

# OVER THE GARDEN FENCE

## EVENTS

- March 14 - MG Training "Herbaceous Ornamentals", "Invasive Species", "Therapeutic Horticulture"
- March 21 – MG Training "Backyard Vegetables, "Square Foot Gardening", "Landscape Planning"
- March 28 – MG Training "House Plants", "Plant Propagation"
- March 26 - Master Gardener monthly meeting "Athens Conservancy" – John Knouse
- March 27 – "Fruit Tree Pruning School", "Grafting School" - Cherry Orchards
- April 4 – MG Training "Composting and Worm Composting", "Lawns"

March 2018



Rice farmers in Madagascar pan for gold to supplement their incomes. NPR Feb. 26, 2018 "Lost Art of Bending Over: How Other Cultures Spare Their Spines"

## Hip-Hinging to Spare Your Spine

Lower back pain is very common among gardeners. In our culture, most of us have a fairly sedentary lifestyle, with much sitting, which leads to weak hamstrings and posterior muscles. So, when we bend over as we garden, we tend to curve our spines into a C, bending at the waist. A healthier manner of bending called 'hip hinging' is used in many cultures, allowing long periods of bending without back pain.

When you hip hinge, your spine stays in a neutral position and the bending occurs at the hip joint, which is designed to have maximum movement and lots of muscle force. To do this, stand with your feet apart, push your rear end back and your trunk forward. Bend your knees. Your back should be parallel to the ground. You will feel the work being done in your hips and upper legs, rather than the small muscles of your back, and will spare the stress on your spine.

For further explanations, pictures and demonstrations of **hip hinging**, do a Google or YouTube search.



Incorrect



Correct



## BUGS AND BLOOMS



Fertilize perennial ornamentals in spring when new growth begins. Broadcast one pound of 5-10-5 or 6-12-6 over 100 ft.<sup>2</sup> of area. Make another 1 lb. application 8 weeks later. Wash off any fertilizer that remains on the leaves. Astilbe, mums, delphinium, lupines and summer phlox need fertilizer annually.



## MARCH GARDEN

### Time to get back in the garden

- Dormant oil on fruit trees (Temps. Above 60° and no rain for 24 hrs.)
- Plant fruit trees
- Plant grapes
- Prune trees and non-spring flowering shrubs
- Fertilize all fruits in late March

### After March 15 - Plant

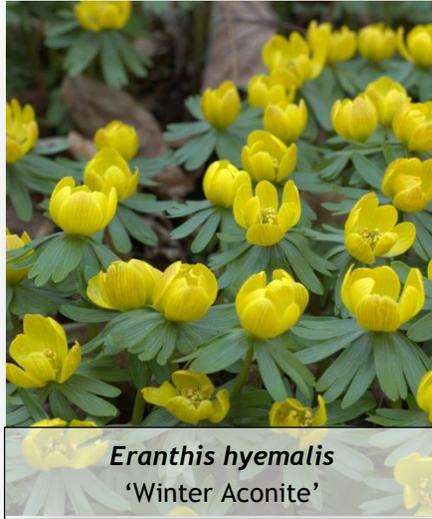
- Asparagus
- Collards
- Onion (sets)
- Peas
- Radish
- Spinach
- Turnips

### After March 25 – Plant

- Leeks
- Mustard
- Potatoes (Irish)



## Plant of the Month



*Eranthis hyemalis*  
'Winter Aconite'

By Emilie Wood

It is usually the first flower to bloom in my garden, opening just before the snowdrops which soon join them. They are small yellow flowers and a clump looks very cheerful against the brown soil. They usually reseed after blooming, and I usually have extra seeds to give away if anyone is interested.

Submit your April Plant of the Month to [brown.6000@osu.edu](mailto:brown.6000@osu.edu)

## Plant Sale Volunteer Opportunities

The Master Gardener Plant Sale is scheduled for May 12 and this year, due to the renovation of the pool, will be held under the solar panels in the Community Center parking lot. This is our only annual fund raiser and offers the opportunity for Master Gardener members to join in and earn volunteer hours. Start perusing your gardens for plants that need to be separated or thinned. We are still looking for more members willing to volunteer to make the annual sale a success. Contact Ceil Weldon at [cec.weldon@gmail.com](mailto:cec.weldon@gmail.com) if you have any questions.



## Digging Deeper

Betsy Briju, an Athens County Master Gardener presented a program on the edible landscape uses of Kerala India where she grew up. She explained the difficulties of gardening and maintaining landscape in an area so close to the equator. As Betsy said, there are two seasons instead of four – hot and hotter with monsoon rain or drought. This climate and the dense population cause gardeners to become very creative. Gardening is done with storied plantings – where one plant will be planted with a compatible plant, an example was the coconut palm used as the trellis for a pepper plant. Betsy provided examples of the tropical species that will survive in heat, water and no-water to create a lush looking garden which also provides supplemental food. Lawn mowers are not found in Kerala.