

P.O. Box 876  
Burlington, KY 41005

Phone: (859) 586-6101  
Fax: (859) 586-6107  
Email: laura.kline@uky.edu

Visit our website at:  
[www.bcarboretum.org](http://www.bcarboretum.org)



UNIVERSITY OF KENTUCKY  
College of Agriculture

P.O. Box 876  
6028 Camp Ernst Road  
Burlington, KY 41005



## Vegetarian Chili by Barbara Kingsolver

On January 23, the Friends of Boone County Arboretum will be having an encore discussion of a Lunch and Literature session, featuring the book *Animal, Vegetable, Miracle* by Barbara Kingsolver. *Animal, Vegetable, Miracle* is about taking a close look at the food we eat, how it is manufactured or grown, and making healthy choices. Kingsolver and her family tried one year of only eating food they grew themselves or could purchase locally and she wrote about the challenges and surprises they encountered. One main theme that came from the book is eating seasonally. By eating produce that is in season, you better appreciate the flavor. Think red, fresh-picked, warm summer tomato versus a pale, winter hot-house tomato. To read an excerpt from this highly recommended book and to get more recipes like this one, visit [www.animalvegetablemiracle.com](http://www.animalvegetablemiracle.com). Please join us on Friday, January 23

at 11:30 a.m. at the Boone County Extension Office. Please bring a lunch; drinks and dessert will be provided. If you need a copy of the book, you may check one out from the Extension Office. Please call Laura Kline to check one out or to sign up! 859-586-6101.

### VEGETARIAN CHILI

- 1 lb. dry kidney beans, soaked overnight and drained**
- 1 cup chopped carrots**
- 2 large onions, chopped**
- 1 cup frozen peppers (or ½ cup dried)**
- 3 cloves garlic, minced**

- olive oil**
- 28 oz. canned tomatoes, undrained**
- 4 cups stock or tomato juice**
- 3-5 tbs. chili powder**
- 4-5 bay leaves**
- 1 tbs. cumin**

Sautee garlic, peppers and onions in olive oil until golden, add chopped carrots and cook until tender. Combine with beans and remaining ingredients, stir well. Thin with extra water, stock or tomato juice as needed. Cover and simmer for one hour. A finishing touch option: you can add 8 oz. of elbow macaroni, 15 minutes before serving.

# The Four Seasons Newsletter

The mission of Friends of Boone County Arboretum is to create community awareness and participation at the arboretum by involving individuals, families, schools, sporting groups, community organizations, garden clubs, and other interested parties.

Volume 6, Issue I

Quarterly Newsletter

Winter, 2009

## Hot Plants

by Mike Klahr, Extension Agent/Certified Arborist

### MESERVE HOLLIES

As a group, there is probably no finer collection of landscape hollies adapted to Kentucky than the "Meserve Hollies" (*Ilex x meserveae*). This group of hybrid hollies includes several popular and proven evergreen shrub selections such as 'China Girl', 'Blue Princess' and 'Blue Maid', plus a mutation of the latter called 'Honey Maid', which has large, bright red berries and blue-green leaves splattered with rich golden yellow and cream-colored variegation.

The "Blue Hollies" usually have darker green foliage and blue-green to purplish stems, while the

'China Girl' (female with fruits) and 'China Boy' (male pollinator needed for fruit set) cultivars have lighter green leaves on yellow-green stems, and are the most heat-tolerant and disease resistant. The Meserve Hollies produce abundant red berries on the female plants.

If you are looking for a reliable, cold-hardy broadleaf evergreen that produces attractive red berries for added fall and winter beauty, this group of plants is a wise choice.

#### QUICK FACTS:

COMMON NAME: Blue Hollies and China Girl Holly

BOTANICAL NAME: *Ilex x meserveae*

TYPE: Broad-leaf Evergreen

FLOWERS: not noticed, but male

plants needed for pollination

FRUIT: bright red berries in clusters; showy fall/winter

SOIL: Adaptable; prefers acid, organic, well-drained soil and 2-3 inches organic mulch

SIZE: 5-12' tall X 4-10' wide; varies by cultivar

EXPOSURE: Sun to part shade

#### KEYS TO SUCCESS:

WATERING: one inch of water per week during the growing season

WHEN TO FERTILIZE: Fertilize in late fall or early spring, based on soil test results.

PLANTING & PRUNING: Plant in March/April; Little pruning needed

#### IN YOUR LANDSCAPE:

Great foundation plant for year-round beauty. Also used for hedges and winter gardens.



## Congratulations, Marea West!

Marea West, President of Friends of BCA, was awarded the Volunteer of the Year recognition for completing more than 130 hours of volunteer work. Marea is a pleasure to work with and her attendance to work days, meetings and special events is always appreciated. Thanks, Marea!



## Upcoming Events

**Lunch and Literature**  
January 23 11:30a-1:30p  
We will be discussing *Animal, Vegetable, Miracle* by Barbara Kingsolver. Bring a lunch!

**Friends Meeting**  
January 26 6:30 pm  
Monthly meeting

**Maple Tree Tapping Demonstration**  
February 7, 10:00 a.m.  
See how sap is tapped from Maple trees. Meet at shelter #1.

**Landscape Design**  
February 11, 6:00 p.m.  
Open to paid Friends members only. Small class to ensure one-on-one attention. Call 859-586-6101 to sign up. You MUST register for this class.

**Friends Meeting**  
February 23, 6:30 p.m.  
Monthly meeting

**Rain Gardens for Homeowners**  
March 17, 10:00 a.m.

Learn how to take a troubled spot in your yard and turn it into a beautiful garden, while saving water, preventing runoff and erosion, and saving money. Call to register.

**Friends Meeting**  
March 23, 6:30 p.m.  
Monthly Meeting

**Learn Your Invasive Species!**  
March 31, 6:00 p.m.  
Learn how to spot invasive plants in your yard and help eradicate the spread.

## Membership Updates

Please take a look and see if your membership is expiring soon. All the following memberships will be expiring on March 31, 2009. Visit [www.bcarboretum.org](http://www.bcarboretum.org) to print a membership renewal form. In a few weeks, we will be providing online membership renewal.

Carol Adams  
Ed Bowmann  
Mary Ann Fedders

Mary Alice Gruden  
Bonnie Hampton  
Betty Kasprovicz  
Sara Kennedy  
Mike and Joan Klahr  
Betty Lu Myers  
Audrey Ney  
Kathleen Plake

Ginger Schlereth  
Josh Selm  
Les Stephens  
Sy Sypolt  
Carol and John Walton  
Marge Webb  
Jay and Betsy Weissmann

## The SAD Truth by John Duke

Victor Hugo wrote in *Les Miserable*, "Winter changes into stone the water of heaven and the heart of man."

The onset of winter brings changes to people as well as the garden. Seasonal mood swings have long been with us-winter "lows" and summer "highs." In the U.S., 2-9% of the people suffer from SAD, Seasonal Affective Disorder. It is less prevalent in the southern latitudes where the day length doesn't change much and more prevalent in the north where winter days are short. It is four times more prevalent in women than in men. Symptoms, besides depression, include over sleeping, craving carbohydrates and weight gain.

In the early 1980's, Herb Kern, an NIH researcher, hypothesized that winter depression was due to lack of sunlight. Research has shown that bright white light (for half an hour to two hours each morning) is an effective treatment for

SAD. Expensive antidepressant drugs such as Prozac, Zoloft and Paxil may be effective. Some research has also shown that the ancient herbal remedy, St. John's Wort, also works. GNC sells 180, 500 mg capsules for about \$12.00. Personally, I would rather spend the money on a nice house plant and train it to watch HGTV with me.

Perhaps gardeners are not much affected by SAD. How can we be depressed by a season that is introduced by the beautiful fall colors? (And all that new "compost food" is exciting!) What about the beauty of a wet snow sticking to the trees? Winter is a great time to visit an arboretum. Winter is the evergreen's time to show off. Gardeners need the winter break to collect catalogs and plan for spring. Gardeners know the secret that our plants, under the snow, are gathering strength for a glorious spring. Winter

is also a great time to read some good gardening books. My list includes:

- [The Lazy Gardener](#), Mary Grey
- [Trowel and Error](#), Sharon Lovejoy
- [Legends in the Garden](#), Linda Copeland & Allan M. Armitage
- [Paper Before Print](#), Jonathan M. Bloom
- [Keepers of Life](#), Michael J. Caduto & Joseph Bruhac



John Duke is a long-time Friend Member and founder of the American Compost Society.

## Collection News

As we begin 2009, I am happy to report that the Arboretum has reached an important milestone. With the 2007 drought loss replacement project nearing completion, we have officially passed the 3000 plant threshold. We have been hovering around 2750 trees and shrubs for several years, with atypical weather extremes taking out nearly as many plants as we would put in. This announcement comes at a great time, with May being our 10-year Anniversary. The garden is quiet now, with a soft dusting of snow add-

## by Josh Selm

ing to the tranquility. Come out and enjoy the sights, sounds and smells of our winter landscape before the snow melts.

See you at our next event!

Josh Selm  
Curator,  
Boone County Arboretum



## Horticulture Concerns by Mike Klahr, Extension Agent/Certified Arborist

### NEW YEAR'S RESOLUTIONS FOR THE GARDENER

**Question:** Is this a good time to add lime to my lawn and garden, and how much should I add?

**Answer:** We often get asked about adding lime to our soils. People think this is always a good thing to do. But along with the answer to that question, perhaps this would be a good time to make a short list of "New Year's Resolutions for the Gardener". Here are a few things you might want to commit to doing (or NOT doing) in 2009:

1. ***I will never add lime or wood ashes to my lawn, landscape, garden, flowers or orchard unless a soil test reveals the need.*** This is because two-thirds of the home horticultural soil samples we've tested in this area do not need an increase in soil pH. Many plant nutrients are more available to the plant if the pH is slightly acid (below 6.8). Most of our lawn, garden and landscape soils already have a pH higher than this, so added lime or wood ashes would do more harm than good.
2. ***I will never "top" a tree or leave branch "stubs" when I cut off tree branches.*** Branches should be pruned back to a side branch, or cut off at the trunk just outside the "branch collar", a

slightly swollen area where the branch attaches to the main trunk, or to a large side branch. If several inches (or feet) of bare branch are left attached, that stub will die back and rot out, leading to the decay of the larger branch or main trunk it is attached to. When trees are "topped", new sprouts often grow up quickly, but they are very weakly attached, and will often break off in future wind and ice storms. Topped trees usually die from increased diseases, sunscald and branch breakage. For larger pruning jobs, be sure to hire an I.S.A. Certified Arborist.

3. ***I will never plant a tree any deeper than the depth of the root ball, and I will not dig the planting hole any deeper than this either.*** Many trees die because they were planted too deep, or else the tree settled after planting because the hole was dug deep but then loose soil was put in the bottom of the hole. Tree roots need oxygen, and the more clay that's in the soil, the less oxygen there is down deep. Sometimes, even the roots in the rootball inside the burlap are already too deep, with several inches of soil already above the roots. Always dig the hole wide, but not too deep.

4. ***I will make sure the total mulch thickness around my trees and shrubs is never more than 3 inches deep, and I will not allow the mulch to touch the trunk of the tree.*** "Mulch volcanoes" (when 6-12 inches of mulch is piled up high against the tree trunk, resembling a volcano in appearance) lead to buttress rot and decay of the tree trunk, especially during wet seasons when the bark is never allowed to dry out. This can also lead to internal trunk decay and the tree snapping off at ground level during a wind or ice storm. Mice and voles love it when you mulch right up against the tree trunk. Then they can live in the mulch over the winter and gnaw on the bark without ever having to go out in the cold. This bark chewing then interferes with the uptake of water and nutrients, leading to branch tip dieback and limb loss in the years ahead. Keep in mind that the base of the trunk is the most important part of the tree, since it is the foundation for all the weight above it.



### The Arboretum Staff

Kris Stone, Arboretum Director  
Josh Selm, Arboretum Curator

Laura Kline, Volunteer Coordinator  
Mike Klahr, Extension Agent

## Boone County Arboretum at Central Park

9190 Camp Ernst Road, Union, KY 41090  
phone: (859) 384-4999  
fax: (859) 384-6888  
[www.bcarboretum.org](http://www.bcarboretum.org)  
[arboretum@boonecountyky.org](mailto:arboretum@boonecountyky.org)

### Friends of Boone County Arboretum Officers

Marea West, President  
Denny Mathis, Vice President  
Janet Samples, Secretary  
Bonnie Hampton, Treasurer



### Friends of Boone County Arboretum, Board of Directors

Betty Kasprovicz,  
John Kain, Mike Klahr, Laura Kline,  
Denny Mathis, Linda Padgett,  
Alvera Kincart, Carol Adams, Kris Stone,  
Ed Bowmann, Mary Alice Gruden,  
David Whitehouse, Jan Taylor