The Latest Dirt

La Porte County Master Gardener Newsletter



DECEMER 2025

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2025 MEETING SCHEDULE

Meetings will be held at 6:00 p.m. on Thursday at the La Porte Main Library Meeting Room B, unless otherwise noted

December 4 Holiday Dinner Party 5:00 p.m.Christos Restaurant, La Porte, IN

NEXT BOARD MEETING

December 8 th - 6:00 p.m. Extension Office

"THE LATEST DIRT" is published monthly. The next deadline is December 20, 2025

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Extension

PURDUE EXTENSION
MASTER GARDENER PROGRAM

Frost Flowers

By: Missouri Department of Conservation

If you've been out exploring the countryside on a cold, lateautumn morning, you may have encountered the short-lived frost flower. Not really a flower at all, frost flowers are delicate, beautiful ribbons of ice crystals that form on the lower stems of a few species of Missouri native plants.

They usually appear only in late fall

Frost flowers typically occur only in late fall after the first few hard freezes and while the ground is still warm. Their season is brief, and they disappear quickly on the day they occur, melting like frost when the air warms or rays of sunlight fall on the delicate structures.



How frost flowers form

While the plants' stems are ruptured by the first hard freeze, the root system is still sending up plant sap from the warmer ground. The sap pushes through the broken stem and freezes on contact with the cold air. As more saps moves up, it forces the freezing stream of white ice crystals into ornate, folded ribbons that look like petals, puffs of cotton candy, or snarls of white thread.

Missouri plants that produce them

Missouri plants known to produce frost flowers include dittany (*Cunila origanoides*), stinkweed (*Pluchea camphorata*, which is not widespread in Missouri), and white crownbeard (*Verbesina virginica*). Scientists don't know what it is about these species that allow them to produce frost flowers. Perhaps their root systems are more active later in the year than other species, or their stems rupture in just the right way to force the ribbons of sap. Whatever the reason, frost flowers only appear on the stems of a few species.

Get outside early on late fall mornings

Even experienced nature explorers have never seen frost flowers. This is because you have to be in the right place at the right time. Get to know Missouri's frost-flower plants and find places where they grow naturally. Then keep your eye on the calendar and the weather. When it starts to frost in the fall, plan to get out early and visit the places where you've seen frost-flower plants growing. Don't forget your camera. If you're lucky, you may snap a few pictures before the ice ribbons melt in the morning sunlight.

ASSOCIATION NEWS

Letter from the President – A Year in Review

Vicki Znavor

I hope this note finds all of you well. It has been quite a year for the LPCMGA, and I wanted to take some time to look back as we end the year so that you have a good understanding of all that we've done and are hopeful for the year ahead.

I talked a bit at last month's meeting about having a conversation with someone who said that they hope we will do *more* for the community than we have. That conversation reminded me that there are many, including many of our members, who simply aren't aware of all that's happened despite many efforts to keep everyone informed.

I am so proud of all that's happened this year and so grateful that many of you contributed your time and your tremendous talent. This note is a reminder of all that's happened during this very busy year.

Garden Show:

Our 2025 garden show was a tremendous success. We served over five hundred people from the community and had three terrific speakers, including our own Marcy Dailey. I was so proud of how so many of us came together to ensure we had terrific vendors, wonderful seeds, a beautiful fairy garden and spectacular kids' activities. The show was a great example of how we want to continue legacy activities while also incorporating innovative ideas. The silent auction was highly successful as well as the beautiful baskets that were assembled and raffled. We should all be enormously proud of that work. Karren Coplen worked even while gravely ill to help with the posters. The last conversation I had with her was about the final products. We miss her.

Future Garden Show: I've had a few calls from long-time members about being disappointed that we aren't having a show in 2026. I'm a little disappointed too but here is what we need from you. We need your attendance at the meetings to vote on activities, and we need you to lead projects. The decision was made by the membership not to do a show because of competing priorities and lack of volunteer leaders. I'd love to figure out what we can do later in the year and then again in 2027 so please let's keep working together to determine what's next. Maybe we can do something in the late spring that still reaches many people but isn't a full show. Bring your ideas to a meeting.

Palladin Head Start:

The school reached out to us and asked if we could help over one hundred preschool aged children learn about plants. We couldn't wait to get started. We spent countless hours planning the plants, assessing the growing conditions in the classrooms. Because of poor lighting, we researched and purchased grow lights. Then we spent the morning with the students where we planted seeds indoors and then visited the

individual classrooms frequently until planting day which involved several of us. We also visited the gardens throughout the summer, and they had quite the harvest. This work was incredibly rewarding. I was also asked to continue working with them as part of a board committee and I happily accepted.

Speaking Engagements:

We had volunteer speakers at several local organizations including the Knights of Columbus, The Terra Verde Garden Club, Friendship Gardens, Health Lync, La Porte County Library and Cool Spring Library. Special thanks to Tom Boesen, Janet Davis, Theresa Dzoga-Borg, Donna Pouzar and Karen Sarver. To my knowledge we have accepted every invitation and I'm so proud of all the knowledge that has been shared with community members hoping to learn more about home gardening.

Garden Walks, Fairs, Home Builders' Association, and Field Days:

We had a table at the Beach Garden Walk; the first garden walk the Beach Garden Club has undertaken. It was a lovely event and an enormous success. Some of our members belong to the Beach Garden Club and they did a fantastic job of hosting various gardens and talking to guests about the many plant varieties.

Several of our members participated once again at the La Porte County Sunflower Fair and served as judges for the sunflower contest.

We were onsite at the Home Builders' Association event in Michigan City. I heard many good things about the helpful tips received at the show.

Theresa Dzoga-Borg and Katie Mitschelen created fun activities for the Luhr Park Field Days in May. We are so blessed to have these ladies who know so much about working with children. I know there are many others in the association who have this skillset as well so I hope you can help us next year on events like this.

Pioneer Garden and Friendship Botanic Gardens:

The Pioneer Garden is so beautiful and such a tribute to days gone by. I really hope that Connie Shei and the team know just how much we appreciate your wonderful work. Countless students visit the garden as well as county fair visitors. The garden is a work of art and a tribute to those who came before us. If you haven't visited the garden, please make a point of doing so. We will be learning more soon, but we are going to need more members to become involved in the preservation of this garden and I hope you will consider helping.

Friendship Botanic Gardens is another spectacular garden. There are several members who help maintain the garden while also helping other volunteers understand how to care for the plants. I am always happy when I'm with the gardeners and so proud of the work we do. Over twenty thousand visitors walk through the gardens there and I know that they're inspired to learn more and plant similar plants because of doing so.

Garden Hotline:

We answered questions from the community twice a week from April through September. Some of the questions were really challenging but our MGs researched the answers and helped those who contacted us.

Community Grants:

We helped support amazing projects for five organizations in La Porte County by awarding community grants up to \$500. We provided details of each project at our October meeting as well as in the November newsletter. Awards were made to the La Porte County Historical Society, Family Advocates, Eastport Neighborhood Association, Kingston Heights PTA, and Westville United Methodist Church. We awarded a total of \$2,358.

After listening to their presentations, I couldn't help but think that countless people benefitted by the work that we enabled. The Historical society will be able to describe the prairie plants because of the signage we sponsored. Family Advocates now has a lovely garden that will provide comfort to families in crisis. The Eastport Neighborhood Association has a spectacular garden, and they provide free produce to families, and we sponsored their ratatouille cooking demonstration. Kingsford Heights has a more attractive exterior and Westville United Methodist Church provided free produce to neighbors in need. We made a difference with these grants, and we should all be proud to have made them.

Moving to Our New Office:

Thanks to many of you for helping move into our new space at the Extension Office. I was amazed at how many people helped. We finished the job quickly, but it was quite a bit of work that involved some heavy lifting. I know that's not "helping the community" but we organized the room in a way that enables us to help the community. Thank you!

Producing a Monthly Newsletter & Keeping Social Media Updated:

Special thanks to our Gardener of the Year – Donna Pouzar – for producing the monthly newsletter. And thank you so much to Amy Cooper, Janet Davis and Geri Lamb for working on social media. These are all activities that are designed to communicate with the association and with the public.

Saying Farewell to Our Friend Karren:

It was difficult saying goodbye to our friend Karren. She was someone who meant so much to so many. I was so happy that we were able to plant a magnolia in her honor (special thanks to Kit Knoll for the donation) and that so many attended the planting. What I saw that day was an organization comprised of friends. The way everyone came together to help and honor Karren was lovely and our ceremony meant so much to her family.

Looking Ahead:

We have invested a significant amount of money to host a morning with Doug Tallamy where he will talk about "Saving Nature in Your Yard." This event will be free to the public and we hope to serve at least 1,500 people. We believe strongly in Dr. Tallamy's message, and I can think of no better gift to the public than having him share his wisdom with others in a live event.

When I look at the size of our organization and the number of volunteers we generally have, I am filled with pride, and I hope that you are as well. We are so thankful for our long-serving members – those who have paved the way and taught us so much – and we are also thankful for our newer members who are contributing innovative ideas.

I hope that this year in review helps you understand more about what we've done. Thank you so very much for your time, your talent, and your wisdom. Please continue to share it because in so doing, you truly do make the world a better place for years to come.

I look forward to seeing you at our holiday party on December 4th! May you and your loved ones have a happy holiday season.



Master Gardener Association Business Meeting Minutes November 6, 2025 La Porte Public Library - Room B

By: Theresa Dzoga-Borg, Corresponding Secretary

The meeting was called to order at 6:21 p.m. by President, Vicki Znavor. Including the board members, there were a total of 22 members present.

The new LPCMGA membership form was available and passed out to the members. Please return filled forms to the extension office or to the Treasurer by January 31, 2026.

In order to keep your Master Gardener status, volunteer and education hours are needed to be recorded on the Purdue MG Manager site by December 30, 2025. If you require assistance, please reach out to Sue Salisbury or Jesi Davenport at the Purdue extension office.

The September business meeting minutes were approved. Tom Boesen called for a motion to approve, and it was seconded by Amy Cooper.

The treasurer's report \and 2026 budget were approved. Donna Pouzar called for a motion to approve the report and Tom Boesen seconded the motion. Kathleen Fox called for a motion to approve the 2026 budget and Geri Lamb seconded the motion.

Attendees were provided with a ballot with the names of the nominees and bios of the four nominees. The nominees were Metta Barbour, Amy Cooper, Kit Knoll and Kim Varga.

The nomination and vote for the new board members proceeded with the nominees speaking about their reasons for wanting to be a board member.

<u>Metta Barbour</u>: As a person always willing to learn more and participate in gardening activities, I was very pleased to be asked to fill an open LPCMG Association board position this fall. I look forward to continuing on this adventure.

<u>Amy Cooper</u>: As a child, my neighbor, Mrs. Hazelton, patiently taught me the fundamentals of gardening. Now, as a Master Gardener, I am eager to contribute to the LPCMGA by strengthening our program's impact on the community. Additionally, I am interested in exploring new avenues for collaboration and shared learning among members.

<u>Kit Knoll</u>: I am a long time member, have previously served on the board and now I think it is a good time to give an "older" perspective to the board. I also want to help bring on more kid programs. Since I like to dig in the dirt (actually soil but dirt sounds more fun) I enjoy the purpose of being a Master Gardener.

<u>Kim Varga</u>: Thank you for choosing me to be part of the LPCMGA board this coming year. I am honored and excited to be part of a wonderful group that is passionate about helping others and our community. Together, we will make a difference sharing our passion, supporting each other as we learn and grow together living a garden inspired life.

The ballots were collected towards the end of the meeting. Twenty one ballots were completed and each candidate received at least twenty positive votes.

Karen Sarver, Amy Cooper, and Kim Varga provided information about the Holiday Greens Workshop. November 30, 2025 at the La Porte County Fairgrounds Small Projects Building. 1:00-4:00 p.m. \$25.00 fee. Bring your own pruners and any decor you may like to use. Greens, wire, and some decor will be supplied. Amy and Kim are leading the event, with wreath-making and making basket floral arrangements. Snacks and drinks will be available. If you want to add to the festive atmosphere, Christmas- dress attire would be fun. RSVP is necessary. Payment is required prior to the event. There is a space limitation. An email invitation will be sent. The members that signed up at the meeting have their spots reserved.

The Holiday Dinner Party will be at Christo's Family Dining @ 1462 SR2, La Porte, Thursday December 4, 2025 at 5:00 p.m.

We will have games and a White Elephant gift Exchange. IF you want to participate, please bring a wrapped gift, value \$10 - \$15. A re-gift is also acceptable. Each of us will be responsible for our own dinner. Separate checks will be available.

Janet Davis reported that members have a volunteer opportunity to lead a "Spring Into Spring" Session at the Coolspring Library on March 14, 2026.

Vicki mentioned that someone had commented that they hoped we would do more for the community and that was a reminder that we need to talk more about what we do because we've done quite a bit.

Examples in 2025 include the very well attended garden show, the Head Start project with over 100 children and helping with their policy board, doing talks at Terre Verde, the Knights of Columbus, Friendship Gardens, Healthlink, the LPC Library, Luhr Park, the Sunflower Fair, helping with the Long Beach Garden Walk, the Home Builders' Association Home Show, the Pioneer Garden, providing community grants, volunteering at Friendship Gardens and answering calls on the hotline and we're spending a considerable amount to offer a presentation by Doug Tallamy that will potentially benefit over 1500 people. This tremendous work is something we should celebrate, and we need to communicate more about what we've done and, more importantly, be incredibly proud of it. We can do more, but we need to have more people lending their time and talent to do so. Vicki said she will write a year in review article.

Donna Pouzar then agreed and said that we used to have a liaison to the project teams that would help with communicating. Donna suggested that we publish our work in the Beecher and other newspapers as a wrap-up for the year . This would also promote Master Gardeners in the community.

Karen said that the education/speaker's bureau has discussed this as well.

Doug Tallamay Update: All is set for the March 28, 2026 event. All artwork is completed. Eventbrite will go live Feb 14, 2026. WIMS radio will give airtime – 20 sessions at 30 seconds each. MC Visitor bureau is donating 500 canvas bags. December 28, 2025 is the last day to cancel. IF Doug cancels, he will pay us back any incurred costs.

Mary Davis reported on the Pioneer Garden. She reported that it was a good year for the plants. Connie Shei, Kathy Staninger, Kathleen Fox, Joan Kintzele, Mary, and Nancy were the consistent group that put in the time and work to keep the garden growing. Kathleen Fox led all the school group tours. During Fair week, volunteers were tight, but everyone who signed up worked to fill the spots. There was a lot of contact with the fairgoers and lots of teaching and learning.

The meeting was adjourned at 7:39 pm by Vicki Znavor.

EXTENSION OFFICE JESI'S CORNER

Reminder: Update Your Master Gardener Hours by December 31!

As the year draws to a close, it's time to make sure your hours are up to date in the Master Gardener Manager site! To remain in good standing for 2025, all Purdue Extension Master Gardeners must have at least 12 volunteer hours and 6 education hours recorded by December 31, 2025.

Your entries are important—not only do they reflect your dedication and impact in the community, but they also determine your program level evaluation and eligibility for badge upgrade.

Take a few minutes to log in, review your records, and ensure everything is submitted accurately before the deadline. If you need assistance navigating the MG Manager site or have questions about what qualifies for volunteer or education hours, please reach out to the office for help. We are also open 8-4 Monday-Friday if you need access to a computer.

Let's finish the year strong and celebrate all the incredible work you've done to grow green and give back!

LOG ON TO MG MANAGER ENTER YOUR VOLUNTEER AND EDUCATION HOURS!

2025 EXECUTIVE BOARD

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*INDICATES MEMBER IS FILLING ANOTHER PERSON'S TERM, OR EXTENDED THEIR TERM WITH THE APPROVAL OF THE BOARD

2025 PROJECT COORDINATORS

Friendshin Rotanic Cardens

Rima Binder	219-878-8128
	rimabinder@comcast.net
Garden Hotline	
Extension Office	219-324-9407
Garden Show	
Theresa Dzoba-Borg	773-960-5848
	dzozo@yahoo.com
Ann Klosinski	219-872-8367
	annak47@comcast.net
Carol Nolan	331-903-0091
	cnolan41@yahoo.com
Karen Sarver	219-921-9704
	ksarver@csinet.net
La Porte Builders Assn. Ho Donna Pouzar	240 262 2060
Pioneer Land School Tours	
Linda Hough	219-324-0424
Linda Hough	219-324-0424 ljhough614@gmail.com
Pioneer Heritage Garden	_ ljhough614@gmail.com
Pioneer Heritage Garden	_ ljhough614@gmail.com

STANDING COMMITTEE COORDINATORS

History Book	Donna Pouzar
Hospitality	Eunice Conway
Librarian	Linda Hough
Newsletter	Donna Pouzar
Speakers Bureau	See Executive Board

Purdue Extension Office __ 324-9407

Jesi Davenport <u>ifurness@purdue.edu</u> Sue Salisbury **salisbk@purdue.edu**

The Latest Dirt is published monthly. The deadline for submission is the 20th of each month. Our mission is to publish articles and events of interest to other Master Gardeners and the community. Articles about personal experiences, suggestions on gardening books, catalogs, helpful websites, tips and tricks, book reviews, seminars you've attended are welcomed.

Submission requirements: Articles should be no longer than a page and can include photos. References must be included. Latin names of plants should be italicized. We do not accept articles pertaining to medicinal information. Master Gardeners will get volunteer hours for time spent working on an article.

Buy, Sell, Trade at the *Trading Shed*

Place your free ad in "The Latest Dirt"

Tools, tillers, mowers, plants - anything garden related. Keep ads brief. Provide your phone number and/or e-mail address. Ads will be limited to space available.

Information must be submitted by the 20th of the month to:

pouzdlp@icloud.com

PURDUE UNIVERSITY IS AN EQUAL OPPORTUNITY/EQUAL ACCESS/AFFIRMATIVE ACTION INSTITUTION

GARDENING ARTICLES

Carrots

Submitted by: Nancy Jahnel

Today when we think of carrots, we immediately think of the color orange, but this color is a relatively recent development. The cultivated carrot is one of the most important root vegetables grown in temperate regions of the world.

When the carrot was first cultivated 5,000 years ago in Central Asia, it was often a bright purple. Soon, two different groups emerged: Asiatic carrots and Western carrots. Eventually, yellow carrots in this Western group (which may have developed as mutants of the purple variety) developed into the orange color we see today. This happened around the 16th century, helped along by the master agricultural traders of the time, the Dutch. (yup those tulip lovers!) It was derived from the wild carrot, which has whitish/ivory coloured roots. Today's modern carrot is now known from modern genetic research, to be derived from yellow rooted domestic varieties (1). Early writings in classical Greek and Roman times refer to edible white roots, but these may have also been parsnips, or both.

There are white rooted carrots in existence today, are often used as animal feed or a novelty crop, but gained popularity for public consumption. This colour first appeared in the late 1500's. A common myth says the Dutch grew these carrots to honor William of Orange, the founding father of the Dutch Republic, but there's no evidence of this. What's more likely is that the Dutch took to the vegetable because it thrived in the country's mild, wet climate. (Although the orange color may have first appeared naturally, Dutch farmers made it the predominant hue by selectively growing orange roots — scholars say these carrots likely performed more reliably, tasted better, and were less likely to stain than the purple versions.) The modern orange carrot evolved from this period of Dutch cultivation, and soon spread throughout Europe before making its way to the New World. Today, there are more than 40 varieties of carrots of various shapes, sizes, and colors — including several hues of purple.

Wild carrot is indigenous to Europe, North Africa, and Western Asia, with its center of diversity in present day Afghanistan, (2) Based on most historical records, the first evidence of carrot being cultivated as a food crop was in the Iranian Plateau and Persia in the 10th century (3) and molecular evidence supports a Central Asian origin of domesticated carrot. During Arab expansion post the tenth century CE, the roots were brought east to Andalusia (in what is now Spain) and from Spain spread to the rest of Northern Europe.

There are two main types of cultivated carrots:

Shape, colour and flavour. were bred as selection criteria in the domestication of the carrot. The cultivated carrot can be mainly classified into the anthocyanin, or eastern-type, carrot (e.g., yellow or purple) and the carotene, or western-type, carrot (e.g., yellow, orange, or red) based on the pigmentation in the roots.

1) Eastern/Asiatic or anthocyanin carrots:

(Daucus carota ssp. sativus var. atrorubens Alef.) These are often called anthocyanin carrots because of their purple/black roots, although some have yellow roots. These are cultivars traditionally grown in Turkey, Afghanistan, Egypt, Pakistan, and India. They always have thicker, shorter, narrow, conical roots, young leaves give them a gray green colour, and bolt easily. The greatest diversity of these carrots is found in Afghanistan, Russia, Iran and India. These types are generally poorer in provitamin A carotenoid content Anthocyanin carrots are still under cultivation in Asia, but are being rapidly replaced by orange rooted Western carrots.

2) Western or Carotene carrots: (Daucus carota ssp. sativus var. Sativus) These have orange, red or white cylindrical or tapered roots and less young leaves. Most likely these carrots derived from the first group by selection among hybrid progenies of yellow Eastern carrots, white carrots and wild subspecies grown in the Mediterranean. Over thousands of years, it moved from being a small, tough, bitter and spindly root to a fleshy, sweet, pigmented unbranched edible root. Even before the introduction of domesticated carrots, wild plants were grown in gardens as medicinal plants. As observed by the presence of carrot seed at prehistoric human habitations 4000 to 5000 years ago (Newiler, 1931), it is speculated that wild carrot seed was used medicinally or as a spice (Andrews, 1949; Brothwell and Brothwell, 1969).

Sources:

- 1. (Massimo Iorizzo, Simon et al Nature Genetics volume 48, pages 657–666 2016).
- 2. (Vavilov and Dorofeev 1992)
- 3. (Banga 1957a,b, 1963; Food in Antiquity, Brothwell and Brothwell 1969),

DECEMBER GARDEN CALENDAR

HOME (Indoor plants and activities)

- Check houseplant leaves for brown, dry edges, which indicates too little relative humidity in the house. Increase humidity by running a humidifier, grouping plants or using pebble trays.
- Extend the lives of holiday plants such as poinsettias and Christmas cactus by placing them in a cool, brightly lit area that is free from warm or cold drafts.

- Houseplants may not receive adequate light because days are short and gloomy. Move plants closer to windows, but avoid placing foliage against cold glass panes. Artificial lighting may be helpful.
- Because growth slows or stops in winter months, most plants will require less water and little, if any, fertilizer.
- If you are forcing bulbs for the holidays, bring them into warmer temperatures after they have been sufficiently precooled. Bulbs require a chilling period of about 10 to 12 weeks at 40 degrees F to initiate flower buds and establish root growth. Precooled bulbs are available from many garden suppliers, if you did not get yours cooled in time. Then provide two to four weeks of warm temperature (60 F), bright light and moderately moist soil to bring on flowers.
- When shopping for a Christmas tree, check for green, flexible, firmly held needles and a sticky trunk base both indicators of freshness. Make a fresh cut, and keep the cut end under water at all times.
- Evergreens, except pines and spruce, can be trimmed now for a fresh supply of holiday greenery.

GARDEN (Flowers, vegetables and small fruits)

- To protect newly planted or tender perennials and bulbs, mulch with straw, chopped leaves or other organic material after plants become dormant.
- Store leftover garden chemicals where they will stay dry, unfrozen and out of the reach of children, pets and unsuspecting adults.
- Once the plants are completely dormant and temperatures are consistently below freezing, apply winter mulch to protect strawberries and other tender perennials. In most cases, 2 to 4 inches of organic material such as straw, pine needles, hay or bark chips will provide adequate protection.
- Check produce and tender bulbs in storage, and discard any that show signs of decay, such as mold or softening. Shriveling indicates insufficient relative humidity.
- Clean up dead plant materials, synthetic mulch and other debris in the vegetable garden, as well as in the flowerbeds, rose beds and orchards.
- Make notes for next year's garden.

YARD (Lawns, woody ornamentals, and fruits)

- Prevent bark splitting of young and thin-barked trees, such as fruit and maple trees. Wrap trunks with tree wrap, or paint them with white latex (not oil-based) paint, particularly on the south- and southwest-facing sides.
- Protect shrubs such as junipers and arborvitae from extensive snow loads by tying their stems together with twine. Carefully remove heavy snow loads with a broom to prevent limb breakage.
- Protect broadleaves, evergreens or other tender landscape plants from excessive drying (desiccation) by winter sun and wind. Canvas, burlap or polyethylene plastic screens to the south and west protect the plants. Similarly, shield plants from salt spray on the street side.
- Provide winter protection for roses by mounding soil approximately 12 inches high to insulate the graft union after plants are dormant and temperatures are cold. Additional organic mulch such as straw compost or chopped leaves can be placed on top.

