



Mar-26-2021 | Issue 380

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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

APPLAUD PLANTS POPPING BACK OUT!

"The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size."

-- Gertrude Smith Wister
(1905–1999)



by **BRENDA BEUST SMITH**

I could have sworn, a month ago, this Mme. Galen vine (above) -- with icicles hanging off its withered, brown leaves -- was dead-dead. Earlier this week, I realized my *Campsis x tagliabuana* 'Madame Galen,' a hybrid trumpet vine*, was covered with buds and a few new leaves. Then this morning: POW!

Now that leaves & buds are popping out all over, take note! Chances are, we'll have more icy Arctic intervals. Appreciate not only plants that made it through unscathed, but those -- like my Mme Galen --- that just took a brief tropical underground vacation and are now returning home.

Heidi Sheesley of Treeseach Farms is still marveling over the miraculous post-freeze growth on the flowers below she's making available at the Mar. 28-Apr. 3 Near Northwest Management District Spring Plant Sale (nnmd.org). All these and many others were unprotected and are now raring to go:



L to r, Paprika Yarrow, Riperia spider lily and two Hybrid Asiatic Lilies

If I could give just one word of advice to everyone about to plotz with worry over plants they suspect are now killed-forever, it would be PATIENCE!

It's been scarcely over a month since plants that normally survived winters with no problems were visually wilted or wiped out beyond expectations of restoration. We gardeners were left looking at total *tohu-bohu*.

Mother Nature's my guru. Her approach: patience, my child. But, then, Mother Nature doesn't have an HOA or neighbors with raised eyebrows or does she sweat over prized plants.

So I do understand most folks have already cut off obviously dead wood. Even if too much was whacked off too soon, don't sweat it now. Just don't give up on those that haven't sent up green shoots yet!

To repeat advice previously given, at this point, go ahead and cut off the dead. If you don't see green, keep cutting. Many plants WILL come out from the base. In the meantime, use spring annuals to fill in around the hopefully-still-alive stumps.

If you're worried about putting new plants around ones you're hoping will still come out, how about flower-filled pots in front or around the "dead" stumps? Just be sure you put pebbles or small pieces of broken pottery in the bottom of any pot you set on the ground. Roots don't like to stay too long in post-rain soggy soil and the collecting moisture will reduce the oxygen levels in the soil.

* * *



Winning survivors in the daylily garden, l to r, Web of Intrigue.'

A smart move for gardeners: join local specialty societies of plants you especially love. Society members not only delight in sharing expertise, they want you to succeed so you'll love their plants as much as they do. Google "Houston Society (name of plant). The Greater Houston area has an abundance, many with several chapters, most with international connections and experts: African Violet, Begonia, Bonsai, Bromeliad, Camellia, Daylily, Fern, Herbs, Hibiscus, Native Plants, Oleander, Palm, Orchid, Plumeria and, of course, Rose (including antiques)

Good example, Houston Hemerocrallis Society decided not to wait until it's closer to their big May 8 Sale to let you know these three daylilies, *Ryan's Fireworks Fantasy*, *Celtic Moonglow* and *Picotee Prism* -- noted earlier for sale -- won't be available as they didn't make it through our Arctic blast. Truth rules!

But four daylilies pictured above have proven they CAN handle such an icy trauma and will be available in the SAT., MAY. 8: DAYLILY PLANT SALE, 10am-2pm, 5705 Pinemont, Houston. Complete list of varieties posted at ofts.com/hhs/

In the meantime, Houston Hemerocallis Society stalwart Bill Jarvis notes it is normal for daylily foliage to die back during a hard freeze. As usual, within a few days of this extreme freeze, new foliage started appearing. About daylilies in pots, he adds these "*can be at risk with temperatures in the low to mid-teens like we experienced this year. However, normal Houston winter lows in the 20's seldom cause any serious problems to daylilies even when grown in pots.*"

* * *



Left: *Opuntia robusta*, survived outdoors (Tom Cardinal photo). Center: *Soft leaf Yucca* (*Y. recurvifolia*), survived outdoors. Right: *Gymnocalyciums*, *Mammillarias*, *Notocactus* and a *Melocactus* survived in greenhouse (Liliana Cracraft photos). No heat for 48 hours!

NOTHING LOOKS MORE DEAD THAN A DEAD CACTUS . . .

. . . but is it really gone for good? [Houston Cactus & Succulent Society's](https://ofts.com/hhs/) Liliana

Cracraft shares this simple rule some cactus lovers follow: If a plant's parts turn whitish to purple, a chance exists it will heal itself. If parts turn white and then black, trim off dead/mushy areas. Failure to remove dead parts can result in decay spread, eventually killing the whole cactus. Right now we must be observing our plants daily to detect any changes.

Due to the deep freeze last month, many HCSS members lost their entire collection, while others only lost a few plants. Several factors determine the plants' hardiness. Many cactus & succulents can tolerate considerably colder temperatures if the plants are dry; low-growing plants are more likely to survive cold weather than tall plants; and their location inside the greenhouse also plays a factor. Our plants in the bottom shelves were not damaged at all, despite losing power and the heat source for 2 days in a row.

NOTE! Houston and other Texas clubs are inventorying plants that died or survived the freeze, and their locations (outdoors covered, inside a greenhouse, garage, or inside the house). This survivor list will be published in an upcoming "Kaktos Komments" newsletter, available on [HCSS's website](#) and on [HCSS's Facebook page](#). On FB **Group** page you can request registration for any upcoming zoom presentations. [Join HCSS](#)

* * *



JOURNEY NORTH, MONARCH-TRACKING website, is calling Texas a ["migration hotspot"](#) at this point but adds:

"...there is still concern about the impact of February's deep freeze on milkweed growth . . . good news is . . . an uptick in reports of emerging milkweed. But is milkweed growing fast enough to keep up with the pace of migration? And will there be enough milkweed ready for migrating monarchs to lay eggs?" [Report your sightings](#)

SPEAKING OF NATIVE MILKWEED? The Native Plant Society of Texas has posted a statewide listing of [2021 Texas Native Plant Sales](#). NPSOT's virtual events newsletter is free, arrives every Sunday at 7pm, and also includes all the group's online presentations. <https://npsot.org/wp/virtual/>

* * *

***NOT ALL NATIVES ARE DESIRABLE!** For example, getting back to Mme Galen, never deliberately transplant invasive native trumpet vines — also called cow itch vine — into confined home gardens. (Birds may do it for you.) Always select "named" vines (shows are re hybrids).

Campsis x tagliabuana 'Madame Galen' is a cross between America's & China's native trumpet vines, introduced in 1858 by Italian nurserymen brothers Alberto Linneo and Carlo Tagliabue. But named after whom?

Bear with me — Susan Manning
Swierenga's enthusiasm over my pictured

Mme. Galen triggered my curiosity about namesakes of personalized plant names. Googling was no help. Finally I emailed [GardenOracle](#) which opined Mme. Galen might not be a real person, noting "Galen" is a slang word for physician (after famous Greek doc). They theorize:

"it may be Madam Galen 'cures' the garden by hiding less attractive parts of it."

Works for me. It sure can do that!



**NOTE: Please delete my old email:
"lazygardener@sbcglobal.net" and
USE my new on: lazygardenerbrenda@gmail.com**

* * *

***Brenda's LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER
column is based on her 40+ years as Houston Chronicle's Lazy Gardener
Email: lazygardenerbrenda@gmail.com***

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22
2021

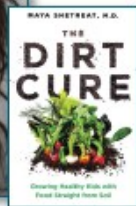


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Maya Shetreat M.D. is author of the New York Times Best Selling Book, **The Dirt Cure: Healthy Food, Healthy Gut**. She is a pediatric neurologist, herbalist, & urban farmer. Learn from her how to heal ourselves & family through what we eat.

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- Why so many people are chronically ill
- Learn how to heal yourself & your family
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- You are what you eat: Healthy soils, Healthy food, Healthy People

Learn more about OHBA & upcoming events at ohbaonline.org

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JUNE

ZOOMINAR WITH
JEFF LOWENFELS,
Author of Teaming
with Microbes

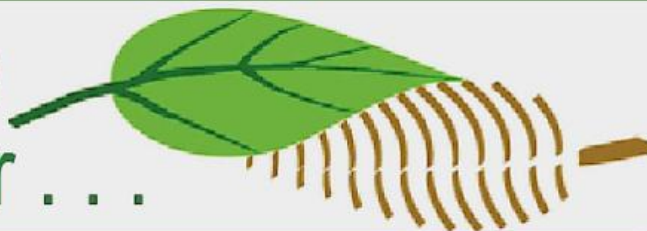
JULY

ZOOMINAR WITH
DOUG TALLAMY,
Author of Bringing
Nature Home

SEPTEMBER

LIVE Foraging with **Dr.
Mark Merriwether**
Author of Idiot's
Guide: Foraging

John's Corner . . .



NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS # 147

After the hard freeze a few weeks ago, it is nice to hear the birds singing and watching them build their nests. However, the USA has lost billions of birds over the last few decades that are an essential part of our ecosystem.

When most birds are laying eggs and raising chicks, they require lots of caterpillars as it is their primary food source (over 80% of their diet). Hence, we do not want to spray our plants with any poison whether organic or synthetic or we will hurt our birds.

To help our bird populations we need to think about what we are planting. One of the best ways to help our birds is to grow plants that provide caterpillars. One of the best plants to feed the caterpillars that then feed our birds, is the members of the Quercus family that we know as Oak Trees.

I recently read that there are 53 species of oak trees native to Texas and all of them are planted at the Ladybird Johnson Wildflower Center in Austin where they all can be seen. To learn more about the importance of caterpillars, an excellent book is "Bringing Nature Home - How You Can Sustain Wildlife with Native Plants" by Douglass W. Tallamy.

We often talk about why eating healthy food is important. During this period of Covid-19 issues we have learned a lot since it started over a year ago. People whom eat nutrient dense foods with lots of vitamins and minerals are far less prone to getting the disease. Conversely numerous studies and data collected from millions of people has found that those with the poorest diets are the most susceptible and the people that eat GMO foods with high levels of roundup on them have the highest risk factors.

The Environmental Working Group (EWG) [released](#) on Wednesday its annual "Dirty Dozen" and "Clean Fifteen" lists of the most and least pesticide-heavy conventional [fruits](#) and [vegetables](#) in the U.S. The study can be found at: www.ecowatch.com

Speaking of health, a paper published in the Journal Cell (2021), researchers at Weill Cornell Medical have found that common fungi found in our guts, teach our immune system how to respond to their more dangerous brethren. They found that these good fungi act as a vaccine against fungal infections by fungal pathogens.

This is another reason to be an organic gardener and get our hands in a good rich fertile soil amended with compost or composted mulch where it contains billions of these good fungi.

All life forms, from insects to humans need sleep. Researchers at the University of Bristol published a paper in the journal Scientific Reports (2021) where they found the bumblebees and fruit flies when exposed to neonicotinoids pesticides, it reduced the amount of sleep they received. It also hurt the insect's ability to remember and hurt their natural 24-hour cycle of day and night which altered many biological processes.

This is another reason to be an organic gardener and grow our own food and avoid conventional food contaminated with pesticides like shown by the Environmental Working Group study listed above.

One of the heaviest users of toxic chemicals and largest polluters of the environment is toxic rescue agriculture used on conventional cotton farms. According to the USDA they used *48 million pounds* of pesticides in 2017 in just 12 states. The chemicals used are major sources of environmental and health problems. One thing we as consumers can do is look for and purchase organic cotton clothing.

A major source of pollution in our rivers and streams is sediment from erosion, which carries all the toxic chemicals and excess fertilizers, that are causing the dead zones in the oceans around the world. A study by the University of Illinois found that if farmers would use modern No-Till methods, it would reduce soil erosion by 70%! Note: Tillage also causes organic matter in the soil to be destroyed and converted to greenhouse gasses at a higher rate contributing to climate change. Journal of Environmental Management 2021

After the record freeze a few weeks ago many of us will be replanting citrus trees. A problem with growing citrus is the citrus greening disease. Researchers at the University of California- Riverside have discovered that a naturally occurring peptide found in the Australian finger lime plant (a citrus relative) can kill the bacteria that causes the disease. Proceedings of The National Academy of Sciences (2021)

There was a paper in the Journal Earth's Future (2020) on artificial fertilizers and climate change. They stated that greenhouse gas emissions caused by toxic chemical agriculture contributes to 24% of global emissions from the production of artificial fertilizers.

Additionally, the artificial fertilizers actually destroy long term fertility of soils by salinization (salts), acidification, erosion, and loss of nutrients in the soil. This leads to many downstream costs which in just the Mississippi river basin is estimated to be over one trillion dollars per year.

Using modern organic methods from gardening and farming, regenerative agriculture as well as using good organic fertilizers like compost helps reverse this trend.

I have had multiple customers whom stopped by to get plants and trees after the freeze, that voluntarily told me, they used a company called Arbor True for their tree work. They were very pleased with the service and professionalism. A couple of them stated Brittany Bates (by name) was very nice and excellent to work with in addition to being extremely knowledgeable.

I have had the pleasure of knowing and working with this company for many years. They are ISA certified arborists, very knowledgeable and extremely nice good people. If you need tree work done or just some consulting, they are a great company to call.

ArborTrue Tree Service

Phone: (832) 980-8733

526 Kingwood Dr #241

New research from West Virginia University has found that trees all over the world are absorbing more carbon dioxide than in the past. This finding emphasizes the importance of trees in helping to regulate climate change. Proceedings of the National Academy of Sciences (2021)

There was an interesting study published in Critical Reviews in Food Science and Nutrition that studied the differences on human health after consuming the same foods from animals raised in different ways. There was also a good article in the Dr. Mercola newsletter on the same subject.

Multiple studies have shown that food products from animals raised on pasture (grass fed) instead of grains, contained significantly higher levels of important nutrients like omega-3s and CLA (conjugated linoleic acid).

We have known for years that refined vegetable oils like margarine increases one's heart attack risk and now were finding out it increase one chances of getting covid. As a result, sales of butter have soared as butter is rich in heart healthy nutrients, anti-cancer compounds, vitamin E, beta-carotene and more. The study found that butter from grass fed cows had the highest levels of these nutrients.

Organic grass-fed butter has even higher levels of beneficial nutrients. Organic ranchers spend more time and money on soil care and improvement, which manifests itself in healthier plants (e.g., grasses).

As we have talked about on many occasions it all goes back to our soil care:

Healthy soil = Healthy plants = Healthy humans.

This is why people are putting in home gardens and orchards in record numbers the last 18 months AND use the modern organic methods bases on soil biology.

Note: Butter from CAFO (concentrated animal feeding operations) is the lowest quality. Cows did not evolve to eat grain and when they do, they produce lots of greenhouse gasses like methane that contribute to climate change. However, grass fed cows produce very little for comparison.

Raw organic butter and milk that is unpasteurized and not homogenized have the most health benefits.

* * *

Have you tried . .

. .

Pugster

Butterfly Bush

Lavish nonstop blooms are nonstop for five months, from early summer through frost on the Pugster Butterfly bush, a favorite of butterflies, hummingbirds and honeybees. Best of all, this compact plant (2' high & wide) with full size fragrant blooms is perfect for large and small gardens alike. Thick sturdy stems are noted for vastly improved hardiness and winter survival.

Deer- & rabbit-resistant. Sun, easy maintenance, blooms on new wood. Name "Pugster" comes from plants' resemblance to a pug -- short, stocky, and cute!



Amethyst (pictured), blue and periwinkle Pugster Butterfly Bushes are carried by Nature's Way Resources ([Map](#)). Or contact our other sponsors below or your neighborhood nurseryman for possible sources

LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER CALENDAR EVENTS

All events in Houston unless otherwise specified.

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.*
- **FARMERS MARKETS** -- Normally we do not run non-gardening/plant events. During this pandemic, when most gardening events have been cancelled, we are happy to publish a running list of local Farmers Markets. See at end of calendar.

Submit events to: lazygardenerbrenda@gmail.com.

PLEASE ALWAYS put group's FULL name in email subject.

**NOTE: IF YOU'RE CONCERNED ABOUT MASKING
POLICIES AT EVENTS, CHECK WITH CONTACTS LISTED**

FRI., MAR. 26: TOMATO STRESS MANAGEMENT – GROWING GREAT TOMATOES (virtual) by IRA GERVAIS, 10-11:30am. Register: galveston.agrilife.org/event/tomato-stress-management/

SAT., MAR. 27, HERB AND PLANT SALE AT THE WYNNE HOME. 8am-2pm. Wynne Home Arts Center, [1428 11th St., Huntsville](#). Texas Thyme Unit, Herb Society of America event. texasthymeunit.org; 936-891-5024

SAT., MAR. 27, NATIVE PLANT SALE BY NATIVE PLANT SOCIETY OF TEXAS – CLEAR LAKE CHAPTER. (live sale –Covid precautions apply) 9am-noon. EIH Habitat

Garden, University Of Houston Clear Lake, 2700 Bay Area Blvd.. npsot.org/wp/clearlake/

SUN., MAR. 28-APR. 3: NEAR NORTHWEST MANAGEMENT DISTRICT VIRTUAL SPRING PLANT SALE, SALE PREVIEW by HEIDI SHEESLEY at nnmd.org. Pick up at Treeseach Farms, Inc.

THURS., APR. 8: JOURNEY TO INTRODUCTION AND EXCITING NEW ROSES FOR TODAY'S GARDEN by KRISTEN SMITH (virtual), 7- 9pm, Houston Rose Society/Houston event. Free. Meeting link: houstonrose.org

APR. 10-14: COCKRELL BUTTERFLY CENTER PLANT SALE (virtual). hmns.org/plantsale

TUES, APR. 13: MONTGOMERY COUNTY MASTER GARDENER VIRTUAL SPRING SALE, 8am – Wed noon, Online at mcmga.square.site ,AgriLife Extension Office, 9020 Airport Road, Conroe. mcmga.com; 936-539-7824

FRI., APR 16: GROWING CUCURBITS by HERMAN AUER (Zoom), 10-11:30. Pre-register: <https://galveston.agrilife.org/horticulture/mgseminars/>

FRI., APR 23: BEST PRACTICES OF WATERING by KAROLYN GEPHART (Zoom), 10-11:30. Register: galveston.agrilife.org/horticulture/mgseminars/

WED., APR. 24: *INTERNATIONAL OLEANDER SOCIETY (Zoom event), 7pm. Free. [Join meeting](#)*. (Meeting ID: 952 433 8090. Passcode: 006790)

FRI, APR 30-MAY 1: GALVESTON COUNTY MASTER GARDENER MAY DAY SALE. Online. Browse beginning Fri, Apr 23. Shopping Noon Fri-Noon Sat. <https://store.galvestonmg.org>

SAT, MAY 1: QUAIL VALLEY GARDEN CLUB SPRING PLANT SALE, 10am-3pm, The Tee Garden, 2880 LaQuinta Drive, Missouri City. QuailValleyGardenClub.org

SAT., MAY. 8: DAYLILY PLANT SALE, 10am-2pm, 5705 Pinemont, Houston. Houston Hemerocallis Society event. List of varieties posted at ofts.com/hhs/

SAT.-SUN., JUNE 5-6: GALVESTON HOME & GARDEN SHOW, Galveston Island Convention Center. galvestonhomeandgarden.com/

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 do 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!
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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 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.

