



Sandoval Extension Master Gardener Newsletter

<http://sandovalmastergardeners.org/>



New Mexico State University • Cooperative Extension Service • U.S. Department of Agriculture

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Steve M. Lucero,
County Program Director

Sandoval County Extension
PO Box 400
Bernalillo, NM 87004

Physical Address:
1500 Idalia Rd, Bldg D
Administration
Room 1049
Bernalillo NM 87004

Ph: 505-867-2582
Email: Sandoval@NMSU.edu

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**SEMG Newsletter
Submissions
Deadline: 25th each mo.**

Please submit news,
articles, events and
photographs to:
semgnews@gmail.com

Editor:
Kate Shadock

From Barbara Boyd, Advisory Council Chair

SEMG recently celebrated our Intern's graduation and met for the Annual Meeting, both via Zoom, of course! We had good participation at both meetings. However, not all members could attend. Therefore, we have included some of the highlights from each meeting.

Intern Graduation: October 23, 2020



We congratulated this class of interns for sticking with the program while we made the necessary changes to their education. Their perseverance and resilience to complete the coursework was commendable.

The program for the Intern Graduation said it the best – "A love of gardening and quest for knowledge are the primary attractants to the program, but graduates remain Master Gardeners to enjoy the camaraderie and friendship of others who share their interests, to gain and share horticulture knowledge, and to give back to the community". We look forward to the graduates involvement in our community!

We then honored Gailen Zody for her many years of service and dedication to the intern and mentor program. Gailen coordinated mentor recruiting, training, and assignment to teams. She set up the initial meet and greet between mentors and interns. Gailen attended every class to track attendance, answer questions and ensure test completion for every intern. She was a self-confessed "mother-hen" for the interns. Gailen kept mentors and interns advised of all schedule changes. She gracefully adapted mid-course to online classes. Gailen always encouraged interns to keep going through pandemic restrictions. 27 of 32 interns completed the training program.

Gailen's responsibilities are now being covered by 4 people!

UPDATE CONTINUES

Annual Meeting: October 24, 2020

New Governance Structure – Barb Boyd

We moved the governance structure from a Board of Directors to an Advisory Council to follow the NMSU bylaws for Master Gardeners. NMSU is the governing body (thus the elimination of a board) with veto power and ownership of the relationship with Master Gardeners through the volunteer agreement, code of conduct and the bylaws. We are to think of NMSU as our parent organization with the Extension Agent as our representative of NMSU. If you are interested in reading the NMSU bylaws they are on our website under **About SEMG** and then **Governing Documents 2020**. It has been advantageous for us to move to this structure as this enables us to focus on the work of the committees and not bureaucratic structures; especially in light of our Extension Agent being reassigned to another county.

We then heard from the NMSU team that supports Sandoval County. Steve Lucero our local NMSU representative; Patrick Torres, the regional NMSU representative, and Eduardo Servin the state NMSU representative. We also recognized Sandy Liakus, SEMG - our representative on the State Advisory Council and interactions with Eduardo.

The Advisory Council structure is made up of the Chair, Vice Chair, and Treasurer and then representation from each committee. The committees are Outreach – chaired by Gilbert Galvan and Sam Thompson, Education – chaired by John Thompson and Suzanne Bollenbach, Communications - chaired by Kate Shaddock and Scott Lake, Membership – chaired by Mo Casey, and Finance – chaired by the Treasurer. The responsibilities of each committee are also on the website with the other governance documents. Each committee has included, separately, their summary of what has been accomplished and what plans they have for 2020-2021.

Voting for 2020-2021 Advisory Council

The criteria for voting is membership in good standing. This year that meant the member paid their dues by the announced deadline. In other years, “good standings” meant both dues paid by the deadline as well as completion and reporting of all required volunteer hours. Due to COVID 19 restrictions, NMSU waived the requirement for reporting volunteer hours for the 2019-2020 year.

The new Advisory Council Officers are:

Barb Boyd - Chair
Linda Walsh - Vice Chair
Beth Murphy - Treasurer

Thank you to each of them for stepping up to fill these vital roles for SEMG.

UPDATE CONTINUES

Honoring of Members

We honored two SEMG members, a new Life Member, and a tireless volunteer! So, what does it take to be a Life Member and what are the perks? It takes 15 years of active membership and then you get a nice plaque and you no longer must serve the mandatory hours. It is my honor to congratulate Ann Kostzewa – or Ann K as many call her. Ann was on the call and shared a few stories of what brought her to Master Gardeners and the friendships she's developed within SEMG.

We also honored Gailen Zody in the Annual Meeting.

Farewell to Lynda Garvin

We then said a fond farewell to Lynda Garvin, our Extension Agent of seven years. We thanked her for her service, dedication, passion, and perseverance. We appreciated the years of collaboration, learning and service she has given the organization. The program has certainly grown under her leadership. Sam Thompson provided some insights into Lynda's impact on SEMG.

"Lynda had spent time overseas. Working for the Peace Corps and CARE. She worked in Africa and various island nations. Lynda's resume doesn't capture her passion for education, her curiosity for learning and her compassion for those around her.

When Lynda came on board, we were in the process of reorganizing our intern training classes to focus on home gardening. She jumped right into the task. When we identified class topics, we wanted to offer but couldn't find a specialist to teach, Lynda volunteered. She researched, studied, then developed the class, and she rocked it!

Lynda saw the need for a class in Permaculture and Sustainability, so she created one. She realized Plant Identification was a necessary topic that wasn't taught so she developed that class as well. To help members feel more comfortable with hotline, she developed a class for the interns that introduced them to the process and to practice the skills needed.

When Lynda attended conferences for Agents, she brought back new ideas – such as developing food demonstrations to teach pantry users ways to use fresh produce. As SEMG we have been working food insecurity issues by growing produce for local food pantries. Lynda took us in an additional direction with Garden2Table.

Lynda helped SEMG to find new and vital ways to serve our communities. Lynda has been our model as to what public service in practice looks like. It's hard to thank her enough for helping SEMG create an identity that we can be proud of. "

~ *Barbara*



COMMITTEE UPDATES

Education Committee

Co-Chairs: Suzanne Bollenbach and John Thompson

The 2021 Master Gardener classes will be a challenge because of the COVID-19 restrictions on in-person classes. Thanks to the feedback from our 2020 Intern class that finished their training with online classes and the online learning experience of members and NMSU specialists, we expect to develop highly effective classes using virtual classroom technology and best practices developed over the last year.

Our 2021 Intern Training program is in the final stage of scheduling with a probable start date in February. Applications for the Intern class will soon be posted on the <http://sandovalmastergardeners.org/> website.



Classes will be conducted as virtual classrooms using video lectures and live Q&A. Supplemental hands-on training will be provided by mentor teams. Class size will be 20-24 interns grouped in four teams with four mentors per team. These teams will use Zoom teleconferences and small group sessions to work helpline problems, review class material, learn about volunteer projects, and discuss gardening topics of interest.

We learned from our 2020 Intern class is that small group socialization is important in successful completion of the Intern program and integrating Interns as active members.

Since we are dependent on online technology to carry out our educational programs, both interns and mentors will require internet connectivity, adequate computer equipment, and the ability to interact with virtual classrooms and teleconferences.

Members of the Education Committee will be learning how to prepare virtual classroom education to support supplemental classes for the Intern program, advanced classes to support new projects (Tree Stewards, Erosion & Reclamation, Seed Stewards, and Home Visits), and public classes. The Education Committee needs help in meeting these new challenges and volunteer requirements are provided in this newsletter.

Details and schedules for 2021 classes will be posted on the website and in the SEMG Newsletter as soon as they are available.

Photo: Anna Shvets – Pexels

Communications Committee

Co-Chairs: Scott Lake and Kate Shadock

Our primary job is:

- to communicate to the membership and the public via coordinated website, social media SEMG newsletter and community publications
- Support the communication needs of all the committees
- Communicate to members on projects, training, and member benefits via website and SEMG newsletter
- Manage the database/IT services for the organization (surveys, databases, email management, etc.)

Our major accomplishment in 2019-2020 was the complete design renovation of the [website](#).

As we move into 2020-2021, we will be asking project leaders for updates to share. We are also looking to members to share their stories. We understand that some people prefer not to write. We are happy to conduct either phone or Zoom interviews and write the article for you!

Outreach Committee

Co-Chairs: Gilbert Galvan and Sam Thompson

The Outreach Committee works to improve outreach activities for our members and the public.

In the past year, we:

- revised and updated outreach policy and procedures
- developed new email and phone helpline processes
- completed a review of all projects and revised budgets

In the coming year, we plan to:

- update project information on our website
- provide quarterly updates on outreach activities in our newsletter
- introduce a new category of projects that will include specialized education and volunteer activities



Photo: Jeff Miller (UW.edu)

Annual Impact Statement

The COVID pandemic impacted everyone's plans for 2020. Despite restrictions Master Gardeners stayed focused on supporting our communities.

Master Gardeners normally support the county through several different outreach opportunities. Some of those activities, such as Plant Clinics and Farm2Table demonstrations were postponed for the year. Our demonstration and donation gardens resumed activity following NMDOH rules for social distancing and face masks.

In response to the COVID restrictions, in 2020 Master Gardeners were encouraged, but not required, to submit their annual volunteer hours. The 83 members who did report their hours contributed over 5,349 hours, valued at \$145,493 – equal to three full-time staff positions. Those volunteers delivered 14 in-person and two virtual gardening classes with 1,530 participants. Via school programs and community events they also reached over 1,582 youths.



SEMG volunteers grew and donated 30,769 pounds of fresh produce to 17 local food pantries and the RoadRunner regional foodbank. That amount of produce equaled 2,566 meals with a market value of \$52,429. A Seed2Need and St. Felix pantry volunteer stated, *"I...was able to sort and pack the vegetables provided by Seed2Need. Quite honestly had we not had the tomatoes, peppers, and squash from your farm our offerings to the customer would have been meager. It was so appreciated!"*

For more information about the 2020 impact of Sandoval Extension Master Gardeners, read the annual impact statements on our website www.sandovalmastergardeners.org

Upper Photo: Linda Walsh Lower Photo: Pixabay

November Garden Activities

1. Order a new Garden Journal - For tips on picking and using garden journals check this [link](#)
2. Organize seed packets, plant tags and garden photos
3. Order seed/plant catalogs if you haven't done it yet
4. Add colorful, cold tolerant, annuals to outdoor containers
5. Put gravel in saucers, with a layer of water for humidity under houseplants

Source: Month-By-Month Gardening: Arizona, Nevada, and New Mexico. Jacqueline A. Sole

Many Hands Make Light Work

HELP WANTED #1

Psst! Hey, over here!

Say, you want to get out of the house, and not just in your garden?

Well, I have an inside job available, if you'll take it.

The Sandoval County Admin Building has some indoor plants that are in sore need of watering.

If you are interested, please contact Eydie Francis at eydie.francis@gmail.com.

I will be able to give you details. It takes about 2 hours to water all 3 floors.

We will be following state protocol for COVID-19 precautions.

HELP WANTED #2

Master Gardener Veterans to sign up for

2 - week email helpline shifts

in December & January

Sign up on our website

REWARD

2 week shift = 10 outreach hours

Register for a shift here

<http://sandovalmastergardeners.org/sheet/2020-email-helpline/>

HELP WANTED #3

SEMG Education Committee has several Master Gardener positions to fill for the upcoming Intern classes.

1. 2021 Intern Class Coordinator
2. Mentor Coordinator
3. Intern Mentors
4. Class Evaluation Coordinator
5. Technical Adviser
6. Advanced Class Coordinator
7. Class Monitors

These job scopes are well documented for each role.

For details, contact John Thompson johnandsamthompson@gmail.com mobile: 505-328-6650

Garden2Table Corner

At the beginning of 2020, the Garden2Table Outreach Committee planned to pause our recipe demonstrations the middle of November, to recruit new members and hold training sessions in January/February 2021, and to resume our demonstrations in March 2021. Unfortunately, our outreach program was cancelled in March, due to COVID, before it began, and it is still unclear what 2021 will hold for our committee. (Note: Lynda Garvin sent me information about how the Valencia County Extension is holding virtual recipe demonstrations, that may be an option to explore.)

For those of you new to this column, the Garden2Table Committee features monthly recipes in this newsletter that we have tested and had planned to use for our demonstrations in senior centers throughout Sandoval County. Our objective is to demonstrate recipes that use readily available seasonal produce as the star ingredient(s) to prepare an easy and nutritious dish. Preparation time and required equipment are constraints that are also considered when selecting a recipe. If a recipe requires special equipment, e.g., a spiralizer, mandolin, food mill, etc., it's not considered. Another constraint includes selecting recipes that use ingredients found in an average pantry, because most of our audience members—senior citizens—won't likely have miso, toasted sesame oil, tamari, mirin, ghee, rice vinegar, etc. on hand.

Though our program was scheduled to break from November through March, and our immediate future is unknown, I will be continuing to submit a monthly column and recipe because I am having so much fun. So, with that said, I have beans and sweet potatoes on my mind.

Beans

This past spring, during the coronavirus lockdown, many of us were stocking our pantries with staples or looking for ways to make a meal out of items that had been hiding from sight for months, sometimes years. Beans were at the top of this list. As a source of protein, beans are a perfect substitute for meat and an important ingredient in a plant-based diet. Most of us know how to prepare a tasty pot of beans, but are they exciting? While skimming through the Wall Street Journal a couple of weekends ago, I came across a recipe titled ***A Better Way to Cook Beans: Tips from a Chef's Playbook***. Skeptical at first, my initial thought was that it was another recipe addressing whether to pre-soak, when to add salt, never boil but simmer...Then I read, "The liquid the beans cook in is culinary gold." That caught my attention. Unfortunately, WSJ doesn't provide links to their recipes. I am going to describe the techniques for making a better, more exciting pot of beans. Believe me they are well worth the extra effort.



Photo: CSUN.edu

Coat the bottom of a hot Dutch oven or stock pot with a thin layer of neutral oil and lay a halved onion, garlic head and lemon, cut-sides down, allowing them to sit undisturbed until they are seared to a deep dark brown. Add drained beans that have been, yes, soaked for 8 to 10 hours and water, which will deglaze your pot, picking up all the delicious brown bits and lending a remarkable depth of flavor to the finished dish. Another item of bean wisdom is adding a glug of olive oil at both the beginning and end of cooking. As the pot simmers, the oil added at the start sits on top, keeping the beans submerged for even cooking. And the final important tip: add a piece of dried kombu, (edible sea kelp) which will round out the flavors and allow them to meld harmoniously. The braising liquid then becomes "culinary gold," which can be used to lend body to soups, braises, and sauces.

Garden2Table Corner (cont.)

Sweet Potatoes

Sweet potatoes and November go together. Like beans, they store well in the pantry and are rich in fiber. They are also higher in vitamins, minerals, and antioxidants and lower in calories than their starchy spud cousins (<https://www.healthline.com/nutrition/sweet-potato-benefits>)

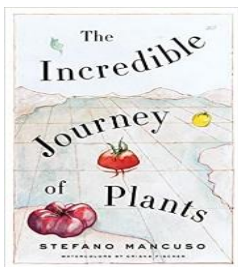
If you're like me and subscribe to every food magazine and newsletter, you've probably been inundated with dozens of sweet potato recipes over the last few weeks. If not, may I recommend <https://www.southernliving.com/food/entertaining/sweet-potato-recipes> for a variety of savory and sweet treats, or for those vegans out there <https://www.forksoverknives.com/recipes/vegan-menus-collections/vegan-sweet-potato-recipes-baked-roasted-beyond/> from my favorite plant-based recipe sites, and where I get a lot of our recipe ideas.



Photo: Wikipedia

Initially, I was going to feature one of my favorite sweet potato recipes, but decided against it because it violates all the constraints I mentioned above for selecting a recipe to demonstrate. It is a little time consuming and calls for white miso, rice vinegar, pure maple syrup, and toasted sesame oil. I like to make it for a hearty meatless meal because it also includes lentils. I'll share it with you via link in case you want to give it a try (<https://www.bonappetit.com/recipe/glazed-sweet-potatoes-with-lentils>).

Instead, I am going to feature another favorite, **Sweet Potato Hash**. I love making this for breakfast and typically add a fried or poached egg and sometimes turkey sausage. And as an optional relish, consider making the avocado crema made from blended tofu, avocado, and lime zest. It is a recipe that I have adapted from numerous recipes, and one that I may have used for a demonstration.



Finally, for those Master Gardeners who enjoyed reading *Lab Girl* and *The Overstory* during those long quarantine months, consider picking up a copy of *The Incredible Journey of Plants* by Stefano Mancuso. According to one review "...naturalists and the culinary-inclined will cherish this collection of botanical vignettes." It also includes some lovely botanical watercolor drawings.

Photo: Amazon.com

Wishing You a Happy & Healthy Thanksgiving,
Cassandra D'Antonio
Chair, Garden2Table Outreach Committee

Garden2Table Recipe for November

SWEET POTATO HASH

Leaving the skin on the sweet potatoes is optional, it helps them stay intact and adds lots of color and fiber to this dish. Consider adding turkey sausage and topping with a fried or poached egg for a filling breakfast.

Prep Time 15 mins | Ready in 30 mins | Serves 4

INGREDIENTS

- 1 pound sweet potatoes (about 2 medium), diced into ½-inch cubes
- 1 cup of red, green, or yellow bell pepper, chopped
- 1 medium red or sweet onion, chopped
- 3 cloves of garlic, minced
- 1 cup of stemmed kale, thinly sliced
- 2 Tbsp. olive oil or avocado oil
- 1 tsp. of ground cumin, paprika, or turmeric
- ½ tsp. of crushed red pepper flakes
- 2 Tbsp. chopped fresh cilantro or parsley
- 6 ounces of extra-firm light silken tofu
- 1 medium avocado, halved, seeded, & peeled
- ½ tsp. lime zest
- 2 Tbsp. lime juice
- Sea or kosher salt and cracked black pepper to taste
- Sriracha sauce (optional)



INSTRUCTIONS

1. Combine diced sweet potatoes and one cup water in a microwave safe bowl. Microwave for 3 minutes, drain and dry.
2. Heat oil in a large skillet over medium high heat until shimmering. Add sweet potatoes, toss to coat in the oil, and spread in a single layer. Sauté for 6 minutes, stirring every couple of minutes, until edges start to brown.
3. Add onions and garlic and sauté for 3 minutes, stirring frequently.
4. Add bell pepper and sauté for 4 minutes more.
5. Stir in kale and cook until kale wilts.
6. Season with spices, crushed red pepper flakes, and salt and pepper.
7. Sprinkle with cilantro or parsley, and serve with avocado crema and, if desired, sriracha sauce.
8. For avocado crema, in a small food processor or blender combine tofu, avocado, and lime zest. Blend until smooth, gradually adding lime juice.

Photo: Cookin' Canuck

Southwest Plant of the Month

Coral trumpet honeysuckle

Lonicera sempervirens



General Information

Plant Form Vine

Plant Size 15' x 8'

Plant Type Semi-evergreen

Water Usage Medium

Sunlight Sun, Partial Shade

Colors Red

Physical Description: Dense, low climbing, shrubby vine with clusters of flamboyant, scarlet, tubular flowers in spring and summer on tidy stems with interesting cup-shaped, clasping, evergreen leaves, and red berries.

Care and Maintenance: Leaf loss in severe winters.

Gardener's Notes: Attracts hummingbirds. Well mannered, commonly available native of east Texas. More drought tolerant western relatives include red flowered *L. arizonian*, and fragrant, white blossomed *L. albiflorous*, are available, though they might require ordering.

All are much less invasive than their Japanese cousins.

Photo and information from: <https://desertblooms.nmsu.edu/plantadvisor/>