
Sevier Co. Mayor Donation			
Plant Sale	\$500.00		+\$500.00
Greenhouse			-\$13.44
Supplies			
Sevier County Fair			-\$120.00
Miscellaneous			-\$102.80
Storage Building		\$105.00	-\$105.00
Adjustments^		-\$2,914.35	-\$2,914.35
Subtotals	\$500.00	-\$3,055.67	-\$3,391.11 (YTD)
Net Change for April 2022			-\$2,555.67
JMG Ending Balance on April 30, 2022 (YTD)			\$1,000.00
JMG Net Change for 2022*			-\$3,443.16
Combined Total for MG and JMG on April 30, 2022			\$2,025.00
Combined Net Change for MG and JMG for 2022* (YTD)			-\$7,860.69

*Defined as the credits vs debits over each calendar year.

^Balance transfer to UT centered Master Gardener account(s) from extension office centered accounts. The funds still belong to SCAMGA per Adam Hopkins # \$2,194.52 from MG Flower show, \$1,922.20 from MG craft fair and \$2,221.45 from Dues and Membership transferred to the Master Gardener account to consolidate accounts, ease bookkeeping, and promote transparency. This essentially cleans up the bookkeeping behind the scenes.

April 2022 Treasury Report prepared by Donald Nordstrand



CONTACT

officers

TAMMIE BROWNING, PRESIDENT
shallywag@yahoo.com | 865.604.4829

STEVE WILSON, VICE PRESIDENT
steve@peakadvancement.com | 863.860.6805

CARL PARSONS, SECRETARY
caprs9@bellsouth.net | 865.932.4545

DON NORSTRAND, TREASURER
dnorstrand@icloud.com | 352.538.1670

JOHN OAKBERG, MEMBER-AT-LARGE
oakbergjl@bellsouth.net | 865.428.6265

ADAM HOPKINS
SEVIER CO. EXTENSION DIRECTOR
ahopkin1@utk.edu | 865.453.3695

MATTHEW ANDERSON
SEVIER CO. EXTENSION AGENT
HORTICULTURE & 4-H
mande125@utk.edu | 865.453.3695

SevierCoTNMasterGardeners@gmail.com
UT Sev Co Extension office: (865) 453-3695

Newsletter content is due on the 1st of each month, and should be emailed to peatree@peatreedesigns.com
Articles submitted by members are welcome and should be 300-500 words. Photographs should be at least 3Mb in size. Please make sure emails that contain attachments are less than 10Mb (combined). If attachments exceed 10Mb, send in separate emails or use Dropbox.

committee chairs

Flower & Garden Show & Sale
ANDY BUSH | pgbush@juno.com | 865.363.1515

Craft Fair
Scrapbook
Tomato Seed Project
Junior Master Gardener
Greenhouse Education Committee
TAMMIE BROWNING
shallywag@yahoo.com | 865.604.4829

Senior Center
GLENNA JULIAN | julian1955@comcast.net
H: 865.933.0747 | M: 865.368.3632

Ask-A-Master Gardener
VACANT

Demonstration Garden
DIANE MCCULLEN
ldmccullen@sbcglobal.net | 832.605.5769

Greenhouse Coordinator
DIXIE SEATON | tdseaton@aol.com | 615.498.0340

Greenhouse Policy Committee
KAREN LESS | greyheroncrafts@gmail.com | 828.308.5864

Wilderness Wildlife Week
STEVE GREENWELL | 9catsfarm@gmail.com | 865.556.3636

Sev Co Fair MG Exhibit Area
CO-CHAIR: DIANE MCCULLEN
ldmccullen@sbcglobal.net | 832.605.5769

Newsletter
TERESA RAE | peatree@peatreedesigns.com | 865.414.8176

A lush green forest scene with a wooden bridge over a stream and a stone wall in the foreground. The bridge is made of light-colored wood and has a simple, open-sided design. The stream is dark and reflects the surrounding greenery. The stone wall is made of rough, grey stones and runs along the edge of the stream. The background is filled with dense foliage, including large trees and many ferns. The lighting is soft and natural, suggesting a shaded forest environment.

**“We talk of communing
with Nature, but ’tis with
ourselves we commune...
Nature furnishes the
conditions – the solitude
– and the soul furnishes
the entertainment.”**

John Burroughs

*American naturalist and nature essayist,
active in the conservation movement
in the United States*