

# GARDENERS' GAB



## Shelby County Master Gardeners' Assoc.

Website: <https://mg.aces.edu/shelby/>

E-mail: [SCMGA.email@gmail.com](mailto:SCMGA.email@gmail.com)

Meetings: Monthly, 2<sup>nd</sup> Friday at 10 a.m.  
Shelby County Extension Office—Columbiana, Alabama

### Like Us on Facebook

Alabama MGA: [www.alabamamg.org](http://www.alabamamg.org)

Alabama MG Program: [www.aces.edu/mg](http://www.aces.edu/mg)

AMG Online Store: <http://www.victorydesigns.com/amg/>

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## ***The President Ponders...***

Members,

"Gardening: Cheaper than Therapy" is printed on a t-shirt a friend gave me. I was reminded of this recently when I read an article entitled *10 Mental Health Benefits of Gardening* which began "Most of our suffering comes from trying to control things that we can't. The more we can accept the limits of our control and the unpredictability of life, the more peace of mind we can find—and gardening is a great way to practice." You can read the article at:

<https://www.psychologytoday.com/us/blog/think-act-be/201906/10-mental-health-benefits-gardening>

It quotes Joe Lamp'l as saying, "Every day is one more reminder from Mother Nature that I'm not in control." This was reinforced when Nelson let me know that all in-person Extension events through October 10<sup>th</sup> are canceled due to coronavirus concerns. That means SCMGA cannot meet there for our next three meetings (August, September, October). The board is planning to meet August 14<sup>th</sup> to discuss our options. **Please let us know what you think.** Names and email addresses are at the end of this issue of the Gab.

Even if we are not able to meet, I know you have been busy. Gardeners are givers. Many of you have been making face masks and we have given our bounty to family, friends, neighbors, and organizations.

Cindy Hearn is spearheading *Grow More, Give More* for SCMGA. Please let her know what you are doing and report those hours under the GMGM (Community Food) category. Enter the pounds harvested in the description field. Post pictures on the Shelby County Alabama Master Gardener Active Members Facebook page.

Keep Well,

*Kate*

## ALABAMA EXTENSION CONTINUES TO SERVE DURING CORONAVIRUS

<https://www.aces.edu/blog/topics/home-family/alabama-extension-continues-to-serve-during-coronavirus/>

Please consider the environment before printing this e-mail.

**SHELBY COUNTY MASTER GARDENERS' ASSOC.  
MEETING MINUTES—10 July 2020**

No meeting took place due to COVID-19 social distancing.  
Therefore, no minutes were recorded.

**TREASURER'S REPORT as of July 19, 2020**

Submitted by Barbara Williams, Treasurer

**Checks/Deposits**

Beginning Balance  
Checks/Deposits  
**Ending Balance**

**Balance**

\$5,292.23  
0.00  
\$5,292.23

Help Spread  
The Sunshine!



**Cards sent by Martha Grantham on behalf of SCMGA during July:**

**Birthdays:**

Tommie Harrison  
Rebecca Poskey  
Beth Glasgow  
Gretchen Boling

Cindy Sapp  
Barbara Williams  
Betty Daigle



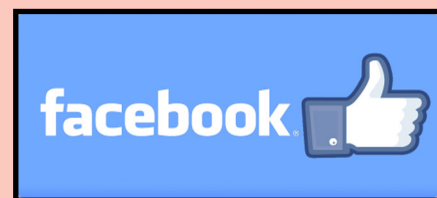
**THERE ARE NUMEROUS GARDEN-RELATED CLASSES & EVENTS IN OUR AREA. Please visit these websites to check out classes and events you may be interested in attending** (may be rescheduled or cancelled due to COVID-19):

ALDRIDGE GARDENS <https://aldridgegardens.com/education/events/eventsataldridge.html>  
BIRMINGHAM BOTANICAL GARDENS <https://bbgardens.org/#events>  
HOOVER PUBLIC LIBRARY <http://events.hooverlibrary.org/events>  
PETALS FROM THE PAST <https://petalsfromthepast.com/events-2/>  
SHELBY CO. MASTER GARDENERS <https://mg.aces.edu/shelby/events>

We have a private Facebook group called  
**["Shelby County Alabama Master Gardener Active Members"](#)**



This closed group was formed to help communicate with our members. Please check it out and ask to join if you are on Facebook.



**GROW  
MORE  
GIVE MORE**

Extension



Cindy Hearn is spearheading **Grow More, Give More** for SCMGA. Please let her know what you are doing.

cindy\_hearn@att.net or 205-424-6352



## AVOCADO TOMATO SALAD

from the kitchen of Heidee Vansant, Master Gardener

- 3 ripe avocados
- 1 lime
- 2 cups grape tomatoes, halved
- 1/2 cup feta cheese
- 1/2 cup red onion, sliced
- 1/4 cup fresh cilantro, chopped
- 2 Tbsp olive oil
- 1 clove garlic, minced
- Salt and pepper, to taste

Cut tomatoes, onion, cilantro, and garlic. Cut avocados in half and remove pits, dice avocados and squeeze lime over avocados. Toss gently. Combine all ingredients and gently stir.



**SCMG's please remember, we need recipe contributions from all of YOU.**  
**Please send recipes to:**  
[scmga.email@gmail.com](mailto:scmga.email@gmail.com)

**GOOD NEWS!** There will be a Master Gardener course this year (live webinar). It will be held August 26—November 18, 2020 (Schedule is subject to change). For additional details on this and other events, go to <https://mailchi.mp/0ca0626ab9ff/shelby-county-highlights-june-4732558?e=894b0325ac>



Please send Martha Grantham, Sunshine Committee Chair, information about members (or their relatives) who are ill, facing surgery or have lost a loved one. We want to make sure all our members know they are loved and are a vital part of our organization. Martha will send a card to let the member know we are thinking about them.

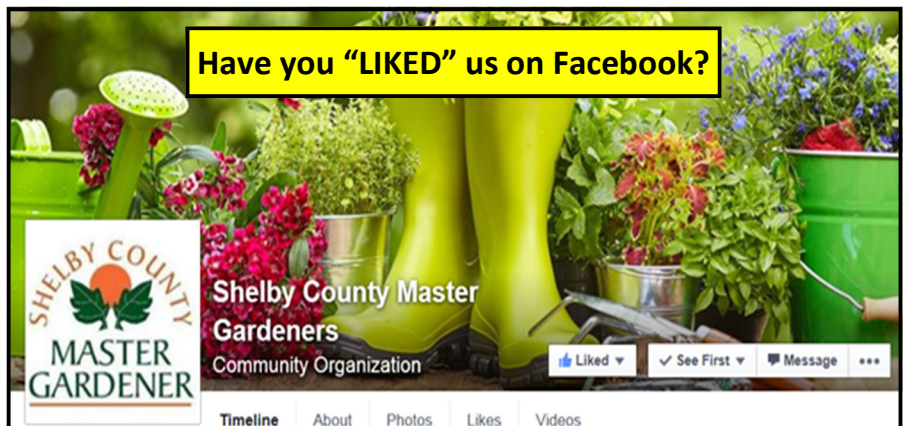
Here are two ways for you to get in touch with Martha:

Email: [Doggymamacj@gmail.com](mailto:Doggymamacj@gmail.com)  
 Phone: 205-663-8977



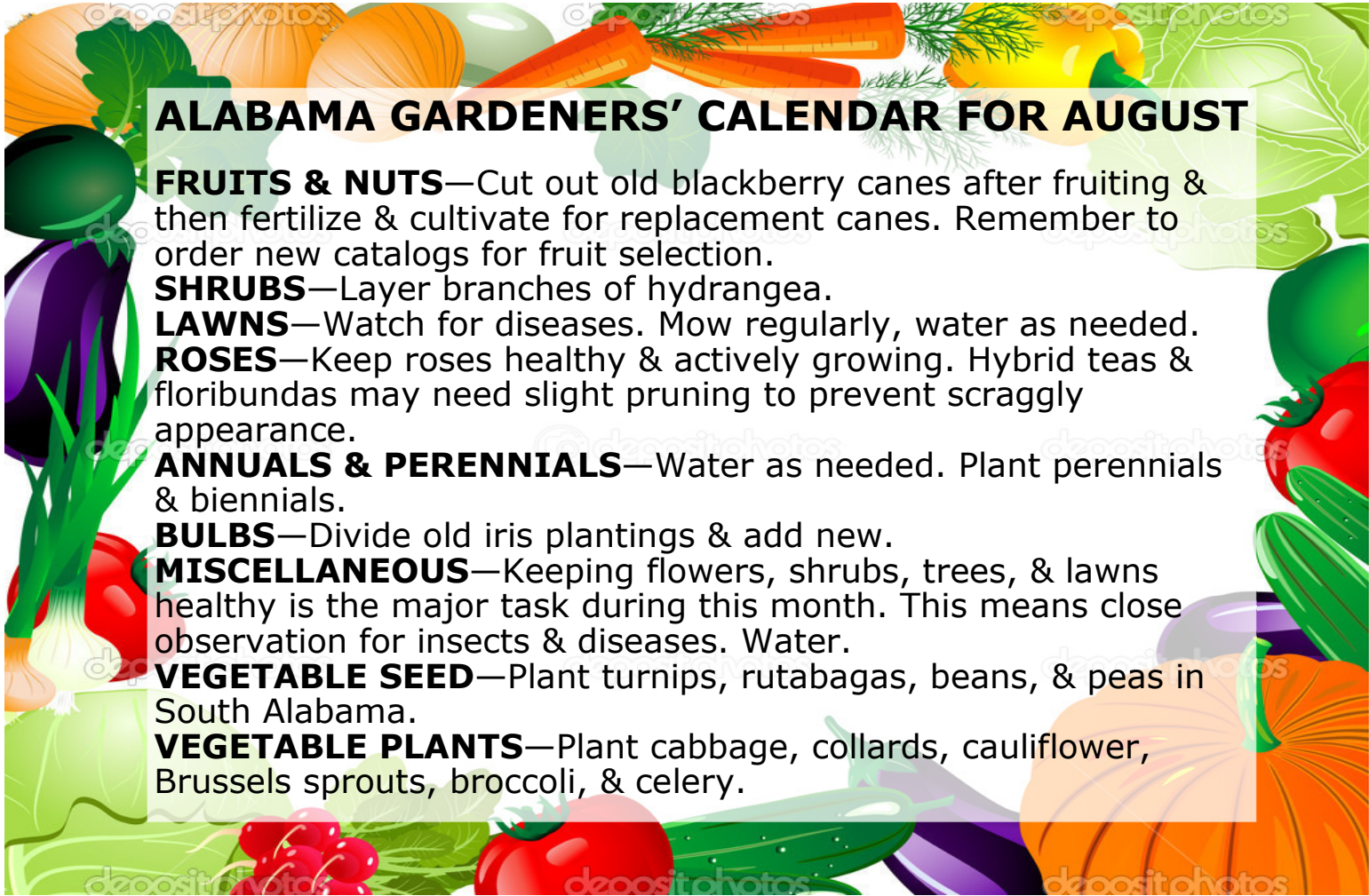
## AUGUST BIRTHDAYS

- 11—Deborah Elliott
- 11—Cindy Hearn
- 13—Cathie Long
- 14—Joy Dearing
- 24—Jerry Goodall





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## ALABAMA GARDENERS' CALENDAR FOR AUGUST

**FRUITS & NUTS**—Cut out old blackberry canes after fruiting & then fertilize & cultivate for replacement canes. Remember to order new catalogs for fruit selection.

**SHRUBS**—Layer branches of hydrangea.

**LAWNS**—Watch for diseases. Mow regularly, water as needed.

**ROSES**—Keep roses healthy & actively growing. Hybrid teas & floribundas may need slight pruning to prevent scraggly appearance.

**ANNUALS & PERENNIALS**—Water as needed. Plant perennials & biennials.

**BULBS**—Divide old iris plantings & add new.

**MISCELLANEOUS**—Keeping flowers, shrubs, trees, & lawns healthy is the major task during this month. This means close observation for insects & diseases. Water.

**VEGETABLE SEED**—Plant turnips, rutabagas, beans, & peas in South Alabama.

**VEGETABLE PLANTS**—Plant cabbage, collards, cauliflower, Brussels sprouts, broccoli, & celery.

### Shelby County Master Gardeners' Association Board of Directors and Committee Chairs 2020

President	Kate Vogel	665-5878	<a href="mailto:kvogelashfield@aol.com">kvogelashfield@aol.com</a>
Vice-President	Jim Sherbrook	234-0291	<a href="mailto:jsherbrook@gmx.com">jsherbrook@gmx.com</a>
Secretary	Teresa Boody	991-6463	<a href="mailto:wtmmb@yahoo.com">wtmmb@yahoo.com</a>
Treasurer	Barbara Williams	670-0191	<a href="mailto:bwilliams1581@gmail.com">bwilliams1581@gmail.com</a>
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By-Laws Chair	Trisha Williams	410-5074	<a href="mailto:trisha325@gmail.com">trisha325@gmail.com</a>
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Sunshine Committee	Martha Grantham	663-8977	<a href="mailto:Doggymamacj@gmail.com">Doggymamacj@gmail.com</a>
Webmaster	Beth Glasgow	669-7981	<a href="mailto:bethglasgow@bellsouth.net">bethglasgow@bellsouth.net</a>

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