



LAZY GARDENER & FRIENDS

Houston Garden Newsletter



Jan. 24, 2020 - Issue #324

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[Nature's Way Resources](#) owner John Ferguson, "The Lazy Gardener" Brenda Beust Smith and Pablo Hernandez welcome your feedback and are so grateful to the many horticulturists who contribute their expertise.

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Our climate is speaking to us . . . and our gardens are listening even if we won't

By Brenda Beust Smith

Today I am turning the column over to Dr. Bob Randall, who for a long time has been observing, recording and coping with the way climate change is affecting our gardens. I've sung Bob's praises so often in this column, suffice it to say now that if you want a bible for edible gardening for this area, pick up a copy of his newest book, **"Year-Round Food Gardening for Houston and Southeast Texas"** (Urban Harvest).

Bob's new book is a guide with useful suggestions for navigating these changes while continuing to eat gourmet fruits and vegetables year-round, as he often

says. It is available through Urban Harvest and independent nurseries, including Nature's Way Resources,

Below, Bob gives us a preview of the climate change effects on our gardens he'll be discussing SAT., FEB. 1: NEW PLANTS & NEW PLANTING SCHEDULES IN OUR CHANGING CLIMATE, 11-12:30 at Wabash Feed & Garden, 4537 N. Shepherd Dr. Free, 713-863-8322, wabashfeed.com. Among the points he will cover are:

- All plants have temperature tolerances and preferences for air temperatures, soil temperatures, pollination temperatures, and for food crops, harvesting temperatures.
- Good gardeners plant annual plants when the temperatures for the months ahead are right for the plant, and they avoid climate conditions when the plant won't grow, will struggle with pests, produce poorly, or die. Perennial plants like fruit trees must manage temperature extremes for decades.
- Historically, Southeast Texas has had many temperature differences month to month from one location to another. Galveston and parts of Houston these days often have no winter freezes, while Madisonville and Conroe have many. There are even significant temperature differences between Bush and Hobby Airports.
- This means that you need a vegetable planting schedule and fruit tree variety list that changes depending on where you are located.
- Temperatures and rainfall levels are meanwhile changing with higher temperatures and more rainfall. So your planting lists and planting schedules may need to change every decade or so, and your drainage design also.
- Because of temperature changes, lettuce and broccoli have shorter seasons at many Southeast Texas locations than they did in the 1980's, and in some places the tomato and pepper seasons in fall have gotten longer.
- If you never had luck with Brussels sprouts because it got too hot when the sprouts just started to develop, then the solution may be to plant seeds much earlier inside under lights.
- Some fruits (like papayas, avocados, pumelos and starfruit)) that use to be impossible here except in a greenhouse, are now not too difficult outside in the warmer parts of our area.



Papayas



Starfruit



Pumelos

- At the same time, the number of productive varieties of temperate fruit trees like peaches, plums, and apples are getting fewer.

Bob will be in the Fruit Tree Information Booth at the SAT., JAN. 25: HARRIS COUNTY MASTER GARDENER PLANT & FRUIT TREE SALE, 9am-1pm, Richard & Meg Weekley Park, 19110 Longenbaugh Rd., Cypress. Preview list: hcmga.tamu.edu.

In the coming months, check out any event in our calendar below with Bob as a speaker or co-presenter. That way you can ask about your specific area and changes he's observing in addition to those listed below.

Another great source of information on changes is the abundance of classes offered by Urban Harvest (urbanharvest.org), with Dr. Bob Randall as either presenter or co-presenter. Check them out!

* * *

"LAZY GARDENER SPEAKER LIST" & "PUBLICITY BOOKLET"

are free — email request to: lazygardener@sbcglobal.net

Brenda's column in the LAZY GARDENER & FRIENDS HOUSTON GARDENNEWSLETTER is based on her 40+ years as the Houston Chronicle's Lazy Gardener



BOOK REVIEW

"GRAIN BRAIN – The Surprising Truth About Wheat, Carbs, and Sugar – Your Brain's Silent Killers

by David Perlmutter, MD, with Kristin Loberg, Little, Brown Spark, Hachette Book Group, Revised 2018, ISBN: 978-0-316-48513-5

In this newsletter we often talk about the link between the soil, microbes, plants and animals, especially humans. From numerous articles and books on health, we know that the grains like wheat today, are not the same as they were in 1900 much less during biblical times. The hybridization of food crops to increase yield has drastically changed the nutrition value (lowered) and other items from amino acids and proteins to carbohydrates, vitamins and minerals (essential elements) in our food, all for the worse. This does not include the toxic contamination from heavy metals in fertilizers to pesticides and other dangerous chemicals on and in the food supply.

This book looks at another aspect of our poor-quality food that causes so many health issues.

The popular Mediterranean diet has received lots of validation in mainstream scientific literature as being a healthful choice. However, the type grains consumed in the diet greatly affects the outcome of the diet and this is one of the mainstays of the book. Note: One study I read stated that gluten in wheat has increased from less than ½ percent in 1900 to over 20% in today's hybridized varieties.

"Dr. Perlmutter, whose credentials as a board-certified neurologist and American College of Nutrition Fellow, make him a uniquely qualified voice in the debate about which foods are best for the brain and body."

Many people in today's society are gluten sensitive which may cause or aggravate many health conditions from weight gain, anxiety, depression, several chronic conditions, cognitive decline and neurological disease, and issues with our gut microbiome.

"Drawing on the latest developments in scientific research, which have further validated his recommendations, he explains how the *Grain Brain* program boosts the brain, shows the benefits of using fat as a main fuel source, and puts forth the most compelling evidence to date that a non-GMO, gluten-free, and low-carb diet is crucial for cognitive function and long-term health."

In one of the charts he lists over 21 names for gluten used by the food processing companies to hide the gluten content in our food. He also challenges conventional medical thinking which often angers those who profit from our illness as well as those who profit from selling worthless food items.

Numerous studies have confirmed much of what he talks about. The largest weakness I found is not discussing the dangerous chemicals used on wheat and other grains to dry them (like glyphosate used in Round-Up). The other item is a little more information on GMO (Genetically Modified Organism) crops. Especially those that contain the poison Bt gene (found in corn), which disrupts the microbiome of our digestive system. Additionally, GMO crops use far larger doses of glyphosate. Both of these issues are related to many of the same health problems as gluten.

"The author proposes that the carbohydrate-laden foods that form the staple of many diets may cause brain problems as diverse as migraines, ADHD, Parkinson's, depression, anxiety and more. In addition, he provides ample evidence to suggest that diabetes, a disease already linked to the high sugar content of carbs, doubles the risk of developing Alzheimer's and other forms of dementia. Gluten, not cholesterol, activates damaging chemical chain reactions which can result in inflammation and leave the brain and heart vulnerable to dysfunction and disease—even if an individual has no gastrointestinal sensitivity to gluten."

"Featuring up-to-date data and practical advice based on leading-edge medicine, plus a wealth of new recipes, *Grain Brain* will give you all the tools you need to restore your health and achieve optimum wellness for lifelong vitality. "

The Woodlands Township Presents...

Principles of Organic Landscapes and Gardens

Learn how to have the best gardens & lawns ever!



The A-Z of Organic Growing

Healthy Soils • Healthy Plants • Healthy People

Saturday

February 1ST

8:00AM–1:00PM

Woodlands Emergency Training Center

16135 Interstate 45 S.

Conroe, TX 77385

Taught by Houston's Premier Organic Educators:

8:00–8:30AM

Registration, Social, Light Bites

8:30–8:45AM

Woodlands Township Pollinator Intro

8:45–9:55AM

Mike Serant



Mike has been teaching Organics for 25+ years. His clients include the University of Texas & The Houston Zoo. Mike has manufactured MicroLife Organic Fertilizers since 1988. He will speak on 'Why Organics', how to have the best lawns and gardens ever, pest control and the vast cost savings with Organics.

9:55–10:10AM

Vendor Meet & Greet

10:10–11:20AM

John Ferguson



John started Nature's Way Resources in 1994, the state's premier manufacturing facility for soils, compost and mulch. John is a licensed soil scientist and will explain how to achieve healthy soils, why soil health determines plant production, soil microbiology and how to easily grow great plants.

11:25AM–12:35PM

Brad Phillips



If you want to have the most beautiful and healthy trees possible, this is the seminar for you! Brad Phillips is a Board Certified Master Arborist and has co-owned ArborTrue for the last 20 years. He is a nationally recognized arboricultural consultant and speaker. Come learn how to make your trees thrive and protect the most valuable assets in your landscape.

12:35–12:50PM

Q&A with Speakers

Free Event

Register Online @
thewoodlandstownship-tx.gov/environment

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LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER CALENDAR EVENTS

ADULT GARDEN PLANT EVENTS ONLY

ALWAYS CHECK TO MAKE SURE YOUR EVENT IS IN! HOWEVER . . .

PLEASE READ BEFORE SUBMITTING EVENTS!

- Events NOT submitted in the EXACT format below may take 2 weeks or longer to be reformatted/retyped and added to calendar.
- Events written in the email in this EXACT format will be copied & pasted immediately into the next upcoming calendar.
- No pdfs or flyers!!! They only delay publication.

- *Submit to: lazygardener@sbcglobal.net.*
- *Put group name in email subject.*

SAT., JAN. 25: HARRIS COUNTY MASTER GARDENER PLANT & FRUIT TREE SALE, 9am-1pm, Richard & Meg Weekley Park, 19110 Longenbaugh Rd., Cypress. Preview list: hcmga.tamu.edu

SAT., JAN 25: MONTGOMERY COUNTY MASTER GARDENERS 2020 FRUIT & NUT SALE. 8am: Preview. 9am-Noon: Sale (bring wagon), Agrilife Extension Building, 9020 Airport Rd, Conroe; 936-539-7824. Preview list: mcmga.com

SAT., JAN. 25: HARRIS COUNTY MASTER GARDENERS IN THE CITY. TOURS, 9-11:30am. WORKSHOP: 10:30am, McGovern Centennial Garden, 1500 Hermann Dr. Free. 713-274-0950; hcmga.tamu.edu

SAT., JAN. 25: ORGANIC GARDENING & LAWN CARE by JIM MAAS & GREG COOPER, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$35. 281-474-2488; maasnursery.com

SAT., FEB. 1: NEW PLANTS & NEW PLANTING SCHEDULES IN OUR CHANGING CLIMATE by DR. BOB RANDALL, 11-12:30, Wabash Feed & Garden, 4537 N. Shepherd Dr. Free, 713-863-8322, wabashfeed.com

SAT., FEB. 1: GROWING CAMELLIAS IN HOUSTON by JIM MAAS, & PAT CORDRAY, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488; maasnursery.com

TUES., FEB. 4: MASTER GARDENER PROGRAM IN HARRIS COUNTY by BRANDI KELLER & PAUL WINSKI, noon-1pm, Trini Mendenhall Community Center, 1414v Wirt Rd. HCMG event. Free. 713-274-0950; hcmga.tamu.edu

THURS., FEB. 5: SPRING GARDENING, 10am, MUD Building 805 Hidden Canyon Dr., Katy. Free. Nottingham Country Garden Club event. ncgctx.org

WED. FEB. 5: CONTAINER GARDENING WITH A WHIMSICAL APPROACH by DARLA RASZ McCenna, 9am-noon, Clear Lake United Methodist Church Fellowship Hall , 16335 El Camino Real. Gardeners By The Bay event. Free.

SAT., FEB. 7: HARRIS COUNTY MASTER GARDENERS OPEN GARDEN DAY TOURS, 9-11am. and WORKSHOP, 10:30am, McGovern Centennial Garden, 1500 Hermann Dr. 713-274-0950; hcmga.tamu.edu

\SAT. FEB 8. FORT BEND MASTER COUNTY GARDENERS 2020 FRUIT TREE SALE, 9am-noon, Fairgrounds George Pavilion, 4310 Hwy 36S, Rosenberg. Preview list: fbmg.org/events/annual-sales/fruit-citrus-tree-sale; 281-341-7068.

SAT., FEB. 8: SPRING VEGETABLE PLANTING I by JIM MAAS, PAT CORDRAY & PAUL NESRSTA, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488; maasnursery.com

WED., FEB. 12: VEGETABLE GARDENING IN SMALL SPACES by Robert 'Skip' Richter, noon-2pm, Mercer Botanic Gardens, 22306 Aldine-Westfield, Humble. Free. Register: 713-274-4160. hcp4.net/parks/mercer

THURS., Feb 13: HOUSTON ROSE SOCIETY ANNUAL PRUNING PARTY, 7pm, Cherie Flores Pavilion, 1500 Hermann Dr. Houston Rose Society event. Free. houstonrose.org

THURS., FEB. 13: SPRING VEGETABLE GARDENING, 6:30-8:30pm, Barbara Bush Library, 6817 Cypresswood Dr., Spring. Harris County Master Gardener event. Free. 713-274-0950; hcmga.tamu.edu

FRI., FEB. 14: HOUSTON FEDERATION OF GARDEN CLUBS PLANT SALE. 10 am, First

Christian Church, 1601 Sunset Blvd. Free. houstonfederationgardenclubs.org.

SAT., FEB. 15: URBAN HARVEST 20th ANNUAL FRUIT TREE SALE, 9am-1pm, Sawyer Yards, 2010 Winter St. Preview list: UrbanHarvest.org/fruit-tree-sale

SAT., FEB. 15: ANTIQUE ROSES by JIM MAAS, & MIKE SHOUP, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$35. 281-474-2488; maasnursery.com

SAT., FEB 15: GALVESTON COUNTY MASTER GARDENERS 2020 SPRING PLANT SALE. 8am: Preview. 9am-1pm: Sale (bring wagon). Fair Ground, Jack Brooks Park, Hwy 6 @ Jack Brooks Rd, Hitchcock; 281-309-5065. Preview list: aggie-horticulture.tamu.edu/galveston

SAT., FEB. 15: GROW YOUR OWN by FORT BEND MASTER GARDENERS, 9-11am, Bud O'Shields Community Center, 1330 Band Rd., Rosenberg. fortbend.agrilife.org/grow-your-own; 281-432-3034.

TUES., FEB. 18: ORCHIDS IN HOUSTON FROM A "BOX" STORE with Jay Balchan, 7pm West Grey Multi-Service Center, 1475 W. Grey. Bromeliad Society/Houston event. Free. bromeliadsocietyhouston.org

TUES., FEB. 18: A PLANT LOVER'S TOUR OF PUBLIC & PRIVATE GARDENS IN ST. KITTS & NEVIS by Joan Pritchard, 10am, St. Basil's Hall, 702 Burney, Sugar Land. Sugar Land Garden Club event. Free.

WED., FEB. 19: AMERICAN EDEN: DAVID HOSACK, BOTANY, AND MEDICINE IN THE GARDEN OF THE EARLY REPUBLIC by VICTORIA JOHNSON, 2020 Nancy Stallworth Thomas Horticulture Lecture, 10am, St. Luke's Methodist Church Fellowship Hall, 3471 Westheimer. Free. gchouston.org

SAT., FEB. 22: 14" METAL HANGING BASKET by JIM MAAS, & PAT CORDRAY, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$35. 281-474-2488; maasnursery.com

SUN., FEB. 23: CACTI AND SUCCULENTS by JACOB MARTIN, 2pm-3pm. Klein United Methodist Church, 5920 FM 2920, Spring, TX 77388. Cypress Creek Daylily Club event. Free. cypresscreekdaylilyclub.simplesite.com

THURS., FEB. 27: TIM BELL'S DAYLILY GARDEN, 7-9pm, Cherie Flores Garden Pavilion, 1500 Hermann Dr. Free. Houston Hemerocallis Society event. ofts.com/hhs/

SAT., FEB. 29: MINIATURE FAIRY GARDEN by JIM MAAS, PAT CORDRAY & BRENDA HESSE, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488; maasnursery.com

SAT., MAR. 7: SPRING VEGETABLE PLANTING II by JIM MAAS, PAT CORDRAY & PAUL NESRSTA, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488; maasnursery.com

SAT.-SUN., MAR. 7-8: SPRING BRANCH AFRICAN VIOLET CLUB SHOW & SALE, Sat.: 9am-5pm Sale, 1-5pm show. Sun.: 10am-3pm Sale. Judson Robinson Jr. Community Center, 2020 Hermann Dr. Free. kjwross@yahoo.com

TUES. MAR 10, 2020: BUILDING PARTNERSHIPS WITH PLANT SOCIETIES by MARK WOMACK, 7-9pm ; Cherie Flores Garden Pavillion, 1500 Hermann Dr. Free. Plumeria Society of America event. theplumeriasociety.org

FRI. MAR. 13: HOUSTON FEDERATION OF GARDEN CLUBS PLANT SALE. 10 am, First Christian Church, 1601 Sunset Blvd. Free. houstonfederationgardenclubs.org.

SUN., MAR. 22: BIRDS OF THE BAYOU CITY by MARY ANNE WEBER, 2pm-3pm. Klein United Methodist Church, 5920 FM 2920, Spring, TX 77388. Cypress Creek Daylily Club event. Free. cypresscreekdaylilyclub.simplesite.com

THURS., MAR. 26: BLUE RIDGE DAYLILY GARDENS, 7-9pm, Cherie Flores Garden Pavilion, 1500 Hermann Dr. Free. Houston Hemerocallis Society event. ofts.com/hhs/

SAT., MAR. 28: CYPRESS CREEK DAYLILY CLUB SPRING DAYLILY & PERENNIAL PLANT SALE, 10am-3pm. Wunderlich Historical Farm, 18218 Theiss Mail Route Rd., Klein. Cypress Creek Daylily Club event. Free. cypresscreekdaylilyclub.simplesite.com

SAT., MAR. 28: TAKING CARE OF ROSES by JIM MAAS, PAT CORDRAY & KATHRYN COURTNEY, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$35. 281-474-2488; maasnursery.com

SAT., APR. 4: HERB GARDENING by JIM MAAS, PAT CORDRAY & KATHRYN COURTNEY, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488; maasnursery.com

FRI., APRIL 10, 2020: EXCITING UNDERUTILIZED PLANTS ADAPTABLE TO HOUSTON REGION by ADAM BLACK. 10am, First Christian Church, 1601 Sunset Blvd. Federation of Garden Clubs event. Free. houstonfederationgardenclubs.org

SAT., APR. 11: WILD THYMES HERB GARDENING by JIM MAAS, & MELDA SIEBE, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$35. 281-474-2488; maasnursery.com

SAT., APR. 18: 14" METAL HANGING BASKET by JIM MAAS, & PAT CORDRAY, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$35. 281-474-2488; maasnursery.com

THURS., APR. 23: MS. MARIKO GONDA'S GARDEN, 7-9pm, Cherie Flores Garden Pavilion, 1500 Hermann Dr. Free. Houston Hemerocallis Society event. ofts.com/hhs/

SAT., APR. 25: PLANTING IN GLASS by JIM MAAS, & PAT CORDRAY, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488; maasnursery.com

SUN., APR. 26: HOW TO GROOM A DAYLILY FOR A FLOWER SHOW by MARY GAGE, 2pm-3pm. Klein United Methodist Church, 5920 FM 2920, Spring. Cypress Creek Daylily Club event. Free. cypresscreekdaylilyclub.simplesite.com

SAT., MAY 2: GARDENING FOR BUTTERFLIES & BEES by JIM MAAS, & PAT CORDRAY, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488; maasnursery.com

SAT., MAY 2: PARTY FOR THE PLANT, Armand Bayou Nature Center, abnc.org

FRI. MAY 8, 2020: THINGS I WISH I HAD LEARNED SOONER (ABOUT ROSES) by BAXTER WILLIAMS. 10am, First Christian Church, 1601 Sunset Blvd. Houston Federation of Garden Clubs event. Free. houstonfederationgardenclubs.org

SAT., MAY 9: DAYLILY PLANT SALE 10am-3pm. Gethsemane Lutheran Church, 4040 Watonga, Houston, 77092. Houston Hemerocallis Society event. Free. ofts.com/hhs/calendar.html

TUES. MAY 12: PLUMERIA IN THE CARIBBEAN ISLANDS by NICOLE TIERRMAN, 7-9 pm; Cherie Flores Garden Pavillion, 1500 Hermann Dr. Free. Plumeria Society of America event. theplumeriasociety.org

SAT., MAY 16: PLUMERIA by JIM MAAS, & LORETTA OSTEEN, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$35. 281-474-2488; maasnursery.com

SAT., MAY 23: MINIATURE FAIRY GARDEN by JIM MAAS, PAT CORDRAY & BRENDA HESSE, 10am, Maas Nursery, 5511 Todville Rd., Seabrook. \$45. 281-474-2488; maasnursery.com

SAT., JUN. 13: 14" METAL HANGING BASKET by JIM MAAS, & PAT CORDRAY, 10am,

Maas Nursery, 5511 Todville Rd., Seabrook. \$35. 281-474-2488; maasnursery.com
TUES., JUL 14: BONSAI by SCOTT BARBOZA, 7-9pm; Cherie Flores Garden Pavillion,
1500 Hermann Dr. Free. Plumeria Society of America event. theplumeriasociety.org

TUES., OCT 13: FALL PLUMERIA SOCIETY OF AMERICA SOCIAL/LUAU 7-9:00 pm;
Cherie Flores Garden Pavillion, 1500 Hermann Dr. Free. theplumeriasociety.org

If we inspire you to attend any of these,
please let them know you heard about it in . . .
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www.bartlett.com



About Us

BRENDA BEUST SMITH

WE KNOW HER BEST AS THE LAZY GARDENER . . .

. . . but Brenda Beust Smith is also:

- * a national award-winning writer & editor
- * a nationally-published writer & photographer
- * a national horticultural speaker
- * a former Houston Chronicle reporter

When the Chronicle discontinued Brenda's 45-year-old "Lazy Gardener" print column, it then ranked as the longest-running, continuously-published local newspaper column in the Greater Houston area.

Brenda's gradual sideways step from Chronicle reporter into gardening writing led first to an 18-year series of when-to-do-what Lazy Gardener Calendars, then to her Lazy Gardener's Guide book which morphed into her Lazy Gardener's Guide on CD. which she now emails free upon request.

A Harris County Master Gardener, Brenda has served on the boards of many Greater Houston area horticulture organizations and has hosted local radio and TV shows, most notably a 10+-year Lazy Gardener specialty shows on HoustonPBS (Ch. 8) and her call-in "EcoGardening" show on KPFT-FM.

For over three decades, Brenda served as as Production Manager of the Garden Club of America's BULLETIN magazine. Although still an active horticulture lecturer and broad-based freelance writer, Brenda's main focus now is THE LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER with John Ferguson and Pablo Hernandez of Nature's Way Resources.

A native of New Orleans and graduate of St. Agnes Academy and the University of Houston, Brenda lives in Aldine and is married to the now retired Aldine High School Coach Bill Smith. They have one son, Blake.

Regarding this newsletter, Brenda is the lead writer, originator of it and the daily inspiration for it. We so appreciate the way she has made gardening such a fun way to celebrate life together for such a long time.

JOHN FERGUSON

John is a native Houstonian and has over 27 years of business experience. He owns Nature's Way Resources, a composting company that specializes in high quality compost, mulch, and soil mixes. He holds a MS degree in Physics and Geology and is a licensed Soil Scientist in Texas.

John has won many awards in horticulture and environmental issues. He represents the composting industry on the Houston-Galveston Area Council for solid waste. His personal garden has been featured in several horticultural books and "Better Homes and Gardens" magazine. His business has been recognized in the Wall Street Journal for the quality and value of their products. He is a member of the Physics Honor Society and many other professional societies. John is is the co-author of the book Organic Management for the Professional.

For this newsletter, John contributes articles regularly and is responsible for publishing it.

PABLO HERNANDEZ

Pablo Hernandez is the special projects coordinator for Nature's Way Resources. His realm of responsibilities include: serving as a webmaster, IT support, technical problem solving/troubleshooting, metrics management and quality control.

Pablo helps this newsletter happen from a technical support standpoint.

