



THE SCOOP



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SHADOW NURSERY

By: Katherine Smith, Editor, CMGRC

Saturday, August 28th, Master Gardeners of Rutherford County had the rare opportunity to visit Shadow Nursery in Winchester, TN. We were joined by several guests as well as Master Gardeners from Coffee and Warren Counties. What a privilege to meet and tour the nursery extensively with world renowned owner and plantsman, Mr. Don Shadow.



Mr. Shadow's pride and joy is his collection of Japanese Maples. We were able to view, and learn the history of these beautiful trees, some of which do not exist in any other part of the world.

From the maples, we embarked on a tour through the nursery via a tractor-driven hay wagon. (I cannot remember the last time I had the opportunity to "go on a hayride". What Fun!) Even though the temperature was above normal a cool breeze was welcome. We stopped and toured each greenhouse, which held rare and unusual plant material. Mr. Shadow is extremely knowledgeable; and what a great learning opportunity for us to hear him describe each tree and plant, give us the history of it's origin, what made it unique, and personal anecdotes during his visits to Japan. Much to our surprise, we were able to purchase some of the more common plants.

Due to time-constraints, we were unable to view his exotic animal collection. Mr. Shadow did tell us that a couple of weeks ago lightning had struck his animal farm killing two rare Russian Elk.

We bid Mr. Shadow farewell and proceeded to the Blackberry Patch Restaurant in Decherd where we enjoyed a delicious lunch, visiting, and discussing the tour. By the way, if you are in the area of Shadow Nursery and are traveling to Decherd, do not use your GPS. If you do, you will be sent in a circle to nowhere.

Tune in to the Harkmark Channel in September to see Martha Stewart's visit with Mr. Shadow. There should be three segments— two on the plants and one on the exotic animals.

You can read more about Don Shadow in the current issue of *Tennessee Home & Farm*, published by Tennessee Farm Bureau. ☞
For more information see:

<http://issuu.com/jnlcom/docs/tnhomeandfarmfall10>

<http://www.shadownursery.com>



Thanks to Photographers: B. Crick, K. Hagan, K. Miller, J. Smith

FALL EXTRAVAGANZA
SEPTEMBER 10 & 11, 2010

10th: 4 to 7 p.m.
 11th: 9 a.m. to 4 p.m.

Master Gardeners of
 Rutherford County
 UT/TSU Rutherford County Extension
 Lane Agri-Park
 315 John R. Rice Blvd.—
 Murfreesboro, TN

WHO WAS BRINKLEY?

BY: Janet Hawley-Whitmore, CMRG

2010

MGRG OFFICERS

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Her name was Brinkley. I knew her for such a short time, and in that period I became very fond of her. While driving home I passed a small animal in the road, squirming and struggling to get up. I could see she was bleeding from the mouth. I stopped, got out and walked over — a “possum” (opossum)! I thought, “possums” are ugly, stupid, slow, eat garbage, rubbish and anything they find; and they are often a road kill.

Hesitating — well, I just couldn’t leave her struggling and trying so hard to get up — I picked her up in my swimming towel and drove her to my veterinarian, who immediately put Brinkley into intensive care, and started IV fluids for shock. Examining her, the “vet” told me she had internal injuries and possibly a broken jaw. Veterinarians cannot treat wildlife animals, so he sent her home with me. (TVRA was contacted and did not work out.) My instructions were to keep her clean, give her water and soft food (cat or dog) however I could. With great trepidation, I said OK. Taking care of sick cats or dogs are one thing, BUT A “POSSOM”! I tried — she lived for four days. She never attempted to bite, scratch, hiss or show her teeth as I cared for her those four days.

I realized I did not know much about “possums”. The following is what I learned from the internet.

“Over 70 million years ago dinosaurs roamed the Earth. While they are not extinct, one animal who shared the same land with the dinosaurs still exists today...the opossum.

“Despite its appearance, the opossum is not related to the rat. In fact, the opossum is a marsupial, or pouched mammal, and is therefore related to other marsupials such as the kangaroo and the koala. Like kangaroos and koalas, infant opossums stay inside the mother’s pouch to nurse and develop. The opossum holds the distinction of being North American’s only marsupial.

- Babies spend two months in the pouch continuing their development.
- Once out of the pouch, babies ride on top of the mom, hanging onto her fur.
- Opossums are immune to rattle snake venom, rabies and distemper.

- Roam from place to place, but sometimes stay in one location if they have food and security.
- They do not gnaw or chew on things, dig up gardens or attack people and pets.
- Common ways the opossum is injured are by being hit by cars and attacked by dogs.
- Some are needlessly trapped, driven off, abused and killed by misinformed humans.
- If a mom is fatally injured, her babies can often be rescued and raised by wildlife rehabilitators.
- They are hardy creatures and often recover fully from illness and injury.
- Because they are slow-moving, they often cannot escape predators.
- To scare off attackers, they show off their sharp teeth, growl and drool; and as a last resort they will play dead “play possum”.
- While playing possum, they emit a smelly substance from their anal gland which smells like rotten meat. This makes the opossum appear to be a rotting carcass and most predators will not hurt it.
- Opossums have a peaceful nature and will avoid confrontations, but they will bite, as a defensive measure, if provoked.

“The opossum has many interesting features. It has 50 teeth, more than any North American land mammal. It’s hairless tail is prehensile and is used for grasping branches, balancing and carrying nesting material. The opossum does not hang upside down by the tail, a common misconception. The opossum wraps its tail around a tree branch and uses its free hands to grab nearby branches. The opossum also has opposable thumbs on its hind feet for holding onto branches.



“Whether rural, residential or in the wilderness, opossums are a benefit to any area they inhabit. Their diet includes all types of bugs and insects including cockroaches, crickets and beetles. They love snails. They also eat mice and rats. The nocturnal opossum is attracted to our neighborhoods by the availability of water, pet food left out at night and overripe, rotting fruit that has fallen from trees. The opossum, in turn, helps keep our neighborhoods clean and free of unwanted,

(Continued on page 5)

WHY DO WE GARDEN?

By: Kathleen Gregory, CMGRC

The summer months are all but behind us. We have lugged garden hoses around our yards, hauled numerous bags of soil amendments and mulch from various stores to our cars and, finally, throughout our yards. We are unable to drive past any store that sells any type of plant as our cars seem to be automatically programmed to stop. Then we tell ourselves that we are just going to look at what they have inside as we do not need any more plants. But, all too often, we catch ourselves at the check-out counter with plants that we just have to add to our collection. We load the plants in our cars and hope that no one notices that yes we have more plants. We are hopeless buyers of the “almost free dead plants” located on the clearance racks because we know we can bring them back to life. And even though we have made it through one of the hottest summers on record with long periods of no rain and then too much rain, we are already looking at our landscapes and wondering what changes we can make and what can we add for next year. So, why do we do this year after year?

The reasons for gardening are as varied as the individuals who garden. In doing research for his article, I came across several common reasons and a few that may surprise you. We all know about the physical health benefits of gardening. We only have to remember how we feel after that first day of digging, hauling, stooping and kneeling in the spring to understand that we are working our muscles. Studies have proven that gardening helps to contribute to a healthy lifestyle. When performed on a regular basis, gardening has been shown to lower blood pressure and even can help with alleviating symptoms of osteoporosis and arthritis. Gardening can also contribute to weight loss as many gardening chores help the body to burn fat and calories.

Along with the physical benefits, gardening can have a positive effect on our mental health. Studies have proven that the simple task of working with flowers can help with depression. The field of horticultural therapy uses plants and gardening to enhance emotional, physical and mental well-being. This is why many nursing homes and mental health centers have gardens. Gardening allows the patients to step away from their typical therapies and routines and to connect with nature in a peaceful, non-threatening setting. We can see this in our own landscapes. Gardening allows us the opportunity to

escape the day-to-day doldrums and to enhance our moods. Our gardens are filled with colors, sights, sounds and textures. Just look at the various color schemes we select for our flower beds. Are you aware that the color green is relaxing, that blue can lower respiration and that the color red can increase respiration? You only have to look in a typical lawn and garden center to see the various wind chimes and water features that can only enhance our gardens. Peaceful sounds can help us relax and thereby reducing stress. Gardening also helps us to realize that we are all connected to nature and with nature.

Gardening can also have a positive effect on our overall cognitive abilities. In other words, it can actually help our brains. We are always learning and striving to find out why a certain method worked or why a certain plant died; thus tapping into our problem solving abilities. As we learn, then we become more comfortable about sharing that knowledge with others. So we are fostering the cycle of learning, teaching and sharing information. This can clearly be seen when parents mentor their children about gardening and they in turn pass it down. We plan our garden spaces utilizing our knowledge of plants and the memory of what worked last year. We tap into our past memories and select plants that maybe our mothers and grandmothers had in their gardens. By doing this, we reaffirm past memories. Our artistic expression and creativity can be seen throughout our landscapes. There are no two gardens alike just like there are no two people alike. Two gardeners with identical plants would design their spaces differently because they would be expressing their own creative style.

So, as you can see, gardening is a healthy addictive hobby. And we are not alone in this addiction. Just look at the countless gardening books in your local bookstore and the blogs and websites on the internet and you will come to understand that many individuals share in our passion for gardening. I recently purchased a plaque that was so appropriate, “We come from the earth. We return to the earth. And in between we.... Garden.” So, I ask you. Why do you garden?

Source: *Why Do We Garden?* From Nikki Phipps 2010

TN CONEFLOWER MAY BE DELETED FROM THREATENED & ENDANGERED LIST

Taken From: tennessean.com—August 12, 2010

The [U.S. Fish and Wildlife Service](#) released [its proposal](#) in today’s Federal Register, saying the de-listing would mark the success of a decades-long cooperative conservation effort.

The proposal is open to public comment until October 12. The coneflower, when first listed as endangered in 1979, was found only in small groups in Davidson, Rutherford, and Wilson counties. Since then the Tennessee Department of Environment and Conservation along with other agencies and non-profit groups have worked to protect it. Research over the years brought out new information, new colonies were discovered and others were established from seed or nursery propagated plants. Prescribed burns provided needed habitat and fences were built that shielded the species from recreational [vehicle](#) damage, allowing them to thrive and spread.

“More than 30 years of protecting and expanding Tennessee purple coneflower colonies finally brought success to the Service and its conservation partners,” Cindy Dohner, the Service’s Southeast Regional [Director](#), said in a prepared statement.

“Thanks to the efforts of many people, adequate regulations exist to protect the

plant’s populations, and these populations have stabilized to the point that the species has recovered and no longer needs the protection of the Endangered Species Act.”

One of Tennessee’s earliest botanists, Dr. Augustin Gattinger, first collected the wildflower in 1878 in Rutherford County, according to the wildlife service.

It was rediscovered in the late 1960s in Davidson County and in the early 1970s in Wilson County. The plant exists today in limestone barrens and cedar glades of the Central Basin in Davidson, Rutherford, and Wilson counties in Tennessee.

Others who helped in to increase its populations are the Tennessee Division of Forestry, The Nature Conservancy, U.S. Army Corps of Engineers, National Park Service and various private landowners.

The wildlife service provided the following description: Tennessee purple coneflower is a member of the sunflower family in the genus *Echinacea*, which includes several purple coneflower species that are commercially marketed for ornamental and medicinal purposes. The Tennessee purple coneflower can

be found commercially for landscaping purposes, but most often these plants are [hybrids](#).

If Tennessee purple coneflower is removed from the list of threatened and endangered species, federal agencies will no longer need to consult with the wildlife service to ensure any action they authorize, fund, or carry out is not likely to jeopardize the continued existence of this species.

The Service said it will work with Tennessee Department of Environment and Conservation to implement a post-delisting monitoring plan for at least five years if the species is delisted.

To comment, go to the [Federal Rulemaking Portal](#): or write to Public Comments Processing, Attn: DocketNumber FWS–R4–ES–2010–0059, Division of Policy and Directives Management; U.S. Fish and Wildlife Service; 4401 N. Fairfax [Drive](#), Suite 222; Arlington, VA 22203.

Copies are available [online here](#) or by contacting Geoff Call, Recovery Coordinator, U.S. Fish and Wildlife Service, 446 Neal St., Cookeville, Tn, 38501 (telephone 931/528-6481, extension 213).

ANNE PAINE

Pasted from <<http://www.tennessean.com/article/20100812/NEWS01/100812052/TN-coneflower-could-come-off-endangered-list>>



The Tennessee purple coneflower, listed as federally endangered since 1979, is proposed for de-listed today after efforts that resulted in populations of the species expanding. (File - Ricky Rogers)

RECIPE OF THE MONTH

BACON ROLLUPS From: Linda Lindquist, CMGRC

Ingredients:
2 tubes crescent rolls
1 cup bacon bits
1-2 chopped green onions
1 large pkg cream cheese

Instructions:
Mix bacon, onion & cream cheese. Set aside.

Using one tube at a time, flatten crescent rolls & press edges together to make a solid dough. (Put between 2 layers of plastic wrap & roll it out a little, if desired).

- Preheat oven to 400°.
- Remove plastic & slice logs into 1/2 inch slices.
- Place on cookie sheet.
- Bake 12-15 minutes until golden brown.

Logs can be made ahead and frozen.

Remove top layer of plastic wrap.
 Spread 1/2 of cheese & bacon mixture on dough all the way to edges.
 Starting on long edge, roll up tightly into a log.
 Do the same with second tube of crescent rolls.
 Refrigerate at least 1/2 hour.



Brinkley

(Continued from page 2)

harmful garden pests and rodents, which may carry diseases. The opossum has earned the title of "Nature's Little Sanitation Engineer".

"Opossums are excellent tree climbers and spend much of their time aloft. They are aided in this by sharp claws, which dig into bark, and by its long tail that can be used as an extra limb. Opossums nest in tree holes or in dens made by other animals.

"The opossum has an average lifespan of 1-2 years. This short lifespan is due in part to the presence of many predators including dogs, cats and people.

"Because of their low body temperature, opossums are highly unlikely to have rabies, distemper or Parvo. They do not attack people or pets, but will defend themselves if cornered. They are peaceful, solitary creatures that just want to be left alone. Unfortunately, the opossum frequently falls victim to dog

attacks, car hits, and misinformed people.
SUMMARY:

- Solitary and nocturnal
- Hiss, growls & shows it's 50 teeth when frightened.
- Omnivorous
- Adaptable (does not hang by its tail)
- Short lived mammal (2-4 years)"

Vive I'possum!

Source: *Internet*

"The opossum has many interesting features. It has 50 teeth, more than any North American land mammal."



Shadow Nursery Photographs





September 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 	7	8	9	10 <i>Fall Extravaganza</i>	11 <i>Fall Extravaganza</i>
12	13	14	15	16	17	18
19	20 <i>MGRC Meeting</i>	21	22 <i>Equinox</i>	23 	24	25
26	27	28	29	30		

Upcoming Events

DATE	TIME	EVENT	LOCATION	CONTACT
On Going thru October 31		Chihuly at Cheekwood — Glasswork in the Garden	Cheekwood Botanical Gardens Nashville, TN	615-356-9000
Sept 10-11		Fall Lawn & Garden Extravaganza— Master Gardeners of Rutherford County	Lane Agri-Park— Murfreesboro TN	mastergardeners.rc@gmail.com
Sept 10-19		Tennessee State Fair	Tennessee State Fairgrounds Nashville, TN	
Sept 30-Nov 28		Pumpkin Field Day	W TN Research & Edu Center Jackson, TN	http://west.tennessee.edu
Oct 2	8:30 am to 4:30 pm EST	Eastern Region Master Gardener Day "100 Years and Growing"	UT Agriculture Campus Knoxville, TN	
October 7		2nd Annual Fall Plant Sale & Garden Lectures	W TN Research & Edu Center Jackson, TN	http://west.tennessee.edu
Oct 16-17		Music & Molasses	Ellington Ag Center & Museum Nashville, TN	
Oct 16		DCMG Demo Garden Tour & Bulb Sale	Ellington Ag Center Nashville, TN	



Master Gardeners of Rutherford County



UT/TSU Rutherford County Extension

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www.mastergardeners-rc.org

"The Scoop" is the official newsletter of the Master Gardeners of Rutherford County, Tennessee and is published by email the first week of the month. Those members without email and who are not able to attend meetings may receive the newsletter by U.S. Postal mail. The deadline for articles, pictures, events, etc. to be included in the newsletter is due the fourth Friday of each month.

Meetings are held on the third Monday of each month at the Lane Agri-Park at 6:30 p.m., unless specified. Membership is \$25 for a single, or \$35 for a couple residing at the same address. All memberships are valid January through December and are **pro-rated for new members only.**

Memberships in the Master Gardeners of Rutherford County are open to those interested in learning, teaching, and volunteering for the purpose of educating the community in all phases of gardening.

Please note: Master Gardener Certification requires 40 hours of training plus 40 hours of volunteer service. Recertification requirements are 25 volunteer hours, plus 8 hours of continuing education per year. Attendance at meetings counts as 1.5 hours of continuing education and 1.5 hours of administration.

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture, county governments cooperating, UT Extension, and Tennessee State University provide equal opportunities in programs and employment.