

HOMEGARDEN

PLANT EXCHANGE:

Gardener Trades Plants For Variety

BY BRENDA K. JOHNSON

Share your tips, give us a tour of your plant site, or send your questions related to outdoor or indoor plants to newsroom@yankton.net Attn: Brenda Johnson or write to P&D, 319 Walnut St, Yankton, SD 57078, Attn: Brenda Johnson.

Q: How does gardening satisfy some of your wide range of interests?

A: Jennifer Paule of Yankton is an Engineer for Shur-Co and a new mother. She re-sided her home and replaced windows herself with the help of friends. She enjoys photography. She paints, does crafts, has several pets, and tends perennial flowers and herbs at home and a Yankton community vegetable garden.

"The yard is different every day," Paule said. The diversity of her plants throughout the growing season make it so.

When she graduated from the South Dakota School of Mines and moved here, Paule brought plants from Rapid City with her.

Her herbs are quite unique and diverse.

"Lady's Mantle was used long ago as a collection source for purest water," she said. "Many of my plants came from my mother who lives in Rapid City. She has received blue ribbons for her plants in the Central States Fair."

From her dad, Paule learned to use a skid steer for moving large stones and building retaining walls for her mom's gardens.

"This sweet woodruff was used to fill pillows in former times, because it absorbs unpleasant odors," Paule said. "Anise hyssop over there tastes like black licorice, and has no calories! Greek oregano is here." Bee balm, bergamot, Oswego for tea, germander and catnip are some of her herbs.

Her lovage grows as a shrub about six feet tall. "It's leaves taste somewhat like celery," Paule said. "One plant can supply a family for soups and salads."

Lovage can be used as a salt substitute and especially flavors vegetable dishes that include potato or tomato. Once growing in the garden or container, harvest can begin when the plant is about a foot tall, according to information from www.oldfashionedliving.com/lovage.

Herb Tea Recipe

Paule uses chocolate mint from her garden for this recipe.

"Apple, orange mint or lemon balm also works," she said.

- Wash 15-20 stems of the plant.
- Cover with about four cups of near-boiling water in a pan.
- Steep until it is the color or flavor you want.
- Remove leaves.
- Add about four cups of tap water, depending on how strong you like your tea.
- Refrigerate.

Growing Perennials

Paule and her neighbors down the street trade plants. Several yards have flowerbeds between the sidewalk and street.

"This location is a micro-climate with a bluff to the Northwest and the mature trees," Paule said. "One fall, there was a killing frost six blocks away, and as the fall progressed, the plants here lasted another month."

Paule mostly grows perennials, including her grandmother's irises, centura, perennial bachelor buttons and a soapwort relative. There are white and lavender anemones, a cultivar of dusty miller with distinctive leaves and purple and cream/yellow lupines.

"I buy the youngest perennials available," Paule said. "That way, since some just don't survive, I can try several here to see if it is a good location for them."

One of her stops when she visits Rapid City is Jolly Lane Greenhouse.



COURTESY PHOTO

Area gardener Jennifer Paule plants color combinations such as the delphinium and tiger lily for contrast.

(Bottom, left) An iris Paule received from her grandmother.

(Bottom, right) Morning sun bathes this specimen lupine in Paule's garden.



PHOTO: BRENDA JOHNSON

"I think the smallest plants hold up better to transplanting," she said. "The larger the plant, the more greenery and space it takes up transporting them here. I cut the foliage back some when I transplant. That way the roots don't have so many leaves to supply water."

One plant in the flowerbed serves as Paule's water gauge. "When ligularia wilts, it's time to water," she said.

Other plants draw butterflies. "Milkweed grows tall and is eye-catching, besides attracting monarchs," Paule said. Butterfly bush is another.

"I cut the butterfly bush back in early spring, a few inches from the ground," Paule said. "I pull away leaves I put there for mulch in the fall and replace the mulch to protect from late spring frost."

Paule tends to use leaf mulch for protection in the fall and then clean and prune dead stems in the spring.

"Stems keep mulch in place," she said.

Water Feature

"This pond has been through four iterations," Paule said. "The first version was built in an active weekend. Before that I thought about what I wanted, gathered supplies, and removed soil. We



PHOTO: BRENDA JOHNSON

used a marsh liner and backfilled with soil. Now, ever so often a part gets re-built."

The three-foot-deep pond has variable heights around its field stone edge with a raised circular bed for plants that prefer damp soil. The water wheelhouse, which Paule and a friend built, covers the pump and filtration system and houses a water wheel.

"It's by my window, so I can hear the galloping splash water sound at night," Paule said. "The wood shingles on the wheelhouse came off my great-grandfather's house."

"I wanted to put plants that require damp soil in the ground

around the water feature instead of planting them in pots as some do," she said. "I chose water iris, marsh marigold, false indigo, sedum, golden moneywort, and ligularia."

As Paule approaches the pond, fantail goldfish and comets appear.

"I take them inside in winter and Kaylynn enjoys watching them in a 55-gallon aquarium," she said.

Paule has exchanged ideas about water features with other members of the Lewis & Clark Water Garden Society.

"Once we demonstrated how to build a water feature at Yankton Nurseries," she said.

For Paule, plants and their diversity hold her interest.

"Every day is different in my garden," she said. "What will a plant do next? My parents exposed me to many things as a child. Kaylynn loves to help water plants and tries to plant them. As an engineer, I use one side of my brain and as a photographer, gardener, painter or in computer graphics, I use the other."

Q: What is "Three Sisters" Gardening?

A: Several early American Indian tribes developed companion planting techniques called "Three Sisters" with corn, beans and squash. These plants are positioned in the garden to help each other thrive.

Corn is a trellis for pole beans planted around it. Squash vines around the corn and beans cover the ground, crowding weeds and keep soil moist and cool. Beans add nitrogen to the soil.

According to Iroquois legend in "Three Sisters Gardening" by Sheila O'Riley in the Spring 2010 "Iowa Horticulturist," "Little Sister squash can only crawl. Middle Sister pole bean ran off by herself but Elder Sister corn stood tall to protect her siblings."

In one American Indian method, "sisters" are planted on mounds of soil about a foot high and 20 inches across. Mounds are four feet apart from one mound center to the next. Organic fertilizer is added to six-inch depth of each mound. Soil is kept moist during germination. Four corn seeds are planted in the center of each mound and grow to six inches tall before thinning to three. Then about five pole beans are planted around corn and later thinned to four. Three squash seeds on the perimeter of each mound are thinned to one.

When corn is knee high, compost or fish emulsion is applied as side dressing, and again when silks appear. According to the legend, as beans and squash grow, "they wander from home and need to be helped back to the mound." Beans need to be trained up the corn plants.

As food, corn supplies carbohydrates, beans have amino acids and protein, and squash offers vitamins. With lean meat, the "Three Sisters" were said to protect those that ate these balanced foods.

Q: How do I justify all the hard work of vegetable gardening?

A: As you lean on your hoe and sweat from weeding, consider this list of the "most profitable" vegetables you can grow at home and receive the most yield per cubic foot including length, width and height of cube for vine plants. The list was compiled by www.CheapGardener.com with national average market costs of vegetables applied:

Vegetable	Value per cubic foot
Cilantro	— \$21.20
Arugula-Roquette	— \$20.92
Green Salad Mix	— \$17.55
Chives	— \$16.40
Dill	— \$16.40
Lettuce	— \$16.20
Cherry Tomato	— \$15.57
Turnip	— \$9.90
Standard Tomato	— \$9.50
Winter Squash	— \$8.40
Cucumber	— \$7.74
Basil	— \$6.63
Radish	— \$6.22
Bell Pepper	— \$3.60
Carrots	— \$3.56
Rhubarb	— \$3.25
Kale	— \$3.07
Bulb Onions	— \$2.63
Bush Beans	— \$2.51
Edible Pod Peas	— \$2.50
Spinach	— \$1.80
Corn	— \$1.25
Winter Squash	— \$1.20
Beets	— \$0.89
Cabbage	— \$0.80

AUGUST PLANT TIPS

Trish Olson is manager of Hometown Floral & Gifts at 1615 Main St in Tyndall. Expanded variety of flowers, gifts, and cards are available at her newly remodeled shop. She is often asked questions about flowering plants and funerals. Friends and family who send or receive living plants rather than cut flowers wonder about these points:

- Most common? Peace lily, spathiphyllum is known for its white bloom among broad green leaves.
- Easiest to care for? Peace lily, palm plant, pothos, philodendron, rubber plant and schefflera are easy care plants that most florists keep on hand.
- Most popular blooming plants to send? Chrysanthemums or mums are kept on hand at most florists in a variety of colors. Other common choices are kalanchoes, cyclamen, and azalea. Larger florists may also offer lilies, tulips, daffodils, begonias and orchids at all times.
- Specify recipient? Trish puts the recipient's name and giver's name and address on the back of the sympathy card with the plant if you want this done. It makes "thank you" easier. You can request this step.

Basement Walls Bowed? Foundation Settling? Wet Basement?

• Multiple Solutions & Financing Available • Free Estimates

800-392-3389

BLACKBURN BASEMENT SYSTEMS
www.blackburnbasementrepair.com

FRONTIER DAYS... **RODEO ROUNDUP**...
Riverboat Days... *Arts in the Park*... Fourth of July Celebration...
Labor Day Celebration... Dog Days Party... Summer Crazy Days...

Promote your community's special events statewide at affordable prices!

Call your local newspaper or SD Newspaper Association for more details!

1-800-658-3697

YOU'RE NEWS! The Press & Dakotan