



# MONMOUTH EXTENSION *Connection*

2023 Volume 1



Rutgers Cooperative Extension  
Of Monmouth County  
4000 Kozloski Road/PO Box 5033  
Freehold, NJ 07728  
Office Hours: 8:30 am to 4:30 pm  
Monday through Friday  
Phone: (732) 431-7260  
Fax: (732) 409-4813

<http://monmouth.njaes.rutgers.edu/>  
<https://co.monmouth.nj.us/page.aspx?id=173>

Agriculture & Natural Resources  
Ext. 7280



Master Gardener's Helpline  
(732) 303-7614



4-H Youth Development  
Ext. 7264



Family & Community Health Sciences  
Ext. 7271

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers New Jersey Agricultural Experiment Station Cooperative Extension educational programs are offered to all without regard to race, religion, color, national origin, ancestry, age, sex, sexual orientation, gender identity and expression, disability, atypical hereditary cellular or blood trait, marital status, civil union status, domestic partnership status, military service, veteran status, and any other category protected by law. Rutgers Cooperative Extension encourages individuals with disabilities to participate in its programs and activities. If you need special accommodations, have questions about physical access, or require alternate means for program information, please contact your local Extension Office. Rutgers New Jersey Agricultural Experiment Station is an Equal Opportunity Program Provider and Employer.

## AGRICULTURE and NATURAL RESOURCES Spotted Lanternfly Update

By Diane Larson, RCE Home Horticulturist

If SLF egg masses were not scraped and disposed of last winter and spring, the nymphs hatched in late April and have now morphed into their 4th stage instar, having changed their coloring from black with white spots to bright red and covered with black stripes and white spots. Their adult winged forms will appear as soon as early August. The nymphs are wingless, but are strong jumpers and will quickly hop away to avoid danger. While the adults have wings, they are not strong flyers and prefer to jump and glide.



While these plant hoppers suck sap from favored trees, your best defense is to keep your trees healthy, as healthy mature trees (those that are grown in the proper location and not stressed) will not succumb to SLF feeding. SLF can be controlled in any of its life stages, however diligence and tenacity will be needed, and complete control shouldn't be expected.

During the nymphal and adult stages, setting up circle or sticky traps (with a wildlife barrier) on trees to capture them as they crawl/hop up the trunks is very effective. Penn State has a great video to teach you how to make your own SLF trap, <https://extension.psu.edu/how-to-build-a-new-style-spotted-lanternfly-circle-trap>.

Continued on page 3

# CEDH Remarks

April 21 ended up being a good day in the history of the Rutgers Cooperative Extension Office of Monmouth County.

The three faculty members that provide programmatic coverage to Monmouth County, Bill Errickson, Doug Zemeckis, and myself – we all three received phone calls from Executive Dean Laura Lawson, who serves as executive director of the Rutgers New Jersey Agricultural Experiment Station and executive dean of the Rutgers School of Environmental and Biological Sciences, providing leadership and oversight to both organizations.



In those phone calls, Bill was offered reappointment in his role as our County Agricultural Agent. Since beginning this role on October 1, 2019, Bill has demonstrated time and again his commitment not only to research and scholarly impact, he also has a strong commitment to serving the community. I feel it is worth mentioning that Bill was in this role less than half a year when the pandemic impacted us all. It is worth mentioning because even in the shadow of that, he excelled at building new relationships and expanding existing partnerships.



That same day, April 21, Doug was offered full tenure as our shared (with Ocean and Atlantic Counties) Marine Extension Agent. Doug joined Rutgers Extension in this role on September 1, 2017. Whereas most County Agents have a single dedicated county to focus on, the nature of Doug's work presents its own unique challenges that cross county lines. As impressive as that is, Doug also enthusiastically crosses departmental lines! He has lent his talents and expertise the other departments housed with RCE, specifically 4-H Youth Development and Family and Community Health Sciences. It is worth mentioning that, in addition to all this, Doug also serves as the CEDH for Ocean County.

And lastly, though one ought not sing their own praises, I also received a call from Dean Lawson. Like Doug, I was promoted to Associate Professor with an offer of tenure. My time here in Monmouth began September 1, 2016, and I doubt whether then I could have anticipated the trajectory of my role with this Extension Office. In addition to my county-based programs, I have also taken leadership on state/national efforts in international youth programs, was on the leadership team for the virtual "4-H from Home" platform created as a response to the pandemic, and since early 2019, have also served as the Monmouth County CEDH.



Like I wrote, April 21 was a good day for Monmouth RCE on Friday!!

I feel confident that I write for all three of us when I share it is a privilege to serve the residents of Monmouth County, and we all look forward to, as we say in 4-H, "Make the best better."

A photograph of a handwritten signature in black ink, which reads "Matthew Newman". The signature is written in a cursive style.

Matthew Newman  
County Extension Department Head

### Spotted lanternfly (SLF) Life Stages, Where to Look, and Management



**LIFE STAGES**

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Egg Masses	█		█		█		█		█		█	
Instars 1-3 (Black nymphs)	█		█		█		█		█		█	
Instar 4 - (Red nymphs)	█		█		█		█		█		█	
Adults	█		█		█		█		█		█	

Note: There is considerable overlap between the different life stages of SLF. Egg masses also take on multiple appearances, covered and non-covered masses should be removed. Photos: Steven Rettke and Timothy Waller - Rutgers Cooperative Extension

**WHERE TO LOOK**

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Tender Plants / New Growth	█		█		█		█		█		█	
Woody Plants	█		█		█		█		█		█	
Hard Surfaces	█		█		█		█		█		█	

**Favorite tender plants and new growth:** Roses, grapes, herbaceous weeds, flowers, shrubs, and new growth of other favorites. **Favorite woody plants:** Tree of heaven, black walnut, birch, willow, sumac, red and silver maple. **Common hard surfaces:** Pallets, stone features, buildings, telephone poles, fences, stationary vehicles, etc.

**MANAGEMENT**

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Scrape Egg Masses	█		█		█		█		█		█	
Squish or Stomp	█		█		█		█		█		█	
Sticky-bands or Circle-traps	█		█		█		█		█		█	
Contact Pesticides* - last resort	█		█		█		█		█		█	

\* DO NOT SPRAY PLANTS DURING THEIR BLOOM PERIOD. Contact materials: insecticidal soaps, Natural pyrethrins, Carbaryl, Neem oil (formulations vary greatly), Zeta-cypermethrin, Synthetic pyrethroids (bifenthrin, deltamethrin), Malathion. ALWAYS REFER TO THE LABEL OF ALL MATERIALS, THE LABEL IS THE LAW.

Compiled by Rutgers - Nursery and Green Industry Working Group (as of 4/17/23)

We've had success manually controlling the nymphs by taping a piece of duct tape with the sticky side out around our hand and pressing it on the nymphs so that they stick to the tape. This has been especially fun to do with our Junior Master Gardener class to help us control the nymphs on our fig tree in the JMG garden.

Many commonly available insecticides that kill insects on contact are effective against SLF, however we recommend using the least toxic options first. The chart explains when to look for each life stage of the SLF, what they prefer to eat during each life stage, and what to use as controls for each life stage. Of the contact insecticides listed, the least toxic options include Insecticidal soap and natural pyrethrins.

For more information, the NJ Department of Agriculture has an excellent website for homeowners dealing with spotted lanternfly, <https://www.nj.gov/agriculture/divisions/pi/prog/pests-diseases/spotted-lanternfly/homeowner-resources/>

## Sedge Study at Cream Ridge Moves On

By Dennis McNamara, Agricultural Associate

The Monmouth County Agricultural Agent Bill Errickson is always busy conducting various horticultural studies. One such study involves grasses and sedges. This has been taking place at the Rutgers Specialty Crop Research and Extension Center in Cream Ridge, NJ. While the collection and study of grasses continues at Cream Ridge, the sedge collection has moved on to various sites around Monmouth County for its success to be watched in different environments. Recipients of the sedges included the Monmouth County Master Gardeners program, the Keyport Garden Club and The Monmouth County Parks Department.

The Master Gardeners transplanted sedges into their rain garden at the Freehold Agricultural Building; the Keyport Garden Club put sedges into their waterfront rain garden in Keyport, NJ; the Parks Department added sedges to their new site at Swimming River Park in Red Bank, NJ.



Sedges being delivered for the Monmouth County Parks Department. L-R Monmouth County Environmental Specialists R.J. Curcio and Anne Luiten, and Ag Agent Bill Errickson.

Continued on next page

For a little background, although sedges appear like grasses, they are not true grasses from a botanical perspective. Sedges are in the genus *Carex*, which includes almost 500 species that are native to North America. All *Carex* are cool-season plants with an herbaceous perennial growth habit. A major feature that distinguishes sedges from true grasses is that “sedges have edges.” This refers to the shape of the triangular stems that are common to all sedges. Within this diverse genus of plants, there are species that are adapted to many different growing conditions. Sedges are low-maintenance and can be excellent options for supporting pollinators, providing food and habitat for wildlife, mitigating stormwater, and serving as living mulches or alternatives to traditional lawns.



Sedges are diverse in colors, textures, and cultural adaptations. Some sedges have fibrous root systems, and some produce rhizomes. Their foliage comes in bright green, lime green or blue green and are often variegated. The sedge flower is generally a subdued spike in shades of tan or green that appear in spring before dense foliage growth kicks in. Some of the flowers fade to seed heads above the foliage.



The sedges have been utilized as workhorses for naturalizing in green infrastructure projects. They tend to be easy to care for and are wildlife friendly. Sedges thrive in a variety of sunlight and soil conditions. Some can grow in deep shade or full sun, on dry slopes or in standing water. Some are more grass-like in appearance while others have wider leaves. They can be masses as green ground covers, reducing the need for mulch. Some can be used in place of turf, reducing lawn maintenance. They take to occasional mowing in lawn situations, but mowing should not be lower than two-thirds of the plant’s height. Sedges grow more slowly than grasses so they should be given additional time to recover after being cut back.

Sedge plant care is minimal. They rarely need fertilizer but can be sensitive to salt concentrations. A slow release, low-rate fertilizer gives precise control. The fertilizer should be kept out of the crown and should be avoided in summer. Division is done in the early spring or fall when the center

of the sedge starts to die out.

Feel free to visit any of the sites mentioned to see sedges in their new environments. If you have any questions about sedges, or any horticultural issue, please contact us at the Rutgers Cooperative Extension in Freehold.

# Native Trees for Every Landscape

By Bill Errickson - Monmouth County Agriculture and Natural Resources Agent

Incorporating native trees into the New Jersey landscape can provide important ecosystem services while maintaining a high level of aesthetics. This year, more homeowners and nursery and landscape professionals than ever are caring for the native trees that make the Garden State a greener place to live.

*“A keystone species helps define an entire ecosystem. Without its keystone species, the ecosystem would be dramatically different or cease to exist altogether.” – National Geographic*

Several of the native tree species that are currently being grown throughout the state are important keystone species. Keystone species perform essential ecological functions that support higher levels of biodiversity to a greater degree than other plant species. These trees can have a dramatic effect on enhancing their surrounding ecosystems, including supporting pollinator and bird populations.

Did you know there are 17 different species of oaks native to NJ?

Swamp White Oak (*Quercus bicolor*) is a very adaptable species that is good for urban sites. It tolerates soil compaction and wet sites but is also drought tolerant. Swamp white oak is a host tree for over 500 different species of native moths and butterflies, in addition to supporting populations of birds and other wildlife. There are over 400 swamp white oaks planted at the 9/11 Memorial in NYC.

American Hornbeam (*Carpinus caroliniana*) can thrive in shade to partial shade and medium wet to wet conditions, making it a viable option for some challenging sites. American hornbeam is deer resistant, attracts pollinators, and serves as a habitat for butterfly and moth larvae, which help to feed many species of birds.

Eastern Redbud (*Cercis canadensis*) is a drought tolerant native tree that produces abundant flowers in April and May. These flowers provide an important source of nectar and pollen for many pollinator species.

Sweet Bay Magnolia (*Magnolia virginiana*) is a deer resistant species that is good for coastal areas due to its tolerance to flooding and salt. Sweet bay magnolia thrives in partial shade to full sun and produces fragrant flowers from May through July. These flowers attract butterflies, and the fruit and seeds provide a food source for birds.

Tuliptree (*Liriodendron tulipifera*) is a large, fast-growing species in the Magnolia family that produces yellow-orange blooms from May through June. The flowers attract hummingbirds, and the seeds can feed birds and other wildlife throughout the winter. The widely adapted tuliptree also displays good fall foliage, with several cultivars commercially available.

Tupelo Tree (*Nyssa sylvatica*) is tolerant of many soil conditions, including urban areas. It is generally drought tolerant and there are improved cultivars for growth habit, fall color, and leaf spot resistance. The flowers attract bees



*Continued on next page*

*Continued from previous page - Native Trees for Every Landscape*

in the spring and the berries are a great food source for birds. It is important to note that some cultivars will not produce berries, reducing their value to wildlife.

Paw Paw (*Asimina triloba*) is a modestly sized tree that produces the largest native North American fruit. It is deer resistant and produces flowers in April or May that will develop into fruit that ripens in September or October. Two cultivars are required for pollination, but paw paw has minimal pest or disease issues. This native edible landscape specimen tree also has vibrant yellow fall foliage.

American Persimmon (*Diospyros virginiana*) is a deer resistant native species that is drought tolerant and has minimal pest and disease issues. American persimmon has small flowers that bloom in the spring and attract pollinators. A male and female tree are required for pollination, which leads to the development of edible fruit in October. The fall foliage is very good for this tree and any fruit that is not harvested will be eaten by wildlife.

Native trees can provide aesthetics and ecological benefits to many different landscapes in our region. By selecting the right species for the right location, these keystone species can provide important ecosystem services for many years. Be sure to visit your local garden centers to find the best native trees.

Adapted from Everything to Know About NJ Native Trees <https://www.mycentraljersey.com/story/news/local/land-environment/2023/04/30/nj-native-trees-flowers-plants/70158529007/>

# 4-H YOUTH DEVELOPMENT

## 4-H Memorial Day Parade

On May 29 (Memorial Day), just under 50 4-H youth members, volunteers, and adult leaders represented Monmouth County at the annual Freehold Memorial Day Parade. Youth 4-H Clubs present included the Raging Reptiles, Shooting Stars, Dungeon & Dragons, Globetasters, Power Paws, Stars & Strides, 24 Carrot Club, Monmouth Blasters, Animal Science, and Hearts & Horseshoes. It was a wonderful day and our 4-H'ers did a great job representing Monmouth 4-H!

Many thanks to 4-H leader Michele Montecalvo for all her hard work in making this possible!



# 4-H Natural Soap Making Workshop

By Virginia Krzyzanowski, 4-H Program Associate

Here in Monmouth County, Rutgers Cooperative Extension has come together once again to offer another outstanding educational program. On June 30, the 4-H Youth Development Program and the Master Gardeners teamed up to host a hands-on workshop, Natural Soap Making, at the Agricultural Building.

The history of soap making dates back to 2800 BC in Ancient Babylon. Soap got its name from an ancient Roman legend about Mount Sapo. Rain would wash down the mountain mixing with open fire pits where globs of dripped animal fat combined with wood ashes. The result was a chemical reaction that created a slippery clay substance found to lift dirt off skin and allowing it to be washed away. By the 7th century, soap-making was an established art in Italy, Spain, and France due to their ready supply of source ingredients such as oil from olive trees. Olive oil remains a key ingredient for soap today. Humans have built on that basic knowledge to create the soaps we use in modern times. What will the future bring for cleanliness? That depends on the next generation of scientists, like our 4-H youth!

4-H volunteer Shalu Thaman, active with the Baird Homestead 4-H Club of Millstone, is a proponent of returning to simpler times and self-sufficiency. Her soap making expertise is a result of these beliefs. Shalu envisioned the event as a place to share and bring about interest in the revival of ancient arts of plant and herbal remedies, nourishing both the mind and body, and bringing us back to our roots and providing a community connection for learning new things through old ways. Shalu plans to continue offering generational knowledge through ongoing workshops.



Soap Making Instructors Shalu and Akhil Thaman Preparing supplies.

Shalu, along with her homeschooled son Akhil, taught the basics of creating your own hand and body soaps using natural ingredients that are good for the environment and great for replenishing your skin. The workshop maintained the craft's tradition while reflecting the changes in Americans' interest in rekindling old ways. Designed for youth, the melt and pour method is a fun kitchen science experiment that is safe and easy for all ages. What better way to get kids to wash their hands than having them make their own soap.

Pat Ristaino Dutton presented on the benefits of herbs. Pat is a Master Gardner since 2019. Besides being an avid gardener, she is an herbalist who has completed several internships with nationally known herbalists Rosemary Gladstar and Dr. Tieraonaona Low Dog. Pat grows, harvests, and uses her own herbs for culinary



Pictured left to right: Jr. Master Gardener Benjamin Frederick, 4-H Leader Jane Sims, Master Gardener Pat Dutton, 4-H'er Annalise Margiasso of the 14 Carrot Rabbit Club, and 4-H Leader Heather Lurch preparing soap for molds.

Continued on next page

*Continued from previous page - 4H Natural Soap Making Workshop*

and medicinal purposes. She recently returned to NJ after living in a 120-acre farm in NH where she taught several courses on growing and using herbs. Pat is an active member of the Herb Gardeners here in Monmouth County and is pleased to be able to share her extensive knowledge with others.

Herbal and botanical extracts are substances made by extracting a part of the plant's raw material, usually by using a solvent such as water or oil. This process is designed to maximize a specific portion of the original chemical compounds found in the plant. Pat provided dried lavender, chamomile, and rose petals which were infused into the soaps.

Each participant selected their base of melted soap, color, fragrance, and herb which were then combined and poured into a decorative mold of their choice. While the soaps were hardening Pat led a tour of the MG's beautiful herb garden. There was a lot to learn about the culinary, medicinal, and therapeutic properties of herbs. It was delightful to see all the herbs in bloom, the pollinators busy at work, and the small garter snake slithering along in search of slugs or rodents to eat. 4-H Senior Art

Ambassador Dorotéa Gallucci, shared "I can't wait to enter my fish soaps in the fair." 4-H's learn-by-doing approach allows youth to step away from their computer screens and tune into life's adventures.

Special thanks to longtime 4-H supporter Susan Graves for donating the soap making supplies. More information about our 4-H Clubs and future programs can be found on our website at:

<https://monmouth.njaes.rutgers.edu/4h/>



*Master Gardener and Herbalist Pat Dutton giving a tour of the MG's herb garden located in the back of the Ag Building. You can take a self-guided tour anytime.*



*Dorotéa Gallucci, 4-H Senior Art Ambassador, showing off her fabulous fish soap.*



Monmouth 4-H is proud to announce that on October 21 (with rain date of October 23), we will hold our first ever "Trunk or Treat" event!

If you and your family are looking for a way to celebrate the Halloween Season, look no further!

The event will be held at the 4-H Winter Run Activity Center (270 Southard Ave, Farmingdale, NJ 07727).

More details will follow in the coming weeks – but for now, mark your calendars for October 21 and plan to join the fun!!

# FAMILY & COMMUNITY HEALTH SCIENCES

## Action Steps to Maintain Wellness

By Rachel Tansey, MA Senior FCHS Extension Associate, Monmouth County  
Joanne Kinsey, FCHS Educator, Atlantic and Ocean Counties

As you likely started the new year initiating your personal wellness program. Here are some steps to help continue your journey on that wellness path so you can enjoy your healthiest year yet.

The first item on the **“To-do List”** is to do your homework. Find reliable science-based sources of information to guide your journey through wellness. Look for guidance from your physician and sources such as the Mayo Clinic, Harvard Health, the Centers for Disease Control and Prevention (CDC), and the US Food and Drug Administration (FDA). Also look at the National Institutes of Health (NIH) website to find links to trustworthy sources of information.



**Make personal and family wellness a priority.** Set your wellness goals, then create a plan to help achieve them. Perhaps use a shared calendar so everyone in the household is aware of important family dates and activities. Consider starting a new family tradition of cooking a healthy meal or taking a weekly walk together.



**Physical activity is an essential part of a wellness plan.** How can you increase your movement each day? If you spend much of your day sitting at a desk or in a favorite chair, be sure to get up to walk every 30-45 minutes. Whenever possible, take a 10-minute walk (or longer) outdoors. Spending time outdoors can help you de-stress and relax and encourages your brain to find clarity and focus.

**Healthy meals and snacks are also a vital component of your wellness.** Skip the unhealthy salty and sweet treats. These items are not beneficial to your body. Our diets should be 50% fruits and vegetables, with smaller amounts of protein and carbohydrates. A diet including plant-based antioxidant-rich foods can naturally reduce inflammation in our bodies. Create a regimen of healthy meals and drinking water as much as possible. Consume nutritious foods containing vitamins, minerals, antioxidants, polyphenols, and related nutrients every day.

**Declutter your space to help reduce stress and avoid accidental falls at home or in the office.** Sit back with a notepad and notice items that clutter your space. Take note of things that could cause hazards when in a hurry. Make a plan to add openness to the space by rearranging where you spend time working, cooking, and socializing. Having less chaos around adds efficiency to completing tasks while reducing personal safety hazards. The space should invoke a sense of calm and relaxation. *Continued on page 11*

# MONMOUTH COUNTY BOARD of AGRICULTURE

## Calendar Items:

**R**egular meetings of the Board of Agriculture are held on the third Tuesday of every month at 7:30 pm (except June, July, and August).

Meetings are held at the Agriculture Building, 4000 Kozloski Road, Freehold, NJ 07728. We welcome all interested agriculturalist and industry supporters to join us for lively discussion on issues, challenges, and solutions in agriculture.

For nearly a century, the Monmouth County Board of Agriculture has assumed leadership in planning programs related to agricultural and rural issues. It has also worked hard to aid farmers in the development of the most profitable and sustainable types of agriculture, as well as help investigate and solve technical problems relating to crop production.

Additionally, the Monmouth County Board of Agriculture understands the need to foster the next generation of leaders in food, agriculture, and rural life. That is why it has and continues to support the FFA Chapters of Monmouth County—Allentown FFA, Freehold FFA, and the Monmouth County Career Center.

If you are interested in joining the Monmouth County Board of Agriculture, or learning more about the industry in our county, be sure to attend a meeting or reach out to one of its members. For more information, contact [Secretary@MCBOA.org](mailto:Secretary@MCBOA.org).

**September 19th, 2023: MCBOA meeting at the Rutgers Specialty Crop Research and Extension Center**, 283 Route 539 Cream Ridge, NJ  
**6:00 – 7:00pm** Free Walking Tour (pesticide license recertification credits available)  
**7:00-7:30pm** Refreshments  
**7:30pm** MCBOA Meeting

You can check out our programs by going to:

**Agriculture** = <https://www.facebook.com/MonmouthCountyAG/>

**Rutgers Master Gardeners** = <https://www.facebook.com/MonmouthCountyAG>

**Family and Community Health Sciences** = <https://www.facebook.com/FCHSMonmouthCounty.RutgersCooperativeExtension>

**4-H Youth Development** = <https://www.facebook.com/MonmouthCounty4H>

**Monmouth Rutgers Cooperative Extension YouTube Channel** = <https://www.youtube.com/channel/UCGjuV-8Vsp-Ndk3BMjcq34A>

**Spend time with family and friends.** Studies show that socialization is important to our physical and mental health. Avoid isolation by reaching out to family and friends on a regular basis. People with a support system tend to be healthier than those without. Gather with others in-person or online to play games, share stories, or discuss books—it does wonders for the brain in addition to increasing your immune defense.

**Sufficient quality sleep is critical to good health.** According to the CDC, studies show that insufficient sleep—less than 7-9 hours per 24-hour period—may influence several diseases and chronic conditions, including diabetes, cardiovascular disease, obesity, and depression. The National Sleep Foundation recommends these tips for ensuring the proper quality of sleep: a comfortable bed used for sleep, not watching TV. Remove phones and electronic devices from your bedroom or silence them for at least 7-9 hours of sleep. Engage in relaxing activities before bedtime, avoid screen time within one-hour of sleep, and avoid large meals a few hours before bedtime. Speak to your physician if you are having difficulties sleeping.

**“Me-time”** is time well spent. Stress can have serious implications on your physical and mental well-being. Everyone needs some personal time to care for their body and mind. For instance: explore a new hobby, read a book, listen to relaxing music, learn a new skill, or observe nature. Spend a few minutes observing photographs or artwork to look for details you haven’t noticed before. Hobbies are an effective way to immerse yourself into a project and help maintain calm in your day. Practicing mindfulness and meditation are great ways to bring clarity, focus, and moments of calm when feeling stressed. Take care your yourself first, then you will be able to successfully care for others!

Remember to keep your goals attainable with simple action steps on your wellness journey which will be beneficial to you and your loved ones!

# MASTER GARDENERS

## Rutgers Master Gardeners Assisting with Cream Ridge Research Projects

By Dennis McNamara, Agriculture Associate

**A**t Rutgers Cream Ridge Plant Research Facility, Ag Agent Bill Errickson is very busy working to deliver vital information on native shrubs for the nursery trade in New Jersey. The projects’ basic goal is to educate and encourage the businesses selling shrubs to consider replacing invasive species with native species. The projects’ first logistic is locating and collecting cuttings of native species, which we are doing in partnership with the Monmouth County Parks Department. So far, the species collection includes Clethra, Viburnum, Spicebush, Azalea, Bayberry, and Mountain Laurel. Once collected, properly propagating the cuttings is the next logistic to tackle. The number of cuttings total into the thousands. Thankfully,



helping to make such a large project feasible is the dedicated volunteers of the Rutgers Master Gardener Program in Monmouth County. More than twenty

Master Gardeners have signed on to provide their horticultural services to the Cream Ridge propagation project. Stay tuned for updates of this ongoing project.



Ag Agent Bill Errickson with Rutgers Master Gardeners Pete, Sandy, Mary Anne, Denise, Anna, and Rosalie.

# Save The Date!



Rutgers Master Gardeners of Monmouth County  
**Bugs, Birds, and Beyond**

## Exploring Through Nature Your Passport to Adventure

A FREE festival for children of all ages  
**Saturday, September 30, 2023**



Held indoors and outdoors from 12 noon to 4 p.m. (rain or shine)



- ★ Make and take home craft projects
- ★ Nature-inspired activities and educational displays
- ★ *Remarkable Raptors* shows
- ★ Insect exhibits
- ★ Beehives
- ★ Honey for sale
- ★ 4-H animals: rabbits, snakes, and reptiles
- ★ Garden tours
- ★ Vendors

All children must be accompanied by an adult

Questions? Call  
732-303-7614

Monmouth County  
Agriculture Building  
4000 Kozloski Road  
Freehold, NJ 07728



### 2023 Monmouth County Board of County Commissioners

Thomas A. Arnone  
*Director*

Nick DiRocco  
*Deputy Director*

Lillian G. Burry

Susan M. Kiley

Ross F. Licitra

