Do you remember the line from the musical *Carousel*, “June is bustin’ out all over”? Truer words have never been spoken. In the past 2 weeks many of us have gone from wondering if our perennials were dead, to wondering how they could put out so much new growth in such a short period of time. It must be June.!

...Jolene

### Things you may not know about June

By Jolene Wallace

June is thought to be named for the Roman goddess Juno, queen of the Gods, and goddess of marriage. Do you think that’s why June is the most popular month for weddings? Each year in the month of June we celebrate Father’s Day, Flag Day, and the summer solstice, the first day of summer. Summer vacation begins for our school children and many families schedule their vacations as the weather is likely to be favorable.

Numerous historic events have occurred in June. Did you know that Benjamin Franklin discovered electricity on June 15, 1752? On June 14, 1777, the Continental Congress adopted the US Flag. Also on June 14, in 1942, Congress recognized the Pledge of Allegiance, and on June 25 of 1950, the Korean War began.

The rose is the flower for June and symbolizes love, passion, and appreciation. The birthstones are the pearl, which symbolizes purity, the alexandrite, which symbolizes joy, and the moonstone, the stone symbolic of long life and good health.

No article about the month of June would be complete without mention of the June bug *Phyllophaga* spp. (which is actually a beetle). They are members of the Scarab family, a family of insects that were revered by the ancient Egyptians. There are over 100 species of *Phyllophaga* in North America. The most commonly seen in our area is the brown June beetle, sometimes called a May beetle because it can appear at the end of May. You are most likely to see May/June beetles on warm summer nights flying near lights. They sometimes seem to fly a bit erratically. They eat leaves and take shelter during the day in the soil or grass. The May/June beetles, like all scarab beetles, have flat plates at the tips of their antennae that can be opened or closed like a fan.

Cornell Cooperative Extension - Clinton County
6064 Route 22 Suite 5
Plattsburgh, NY 12901
518-561-7450
http://blogs.cornell.edu/cceclintoncounty/

Amy Ivy
Executive Director/
Horticulture Educator
adi2@cornell.edu

Jolene Wallace
Horticulture Program Educator
jmw442@cornell.edu

Peter Hagar
Ag & Energy Educator
phh7@cornell.edu

Alexa King
Youth & Family Team Leader
ask37@cornell.edu

Find us on Facebook
A new regional attraction has recently opened, and for the next couple of weeks you can view the “show” at many open-air venues near you. The performance is free, although only matinees are available.

Variously known as serviceberry, shadbush, shadwood, shadblow, Saskatoon, juneberry and wildplum, this small-to-medium size native tree also answers to Amelanchier Canadensis, its botanical name. Of those options, I prefer juneberry even though its fruit usually ripens in early July in northern New York State.

It’s the first woody plant with conspicuous flowers, and its white blossoms can be seen on roadsides, in fencerows and on forest edges throughout our area right now. It has smooth, gray-silver bark that is attractive in its own right. Depending on conditions, juneberries may grow as a multi-stem clump, but more often develop as single-trunk trees reaching 25 to 40 feet tall. Not only are its early blossoms an aesthetic treat, they’re advertising the location of a source of berries that boast more nutrient value than almost any other native fruit.

Juneberries are often overlooked as a food source, partly because birds may beat us to the punch, and partly because juneberries grow tall enough that the fruit is sometimes out of reach. Because juneberries have less moisture than blueberries, they’re slightly higher in protein and carbohydrates, making them a great food for athletes and other active people.

The soft, dark purple berries have twice as much potassium as blueberries in addition to large amounts of magnesium and phosphorous. They’re a good source of iron, too, having almost twice as much as blueberries. Juneberries also have plenty of vitamin C, thiamin, riboflavin, pantothenic acid, vitamin B-6, vitamin A and vitamin E.

Juneberries make an attractive landscape plant, and can be used to entice songbirds to your yard. Amelanchier alnifolia, a species closely related to our North Country A. canadensis, is better for home use, as it does not grow as tall, and the fruit will always be within reach. It can tolerate a wide range of site conditions and will thrive even in poor soils. It does require full sun, however. Another plus is that juneberry foliage turns a remarkable salmon-pink in the fall, making them even more desirable as a landscape shrub.

Native peoples across northern North America valued juneberries, and European settlers followed their example. You too can take advantage of this under-appreciated wild fruit. This is a great time to make note of the location of juneberry plants for harvesting this summer.

For more juicy juneberry tidbits from Cornell, visit www.juneberries.org
Amy’s Tips for June

By Amy Ivy

Early June is a critical time in both flower and vegetable gardens for making sure your plants have enough room to grow and thrive. Be ruthless and pull out the extra plants! Crowded plants compete for sun, food and water. You’ll have a better flower show and more vegetable production from 3 well-spaced plants than from 4 crowded plants. Crowded plants are also more prone to various leaf diseases since the dense foliage is slow to dry after rain or morning dew. Good air circulation is a key first step to reducing disease pressure.

In flower gardens, if you realize you need to spread the new plants out a bit, now is the time to do that before their roots get well established. It’s so tempting to pack extra plants into any available space. But is that space really available? Remember to consider the mature spread of each plant and allow for that. A plant that spreads to 15 inches wide needs to be planted 15 inches away from any similar plant since they both need that much room. Remove all those extra ‘volunteers’ that pop up from plants such as poppies, Echinacea and columbine that tend to self sow. Give them away, relegate them or compost them, just don’t let them crowd out the others.

In vegetable gardens, it’s a good idea to sow a few more seeds than you need in case some don’t germinate but it’s essential to go back and thin out the extras. Do this early so you don’t disrupt the roots of the plants you want to keep. Check the seed packets or catalogs to remind yourself of the ideal spacing for each type you’re growing. The sooner you do this, the better!

Managing Perennials

When you first start a perennial flower garden you may wonder if you’ll ever be able to fill it up. Perennial plants can be pricey and often start out small so your first year or two your garden may feel a bit sparse to you. Fast forward a few years however, and your focus will likely change to bringing the plants under control and thinning them out.

One of the most fun and most challenging aspects to perennial flower gardening is that it is always changing. It changes through the season as different plants go in and out of bloom and it changes over the years as you rearrange, divide and add...
How Does Dispersion Work?

By Chelsea Baxter, 4-H and Nutrition Educator

Have you ever considered why we use soap to wash our hands? What makes soap so special? There are special qualities in soap which dislodges dirt and oil from our hands; bodies and hair to help make us squeaky clean. Almost everything falls into one of two categories called “hydrophilic” or water loving, or “hydrophobic” or water hating. Soap for example is considered to be hydrophobic, much like oil or anything that mixes with oil. In this experiment you will learn what types of liquids are hydrophilic, meaning they mix with water, or hydrophobic, which means they will not.

Supplies:
- Milk (a pint or ½ gallon is a good size, depending on how many times you do it)
- Food Coloring
- Toothpicks
- A bowl to put the milk in (plastic, glass, Styrofoam, etc. will work, smaller the better so you use less milk)
- Different types of liquid to test (soap, shampoo, soda, water, and glass cleaner are all good liquids to start with since they are all made up of different chemical compounds)

Directions:
- Pour enough milk into the bowl to fill the bottom (make sure you do this on a level, stationary surface)
- Place 1-2 drops of food coloring in the center of the milk (be careful not to mix the food coloring into the milk, you want the drop to remain a drop and not color the whole bowl)
- Choose a liquid to test and dip your toothpick into it
- Take your toothpick (with the liquid on the end) and touch it to the center of the food coloring dot inside your bowl of milk and watch the reaction occur!

To test the other liquids, repeat steps 1-4 and make sure you are always using fresh milk and a new toothpick to avoid cross contamination!

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<thead>
<tr>
<th>Liquids to Test</th>
<th>Dispersion occurred</th>
<th>Dispersion did not occur</th>
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<tr>
<td>Soap</td>
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Welcome back to the second year of Plattsburgh Plant a Row for the Hungry (PAR)! Plant a Row for the Hungry is a national public service organization that encourages gardeners to grow a row of produce to supply local food banks, soup kitchens, and service organizations. The Plattsburgh campaign of Plant a Row for the Hungry (PAR) is gearing up for the 2014 growing season, connecting those of us who grow fruit and vegetables, and those of us who want and need fresh, nutritious food—that’s close to everyone.

But not everyone has access to this rich harvest produced by backyard gardeners, community gardeners, and local farmers. The broad mission of Plattsburgh PAR is to provide fresh produce to underserved populations in the local community. We provide the infrastructure and volunteer labor to ensure that your harvest finds its way to those who need it most.

We’ve already identified a number of agency partners who enthusiastically said “yes” to receive produce from our Plattsburgh PAR campaign. These agencies include: Interfaith Food Shelf, JCEO, Senior Citizen’s Council of Clinton County, Salvation Army Soup Kitchen, St. Peter’s Church Soup Kitchen, and St. Alexander and St. Joseph’s Church Soup Kitchen.

The need is great:

- Over 50 million Americans live in households that experience hunger or the risk of hunger daily.
- Almost 17 million people facing hunger each day are children.
- 14.9 percent (17.9 million) of U.S. households were food insecure at some time in the past year.
- In Plattsburgh, 500 households per month receive emergency food from the Interfaith Food Shelf.
- In Plattsburgh, 50-100 individuals (including families and children) request a meal from a local soup kitchen each week.

Volunteers needed!

Would you like to help pick up and transport produce on specific days and times? Would you like to help with cleaning and bagging produce that arrives at our distribution points? We can add you to our list of volunteers for the 2014 growing season as part of our regular volunteer staff, or for “on call” help. To participate in Plattsburgh PAR, contact Beth Dixon: 562-2242 or dixba@verizon.net. Check our website at harvest time for pick-up and drop-off sites, days, and times: www.plattsburghpar.org.

Check out our upcoming events on Page 11!
or remove more plants. If this doesn’t sound like fun to you, you’ll want to be sure to limit your choices to the plants that need the least care, including peonies, daylilies, and hosta.

But for those of us who enjoy all the changes, June is a terrific month to have a perennial garden! Here are some tips to help yours look its best:

**Thin out the volunteers.** Some perennials are too generous and drop seeds one year that proliferate the next. Columbine (aquilegia), Echinacea, ox-eye daisy, mallow and forget-me-not are some examples. Be ruthless and pull the extras out while still young. It’s important to provide enough space for each plant to thrive so force yourself to remove the extras. If you have time you can give them away or move them to other gardens, but get those extras out of this garden.

**Control the spreaders.** I used to consider bee balm a low maintenance perennial because it flourishes in my garden. But Tracy DiSabato-Aust in her excellent book *The Well-Tended Perennial Garden* changed my perspective. Yes bee balm flourishes, but if I don’t pay attention, it will crowd out other perennials. Evening primrose, Pulmonaria (lungwort) and Nepeta ‘Six Hills Giant’ are some others that are very nice plants that need close manage-ment. It’s easy enough to do but it takes a bit of nerve. I use my favorite round pointed shovel to dig out the older sections of these clumps. You can just leave the rest of the clump untouched or dig it up and reposition it, depending on how energetic you’re feeling. Besides being great exercise for the gardener, replanting is also a great opportunity to work compost into the root zone before you replace the clumps so both you and your plants get some benefits!

**Prune the tall ones.** Pinching the tips of tall growing perennials in June is another tip from DiSabato-Aust. Asters, phlox, bee balm, sedum Autumn Joy, heliopsis, helianthus and mallow are some that respond well to early season pinching. This will delay the bloom by a couple of weeks so one approach is to pinch sections of each plant, or some clumps and not the others. Experiment with this before you do too much in one year. Pinching will make the plants more bushy and less tall and floppy so it’s worth trying, but you need to do it early in the season on the late season bloomers.

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**Did You Know?**

There are many observances during the month of June, some more legitimate than others. Do you celebrate any of these?

- June 14—World Blood Donors Day
- June 17—Eat Your Vegetables Day
  (This should be everyday!)
- June 22—National Chocolate Éclair Day
- June 25—National Catfish Day; by presidential proclamation in 1987 by President Ronald Reagan to recognize the value of farm-raised catfish.
- June 26—Rat catchers Day—In honor of Hamelin, Germany and the fictional Pied Piper of Hamelin.
- June 29—Waffle Iron Day.
  I plan to take my waffle iron to lunch!

.....Jolene
Help Search for Aquatic Invasive Species

Aquatic Invasive Plant Identification Training Announced: Volunteers Needed

The Adirondack Park Invasive Plant Program (APIPP) will host its annual volunteer training sessions in aquatic invasive plant identification and survey techniques on June 24th at the Darrin Fresh Water Institute in Bolton Landing and June 26th at Paul Smith’s College. Sessions are from 10:00 a.m. – 2:00 p.m. and are free and open to the public, but space is limited. A RSVP is requested by June 13th to Hilary Smith at 518-576-2082 x 131 or hsmith@tnc.org. Boaters and paddlers, anglers, outdoor guides and shore-owners are encouraged to attend.

In a region as expansive as the Adirondacks, volunteers are essential to help protect waterways by surveying lakes and ponds to search for non-native invasive plants. Detecting infestations early can lead to removal when the chance of successful eradication is highest. Hundreds of citizens are needed to be on the look-out for aquatic invasive species infestations. To-date, nearly 700 citizens volunteered over 7,000 hours to survey 311 waterbodies. Their participation each year in APIPP’s early detection program, now in its thirteenth year, has established a baseline to better understand the distribution of infested and invasive-free waterways.

Protect Water Quality

An opportunity exists in the Adirondacks to prevent the region-wide spread of aquatic invasive species. The number of invasive-free lakes that have been surveyed by volunteers is more than two times that of infested lakes. Organizations and communities take prescriptive prevention and management actions, such as having stewards at boat launches to inspect watercraft for attached plant fragments or starting control programs to remove invading plants.

At least 94 Adirondack lakes and ponds are infested with aquatic invasive plants, such as Eurasian watermilfoil and water chestnut, and aquatic invasive animals, such as spiny waterflea and Asian clam. Hydrilla, an aquatic invasive plant relatively new to New York but not yet detected in the Adirondacks, may be on the move this summer. Plant fragments are easily spread from lake to lake by “hitchhiking” on boats, gear and trailers. Fragments can start new infestations that clog waterways, degrade recreational opportunities and push out native plants.

The APIPP mission is to protect the Adirondack region from the negative impacts of invasive species. It is a partnership program among governmental and nongovernmental organizations and communities that is housed by the Adirondack Chapter of The Nature Conservancy and funded through the NY Environmental Protection Fund. Learn more about APIPP online at its new website, www.adkinvasives.com.
Can't See the Lawn for the Forest

By Paul Hetzler, Cornell Cooperative Extension of St. Lawrence County

My lawn is a vast Lilliputian forest of two-inch tall trees, a carpet of closed-canopy maple seedlings punctuated by dandelions. It's hard to tell, but a few blades of grass may have survived. Anyone with large maple trees in their yard probably has a lawn in similar condition. So what happened?

It all comes down to stress. Not the stress you feel trying to figure out what to do with 10,000 tree seedlings per acre (a fair estimation, by the way), but rather stress the trees felt when they ran out of water in 2012. That summer saw the driest soil conditions on record in northern NY, and trees really felt it. Dr. George Hudler from Cornell's Plant Pathology Department says that in a summer like 2012, trees suffer extensive root death, and that it takes them two to three years of good conditions to recover from that stress.

And stress, as everyone knows, causes helicopters. In 2013, most trees produced what's known as a distress crop, creating many times the normal amount of seeds. Apparently this is some kind of evolutionary response, a bid to perpetuate the species in the face of potentially lethal conditions. Sugar maples and red (soft) maples alike, along with their much-maligned cousins the boxelders, cranked out “helicopter” seeds at a rate that would make Sikorsky, Airbus and Bell envious.

The purpose of maple helicopters, of course, is to fly. The winged seeds, technically known as samaras, did just that, insinuating themselves into every flower pot and sidewalk crack, not to mention onto many lawns. And there they've sprouted quite nicely, saving their species from extinction in superlative fashion but creating trouble for gardens and lawns. That's what happened—now what can one do about it?

Since we've never before seen this heavy of a seed crop, it's unclear how great an impact the baby forests may have on lawns. In my case it seems they're shading out the grass in some spots, but when I cut at the recommended three-inch mower setting, most of the seedlings were unscathed.

Although a three-inch setting is optimal for lawn health, it may be advisable to break the rule for one or two early cuttings to remove the maple “umbrella” and let the grasses get ahead. Once the trees have been weakened by close mowing, switch back to the higher setting to allow the grasses to shade out the forest. This is the best strategy general weed control, but since maples are more shade-tolerant than most weeds, it's unclear how effectively they'll be suppressed.

If you apply a broadleaf herbicide to your lawn every year, do not increase the rate. A broadleaf weed-control product containing 2,4-D will kill maple seedlings the same as any other weed.

For those who want a less toxic option, there is a new active ingredient on the market called Iron HEDTA, a water-soluble form of iron that kills most broadleaf weeds. Because it's fairly new, it may be hard to find, but the more inquiries there are at major garden centers, the more likely it is to be carried in the future. As with all pesticides, read and follow the label carefully.

If my mowing strategy doesn't control the maple patch that used to be my lawn, I'm going to call the DEC and ask if there's a forest-management plan for producing toothpicks. I'll let you know how that works out.

This newsletter is also available on our website: http://blogs.cornell.edu/cceclintoncounty/ under Gardening: News
By Jordy Kivett, Nutrition Educator

Now that the temperature is comfortable and the days are lengthening, there is no reason not to be active. (Though the bugs are becoming more active as well). Study after study finds that being sedentary is a major risk factor for many conditions, so everyone should try to be as active as possible.

Start small! Be reasonable about increasing physical activity. Stretching throughout the day may be a good start for someone who is completely sedentary, whereas, increasing speed or adding a mile may be good for a jogger. Being active is more likely to be enjoyable and become a habit if you are not setting unrealistic expectations.

Set goals! Being active shouldn’t be a short lived endeavor; it should be part of your routine. When adding physical activity into your lifestyle plan out when and where you will be active. Often writing it on your calendar and treating it as an appointment helps. Another way to stick with a routine is to enlist a partner. Often we are more likely to hold ourselves accountable to others than make time for ourselves, so a walking partner or gym buddy may help initially while the habit is forming. Though it is still far off, when fall arrives start planning alternate physical activities, if necessary, for cold weather.

Enjoy it! You are most likely to be active regularly if you find something you enjoy doing. Gardening burns as many calories per hour as dancing, walking, or casual bike riding. Playing with kids, instead of watching them play outside, is a great way to get moving and have fun. If you enjoy a nature walk but live on a busy road, consider driving to a park to walk, at least once a week. Bring music along if you are doing a solo exercise or compete with yourself or others to push yourself farther.

Change it up! Being at least moderately active, where your heart beats faster and you are breathing harder is a good way to improve or maintain your heart health. Strength training is great for building and maintaining muscle tone and bone density. Incorporating a variety of types of activities will ensure you are more active and thus healthier.

Get out and get moving this season. There are many opportunities for outdoor fun locally. Explore trails and parks, like Point Au Roche or the Silver Lake Bog. The town of Plattsburgh recreation department website lists programs offered and great outdoor sites that are often free to use. You can set and track activity goals using the free supertracker.gov website. Have fun moving!

Recipe on next page...

Are you curious about all that’s going in our 4-H program? Check out the Clover Express at the link below! Call our office if you’d like to find out more about how you can get involved. http://www.ccecc4hce.blogspot.com/
Peanut Butter Energy Balls

This healthy snack is quick to make and easy to store!

Ingredients:

- ¼ cup reduced fat peanut butter
- ¼ cup honey
- ½ cup dry powdered nonfat milk
- 1 ½ cups corn flakes cereal

Directions:

Wash hands thoroughly.

Mix peanut butter, honey, and powdered milk until no clumps are present.

Mix in 1 cup of corn flakes until evenly distributed.

Roll into 8 ping-pong size balls.

Crush remainder of corn flakes in a bowl.

Roll balls in corn flakes to coat outside.

Place balls in plastic wrap or air tight containers.

Refrigerate if you want them chewy. Store at room temperature if you want them softer.

Yields about 8 servings

Source:
Eat Fit (University of California Cooperative Extension)
Perennial Plant Sale-Saturday, June 14

The annual Master Gardener perennial plant sale will be held at our Plattsburgh office at 6064 State Route 22 on Saturday, June 14 beginning at 9:00 am and continuing until the plants are gone. This popular event features perennial divisions taken from the gardens of Master Gardener volunteers or grown in their greenhouses. As always, plants are $5 each or 5 for $20 and Master Gardeners will be on hand to help you choose plants that will fit your light conditions or answer any questions you may have.

The Essex County Master Gardeners are also having their plant sale on June 14th in Lake Placid at The Carpet Store. Their sale begins at 9:00 am and includes some ‘gently used’ gardening tools and supplies.

Master Gardener Grow-line

In case you were not aware of it, some of our Master Gardener volunteers take turns coming into the office to work the Grow-line. The Grow-line is a system we have to help you with your gardening questions, insect inquiries, disease diagnosis, and any number of other requests for information that you may have for us. Questions can be submitted via email to cceclintoncounty@gmail.com, can be called into our office at 561-7450, or samples may be dropped off to us during our normal office hours. There is no charge for this diagnostic and informational service, although donations are always welcome and help to keep our programs available to everyone in our county. We also have Master Gardener volunteers at the Farmers and Crafters Market every Saturday from 9:00 am until noon. Each week we bring educational materials about current horticultural issues. Stop by and say hello!

See below for guidelines for submitting samples

Save the Date

The Kent-Delord House Museum Garden Club will be holding their ever popular Secret Gardens Tour on Saturday, July 12th. Watch for more information.

Office Hours

Our office, located at 6064 State Route 22, Suite 5, is open from 9:00 am to 4:30 pm Monday through Friday. Call us at 561-7450.

Submitting Samples

In order to provide you with the best possible identification, we ask that you follow these guidelines when submitting plant materials, insects, or other items for diagnosis, or identification.

- Insects—provide a few if possible and put them in a sealed container that will protect them from crushing. We can work with live or dead insects but not very well with squished ones!
- Plant materials—photos are helpful but a good sample is essential. Cut a section that shows as much of the problem area, and the areas around it, as possible. Bring in a plastic bag.

North Country Gardening
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