

GGG

Granville Gardeners Gazette

Promoting Education and Recreation through Gardening Activities

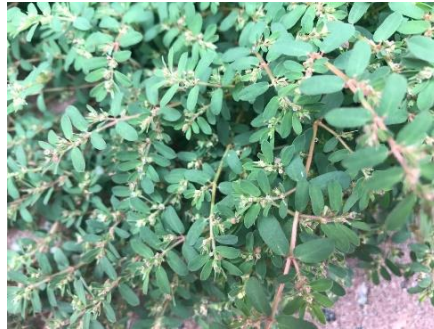
Oxford, North Carolina

www.thegranvillegardeners.org

September 2024, Volume XIV, No.9



Japanese stiltgrass
(*Microstegium vimineum*)



Spurge (*Euphorbia maculata*)



Mulberry weed (*Fatoua villosa*)

WEEDS – Out of Control – Help!

By Johnny Coley, Granville/Person County Agriculture Agent

Monday, September 23 at 7 p.m., Granville County Expo Center, 4185 U.S. Hwy 15 S, Oxford, NC

About the Program

Pre-emergence, post-emergence, selective, non-selective, oh my, weed control can be confusing and frustrating! Join us as we answer questions about controlling weeds. What do we need to do before trying to control weeds? What is the best way to control certain weeds? Are herbicides always the best control? We will discuss these and other relevant issues in our landscapes and gardens. If you have a weed you cannot identify, bring it with you (if it is a grass, be sure to bring the seed head).

About the Speaker

Johnny Coley grew up in southern Granville county. After graduating from NC State University in 1993 he worked at his family's nursery in Stem, NC for over 20 years. In 2014 Johnny taught horticulture and other agriculture-related courses at Granville Central High School in Stem for 18 months. After leaving teaching, he worked at Homewood Nursery in Raleigh for a short time while he and his wife worked on some overdue projects at their farm. In December of 2016 he began his career as the Horticulture Agent for Granville and Person Counties. Johnny has worked in the horticulture field for as long as he can remember and enjoys helping others with horticulture related issues.

by Johnny Coley and Marty Finkel

Photo credits: **Left**, Dave Jackson, Penn State University Extension **Middle**, NC Extension Gardener Toolbox, Cynthia Lauderdale [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/) **Right**, NC Extension Gardener Toolbox, Michael Becker, CC BY-SA 3.0

JCRA Plant Auction Winners from August Meeting
Thanks to these bid winners, \$210 will be added to the scholarship fund!

Mark Arnott's bid won the 'Shishi' Crested Bamboo Fern (*Coniogramme jinggangshanensis* Shishi').



The beautiful 'Gull's Wing' Siberian Iris went to Diane Holloway



The Kay Parris Magnolia (*Magnolia grandiflora* 'Kay Parris') was won by Maggie Thornton.

The very rare Chinese redbud 'Reznicek' (*Cercis chinensis* 'Reznicek') went with Joyce Cifers



Mountain hydrangea 'O Amacha Nishiki' (*Hydrangea serrata* 'O Amacha Nishiki') is Robin Word's.

By Marty Finkel

Photo credits: 'Shishi' Crested Bamboo Fern: Plant Delights Nursery <http://www.plantdelights.com>. 'Gull's Wing' Siberian Iris: Kiefer Nursery, Durham. 'Kay Parris' Magnolia: Tree, Nancy Kurul [CC BY-SA 4.0](https://plants.ces.ncsu.edu/plants/magnolia-grandiflora-kay-parris/), Flower, Doug McAbee [CC BY-NC 2.0](https://plants.ces.ncsu.edu/plants/magnolia-grandiflora-kay-parris/), both at <https://plants.ces.ncsu.edu/plants/magnolia-grandiflora-kay-parris/>. Chinese Redbud 'Reznicek': JCRA Photo Collection. Mountain Hydrangea: on right, Kathy Sill [CC BY 4.0](https://plants.ces.ncsu.edu/plants/hydrangea-serrata-omacha-variegata/) at <https://plants.ces.ncsu.edu/plants/hydrangea-serrata-omacha-variegata/>, photo on left from JCRA Photo Collection.

To-Do in the Garden for September

- Early September set out transplants of broccoli, cauliflower, Chinese cabbage, kale, collards, kohlrabi, and cabbage. Try ‘Red Russian’ and ‘Black Magic’ kale if you can find them.
- Seed directly into the garden: lettuce, leeks, green onions, turnips, beets, parsnips, carrots, radishes, rutabagas, mesclun mixes, arugula, cilantro, turnip greens, mustard, dill, parsley. Soak parsley seed in water for several hours before sowing. Seeds planted in late summer should be sowed twice as deep as in the spring because soils are warmer and drier. Seeds sown too close to the soil surface are prone to drying out.
- Late September: Sow onion seed, plant shallot bulbs, leek bulbs, and garlic cloves for harvest next spring. ****See below for helpful links on growing fall vegetables.
- Do not fertilize or prune trees or shrubs now.
- Be sure to keep your birdfeeders full and birdbaths clean and full in this stressful time of drought.
- In the latter part of Sept., clip new blossoms off tomatoes, peppers, and eggplants so the last fruits will mature.
- If you buy spring flowering bulbs early (Sept. through Oct.), store in a cool (below 60 F), dry place with good air circulation. Best time to plant is between Thanksgiving and Christmas.
- The week of Sept. 1 is the time to spray for peach tree borers, which may also attack apricot, cherry, nectarine, and plum trees. This includes ornamental cherry, plum, etc.
- Prune out fire blight killed wood from apples, pears (including Bradford), & pyracantha.
- Check fall vegetable plants for insects – BT products work well for caterpillars. Insecticidal soap kills aphids and many other insects. It and BT are among the safest products to use for killing insect pests, also neem oil.
- Late fall or early winter is the best time for planting trees, shrubs, and most perennials, so plan now. Visit area nurseries and/or place your orders with online mail order nurseries so you will have the plants for planting in October.
- Mark the location of all perennials and biennials so you won’t dig there later.
- Divide phlox, coreopsis, black-eyed Susan and coneflowers. Set out pansies, violas, ornamental kale and cabbage, snapdragons, dianthus, calendula, nasturtiums, and English daisies.

**** NC Cooperative Extension has a detailed calendar with planting dates for various food crops in central NC: [Central NC Planting Calendar](#). The Chatham County Center has published another calendar with slightly different formatting which includes a lot more details on the practices to use for specific vegetables: [Chatham Co. Vegetable Calendar and Guide](#).

Also check ‘[Chapter 16. Vegetable Gardening](#)’ of the [NC Extension Gardener Handbook](#) for much, much more. Here’s the table of contents with links to all the chapters of the handbook – a very useful reference: [Extension Gardener Handbook TOC](#).

NC Extension links for specific fall vegetables:

- [bulb onions](#)
- [lettuce](#)
- [kale](#)
- [collards](#)

By Marty Finkel and Kat Ravenel

Tour of the Plant Sciences Building at NC State

The NCSU Plant Sciences Building (PSB) is two years old and very impressive architecturally and because of what it contains – cutting edge technology and agricultural research through an interdisciplinary approach.

The landscaping was designed by an outside firm with an emphasis on using native plants. There are also plots showcasing examples of ongoing research subjects which on first glance appear to be beds of ornamental plants, such as these roses and perhaps an ornamental grass (but look closer).



Stem Cell Rose



Dry Land Rice

“**Upland rice** (also called **dry rice**) is rice grown in dry-land environments. The term describes varieties of rice developed for rain-fed or less-intensely irrigated soil instead of flooded rice paddy fields or rice grown outside of paddies.” This is the Wikipedia definition of dry land rice, and there are plenty of articles about it on the internet. The demonstration plot in the photo shows the difference in growth with varying amounts of water: the lush stand on the left grew in normal to dry conditions, and the thin, stunted plants on the right in wet conditions from unusually large amounts of rain. Morgan Manaker, Union County field crops extension agent, is conducting research on growing dry land rice.

In the photo on the right, **above**, in the right-hand corner, note the beds paralleling the building behind Liz. Native shrubs such as St. John’s wort, perennials wild indigo (*Baptisia*), goldenrod, grasses, are some of the plants used in these rain gardens (bioretention beds), one of the elements that helped the Plant Sciences Building receive a gold Leeds award. Here’s a closer look:



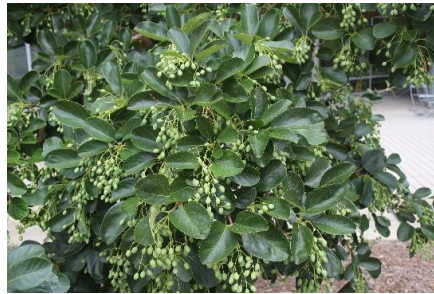
Bioretention beds

There are no identification labels on the plants, and one tree species lining each side of sidewalks to the entrance of the building was eye-catching because of the copious amounts of small green fruits and rounded leaves. I knew I had seen that fruit before, when it had ripened to dark blue (almost black), and thought it might be the Chinese fringe tree *Chionanthus retusus*. Linda Niles confirmed the ID through her smartphone. I would love to ask the landscape designers why they used that species when our native fringe tree (*Chionanthus virginicus*) is just as gorgeous. It might be that the fruit on the Chinese species is somewhat larger and showier. The tree on the left and fruit in the middle are the Chinese fringe tree,

and the photo on the right shows the fruit and more pointed leaves of the native. The fruits of both are an important food source for wildlife.



Chinese fringe tree



Chinese fringe tree



American fringe tree



We gathered in the lobby to meet our guide, Sarah.

The first stop was just to the left of the group, the Demonstration Lab. It's outfitted for hands-on experiments that high school teachers and students can do to stimulate curiosity and interest in science and agriculture. One example to demonstrate that plants have minerals in them: crush Cheerios into a plastic bag, add water, pass a magnet over the top, and watch iron particles rise toward the magnet. The pharmaceutical industry has an interest in making plant-based products, such as lip balm.

Each of the eleven rooms in the greenhouse is air, light, and moisture controlled, and in one we saw strawberries growing vertically to accommodate mechanical harvesting to avoid the high cost of using hand labor. Breeding strawberry varieties tailored for mechanical harvesting is a research goal. Another is focusing on a control for NeopP, a new, deadly fungus first confirmed in NC in fruiting fields in 2022. A tool for extracting DNA from strawberry plants is a micro patch that, when attached to leaves, can pull DNA from a cell.

There are only 8 Guelph boxes in the world, and NCSU has four of them. These are growth chambers, each of which can control 100 growth variables, including gases and gravity (for space research). One example given of interdisciplinary research being conducted at the PSB was that of a graduate student in plant microbial microbiology. She is using urea from astronauts combined with moon dust and bacteria to make bioblocks for structures on the moon. The bacteria break the urea down to make a glue-like substance. The process has been used on earth, but she has improved it for space by finding a particular bacteria that lives in wheat plants and which will digest the excess waste ammonia produced.

There are six labs, each of which can house 3 research groups. We couldn't go into the rooms that had research plants growing, so photos had to be taken through the glass doors or walls. There was one lab with exceptionally tall corn, and Sarah said the research goal is to produce a shorter stalk (around 5') so that mechanical harvesting would be more efficient, thus cutting costs. In the forestry lab, one of the goals is to modify selected species of eucalyptus trees for the paper industry.

An ornamentals research room contained, among lots of other plants, 'Firefly' petunias, developed by the Bio Light company. Firefly's claim to fame is that it glows in the dark with a green light. Genes from a

bioluminescent mushroom were inserted into a white petunia to produce the glow, and since USDA approval in September 2023, 50,000 preorders were delivered last April.

The Plant Sciences Initiative promotes interdisciplinary research (Sarah told us a large percentage of the researchers in the building are NOT plant scientists) and serves as an incubator for start-up companies. One example is a company founded by a veterinary sciences researcher and a chemist. Their major discovery was a probiotic enzyme that, when injected into a cow had two results: increased milk production and *almost all methane production eliminated!* In conjunction with this breakthrough was the development of an in-cow sensor that measures methane production and sends the data to the lab every 10 minutes. As a consequence of this NCSU-led research, one of the worst atmospheric pollutants can be measured and eventually eliminated.



Two Guelph boxes



Lab with 'Firefly' petunia



Studying methane from cows

We saw the Maker Room, which has 3-D printers that print in plastic, metal, and even plant tissue, i.e., cellulose! The methane sensor was made here. Objects as tiny as a plant cell, which can be seen only under a microscope, can be printed! The non-living plant cells can simulate cellular reactions to chemicals so that living plants will not be damaged in the research.

In the article “In groundbreaking research, Tel Aviv team records plants ‘talking’ for first time,” by Sue Surkes that appeared in *The Times of Israel* March 30, 2023, two microphones that detect ultrasound were used for the recording (click here: [plants talking](#), to read the article and hear the plants talking). This is such important news for agriculture that a flora phone which looks something like a stethoscope is being designed and the parts will be printed here. This device will simplify the listening and recording process. As of now, it is still cost prohibitive.

As we were leaving, Sarah said she wanted to show us the latest robot, so we went outside to see the large machine that teaches AI how to recognize weeds. It moves over its bed taking pictures of weeds at every growth stage with the goal of training AI to recognize the critical height at which a microdose of herbicide should be given (4” or under). Using the database acquired by this robot, agricultural fields can be treated with accurate tractor-equipped herbicide delivery. The database will be available for use up and down the east coast. The height of the fence around the plot had to be raised a few times because deer would eat the weeds under study!



The weed ID teaching robot moves to the right on tracks.

By Marty Finkel and Kat Ravenel
Photos by Marty Finkel

Sources: Guide Sarah Dinger; Wikipedia as cited; Article by Elissaveta M. Brandon “Glow-in-the-dark petunias are just the beginning” in *FastCompany*; NCSU Extension for Neop; Sue Surkes in *The Times of Israel* as cited.

Great Southeast Pollinator Census in Creedmoor

In 2017, Becky Griffin, University of Georgia Cooperative Extension's Community and School Garden Coordinator, wanted a way to teach gardeners about planting for pollinators, to teach them about insects they would see in the garden, and to collect useful data on pollinator populations to monitor them. She came up with the idea of a pollinator census and honed the project for two years before opening it up to the entire state of Georgia. Since then, the pollinator census has grown to include South Carolina (2022), North Carolina (2023), and Florida (2024).

We wanted to contribute to the '24 census, and were able to with the help of NC State Master GardenerSM Volunteers of Granville and Person Counties who printed information for us and who were also represented among the participants, and the City of Creedmoor who allowed us to hold the count at their Community Center pollinator garden. On the Friday of the census (I had a prior commitment Saturday), a few of us gathered at the garden with clipboards in hand and spent 15 minutes counting the number of insects alighting on our chosen plant. The weather was in the 70s and the sky was blue. All in all, we uploaded about five counts. Some of us repeated the 15 minutes on different plants.

While the number attending was lower than desired, I think spreading the word was important, and some have told me they counted in their own gardens on Saturday. Next year, we will hold our count on the Saturday to try to have families participating. The Bee Keepers have expressed an interest in joining us.



By Kat Ravenel



Photos by James Counts and Kat Ravenel

Member Flowers... Do you have photos of flowers, insects, birds, etc., that you have taken in your garden that you'd like to share? Send them to us with your name, approximate date they were taken, and the name of what's in the photo. Please make sure they are in focus. We will choose several each month to include in the newsletter.



L to R: Summer wildflowers at wood's edge: *Persicaria virginiana* (American jumpseed), *Bidens aristosa* (bearded beggarticks), *Elymus hystrix* (bottlebrush grass), *Helianthus decapitalus* (pale sunflower). Enlarge the PDF page to see the delicate wands of jumpseed. By Kat Ravenel

Did you know that prowling around in cockroach poop led to an important discovery? Some species of this insect live in forests and play an important role in forest ecosystems where they feed on dead and decomposing plants. Recent research has shown that they are important seed spreaders. How was this phenomenon discovered? Scientists at Kumamoto University in Japan were studying how the seeds of a particular plant (*Monotropastrum humile*) that grows on the forest floor were spread, and they noticed that neither birds nor mammals seemed interested in the seed-laden fruits. However, many **insects** were attracted to it, and Japanese forest cockroaches (*Blattella nipponica*), were the most frequent consumers. Guess what the researchers found when they painstakingly went through the roaches' feces? Viable seeds of *M. humile*! Since there are over 4,600 known cockroach species, the researchers concluded that there is a lot more seed spreading of who knows what kinds of plants by cockroaches than anyone realized. So, think before you step on that cockroach when you're working in the garden or walking in the woods.

Something you've always wanted to know: There is actually an American Cockroach Society that has cockroach discussions, a photo gallery, and very enthusiastic posts from aficionados. It seems there is something for everyone!

Did you know that there is a book that recounts the stories behind some of the intriguing names of plants? Included are naked ladies (*Lycoris radiata*), hairy balls (*Gomphocarpus physocarpus*), and horny goat weed (*Epimedium* sp.) among others. The book is **Of Naked Ladies and Forget-Me-Nots**, by retired University of Georgia horticulture professor Allan Armitage, "an incredible yarn-spinner," according to the review by Linda Yang in the Sept./Oct. issue of **The American Gardener** journal. I can attest to that talent, after having spent many an hour on garden trips led by Dr. Armitage being entertained with stories about plants, people, places, and more.



Naked Ladies



Hairy Balls, Bishop's Balls



Horny Goat Weed

The reviewer's statement that Dr. Armitage ". . . includes a liberal sprinkling of serious botany, history, and a few growing tips in each narrative," rings a bell, having listened to many a well-told lesson about a particularly fascinating and weird method of pollination, for example, or why a plant is found only in certain locations, etc. (and of course, how this or that plant got its common or botanical name). In the book, under the heading of "Raising the Nap," he "romps through the history of teasel (*Dipsacus sativus*), a weedy plant whose bristly seedheads 'hurt when I touched them.'" He then tells of the long history of how it was used to card wool in England and France, and later in the United States, even that machines with teasel heads were used into the mid-20th century before being replaced with parts with metal teeth.

Yang ends by saying that many readers will enjoy the book for the "many marvelous, personal, and invariably funny anecdotes Armitage recounts."

The book is self-published in Athens, GA, 2017, is 219 pages, and is available from online sources.



Teasel



Forget-Me-Not



Joe Pye Weed

By Marty Finkel

Credits: Japanese forest seed-spreading roach discovery: Kumamoto University. "Cockroach gardeners: Spreading plant seeds across the forest floor." ScienceDaily. ScienceDaily, 3 August 2017.

Linda Yang's review of Armitage book as cited.

Photo credits: **Naked Ladies:** Plant Delights Nursery www.plantdelights.com. **Hairy Balls plant:** NC Extension Gardener Plant Toolbox, Krzysztof Ziarnek, Kenraiz CC BY-SA 4.0 **Hairy Balls seed capsule:** NCEGPT, Bernard DUPONT, CC -By-SA 2.0 **Horny goat weed:** Marty Finkel **Teasel:** Pixabay free photos **Forget-Me-Not:** NCEGPT, Tero Laakso, CC-BY-SA 2.0. **Joe Pye Weed:** Debbie Roos, Agriculture Extension Agent, Chatham Co.

Member Marketplace

Name: James Counts

Location: Stem, NC

Available this month: Micro Greens, Sunflower, Moong/Mung Bean and Lentil Sprouts

Order ahead sprouts are grown fresh.



Sunflower Sprouts



Moong Bean Sprouts



Lentil Sprouts

Name: Vickey Thornton

I sell produce at Oxford Farmers Market. I am at market on Saturday mornings from 7:00-12:00.

Have red potatoes and Yukon gold potatoes, chicken eggs and duck eggs.

Still have bell peppers, Cayenne, Jalapeno and Serrano peppers.

Expect to have red muscadine grapes in September and Pumpkins in October.

Produce can be picked up at the farmer's market or arrangement can be made for pick up by calling me at 919-603-7975.

Name: Joyce Cifers- Dalton Mill Nursery

Location: 2566 Dalton Mill Rd; Bullock, NC 27507

Phone: 919-482-9883

See me also Saturday, September 21, at the Sweater Season pop-up market at Strong Arm Bakery!

50% OFF

- Hanging Baskets
- Boston Ferns
- Sword Ferns
- Asparagus Ferns
- Wandering Jew
- Geraniums
- Hostas

Mums the word!

- Please place your pre-orders by Sept. 4th.
- Mums (huge 9")
- Colors
- Red/Burgundy, Orange/ Bronze, Yellow,
- Purple, Pink, White

25% OFF

- All
- Ornamental
- Grasses

Name: Brittnee Worthy (Geassa Apothecary)

Location: Farm in Stem, Retail location in the Art and Craft Space, Oxford. And at Strong Arm Baking's pop-up market on Sept. 21st!

General: We are a small batch herbal apothecary offering herbal products and botanical crafts, including herbal tinctures, bitters, and extracts, teas, salves, candles, hydrosols and soon I will have herbal honey, herbal latte powders, seasonal syrups, botanically dyed bandanas, botanically dyed yarn, botanical prints of my artwork, dried and fresh bouquets, and more!

This month: We are very excited to be a vendor at the Sweater Season pop-up at Strong Arm Bakery, Saturday September 21st! With the start of fall near we are gearing up with an exciting line of autumnal products including elderberry syrup, our line of "Autumn Wander" products, including an immune boosting elixir with reishi, scented candle, and tea blend. Our "Dream Weaver" collection is coming back with the popular sleep boosting and dream enhancing elixir in addition to a hydrosol and mugwort pillows! We are also introducing a few new teas, including a women's daily blend and Magic Pink Celosia tea! You will of course also find our ongoing line of tinctures, such as panic ease, migraine soother, sleeping beauty, single herb tinctures and more. We may have some botanically dyed bandanas and botanical art prints and jewelry available as well!

We will be a vendor at several other markets come October, so look out for us! We are always at the Art and Crafts Space in Oxford, NC.

Please follow @geassaapothecary on Instagram and Facebook as well for updates and herbal fun! I am also available via geassaapothecary@gmail.com



Name: Judy McHugh.

I have a backyard nursery for old-fashioned flowers and shrubs. At present I have:

- butterfly bush (purple, yellow, and lavender)
- snowball bush
- hydrangea (blue and limelight)
- bee balm
- purple coneflower
- spirea
- green dragon
- honeysuckle bush

I'm at the Oxford farmers market on Saturday mornings from 8 o'clock until 12 o'clock. If it's an old-fashioned shrub or flower you're looking for, I may have it. Prices range from \$5 to \$10. Plants can be picked up at the farmers market, or arrangements can be made for pick up by calling me at 919-691-4790.

Name: Danny DeVito.

My wife Cindy and I have been members of the Granville Gardeners for 10 plus years. We enjoy gardening and have turned our passion of edible gardening into providing us with tasteful treats and supplemental income. We sell our excess fruits, vegetables, and plants at the Oxford Farmers Market.

We grow many herbs including basil, oregano, various mints, pineapple sage, shiso, and rosemary. I sell the plants while Cindy dries them and sells dried herbs at the market for teas and flavoring. She also turns lavender into scrubs, bath bombs, sachets, and bouquets. **In September, Cindy will be offering fall-themed dish towels, table runners, and placemats.**

My true passion is growing fruits and vegetables that are uncommon and not found in local grocery stores. My favorite fruit is persimmon both Japanese and American. I have many different cultivars and sell the fruit at the local market in the fall. Other unusual fruits that I grow include many types of mulberries, che, pineapple guava, goumi berry, pawpaw, medlar, kiwi, pomegranate, various citrus (I have a small greenhouse), and jujube. I also grow the more traditional fruits such as blackberry, raspberry, blueberry, figs, pears, and plums.

As far as vegetables, I grow the usual (tomatoes, peppers, cucumbers) but I also grow the uncommon including Okinawa spinach, Malabar spinach, ground cherries, cucuzzi, tromboncino, Japanese turnips, and sunchokes.

My biggest challenges each year are finding new things to grow and where to put them, local wildlife (they eat well), insects of all types since Cindy does not allow me to use insecticide (bad for her cats), and weather (lack of rain, too much rain, and late frosts).

Changes at the Post Office Garden

The Betty Zielstorf Memorial Garden continues to evolve, as gardens will. Our hot and dry, then hot and wet, summer has caused some stress to the plants, which are in full sun for much of the day. As you know, once plants are stressed, there is something of a domino effect, with parasites and pathogens taking advantage of the plants' weakened state. Considering all that, the garden is looking pretty good.



GRANVILLE GARDENERS VOLUNTEERS TIDYING UP AT THE POST OFFICE GARDEN

We are juggling ideas to attract more volunteers to help in the garden: more helpers for shorter stints, socializing afterwards with food and drink, going at different times of days and different days of the week to fit more people's schedules, staggering two groups of volunteers, so any one person only goes half the time. Other ideas we are looking into are breaking the tasks into smaller chunks and working toward an easy-care garden.

The Post Office garden has high visibility, is loved by the community (judging from the many comments we get when we are working there), and can be, as Marty says, a teaching garden for the community to learn about new (to them) plants and the conditions they thrive in, what they look good with, and so on. Not everyone can physically work in the garden, but many of you probably know the needs of various plants. If you have any ideas regarding the Post Office garden, please send them to Kat, by phone, text, or email (I'm in the directory).



GRANVILLE GARDENERS VOLUNTEERS AND FRIEND ENJOYING FOOD AND DRINK AT TOBACCO WOOD

By Kat Ravenel

Photos by Kay Nutt and Kat Ravenel

MEDICINAL HERBS FOR TEA

For the past twenty-five plus years I have not suffered from a cold, flu, headache, stomachache, toothache, diarrhea, constipation nor many other common ailments which our medical industry thrives upon. This is due to my medicinal approach to maintaining health without “modern medicine.” I may not follow any of the popular herb treatments for the balance that suits my body, but the intention is a strong immune system as the most essential element.

Herbs used: Rosemary Mint Thyme Oregano Basil Turmeric Ginger

All of the above herbs can be dried, chopped, and ground for use in cooking.

TEAS AND TINCTURES

Teas can be prepared from all of the noted herbs.

There are many methods for brewing teas, but they are all ways of extracting the properties of the leaves. Loose teas are preferred which tend to have less stems and other by-products as opposed to bagged or processed teas. The tea is prepared hot and drunk for the entire day topping off the pot with cold water and reheating. Continue until the tea is clear.

Herb/Spice → Used for ↓	Rose- mary	Mint	Thyme	Oregano	Basil	Ginger/ Turmeric
Circulation	X		X		X	
Anti-Cancer	X	X	X	X		X
Anti Oxidant	X	X		X		
Anti Inflammatory	X		X	X		X
Digestive Aide	X	X	X	X	X	X
Colds/Fevers	X	X	X	X		
Blood Pressure	X		X		X	X
Immune System Support	X		X	X	X	
		Insect			Insect	

TABLE 1. VARIOUS APPLICATIONS OF THE HERBS DISCUSSED.

All of these “herbs, spices, plants” provide a vast number of beneficial properties. I wish to aid my Circulatory system and Digestive system to increase blood flow to solve inflammation and to allow the waste to process out of my system.

I pick the leaves and flowers primarily in the middle of the day after high noon, and I use them for tea. I wash the leaves, pat them dry and lay them in the sun to dry naturally.

TURMERIC AND GINGER: the leaves and flowers are picked for tea. Once the leaves turn brown on the plant, you can dig up

the root and use it fresh or dried, chopped or ground for tea or cooking.

The teas are prepared by placing the dried leaves into a TEA BALL; do not allow stems in your tea. Heat water and place ball into pot and allow the water to boil for a minute or so. Allow the brew to cool a bit, but drink the first cup as hot as you can! As you deplete the liquid in the pot, refill with fresh water to keep flavor, and allow yourself to have 3 pots from this ball. Reheat for drinking.

The only liquid I drink all day is this tea - no soda, coffee, or sugary drinks. The objective is to consume foods that have a positive effect on health, not a negative one. For a sweetener, if necessary, I will use Stevia or Honey.

Tinctures can be prepared with cut up dried leaves, and I use 100+ proof alcohol for the extraction process. Begin by filling a jar with the herbs, then cover them completely with the alcohol and close the lid tightly. Store the jar in a dark place turning it over periodically. After about 3-4 weeks remove the lid and strain the liquid and store it in a clean jar. Use an eye dropper to administer 1 drop under your tongue daily to boost the immune system. Suggest further research for treatment of specific ailments.

There are many variations to the usage and preparation of herbs. Do your research for specific uses.

By James Counts

GRANVILLE GARDENERS CALENDAR

September 28. Grow Greens Through the Winter: Microgreens and Home Hydroponics. 10:30am – 12:30pm at Thornton Library in the large meeting room. Reuben and James will walk us through how to set up a home system to have fresh, nutritious greens all winter.

Post Office Garden. Every two weeks. We meet to tidy up the PO garden then head off to a local eatery. As the season changes, we will be adjusting the times and days. Please let Kat know if you can help, and we'll add you to the email list to keep you up-to-date.

GG Walking Group. We have begun walking at the Granville Athletic Park for exercise and conversation. Tell Kat if you want to get on the email list. At the moment, we are expecting to walk Monday mornings at 8:00, Thursday evenings at 6:00, and Friday mornings at 7:00, but it's not set in stone.

OTHER GARDEN/PLANT/FOOD RELATED EVENTS IN THE AREA

SEPTEMBER

September 4. Life on a Blueberry Farm: Ever wonder about ins and outs of blueberry farming? Join local blueberry farmer Celine Koropchak on September 4, from 12-1pm at Thornton Library to hear about her experience owning and living on a blueberry farm in our area. **(Free)**

September 6 and 7. NC Hot Sauce Contest & Festival. Main Street, Oxford. **(Free)**

September 13. Butner's Food Truck Friday. 11am-2pm at Gazebo Park, 416 Central Ave., Butner.

September 21. Sweater weather pop-up market. 7am-12:30pm at Strong Arm Baking Co. 117 Main St., Oxford. More info at 919-603-1164.

September 22. Open Day: Swiftbrook Gardens. 3-6pm at 5508 Swiftbrook Circle, Raleigh. **(Free)**

September 28. NC Botanical Garden Plant Sale: 9am-1pm at 100 Old Mason Farm Road, Chapel Hill

OCTOBER

October 19. Sweater weather pop-up market. 7am-12:30pm at Strong Arm Baking Co. 117 Main St., Oxford. More info at 919-603-1164.

ON-GOING

Stovall Farmers' Market at the Stovall Branch library every 2nd and 4th Thursday, 3:30-6:30 p.m. in their parking lot at 300 Main Street, Stovall, weather allowing. The Farmers' Market runs through Oct.

Seed Library. Thornton, Stovall, and South Branch libraries have seed libraries where you can donate, or find seeds to take home and plant. Click here to learn more: [Seed Library](#).

Farm to Fridge. A program Thornton, Stovall, and South Branch libraries have where you can donate your produce to help people in need. Click here to learn more: [Donate Produce](#). (Not shown, but Stovall Branch has a fridge.)

Mobile Food Market. Every Tuesday from 3-4:30pm at Tobacco Wood Brewing Co., 117 Wall St., Oxford: A mobile market, organized by non-profit Ripe for Revival, to distribute excess farm produce, and reach people in need. Anyone is welcome to shop here. At check-out, a suggested price is given, and the shoppers decide "what they can pay." Read more here: [Ripe For Revival](#).

Keep an eye out for Thornton Library programs "Cooking Greens" and "Easy Meals to Go" which are being rescheduled – dates to be announced.

PLANT OF THE MONTH: CRINUM LILY (*Crinum americanum*)



This beautiful southern swamp lily grows from a “perennial bulb in the Amaryllis family and is native to wetlands, swamps, marshes, and stream banks from South Carolina to Florida and west to Texas.” So if you have a pond, bog, or water garden you can plant it and enjoy its fragrant blooms from June through November. It prefers a water depth of 1--6 inches but can grow in a moist soil environment as well. The white flowers are up to 4 inches across, and the 2 to 3 foot stalks have 2-6 flowers each. Its leaves come up directly from the bulb and are 2-4 feet long, dark green and strap-like. It makes a good container plant as long as the soil is kept consistently moist.

Also in Bloom this Month * denotes native plant

Note that bloom times vary, depending on climatic and meteorological conditions, and many plants bloom several months in a row (and sometimes rebloom)

Abelia
Aster *some
Ornamental ginger
Bluebeard
Rudbeckia *
Goblet flower
Lesser calamint *
Naked ladies
Maryland golden aster *
Gaura
American dittany *
Mallows *
Crape myrtle
Lespedeza
Turk's cap *
Muhly grass *
Sedum

Allium
Butterfly bush
Ironweed *
Pampas grass
Mountain mint *
Dahlia
Rain lilies
Buttonbush *
Hibiscus *some
Tickseed *
Mexican petunia
Liatris *
Lantana
Lirope
Summer wisteria
Salvia *some
Hardy gloxinia

Compiled by Marty Finkel from the JCRA photo collection and Debbie Roos, Chatham County Extension Agent, Pollinator Paradise website. Crinum source: NC Extension Gardener Toolbox (quoted sentence is from this site). Photo credit: NC Extension Gardener Toolbox David J. Stang, CC BY-SA 4.0

SOME OTHER PLANTS IN BLOOM THIS MONTH



Rootbeer plant



Purple shamrock



Fortune's osmanthus



Hardy cyclamen



Blazing star *



Spurred butterfly pea *



Groundnut *



'Solar Cascade' goldenrod *



Korean feather reed grass



Tea camellia



Giant elephant ear



Hidden cone ginger



Licoris hyssop *



Pink turtlehead *



Gregg's mistflower *



Spotted bee balm *

Compiled by Marty Finkel from the JCRA Photo Collection (rows one and three) and the Chatham Mills Pollinator Paradise site, photos by Debbie Roos, Chatham County Extension Agent (rows two and four)