

NOVEMBER/DECEMBER 2012



NEWS FROM

THE URBAN GARDEN CENTER



Contemplate This

The Labyrinth, A Place of Meditation, was dedicated on Saturday, December 1, 2012 in memory of Masa Taguchi, a former Master Gardener and volunteer who passed away in September, 2009. A chant celebrating the life of Masa was performed by Waimea Williams. Following the chant, Dale Sato introduced the Taguchi family and spoke about Masa. The guests enjoyed the hulas performed by the Garden Hula Dancers and Roxane Fujiwara gave the blessing, after which all were invited to walk the labyrinth.

The Labyrinth was designed by Richard Karamatsu, a Master Gardener, and constructed largely by Dale Sato, former UGC Manager and current volunteer. UGC staff and volunteers also contributed.

The Labyrinth is 40.5 feet wide and 57 feet long. The design in the center, built by Ted Yee and Dale, depicts the UGC logo. The structure is located adjacent to the Alika Rabbit Garden.

The landscaping is comprised of a variety of hybrid hibiscus and dwarf liriop.

The UGC Labyrinth is officially registered with the Labyrinth Society of America. In construction next to the labyrinth is a companion White Meditation Garden to be completed in 2013. Please stop by for a look, walk and a time for quiet meditation.



A Joyful Time for Giving

Approximately 30 UGC Volunteers and Master Gardeners attended the Annual UGC Christmas party in December. The party was sponsored by the OMGA that provided a delicious lunch of 5-spice chicken, Pork Pad Thai and eggplant & tofu entrees. The volunteers contributed many delicious desserts.

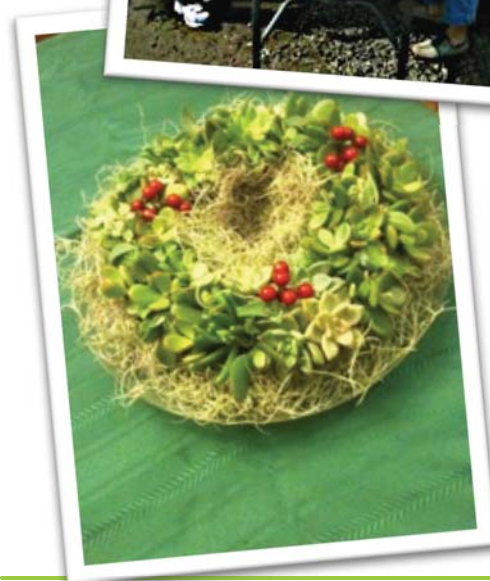
The attendees played games and exchanged gifts. In keeping with the season, food donations were also collected for the Hawaii Food Bank.



Holiday Wreaths Created at The UGC

During its November meeting, the Xeriscape Hui members 'renovated' last year's succulent wreaths. The existing wreaths were initially created during the 2011 succulent wreath making class conducted by Kathy Ano of the Xeriscape Hui. The ensuing year provided additional "dos and don'ts" on successfully maintaining succulent wreaths.

The Hui members really enjoyed re-creating their wreaths. Some members also were inspired to create new wreaths; letting their creative juices run freely. This is a use of succulents that provides "green" holiday centerpieces and gifts.





Natural Colors From The Garden

Most of us who volunteer at The UGC are interested in edible plants. However, there is now a plot planted at The UGC with plants that will be used for dyes. Tokunari Fujibayashi is a guest lecturer at UH of Natural and Chemical Textile Dyeing. His class meetings include an introduction to organic and synthetic dyeing, block printing, shibori (tie dyeing), and batik. To supply his dyes, he first planted Indigo plants at the Waimanalo Research Station in 2005. However, a year later he planted Indigo as well as Turmeric and Mulberry plants at The UGC due to the drier climate. He has found that his plants are doing much better in Pearl City than at Waimanalo.

The Indigo he planted is a naturalized plant in Hawaii. He gathered the seeds from plants that grew on Mokoli'i Is., Diamond Head and the

Big Island. He is able to process a blue dye, which he calls Hawaiian Blue, using the leaves from the Indigo plant that he harvest 8 times a year. After 5 years he has to replant from seed. He also grows Turmeric for the yellow dye it produces.

Tokunari was born and raised in Kyoto City, Japan. His family has made kimonos for the Japanese royal family for 13 generations. He began learning the art of textile dyeing at the age of 8. The Fujibayashi family owns kimono and housewares design companies in Kyoto and is in the process of starting up a Honolulu company, Hawaiian Blue, which will feature naturally dyed products made exclusively in Hawai'i. Tokunari's test plots at The UGC have helped make this possible.

Garden Hui Digging for Ideas

The School Garden Hui is looking forward to building on achievements from years past and planning activities for 2013. One idea that emerged from a recent meeting was to have school garden hands-on activities at SSAG events. If you are interested in brainstorming ideas for select SSAG days, please respond to this **Doodle Poll**: <http://www.doodle.com/57b3hr2srbswm9e6> and you will be invited to Hui brainstorming sessions!

Leah Rothbaum will take an active role in the statewide school garden networks that UH M.G.s have helped to create. Mahalo, Anna Yorba, for your past guidance as School Garden Coordinator.

The Greening of Oahu

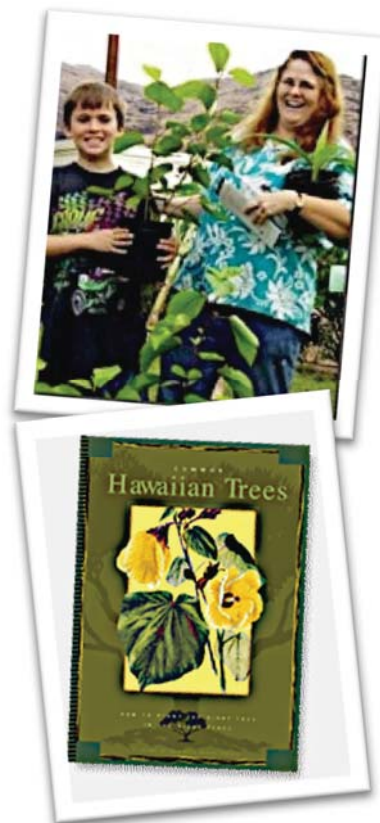
The annual HECO Arbor Day Tree Giveaway was held on 3 Nov. 2012. Several 'giveaway' sites were located throughout Oahu; including The UGC, Wahiawa Botanical Garden, Waimea Valley and HECO facilities in Honolulu, Waianae and Kailua.

The Ohana/Sprouts group propagated all the non-native plants that were offered. These volunteers are to be applauded for their efforts in propagating and organizing this event. It is a monumental undertaking that was handled so professionally. Mahalo! This year, Hui Ku Maoli Ola in Kaneohe propagated the native plants offered. Mahalo to them for their efforts.

Oahu M.G.s and HECO arborists were on hand to assist folks in choosing the right plant for their home gardens, as well as offering care advice. It is nice to see folks excited about plants. And those folks were out in force for this event. Although the opening time in several of the giveaway sites was 7 a.m., there were lines of eager plant lovers beforehand and at The UGC, all 450 plants were gone to new homes within an hour! This scenario was also repeated at the Kailua giveaway site.

Folks were mainly looking for edible fruit and flowering plants. Favorite 'trees' were the Meyer Lemon and most of the gardenia plants offered. Seeing the Meyer Lemon gone, the other fruit trees were eventually all taken. The most 'popular' HI native may have been the Koki'o ke'oke'o.

We look forward to these plants thriving in their new gardens.



Public Learns About Fruit Fly Suppression

The UGC conducted two days of Hawaii Fruit Fly Suppression Classes, which were attended by 18 interested local gardeners. Certified Oahu Master Gardeners, Brian Cyr and Mhel Cyr, along with Jayme Grzebik, taught the classes.

The "Easy as 1-2-3" sustainable, environmentally acceptable and cost effective approach to fruit fly suppression in Hawaii was taught. The most important lesson in learning how to suppress Fruit Flies is learning about the Fruit Fly lifecycle and then having a method in place to suppress each stage. Field Sanitation, Protein Bait and Trapping complete the 1-2-3 approach.

Class attendees made traps from recycled bottles collected at The UGC. They were taught to compare gardens pests Melon Fly and pickleworm. After learning how to detect the difference in damage caused by these two pests, all roamed the Gardens looking for both Melon Fly and pickleworm damage.

Just Grow Your Own



Many agencies and programs exist to help youth and low-resource families. One national program that has been funded by the University of Hawaii at Manoa through the U.S.D.A. for more than 40 years is the Expanded Food and Nutrition Education Program (“EFNEP”). EFNEP helps these target populations make informed choices about low-cost, nutritious foods, to better manage family finances and to become more self-sufficient.

The program is managed from an office on the UH-Manoa campus, but has staff living in their respective communities throughout the state (6 on Oahu, 2 on the Big Is. and one each on Maui and Kauai). An additional two members of the ‘team’ are Program Assistants from SNAP-Ed (Supplemental Nutrition Assistance Program – formerly Food Stamps). EFNEP’s acting coordinator, who works from The UGC Main Office once a week, is Nicky Davison.

As part of the Cooperative Extension Service at UH, EFNEP has the privilege of being able to use the classroom at The UGC. They meet once a month, on the second Monday of each month, and bring together staff statewide, for staff training and development. The EFNEP team tries to ‘walk-the-walk’ as well as ‘talk-the-talk’, when it comes to eating healthy and physical activity, so the staff take it in turns to demonstrate recipes from their cookbook.

EFNEP staff teaches a 6-lesson curriculum covering basic nutrition, food safety and food resource management (budgeting) to groups of clients who are recruited through community agencies such as Headstart, HCAP, PCNC’s, and transitional shelters. The graduates of the program receive certificates and a cookbook when they complete the program and enjoy

tasty food demonstrations during their classes.

EFNEP has recently added a second series of lessons for its graduates, which focuses on Growing Your Own (GYO) (<http://www.ctahr.hawaii.edu/NEW/GYO/>). The clients learn the basics about growing food for themselves and their families.

Many of you have probably seen the ‘container garden plot’ in the Idea Garden. Using containers that are easily accessible such as empty detergent bottles, Styrofoam fish shipping containers, 5-gal. ‘buckets’ from delis, etc., EFNEP has tested growing a variety of veggies and herbs before making recommendations for the Grow Your Own program. Now the plot is maintained so that if EFNEP were to teach any of the GYO classes at The UGC, it would have a demonstration plot.

Agencies servicing families have reported that “Yes, clients have been growing green onions, tomatoes, and beans”. Additionally, many of them receive help from the Foodbank via their local Food Pantries and so they do receive a benefit from those fresh fruits that UGC Volunteer Susan Ota and her crew (at times joined by the EFNEP staff) are taking to the Hawaii Foodbank twice a month.

Mahalo to all who work in this worthwhile endeavor and help others grow!



Propagating Plants and Friendships

For Roxane Fujiwara, President of the Ohana, it was a desire to obtain Hawaiian medicinal herbs that increased her interest in gardening and, more specifically, propagating plants. Roxane had taken a Hawaiian Medicinal Herb class in 1999 and then realized how difficult it was to obtain the necessary plants for healing. Her goal is to propagate Hawaiian medicinal herbs for future use.

All roads lead...somewhere. In Roxane's case, she saw The UGC from the freeway and that led to her inquiring about the facility and meeting Steve Nagano and Dale Sato. She joined the dedicated group of volunteers that continue working to this day at The UGC.

The Ohana provides and supports development of future projects for The UGC. In just the past few years, the Ohana has developed the Alika Garden, the Gardenia Garden Walk and the Labyrinth. Work continues on the White Garden. In addition, the Ohana has been contracted by HECO to provide trees for the annual Arbor Day Give way. This project involves propagating thousands of plants, a task that is handled so professionally each year.

Roxane's message to you is:

“Smell the flowers, touch the leaves, feel inspired. . .

Build a bond of friendship.

Share your thoughts, talents and experience.

Join our "Ohana".

We are a group of dedicated volunteers that assists with various projects at the garden.

We look forward to your support and contribution.”



Mahalo, Roxane, and the Ohana, for your contribution to The UGC.

STAFF

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Thanks to all who submitted articles and photos