

Central Missouri Master Gardener Newsletter



The Latest Dirt

NOV 2025

Newsletter of the Central Missouri Master Gardeners

Vol. 183 No. 01

Note from the Chair NOV Newsletter

Hello fellow Master Gardeners, there is some exciting news for this upcoming winter. To begin with, we are moving the date of the members meeting up to Tuesday, Nov. 18th. This will not be in conflict with the Thanksgiving Holiday.

Next, we are moving the location to the Extension Center because the library cannot accommodate our request to use the room on Nov 18th. Meeting start time will remain the same at 6:00 pm. Bitter Sweet Garden member Shirley Gassen will provide education on "Winter Seed Sowing". Just in time for the March Plant sale.

We have a few T-shirts selections for our 30th anniversary. Our next step is to send out the T-shirts to the members and vote for the one that looks best by voting and letting the members help to decide the one that best represents our wonderful years.

We will also be doing a demonstration of our webpage for your viewing. Followed by a Q&A session. It is really coming up to speed and we hope to launch on the first of December.

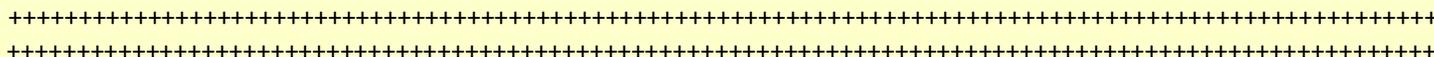
Keep in mind that if you are bringing in your plants from the outside that you inspect for insects so you do not carry them in and effect other indoor plants.

Please be safe this Thanksgiving holiday and if you are driving. Please be safe and prayer that everyone makes it to their destinations and back home safe.

Ed Vitela

Chairman 2024-2026

CMMG Chair, Edward Vitela
2024-2026



*NEW History Corner *NEW

New 2006 Gardens

- Native American Medicine Wheel Garden of Herbs
- A Sacred Garden Space for Tranquility, Healing, Celebration*
- Garden of Native Prairie Plants on Missouri River's Edge at Noren Acces
- A Restful View of the River and Capitol*

Five connected Gardens ~

- Lewis & Clark Garden of Native Missouri Plants
- Lewis & Clark River-Replica Bog Gardens
- Perennial Garden of Botanical Plants of Merit
- Kitchen Garden featuring vegetables and annuals
- Children's Garden of sensory plants & hanging gourds

CENTRAL MISSOURI MASTER GARDENERS
SHARE THE JOY OF GARDENING

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Join Us in the Gardens Tuesday, Sept 19 ~ 2:00-5:00 pm

The Lewis & Clark Garden within the Demonstration Gardens was made possible by a Missouri Department of Conservation Community Grant and through community in-kind contributions. The raised berms and bog gardens feature over 200 native plantings found in Missouri during the 1804 Expedition or were described by Meriwether Lewis and William Clark. The beds feature native prairie, sun-loving glade, shady woodland, and water habitat plants provided by an area native plant nursery or grown by Master Gardeners.

In the Demonstration Gardens, winding gravel paths and a wooden bridge pass over an 1804 replica of the braided Missouri riverbed of oxbows and bog plants and take visitors through a hanging gourd arbor, under a vined pergola, past heritage vegetable beds and a dry stream bed of Plants of Merit. The paths continue past a purple hyacinth bean-covered tepee and a gnarled tree trunk seat in the Children's Garden. A special children's feature for picture-taking is the Lewis & Clark historical Expedition Mural, painted by two local china painters organizations.

In addition to the Demonstration Gardens, the Central Missouri Master Gardeners designed, planted, and maintain other community gardens, including the University Extension grounds on Tanner Bridge, the Hospice of Jefferson City & Mid-Missouri, the Villa Marie Skilled Nursing Center, and the McKay Park Entrance Garden. To finance the public gardens, Master Gardeners conduct their popular Plant Sale in May.

Directions to The North Jefferson City Gardens: Take Airport Exit off Hwy 54 at Missouri River Bridge into Jefferson City. Top of ramp, turn North and then West onto Fourth Street immediately past MFA. Gardens are on left with parking behind off of Cottonwood Street. For the River's Edge Garden, continue down Cottonwood to parking lot and a short walk to Noren River Access.



Central Missouri Master Gardeners
Sharing the Joy of Gardening
By Helping Others Learn to Grow



A Garden that Shares the Joy of Gardening

The Central Missouri Master Gardeners invite you to explore over 200 native plants growing in the state during the 1804-1806 Lewis & Clark Expedition in the Master Gardeners' Demonstration Gardens, a short distance from the Missouri River Bridge. These ever-changing public gardens featuring interpretive signs were built as a joint venture with the Jefferson City Parks & Recreation Department on the site of former Cedar City, a flood-ravaged town washed away in 1993.

After three months of construction, Master Gardeners opened these five connected gardens June 5, 2004 in time for the Lewis & Clark Expedition celebration:

- Lewis & Clark Garden of native Missouri plants
- Lewis & Clark River-Replica Bog Gardens
- Perennial Garden of Missouri Botanical Plants of Merit
- Kitchen Garden featuring vegetables, annuals, & composting
- Children's Garden of sensory plants, hanging gourds & vines.

On Tuesday, September 19, 2006, we mark the return of the Expedition by inviting the public to our newest Lewis & Clark Gardens. **The Native American Medicine Wheel Garden of Herbs** replicates the native North American's stone circles. On the Missouri River's Edge at Noren Access is **The Garden of Native Prairie Plants**, completing the Lewis & Clark 2004 project.

Directions to the Gardens on reverse.

+++++

5 Useful Plants In The World

By  Positiva Mindset
384 followers • 0 following



#1 Lavender- This flower releases a calming and delightful fragrance that humans love but Mosquitoes Hate! Keep Lavender nearby and you'll have a natural mosquito repellent!

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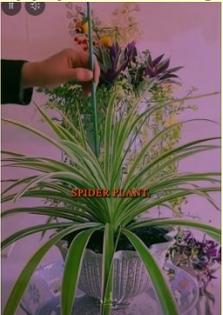
#2 Snake Plant- The Snake Plant purifies the air in your home by absorbing toxins through its leaves and releasing fresh oxygen. Think of it as Nature's Air Purifier.



#3 English Ivy- English Ivy reduces airborne microorganisms like mold spores and even fecal particles. That's right. You are reading correctly. This plant does the dirty work so you don't have to.



#4 Aloe Vera – It's basically a first aid kit in plant form. Got a cut or a burn? Just break a leaf and apply its soothing gel.



#5 Spider Plant – This plant is a powerhouse at removing Formaldehyde and Xylene from the air. Plus, it's safe for pets. So, your furry friends are in good company.

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10 Plants That Japanese Beetles Don't Like



Zen Rial/Getty Images

[HomeGardeningGarden Bugs](#)



By [Kelly Aiglon](#): Reviewed by [Melinda Myers](#); [Birds & Blooms Editorial Policies](#)

Published on Sep. 03, 2025

Beetles be gone! Add plants that repel Japanese beetles to your garden and protect your favorite flowers from unsightly damage.

Every summer, gardeners brace for the glint of metallic green and bronze wings drifting across flower beds. [Japanese beetles](#) may sparkle in the sunlight, but their feeding habits are anything but dazzling. Within days, they can skeletonize leaves, shred flowers and leave your foliage looking like lacework.

The good news? You don't have to sit back and watch the carnage. Experts say there are ways to discourage these pests — from simple morning rituals to swapping in plants they don't like to eat. "Look at less favored plants and choose those instead of fighting the battle or resorting to pesticide," says Tom Tiddens, supervisor of plant health care at the Chicago Botanic Garden.

We'll share 10 of those smart choices below. But first, it helps to understand what makes Japanese beetles such persistent garden pests — and why their numbers can explode seemingly overnight.

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Courtesy Mary Brigham Damaged hibiscus leaf

Why Japanese Beetles Are So Destructive

Japanese beetles didn't start here. Native to Japan, they first showed up in the U.S. in 1916, likely hitchhiking in the soil of imported iris plants near Riverton, New Jersey. "When I began my career, they weren't even in the Midwest yet," recalls Tom. "By the 1990s, we started seeing them in good numbers. Once they're established as a new critter in town, they'll be there forever."

Without natural predators to keep them in check, the beetles spread quickly. Today, they're found across most of the eastern and midwestern U.S., with populations creeping west and south.

Japanese beetles deliver a double whammy: Adults feed on trees, shrubs, perennials and annuals while simultaneously laying eggs in lawns. The grubs that hatch chew through grassroots, and hungry skunks and [raccoons](#) often dig up turf to get to them.

Their feeding behavior makes things worse. "They like to congregate," Tom explains. "One beetle finds a good food source, releases a pheromone and suddenly you've got dozens feeding, mating and multiplying in the same spot." The damage is mostly aesthetic, but it's hard to ignore.

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[Mike Hill Photography/Getty Images](#) Closeup of Japanese beetles feeding on a yellow rose

Some Plants Repel Japanese Beetles

Roses, [grapes](#) and linden trees will always be on their menu, but strategic planting can tip the balance. “You’ll never eliminate them,” Tom says. “But you can make smarter choices. Plant less-favored species, and you won’t be fighting the beetles every summer.”

Along with hand-scooping beetles into soapy water in the cool morning — Tom’s go-to [non-chemical control](#) — one of the easiest tactics is to lean on plants beetles dislike. Interplanting resistant species among vulnerable favorites or swapping in alternatives altogether can make your landscape far less inviting.

The reason beetles pass over certain plants often comes down to chemistry and texture. Strong scents, bitter-tasting compounds, and tough or fuzzy leaves discourage feeding. Some flowers, like [geraniums](#), even contain compounds that temporarily paralyze beetles when eaten.

Tom’s research on roses also showed how nuanced their feeding habits can be. [Knock Out roses](#), often touted as resistant, still got nibbled. “In a no-choice situation, beetles will eat them,” he says. “But when given other rose options, they definitely show preferences.” This means, plant several rose varieties in addition to Knock Outs; your Knock Outs may be spared.

Here are 10 plants that Japanese beetles rarely bother, each bringing its own color, texture or fragrance to the garden.



Courtesy Susan Collins

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Catnip

Nepeta cataria, Zones 3 to 9

Its pungent oils act like natural repellents. Japanese beetles give it a wide berth, while pollinators and neighborhood cats find it irresistible (but it can be a problem for some cats causing diarrhea and vomiting). Use it as a low-maintenance ground cover in sunny, dry spots.

Editor’s note: Cats should be kept inside for both the cat’s safety and to [prevent them from killing birds](#).

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Courtesy Susan Voelker

Chives

Allium schoenoprasum, Zones 3 to 9

Members of the [onion family](#) contain sulfur compounds that beetles dislike. “Anything with that onion-garlic chemistry is unappealing to them,” says Tom. Clumps of grassy foliage and purple pom-pom flowers also make chives ornamental as well as edible.

Psst—[roses love garlic: here’s why](#).

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Courtesy James Kurzynski

Lantana

Lantana camara, Zones 8 to 11; annual in cooler regions

With tough, aromatic foliage, [lantana](#) doesn’t tempt Japanese beetles. But butterflies and hummingbirds love its fiery-hued flower clusters. Plant it in containers or beds for nonstop summer color. Lantana is invasive in some southern states, so check with your local extension service before adding it to your landscape.

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Courtesy Bruce Fenster

Marigold

Tagetes spp., annual in most zones

Marigolds’ pungent scent is famous for keeping some pests at bay. However, some marigolds may suffer light Japanese beetle damage when other preferred plants are absent. “It’s a classic companion plant,” says Tom.

Interplant [marigolds](#) with vegetables or line flower borders to create a colorful Japanese resistant addition to the garden.

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RDA-GID

Boxwood

Buxus spp., Zones 5 to 9

Dense [evergreen foliage](#) makes boxwood unappetizing to Japanese beetles. The same is true for hemlock, pines and [junipers](#). They offer structure and greenery in the landscape without becoming a beetle buffet. Some boxwood cultivars are hardy to zone 4.

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[nickkurzenko/Getty Images](#)

Magnolia

Magnolia spp., Zones 4 to 9 depending on species

Thick, leathery leaves aren't easy for beetles to chew, so [magnolias](#) generally escape damage. Their spectacular spring blooms are a bonus with some species and cultivars are hardy in zone 4.

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Courtesy Emily Banks

Lilac

Syringa spp., Zones 3 to 8

Known for their intoxicating fragrance and billowy spring blossoms, [lilacs](#) are typically ignored by beetles. They thrive in full sun and bring early-season beauty to the garden.

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Courtesy Sandra Hough

Dusty Miller

Jacobaea maritima and *Senecio cineraria*, Zones 7 to 10; annual elsewhere

The fuzzy, silvery leaves of dusty miller are bitter and unappealing to beetles. Use them as striking contrast in beds and borders; they hold up beautifully in heat.

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Courtesy Sjef Van Der Ven

Coreopsis

Coreopsis spp., Zones 4 to 9

This drought-tolerant perennial delivers a carpet of daisy-like blooms in yellows and reds. Pollinators flock to [coreopsis](#), but Japanese beetles look elsewhere for a meal.

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[Geraint Rowland Photography/Getty Images](#)

Geranium

Pelargonium spp., annual

An odd case: Japanese beetles are attracted to geranium blooms, but the petals contain a compound that temporarily paralyzes them. "If a predator comes along in that window, it could be a natural control," notes Tom. Gardeners can take advantage of this quirk by mixing geraniums into beds with more vulnerable plants.

About the Expert Tom Tiddens works as the supervisor, plant health care, at the [Chicago Botanic Garden](#). Tom is responsible for protecting the garden's plant collections from diseases, pests and weeds in an environmentally sensitive manner.

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20 top honey remedies

August 31, 2025 by [admin](#)

[Honey](#) isn't just sweet — it's also been used for centuries to treat many health problems. People from ancient times to today have trusted [honey](#) for its healing power. In this article, we'll share 20 simple and effective ways you can use honey to feel better and stay healthy.

Why Honey Is So Good for You

Honey is packed with good stuff like antioxidants, enzymes, and nutrients. It helps fight germs and reduce swelling, making it great for cuts and infections. It also gives you quick energy and soothes sore throats. Plus, honey supports healthy digestion by feeding the good bacteria in your gut.

1. Honey + Onion for Coughs

Slice up an onion and cover it with honey. Let it sit for a few hours. Take a spoonful to calm your cough — the onion clears mucus, and the honey soothes your throat.

2. Honey + [Herbal Tea](#) for Sleep

Add a teaspoon of honey to chamomile or lavender tea before bed. It helps you relax and sleep better.

3. Honey + Cloves for Toothache

Mix ground cloves with honey into a paste. Apply it to the sore tooth. Cloves numb the pain, and honey fights infection.

4. [Honey](#) + Lemon for Sore Throats

Mix a tablespoon of [honey](#) with [juice](#) from half a lemon in warm water. Sip slowly to ease throat pain and boost your immune system.

5. Honey + Cinnamon for Weight Loss

Mix 1 tsp honey with ½ tsp cinnamon in warm water. Drink in the morning. Cinnamon helps balance blood sugar, and honey gives natural energy.

6. Honey + Ginger for Digestion

Grate fresh ginger and mix with honey. Take a spoon before meals to help with nausea and digestion.

7. Honey + Apple Cider Vinegar for Detox

Stir 1 tbsp honey and 1 tbsp apple cider vinegar into a glass of water. Drink daily to help your body flush out toxins.

8. Honey + Turmeric for Inflammation

Mix 1 tsp turmeric with honey into a paste. Eat it to help reduce swelling and joint pain.

9. Honey + Garlic for Immunity

Crush garlic cloves and mix with honey. Take a spoon daily to boost your immune system.

10. Honey + Aloe Vera for Skin Wounds

Mix honey with aloe vera gel. Apply to small cuts or burns to heal faster and reduce redness.

11. Honey + Milk for Relaxation

Warm up a cup of milk and stir in a teaspoon of honey. Drink before bed to calm your mind and sleep better.

12. Honey + Oatmeal for Face Mask

Mix honey with ground oats to make a scrub. Rub gently on your face and rinse. It removes dead skin and leaves your face soft.

13. Honey + Lavender for Stress

Add a few drops of lavender oil to honey. Rub a little on your wrists or use in a diffuser to feel calm and relaxed.

14. Honey + Peppermint for Sinus Relief

Make peppermint tea, add honey, and breathe in the steam. Drink the tea to help clear a stuffy nose.

15. Honey + Eucalyptus for Breathing Problems

Add eucalyptus oil to honey and use it in a steam bath. It helps open your lungs and ease breathing.

16. Honey + Chamomile for Calmness

Brew chamomile tea, add a spoon of honey, and sip slowly. It helps reduce anxiety and stress.

17. Honey + Banana for Hair

Mash one ripe banana and mix it with honey. Apply to hair, wait 20 minutes, then rinse. It makes your hair soft and shiny.

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18. Honey + Yogurt for Gut Health

Mix honey into a bowl of plain yogurt. It's tasty and full of good bacteria to help your digestion.

19. Honey + Green Tea for Antioxidants

Make green tea, stir in honey, and enjoy. This drink helps your body fight harmful toxins.

20. Honey + Sea Salt for Body Scrub

Mix honey with sea salt. Rub on your skin in circles and rinse. It removes dead skin and leaves you glowing.

Final Thoughts

Honey is a simple but powerful natural remedy. Whether you have a sore throat, dry skin, or need better sleep, honey can help. Try adding some of these honey remedies to your daily routine and let nature help you stay healthy



A Friend of the Garden



The variegated fritillary is a good pollinator friend, attracting it with host plants like violets and passionvines (specifically [Passiflora incarnata](#) and [Passiflora lutea](#)) and nectar plants such as butterfly milkweed ([Asclepias tuberosa](#)), purple coneflowers, and goldenrod. These plants support

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the butterfly's entire life cycle and provides nectar for both the adults and other pollinators like bees and wasps.

How to attract variegated fritillaries

- **Plant host plants:** Caterpillars feed on a variety of plants, with violets and passionvines being their main food sources.
 - Passionvines ([Passiflora spp.](#))
 - Violets ([Viola spp.](#))
- **Provide nectar plants:** Adult butterflies need nectar to fuel their flight.
 - **Native milkweed:** Butterfly milkweed (*Asclepias tuberosa*) is a great choice, providing nectar for many pollinators.
 - Purple coneflowers ([Echinacea purpurea](#))
 - Goldenrods ([Solidago spp.](#))
 - Other options include swamp milkweed ([Asclepias incarnata](#)) and butterfly bush ([Buddleja davidii](#)).
- **Create habitat:** Plant in groups or masses to make them easier for the butterflies to find.
- **Offer supplemental food:** Placing a dish of overripe fruit in your garden can also attract them.

RECIPE TIME



[Old Fashioned Christmas](#)

Apple Bread With Cinnamon Pecan Crunch 🍷🍂🍏🍎

Ingredients: 🍷🍂🍏🍎
1 3/4 cups all purpose flour
2 1/2 teaspoons cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon salt
1 teaspoon baking powder
2 large eggs room temperature

3/4 cup sugar
1/3 cup vegetable oil
2 tablespoons applesauce
1 teaspoon vanilla extract
2 cups finely chopped peeled apples
1 cup chopped toasted pecans
1 tablespoon sugar for sprinkling the top
1/4 teaspoon ground cinnamon

Instructions: 🍷🍂🍏🍎

Preheat oven to 350 degrees.

Grease a loaf pan.

In a medium bowl, mix together flour, cinnamon, nutmeg, salt and baking powder.

In a large bowl, mix together the eggs, sugar, vegetable oil, applesauce, and vanilla extract.

Add the dry ingredients to the wet ingredients and mix just until incorporated.

Fold in the apples and half of the pecans.

Combine the remaining pecans, 1 tablespoon of sugar, and 1/4 teaspoon of ground

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cinnamon; sprinkle over the loaf.

Bake for 55-60 minutes in the preheated oven or until a toothpick inserted in the center of the bread comes out clean or with a few moist crumbs.

Cool for 10-15 minutes before inverting. 🍷🍏🍏

*NOTES: Granny Smith apples are my favorite in this bread, but for a little more sweetness, use Honeycrisp apples, Pink Lady apples, or Fuji apples.

Peel and chop the apple fairly fine, so you get a little apple in every bite.

* Don't over-mix the batter, as it may become tough.

* Remove the cooked bread from the pan as soon as possible and place on a wire rack to cool. This helps quick breads retain a crispy crunchy crust.

HAPPY BIRTHDAY November



Meetings are held at the Missouri River Regional Library, 214 Adams St, Jefferson City, MO
Unless informed otherwise! We hope to see you there!

Online Reporting Site: Hours must be entered at https://vms.momg.org/sec_Login/ please remember you need to enter hours on a computer, not a tablet or a phone. Again, all hours must be entered on line.

Enter your hours again starting in January.

Any emails that need to be distributed to ALL MG's should be sent to **CMMG Cole County Master Gardener** <cmmg@missouri.edu>— please don't call in messages

CMMG Official WEBSITE--<http://extension.missouri.edu/cole/cmmg.aspx>

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Central Missouri Master Gardeners Friends of the Garden

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