

From the Potting Shed

February 2024

www.mgofbc.org



Meeting news: Tuesday, Feb. 20

Paul Split Growing Microgreens from Seed

February's meeting will be virtual. The Zoom link will be sent in mid-February. Announcements at 7:20 pm; program to follow.

Paul Split has been part of the green industry since 1971 as a designer and presenter of green workshops and lectures. He specializes in organic, low-maintenance, affordable landscapes, herb gardening, and gardens in glass.



Paul Split

During his hour-long Zoom presentation, Paul will explore an assortment of herb and vegetable seeds, their development, organic growing mediums, fertilization, irrigation, harvest, and uses. He will demonstrate the use of a propagation chamber, along with a kitchen-grown container of microgreens. He'll also assemble a few bottles of herb vinegar straight from the garden.

Paul, who lives in Cape Cod, has instructed Master Gardener classes as well as classes for community and school gardens. He's also a home garden consultant and has been a judge at the Boston Flower Show.

(Continued on page 5)

What's inside	Page
Webinars	2
MG of BC News	3-4
Garden Club meetings	4
Events and Conferences	5
Microgreens (continued from page 1)	5

Links are clickable and are noted in [blue](#).

From the President's Desk

By Theresa Schneider, Class of 2016

Thank you, Melody Corcoran.

Melody took the reins as MG of BC president in January 2020, just as Covid 19 was about to change the world as we knew it. Working closely with the MG Executive Board and Rutgers Cooperative Extension of Bergen County, Melody transitioned MG of BC meetings and educational programs to the Zoom platform helping to keep us connected and informed.



Her dedication and hard work was essential to keeping the association viable during the tumultuous Covid years. Melody, thank you for your leadership and your dedication to the MG of BC.

Thank you, Liz Gil.

A big thank you also goes out to Liz Gil for her service as vice president for the past two years. Liz brought passion, energy, and creativity to her leadership role within the association. Upon learning that we could no longer use the Rutgers MG logo for our association, Liz designed a stylish new logo that we are using on our [website](#), correspondence, and activewear.

Although she is stepping down from her VP duties, Liz is continuing in her position on the Executive Board as site coordinator liaison.

WEBINARS

All times are Eastern.

Feb. 3, 9:30-11 am: Rutgers Master Gardeners of Monmouth County sponsors Bats: Superheroes or Villains? Free. Click [here](#) for more information and to register.

Feb. 3, 10-11:30 am: Penn State Extension sponsors Winter Sowing: A Success Story. Fee: \$5. Click [here](#) for more information and to register.

Feb. 6, 7 pm: Somerset County Chapter, Native Plant Society of NJ sponsors Wild in the Garden State (a documentary). Free. Click [here](#) for more information and to register.

Feb. 7, 6:30-7:30 pm: Penn State Extension sponsors Gardening by the Foot: Small Space, Big Yield. Fee: \$10. Click [here](#) for more information and to register.

Feb. 9, noon: National Garden Bureau sponsors Ask the Experts About Direct Sowing and Succession Planting. Free. Click [here](#) for more information and to register.

Feb. 10, 9:30-11 am: Rutgers Master Gardeners of Monmouth County sponsors Alternatives to Invasive Plant Species: Well-behaved Native Plants. Free. Click [here](#) for more information and to register.

Feb. 10, 10-11:30 am: Penn State Extension sponsors Backyard Wildlife Habitat. Fee: \$10. Click [here](#) for more information and to register.

Feb. 15, 1 pm: Xerces Society for Invertebrate Conservation sponsors In the Life of Threatened Fireflies. Free. Click [here](#) for more information and to register.

Feb. 16, 1 pm: National Garden Bureau sponsors Fantastic New Plants for your 2024 Garden. Click [here](#) for more information and to register.

Feb. 17, 9:30-11 am: Penn State Extension sponsors Secrets to Using Ground Covers and Filler Plants. Fee: \$10. Click [here](#) for more information and to register.

Feb. 17, 9:30-11 am: Rutgers Master Gardeners of Monmouth County sponsors Turf Wars: How to Keep Your Head About You When Everyone Else is Losing Theirs Over Lawn Care and Turf Grass. Free. Click [here](#) for more information and to register.

Feb. 19, 6:30-8 pm: Penn State Extension sponsors Winter Wonderings: Color and Texture in the Spring Garden. Fee: \$10. Click [here](#) for more information and to register.

Feb. 20, 7-8 pm (registration deadline Feb. 15): Rutgers Cooperative Extension of Ocean County sponsors Tick Confidence with NJ Ticks 4 Science! Free. Click [here](#) to register.

Feb. 21, 1 pm: National Garden Bureau sponsors Year of the Buddleia and Other Plants for Butterflies. Free. Click [here](#) for more information and to register.

Feb. 21, 7-9 pm: Native Plant Society of NJ sponsors Vernal Pool Construction and Restoration. Free. Click [here](#) for more information and to register.

Feb. 21, 8:30 pm: Resource Central sponsors Introduction to Xeriscaping. Free. Click [here](#) for more information and to register. Click [here](#) for information about Resource Central.

Feb. 24, 9:30-11 am: Rutgers Master Gardeners of Monmouth County sponsors No-fail Tips for Gorgeous Container Gardens. Free. Click [here](#) for more information and to register.

Rutgers Cooperative Extension of Bergen County

Joel Flagler Agricultural/Resources Management Agent/County Extension Dept. Head
201-336-6780

Karen Riede Horticultural Assistant 201-336-6788

Cooperating agencies: Rutgers, the State University of NJ, US Department of Agriculture, and Bergen County Board of Commissioners. Rutgers Cooperative Extension educational programs are offered to all without regard to race, religion, color, age, national origin, gender, sexual orientation, or disability. Rutgers Cooperative Extension is an Equal Opportunity Employer.

MG OF BC NEWS

New year, new habits using Better Impact

By Suzanne Danzig, Volunteers Records chair and Class of 2008

I'm not sure how long your list of New Year's resolutions is, but might I suggest you add just one more that is very achievable? Enter your volunteer and continuing education hours as you go, and don't wait until the end of the year.

It is soooo easy if you have the Better Impact app on your phone or if you're sitting at your computer at the end of the day. If you record hours on a calendar, for example, then you can easily transfer that information into Better Impact. It saves having to look up where and when you volunteered.

I sound like a broken record, but please, please remember that to maintain your MG certification you *must* have a minimum of 25 outreach/volunteer hours and 10 continuing ed hours per year. Many of you have gone above and beyond in your volunteering at our sites, but you haven't entered CE hours. You only need 10! If you forgot to enter them for 2023, please do so as soon as possible. Your hours count.

As always if you need assistance or have any questions, please reach out to [me](#); I'm happy to help.

Better Impact reminders

When recording your continuing ed hours for a non-MG of BC meeting, please be sure to enter the required information in the "Response" box.

- Name of the speaker;
- Title of the program;
- Sponsoring organization (university, garden club, etc.);
- If it's an in-person event, address and town where the program was held;
- Format (webinar or in person); and
- Length of time of the program.

When you're recording an MG meeting with a speaker, you'll see a separate drop-down option for MG monthly meetings/programs, and there's no need to enter details listed above as we have the information recorded.

Finally, "Special projects/events" is used only for projects that are authorized by Joel Flagler, ag agent, or Karen Riede, horticultural assistant. Two examples

New MG of BC officers



Theresa Schneider, left, Class of 2016, is the new MG of BC president. Lisa Yoler, Class of 2019, is the new vice president. Both will serve two-year terms. Theresa had been Membership chair. Lisa and her sister, Maria Bushman, also Class of 2019, manage our social media accounts. You can see Theresa and Lisa on Zoom at our Feb. 20 meeting and meet them in person at our March 19 meeting.

of special projects are the Fall Festival and Earth Day events.

I will continue to clarify when needed, but please know you're all amazing volunteers as the hours entered on Better Impact suggest.

Something new: MG volunteers needed to create a Special Events committee

By Arnie Friedman, Class of 2004

I'm the board member in charge of Outreach. Many of you know me from lectures I present as part of the Speakers Bureau, which is one aspect of Outreach. Another aspect of Outreach is managing requests for special events.

Each year we set up a tent and table at the Fall Festival and other environmental events. The hard-working Karen Riede, agricultural assistant, has been coordinating the handling of this equipment for these events. Carting the tent, signs, and other items has become a bit much for her busy schedule.

We need MG volunteers for a Special Events committee. This committee would ensure that our table and other equipment and materials for all these special events are set up and packed away at the end.

(Continued on page 4)

(Special Events, continued from page 3)

In addition, if they wish, volunteers could also staff the table, do demonstrations, and answer questions as needed. In return, you'll receive volunteer hours for your good service.

This is a great way for members to spread the word about our organization. This is also a good way for people who can't routinely volunteer at a site to earn hours. This is not a very physically demanding job, and, at this time, we participate in only a few special events each year, but who knows?

If you enjoy this work, we could reach out to more organizations that sponsor special events. If interested, please contact me via [email](#) or call me at 201-707-5149.

Visit us on the web and social media

- **MG of BC:** Visit our website for the current Potting Sheds, news, links to helpful resources, volunteer site information, and the list of Speakers Bureau volunteers and presentations. Dues-paying members have access to the "Member" section of the website that includes MG of BC board minutes, past issues of the Potting Shed, our bylaws, and other documents. Click [here](#) to request a username and password for the "Member" section.
- **Facebook:** Visit Master Gardeners of Bergen County | Hackensack NJ | Facebook. A pop-up box will appear requesting that you log in or create an account. No need. Just click on the "x" in the upper right corner of the pop-up box to close it, and you'll have access to the MG of BC Facebook page.
- **Instagram**



'Chat' guidelines: Keep it civil!

When Master Gardener classes took to Zoom, Rutgers Cooperative Extension established guidelines for using Zoom's "chat" feature. While these protocols apply to the classes, a few are also helpful when in a Zoom meeting. We've adapted the RCE guidelines that apply during our virtual meetings.

- Keep your comments in the "chat" kind, respectful, and polite.
- Please stay on the topic.
- State your question simply. Be patient if your question isn't answered right away; no need to ask it twice.
- Keep personal information private. Be careful not to share any personal information, such as your full name, address, phone number, or other sensitive information.
- Avoid using excessive slang or abbreviations that others may not understand.
- Avoid typing in all caps.
- Don't make any comments or statements about the question.

GARDEN CLUB MEETINGS

Feb. 1, 7:30 pm: Garden Club of Harrington Park, Harrington Park Public Library upstairs meeting room, 10 Herring St., Harrington Park. Speaker: Lourdes Osorio, Passaic County MG. Topic: From Buzz to Chirps and Flashes: Creating a Garden Paradise for Pollinators. Visit the club's [website](#).

Feb. 5, 4 pm: Sundial Garden Club, Hillsdale Public Library, 509 Hillsdale Ave., Hillsdale. Speaker: Eric Rohsler, fifth-generation nurseryman at Rohsler's Allendale Nursery. Topic: New Plant Varieties with Emphasis on Extending Seasonal Interest in the Garden.

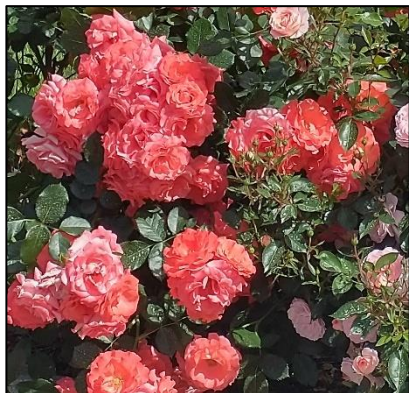
Feb. 13, 7 pm: Ramsey Area Garden Club, Lutheran Church of the Redeemer, 55 Wyckoff Ave. (corner of Woodland Avenue), Ramsey. Speaker: Robyn Lowenthal, MG Class of 2011. Topic: Gardening the Green Way.

EVENTS AND CONFERENCES

Feb. 24, 10:30 am: Bergen-Passaic Chapter of the Native Plant Society of NJ sponsors winter walk at the Celery Farm, Allendale. Meet at the end of Green Way (search for 150 Green Way on Google Maps). Naturalist Mike Lefebvre will talk about tree ID in winter.

Feb. 28, 1 pm: Bergen County Audubon lecture at the NJ Botanical Garden, Carriage House Visitor Center, Morris Road, Ringwood. Speaker: Don Torino. Topic: Return of the Bald Eagle: An American Success Story. Free. Click [here](#) to contact Don Torino for more information.

March 2, 9 am-3 pm: Native Plant Society of NJ annual meeting virtually on Zoom and in person at Ocean County College, 1 College Drive, Toms River. Fee: In-person ticket: \$50 members; \$75 non-members. Zoom ticket: \$10 members; \$20 non-members. Click [here](#) for more information, the schedule, and to register.



March 2, 9 am: 14th annual Community Garden Conference sponsored by Friends of the Frelinghuysen Arboretum and Rutgers Cooperative Extension of Morris County, at the arboretum, 353 E.

Hanover Ave., Morris Township. Fee: Friends members \$65; non-members, \$80. See flyer attached with the Potting Shed or click [here](#), then scroll down to "14th Annual Community Garden Conference" for more information and to register.

March 5, 8 am-approximately 5:30 pm: Bus trip to the Philadelphia Flower Show sponsored by Ridgewood Parks and Recreation. Fee: \$80 for ticket and transportation. Bus leaves at 8 am from the Graydon pool parking lot, 200 Northern Parkway, Ridgewood. See flyer attached with the Potting Shed for registration information.

Leaving no stones unturned



Photo by Joseph Cooper

Joseph Cooper, site coordinator at McFaul Environmental Center and Class of 2008, has given us a 2½-minute time-lapse video of MG volunteers resetting slabs at McFaul in October. "Over the years, the slate slabs in the herb garden have 'heaved,' leaving 2-to-3-inch lifts in the path," Joseph explained. "This time-lapse video features the Master Gardeners of Bergen County resetting the slabs back to level." The process included weeding and unearthing buried slabs; digging out the grout to loosen the slabs; adding, leveling, and compacting the stone-dust base; grouting and compacting the seams with stone dust; and cleaning up. Another section of the path will be reset in the spring. Above from left, Peter Cammarano, Class of 2023; Melody Corcoran (2016); Ben Weiner (2020); and Joseph. Paul Sisko (2021) also assisted. Click [here](#) to view the video on YouTube.

(Microgreens, continued from page 1)

To learn more about microgreens, their health benefits, and how to grow them, click these links below:

- From [WebMD](#): The health benefits of microgreens.
- From [Penn State Extension](#): A step-by-step guide to growing microgreens at home.
- From [Penn State Extension](#): The ABCs of microgreens.
- From [Cleveland Clinic](#): Why you should eat microgreens.