

VOLUNTEER OPPORTUNITIES

Guadalupe County Master Gardeners Volunteer Opportunities

Every Monday the **MG office/library** is open from 9am-noon except for holidays. Volunteers are always needed. Contact Betty Hughes. 830-401-4066 or e-mail ehughes5@satx.rr.com.

Every Tuesday, Friday and 2nd Saturday are work days at the **Guadalupe County Community Garden**. Check with Ann Odvody (odvodyd@swbell.net 830-914-3593) for start hour and access at other times.

Every Friday 9 am is a workday in the gardens at the **Big Red Barn**. Check with Janice Knobles, 830-379-6193 or e-mail jmknobles@yahoo.com or details.

KWED Master Gardener Lawn and Garden Show is always looking for volunteers. Contact Janet Grafe at 830-639-4199 or e-mail to janetgrafe@hotmail.com.

Volunteers are needed to set up the chairs before each monthly meeting. Contact Treva Hicks at hicks1t@lycos.com

Guadalupe County Fair - October 9 - 13

Gutierrez Xeriscape Park Workday

Saturday, September 27th, 9 am - 2 pm 1300 Borgfeld Rd, Schertz

5 volunteers are needed for this work day. Workdays are in conjunction with the Steele High School Key Club. They will prune trees, mulch areas, set rocks in the butterfly garden and sow wildflowers. TOOLS: Bring wheelbarrows, pruning tools, shovels, and rakes. Contact John Lewicki, jmalew@att.net, (210) 290-9961 or Kimberly Darrough kimdarr70855@yahoo.com (314) 799-3295



GCMG Outreach

Virginia Biggs is GCMG's Outreach Chairman. If anyone knows of a GCMG who needs a meal, please let her know 830-560-1976.

REMINDER

If anyone needs a card from the organization for an illness or loss of a family member, contact

Pat Schultze Secretary
830-556-6751
or e-mail clydepat6@aol.com.

Newsletter Staff

Editor - Elaine McIntyre
Photographer - Marvin "T" Taylor
Distribution - Doug Biggs
Proof Reader - Patti Zgabay
Wandering Gardener - Marilyn Moltz

Antidepressant Microbes In Soil: How Dirt Makes You Happy

By Bonnie L. Grant, Gardeningknowhow.com

Prozac may not be the only way to get rid of your serious blues. Soil microbes have been found to have similar effects on the brain and are without side effects and chemical dependency potentials. Learn how to harness the natural antidepressant in soil and make yourself happier and healthier. Read on to see how dirt makes you happy.

Natural remedies have been around for untold centuries. These natural remedies included cures for almost any physical ailment as well as mental and emotional afflictions. Ancient healers may not have known why something worked but simply that it did. Modern scientists have unraveled the why of many medicinal plants and practices but only recently are they finding remedies that were previously unknown and, yet, still a part of the natural life cycle. Soil microbes and human health now have a positive link which has been studied and found to be verifiable.

Soil Microbes and Human Health

Did you know that there's a natural antidepressant in soil? It's true. *Mycobacterium vaccae* is the substance under study and has, indeed, been found to mirror the effect on neurons that drugs like Prozac provide. The bacterium is found in soil and may stimulate serotonin production, which makes you relaxed and happier. Studies were conducted on cancer patients and they reported a better quality of life and less stress.

Serotonin has been linked to such problems as depression, anxiety, obsessive compulsive disorder and bipolar problems. The bacterium appears to be a natural antidepressant in soil and has no adverse health effects. These antidepressant microbes in soil may be as easy to use as just playing in the dirt.

Most avid gardeners will tell you that their landscape is their "happy place" and the actual physical act of gardening is a stress reducer and mood lifter. The fact that there is some science behind it adds additional credibility to these garden addicts' claims. The presence of a soil bacteria antidepressant is not a surprise to many of us who have experienced the phenomenon ourselves. Backing it up with science is fascinating, but not shocking, to the happy gardener.

Mycobacterium antidepressant microbes in soil are also being investigated for improving cognitive function, Crohn's disease and even rheumatoid arthritis.

How Dirt Makes You Happy

Antidepressant microbes in soil cause cytokine levels to rise, which results in the production of higher levels of serotonin. The bacterium was tested both by injection and ingestion on rats and the results were increased cognitive ability, lower stress and better concentration to tasks than a control group.

Gardeners inhale the bacteria, have topical contact with it and get it into their bloodstreams when there is a cut or other pathway for infection. The natural effects of the soil bacteria antidepressant can be felt for up to 3 weeks if the experiments with rats are any indication. So get out and play in the dirt and improve your mood and your life.

Resources:

"Identification of an Immune-Responsive Mesolimbocortical Serotonergic System: Potential Role in Regulation of Emotional Behavior," by Christopher Lowry et al., published online on March 28, 2007 in *Neuroscience*.

http://www.sage.edu/newsevents/news/?story_id=240785

<http://extension.oregonstate.edu/lane/sites/default/files/images/gg607.pdf> (pg 12)

Mind & Brain/Depression and Happiness – Raw Data "Is Dirt the New Prozac?" by Josie Glausiusz, Discover Magazine, July 2007 Issue. <http://discovermagazine.com/2007/jul/raw-data-is-dirt-the-new-prozac>

Submitted by Deedy Wright

GARDENING EVENTS



Inviting All Gardeners!!!

2014 Southern Region Master Gardener Conference

October 21 – 24, 2014

Crowne Plaza Hotel, Baton Rouge, LA

Sponsored by: East Baton Rouge Master Gardener Association, LSU AgCenter, Louisiana Master Gardener Program For information and registration, go to www.southernregionmgconf2014.com Early registration ends July 15

2014 Texas State Master Gardeners Conference

Make Your Online Reservations Now: The 2014 Texas State Master Gardeners Conference is being hosted Sep 25-27 by the **Permian Basin Master Gardeners** at the MCM Grande Hotel Fun Dome, Interstate 20E Business, Odessa, TX! Online registration at <http://2014tmgconference.org>.

Trip to 4 M Ranch, Sonora, TX Oct 17-19 (Fri-Sun)

The SA Cactus & Xerophyte Society has organized a trip to 4M Ranch in Sonora, Tx. Enjoy a cactus hunt, driftwood, rocks, Indian artifacts, hiking, wonderful plant & wildlife photography, shooting range (Sat after lunch). \$120 fee includes 5 meals and lodging. 50% deposit required by 13 Oct. For more information, contact Claude H Townsend at 210-655-8959, or email: ctownsend@satx.rr.com

Subscribe or Renew and Add to the GCMG Treasury

To all of you **Texas Gardener** subscribers (or those of you thinking about subscribing), **Texas Gardener** has invited the GCMG to join their Fundraising Program. For each subscription that goes through us (and yes that includes renewals), the GCMG will be able to keep 25% in its treasury. Instead of sending your renewal notice and payment to **Texas Gardener**, make your check payable to GCMG and send it with your mailing address to 210 E. Live Oak, Seguin, Tx 78155. Give us your phone number too in case we have any questions and mark the envelope **Texas Gardener** subscription. The GCMG will send the subscription on to the **Texas Gardener** for processing. Rates are as follows: 1 year - \$24.95; 2 year - \$42.95; 3 year - \$53.95. Add an extra \$8 on the one year renewal for the Annual Calendar. You don't have to be a Master Gardener to participate, so if you have friends that subscribe, tell them about the Fundraising Program.

EDUCATION - CLASSES - SEMINARS

GCMG Class 26

Members are invited to attend Class 26 classes at no cost - although we ask that you sit in the back of the class. We ask students to limit questions to those applicable to the class in general. Specific questions regarding your landscape should be discussed with the instructor during breaks, giving priority to students.

Please take advantage of these opportunities for continuing education and consider them a benefit of membership. Classes run from 10:00AM until 2:30PM at the First Presbyterian Church in Seguin, 305 N. King Street. Please make your own arrangements for lunch.

10 Sep 2014 - Patty Leander - How to Grow Vegetables You Like to Eat - and Some You May Learn to Like

17 Sep 2014 - Dennis Hale - How to Design and Create the Landscape you Want... How to Grow Better Lawns

1 Oct 2014 - Cindy Meredith - Herbs, Peppers, and Vinegars - How to Spice Up Your Landscape

8 Oct 2014 - Greta Schuster, Ph.D. - How to Evaluate Plant Health & Diagnose Problems in Your Landscape

15 Oct 2014 - Gail Johnson - How to Incorporate Composting into Your Environment

22 Oct 2014 - Jose Contreras - How to Be Firewise in Your Landscape Design

29 Oct 2014 - Liz Romero - How to Harvest, Store and Re-use Rain; Dave Elder - How to Make and Install a Rain Barrel for Your Home; Jim Johnson - How to Make Your Own Drip Irrigation System

Submitted by Cindy Waechter

Classes at the San Antonio Botanical Garden

To register, please contact 210.207.3270 or programregistrar@sabot.org

Saturdays, September 13 - October 18 from 9:30-10:30 am. **Yoga in the Garden**

Tuesdays, September 9 - November 25 from 9:30-10:30 am OR: Saturdays, September 6 - November 22 from 9:30-10:30 am. **Tai Chi in the Garden**

Saturdays, September 6 - November 22 from 10:30-11:30 am. **Tai Chi 42 Form**

Sundays, September 7 and 14 from 2:30 - 3:30. **Creative Arts Course (2-part class) Whimsical Birds in Watercolor and Hand Decorated Papers**

Tuesdays, Sept 9 - Nov 25 from 10:30 - 11:30 am. **Tai Chi Sword**

Saturday, September 27 or Saturday, October 11 from 9:00 am - 12:00 pm. **Composing the Garden**

Fridays, September 5, 12, 19, and 26 from 9 am - 4 pm. **Certified Arborist Test Preparation Course.**

Plant Propagation Class



Saturday, September 13, 2014, 9 AM - Noon
*Presented by Kathy Carroll, Propagation Specialist
and the Guadalupe County Master Gardeners*

Topics: Demonstration and Hands-On Practice

Stem Cuttings

Simple Division

Sowing Wildflower Seeds

You may Bring Your Own Plant to Propagate!

Where:

Guadalupe County Community Garden, Schertz
1101 Elbel Road (behind Guadalupe County Annex Building)

Cost: \$10 at the door for supplies and refreshments

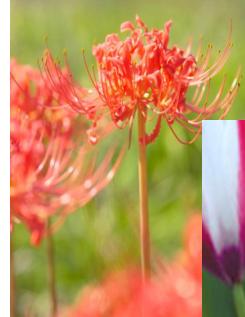
For More Information call Bob at 210 289-9997

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status



Lunch and Learn Gardening Program

Fall Bulbs



**Monday, September 15, 2014,
Noon – 1PM**

*Presented by Deedy Wright
and the
Guadalupe County Master Gardeners*

Topics:

- The best Fall bulbs to plant in Schertz
- How to plant Fall bulbs
- Caring for your bulbs

Where:

Schertz Public Library, 798 Schertz Pkwy, Schertz

No Cost: FREE! – Just bring your own lunch (Optional!)

For More Information call Bob at 210 289-9997

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Backyard Gardening Series - Home Aquaponics

Tuesday, Oct 21st, 6:30pm
3355 Cherry Ridge, San Antonio

Steven Sumrow from Aquaponic Systems USA, will give a two-hour presentation, about how to create your own Home Aquaponics to grow plants and vegetables in a water environment along with aquatic fish. Aquaponics is a system of aquaculture in which the waste produced by farmed fish or other aquatic animals supplies nutrients for plants grown hydroponically, which in turn purify the water. No chemicals or soil needed, thanks to its automatic recirculating system. Aquaponics does not require much monitoring or measuring. Fee: \$10. RSVP to Angel Torres at [210 467-6575](tel:2104676575) or matorres@ag.tamu.edu

Master Gardener Specialist – Plant Propagation

Friday and Saturday, October 17th and 18th
Texas AgriLife Extension Service, Montgomery County, Conroe

Registration fee: \$200 per person (includes dinner(1), lunch(1), snacks, drinks, propagation equipment, and resource materials distributed during the course). For more information, contact [Kim Bartholet, Volunteer Coordinator, 936.539.7824](mailto:kbartholet@ag.tamu.edu) or kbartholet@ag.tamu.edu.

MG Greenhouse Specialist Training

Oct 9-11(Thu-Sat)

Victoria Educational Garden Pavilion, 283 Bachelor Dr. Victoria

The class will focus on the hobby greenhouse. Fee: \$225.00 per person; includes one (1) lunch, two (2) dinners, snacks and other goodies, and training materials; payment and application must be received by Wed, Oct 1, 2014. Visit <http://txmg.org/event/greenhouse-management-specialist-training-victoria-county/> for details and registration.

Rainwater Harvesting Specialist Training

Sept 29 - Oct 1, 2014

Rainwater Harvesting Specialist Training is set up and ready to take applications from anyone interested in learning all about Rainwater Harvesting. This two-day course in Dallas is a combination of hands-on and classroom presentations that will teach you all of the basics of rainwater harvesting. For details <http://dallas.tamu.edu/courses/2014/september-29-october-1-2014-rainwater-harvesting-specialist-training/>

Entomologist Specialist Training

Sept 8 - 12, 2014

The Entomologist Specialist Training is up and ready to take applications from anyone who is interested in learning all about insects! We have some excellent presentations on the agenda and it will be held in Austin this year, September 8-12, 2014. For more information visit: <https://agrilife.org/insectspecialist/2014/06/18/2014-mves-training-registration-now-live/>

Texas Water Star Program Earth-Kind® Landscape School
Sept 6 & 20 and Oct 4 & 18 from 8:30am to Noon
3355 Cherry Ridge, Suite 208, San Antonio

A Four-Part Series for on four Saturdays. Topics for each class:

Sep. 6, Water Conservation: Soil Prep, Drip Irrigation and Raised Beds.

Sep 20, Energy Conservation: Tree Selection, Care for Your Trees, and Rainwater Harvesting.

Oct 4, Proper Uses of Plant Nutrition and Pest Management.

Oct 18, Wildscaping, Rain Gardens and Yard Waste Reduction.

At the end of each class there will be question-and-answer sessions. Registration fee: \$60 for all four sessions (or \$100 for a same household couple or \$20 per session. RSVP, registration & fee due Aug 27.

Contact Angel Torres, (210) 467-6575 or matorres@ag.tamu.edu.

"Essentials of Gardening Classes"
Gardening Volunteers of South Texas

Monday September 15 - Session 1: 12:15 PM - Texas Cacti: A Field Guide, - Session 2: 1:30 PM - To Be Announced

Monday, October 20 - Session 1: 12:15 PM - Filling in Landscapes with Fabulous Herbs, Session 2: 1:30 PM - Keyhole Gardens

Free and Open to the Public. \$5.00 donation appreciated to help cover expenses. For more details visit GVST Website at www.gardeningvolunteers.org



Native Plant Society of Texas
Guadalupe County (Schertz-Seguin) Chapter

"Climate Change and Native Plants"

Arid Lands Resource Scientist Dr. Garri Dryden will describe the effects of increasing aridity and assaults on native plant communities in Texas, the human impact on ancient environments, strategies that plants use to adapt to climate change, and the role of plants in easing the impact on land and water resources. Community and individual opportunities for protection of local resources will also be explored.

Tuesday September 9, 2014, 7:00 PM

St John's Lutheran Church, FM 465, Marion, TX

Meetings are open to the public. Visitors are welcome. There is a plant/seed exchange and greeting at 6:30 PM followed by the program at 7:00 PM. For more information, directions or membership applications see our website at: <http://www.npsot.org/wp/guadalupe/>

The purpose of the Native Plant Society of Texas is to promote research, conservation and use of native plants and habitats through education, outreach and example.

**The Colorization of Texas Bluebonnets
Backyard Gardening Series
Sep 2 (Tue) 6:30-8:30pm**

3355 Cherry Ridge Suite 208, San Antonio

Dr Jerry Parsons will discuss: Classifying of the Texas Bluebonnet; History of the Alamo and the Pink Bluebonnet; Efforts from Carol Abbott and John Thomas; Seeds vs. Transplants; Collection of Seeds; and Maintaining Stand of Future Bluebonnets. Cost is \$10. RSVP to Angel Torres, at 210-467-6575 or matorres@ag.tamu.edu.

**30 Bugs Every Gardener Should Know
Sept 16 (Tue) 2-4 pm**

3355 Cherry Ridge, Suite 208, San Antonio

Molly Keck, IPM Program Specialist and Board Certified Entomologist will present the top 30 bugs that you will likely encounter this fall in the garden and landscape; how to manage them, if they should be managed, and how to identify them and their damage. See actual specimens as well as pictures. Cost \$10 at the door. If you are interested in attending, please RSVP to Molly at mekeck@ag.tamu.edu or 210-467-6575.

**Landscape Design School Series XXIV
Course I, September 29-30, 2014**

George Bush Presidential Library and Museum, College Station

Course series is offered in four separate schools, approximately six months apart, each with 10 hours of instruction, in the Bryan-College Station area. The school is open to anyone wishing to add to their knowledge of landscape design. For further information and to register see website <https://aggie-horticulture.tamu.edu/southerngarden/LDSep14/>

SMALL ACREAGE HORTICULTURAL CROPS PROGRAMS

Food Safety for the Small Acreage Producer - October 16, - 8:30 a.m. - 12 noon

Business Planning - December 11 - 8:30 a.m. - 12 noon

The goal of the program is to assist in evaluating diversification strategies and income opportunities from the production of small acreage horticultural crops. To get the best benefit, participants are encouraged to attend all 4 webinars led by leading researcher and Extension Specialists at Texas A&M. A live question/answer session will also provide answers to your questions. Programs to be held at the Texas Agricultural Education and Heritage Center located at 390 Cordova Rd in Seguin. For additional information please contact the Texas AgriLife Extension Service at 830-379-1972. The cost of the program will be \$25 for all sessions or \$10 per session, whichever you prefer.

Texas Fruit Conference: October 6th & 7th; Hilton Garden Inn, College Station, Texas. The program will incorporate a pomegranate variety tasting session and crops covered this year include olives, pears, citrus and peaches, among others. Dr. Arlie Powell, retired Extension Specialist from Auburn University, will be a special out-of-state speaker. Look for registration information at: <http://agriliferegister.tamu.edu/> in July.

Texas High Tunnel Conference: October 8th; Hilton Garden Inn, College Station, Texas. Dr. Russ Wallace will be convening the second state high tunnel conference to review crop opportunities and management of seasonal high tunnels in Texas. Registration is combined with Texas Fruit Conference online site at <http://agriliferegister.tamu.edu/> beginning in early July.

For questions about the Fruit and High Tunnel Conferences, including exhibiting opportunities, contact: Monte Nesbitt, [979-862-1218](tel:979-862-1218); mlnesbitt@tamu.edu or Russ Wallace, [806-746-6101](tel:806-746-6101); rwwallace@ag.tamu.edu

Antique Rose Emporium - Brenham
26th Annual Fall Festival of Roses
October 31 to November 2, 2014
<https://www.antiqueroseemporium.com>

Fabulous Floral Arrangements

Sep 3 (Wed) 10-11-30am
3310 N. New Braunfels at Funston, San Antonio

San Antonio Garden Center Clubs will present a Fall program that features celebrity designer David Garcia, owner of Statue of Design, who will create fabulous floral arrangements - and you could win one! Join the SA Garden Center Clubs for coffee at 9:30; meetings are free and open to the public. For more information, call (210) 824-9981 or visit <http://sanantoniogardencenters.org/>

San Antonio Rose Society presents “Love at First Sight”

On Monday, September 8th at 7 pm at the San Antonio Garden Center 3310 N New Braunfels @ Funston, Consulting Rosarian, Meg Ware will present a program about how famous hybridizers go through the selection process and the production of getting roses to the public. Includes the inspiring story of the Peace rose. Free and open to the public. For more information go to www.sarosesociety.org


Beekeeping Basics

October 17 8:30-3:30—Bexar County Extension Office
October 18, 9 am—2pm—Adkins Field Day

Cost \$50. Make checks payable to Bexar County Master Gardeners. For more information, please contact Molly Keck at 2101-467-6575 or mekeck@ag.tamu.edu

September 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY	2 GCCG Workday	3	4	5 GCCG Workday 8 AM Red Barn 9 AM	6 KWED Radio 1580 AM Lawn & Garden Show 9 a.m.
7	8 Master Gardener Office/Library 8:30 - Noon	9 GCCG Workday ○ - FULL MOON	10 GCMG BOARD MEETING	11 	12 GCCG Workday Red Barn	13 KWED Radio Lawn & Garden Show 9 a.m.
14	15 Master Gardener Office/Library	16 GCCG Workday	17	18 GCMG Board & Members Meeting	19 GCCG Workday Red Barn	20 KWED Radio Lawn & Garden Show 9 a.m.
21	22 Master Gardener Office/Library	23 GCCG Workday FALL BEGINS	24 ● NEW MOON	25	26 GCCG Workday Red Barn <u>Newsletter Deadline</u>	27 KWED Radio Lawn & Garden Show 9 a.m.
28	29 Master Gardener Office/ Library	30 GCCG Workday				

GCCG - Guadalupe County
Community Garden



Guadalupe County Master Gardeners, Inc.
210 East Live Oak St.
Seguin, TX 78155

Guadalupe County Master Gardeners <http://www.guadalupecountymastergardeners.org> 830-379-1972 Ext 210
Guadalupe County Texas A&M AgriLIFE Extension <http://www.guadalupe-tx.tamu.edu/> 830-379-1972
Texas Master Gardeners <http://www.txmg.org>

GCMG Officers & Board of Directors

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Jose Contreras	President Elect
Ellen Laubham	Vice President
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Penny Wallace	Education Chairman
Dave Elder	Publication Chairman
Laurie Brunell	Volunteer Chairman
Cindy Waechter & Dave Elder	MG Training Co-Chairmen
Travis Franke	AgriLIFE Agent Master Gardener Coordinator

September Meeting

Thursday, September 18th, 2014 - 7:00 PM

Guadalupe County Justice Center
211 W. Court St., Seguin

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Elaine McIntyre, Editor
(elaine@tindomorgans.com)