



JUNEAU COUNTY
MASTER GARDENERS ✨
 NEWSLETTER
 August 2018



UW-Extension Juneau County

AUGUST FAIR DAYS

WHEN: Monday Aug 27, 2018
 6:00 - 8:30 pm

WHERE: Diane & Herb Dannenberg
 N3221 County Rd G
 Mauston WI 53948
 608-847-4395

Car pool when you can and bring lawn chairs

Don't forget those who signed up for the refreshments and snacks for this meeting:

Beth Pusel, Natty Kranz, Debbie Bollig, Kari Olson, Margaret Hummelbeck, Bonnie Davey,

AGENDA:

- 🐎 Approval of Minutes from July 23, 2018
- 🐎 Treasurer's Report - Irene Klingemann
- 🐎 Historian's Report - Marsha Lubinski
- 🐎 Membership Report - Karla Riley
 - Volunteer Hours due at Sept meeting
- 🐎 WIMGA Report - Maureen Fox
- 🐎 UW Agent Report - Alana Voss
- 🐎 Review of Ongoing Projects
- 🐎 Juneau County Fair Booth
- 🐎 Next meeting on Sept 24
- 🐎 Any other business.

DIRECTIONS:

FROM MAUSTON

- 🐎 Take Grayside Ave/Hwy 82 west out of Mauston toward Elroy
- 🐎 Just past the High School, turn left on County G
- 🐎 Go about 3 miles to N3221 - turn right - can't see the house - long driveway.

FROM ELROY

- 🐎 Take Hwy 82 east toward Mauston
- 🐎 Just before Mauston High School, turn right on County G
- 🐎 Continue as above.



COME TO THE FAIR

Juneau County Master Gardener Meeting Minutes July 23, 2018 6:00pm

The July Master Gardener meeting was held at Sharon Hutchins' home. There were 24 members and guests present for the garden tours, lunch, and meeting. Thank you to Sharon for hosting our meeting. Thank you to all who brought delicious dishes to share.

Call to Order:

Vice-President Marsha Lubinski called the meeting to order.

Approval of Minutes:

Minutes from the June 25th meeting were approved as written. A motion to accept as written was made by Karla Riley, and seconded simultaneously by Kari Olson and Jan Brendle.

Historian's Report:

Marsha Lubinski brought the history books she's been working on. Marsha asked everyone to please take pictures of projects when you're working on them, and email them to her.

Treasurers Report:

The Treasurer's report was presented by Irene Klingemann and accepted as read. The annual audit was completed prior to the meeting and signed by Irene Klingemann, Kari Olson, Marsha Lubinski, and Lutrelle Manna. Irene updated the membership list and handed out copies to everyone.

Volunteer Hours:

Karla Riley informed members that volunteer hour reports are due at the September meeting. Karla also told everyone that she will be leaving Master Gardeners after the 2018 season due to other obligations and commitments.

Editors Note: Information and forms are available at <https://wimastergardener.org/about-hours/>

Projects:

- Boorman House: weeding, watering, trimming, and mulching have been on-going.
- Boorman House: The Master Gardener Memorial project has been completed at the Boorman House. The plaque with deceased, past members' names inscribed on it, was paid for and donated by Marion Koca. The magnolia was paid for and donated by Lutrelle Manna.
- Necedah Wildlife project is on hold until cooler weather and the delivery of mulch.
- Jan Brendle gave an update on the Carl W. Nelson Animal Shelter plant sale and planters. The plant sale was a success, and the planters are doing well.
- Marsha Lubinski reported that the Mauston Food Pantry garden has been weeded and trimmed. Marsha requested funds to purchase mulch for the project. A motion was made by Karla Riley and seconded by Kari Olson for Marsha to purchase the needed mulch.
- Herb Dannenberg spoke about the Stewart Chapel project: swallows are nesting over the main door and making a mess around the entry.
- Several members reported that the New Lisbon planters look very good.
- Many projects were removed from the project list for lack of needs and/or volunteers.

Old Business:

- Marsha Lubinski asked for volunteers to work on the fair booth creation and set-up. Irene Klingemann and Lutrelle Manna volunteered to work with Marsha.
- Alana Voss updated the group on her position at the University of Wisconsin. Her contract has been updated to the end of August and possibly September.
- Nadine Tully explained the need for volunteers for the AmeriCorps Community Outreach and Farm-to-School programs.
- Natty Kranz gave an update on the Mauston Sharing Supper.

Meeting reminders:

The next meeting will be August 27th at the home of Herb and Diane Dannenberg.

Adjournment:

Respectfully Submitted by Lutrelle Manna



JUNEAU COUNTY MASTER GARDENER PROJECTS:

Anyone interested in helping on any of these, please contact person listed. This is a great way to accumulate volunteer support hours towards certification.

- Adopt-a-Highway – Maureen Fox, 462-4228
 - Cleaning trash along Highway 58 South of Mauston
- Boorman House –Margret Hummelbeck, 562-3856
 - Garden renovation around the Juneau County Historical Society Boorman House
 - Watering and Shade Garden – Natty Kranz, 547-1884/Marion Koca, 847-4580
 - Stewart Chapel - Herb & Diane Dannenberg, 847-4395/Margie Miller, 847-5541
- Buckhorn State Park Project –
 - Maintain plantings and gardens around the office and cabins
- Carl W. Nelson Animal Shelter – Jan Brendle, 565-7290/Rosemary Aney, 847-5558
 - Planting annuals and maintaining flower bed
- Elroy Fair – Bev Kozlowski; 462-5401
 - Manning booth for distributing MG information and plant sales
- Juneau County Fair –Debby Bollig, 547-9238/Marsha Lubinski, 847-5166
 - Entering an Open Class Booth with MG information
- Mauston Food Pantry Flower Beds – Marsha Lubinski, 847-5166
 - Planting annuals and maintaining flower bed
- New Lisbon City Planters – Arris Sullivan, 562-5181
 - Planting annuals and maintaining flower beds/planters



Growing Blueberries in Wisconsin

Submitted by Lutrelle Manna

I'd like to share some of the things I've learned through trial and error over a 15-year period.



New Plants: My soil is naturally acidic and sandy. I use Organic Soil Acidifier (according to package instructions) when planting new plants with at least three feet of space around each. Soil should measure around 4.0 to 5.5 pH. Mature plants will send up new plants and may be moved wherever they fit. Blueberries take about three years to start producing.

Mulching: Sawdust, pine needles, and woodchips all make good mulch; leave a little room between the mulch and plant stems.

Fertilizing: It's best to only fertilize established plants once in the early spring before blossoms have set on. I use Miracid® by Miracle Gro® for Acid Loving Plants, according to package instructions.

Pruning: Blueberries don't need much pruning, only dead branches plus weak and twisted branches could be removed.

Watering: Blueberries need a well-drained area and plenty of water. Lack of water will cause a smaller crop the next year.

Pest Control: I've recently fenced all of my plants to keep deer and rabbits away. While they're producing berries, I add some netting over the top. Birds and chipmunks will start eating before the berries are ripe.

Weather Protection: An early warm spell in the spring can cause plants to blossom too early and risk a possibility of frost killing the blossoms. Be ready to cover blossoming plants if frost is predicted.

Varieties: I now have around 35 producing plants and have tried as many varieties as I can make room for in my gardens. I incorporate varieties for zones 3 and 4. Blue Crop, Blue Ray, Jersey, and Patriot are some of the zone 3 plants. Chandler, Northland, and St. Cloud are some of my zone 4 plants. Heights range from 18 inches to over six feet. I bring something to sit on (an upside-down five-gallon bucket works great) into the garden and move around the plants while picking.

Connie Burns' Strawberry Treat

From the June meeting

Pretzel Salad

Crust:

- 2 cups chopped pretzels
- 2 cups chopped nuts
- 3 Tbsp sugar
- 3/4 cup margarine

Filling:

- 1 8 oz cream cheese
- 1 cup powdered sugar
- 2 cups Cool Whip® (fold in)

Topping:

- 2 pkgs Strawberry Jello®
- 2 cups hot water
- 2 10 oz pkgs frozen strawberries (slightly thawed)

Combine ingredients for crust.

Bake 10 minutes at 400°F

Let cool. Spread filling on cooled crust.

For topping:

Dissolve jello in water, stir in strawberries; when it starts to gel, pour over filling.



Enjoy!!

CALENDAR OF EVENTS



NOTE: Be sure to call & check times & dates to verify event. Contact for more information on any event at [Olbrich Botanical Gardens](http://www.olbrichbotanicalgardens.org), 3330 Atwood Ave., Madison, WI 53704; Aleeh Schwoerer, 608-245-3648 aschwoerer@cityofmadison.com For events at [Rotary Botanical Gardens](http://www.rotarybotanicalgardens.org), 1455 Palmer Drive, Janesville, WI 53545, phone 608 752-3885 ext 17, [rotarybotanicalgardens.org](http://www.rotarybotanicalgardens.org). For events at West Madison Ag Research Station, 8502 Mineral Point Rd., Verona, WI 53593-9689, phone 608 262-2257, <http://www.cals.wisc.edu/westmad/garden/Events.html>

Aug 12-19 - Juneau County Fair - 1001 Division Street, Mauston, WI - 153rd annual fair - The purpose of the Juneau County Agriculture Society shall be the promotion of agriculture, stock raising, dairying, manufacturing, education, and every other activity that can be performed to develop the resources and promote the prosperity of Juneau County. This objective may be obtained by holding a county fair and the sponsorship of other activities that may be deemed appropriate or necessary to promote the above purposes of the corporation. The theme for 2018 is "Haybales and Pig Tales". **Come and see the Juneau County Master Gardeners Booth in the Open Class Building.**

Aug 14 - 4-8pm - Twilight Garden Tour - Spooner WI - Be sure to join us for the tour! This favorite event will be held at the Display Garden on Orchard Lane. UW faculty will be speaking and available for questions in the garden. Our gardens feature a Monarch and Pollinator Sanctuary (MAPS), a certified Monarch Way Station. All-America Selection Gardens (AAS) is planted annually to a theme - this year it is "Get Social in the Garden." Our fantastic vegetable gardens and grape vines will be looking great. Experience our garden produce with a tomato tasting, grilled vegetables, and homemade salsa. Cost: Free . Contact: Sue Reinardy 715-462-3361 or sreinardy@centurytel.net . Location: The Teaching and Display Gardens, Orchard Lane, one mile east of Spooner on Hwy.70

Aug 18 - 10am-4pm - Aug 19 - 11am-3pm - Daylily Sale - Olbrich Botanical Gardens - Madison - The Wisconsin Daylily Society puts on this sale of colorful, easy to grow plants. More information 608-221-1933

Aug 20 - 6:30pm-8pm - Meadow Gardens Walk - Olbrich Botanical Gardens - Madison - Most meadows require much less water and fertilizer than lawns do, and they rarely need mowing. See how Olbrich has replaced a number of traditional lawns with sustainable, beautiful meadows - both in sun and shade - and learn how to maintain them in your home landscape. Instructor: Jeff Epping. Register by: Aug 13 Cost: \$17/\$13 Olbrich Members

Aug 21 - 6-7:30pm - Garden Design Walk - Olbrich Botanical Gardens - Madison - Explore a variety of garden styles from formal to naturalistic during this relaxed stroll through the award-winning outdoor gardens. A variety of design elements will be discussed as you experience first-hand how they relate to their environment. You will leave with lots of inspiration to incorporate into your own garden. Instructor: Katey Pratt. Register by: Aug 14. Costs: \$17/\$13 Olbrich Members

Aug 23 - 5:30-7:30pm - Macro Photography - Green Bay Botanical Garden, Green Bay, WI - There is a beautiful and fascinating world in your own backyard. Learn how to photograph nature's smallest creatures, flowers and designs with macro photography. In this hands-on class you will learn the techniques essential to getting amazing photographs of all things macro. Bring your camera and macro lens for this class, as we will be photographing and critiquing photos in class. Instructed by Marc Amenson of Amenson Studio. \$20/\$16 GBBG Member. Contact: Linda Gustke, 920-491-3691 ext 122 or LGustke@gbbg.org Location: Green Bay Botanical Garden, 2600 Larsen Rd, Green Bay, WI 54303

Aug 28 - 6:30-9:30pm - Ornamental Perennial Grasses for Winter Interest - Olbrich Botanical Gardens - Madison - Ornamental grasses can provide significant color, form, movement, and function in the landscape. A wide range of hardy, perennial grasses that provide significant ornamental appeal will be discussed. The best selections for winter stature and interest also will be highlighted. Instructor: Mark Dwyer, Rotary Botanical Garden. Register by: Aug 21 Cost: \$15/\$12 Olbrich Members.

Sept 6 - 5:30-7pm - Perennial Combinations for Sunny Locations Walk - Olbrich Botanical Gardens - Madison - Good plant combinations are the key to beautiful borders and beds. Stroll through the outdoor gardens to observe how the mix of perennials with bulbs, trees, and shrubs helps fill out a four season garden. We will focus on plant combinations for sunny locations, including new and 'tried and true' plants. Instructor: Phillip Stutz. Register by: Aug 30. Cost: \$17/\$13 Olbrich Members.

Sept 8 - 10am-12pm - Meet Me in the Garden - Spooner WI - Meet Me in the Garden is a series of educational events during the growing season at the Spooner Agriculture Research Station Teaching and Display Garden. The events are lead by Master Gardener Volunteers, Summer Garden Interns, and the UW-Ext Horticulture Agent. This year's theme is "Get Social in the Garden". This close-up session will focus on

harvesting and seed saving. Bring lawn chair. Contact: Sue Reinardy, 715-462-3361 or sreinardy@centurytel.net. Cost: Free. Location: The Display and Teaching Garden are across from the Sheep Research Facility at N5264 Orchard Lane. Orchard Lane is located 1 ½ miles east of Spooner on Highway 70 or ½ mile west of Hwy 70/53 Interchange. If inclement weather, programs will be held at the Station Building at W6646 Hwy 70, Spooner.

Sept 11 - 6:30-8pm - Landscape for a Dry Basement - Olbrich Botanical Gardens - Madison - Preventing a wet basement begins by managing the water outside and in the landscape. This presentation will show you how - come learn creative and functional landscape solutions that are key to keeping your basement dry. Starting with our outside/in and top/down approach, we will leave you with long-term solutions to a potentially 'knee deep' problem! Instructor: John Gishnock III, Formecology, LLC. Register by: Sept 4. Cost: \$15/\$12 Olbrich Members

Sept 12 - 5:30-7pm - Putting Your Garden to Bed Walk - Olbrich Botanical Gardens - Madison - By following a few simple tips for fall "bedtime" in the garden, you can enjoy a more beautiful winter and a relaxing, rewarding spring. This outdoor garden walk addresses many common questions related to fall gardening and includes demonstrating techniques, tips, and tools to help you tackle - and enjoy - putting your garden to bed. Instructor: Erin Presley & Samara Eisner. Register by: Sept 5. Cost: \$19/\$15 Olbrich Members

Sept 12 - 6:30-8:30pm - Overwintering Tropicals at Home - Olbrich Botanical Gardens - Madison - Many specimen tropical plants are too valuable to treat as annuals, and there are ways to keep them alive and thriving from year to year. Learn multiple strategies for overwintering various tropical plants indoors, both dormant and actively growing. Instructor: Dan Schuknecht. Register by: Sept 5. Cost: \$15/\$12 Olbrich Members

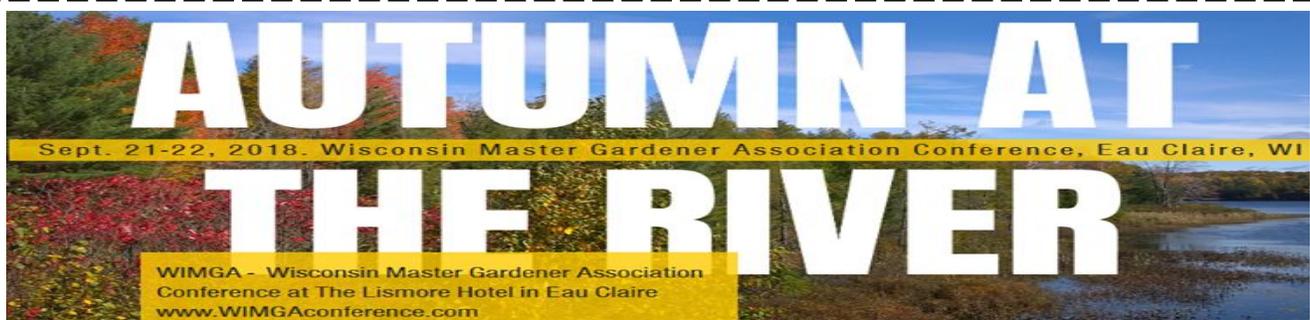
Sept 17 - 7:30-8:45pm - Olbrich's Night Landscape

Lighting Walk - Olbrich Botanical Gardens - Madison - Olbrich's outdoor landscape lighting creates breathtaking evening garden views that must be seen to be appreciated. This after-hours walk through the spectacularly illuminated outdoor gardens will give you ideas that you can incorporate into your home landscape. Instructor: Jeff Epping. Register by: Sept 10. Cost: \$17/\$13 Olbrich Members

Sept 24 - 5-6:30pm - From Garden to Vase Walk - Olbrich Botanical Gardens - Madison - There are many benefits to having fresh flowers in your home or office. In addition to improved décor and pleasant smell, flowers also help boost your mood, spark creativity, and improve productivity. Hear about plants that work well as cut flowers, along with the basics of flower arranging using plants and flowers from your own garden. Instructor: Samantha Yoder. Register by: Sept 17. Cost: \$17/\$13 Olbrich Members

Sept 26 - 5:30-7pm - Ornamental Grasses & Sedges Walk - Olbrich Botanical Gardens - Madison - Ornamental grasses and sedges are arguably the most important component of any garden. No other plant group has the same impact for the beauty they add in almost every month of the year. Learn about the best performing species and cultivars, along with how these beauties can be incorporated into your garden to create knockout displays. Instructor: Jeff Epping. Register by: Sept 19. Cost: \$17/\$13 Olbrich Members

Sept 27 - 6:30-8:30pm - Fall Bulb Planting - Olbrich Botanical Gardens - Madison - As the active gardening season comes to an end in autumn, we hit the ideal window of time for installing spring-blooming bulbs throughout the landscape. We'll discuss a wide range of spring-blooming bulb options along with their proper placement, planting, and care. Tips for how to incorporate these beauties in the landscape will also be discussed. Instructor: Mark Dwyer, Rotary Botanical Garden. Register by: Sept 20. Cost: \$15/\$12 Olbrich Members



WIMGA Conference September 21-22, 2018

Join with Master Gardener Volunteers and interested gardeners from around Wisconsin for a fun and educational two days in Eau Claire. *Autumn at the River* garden conference will be held at the Lismore Hotel located at the confluence of the Chippewa and Eau Claire Rivers. Friday there will be tour options and an evening dinner and keynote talk. Saturday morning a visit to the Eau Claire farmers market learning about its history and works. Then a choice of speakers to choose from. For information and registration go to <https://www.wimgaconferences.com/>

Hort - Q&A:



Here's a sample of horticultural questions received and answered by Adams & Juneau County Agricultural Educator - Extension Agriculture Agent, Alana Voss or a Juneau County Master Gardener Volunteer. Have a question or comment just call 608-847-9329 or email alana.voss@ces.uwex.edu

*****Please note our office has moved and our office address has changed as of 4/6/18*****

Juneau County - UW-Extension, 220 E. State Street, Rm 104, Mauston, WI 53948

Q: I am trying to grow tomatoes, but they have spots on the tomatoes and the leaves. What is causing these spots? Can I still eat the fruit?

A: Tomatoes are tricky plants to work with at times especially if the weather is just right for diseases to appear. Two of the potential options for causing these black spots are Bacterial Speck of Tomato or Bacterial Spot of Tomato. Very similar names and symptoms, but they are indeed two different diseases to watch for in your garden. Both diseases can wreak havoc on plant and fruit production for those trying to grow tomatoes.

Bacterial Speck of Tomato

- Leaf Symptoms include small black spots around 1/8 to 1/4 inch in diameter that are usually seen mainly on the underside of the leaves. There may be a yellow halo that appears near the edge as the spot ages.
- Fruit Symptoms include very small spots that look basically like pinpoint. These spots do not go very deep into the tissue of the tomato. Spots may be raised up, flat, or sunken into the fruit and have a coloring that ranges from brown to black. If the fruit is still green the spots may have a dark green halo, ripe fruits have a hint of a yellow halo.
- This disease comes from the bacterium. It is usually brought to a garden through contaminated seeds or transplants. This bacterium excels in 63°F to 75°F temperatures and wet weather. It can move from plant to plant through splashing water (such as rain, watering from above with a sprinkler). Also, through the touch of hands and gardening tools going from infected plants to next. And it can live through winter on porous materials (wooden stakes) and dead debris.

Bacterial Spot of Tomato

- Leaf and Stem Symptoms include very small (1/8 inch or smaller) round areas that may or may not be water-soaked or wet looking appearance. It changes as it ages, from yellow to green color to a brownish-red color. If the disease is severe, the leaves will turn yellow and potential leaf loss can happen.
- Fruit Symptoms varies depending on if the fruit is ripe or not. If the fruit is green the spots are smaller raised bumps and look similar to blisters and can have a yellow halo effect. On a mature fruit, spots are larger (1/4 inch maximum) and begin to have a rough brown look (almost scab like); can be raised bumps or sunken with raised edges.
- This disease comes from bacterial pathogens. This disease can be brought in on seeds or transplants as well. The pathogens can enter the plant through stomates or wounds to the plants. This disease is most prevalent in warm and wet weather, especially in temperatures around 75°F to 86°F. Wind-driven rain can cause more issues with this disease as pathogens can be splashed to other plants. This plant can survive if left in debris, but not if there is no debris left.

For Both Diseases

- Unfortunately, there is not a cure for these diseases. As for the infected fruits, DO NOT eat the affected and blemished fruits. Although they are not human pathogens they can provide an open door to other human pathogens that can cause sicknesses.
 - **For Bacterial Speck of Tomato:** It is not suggested to cut the leaves off to try to “save” the plants as this can cause the pathogen to spread further. Allow the disease to finish the growing season and try to save any healthy fruit.
 - **For Bacterial Spot:** it is best to remove the sick plants completely to prevent any further spreading of the disease.
- To prevent these diseases from coming back next year be sure to use high quality seeds and transplants that do not contain pathogens. If you want to use seed that you are not sure if it has pathogens, it is suggested to do a hot water treatment before planting to help remove the pathogen prior to planting. The way to do this is treating the seed with 122°F water for 25 minutes to kill any of the pathogens on the seed.
- Also, be sure to clean your hands, gloves, and garden tools to ensure there is no spreading of the pathogens. You can do this by using water/ bleach solution or rubbing alcohol to clean your tools. Meanwhile making sure to wash your hands and gloves after working with sick plants and before moving to healthy plants.
- Another good preventative is to not water from above, but rather use drip tape or soaker hose..
- Take all plant debris and burn or bury the debris away from your garden can help to remove the disease. It is not suggested to compost the debris from the tomato plants as this can still have the pathogens located in the debris. Also, rotating your plants in the garden to lessen the chances of diseases being in the same location year after year.
- If you feel the need to use a chemical treatment be sure to read and follow all labeled instructions before applying to the plants. Making sure that the product can be used on tomato plants. It is best to apply the first treatment prior to the symptoms being seen on the plants. Additional treatments should be applied every 10-14 days. You can use a copper-based product to help in preventing these diseases in your garden, but again be sure to read the label and follow the instructions when making applications to your plants.

2018 JUNEAU COUNTY MASTER GARDENERS MEMBERSHIP FORM

NAME			
ADDRESS			
CITY			
STATE		ZIP	
PHONE	()		
E-MAIL			

If you would like to host a garden meeting, list two months of your choice:

1st choice _____ 2nd choice _____

If you are a current Master Gardener, list the year you took your training:

If not, would you like information on becoming a Master Gardener?

ANNUAL DUES: **\$12.00** from January thru December 2018

FILL IN THIS FORM AND MAKE CHECK PAYABLE TO: **Juneau County Master Gardeners** AND MAIL TO:
Irene Klingemann, W5805 Brown Rd, Mauston WI 53948

Country Karen Sue And Her Words of Wisdom

aka Karen Sue Post

Gardening Tips for August

Adapted from <https://www.thompson-morgan.com/what-to-do-in-the-garden-in-august>

In the flower garden

- ☘ Dead-head Lilies for a better flower display next year.
- ☘ Keep your Camellias and Rhododendrons well watered to ensure that next year's buds develop well.
- ☘ Keep patio container plants well watered and feed with a liquid fertilizer every fortnight.
- ☘ Stake tall or top heavy Dahlias and Lilies to prevent wind and rain damage.
- ☘ Dead-head bedding plants and perennial plants to encourage further flowering into the autumn.
- ☘ Prune summer flowering shrubs once they have finished blooming. and to keep them compact.
- ☘ Collect ripened seed and store for next year.
- ☘ Prune climbing roses and rambling roses once they've finished flowering.
- ☘ Look out for symptoms of Clematis Wilt such as dark discoloration and wilting on the leaves and stems. Cut and dispose any infected plant material.



In the vegetable garden

- ☘ Sweet corn is ready when your thumbnail can pop a corn and the juices are milky.
- ☘ Water your vegetable plants and fruit plants daily in warm weather.
- ☘ Limit the fruits on a squash plant by pinching off the growing tips.
- ☘ Pinch out the top of tomato plants to concentrate the growth into the fruit that has already formed.
- ☘ Cut back herbs now to encourage a new flush of tasty leaves you can harvest before the frost.
- ☘ Pinch out the tips of your bean, this encourages side-shooting and more beans.
- ☘ Spring-sown carrots and beets are ready to harvest now. they can be left in the ground to keep growing.
- ☘ Start harvesting your potatoes as the leaves yellow and die back..
- ☘ Lift and dry onions, shallots and garlic once the foliage has flopped over and yellowed.
- ☘ Keep an eye out for potato and tomato blight and remove and destroy any affected plants immediately to prevent its spread. **Editors Note:** Also read the Hort Q&A on Page 6 for more information.
- ☘ Check for cabbage white butterfly eggs under the leaves and squash any that you find.
- ☘ Clear away any diseased and spent foliage to discourage pests and diseases spreading.



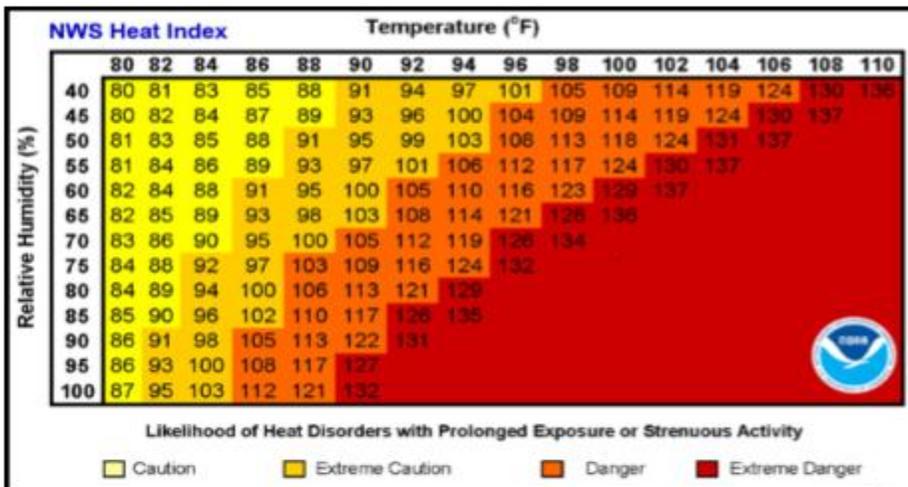
Be Heat Smart

Lyssa Seefeldt—Agriculture Agent, Marquette County

When you are focused on “getting the job done”, your health, or the health of your helpers can suffer if you aren’t careful. This is something to be especially aware of in periods of extreme heat like we had over the Memorial Day weekend.

Many of you probably check the weather in the morning before starting your day. You are probably looking to see if there is rain in the forecast and how warm it is supposed to get for the day. That’s a great start. One more thing you should add to your list of weather-related items to check for the day is the heat index. The heat index is a measure that combines relative humidity (or dew point) and air temperature to approximate what the air temperature actually “feels like”. The heat index is also what is used to help determine when it is “safe” to haul livestock.

Doing physical work in extreme heat can be dangerous, so you may want to rethink your schedule when the forecast is calling for high temperatures. Many physical activities can be rescheduled for a different day when the weather is cooler. If the activity can’t wait, try to reschedule the timing of the activity to the cooler parts of the morning and evening rather than during the hottest parts of the day.



What signs should you be on the lookout for when working in hot weather?

Heavy Sweating • Tiredness
Dizziness • Headache
Nausea • Fainting

Heat index chart from the National Weather Service. Retrieved from <https://www.weather.gov/safety/heat-index>.

If you can’t reschedule the activity due to time sensitivity, please keep in mind these tips to stay safe.

1. Wear sunscreen when out in the sunlight.
2. Stay out of the sun and in the shade as much as possible.
3. Keep hydrated. Be sure to drink plenty of water before, during, and after the activity.
4. Take frequent breaks.
5. Be mindful when doing tasks with volunteers who may not be as acclimated to working in heat as you are. Check in with them to make sure they are feeling okay. Be sure to do this multiple times for tasks that require a long working period in the heat.

If you see signs of heat exhaustion, stop the task or activity and get the person to a cooler area right away. Have the person drink some water. Apply cool, wet cloth to the person. Get medical help if symptoms get worse or persist for longer than an hour. For a Center for Disease Control and Prevention factsheet on signs of heat-related illness, and what to do when you see signs of these illnesses, please visit <https://goo.gl/y8b8Er>.