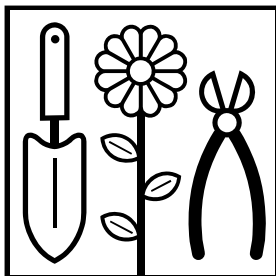


**September
2009
Volume 7
Issue 9**



Piscataquis Gardening Newsletter

University of Maine Cooperative Extension (UMaine Extension) is the major educational outreach program of the University of Maine, with offices statewide. UMaine Extension provides Maine people with research-based educational programs to help them live fuller, more productive lives.

Goal:

The goal of the Piscataquis Gardening Newsletter is to provide timely information on practical, sustainable, research-based horticultural practices, tools and techniques which will improve home gardening success. Topics on growing and caring for vegetables, fruits, flowers, and landscaping for the home will be included as well as pest management techniques. Information will be based on our U.S.D.A plant hardiness zone. Upcoming events and programs of interest will also be included.

You can receive this newsletter electronically. To sign up for the electronic version go to www.umext.umaine.edu/piscataquis/gardening/newsletter.htm.

If you have a question, feel free to contact me and I can include it in our garden question section.

Sincerely,

A handwritten signature in cursive script that reads 'Donna R. Coffin'.

Donna R. Coffin
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News from the Home Horticulture Coordinator

Now is the time to be cleaning up your garden and preparing for next years garden season. For more information on "tried and true" fall garden practices you may want to consider one of the fall gardening programs listed in the calendar.

Please report the number of pounds of produce you have delivered to your local food cupboard, neighbors, relatives and/or friends. These totals will be recorded under the auspice of the Plant a Row for the Hungry project. For more information about this program please visit: <http://www.umext.maine.edu/plant-a-row/default.htm>. To report this data contact: UMaine Cooperative Extension, Piscataquis County Office, 165 East Main St., Dover-Foxcroft, ME 04426, 564-3301 or 1800-287-1491 (in Maine) ask for Hannah Todd and report directly, or e-mail your report to htodd@umext.maine.edu.

Guidelines for Using Manure on Vegetable Gardens

Animal manure can contain bacteria such as Listeria, Salmonella, and E. coli O157:H7, as well as roundworms and tapeworms. These tiny organisms are called pathogens because they may cause disease. Pathogens can pass from animal manure to humans through direct contact between contaminated manure and fresh fruit and vegetables.

Note: some people may be more at risk for food-borne illness and should not eat uncooked vegetables from manured gardens. Those who should be most careful include pregnant women, the elderly, very young children, and those with health issues such as cancer, kidney failure, chronic liver disease, diabetes, or AIDS.

To reduce the risk of disease transmission, food safety experts suggest that you follow these safe gardening practices:

◆ **Use composted manure.** Composting manure with your yard and garden waste helps reduce the risk of contaminating your garden vegetables with pathogens. Ensuring that your compost pile reaches a temperature of 140°F will further reduce the risk.

IN THIS ISSUE:

- ◆ Guidelines for Using Manure
- ◆ Saving Energy at Home Program
- ◆ Weatherization and Central Heating Improvement Programs
- ◆ No Asian Long Horned Beetles So Far!
- ◆ Eastern Equine Encephalitis
- ◆ Monthly Garden Activities
- ◆ Featured Extension Publications

◆ **Never use cat, dog, or pig manure in vegetable gardens or compost piles.** Parasites that may be in these types of manure are more likely to survive and infect people than those in other types of manure. It is also important to keep your pets out of your vegetable garden.

◆ **Use water that meets safe drinking standards to irrigate your vegetables** (for water testing information, contact your [county UMaine Extension office](#)). This is most important within one month of harvest. If you use any water that is not drinkable (potable), such as water from old dug wells or rain barrels, to irrigate your garden, it is best to use drip (trickle) irrigation to both conserve water and minimize the contamination of leafy vegetables that can occur with overhead irrigation.

If you do intend to use raw manure as a soil amendment or fertilizer source on your garden, follow these guidelines:

◆ **Apply raw manure at least 120 days before harvesting a crop that has the potential for soil contact** (leafy greens, root crops, etc). The USDA National Organic Program (NOP) standards allow a 90-day period between manure application and harvest for crops that don't have direct contact potential with soil.

◆ **For some gardeners in Maine, the best time to apply raw manure to your garden may be in the fall after harvest;** incorporate it into the soil and plant a cover crop to hold nutrients over the winter. This should be done before October 1 for good cover crop establishment.

◆ **Never use raw manure as a sidedress to growing plants.** Manure that is incorporated and distributed throughout the soil has a much lower risk of passing pathogens to the growing crop.

◆ **Consider the source** if you still want to use raw manures in your garden. Are the animals in the herd or flock healthy? Is there a parasite problem that requires regular deworming? Does the farm use antibiotics as a regular component of their feeding program?

Source: Kersbergen, R. Guidelines for Using Manure on Vegetable Gardens, Bul. # 2510, 2009

No Asian Long Horned Beetles So Far!

In a message to ALB Volunteers the recent surveys in Portland and Bangor did not find any evidence of ALB! The beetle adults are active from August to October, so keep your eyes open. Hannah and I have helped folks identify the local whitespotted sawyer beetle that looks similar but is not the invasive beetle. Any beetle you suspect of being the ALB are welcomed here.

Saving Energy at Home Program

Are you looking for information on inexpensive things to do to your home or apartment to reduce your heating costs and/or make you more comfortable this winter? Are you interested in changing your heating system and want to investigate your options? What about all these alternative energy options, is there something that might fit your home situation?

University of Maine Cooperative Extension and PVAEC Piscataquis Valley Adult Education Cooperative in conjunction with Efficiency Maine and ARRA - American Recovery and Reinvestment Act of 2009 (Recovery Act) are sponsoring an "Energy Saving Tips" program at three locations in Piscataquis County.

Home owners, home renters, apartment renters and all interested people are welcome to this program. Please contact the Piscataquis County Extension Office at 165 East Main St., Dover-Foxcroft, ME 04426, call 564-3301 or 1-800-287-1491 or email

amiles@umext.maine.edu or contact PVAEC at 48 Morton Ave., Suite M, Dover-Foxcroft, ME 04426 call 564-6525 or email knormandin@pvaec.org or visit the web site at <http://tinyurl.com/homeenergyclass> to let us know you are coming so we can have enough hand out materials for everyone or to find out more about this program. The regular cost of this program is \$10, but mention you saw this article in the paper and you can attend this program for free.

Reducing your heating costs and other energy costs in your home is the focus of this workshop. Part of the session will include a demonstration on making a window shutter from cardboard, aluminum foils and duct tape, as well as door draft stoppers from fabric and foam pipe insulation.

Supplemental home heating methods, insulation materials, and importance of regular maintenance on your heating system will also be discussed. A discussion on return on investment for major energy expenses and an overview of alternative energy sources will round out the program.

Please let us know you are planning to come so we will have enough handouts. The dates are listed in the calendar section of this newsletter.

Weatherization and Central Heating Improvement Programs (CHIP)

The Maine State Housing operates the CHIP program to finance energy related repairs for low income homeowners and renters. The programs are run through Maine's Community Action Program (CAP) agencies. The Weatherization program finances improvements that increase the energy efficiency of the home - such things as insulation, weather

stripping, and in some cases safety related repairs or more general improvements. To apply, contact the PENQUIS agency: 973-3500 or 1-800-215-4942. For more information on the program please visit the Maine Housing site at: <http://tinyurl.com/MEweatherization>.

Eastern Equine Encephalitis (EEE) has been found in Maine

- EEE is a RARE but DEADLY mosquito-borne disease of humans and horses.
- **There is no vaccine for people and no known treatment.**
- Use insect repellent on skin and clothing, such as DEET, Picaridin or oil of lemon eucalyptus.
- Cover up with long-sleeved shirts, pants and socks when outdoors.
- Place mosquito netting over child carriers when outdoors.
- Be aware that mosquitoes are most active at dawn and dusk. September 3, 2009 until Hard Frost.

For more information, call Maine CDC at 1-800-821-5821 or go to: <http://www.maine.gov/dhhs/boh/ddc/epi/vectorborne/index.shtml>.

September Garden Activities:

- ◆ We still have a few more weeks of gardening season. Watch for disease or insect attacks on your plants. If you don't know what it is you can give us a call at the Extension Office at 564-3301 or in Maine 1-800-287-1491 or you can email Hannah Todd, Extension Home Horticulture Aide at htodd@umext.maine.edu.
- ◆ The frost has hit a number of gardens in the county. Now is the time to pick your winter squash and pumpkins and put them in a warm (55 F) dry area to finish ripening.
- ◆ Onions can be harvested and stored in a warm dry area.
- ◆ Once the potato tops have died be sure to wait a week or so until the skin has set on the potatoes. This will help the potatoes will keep better in storage. Store in a cool, moist area.
- ◆ Websites that include lists of direct marketing farms: www.MaineHighlandsFarmers.com, www.GetRealMaine.com and www.MOFGA.org.
- ◆ Take your extra garden produce to the local food cupboard or share with a neighbor in need. Gardeners can check with your town office for a food cupboard near you.

Featured Extension Publications:

The following Gardening Extension Publications are available at the Extension office nearest you. Many

publications are also available online for free download at <http://extensionpubs.umext.maine.edu/>. For sale publications can be ordered directly from our publications store at the same web site.

- ◆ **2010 Nutrition & Fitness Calendar** Item #9501. Publisher: Iowa Extension. The theme for the 2010 nutrition and fitness calendar is "healthy and homemade." Features full-color photos. Each month of the 12-month wall calendar features an easy-to-prepare recipe emphasizing vegetables, fruits, whole grains, legumes, and dairy products. Every recipe includes nutritional information and menu ideas. 28 pages, 2010. **\$4.95**
- ◆ **Canning & Freezing Quick-Guides—Entire Series** Item #4380, From UMaine Extension. Four 2-page bulletins listing basic preparation steps, times, jar sizes, etc. for canning and freezing commonly preserved vegetables and fruits. 8 pages total, 2009. Free downloads are available or \$1.75 for the entire series.
- ◆ **Native Trees and Shrubs for Maine Landscapes Series** Item #2560, From UMaine Extension. Nonnative invasive plants pose a serious threat to Maine's biodiversity. By landscaping with native plants, we can create vegetation corridors that link fragmented wild areas, providing food and shelter for the native wildlife. This collection of bulletins is the product of a five-year research project that evaluated the adaptability of native trees and shrubs to the stresses of urban and residential landscapes in Maine. Each 2-page bulletin covers physical description, landscape use, culture, wildlife value, and maintenance for one native shrub or tree. UMaine Extension, 2008; buy entire series of 23 fact sheets---or select only specific fact sheets. Free downloads are available or \$7.50 for the entire series.

Calendar:

October 10th, 2008 **Basic Weatherization Demonstration** 11 am to noon sponsored by UMaine Extension HEARTH VISTA program at Lovell's Guilford Hardware at 66 Water St. in Guilford. Come and learn handy tips on ways to save money on heating costs. There will be door prizes too. For more information contact Judy Morrison, HEARTH VISTA at UMaine Extension, 564-3301 or in Maine 1-800-287-1491 or jmorrison@umext.maine.edu.

Organic Farming/Gardening October 17th between 10 and 2 Burdin's Renewable Energy in Dexter will be having a "Going Green, Growing Green" day. UMaine Cooperative Extension will be giving a talk about

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Piscataquis Gardening September 2009



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Organic gardening practices and how it relates to living a more sustainable life. For information about this day contact Burdin's Renewable Energy at: 364 Corinna Rd, Dexter, ME 04930 or call (207) 924-3010. For more information about the Organic gardening talk contact Hannah Todd at 564-3301 or htodd@umext.maint.edu.

Fall Garden Cleanup: Offered Through Piscataquis Valley Adult Education Cooperative September 29th from 6pm - 8pm at Foxcroft Academy

Don't put away those gardening gloves just yet- there's a lot to do to protect your investment over the winter and into the next growing season. Join Hannah Todd, Home Horticulture Coordinator with the University of Maine Cooperative Extension as she discusses all aspects of fall clean-up for the residential landscape including lawns, trees and shrubs, ornamentals, vegetable beds, and even the compost pile. Learn proven techniques to prepare your garden and grounds for the winter and beyond.

This class is intended for the beginning gardener, but experienced gardeners are welcome to attend. Please register so we can have enough handout materials for all who attend.

This free two hour program will be repeated in three of the four school districts served by the adult education program. Please sign up through Piscataquis Valley Adult Education Cooperative at (207)564-6525. <http://tinyurl.com/fallgarden>. This one evening program will

be repeated in Guilford and Milo.

Saving Energy at Home: Offered Through Piscataquis Valley Adult Education Cooperative

Reducing your heating costs and other energy costs in your home is the focus of this program. Part of the session will include a demonstration on how to make a window shutter from cardboard, aluminum foils and duct tape as well as a door draft stopper from fabric and foam pipe insulation.

Supplemental home heating methods, insulation materials, and the importance of regular maintenance of your heating system will also be discussed. An overview of alternative energy sources and tax incentives will round out the program.

Cost to attend this program is \$10 with scholarships available. This program will be offered in three locations, all programs will be from 6 pm to 9 pm:

September 29th in Milo

October 6th in Guilford

October 13th in Dover-Foxcroft

Sponsored by University of Maine Cooperative Extension and Piscataquis Valley Adult Education Cooperative, to sign up for a session contact UMaine Extension at 165 East Main St., Dover-Foxcroft, ME 04426, 564-3301 or in Maine 1-800-287-1491 or PVAEC at 48 Morton Ave., Suite M, Dover-Foxcroft, ME 04426, 564-6525. <http://tinyurl.com/homeenergyclass>.