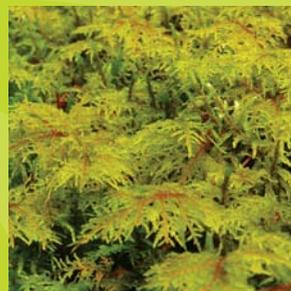


# GROW

AT COASTAL MAINE  
BOTANICAL GARDENS



ADULT EDUCATIONAL OPPORTUNITIES MARCH-JUNE 2011



Dear Members and Friends,

Greetings, and welcome to an exciting new year of educational programming here at Coastal Maine Botanical Gardens! We invite you to join us in what is certain to be a landmark year for garden and nature education here, as we celebrate the opening of our beautiful and energy-efficient Bosarge Family Education Center and launch our cutting-edge Certificate Program in "Native Plants and Ecological Horticulture."

Beginning in March, we'll also present an innovative, community-oriented series of workshops entitled "Growing Your Own Food," designed to train and mentor first-time home vegetable gardeners through planning, preparing, planting and harvesting from the beginning of the growing season to the end.

In addition, we've planned fabulously fun field trips to gardens and natural areas, lectures, intensive courses, and hands-on workshops. Whether you're interested in edible or ornamental gardening, flower arranging or field botany, collecting wild foods or canoeing, we've got something for you here this season. So don't be a stranger! We look forward to seeing you here.

With best wishes,

*Melissa Cullina*

Melissa Cullina  
Adult Education Coordinator & Staff Botanist

# Growing

**T**ake any or all of the classes in this new, season-spanning seven-part series at Coastal Maine Botanical Gardens. We'll teach you how to grow and harvest fresh, organic produce from your own vegetable garden. In seven Saturdays (six mornings and one full day) between March and September, you'll receive valuable information and hands-on practice that will help you reap food from your own land to feed yourself and your family while becoming a more-confident, more-knowledgeable gardener. The sessions are timed perfectly so that this very year you can eat healthier and save money. This series is open to any adult interested in vegetable gardening; no prior gardening experience is necessary.

Pre-registration is required, and space is limited to 15 per class. The price for the entire series of seven sessions is \$120 for Gardens members and \$150 for non-members. The prices of the individual classes are \$20/\$25, except for Session #6, which is \$30 for members and \$37 for non-members.

Purchase tickets as soon as possible for either the entire series or a single session.

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# Your Own Food

## THE INSTRUCTORS/MENTORS

The classes will be taught by experts who will share a wealth of knowledge, including personal tips that have proved successful for them, essentially acting as mentors for participants throughout the season.



**DR. MARK HUTTON** is an Associate Professor of Vegetable Crops at the University of Maine and also a Cooperative Extension vegetable specialist based at Highmoor Farm in Monmouth. His research involves crop management strategies such as intercropping, living mulches, and sequential cropping for improved yields, quality, and reduced agrochemical inputs.



**JUSTIN NICHOLS** has been professionally maintaining gardens for 20 years, the last three years at Coastal Maine Botanical Gardens. He has a master's degree in education and enjoys teaching horticulture to people of all ages. Justin oversees our Burpee Kitchen Garden and the fruit and vegetable areas of the Bibby and Harold Alford Children's Garden and has worked teaching area schoolchildren how to grow vegetables and flowers for our "Growing Greens" program.



**KATHY SAVOIE** is the Food Preservation Specialist of the University of Maine Cooperative Extension in Cumberland County. She also directs the "Master Food Preserver" program.

## THE CLASSES

### SESSION 1 SATURDAY, MARCH 19 "Planning Your Home Vegetable Garden & Starting Seeds" with Justin Nichols

🕒 9:00 a.m. – noon

📍 Library and greenhouse, Coastal Maine Botanical Gardens

In this introductory class, Justin Nichols will help you decide what type of garden would be best for you and your home situation. He will describe different types of home-garden approaches such as raised beds, containers, and traditional rows and will introduce you to important planning considerations such as site exposure and drainage. Bring a sketch and photo of your property (with due north noted) so you can get first-hand advice and take a stab at drafting your garden layout in class. Justin will then suggest vegetable selections that work well for coastal Maine gardens, how to get them, and when to start different kinds of seeds. Finally, we'll start pepper and onion seeds so participants can "get growing."



### SESSION 2 SATURDAY, APRIL 30 "Preparing Your Garden's Soil & Early Season Vegetable Planting" with Justin Nichols

🕒 9:00 a.m.-noon

📍 Library and Learning Garden, Coastal Maine Botanical Gardens



The "how-to" of creating your vegetable garden continues with a discussion of how to create garden plots, raised beds, and

containers. Justin Nichols will go over essential garden tools and explain how to prepare new areas for planting, assess your soil conditions, and improve your soil for growing vegetables. In our Learning Garden, he'll show you some real soil amendment methods, including the how and why of composting and winter-rye plantings. Finally, the group will practice planting rows of cool-season crops such as spinach and radishes, and will check on the seedlings started in last month's class. If you were there, bring your vegetable garden layout plan for Justin to review.

### SESSION 3 SATURDAY, MAY 21 "Planting and Tending Your Vegetable Garden" with Justin Nichols

🕒 9:00 a.m.-noon

📍 Library and Learning Garden, Coastal Maine Botanical Gardens

At planting time, Justin Nichols will explain when to plant what in your Maine Garden. He will give you a planting-time chart and

will offer a review of average frost dates to beware of and discuss the difference in timing between planting a coastal vs. an inland garden. Participants will then head outdoors to practice various planting techniques for different vegetables. He'll also cover how to care for your plants once they're in the ground with a review of watering techniques, the pros and cons of various mulches, and identifying and managing weeds. Participants should bring a hat, insect repellent, and drinking water.



**SESSION 4** **SATURDAY, JUNE 18**  
**"Getting the Maximum Yield from Your Garden Space" with Dr. Mark Hutton**

**9:00 a.m.-noon**

**Library and Learning Garden, Coastal Maine Botanical Gardens**

Join Dr. Mark Hutton, vegetable specialist of the University of Maine's Cooperative Extension, for a workshop on how to get the maximum yield from your established garden space. In our Learning Garden, he'll demonstrate how to water, thin, prune and pinch back your plants to maximize yield. He'll explain why it's important to practice crop rotation, showing examples of actual garden plans. He'll discuss how to get the most from a small garden space through companion planting and succession planting and will take time to describe and demonstrate how to put in support systems used for growing trailing plants like tomatoes, beans and peas. Please bring a hat, insect repellent, and drinking water.

**SESSION 5** **SATURDAY, JULY 16**  
**"A Healthy Vegetable Garden: Managing Pests and Diseases Organically" with Dr. Mark Hutton**

**9:00 a.m.-noon**

**Library and Learning Garden, Coastal Maine Botanical Gardens**

In this high-summer session, Dr. Mark Hutton will give advice on ways to best prevent your now-thriving garden from falling victim to pests and diseases. At the top of the agenda will be the basic differences between organic and conventional gardening. We'll explore the link between soil preparation and plant vigor/resistance, introduce the concept of disease-resistant varieties, discuss specific mechanical ways to protect your plants, and practice removing diseased foliage and pests. We'll revisit the concepts of planting time, diverse planting, and crop rotation through the perspective of disease and pest prevention. Finally, we'll learn which diseases and pests are of most concern in Maine, with practical advice on how to control and avoid them without spraying. Bring a hat and water.

**SESSION 6** **SATURDAY, AUGUST 20**  
**"Getting the Most from Your Vegetable Harvest: Food Preservation Methods" with Kathy Savoie**

**9:00 a.m.-3:00 p.m.**

**Bosarge Family Education Center Kitchen and Classroom, Coastal Maine Botanical Gardens**

**\$30 members; \$37 non-members (included in series price)**



As harvest-time begins, you won't want to miss this all-day workshop on how to enjoy your garden's bounty all through the winter. Food-preservation specialist Kathy Savoie,

assisted by a dedicated "Master Food Preserver" volunteer, will teach us how to make the most of our well-earned harvest by demonstrating ways to preserve and store our garden vegetables and herbs. Dividing participants into two groups, they will cover the specifics of root-cellarling and drying in the classroom, and canning, pickling, freezing, and making preserves in the kitchen. At lunch, the groups will switch topics so everyone gets a chance to learn about each technique. Participants will learn about food-safety issues, and leave with instructional handouts to use at home.

**SESSION 7** **SATURDAY, SEPTEMBER 17**  
**"Late Season Plantings, Putting the Garden to Bed, and Harvest Lunch" with Justin Nichols**

**9:00 a.m.-noon**

**Learning Garden and Bosarge Family Education Center**



In the final series workshop, Justin Nichols will explain how to extend the life of your garden with additional late-season plantings, row covers, cold frames and hoop houses. He'll also explain which crops can be left in the ground to harvest last and will discuss how to save seeds and plan for next year's garden. He'll show how the garden may be cleaned up, planted with cover crops, and protected for the winter. We'll celebrate with a group Harvest Lunch, so please bring something to share from your own garden! We'll close out the session with a voluntary group trip to our local food pantry to share some of our harvest with our neighbors as part of the Maine Master Gardeners' "Harvest for Hunger" program.

# Certificate of Merit in Native Plants and Ecological Horticulture



**B**eginning this July, Coastal Maine Botanical Gardens will launch Maine's first Certificate of Merit program in the field of sustainable horticulture! This exciting step forward in our programming is right in keeping with our commitment to superlative horticulture, design, education, and green technology in the context of our coastal Maine setting.

This field-based Certificate in Native Plants and Ecological Horticulture is designed to instruct amateur and professional gardeners alike about Maine's diverse flora and its uses in ecologically responsible horticulture. The program will be specifically tailored for Maine gardeners by featuring the climate conditions, specific challenges, plants, and natural communities found right here in the Pine Tree State. Students will benefit from engaging, hands-on courses describing native plants, how they function and reproduce, their natural habitats, and best garden applications. They will discover how plants interact with their growing environment, and learn to select appropriate native plants for various site conditions. They will become skilled at preparing and maintaining gardens using sustainable methods such as composting, integrated and organic pest management,

and low water inputs. Optional workshops and field trips training specific skills such as seed collection and propagation, identification of wild plants, creating green roofs, methods of composting, etc. will allow students to customize the program to suit their own interests.

The program consists of ten required courses and several elective workshops or trips (see panel). Students may progress through the curriculum at their own pace; a highly motivated student would be able to complete the program over the course of nineteen months (two growing seasons). Courses will be open to both certificate and non-certificate students, though priority will be given to those enrolled; instructors will be a combination of on-staff and guest experts with a variety of specialties. Courses will be held in the new LEED-Certified Bosarge Family Education Center, on the Gardens' grounds, and afield on the beautiful Boothbay peninsula and beyond.

To ensure a top-quality experience for participants, only 15 students will be admitted to the program per year. Enrollment will be on a first-come, first-served basis. We expect that some Certificate students will enroll to expand their professional skills and to earn a marketable resume item, while others will enroll simply for enjoyment and personal growth. All types of students will be welcome! Graduates will be challenged to use their earned Certificate to propel their career or avocational activities to new heights in environmental stewardship.

For more information, or to register for the Certificate Program, e-mail Melissa Cullina at [mcullina@mainegardens.org](mailto:mcullina@mainegardens.org), or call (207) 633-4333, ext. 104.

## 2011 COURSES

- **The Life of a Plant: An Introduction to Botany with Lauren Stockwell** (July 26, 27, 28)
- **A Plant's Family Tree: Relationships within the Plant Kingdom with Melissa Cullina** (August 23, 24, 25)
- **Horticultural Ecology: Biological Interactions of Garden Plants & Environment with Bill Cullina** (September 21, 22)
- **Invasive Plants: Issues, Identification and Ecology with Ted Elliman** (October 14, 15)

## 2011 ELIGIBLE FIELD TRIPS & WORKSHOPS

- **Pruning Fundamentals & Practice with Justin Nichols** (March 12)
- **Creating an Emerald Carpet: Mosses in your Maine Garden with Bill Cullina** (April 16)
- **Tips for Vibrant Sustainable Gardens with Kerry Mendez** (August 4)
- **"A Beachcomber's Botany:" Wild Plants of our Beaches, Islands and Headlands with Melissa Cullina** (September 10)

## 2012 COURSES

- **Sustainable Horticultural Practices**
- **Shaping a Natural Site into a Landscaped Space**
- **Gardening for Wildlife**
- **Natural Communities of Maine**
- **Selecting Native Plants for the Maine Garden: Herbaceous Plants**
- **Selecting Native Plants for the Maine Garden: Woody Plants**

# More Exciting Education Programs



**WEDNESDAY, MARCH 30**

## A Spectrum of Scented Geraniums

🕒 3:00-4:30 p.m. 📍 Kitchen Garden Café  
 💰 \$12 members, \$15 non-members (class size limited; pre-registration suggested)



Experience the vivid scents of rose, lemon, and spice as experts Caroline Amidon and Joyce Brobst of Pennsylvania introduce us to a

glorious array of scented geraniums. Showcasing more than 30 live plants, they will describe the history, names, growth habits, and uses of this fascinating group of plants. You'll also learn how to propagate these lovely houseplants to create a nearly endless supply. You can take cuttings home at the end of the workshop and will also be able to purchase the presenters' book.

**SATURDAY, APRIL 16**

## "Creating an Emerald Carpet: Mosses in Your Maine Landscape" with Bill Cullina

🕒 10:00 a.m.-12:30 p.m.  
 📍 Kitchen Garden Café  
 💰 \$24 members, \$30 non-members (class size limited; pre-registration suggested)

Coastal Maine is a great place to be a moss. Our cool, foggy climate and coniferous forests provide ideal habitat for these small but tenacious plants, many of which make ideal garden subjects for the shadier areas of your property. In this program, you'll learn about a dozen beautiful local mosses and how we use and propagate them at the Gardens. After a photographic lecture on basic moss biology and garden uses, Bill will demonstrate propagation techniques including the "blender" and "glue gun" methods. Bring a rock no bigger than a bread loaf to get your own moss garden started. Then Bill will lead a tour of the property to show how mosses are showcased in the cultivated and wild settings here at the Gardens. His book, *Native Ferns, Mosses and Grasses*, will be available for sale and signing. Bill Cullina is the Director of Horticulture/Plant Curator for Coastal Maine Botanical Gardens.



**THURSDAY, MARCH 24**

## "Understanding Orchids: Cultivating Exotic Beauty at Home" with Bill Cullina

🕒 6:00-7:30 p.m. 📍 Visitor Center  
 💰 \$10 members; \$12 non-members (pre-registration suggested)

Orchids are the most diverse, mysterious, and exotic plants in the world. Their popularity as houseplants has surged in recent years as advances in nursery production have made them inexpensive and widely available. Drawing from his engaging photography, including stunning macro-photography, and award-winning book *Understanding Orchids*, Bill will explore the fascinating, challenging, and deeply rewarding world of orchids. You will never see them the same way again! Copies of *Understanding Orchids* will be available for sale and signing at the lecture.



**THURSDAY, APRIL 21****"Growing Choice Berries in Maine: Delicious and Easy-to-Grow Selections for Your Backyard Berry Patch" with Dr. David Handley**

🕒 6:30-8:30 p.m. 📍 Visitor Center

💰 \$10 members; \$12 non-members (class size limited; pre-registration suggested)

PHOTO: DR. DAVID HANDLEY



Growing strawberries, raspberries, and highbush blueberries in your garden can be simple and can reap delicious rewards. Dr. Handley's program will be part illustrated presentation, part recipe swap, and part tasting. Be sure to bring your favorite berry recipe! His slide talk, planned to coincide with planting time, will cover the basics of berry growing in Maine, including varieties, planting, fertilizing, pruning, and pest management.

Dr. Handley is the extension vegetable and small-fruit specialist and a cooperating professor of horticulture for the University of Maine. Since 1982, he has been based at the Highmoor Farm Agricultural Experiment Station, where he carries out applied research. He is the author of numerous Extension publications.

**SATURDAY, MAY 14****"Fill Your Home with Flowers: Starting Your Own Cutting Garden" with Nancy Stedman**

🕒 9:30-11:30 a.m. 📍 Visitor Center

💰 \$24 members; \$30 non-members (class size limited; pre-registration suggested)



Treat yourself and your summer guests to fresh-cut flowers throughout the season by creating your very own cutting garden! Flower-grower and

floral design expert Nancy Stedman of Buxton will explain how to cultivate some of the loveliest and easy-to-grow cutting flowers. She'll also give advice on which flowers to choose for continuous blooms throughout the summer and into fall, and which selections thrive best in coastal Maine. Participants will have the option to purchase a cutting garden "starter kit" that includes a small cutting garden design plan and a hand-selected array of plant plugs and seeds.

One of Maine's foremost flower growers, Nancy owns Little River Flower Farm, a certified-organic 110-acre farm specializing in growing cut flowers, vegetables, and pick-your-own strawberries and blueberries. She grows more than 8,000 annual and perennial cut flowers every year and also designs flower arrangements for weddings and other events. Nancy has been featured in *Downeast* and *People, Places, & Plants* magazines.

**THURSDAY, MAY 19****"The Story of the American Chestnut" with Glen Rea**

🕒 6:30-7:30 p.m. 📍 Visitor Center

💰 \$10 members; \$12 non-members (class size limited; pre-registration suggested)



Have you ever seen an American chestnut (*Castanea dentata*) in the wild? Chances are you haven't. Although American chestnuts were once a

dominant tree in the Appalachian forests, a fungal disease that was introduced into the U.S. approximately 100 years ago all but eliminated them in their native range, including southern and central Maine. Now, however, without using genetic engineering, scientists have developed a highly resistant cultivar, and soon people and animals can thrill to the sight of chestnut trees and collect the seeds every fall. The first of these trees have been planted in the state, and each year more will be available to Mainers.

In this lecture by The American Chestnut Foundation's Glen Rea, you'll learn about this remarkable tree's life, uses, near death and bright future, based on the work the Society has accomplished to start reintroducing this species back into its native range. Glen Rea, a forester by training and retired stockbroker, is President of the Maine Chapter of The American Chestnut Foundation and in 2009 was elected Chairman of the Board of the Foundation, based in Asheville, NC.

**SATURDAY, JUNE 4****"Making Hypertufa Troughs with the Gardens' Director" with Maureen Heffernan**

🕒 10:00 a.m.-noon

📍 Kulp Horticulture Building

💰 \$30 members; \$37 nonmembers (pre-registration is required)



Get ready to get messy! Our own Dxecutive Director, Maureen Heffernan, will demonstrate and guide you through the fun, if muddy, process of crafting your own 10 x 14-inch hypertufa outdoor plant container. Hypertufa, made of Portland cement, peat moss, and perlite, simulates a naturally occurring, porous limestone rock called

“tufa” and is easily molded into durable, textured outdoor planters. As the class members’ troughs are completed, Maureen will provide advice on how to care for your finished trough and suggest plants best suited to grow in it. After you learn the basic recipe and techniques, you can create a vast array of different shapes and sizes for your garden or as special gifts. Bring a pair of sturdy rubber gloves; an old, large T-shirt or other clothes that can get messy; and a hat.

Maureen, who before joining the Gardens was director of public programs for the Cleveland Botanical Garden and education coordinator for the American Horticultural Society, has enjoyed teaching this class numerous times in the past.

#### SUNDAY, JUNE 5

##### “Springtime Foraging for Edible Plants” with Arthur Haines

🕒 10:00 a.m.-3:00 p.m. 📍 Brunswick  
 💰 \$40 members; \$49 non-members  
 (pre-registration is required)



Wild plants can offer healthful variety in our modern diets, providing unique flavors and textures to liven up snacks and meals. Join botanist Arthur Haines on a unique field trip to see how wonderful it feels to gather your own food. The trip will begin with a discussion of some health benefits of wild foods, and then the group will take off on a relatively easy walk, identifying and gathering various late-spring wild edibles. Learn about seasonal differences and preparation techniques for different plant parts. Bring a bag lunch, insect repellent, a hat and sunscreen, and a hand lens if you have one. Arthur Haines is Research Botanist for the New England Wild Flower Society and proprietor of

the Delta Institute of Natural History in Bowdoin, Maine, and author of *The Flora of Maine*. His latest book, *Ancestral Plants*, describes the many present and historical uses of our local flora and will be available for sale and signing on the trip.

#### THURSDAY, JUNE 23

##### “Thriving Roses on the Maine Coast: A Visit to North Creek Farm” with Suzanne Verrier

🕒 9:00 a.m.-2:00 p.m. (including travel time from the Gardens)  
 📍 North Creek Farm, Phippsburg  
 💰 \$30 members; \$37 non-members  
 (pre-registration is required)



Join us on a specially arranged trip to delightful North Creek Farm, an 1850s saltwater farm in Phippsburg surrounded by organic rose, vegetable and ornamental gardens. Proprietor and expert “rosarian” Suzanne Verrier will take us on a guided tour of her gardens, show us the loveliest roses to grow in Maine’s coastal climate, and offer tips and suggestions for growing healthy roses. She invites you to bring all of your rose-gardening questions; she will also have her two out-of-print rose books available for sale and signing. After touring the gardens, you will be free to enjoy lunch at the Farm’s award-winning café and have time to browse their nursery and gift/gourmet food shop. If you wish, take the optional van departing from Boothbay, so you can relax and visit with friends along the way. Be sure to sign up early, space is limited. Participants should bring a hat/sunscreen and money for lunch at the café and shopping in the nursery, gift shop, and specialty food shop.

## SAVE THE DATE

FRIDAY, JULY 8

### 2011 SYMPOSIUM: “Designing Your Signature Maine Landscape, Featuring the Award-Winning Designers of Coastal Maine Botanical Gardens”

🕒 Starts at 10:00 a.m.

📍 Bosarge Family Education Center

💰 \$75 members; \$90 non-members

The very first program in the Bosarge Family Education Center! Speakers include Herb Schaal, Bruce Riddell, and Bill Cullina.



## TO REGISTER

(207) 633-4333, ext. 101, or

[www.MaineGardens.org](http://www.MaineGardens.org)



Located off Barbers Island Road  
 in Boothbay, Maine