MG Association Meeting, Nov. 17, Prescott, 6:30pm, Program: see back page

Altavista Gardening Club, Prescott, fourth Tuesday of the month, 12:30pm. Call 928-443-0464 for location and information.

Prescott Area Gourd Society, third Tuesday of the month, 6:30 pm, at the Smoki Museum.

Prescott Orchid Society, meets 3rd Sunday of the month, 2pm at the Prescott Library, call Cynthia for information. (928) 717-0623

Prescott Area Iris Society call 928-445-8132 for date and place information.

Verde Valley Iris Society call Linda Smith at 928-567-7470 Rhizome Sale, Labor Day, 9am, Mt Hope in Cottonwood.

Yikes! It’s November, for heavens sake! What happened to April and I seem to have missed March too. I vaguely remember July but January is such a distant memory I’m not even sure it actually happened. Did this year go fast or what? Which is ok for me considering what a bad year it was; I’d really like to put most of it out of my mind. The tomato plants flourished but had few tomatoes and the zucchini finely decided to do something mid-October. The cantaloupe vines just lingered in distress and the watermelon quietly passed away.

In spite of that, hope springs eternal and I planted the garlic a couple of weeks ago, put in a few potatoes and some spinach and lettuce. That’s the joy of a garden; there is always another year.

Even if we have a frost by the time this article comes out there is still time to plant. Fortunately for us, just because we have frost doesn’t mean we can’t garden. The soil may still be warm enough to plant. What you need to look for is what we call winter vegetables—plants like Brussels sprouts, cabbage, cauliflower, kale and kohlrabi. These are all members of the Cruciferae family. They came by that name because of their distinctive cross-shaped flowers. Another name for them is Brassica’s which comes from the Latin name for cabbage. Not done yet, they are also called “Cole” crops. This is a Middle English word that means, “stem”.

The reason we can still grow them is that they can tolerate temperatures below freezing without massive protection. Since our climate has an abundance of warm days with temperatures above freezing, they are a perfect crop for us. Cole crops flourish in temperatures in the 60’s and below 32 degrees at night. On really cold nights a simple mulch of straw will keep them happy.

Lettuce, while not considered a Cole crop, is also a member of the Cruciferae family and will grow well in the winter. Lettuce comes in a lot of beautiful colors and types. One of the ones I’ve always had good luck with is romaine lettuce. One of the easiest to grow is the variety called Winter Density. Others include Red Romaine and Parris Island Cos.

I just found a note that I left for myself. Apparently the first hard frost (enough to kill the tomatoes) was Nov 14 in 1994.

What else can you do in November? How about planting bulbs? There’s still time. Just keep in mind that tulips are javelina magnets. If you don’t have a fence, give daffodils a try. The animals usually don’t eat them. You may have noticed I said “usually”.

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That’s because there are never hard and fast rules what animals won’t eat. It just depends on how hungry they are.

There’s plenty to do in November so get out and start working.

Other chores for November

Decrease irrigation, so readjust your timers
Prune deadwood from trees and shrubs
Mulch
You can still plant frost-hardy shrubs
Transplant evergreens

Cooking with Fresh Pumpkin

I have always cooked pumpkins for food. While most of the pumpkins sold for jack o’lanterns are not necessarily the best for eating, it’s still worthwhile to cook one up and make pie or something maybe a bit more adventurous. You can bake, boil or microwave it. I prefer baking it as it stays drier and really brings out the sweet taste. Besides once you discover the delights of home-cooked pumpkin maybe you will plant some next spring.

Pumpkin Ravioli with Kale and Pumpkin Seed Pesto

For the dough:
3 cups "oo" flour (you can use all-purpose flour as well, though the texture is not as fine)
4 eggs, lightly beaten
Warm water, about 1/2 cup

For the filling:
1 cup cubed pumpkin, roasted
1/2 cup grated Parmesan cheese
Pinch of freshly grated nutmeg

Meanwhile, make filling by simply roasting the pumpkin in a 375 degree oven for about 20 minutes, or until fork tender. Mash the squash with a fork and mix in the cheese and nutmeg.

Roll out the dough on a floured surface until it is 1/8" thick. Cut even circles with whatever circular mold you have (an upside-down glass works fine). Place a small mound of the filling in the middle of the ravioli. Brush one side with water, fold over, and press down with the tines of a fork to seal the ravioli. Let dry for about 30 minutes on a tray lined with parchment.

Cook the ravioli in plenty of boiling water for 10 to 15 minutes. Ravioli will float to the top when cooked so be careful not to overcrowd the pot. Lift the ravioli from water with a large strainer or slotted spoon. Plate the pasta, top with before serving.

Serves 6.

4 cups fresh dinosaur kale, roughly chopped
1 clove garlic
1/4 cup olive oil
1/2 cup kale cooking liquid (see directions)
1/2 cup Parmesan cheese
1/4 cup pepitas (pumpkin seeds), toasted

Bring a pot of water to boil with a big pinch of salt. Add the kale and boil for about 3 minutes, or until cooked through. Drain the kale, reserving at least 1/2 cup of the cooking liquid. In a food processor, chop the garlic and kale, and then add in the olive oil and cooking liquid in a stream. Blend until the kale breaks down into a pesto-like sauce. Finally add in the Parmesan cheese and pepitas, and blend a little bit more until the sauce is smooth.

Read more: http://www.thedailygreen.com/healthy-eating/eat-safe/pumpkin-ravioli-recipe-44010603#ixzz125JyNmhf
Angie Mazella
She completed her B.A. University and her M.A. Drexel University. Before consulting career she labs with rats and mice publishing and finally in Her consulting Plough Pharmaceuticals ran after she and John onto 140 acres in north-Angie became the town player. She and her 11 their home computers to database from the pub-Schering and competitor When not work-business, she tried to homesteader together by growing their own food and raising their own meat which included pigs, goats, chickens and geese. Even though her dream of making "Mazella's Mozzarella" didn't pan out, she became proficient at making jams and jellies from local fruit. While trying to make everything themselves, from soap to mustard, they relied on wood from their own forest to supply their only heat. (And this is in New Hampshire, folks!!) After a time the desire for more creature comforts took over and a back-up oil heater, clothes dryer and microwave were purchased and the chickens and pigs were traded for horses while food was now obtained from the local co-op.

All was not work, however, as Angie found time to hike almost all the New Hampshire trails, as well as 'bag' the 4,000'-plus peaks. She and her hiking buddy tagged themselves the 'Old Bag Peakers'. She also made time for cross-country skiing and learning about the food value and history of the local flora and fauna.

When John retired, they looked toward the West for the perfect climate and town in which to live. Prescott became it!! Upon settling here, Angie discovered that she didn't recognize more than 3 plants and thus signed up for a college course on native plants where she met Mary Barnes and Kathy Grant and they introduced her to the Master Gardener Program.

She now feels she has found paradise at last as she volunteers for the MGA as PR chairman, for ushering for PFAA and YCC and helping in the People Who Care program. When not helping others she enjoys her neighborhood hiking group, the Mint Creeky Walkers, as well as a local book club.

Mystery of the disappearing honeybees solved (almost)
By Angie Mazella

One of the great garden murder mysteries has been: what is killing off the honeybees? Since 2006, 20 to 40% of the bee colonies in the USA have suffered “colony collapse”.

In a unique collaboration between military scientists and entomologists in Montana, there has been a major breakthrough in identifying at least 2 suspects.

A fungus, together with a virus, are interacting to kill the honeybees. The mechanism of this unique symbiosis is under investigation. Both the virus and the fungus, which proliferate in cool, damp weather, work in the bee gut to somehow interfere with the bee’s nutrition. For some unknown reason, the honeybees that are infected don’t just die but fly off in every direction from the hive and die alone and dispersed.

Antifungals seem to be part of the solution that scientists will concentrate on. For more on this intriguing mystery check out the online science journal PLoS One.
A beautiful day, great food and over 100 Master Gardeners made the 2010 annual master gardener recognition picnic a smashing success.

Montezuma’s Well was the backdrop. Excellent food was on the menu thanks to Linda Kimberly’s (2010 class) master bar-b-quer husband and Kathy MacCauley’s food organizational skills with the great cooks among our master gardeners.

Jeff Schalau presented forty six awards for 150, 250, 500, 1000, 1500 and 2000 hours. Jeff and Bob Burke, our president, also recognized many master gardeners who have made the Yavapai County Master Gardener Association one of the most successful in the country.

The rarified Emeritus club (those with 10 years of continuous MG membership) acquired one new member: De-lores Johnson.

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**150 Hours**
Black, David 08  
Bourdage-Allman, Tana 06  
Gerber, Lisa 06  
Gessner, Bob 09  
Hauserman, Cindy 06  
Heisinger, Pete 08  
Herrick, Merle 06  
Hunter, Donna 08  
Kimmel, Joy 08  
Tierney, Jean 06  
Weesner, Robin 08  
Williams, Rose 05  
Wilson, Deborah 07

**250 Hours**
Allen, Debbie 07  
Ames, PJ 01  
Colangelo, Juliette 08  
Cowen, Judy 08  
Downing, Eric 09  
Earls, Ken 07  
Gooslin, Bobbie Jo 07  
Herrick, Michele 06  
Hughes, Kirby 09

**500 Hours**
Berkshire, Sally 04  
Fleishman, Jay 07  
Kinnen, Sandee 04  
Loving, Connie 02  
Mansoldo, Janet 04  
Millet, Nancy 03  
Russi, Suzette 07  
Selna, Bernadette 01

**1000 Hours**
Carter, Cynthia 05  
Howard, Sherry 05  
Smith, Sue 07

**1500 Hours**
Art Filippino

**2000 Hours**
MacCauley, Kathy 07  
Wise, Richard 03

**Emeritus**
Delores Johnson
If you live in the colder areas of the county you might want to consider building a cold frame to protect young plants or over-winter more tender perennials. The plans below are really simple and use a single sheet of plywood. You will need some basic woodworking tools.

Materials for two 4 foot by 4 foot cold frames:
1 - 4 foot by 8-foot sheet of 1/2-inch plywood - exterior grade
4 - 1 by 3 inch 8-foot pine boards
4 - 1 by 2-inch 8-foot pine boards or a bundle of lath strips to secure covers
2 - 3 foot pieces of 18 gauge perforated angle steel (see picture)
1 - 2 inch by 2-inch lumber made into a ventilation stick.
Cut notches in a 2 foot piece and use the stick to prop the cold frame lid open to allow for ventilation.

For the cover: Plastics that are treated against UV rays will last longer than conventional plastic. Fiberglas works well but will require additional supplies to secure to the lid. Lighter materials will need additional support on the lid. One or two supports can be attached inside the lid.

Hardware:
8 - 4 inch metal L-brackets
4 or 6 - 3 1/2 inch hinges
50 - 1/4 inch 1 inch hex bolts, nuts and washers
2 simple handles help when moving the frame
Supply of wood or drywall screws for task (3/4 inch)
Assorted tools used to complete task - hacksaw, drill, some sort of saw for lumber, screwdriver, wrench, and hammer.

Cut your plywood to the desired dimensions from the pattern. Cut the angle steel into four 7 1/2 inch pieces. Join the box with angle steel on the inside of the front and back panels with the bolts and nuts. Use the washers on the outside. Bolt the four sides together. The finished box dimensions will be 48 inches by 49 inches and the lid you make should be constructed with these measurements in mind. Before making the lid, flip the finished box so that the lid will fit flat on the cold frame. The procedure will cause the box to be at a slant when sitting on the ground and allow more light to penetrate at this angle.

Cut 2 each lid frame boards (1 inch by 3 inch stock) 46 1/2 inches and 47 1/2 inches. Arrange these pieces for a finished square of 49 inches by 50 inches. Attach the board with the L-brackets to the inside. Attach the hinges with one side on the lid and one side on the outside back of the cold frame box. Cut some scrap plywood or panelling into 8 inch squares and then cut them in half to make triangles to attach at the corners of the lid for strength when using plastic to cover the lid frame.
New Extension Website

The "old" Extension website has been closed down. When it is accessed users will be redirected to the new website.

Here is the link to the Yavapai County Extension homepage.

http://extension.arizona.edu/yavapai

Most of what we will use is related to Horticulture and the Master Gardener Program.

When you hover over Horticulture on the left navigation bar, a drop-down menu will come up.

If you click on the word Horticulture (in the left navigation bar) you will get a Horticulture page with not too much on it.

If you click on Home Horticulture on the drop-down menu you will get the Home Horticulture page that contains access to the U of A bulletins, Yavapai County bulletins, the MG Blog, insect and disease diagnostic info, etc.

If you click on Master Gardener Program on the drop-down menu you will access all the information we had on the previous Master Gardener website, except for the powerpoint presentations, which are no longer available on the website. If you’d like to have one of the ppts for a speakers talk, etc., let me know and I can get it to you.

The 2011 Master Gardener class info and application can be accessed from any of the above mentioned pages.

To report your hours electronically you can click on this link and then add it to your Favorites http://extension.arizona.edu/yavapai/yavapai-county-master-gardener-volunteer-documents

If you can’t find something let me know. It will take a few “clicks” to get to some places that were easier to access in the past. If you have any suggestions let me know. We have new Master Gardener business cards for Prescott and Cottonwood that show the new website address, so please be sure to use those for the public.

Mary Barnes

Science News

When it comes to fresh vegetables and fruits, color is one of the best indicators of quality. Along with texture, size, and flavor, color plays an important role in the business of horticultural crop production and marketing.

In tomatoes, for example, color and color uniformity contribute directly to quality and marketability. The presence of yellow shoulder disorder, or YSD, a ripening disorder that results in blotchy discoloration under the skin of the tomato, is a major quality issue.

Color disorders are also an economic problem. U.S. Department of Agriculture (USDA) "grades" are largely determined by the amount of off-color tissue in products, and growers can receive premiums for fruit based on color and uniformity. Discoloration due to YSD also reduces concentrations of nutrients such as lycopene and beta-carotene. Clearly, reducing YSD in tomatoes could benefit producers, processors, and consumers alike.

David Francis and his colleagues at The Ohio State University’s Agricultural Research and Development Center and the College of Wooster describe the use of a new tool they implemented in the Tomato Analyzer (TA) software called Color Test (CT). This remarkable tool allows scanning devices to be calibrated using color standards. The objective of the research was to implement a new digital image analysis tool.

Traditional tools used to measure color of vegetables and fruits require extensive environmental control, especially for the quality and quantity of light, shadow, and reflection. In contrast, the flatbed scanners used in this study required only a cardboard box as a cover to minimize the effect of shadow.

The study authors envision that TACT could be used not only in color analysis of fresh crops, but perhaps to evaluate discoloration of food after processing or cooking in food science applications.


Source: American Society for Horticultural Science
Pea Seeds Grow Better With Vitamin C

If you’ve had trouble getting pea seeds to germinate and grow in your garden, try soaking the seeds in a solution of vitamin C or folic acid before planting. Researchers at the University of Massachusetts found that pea seeds soaked in a solution of either vitamin C or folic acid prior to planting germinated better than pea seeds soaked in plain water, and after 10 days of growth the seedlings were 40 percent taller and their roots were 20 percent longer.

The experiment was terminated after 10 days, so it’s not clear if the results would last throughout the pea’s growth cycle and if there would be any benefit from applying vitamin C or folic acid once the peas germinate. However, these supplements will get your peas off to a quick start. Vitamin C and folic acid are commonly found as dietary supplements in health food stores.
Next Meeting

November 17, Prescott

2011 Officers Elections

Our November topic will be an open meeting on how to improve the association. Also a look at the workings of committees and the executive board. This would be a good time to push for a big new member turnout. We will also have a short PowerPoint presentation on the history of the Association.