



Healthy Gardens Healthy Gardeners!

The Western Massachusetts Master Gardener Association's

Spring Gardening Symposium

March 23, 2019

8:45 am to 2:15 pm

Frontier Regional High School - South Deerfield, MA

Featuring Dr. Stephen Rich, University of Massachusetts, speaking on

What Every Gardener Needs to Know About Ticks and Tick-Borne Diseases

A recent report from the Centers for Disease Control and Prevention (CDC) warns of a surge in tick-borne disease incidence in the United States, and it's not just limited to Lyme disease anymore! Learn about the different tick diseases that are now prevalent in our area and how to keep safe while in your own yard and beyond.

In addition, choose from 17 topics in two concurrent sessions, offering ideas for a healthy you and your garden.

8:00 am	Registration
8:45-10:00 am	Session 1 – Eight topics to choose from!
10:30 - noon	Keynote: Dr. Stephen Rich
Noon – 1:00 pm	Lunch break <i>(reserve a lunch below, or bring your own)</i>
1:00 - 2:15pm	Session 2 – Nine more topics to choose from!



*For more information, go to wmmga.org
or contact Lucy Alman at
gardensymposium123@gmail.com or
(413) 665-2181.*

- * **Marketplace** – An array vendors with locally produced offerings.
- * **Book Table** – Assorted titles for gardeners from Storey Publishing and Timber Press for sale.
- * **Refreshments** – Morning coffee and goodies, plus an optional lunch from River Valley Market (see registration form to order).
- * **Snow Date** – In case of impending bad weather, call 413-665-2181 the night before for a recorded message regarding possible rescheduling.
- * **Parking** – Please car pool if at all possible; parking is tight!



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Spring Gardening Symposium – Healthy Gardens, Healthy Gardeners
March 23, 2019 - Frontier Regional High School, South Deerfield

WORKSHOP TOPICS OVERVIEW

- A. Healthy Soil, Healthy Gardens
- B. Homegrown Tomatoes!
- C. Trees for Valley Gardens
- D. Creating a Garden That Teams with Life
- E. Dwarf Hydrangeas
- F. Butterflies & Butterfly Gardening
- G. Season Extensions for Spring
- H. House Plants and Tropicals 101
- I. Vegetable Garden Upgrade
- J. Year-Round Indoor Salad Gardening
- K. Welcoming Spring Pollinators
- L. Gardening with Rocks
- M. Design/Build a 3-Season Rainwater System
- N. Fundamentals of Container Gardening
- O. Terrariums 101
- P. A Greener Lunchtime
- Q. Ergonomics & Injury Prevention for Gardeners

See workshop descriptions on the next page.

Registration form - Cost is \$35 for the entire day; additional fee for optional lunch or materials.

Register online (extra service fee applies) at WMMGA.ORG or by mail using the form below. Send mailed registrations to: Lucy Alman, 27 Park Rd., Sunderland, MA 01375. *Please make checks payable to WMMGA.*

Preregistration is required as seating is limited. **Register early to get first pick of workshops!**

Name _____

Address _____

Town _____ State _____ Zip _____

Evening phone _____ Email _____

NOTE: Additional \$20 materials fee if taking this workshop

TERRARIUMS 101 -

I want to make my own terrarium to take home: YES (\$20) NO

_____ **\$35** for entire day (**make choices below**). Indicate your choices with the letter of each talk for both sessions.

Seating is limited for each talk, so register early to be sure to get your preferences!

Session 1 (1st choice)____(2nd choice)____(3rd choice)____ **Session 2** (1st choice)____(2nd choice)____(3rd choice)____

_____ **\$20 Materials Fee** for Terrariums 101 (optional, no additional fee if listening only)

_____ **\$9** for optional lunch from River Valley Market (**CIRCLE ONE**) includes assorted fruit, chips, cookie and beverage.

Choice of: The Herder (roast beef, horseradish mayo, provolone, red onion, tomato, lettuce on whole wheat) OR Chicken Salad (w/ red grapes, celery, poppy seed red wine vinaigrette, mayo, lettuce on 7-grain bread) OR Caprese Sandwich (mozzarella, tomato, and basil on a baguette – choice that day of pesto, dried tomato aioli, or balsamic vinaigrette dressings)

_____ **Total Enclosed**

SESSION 1 (concurrent sessions): 8:45-10:00 am

A. Healthy Soil, Healthy Gardens: Small Scale Practices for Soil Improvement and Carbon Sequestration -

Sharon Gensler, NOFA

Maintaining living plant cover is one of the essential practices of building soil health. Sharon provides practical guidance on using cover crops in a small-scale, non-mechanized, no-till context to improve soil health for growing more nutritious food, vibrant flowers and for sequestering atmospheric carbon into the soil.

B. Homegrown Tomatoes!

Ryan Voiland, Red Fire Farm

Ryan will cover the basics about how to grow delicious, organic tomatoes in your home garden. He will touch on basics like soil fertility and training systems and will discuss what is new and interesting in terms of tomato varieties.

C. Resiliency and Function through Diversity: Trees for Valley Gardens

Tom Clark, Mt. Holyoke College pBotanic Garden

The astounding bounty of trees available to us presents countless opportunities to further diversify our gardens as a means of achieving greater resiliency and functionality as well as enhancing the spaces in which we garden. Tom will highlight the merits of a broad range of inexplicably underused trees as well as ideas for their effective use in our gardens and tips to ensure their successful cultivation.

D. Creating A Garden That Teems With Life

Charlie Eiseman, naturalist

Using a number of common New England wildflowers, shrubs, and trees as examples, we will discuss some of the fascinating insects that benefit when we incorporate native plants into our landscaping.

E. Dwarf Hydrangeas - A Gardener's Prayer Answered

John Barry, Master Gardener

For Northern gardeners (that's us folks), the introduction of a large selection of dwarf hydrangeas is a wish come true. If you want to grow worry free, colorful hydrangeas, come learn about what's new!

F. Flowers in Flight: Massachusetts Butterflies and Butterfly Gardening

Bill Benner, Massachusetts Butterfly Club

Learn about the butterflies of the Bay State, as well as the plants and techniques for attracting them to your garden using nectar sources as well as host plants.

G. Beat the Frost! Season Extensions for Spring

Ken Conway, Master Gardener

Get a jump start on your growing season. Learn how to get started at least 2 weeks earlier or more. There are many low cost, easy ways to get ahead of that last frost date.

H. House Plants and Tropicals 101

Ed Sourdiffe, Master Gardener

Why garden only in the summer? Learn how to grow beautiful, healthy tropicals and house plants for all year enjoyment.

SESSION 2 (concurrent sessions): 1:00-2:15 pm

I. Vegetable Garden Upgrade - Matt Mattus, author

Today's vegetable garden is about quality, hard-to find ingredients and a healthy experience. If you are a home chef, passionate foodie, or if your garden feels more like 1969 than 2019, this talk is for you.

J. Year-Round Indoor Salad Gardening: Seed to Salad in 7 to 10 days - Peter Burke, host of "In The Garden"

Learn how to grow ALL your salad greens year-round, on a shelf 20" wide and 72" tall with no lights. Harvest about a pound of fresh greens daily.

K. Welcoming Spring Pollinators to Your Garden

Larri Cochran, Master Gardener

Understanding pollinator life cycles will help guide your spring clean-up, early plant selections and garden design. Learn about the pollinators who overwinter in our gardens and landscapes; how to best support those that emerge earliest; the critical role of host plants; and selecting plants to make your garden a welcoming, safe, nutritious and beautiful pollinator pathway.

L. Gardening with Rocks

Bruce and Anne Aune, Master Gardeners

There are many kinds of rock gardens. Some Japanese gardens consist entirely of rocks, stone, and sand; others contain grasses, mosses, and trees. American gardens can also contain these things, but also include flowers. Alpine gardens can be tiny, in just a dish or trough. We will discuss all of these kinds of gardens and describe strategies for creating one of your own.

M. Get Your Mind Into the Gutter: How to Design and Build a 3-Season Rainwater Harvesting System

Kris Walter, Gathering Rain, www.GatheringRain.com

You'd be surprised how much water comes off your roof in a short rain storm. Learn the important concepts in building your own simple and robust rainwater harvesting system to gather up that rain and serve your garden well for years to come.

N. Understanding the Fundamentals of Container Gardening - Dottie Caron, Master Gardener

Container gardening is NOT just sticking a plant in a container and forgetting about it! Learn how to navigate the opportunities and challenges of container gardening, plus tips to improve.

O. Terrariums 101 - Shari Petrucci, Master Gardener

A hands-on class to make your own terrarium while learning about the growing climates of tropical, alpine, and desert plants. **Note: There is an additional \$20 materials fee if you wish to make your own terrarium to take home.**

P. A Greener Lunchtime

Joan Eckert, Whole Foods Market

Cooking demonstration. Lunch is a meal many of us take for granted, simply opting to grab whatever comes our way as we handle our daytime tasks. But sitting down to a healthy, filling lunch is important to help keep us from falling into an afternoon slump.

Q. Protecting Your Working Body: Ergonomics and Injury Prevention for Gardeners - Lydia Irons, Northeast Center for Agricultural & Occupational Health

Learn anatomy, good body mechanics and injury prevention as they relate to the specific physical challenges of gardening. Lydia will present specific ways to prepare, maintain, and restore the body for each.

