



Greetings from your President:

It's July, and finally summer has arrived after months of cold rain. At the Hort. Farm, folks are busy outdoors and indoors, working on a wide variety of projects. Common Ground students are busy tending their three acres of vegetables and herbs. UVM researchers are working on a variety of new initiatives ranging from evaluation of wine and table grapes to exploring switchgrass production for biofuels. And Friends of the Horticulture Farm (FHF) officers, volunteers and student interns are making ready for the **FHF 17th Annual Plant Sale & Silent Auction** planned for **Sunday, July 24th!**

The Annual Plant Sale is The Friends' principle fundraising event of the year and we are looking forward to your generous patronage on July 24th. The **FHF members' Preview Sale begins promptly at 9:00am.** Admission to non-members starts at 10:00am. As a member attending the Preview Sale, you get first pick of what promises to be a wide selection of excellent trees, shrubs, perennials, gardening merchandise, and other delights! So if your membership has lapsed or will do so shortly, please renew today so you can take advantage of this great opportunity to acquire quality plants at reasonable prices. Remember, all net proceeds from the Annual Plant Sale are used to support our FHF student interns, maintain and enhance plant collections at the Hort. Farm, improve trails and signage, and otherwise contribute directly to the great work going on at the Hort. Farm.

We still need volunteers to help with parking, with set-up and take down, and a few other tasks, so if you're interested in helping out before, during or after the Plant Sale, please call our Volunteer Coordinator, **Stephanie Miner**, today at 863-1876.

Finally, in advance of the Plant Sale, I wish to thank all of the wonderful nursery owners, growers, and other folks involved in the wholesale and retail horticultural trade here in Vermont for supplying The Friends with such a great variety of plant material and donated items for the Annual Plant Sale & Silent Auction. Also, all of the wonderful volunteer "pickers" who collect and

truck donated plants and goods to the Hort. Farm in advance of the Sale. With your help, we can make the 17th Annual Plant Sale the best fundraiser to date!

A few additional items...At Its June 14, 2011 meeting, the Board of Directors voted to reduce the fee for FHF-sponsored guided "walks" through Hort. Farm plant collections to \$5 for members and \$10 for non-members, effective immediately. This decision was made based on some feedback we received from tour guides and visitors, Workshops and other events involving an instructional component (i.e.: tour plus classroom work) will remain at \$10 for members and \$20 for non-members, unless otherwise specifically noted. Master Gardeners with identification have historically been admitted to FHF events at the member rates.

Second, the Board of Directors is interested in hearing from any individuals who would be interested in serving on the FHF Board, its Nominating Committee, or any of its standing committees. There's plenty of volunteer work to go around, so don't hesitate to contact either me at krisbiel3@yahoo.com, Stephanie Miner (see phone number above), or Jen Mills at jamvt70@gmail.com if you are interested in learning more about any of these positions and their responsibilities. We will have some openings this fall that the Nominating Committee will want to fill, so I encourage you to contact us before the end of August if you are interested.

Thanks,
Kristina Bielenberg
President



The Friends of the Horticulture Farm Board of Directors

Kristina Bielenberg, President
Stephanie Miner, V. President
Linda Elrick, Treasurer
Jennifer Mills, Secretary
Ron Krupp
Kate Lalley
Eileen Andreoli
Ben Crockett
Terry Bradshaw, Ex-Officio,
UVM

The Friends of the Horticulture Farm Newsletter - a quarterly publication of the Friends of the Horticulture Farm. Members of the Friends are always welcome, and encouraged, to contribute letters to the editor and articles for this newsletter.

Please send your contributions by the deadline of September 15th.

info@friendsofthehortfarm.org
or krisbiel3@yahoo.com

NEWSLETTER STAFF:
Kristina Bielenberg, Editor
Jennifer Mills, layout/Design
Lee Diamond & Stephanie Miner, production.

The Friends of The Horticulture Farm is a 501(c) (3) non-profit, tax-exempt, membership organization dedicated to the protection, promotion and enhancement of the UVM Horticulture Research Center, its plant collections, and natural areas, for education, research and public enrichment.

The Hort. Farm is located at 65 Green Mountain Drive in So. Burlington, VT - just off Shelburne Rd (Rt 7).

Please visit our web site:
www.friendsofthehortfarm.org
Phone: 802.864.3073

REMINDER

Board meetings of The Friends of the Horticulture Farm are held on the second Tuesday of each month. Meetings start at 6 pm and are held in the Blasberg Building, at the UVM Hort Farm. The next Board meeting will be held on **August 8, 2011**. FHF Members are always welcome to attend Board meetings, suggest items for meeting agenda, and/or join a committee of the Board.



'The Winter 2011 Hort Farm Newsletter looks very good. Color really helps. Congratulations on getting an on-line newsletter to be attractive and definitely worth reading.'

*Phyl Lary
EMG 2005
Member Friends of the Hort Farm
Burlington Garden Club
Past President, 2007-09*

RE-THINKING WEEDS

2011 FHF Student Intern, Marielle Fisher

I began my internship at the Horticulture Farm with a battle against weeds. However, I soon learned that this mentality was not only draining but naïve. I was overlooking the beneficial qualities of the plants that I was removing. Throughout my internship, I learned more than just how to identify plants, but how to improve my health with many of the "weeds" I pulled. Suddenly, weeding became less of a chore and instead a restocking of my medicine cabinet.



A swath of stinging nettle in the Conifer Collection posed a great threat to Ari and me when tasked with its removal. However, our knowledge of the beneficial health effects of nettle tea made the job easier to swallow. After getting accustomed to its taste, nettle tea now provides my morning lift.

One can also make a tea from yarrow that quickly brings down a fever. Snack on wild pansy flowers for a lymph tonic. The Vermont state flower, red clover, is also a wonderful detoxifier. Try rubbing lemon balm on your skin to repel insects. The beneficial uses of common plants goes on and on once you realize they are not weeds, but natural medicine.

Tempestuous weeds haunt every gardener, but why let them? Consider the familiar plants with a different perspective, one of traditional medicine. Often we overlook the beneficial qualities of these common plants and hastily toss them in our compost pile. While yarrow will speed up the rate of decomposition in your pile, try it next time you have a fever.





OLLI VISITS THE HORT FARM

Recently a group of folks from OLLI at UVM (Osher Lifelong Learning Institute) took a tour with FHF Board member and Collection Committee Co-chair, **Ben Crockett**. The OLLI at UVM program is one of many OLLI programs started nationally by the Bernard Osher Foundation. OLLI provides adults "50 and better" with stimulating courses covering an array of topics. The OLLI visit to the Hort. Farm consisted mainly of a course of exploration, examining the many strange and beautiful plants that were in bloom in early June. Tour participants discussed aspects of horticultural practices - such as food security, government regulations, and the economy. The main focus was on the wonderful plant collections at the Hort. Farm. Despite the inclement weather, all members of the group agreed it was a great way to spend a rainy June morning. Many OLLI participants are especially excited about the upcoming **Friends of the Horticulture Farm Annual Plant Sale** on July 24.

PLANT DETECTIVES: IN SEARCH OF FRANK ABBOTT'S AZALEAS – Part II By John & Sally Perkins of Salem, NH

*[Editor's Note: This is the second part of an article about Vermonter **Frank Abbott**, a pioneer in the creation of hybrids using *Rhododendron prinophyllum*, *molle*, *calendulaceum*, and *arborescens*. The first part appeared in the Spring 2011 issue. Look for the third, and final, installment in the next issue. We pick up here with the Perkins' second visit to Saxtons River, Vermont, in search of Abbott azaleas.]*

On our second visit to the Saxtons River cemetery, we walked from front to back. Upon approaching the two 'Jane Abbott'-like deciduous azaleas, we noticed only then that the two grave stones associated with the azaleas were one for Frank and Margaret Abbott and another for Jane Abbott Bussey and her husband.

On this second visit we also stopped in to visit Dennis Abbott. Dennis showed us his property and then offered to introduce us to the current owners of the former Jane Abbott homestead. The one owner grew up only a few blocks away from Frank Abbott's home and he, like most others who lived in the area, knew that Frank grew azaleas. The couple knew that Jane Abbott had collected what Frank and Jane thought were Frank's best azaleas. When we inquired about a fragrant variety with a white bloom with a yellow

blotch, the husband stated, "It is bloom right now in the back." Sure enough, there it was in full bloom. We had found 'Margaret Abbott' which, of course, had never really been missing at all! Frank had raised and selected the seedling naming it for his wife and gave it a place of honor in his daughter's home.

The couple then showed us the azaleas they liked best consisting of the yellows, pinks, oranges, reds, and whites. The husband mentioned that Frank Abbott once owned a hunting lodge in Athens, Vermont, and there were some azaleas planted over the hill behind the main house but this day was devoted to enjoying our visit to the former Jane Abbott homestead.

Which 'Miss Louisa Hunnewell' Frank Abbott used to produce 'Jane Abbott' is an interesting question. First, there is the Hatfield 1920 created 'Miss Louisa Hunnewell,' which is described by Galle on page 88 as a vivid orange yellow 21A, 3". This is often described in the literature as a very impressive Mollis hybrid, superior to others involving the two different subspecies (Chinese and Japanese) of *R. molle*. Azaleas created crossing these two subspecies are referred to as *x kosterianum*. However, Galle also states that the true clone may no longer exist and seedlings were frequently substituted.



Azalea at The Hort. Farm. Photo By Jen Mills

Winterthur, in Delaware, used to grow this plant and Linda Eirhart, Assistant Director of Horticulture, sent us digital images produced from slides taken in 1978. The digital images are good enough to see that the plant of 'Miss Louisa Hunnewell' that was growing at Winterthur was not vivid orange yellow. However, this 'Miss Louisa Hunnewell' is close enough in color to possibly be the one growing next to 'Margaret Abbott' at Jane Abbott's old homestead. Next to this Mollis hybrid in Jane Abbott's old homestead is a pink *prinophyllum* cross that could pass for an Abbott's 'Jane Abbott'.

Now according to Dennis Abbott, son of Frank Abbott Jr., his father used to move azaleas all of the time at the direction of his grandfather. Frank would direct Dennis on what azaleas to move among the three properties that Frank owned and between the three homes that Frank, Frank Jr., and Jane had that were side-by-side in Saxtons River, Vermont.

One could easily jump to the conclusion that these three plants represent 'Margaret Abbott', 'Miss Louisa Hunnewell', and 'Jane Abbott'. We know for certain (or at least as certain as one can be about these sorts of things) that the 'Margaret Abbott' is indeed 'Margaret Abbott'. Our image of 'Margaret Abbott' from spring 2009 at Jane Abbott's old homestead is an exact match of the one taken for an article on Frank Abbott for a *Vermont Life* article in 1973. Moreover, Clarence Towe who never forgets a deciduous azalea stated our image is indeed the same 'Margaret Abbott' Frank Abbott showed Clarence when Clarence visited Saxtons River, Vermont in the 1970's.

Yet, unlike 'Margaret Abbott' which is a cultivar representing a single plant, the 'Jane Abbott' and 'Miss Louisa Hunnewell' being referenced by Frank are most likely each a grex much the way 'PJM' was in this same timeframe.

Dr. Norman Pellett of the University of Vermont sent us by email an image of 'Jane Abbott' that was given directly to him by Frank Abbott. Dr. Pellett also informed us that a friend of his also is growing a 'Jane Abbott' received directly from Frank Abbott but the two plants have never been compared to see if they are identical.

Planted next to these three plants but on the side of the former Jane Abbott homestead (rather than on the back) is an elepidote that Dennis Abbott stated is 'The Virgin'. This is the only elepidote that Frank Abbott ever registered and according to Frank Abbott is the hardiest rhododendron or azalea he ever raised from seed.

Editor's Note: For more information about this article and the Frank Abbott azaleas, contact Mr. Perkins at john.a.perkins@gmail.com. If you know of any exciting "plant finds", old or new, that would be of interest to our readers, please submit them to The Friends of the Horticulture Farm for publication in our newsletter.

ESPALIER FRUIT TREES

**Dr. Leonard Perry, Extension Professor
University of Vermont**

To "espalier" a fruit tree is to prune it so it grows vertically against a building, wall, fence, or decorative upright support. Not only are such espaliers decorative, but also they save space in small gardens and make harvesting easier. They require a bit more care than regular fruit trees, but this is not complicated and is a true blending of gardening art and science.

Apples and pears lend themselves most readily of the fruit trees to espaliers as they are easy to train, especially the "spur types." A bit more difficult, but still possible, are peaches, nectarines, and apricots. Cherries, plums, and quince can be espaliered but are even more difficult due to their bushy growth habit. If you have a small garden area, or want to add fruits to a cottage garden, consider vine and bush fruits such as grapes, trailing blackberries, taller cultivars of gooseberries and currants, and even blueberries. Just make sure the cultivars (cultivated varieties) are hardy in your area, and are taller, arching, or vining in nature. Make sure if they require cross pollination (most fruit trees require this, or at least fruit better with a partner) that you buy at least two cultivars that flower at the same time.



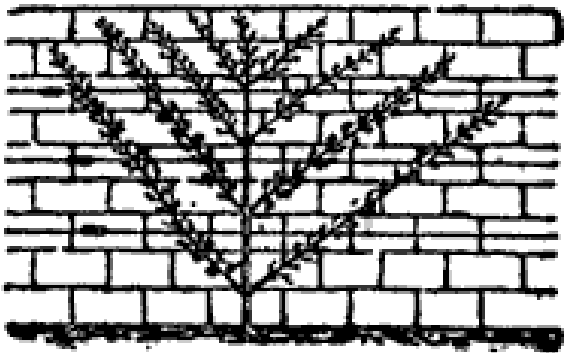
**FHF member, Meg Foster, displays an attractive example of an espalier.
Photo By Jen Mills**

Perhaps the earliest depictions are paintings in Egyptian tombs dating to 1400 BCE. Later, in Roman times, fruit trees were espaliered on courtyard walls. Espaliers are much more popular and seen today in Europe, where they've been grown since at least the 15th century. It's no wonder that some of the wealthy early

colonists to America brought espaliers and this practice with them. The word comes from the French word for shoulder, but also the Italian word for a place to rest one's shoulder (spalla).

There are many possible designs, the simplest being the vertical cordon. This is simply a central trunk with side branches pruned back severely or even off completely. This columnar habit is popular with apples, and is easy if you buy one of the columnar apple or peach cultivars.

Also easy is the informal upright, in which branches are trained upright but in no particular pattern. In warmer climates you'll see this done with figs, persimmons, and pomegranates. A variation on the informal, the fan shape, has branches trained upright in such a pattern. Apricots, peaches, and figs lead themselves to the fan espalier.



The pattern I've seen most in European gardens and photos of these is the tiered espalier. In this pattern, horizontal branches are trained in opposite directions along 2 or 3 tiers or levels of wire supports. From its appearance you may see it called the horizontal T or horizontal cordon (the cordon being the main trained branch). Then there are variations off of this pattern, a common one being the candelabra—ends of branches growing at roughly right angles upward similar to its namesake. Apples and pears are most often used for tiered espaliers.

Espaliers also can be free standing, in which case the trellis should be oriented North to South for most even lighting. Such "English fences," as they are sometimes called, are good for visual screens.

So how do you get to all these designs? Easiest is to buy an espalier at a nursery, or through an online source, already started. If this is not possible, or you want to start from the beginning, choose a dwarf or semi-dwarf tree that will require less pruning than a standard size. Young trees are much easier to train

than older ones already established with their branches. Here is where tree with branches not really best for an orchard would work well for an espalier. Choose one that has a U-shape to branches, or with branches roughly opposite and horizontal. For these, prune back the center stem and start with the horizontal branches.

Plant the tree as you would a fruit tree, keeping in mind if against a building to plant at least 18 inches away. Air circulation behind the tree will keep detrimental dampness away from the building exterior. Don't plant under wide roof overhangs which will keep light and water from your tree. Although a half-day of sun is needed, more is better.

Although support wire for your trellis (easiest to install before you plant) can be affixed to, yet held out from with supports, buildings and walls, it is often easiest to erect a separate trellis. This can be as simple as wooden or metal posts with wires strung horizontally between them. Posts should be 7 to 8 feet high, set at least 2 feet in the ground, and anchored on the ends so they don't lean toward the center. Staple or affix 9-gauge wire between the posts. The first wire should be about 2-feet off the ground, the others up the posts at one-foot intervals.

As with any fruit tree, there are two main types of pruning cuts. For both, don't leave stubs when pruning, and prune back to a main branch or just above a bud. Heading cuts are those in which a branch is pruned back, which stimulates buds further down the stem to grow. This is useful if the main horizontal branches are long enough, and you want more upright shoots to grow. As the branches grow, prune off all that are growing in the wrong directions—the thinning cuts. Make sure to follow the 2 C's and 3 D's of pruning—remove any branches that are crossed and crowded, and any that are dead, diseased, or otherwise damaged.

When the lateral branches are sufficiently long, gently pull them down and tie them to the wires. Pulling down more vigorous branches, and pulling upward weaker ones, will result in more even growth. Use plastic ties or garden twine designed for plants; don't use string that can cut into stems. Some use bamboo stakes to tie branches in a straight line, later pulling these down to affix to wires. Check trees every week or so to prune as needed, until midsummer. Except for pruning very short shoots, late summer pruning may stimulate growth that won't harden before freezes.

Have patience, as it will take a couple growing seasons or more for your espalier to start taking shape, and 5 to 10 years until at peak form. Once it is in the desired pattern, you can remove the wire trellis if desired. Since the tree will always want to grow more like a tree, you'll need to keep up the pruning yearly. Make sure when plants are 3 or more years old to not cut off too many of the fat flower buds—these will be next year's flowers and fruit.

Pruning books and resources online provide more details on espaliers, and diagrams, including articles in *Arnoldia*—the magazine of the Arnold Arboretum near Boston (arnoldia.arboretum.harvard.edu).

THE APPEAL OF A FLOWER 2011 FHF Student Intern, Ariel Adelstein

As a child growing up on a small-scale farm in Massachusetts, I never really became interested in flowers. I'd help harvest peas and tomatoes in the vegetable garden and care for the animals, but the flower gardens around the house and out front I found to be (at best) boring and (at the worst) a day spent suffering in mulching and pruning. When I got to college, my love of vegetables and herbs continued to expand, my knowledge insatiable. Flowers were nice, sure, but I saw them as quite useless.

I recently returned from studying indigenous and organic agriculture in Tamil Nadu, India, where the tropical weather produces some of the most lush, beautiful plants in the world. Flowers easily bloomed to the size of a human hand, a human head, small baby size...and there, I enjoyed flowers for their ornamental value in my hair or as a flower chain.


When I came to work for The Friends of the Horticulture Farm, I told myself to get ready. There would be a whole lot of flowers. It was the understatement of the century, obviously. My work as an intern has virtually involved taking care of flowers, flowering shrubs, and trees, all the time. Suddenly I am thirteen again, and mulching (and mulching and mulching) flower beds. I wasn't sure I was cut out to take the job seriously, but I think my perspective started to change with the Bloom-Time Festival.

There were a lot of people gathered then and they "oohed" and "aahed" not only over the striking flowers and plants that were for sale, but the ones they saw while walking around the Hort. Farm. This made me realize how lucky we are that the Hort. Farm has such an amazing variety to offer. I even was breathless with

the variety of flowers in every imaginable shade and shape.

No, I might not be able to eat flowers or use them in a tincture to cure colds – at least, not those growing in the Hort. Farm plant collections. But their aesthetic value and their ability to bring joy should not be undervalued. There is incredible beauty in each individual bloom of a flower. There are multiple colors layered together naturally in ways that painters can only dream of. This spring, on a cloudy day, it was such a relief to the eyes to walk into the Hort. Farm perennial gardens or down the rows of lilacs, seeing such magnificent colors. And now I have a zinnia on my porch, next to the kitchen herbs. It's a small step towards a welcoming world of color that I am just getting to know.

2011 Calendar of Events



JULY

July 24, Sun 10am - 3pm
Friends of Hort. Farm 17th Annual Plant Sale
Select from a wide variety of ornamental trees, shrubs, perennials and other plants donated by gardens and nurseries throughout Vermont. Don't miss the 9-10am Members-Only Preview Sale. Join or renew your membership now!

AUGUST

August 3, Wed 6 - 8pm
Gourmet Mushroom Workshop
Don't get left behind this trend. Eric Swanson owns "Vermush" and will show us how to grow and harvest our own gourmet mushrooms. Take home your own oyster mushroom spawn kit! \$20/ \$30 includes Materials.

August 17, Wed 6 - 8pm EMG-E
The Marvel of Honey Bees
Bill Mares, President of VT Beekeepers Association, talks about bees and their 10,000-year symbiosis with humans, how they help gardeners, and the current cluster of threat to their health and our food supply. \$10/ \$20

SEPTEMBER

Sept 10, Sat 9am - Noon
Leaf Casting Workshop
Come create natural objects with Nancy Simson. Make leaf casts using your favorite large-leaved plants. \$10/ \$20+ Pre-registration is required. Limited to 12 participants. Additional materials fee of \$20 will be collected.

Sept 14, Wed 6 - 8 pm
Fall colors for the Perennial Garden
Tired of buying mums for fall color? Come discover colorful late-blooming perennials with Sarah Salatino from Full Circle Gardens in Essex. Sarah will share her season-extending cultural practices and help you find ways to be green and save \$\$! \$10/ \$20

OCTOBER

Oct 9, Sun 10 - 1pm EMG-E
Mushroom Walk & Talk
Join Robert Resnick and Stephanie Miner for a fun-filled walk and talk in the Hort. Farm woods followed by a lively discussion of your "finds". Bring a basket or a paper bag, no plastic please. \$10/ \$20 Pre-registration required. Limit: 25 attendees

Oct 15, Sat 12 noon - 3pm
Annual Members Meeting
FHF Members gather to review the current year's successes. Come hear about the latest on-site research. We urge you to attend with suggestions and input for the future. Refreshments served. Free

Oct 22, Sat 10am - Noon
Out of Your Gourd
Come learn about hard-shell gourds; tips on growing them and make a lasting container or a birdhouse. Alice Trageser will share her expertise and provide gourds and art materials to work with. Try painting, staining, wood burning, decoupage, or reconstructing. These organic forms are ready for whatever you can imagine. \$25/ \$55 includes all materials.

NOVEMBER

Nov 16, Wed 6 - 8pm
Herbs for The Holidays: Folklore, Culinary & Health
Ever wonder why we decorate with mistletoe & holly during the holiday season or why frankincense & myrrh are honored this time of year? Laura Brown, of Purple Shutter Herbs, will recount tales & folklore about our cherished December herbs such as rosemary, cinnamon & sweet woodruff. \$10/ \$20

Leaf Casting - Just Added... Back by popular demand!

Event Fees Example: \$10/ \$20

FHF Member & Master Gardener/Non-Member

Please bring your current ID/membership card

SAVE on EVENT fees -- Become A Member Today!

Master Gardener Hours:
EMG=E approved for VOLUNTEER hours
EMG=E approved for EDUCATIONAL hours

SOME PLANTS AND SUN DON'T MIX

Dr. Leonard Perry, Extension Professor, UVM

If you're a gardener or merely enjoy being outdoors, you may have heard if not learned firsthand of the skin reactions caused by some plants—dermatitis. Common examples are rashes from the oil of poison ivy or brushing the leaves of stinging nettles. Also common, but often overlooked and misdiagnosed, are the rashes caused by exposure to certain plants in sunlight. Some common culprits are garden plants such as gas plant, wildflowers such as Queen Anne's Lace, vegetables such as celery, and one of the most common—limes.

These "phytophotodermatitis" skin rashes (dermatitis) are caused by the reaction of the plant (phyto) toxic chemicals ("furocoumarins"), combined with the UV rays from the sun (photo). While not all people get these reactions, they are possible in anyone if high enough concentrations under the right conditions. Agricultural workers and gardeners, bartenders (on beaches and outside), and children are some of the populations in which this problem is often seen.

If going to the beach, or merely partying on a sunny patio, beware of drinks with citrus wedges and juice, particularly limes (the problem is more the juice from the rinds than from the pulp). A beer commercial that appears humorous on the screen may cause problems in reality. In the scene, a woman squirts lime juice on her boyfriend for looking at a gorgeous girl. Does she know she may be causing phytophotodermatitis (sometimes called "margarita dermatitis" or "lime disease"), resulting in a rash on his face? Others have reactions from using lime juice remedies as insect repellents.

wild parsnip

Rashes and lesions begin about a day after exposure, often burning and may blister. While they peak in 2 to 3 days, the pigmentation may last for months. The more fortunate only get the pigmentation without the burning and blistering. Exposure is more common in mid to late summer when the amount of chemical is highest, skin exposure to sunlight is greatest, skin is wet from sweat or swimming, and lime drinks are common.

Symptoms of photodermatitis are different from those of poison ivy and other plants in that they cause burning not itching, are only in areas exposed to sunlight, are often in random linear streaks or patterns (such as from lime juice running down skin or brushing against plants), and develop pigmentation. Such pigmented areas may be sensitive to UV light for several years. Getting the toxic substance on hands and

then touching skin, can lead to fingerprint patterns. Offending weed parts thrown against skin, as with weed trimmers, can cause a buckshot appearance to the rash. There are 3 main plant families that cause this disease. The carrot family, Umbelliferae or Apiaceae, is the most common in gardens and natural areas. The false Queen Anne's lace or bishop's flower (*Ammi majus*) has a flower similar to Queen Anne's lace (*Daucus carota*), only is annual not biennial as the latter. The former was used as early as 2000 BCE for the treatment of certain diseases, but the cause of this plant and sun reaction was not discovered until the 1930's. Queen Anne's lace is the common roadside wildflower, is useful to attract beneficial insects and pollinators, is the relative of our cultivated carrot, and yet can cause such reactions. The false Queen Anne's lace is often used in flower arranging.

Other members of the carrot family that can cause problems are the closely related cow parsley, cow parsnip, and the invasive giant hogweed. These have white flowers compared to the wild parsnip with yellow flowers. Herbs in this family to use care with include angelica, parsley, and fennel. Handling the edible crops celery and carrot in this family, especially repeatedly by agricultural workers, can cause problems. An interesting point found through research is that some plants, such as celery, may develop much higher levels of these toxic furocoumarins in response to a disease attack. Such substances, termed "phytoalexins," help plants to resist disease organisms.

The rue family, Rutaceae, includes the tropical citrus culprits of this disease, as well as the temperate garden plants garden rue (*Ruta graveolens*) and gas plant (*Dictamnus albus*). The latter exudes a "gas" in the air on still summer evenings that can be ignited briefly. Some conjecture that this may have been the burning bush that Moses saw on Mount Sinai.

The last main family of significance with this disease is the mulberry, Moraceae, the main culprit being the fig tree (*Ficus carica*). Similar to the citrus, symptoms arise from getting the juice on the skin (leaving it on lips can be a problem) rather than from eating the fruit. Pruning figs, harvesting, even using homemade fig decoctions as tanning lotions can cause problems.

The first step to treatment is to avoid such plants, or treat them with caution until you learn your sensitivity. Wear gloves and cover skin when working around such plants. If you do end up with lesions, apply cool wet compresses. If lesions are extensive and quite painful, consult a physician who may prescribe topical steroids.

The Friends is a registered 501(c)(3) non-profit membership organization.

Corporate Matching Gifts

If you work for a sizable company, chances are good that your employer will generously match your donation. Please contact your employer for the appropriate forms and send them to us when you renew your membership or give a donation. Some businesses will match your contribution, dollar for dollar. This makes your gift go further.

Your donation is tax deductible!

Check # _____
Date _____
Amount _____

Help Support The Friends - Join or Renew Today!

YOUR DONATION IS TAX-DEDUCTIBLE

Membership Options

\$15 STUDENT
\$25 INDIVIDUAL
\$35 FAMILY
\$50 SUPPORTER

\$100 CENTENNIAL
\$250 SPONSOR
\$500 PATRON
\$1000 + CORPORATE

This membership is: ___NEW ___RENEWAL ___GIFT

Name: _____

Address: _____

Phone: _____

Email (for e-newsletter): _____

Please make your check payable to The Friends of the Horticulture Farm.
Send to: PO Box 64788, Burlington, Vermont 05406-4788

For gift memberships: please include the recipient's contact information as well as your own. Questions may be directed to: 802-864-3073 or info@friendsofthehortfarm.org.

The Friends of the Horticulture Farm
P.O. Box 64788
Burlington, VT 05406-4788
Return Service Requested