



LAZY GARDENER & FRIENDS

Houston Garden Newsletter



July 24, 2020 - Issue # 349

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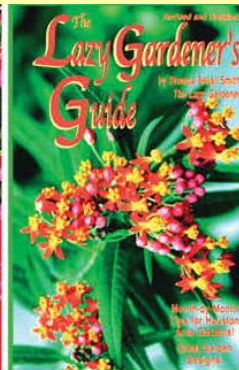
Nature's Way Resources owner John Ferguson, "The Lazy Gardener" Brenda Beust Smith and Pablo Hernandez welcome your feedback and are so grateful to the many horticulturists who contribute their expertise.

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CORONAVIRUS CANCELLATIONS

If your event in our calendar below is cancelled, please let us know as soon as possible at lazygardenerbrenda@gmail.com



TALES OF TWO SUCCESSES PLANT-ORDERING CAUTIONS DOWNLOAD BRENDA'S BOOK

"Plant and your spouse plants with you; weed and you weed alone."

-- Jean Jacques Rousseau (1712-1778)

by **BRENDA BEUST SMITH**

FIRST PLACE 'WOW NOW!' A TIE ...

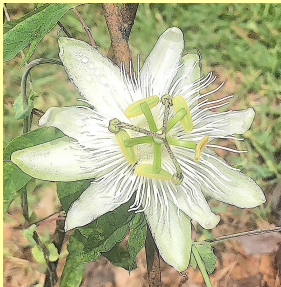
Two plants I tried & failed to grow in my pre-Harvey, quadragenarian, mostly-shaded, poorly-drained Lazy Gardener

Laboratory (aka my garden) have burst into spectacular bloom. This first one, my Pride of Barbados, is 4' high & growin'. You're seeing not one but actually two blooms together in this colorful shot. Three main stalks are being "groomed" into trunks (new growth stripped off bottom half) so all her energies will grow upward. Talk about an eye-catcher! *Caesalpinia pulcherrima* likes it high and dry -- fastest way to kill her is to make her roots stay in wet soil too long.



This white delight is not only my very first blooming passion vine EVER, it's a really TOUGH *Passiflora* now back in full sun with excellent drainage and visible from several different rooms. (Note: I usually plant strictly for from-inside views, not for from-street viewing.).

What she has become is a lesson in how NOT to treat your plants. She was happy, she grew and she has bloomed once before. But those blooms don't count. They were already buds when I bought the plant (at [Nadius Nursery](#)).



Pride doeth goeth before a fall, right? She was so beautiful I decided to wow neighbors by moving her to the front fence. She wasn't happy. She died. Or, so I thought! A tiny bit of green showed when the base stalk was scratched. Her displeasure was unavoidable -- "Get me back to my original site . . . NOW!" I listened. And this week, look!

Know the passionvine legend? It's said early Spanish Jesuit priests saw symbols of Christ's Crucifixion in our native purple/blue passionvine flowers. Ten petals and septals = 10 apostles; three stigmas = three nails; five anthers = Christ's wounds, and the flower's wavy filaments = crown of thorns.



Our native purple variety (*Passiflora incarnata*) and blue (*P. caerulea*) can develop a wide spread. Other colors are hybridized off these. My white has now survived inground for two winters (in spite of being tortured). It is heavily mulched and VERY well drained.



GIVE ME A HINT! My favorite plants are those that wilt when they're thirsty, as opposed to those unfriendly ladies who would rather die than openly admit they're thirsty! One day my once gorgeous yellow/red amaranth was so spectacular, neighbors asked what is THAT? Suddenly one morning . . . dead dead! Ungrateful broad. I always interpret a plant's death as a sign God doesn't want that plant in my garden.

OF COURSE, SIMPLE WILTING IS NOT ALWAYS BAD, nor does it mean a plant is beyond help. Plants wilt to reduce leaf surface levels from which, when it gets really hot, moisture will evaporate. Go ahead and water, but don't panic

at evening wilting. Water deeply, hose pushed down into soil at base of plant. By morning, most wilted leaves will have perked back up. Still wilted in the morning . . . that's a problem. Don't continue to water once you've given it one deep soaking. Leave it alone. If it's in the high 90s or above, try adding temporary shade on the west/sunny side.

Deep watering once or twice a week should be sufficient and keep those roots growing downward where they won't be so susceptible to our intense heat.

* * *

MORE WOW NOW! BLOOMERS FROM READERS:

- **SUSAN CHAPPELL** sent in one of our most regal bloomers, her **QUEEN EMMA CRINUM LILIES**. Fragrant white/purple, star-shaped flowers top strappy purple foliage that's eye-popping even without the huge blooms. Giant fleshy bulbs can weigh up to 20 pounds and foliage may reach 6'+. Queen Emma crinum honors the famous humanitarian Emma Rooke (1836–85), queen consort of King Kamehameha IV, who ruled Hawaii from 1855 to 1863. Who else would tell you these things?



JOSANNA SMITH sent in one of our most popular summer bloomers: **BOUGAINVILLEA**. Some folks still protect these in winter, but a growing number of have turned them into inground landscape plantings, something unheard of 20 years ago. That's still a little risky for these super-tropicals, but the longer they survive winter in the ground, the tougher their roots become. They are exceptionally long blooming if not overwatered (extreme thirst is a bloom trigger growers use). They tend to do better in containers unless they can be planted on a slope or other well drained area.

* * *

ORDERING PLANTS FROM CATALOGS OR ONLINE?

Always check local independent nurseries for **WOW NOW!** flowers before resorting to catalog/online sources. Often many different varieties of the same plant are available. Your local nurseryman will have, or can recommend, exact ones that do best in our area. If you do order, remember these key words!

- **ZONES.** Experimenting is fun. But it helps to know a plants' best zones are so you won't take it personally if things don't turn out. Cold Zone recommendations are what most of the country needs. Generally speaking we're Cold Zone 9, our low winter temps average 20-30°. We all know how reliable that is!

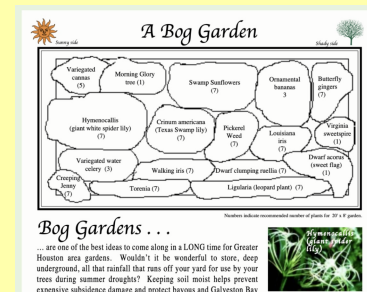
Unfortunately we need the seldom-provided "HEAT" zones. In this subtropical

coastal area soil never freezes, and temps seldom stay down very long. What some plants recommended for Zones 1-8 often can't take is our heat. The [American Horticultural Society's Heat Zone Map](#) may help, but probably not since plant descriptions never give high temperature tolerance info. Still, if your plant dies, you can always blame the heat!

- **2. DROUGHT/FLOOD TOLERANCE.** So important! Drought-tolerant/low-water/"Xeriscape" plants don't like their feet to stay wet! They tolerate heavy rains -- like our monsoons -- IF the water runs right off. Plant any purchase with this label in a raised bed, atop a slope or in a container. It's roots rot easily if too long in wet soil.
- **HEIGHT & WIDTH.** Catalogs/online nurseries give average height & width or -- beware! -- list height and width at which the plant performs (blooms) best. Translation: the height/width at which YOU should keep it with regular pruning. Also, our 12-month growing season also encourages more growth other areas of the nation. Your local independent nurseryman needs your repeat business so will tell the truth.

WITH THIS POTENTIAL TROPICAL STORM HEADED OUR WAY . . .

this will be a good time to take stock of how our gardens drain. If you have areas (low spots) where water collects, you might want to consider a Rain Garden (an updated name for what was originally called a Bog Garden, as in my now-out-of-print *Lazy Gardener's Guide*.



Leveling can help but a much better idea is to direct that excess water down into our subsoils. Anita Nelson of Nelson Water Garden spearheaded this design utilizing plants that easily tolerate standing water while helping to drain the rest of the yard. Dropping subsoil water levels are a major area-wide factor in our cracking sidewalks and driveways and cracks in walls and foundations.

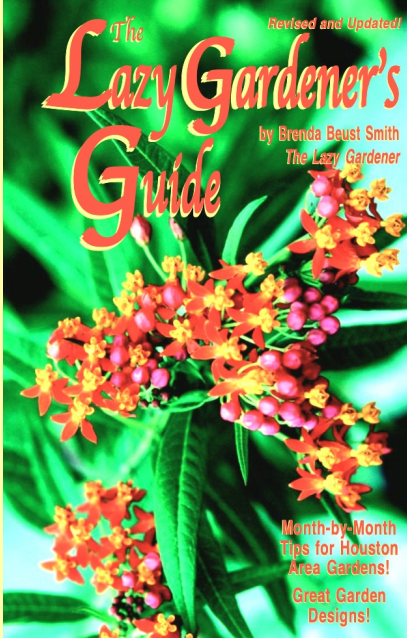
I am now gladly sharing with you readers my entire [Lazy Gardener's Guide](#) book (now only available as pdfs). This all-editions-sold-out book is divided into what-to-do-when months (instead of chapters) with 12 basic garden designs and definitely a Lazy Gardener approach to gardening!

Other chapters feature garden designs for hummingbirds, butterflies, antique roses, wildflowers, shade, dappled sun, full sun, herbs, winter color and bulbs, with a heavy focus on what I like to call "Gulf Coast Hardies" (Native and adapted plants that tolerate our climate and billion of bugs without too much effort on our part!)

JUST REMEMBER: *the final print edition of this book sold out in 2003. It does not include recently-released varieties and variations now found in nurseries.*

PDFs of this book
can be downloaded here

[Lazy Gardener Guide Front Cover](#)



[Lazy Gardener Rest Of Covers](#)
[Lazy Gardener Guide Book Pages](#)

In exchange for this free book,
all I ask is that you be safe
PLEASE WEAR A MASK
Protect yourself and the rest of us!

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

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BOOK REVIEW

In light of our current pandemic more and more folks are building their own gardens to grow their own food. It is well documented that our low quality and nutrient poor food is a major contributor to this pandemic. In addition, we have tens of millions of people questioning what our public officials are telling us.

Over the years I have reviewed many books by whistle blowers exposing corruption in our government agencies. Hence, I was asked the other day if I would give a list of some of the books on the subject, since they relate to our health and that of our families.

For example, a few years ago, I reviewed the book **Science For Sale: How the US Government Uses Powerful Corporations and Leading Universities to Support Government Policies, Silence Top Scientists, Jeopardize Our Health, and Protect Corporate Profits**, by David Lewis, PhD.

David was the whistle blower who revealed the lies and corruption within the EPA (that falsified data on the safety of sewage sludge) and as a result he was fired. The EPA and many government organizations along with the corrupt media, then starting spreading lies to tarnish his reputation and discredit him. He filed a lawsuit in Federal court where it was exposed that everything he revealed was true and there was massive falsifying of safety data by the

EPA. As a result, sewage sludge (including all its toxic contaminants) is now used as a fertilizer to grow much of our conventional food and we wonder why there are so many food recalls from people getting sick.

Sewage sludge is also used in several products sold to gardeners in our area. Another reason for folks to establish Victory Gardens and grow as much of their own food as they can.

Another example is on the safety of glyphosate (Round Up), all one has to do is watch the news as there are now over 78,000 lawsuits suing Monsanto as it causes cancer and was covered up by the EPA. Note: Eating food with glyphosate on it has been linked to increased incidences and severity of the Covid-19 virus (this is the majority of conventional food unless it is organic).

See the book, **"WHITE WASH - The Story of a Weed Killer, Cancer, and the Corruption of Science"**, by Carey Gillam, Island Press, 2017, ISBN-13: 978-1610918329.

A few others are:

THE TRIUMPH OF DOUBT – Dark Money and The Science of Deception, David Michaels, Oxford University Press, 2020, ISBN: 978-01-90922665

PHARMOCRACY- How Corrupt Deals and Misguided Regulations are Bankrupting America and What To Do About it, William Faloon, Praktikos Books, ISBN 978-1-60766-011-8

FDA: FAILURE, DECEPTION, ABUSE. The story about an Out-of-control Government agency and What it Means For Your Health, Life Extension Foundation, 2010, ISBN 978-1-60766-001-9. This book is a documentation of how the FDA maximizes profit for pharmaceutical companies while killing millions of Americans.

THE FLUORIDE DECEPTION, Christopher Bryson, Seven Stories Press, 2004, ISBN: 978-1-58322-700-8. This book exposes the cover-up on the dangers of fluoride by the EPA and FDA to protect the profits of major corporations by allowing this toxic waste in our water and food supply.

THE CASE AGAINST FLUORIDE - How Hazardous Waste Ended Up in Our Drinking Water and The Bad Science and Powerful Politics That Keep It There, Paul Connett, PhD, James Beck, MD, PhD, H.S. Micklem, DPhil, Chelsea Green Publishing, 2010, ISBN 978-1-60358-287-2 This book covers all the latest research on fluorine and its dangers to human health and why almost every country in the world no longer allows it.

Note: Dozens of families of plant species are harmed by the fluoride in our public water supplies.

DEADLY SPIN – An Insurance company insider speaks out on how corporate PR is killing health care and deceiving Americans, by Wendell Potter, Bloomsbury Press, 2010, ISBN-13: 978-1-60819-281-6

MERCHANTS OF DOUBT – How a handful of scientists obscured the truth on issues from Tobacco smoke to global warming, by Naomi Oreskes and Erik M.

The latest in this series of revelations is:

"PLAGUE OF CORRUPTION – Restoring Faith In The Promise of Science", by Dr. Judy Mikovits and Kent Heckenlively, JD, Sky Horse Publishing, 2020, ISBN-13: 978-1-5107-52224-5.

This is another book along the same lines of how we have been lied to by our governmental agencies that are supposed to protect us. Just like the other researchers she has been attacked for revealing the truth. Many search engines and social media are active in covering up the truth (just like most of the newspapers and television media) as they do not want to make their advertisers mad and lose the revenue. She exposes and explains the rampant corruption that hides scientific truth from the public. Judy was one of the scientists that helped develop a treatment for the deadly disease called AIDS.

From the organization Children's Health Defense:

"Dr. Judy Mikovits is a modern-day Rosalind Franklin, a brilliant researcher shaking up the old boys' club of science with her groundbreaking discoveries. And like many women who have trespassed into the world of men, she uncovered decades-old secrets that many would prefer to stay buried.

From her doctoral thesis, which changed the treatment of HIV-AIDS, saving the lives of millions, including basketball great Magic Johnson, to her spectacular discovery of a new family of human retroviruses, and her latest research which points to a new golden age of health, Dr. Mikovits has always been on the leading edge of science.

With the brilliant wit one might expect if Erin Brockovich had a doctorate in molecular biology, Dr. Mikovits has seen the best and worst of science. When she was part of the research community that turned HIV-AIDS from a fatal disease into a manageable one, she saw science at its best. But when her investigations questioned whether the use of animal tissue in medical research were unleashing devastating plagues of chronic diseases, such as autism and chronic fatigue syndrome, she saw science at its worst. If her suspicions are correct, we are looking at a complete realignment of scientific practices, including how we study and treat human disease."

Even though it was just released it is #1 on Amazon Charts, New York Times Bestseller, and USA Today Bestseller with over 100,000 Copies in Print and growing daily.

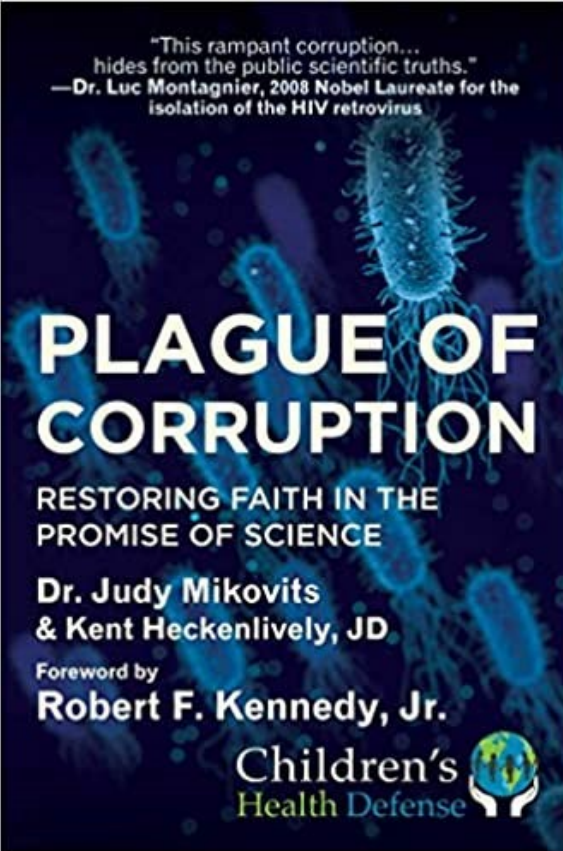
"Kent Heckenlively and Judy Mikovits are the new dynamic duo fighting corruption in science." — Ben Garrison, America's #1 political satirist
[Here is a link to an interview with Dr. Judy Mikovits:](#)

There are a [couple videos](#) on the

efforts of the pharmaceutical companies to discredit her.

In thinking about all the above books and the greed that is driving the lies and deceptions, it reminds me of these verses from 2 Timothy 1:1-5

“Don’t be naïve. There are difficult time ahead. As the end approaches, people are going to be self-absorbed, money-hungry, self-promoting, stuck up, profane, contemptuous of parents, crude, coarse, dog-eat-dog, unbending, slanderous, impulsively wild, savage, cynical, treacherous, ruthless, bloated windbags, addicted to lusts, and allergic to God.” The Message translation.



HAVE YOU TRIED
is taking a break. It will return soon!

LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER CALENDAR EVENTS

(See Farmers Markets at end of calendar)

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 in this **EXACT** format (below) are copied/pasted immediately in upcoming calendar. Pdfs or flyers need re-typing - only delay publication.
- Submit to: lazygardenerbrenda@gmail.com. Put group name in email subject.

CHECK WEBSITES FOR . . .

- **COVID-19 - RELATED PRECAUTIONS AT EVENTS**
- **UPDATED CALENDAR BEFORE ATTENDING ANY PREVIOUSLY-SCHEDULED**
- **LAST MINUTE CANCELLATION.**

FRI., JULY 29: Registration deadline for CREATING SCHOOL GARDENS WORKSHOP (VIRTUAL), 4pm, \$10. Harris County Master Gardener event.
Register: schoolgardensjuly31.eventbrite.com. /harris.agrilife.org/

SAT., AUG. 8: BOKASHI – WASTE NOT, WANT NOT , 9:30-11:30am. ZOOM class, Urban Harvest. \$20. Register: urbanharvest.org/education/classes/

WED., AUG. 12: BIG BEND CAMPING AND COLLECTIONS TRIP by JACOB MARTIN & BRANDON HUBBARD, noon-1pm, Mercer Botanic Garden virtual event. Free. 713-274-4160. bit.ly/302GAjb

WED., AUG. 12: VIRTUAL PRESENTATION–BIG BEND CAMPING AND COLLECTIONS TRIP by Jacob Martin and Brandon Hubbard, noon-1pm, Online Only. Free. 713-274-4160. <https://bit.ly/302GAjb>

AUG 18: TEXAS MASTER NATURALIST COASTAL PRAIRIE CHAPTERS FALL TRAINING CLASS BEGINS. \$125. Evening & Saturday classes. coastalprairie.org; carol@coastalprairie.org.

THURS., AUG. 27: BIRD SURVEY led by Paul Gregg and Christy Jones, 8am-10am, Mercer Botanic Gardens, 22306 Aldine-Westfield, Humble. Free. Register: 713-274-4160. <https://bit.ly/2On3WdT>

SAT., AUG. 29: THE MERCER SOCIETY - VIRTUAL SPECIALTY PLANT SALE - PLUMERIA, 8am-8pm, Online Only. 713-274-4166. themercersociety.square.site

TUES., NOV. 17: HEIRLOOM PLANTS by GREG GRANT, 10am; St. Basil's Hall, 702 Burney Road, Sugar Land. Free. Sugar Land Garden Club event. sugarlandgardenclub.org

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LOCAL FARMERS MARKETS

- **URBAN HARVEST FARMERS MARKET**, Saturdays, 8am-noon, in St. John's School parking lot, 2752 Buffalo Speedway.
- **FULSHEAR FARMERS MARKET** Saturdays, 9am-1pm, 9035 Bois d'Arc Lane @ FM 1093, Fulshear.
- **THE WOODLANDS FARMERS MARKET AT GROGAN'S MILL**, Saturdays, 8am-noon, Grogan's Mill Shopping Center Parking Lot, 7 Switchbud Pl., The Woodlands
- **BEAUTY'S GARDEN**. Acres Homes Farmers Market Saturday, 10am-2pm, 4333 W Little York Rd.
- **WESTCHASE DISTRICT FARMERS MARKET**, Thursdays, opens 3pm, St. Cyril of Alexandria Catholic Church, 10503 Westheimer Road (at Rogerdale Road, one block west of Beltway 8)
- **MEMORIAL VILLAGE FARMERS MARKET**, Saturdays, 9am-1pm, 10840 Beinhorn Rd.

Although normally we did not run out-of-garden events, during this pandemic period when most gardening events have been cancelled, we are happy to publish a running list of local Farmers Markets.

Send notices to lazygardenerbrenda@gmail.com



For event submission rules, see top of calendar
If we inspire you to attend any of these,
please let them know you heard about it in . . .
THE LAZY GARDENER & FRIENDS NEWSLETTER!
& please patronize our Newsletter & Calendar sponsors below!

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NATURE'S WAY
RESOURCES
an organically based service company

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 -- started in the early '70s as a fun side-, it then ranked as the longest-running, continuously-published local newspaper column in the Greater Houston area.

Brenda's gradual sideways step from reporter into gardening writing -- first as a just-a-fun side Chronicle assignment in the early '70s -- 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 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 Humble, TX, and is married to the 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.

