

roots

The monthly newsletter of the Sevier County Area Master Gardeners Association

OCTOBER 2022



SEVIER COUNTY
UTEXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

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On the cover: A gate in Oslo, Norway becons the nature lover to enter and explore.

letter from the president

Happy Fall, Y'all! My goodness - I hope you are enjoying some of these incredible days. I have been every chance I get. The year is coming to an end soon. Not only is it time to prepare your gardens, but also catch up with our Master Gardener recordkeeping.

This is a reminder for everyone, **now** is the time to start getting your service hours and CEUs entered and up to date on the website. Awards, certificates, and new Master Gardener recognition will happen at our Christmas Party. In order to take part in that, **you will need hours and CEUs entered by November 21**. You may predict hours/CEUs you know that will occur between November 21 to December 31 to include in your updates. In the October meeting we will discuss members' exact hours/CEUs needed for all Master Gardeners. We will be glad to answer any questions you may have and help as needed.

We will be ready to start signing up and paying for the Christmas party

at our October meeting. Deadline to sign up will be at our November 21 meeting. We will be doing Christmas centerpieces again this year. This is not required, but if you would like to make a centerpiece, please bring with you to the Christmas party. These will be part of our Dirty Santa game. Everyone is eligible to win, but some may not. No guarantees on winning, even if you bring one, but it is lots of fun! No certain requirements. Let your imagination lead the way. We have seen some amazing creations over the years. Even a visit to the Dollar Tree can lead to an awesome centerpiece. Your time shopping for supplies and making centerpieces count as hours, so be sure to count those.

Good luck and see y'all in October!

Tammie Browning

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

opportunities



volunteer

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

Christmas for the Birds, Wednesday, December 21, 9 am, My People Senior Activity Center.

Save the Date! Wilderness Wildlife Week, The Ramsey Hotel, Pigeon Forge. January 24-28, 2023. [MORE INFO HERE.](#)

Save the Date! Annual Master Gardener Plant Sale, Saturday, April 22, 2023, 9 am to 3 pm, Sevier County Fairgrounds.



meetings & events

Garden Talk, Coffee & Tea in the Demo Garden, Friday, Oct 7, 9-10 am.

Demonstration Garden Committee Meeting, Monday, October 17, 5:30 pm. Sevier County Extension Building. Everyone is welcome to attend. We need new people to take responsibility for garden plots in 2023.

Monthly Meeting, Monday, October 17, 6:30 pm. Sevier County Extension Building.

Monthly Meeting, Monday, November 21, 6:30 pm. Sevier County Extension Building. Board will meet at 5:30 pm.

Annual Christmas Party and Awards Dinner, THURSDAY, December 8, Sevierville Golf Club, 1444 Old Knoxville Highway, Sevierville. Details available at October meeting.

educational

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

First Friday Office Hours Session - UTK Horticultural Team, November 4, 10-11am. Fun, interactive and informative session where your questions on summer in the garden are answered. [REGISTER HERE.](#) Use [THIS FORM](#) to ask questions ahead of time. Click [HERE](#) to join 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.

Did you know that you can earn CE hours watching popular gardening shows on YouTube? Go to YouTube and search for Growing A Greener World, Brie the Plant Lady, Gardeners World, GardenSmartTV, and other garden related shows. There are also lots of garden tours available from all over the world. You could easily get way more than your minimum 8 CE hours and learn some things to help you be a better gardener.

SAVE THE DATES!

Wilderness Wildlife Week, The Ramsey Hotel, Pigeon Forge. January 24-28, 2023. [MORE INFO HERE.](#)

30th Annual Organic Growers School Spring Conference, February 24-26, 2023, Mars Hill University, Mars Hill, NC. [MORE INFO HERE.](#)

International Master Gardeners Conference, June 18-22, 2023, Overland Park, Kansas. [MORE INFO HERE.](#)

SAVE THE DATE! TELL YOUR FRIENDS!

2023 MASTER GARDENER CLASS

January 31 - May 2 | Tuesdays, 10am - 1pm

Hands-on sessions TBA.

Have interested prospective Master Gardeners contact Matt Anderson to get on the interest list.

black elderberry: medicine or myth?

Sambucus nigra, the European black elderberry, was first referenced as a therapeutic around 5000 B.C., and is native to Europe. A cultivar, *Sambucus canadensis*, is commercially available in the US and Canada. Black elderberry is an understory shrub that can grow to about 10 feet. The showy white flowers appear in spring and the deep purple/black berries in late summer. Other parts of the plant are inedible or poisonous for humans, including the unripe berries. Black elderberries have been touted as a folk preventive and treatment for colds and flu for centuries. Is there any science to back up this claim or is it all hype?

Extensive research has been conducted in countries around the globe on the natural chemicals contained in black elderberries and how they may contribute to the positive effects of the black elderberry for seasonal respiratory diseases. All studies to

date have been based on the use of commercially available, standardized products such as Sambucol® or Rubini®. Research has not been conducted using whole fruit or wildcrafted syrups or tinctures, which are typically not tested for efficacy, and consistency can vary from batch to batch depending upon growing conditions. There has also only been limited study for commercial combination products like Sinupret® or TheraMax® due to the inability to scientifically differentiate which of the constituents may cause the observed effects. Some tests have focused on laboratory results, while fewer have involved the use of human subjects in clinical trials.



Black elderberries contain a category of metabolic compounds known as flavonoids. These antioxidants are found predominantly in fruits and vegetables where they serve a variety of uses, such as building colors and aromas to attract pollinators, protecting plants from environmental stresses, and providing positive health effects for humans and animals who consume them. Elder flowers contain several flavonoids and the berries contain Vitamins A, B, C, and tocopherol (part of the Vitamin E family), flavonoids, and organic acids. The antiviral superstar among black elderberry flavonoids appears to be anthocyanidin, an anthocyanin that is responsible for the berry's dark purple/black coloring.

A German study found black elderberry effective in exerting a degree of control over the immune system with its ability to bind to certain influenza viruses, such as H1N1, to block their ability to infect host cells. Black elderberry was also found to inactivate and reduce viral loads and assist T-helper cells to produce antibodies. A Spanish study conducted in a nursing home found a significant decrease in colds and flu



tales from the trials: small fruit for tn gardens

in the population given daily doses of black elderberry and Reishi mushroom extract during cold and flu season. Other research has found a decrease in both severity of symptoms and duration of infection in people given black elderberry extracts early in the course of a cold or flu diagnosis.

While research continues into the therapeutic effects of *Sambucus nigra*, the evidence is leading in the direction of the black elderberry being useful in the prevention and treatment of seasonal respiratory viruses. Studies on the use of black elderberry for viral, bacterial, and fungal diseases is ongoing, with several currently underway to determine effects in lowering viral loads of HIV patients and also if it may be used to prevent or treat SARS CoV-2 (novel coronavirus).

References

Gracian-Alcaide, C., et al. Effects of a Combination of Elderberry and Reishi Extracts on the Duration and Severity of Respiratory Tract Infections in Elderly Subjects: A Randomized Controlled Trial (2021). *Applied Sciences*. <https://www.mdpi.com/2076-3417/10/22/8259>.

Roschek B Jr, et. al. Elderberry flavonoids bind to and prevent H1N1 infection in vitro. *Phytochemistry*. 2009 Jul;70(10):1255-61. doi: 10.1016/j.phytochem.2009.06.003. Epub 2009 Aug 12. PMID: 19682714.

Schön, C. et. al. A new high-quality elderberry plant extract exerts antiviral and immunomodulatory effects invitro and exvivo (2021), *Food and Agricultural Immunology*, 32:1, 650-662, DOI: 10.1080/09540105.2021.1978941.

Torabian, G. et al. Anti-influenza activity of elderberry (*Sambucus nigra*) (2019). *Journal of Functional Foods* 54: 353-360; doi: 10.1016/j.jff.2019.01.031.

Master Gardeners, you won't want to miss our October meeting as we focus on fruit with Dr. Natalie Bumgarner. Hopefully we all enjoyed a healthy share of those tasty home-grown blueberries, strawberries, and blackberries this summer. With the season changing, Natalie will take us on a tour of Tennessee research trials on small fruits, and will share some of the tasty data harvested this year. We'll hear about many new cultivars bred for southern gardeners that could be great options for you, as you consider the best decisions for your own garden.



Join Natalie October 17th at 6:30 p.m. for what will certainly be an entertaining and information program.

October 17, 2022
Monthly meeting, 6:30pm
No Zoom option.
See you there!

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

Nov. 4- First Friday Hort Session

LIVE TEMG EVENTS

Oct. 20th: Leadership Day



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

SEPTEMBER 19, 2022

CALL TO ORDER: 6:32 PM

PROGRAM: Local landscaper Eric Fortenberry returned for a Question-and-Answer session.

BUSINESS MEETING CALL TO ORDER: 7:52 PM

MINUTES: The minutes of the August 15 meeting as published in the SCAMGA September Newsletter were approved without change by voice vote.

TREASURER'S REPORT: Because of some obviously incorrect balances in the report, its approval was tabled until the balances can be corrected with an updated report from UT Accounting.

OLD BUSINESS:

CHRISTMAS PARTY: Tammy Browning announced that the Christmas Party will be held at the Sevierville Golf Course located next to the Wilderness Resort. The party will be on Thursday, December 8 from 5:30 to 8:30 PM. The cost will be \$10 for members, \$20 for guests, and no charge for interns, as in previous years. Members are encouraged to make centerpieces for the centerpiece contest. Registration forms will be

distributed at the club's October meeting with payments due by the November meeting.

NEW BUSINESS: No New Business

COMMITTEE REPORTS:

ASK-A-MASTER-GARDENER: Matt Anderson reported that the AAMG booth at the Seymour Farmers Market received a good response.

COUNTY FAIR: Diane McCullen reported that 50 people signed up to receive information about MG classes. Also, the use of free seed packets and plants greatly improved visits to the MG Booth during the fair. She recommended using this strategy again next year.

DEMO GARDEN: Diane McCullen stated that a Demo Garden Committee meeting will be held at 5:30 PM prior to the October SCAMGA meeting. The possibility of adding or converting existing gardens to new ones is being considered. In particular, a medicinal herb garden and a nature garden are being considered. Also, the committee will look for ways to reduce maintenance requirements and improve educational opportunities next season.


PLANT SALE: Tammie Browning reported that the next Plant Sale date will be April 22, 2023. A Gardeners Store is being planned to consist of donated second-hand gardening tools, books, plant markers, birdhouse, pots, and other gardening related items that can be sold during the Plant Sale. The new hours for the sale will be 9 AM – 3 PM.

GREENHOUSE: Dixie Seaton stated that the greenhouse needs cleaning now and that the shade cloth will be removed (along with the morning glories that have grown into it). It can be put on again in late spring when the temperatures rise.

JMG: Melanie Hill reported that the first JMG meetings will start the week of September 26th.

SENIOR CENTER: Glenna Julian said that new volunteers have been helping at the Senior Center. A pot cleaning covered dish lunch in her home is planned for this Wednesday, September 21st, from 9 – 11 AM. A Christmas for the Birds event will be held at the Senior Center on December 21st.

COUNTY FAIR: Tammie Browning reported that this year's fair



set a new attendance record—approximately 25,000 versus 21,600 last year. But we need more MG exhibitors. She encouraged those interested to plan earlier and keep this year's fair book as a reminder and guide to the categories.

TOMATO SEED PROJECT: Tammie Browning stated that a new Chair is needed for this committee and that it has become more challenging since the county has grown, resulting in more kindergarten students.

WILDERNESS WILDLIFE WEEK: No report.

NEWSLETTER: Teresa Rae stated that the deadline for the October newsletter is in October 1st.

ANNOUNCEMENTS:

- Leo Lubke announced that the 2023 International Master Gardener Conference will be held in Overland Park, Kansas, June 18-22. Information is available at the IMGC Facebook page.
- Carl Parsons announced that the Smoky Mountains Chapter of Wild Ones will hold its annual Plant Swap of native plants on Saturday, September 24th, from 9:00 to Noon at the Gazebo in Sevierville.

- Tammie Browning stated that a nominating committee will be forming to produce nominees for the positions of club president, vice president, and treasurer.
- Matthew Anderson announced that next season we will plan to have breakfast events for children and Lunch-n-Learn events in the Demo Garden.

ADJOURNMENT: The meeting adjourned at 8:55 PM.

Respectfully submitted,
Carl Parsons
Secretary

You still have time
to order bulbs,
but be swift about
it, and get them
in the ground by
early December.



Pippa, Diane's Anatolia Shepherd / Great Pyrenees mix patiently waits for Fall.

demo garden news

We are having an EVERYONE'S INVITED Demo Garden meeting on October 17th at 5:30pm. This will be right before the general meeting. We are altering the demo gardens to reflect our mission of educating our community and changing the old gardens to address new interest that people have in gardening in 2022. If you have any ideas for the gardens, please come and share. If you want to help in the gardens, please come and sign up.

I would like to give the Gold Star Gardener award for October to Andy Bush and Steve Greenwell. They worked everyday during the fair and I couldn't have done it without them. Thanks guys, you are the BEST!

See you in the garden,
Diane McCullen

treasury report

Sevier Co. Area Master Gardener Assoc. | August 2022

MONTHLY OVERVIEW

	JULY	AUGUST
MASTER GARDENERS:		
Sevier County	\$1,954.36	\$1,979.36
UT	\$2,794.16	\$2,794.16
Total	\$4,748.52	\$4,773.52
JUNIOR MASTER GARDENERS:		
Sevier County	\$272.83	\$272.83
UT	\$1,589.35	\$1,589.35
Total	\$1,862.18	\$1,862.18
COMBINED MASTER GARDENERS & JUNIOR MASTER GARDENERS:		
Sevier County	\$2,227.19	\$2,252.19
UT	\$4,383.51	\$4,383.51
Total	\$6,610.70	\$6,635.70

MONTHLY ACTIVITY

MASTER GARDENERS:	Inflows	Outflows	Year to Date
Transactions			
Adjustments			-\$2,793.83
Demo Garden			-\$612.02
Greenhouse			-\$3,417.51
Master Gardener (General)			\$75.00
Membership Dues	\$25.00		\$775.00
Miscellaneous**			-\$100.56
MG Flower Show			\$226.00
Plant Sale			\$2,114.97
Sevier County Fair			-\$460.00
Storage Building			-\$50.80
Subtotals	\$25.00	-0.00	
JUNIOR MASTER GARDENERS:			
Transactions	Inflows	Outflow	Year to Date
4 - H Scholarships			-\$600.00
Adjustments^			-\$2,914.35
Demo Garden			-\$36.32
Donations			
Greenhouse			-\$13.44
JMG Camp			-\$530.02
Miscellaneous			-\$102.00
Plant Sale			+\$500.00
Sevier County Fair			-\$120.00
Sevier Co. Mayor Donation			
Storage Building			-\$105.00
Supplies			
Subtotals	\$0.00	-\$0.00	

August 2022 Treasury Report prepared by Donald Nordstrand



CONTACT

officers

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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
Greenhouse Education Committee
TAMMIE BROWNING
shallywag@yahoo.com | 865.604.4829

Ask-A-Master Gardener
VACANT

Demonstration Garden
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Sev Co Fair MG Exhibit Area
DIANE MCCULLEN
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Wilderness Wildlife Week
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STAY IN TOUCH WITH IMGCC:

SIGN UP for our newsletter to be the first to know conference news and the exact date registration opens.

We are currently planning an exciting line-up of speakers, tours, workshops and activities and will post the exact schedule closer to November 2022 when registration opens.

<https://imgc2023.com/updates/>



Garden Talk



Coffee and Tea in the
Demo Garden

Friday Oct. 7th

9:00 am to 10:00 am

Sevier County Extension Office

752 Old Knoxville Hwy Sevierville, TN

Come for free coffee or tea and snacks.
Stay for good conversation!



2022 dues are (past) due | \$25 per MG

Second person from the same household is \$15

THESE FOLKS HAVE PAID 2022 DUES AS OF OCT 5th*:

Pam Barron
Tammie Browning
Andy Bush
Pat Butler
Lois Cooper
Joan Falsone
Patsy Farmer
Bonnie Gathergood
Sarah Gibson
Steve Greenwell
Karen Hall
Kathleen Hammer
Melanie Hill
Glenna Julian
Guane Julian
Brad Knight

April Laue
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 Thrap
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.