

The Wheelbarrow

The Southern Appalachian Plant Society
www.saps.us August 2011

HOMEGROWN TOMATO FEST VII

Our **7th Annual Homegrown Tomato Fest** will take place **Saturday, August 13th from 8 -11 am** at the Kingsport Farmers' Market, Center & Clinchfield Streets in Kingsport. This celebration of the juicy red berry (yes, technically they are berries!) features tomato contests, free tomato tastings (including bunches of heirloom varieties), free tomato refreshments, culinary demonstrations by **Food City and UT Extension**, tomato-growing advice, activities for kids, and fun for the whole family.

Tomato lovers are invited to enter the Best Salsa Contest and bring tomatoes to compete in the following categories: **Best Tasting, Biggest, Prettiest, Ugliest, Most Bizarre, and Best Dressed**. Admission is free and there are no entry fees. Entry forms may be downloaded from the SAPS website, www.saps.us, or picked up at Downtown Kingsport Association (DKA) or Ward's Feed Store. Entries will be accepted between 8 and 9 am for all contests, and winners will be announced at 10 am.

Please volunteer to help with slicing tomatoes, in the salsa booth, with children's activities, and similar tasks, by calling Dennis Marshall at 288-3675 or dmarshall@chartertn.net

We'd appreciate any tomatoes you can spare for the tomato refreshments booth. We'll even pick them up if you call a board member.

August Events:

July 23- August 7: **Virginia Highlands Festival in Abingdon** features many activities for nature lovers.

Sunday the 7th: Wine and Weed at the Netherland Inn at 6 pm. Let's gather, tools in hand, weed and mulch for about an hour, then sit and enjoy each other's company over wine provided by SAPS. Finger food would be nice if you'd like to contribute some. Nancy Scott is the person to call if the weather seems iffy: 423.230.0654

The more folks that come, the more time for wine!

Saturday the 13th: SAPS Tomato Fest: 8-10 am at the Kingsport Farmers' Market. Contest entries accepted from 8-9 am. Dennis Marshall is returning as chairman.

Volunteers needed, please call Dennis at 423.288.3675.

Can't be there but have tomatoes to share? Please contact any SAPS board member for pickup. We need all the tomatoes we can gather..

Monday-Saturday the 22nd-27th: Appalachian Craft Fair at Davy Crockett Birthplace State Park in Gray. 423.257.2167

Friday-Saturday the 26th-27th: Speaking of Gardening Symposium at the NC Arboretum. Speakers include Irish gardener and author **Helen Dillion** and **Bill Thomas**, director and head gardener at Chanticleer.

Saturday the 27th: Farm-to-Table-Dinner to benefit the Jonesborough Farmers' Market. Catered by **Main Street Café and Catering**, this one-of-a-kind meal held on Main Street at 7 pm features the freshest ingredients from the farmers' market stalls.

Tickets are \$50 each and may be purchased at the market.

September Events:

Monday the 12th: SAPS Board Meeting at the Netherland Inn, 6 pm. Please call Jenny Clemmer if you cannot attend. 423.288.7615

Thursday the 15th: SAPS Annual September in the Garden Lecture: "Encore Azaleas and Adventures in New Plant Development" with **Buddy Lee**, developer of the famous reblooming azalea. Invite a friend to this special meeting. Mr. Lee is bringing door prizes!

Friday and Saturday the 16th and 17th: Heritage Harvest Festival on the West

Lawn of Monticello:

America's "First Foodie", Thomas Jefferson will be there in spirit at the 5th Annual celebration of gardening, sustainable agriculture and local food. Taste heirloom fruits and vegetables and learn about organic gardening and seed-saving at this family-friendly festival. Workshops, hands-on demonstrations, tours and exhibits add to the fun. <http://heritageharvestfestival.com>



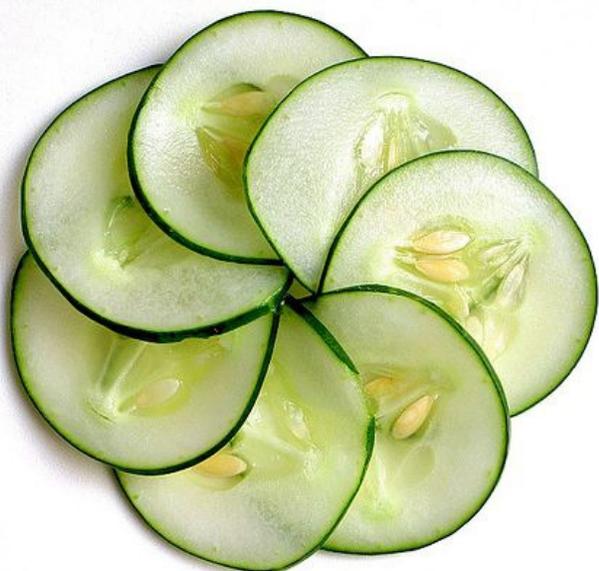
October Events:

Saturday the 1st: SAPS Annual Plant & Seed Swap Please start gathering your seeds and identifying plants you'd like to divide and share.

The Swap will be held rain or shine at Rotary Park in Johnson City, 11 until 1.

November Events:

Date to be announced: "Small Fruits and Nuts" with Dr. Lockwood



Cool as a Cuke

What It Is: Indigenous to India and a cousin of squash, zucchini, and watermelon, the cucumber (*cucumis sativus*) is botanically a fruit, though more often lumped in with salad vegetables. Did you know the inner temp of a cucumber can be as much as 20 degrees cooler than the outside air due to its high water content?

Why You Need It: Cukes are a skin's dear friend thanks to their water and antioxidant content. Nutritionally they are a great source of dietary fiber which lowers blood pressure, maintains intestinal health, regulates blood sugar, and wards off colon cancer. Loaded with magnesium and silica, cukes help create strong bones and flexible joints. They're naturally low in sodium, calories, and fat, but packed with potassium which acts as a replenishing electrolyte helpful to the heart, brain, and kidneys.

And.....1 cucumber with peel contains just 45 calories!

A simple cold soup for a steamy day: Dice three peeled, seeded cucumbers and puree with 1 cup plain yoghurt and 2/3 cup sour cream. Chill, season, and garnish with a sprig of mint.

Program planning
for our 2012
schedule starts now.

If there is a topic we
should learn more
about, a speaker
you'd like to hear, or
a trip you'd like to
take, please let
Nina Hedrick,
Program Chairman,
know.

She welcomes all
suggestions.

423.239.9604

Come support Big
Spring Master
Gardeners at the
Greene County Fair-
grounds Expo Build-
ing concession stand
(It's air conditioned!)
on Friday, August
12th, 4 to 7:30 pm.

BBQ cooked on the
grounds! Everything
homemade!

BBQ Plate: BBQ, baked
beans, coleslaw, hushpup-
pies, drink & desert: \$7
BBQ sandwich & drink: \$3
Ice cold drinks: \$1

Thanks to
Dennis Marshall for
hosting in June
at the daylily
exhibition
he calls a yard!

The idea for a Potluck
Breakfast spread
was inspired and
reminded us of
potluck lunches
seen at October
Plant & Seed Swaps.
Delicious!

Thanks to all who partici-
pated and helped out.
with the day.

The Wheelbarrow

548 Forestdale Road
Kingsport, TN 37660

Nonprofit
Organization
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Kingsport, TN
Zip Code 37664
Permit No. 41



7th Annual Tomato Fest
coming soon!

Master Gardener Classes to Begin

Chris Ramsey tells us that Master Gardener classes will run this year from September 13th until November 8th in Building #1 at the Appalachian Fairgrounds. Sessions are to be held Tuesday and Thursday mornings from 9:30 until noon. Some classes will be field trips and one evening lecture is planned.

The fee for the intensive program of studies is \$165 which covers nine weeks of classes and a new edition of the comprehensive Master Gardener Handbook.

Further information is available from Chris, Sullivan County's Extension Agent, by calling 423.279.2723. Please call ASAP if interested.