



Apr-2-2021 | Issue 381

Nature's Way Resources is proud to produce & email you this free weekly newsletter. We have no ads, but sponsors do graciously help support this project as a public service. Please note their names below & show your gratitude for this free service by patronizing their businesses! To become a sponsor, call (936) 273-1200

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.

[Click here to join our email list](#)

[CLICK HERE for PDFs OF PAST LG&F NEWSLETTERS](#)

CORONAVIRUS CANCELLATIONS

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



AS YOU REPLANT, REMEMBER COLOR'S NOT JUST FOR BEAUTY!

The flowers that bloom in the spring . . . / Tra la

We welcome the hope that they bring / Tra la

-- NANKI-POO, "The Mikado," W. S. Gilbert & Arthur Sullivan, 1885

by **BRENDA BEUST SMITH**

FIRST . . . MEA CULPA. When I posted this vine-on-fence picture last week, I believed it a Mme. Galen vine. I was so excited when, 3+ years ago, I found it -- so labeled -- in a plant section. I'd heard about Mme Galen for decades. Always wanted one. It happens.

Labels fall off, nice shopper returns to wrong plant. Garden writer who should know better, doesn't and shares wrong info!

Seriously . . . One reason I so treasure my many Houston area "plant gurus" is they never hesitate to let me know when I'm wrong . . .



So, tip o' the trowel to Gudrun Opperman who, among many horticultural contributions, is founder of Lake Houston Garden Club. Gudrun sweetly pointed out the vine touted last week as *Campsis x tagliabuana* 'Madame Galen', is actually apricot crossvine (*Bignonia capreolata*). Pictured here is the "real" Mme. Galen.

Sigh . . . Sorry, folks, you'd think I'd know better! Still love it tho and learned a bit about Mme Galen's name! Confession's so good for the soul!

IF YOU'RE LUCKY -- like Maryann Braid -- treasured plants such as her seemingly-post-Uri freeze-dead gardenia will soon show green growth (*Pictured pre-URI*). If not, take this opportunity to try new plants and broaden your horizons in other ways. Did you know color can help both our mental states and pocketbooks?



POCKETBOOKS FIRST. Before replacing plants, give thought to your energy bills. Plants can help keep a house cooler in summer and warmer in winter, lowering AC and heating costs. On the west side, plant deciduous (shed

leaves in winter) trees, large shrubs and/or vines-on-lattice to shade west-side walls in summer, while allowing warming sun rays through in winter.

(*Pictured: two deciduous vines: coralvine (full sun), left, and hyacinth bean vine (sun/part shade)*)

No room for a tree? Create a strong, reinforced, treated lumber lattice shading "wall" with a deciduous cover, such as coral vine or hyacinth bean vine. These help utilize winter (but not summer) sun. Do not allow lattice to touch ground (Will rot). Use treated lumber to build a strong frame. Attach lattice to frame.

[Outstanding Shrubs for Texas](#). * [Outstanding Trees for Texas](#)
[Outstanding Vines and Groundcovers for Texas](#)

Now, give some thought to "moods" flowers can help create . . .



L to r: lion's tail (Leonotis leonurus), giant white spider lily (Hymenocallis), Louisiana iris, Thunbergia and fireman's cap (Erythrina crista-galli)

COLOR IN OUR GARDENS WEARS MANY HATS!

(excerpted from "Lazy Gardener's Guide")

- **CREATE MOODS:** Red, yellow and hot pink make us more energetic. Reds increase appetite. Yellows make us happy. Soft pinks, lavenders, blues and greens soothe, relax. Pink looks sweet and fragrant. It's said it is difficult to argue with someone in pink! Green is restful, especially on tired eyes. Blues and lavenders are cooling.
- **TO MAKE A YARD LOOK BIGGER,** plant "hot" colors (red, orange, fuchsia) close in. In back of the yard, use pastels and white (will look farther away than actually are). To make a too-large area look more intimate, do reverse: "hot" colors in back of yard and pastels close in.
- **DESIGN AN EYE-POPPING FRONT YARD:** Use yellow, hot pink, fire engine red and white. These are easier to see from a passing car than blues, lavenders and muted reds or pinks.
- **ENSURE SAFETY:** Use lower-growing yellow flowers around areas where folks might stumble or trip. Yellows and oranges will draw the eye downward faster than any other color. Use for uneven pathways or on slopes, near stairs and around other potential "tripping hazards."

MORE COLOR NOTES:

- When possible, coordinate garden and house colors. When gardens adjacent to the house "*just don't look right*," for reasons you can't explain, clashing bricks or paint and plantings color may be a subconscious problem. They don't have to match, just shouldn't clash.
- White and/or gray flowers or foliage planted in among other colors help create harmony. White also intensifies colors of nearby flowers and plants. Remember, at night, white is all you see. Plant in and around outside areas used in evenings.

'METAPHYSICAL PROTECTION': In areas of very bright hot sun (such as near water), pale pastels often can look washed out. Variegated plants may look like they're dying if used alone. Strong solid greens, reds, oranges, yellows, etc. may compete better.

Color in general has greater impact when coupled with hardscapes (rocks, birdbaths, fences, benches, etc.). Large rocks pull us back to nature, anchoring us to Mother Earth. Their strength offers sort of a metaphysical protection from stresses of everyday life. Always try to locate at least one large interesting rock near where you sit outside at night.



MY "LAZY GARDENER'S GUIDE" book is now out of print.
For a free pdf version, email me at lazygardenerbrenda@gmail.com
(PS: Please delete my old email: "lazygardener@sbcglobal.net")

* * *

UPDATE: SHOP YOUR LOCAL ORGANIZATION PLANT SALES!

- **SUN., MAR. 28-APR. 3: NEAR NORTHWEST MANAGEMENT DISTRICT VIRTUAL SPRING PLANT SALE**
- **APR. 10-14: COCKRELL BUTTERFLY CENTER PLANT SALE**
- **TUES, APR. 13: MONTGOMERY COUNTY MASTER GARDENER VIRTUAL SPRING SALE**
- **SAT, APR. 24: HOUSTON MUSEUM OF NATURAL SCIENCE AT SUGAR LAND PLANT SALE**
- **FRI, APR 30-MAY 1: GALVESTON COUNTY MASTER GARDENER MAY DAY SALE.**
- **SAT., MAY. 8: DAYLILY PLANT SALE, 10am-2pm, 5705 Pinemont, Houston. Houston Hemerocallis Society event. List of varieties posted at offs.com/hhs/**
- **SAT.-SUN., JUNE 5-6: GALVESTON HOME & GARDEN SHOW, Galveston Island Convention Center. galvestonhomeandgarden.com/**

NOTE: JOHN FAIREY GARDEN NURSERY reopens April 24. Tours resume April 10, 17 and 24. Free, no reservations needed. jfgarden.org

See Calendar below for details on all these.

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

* * *

APRIL
22
2021



GET HEALTHY

AN AMAZING LECTURE!



DR. MAYA SHETREAT THE DIRT CURE



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.

TICKET PRICES:

OHBA Members: \$25
Non-OHBA Members: \$50

ZOOMINAR TOPICS INCLUDE:

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

Learn more about OHBA & upcoming events at ohbaonline.org

Brought to you by:

OHBA

OHBA est. 2004 is a 501-c-3 non-profit focusing on Organic education. We advocate for healthy humans & a healthy environment. Each year we host a variety of events featuring local & international experts. Help the good cause, join OHBA.

ohbaonline.org/joinohba

JUNE

ZOOMINAR WITH
JEFF LOWENFELS,
Author of *Teaming
with Microbes*

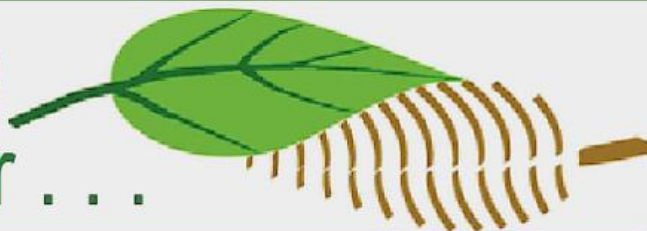
JULY

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 # 148

We all know that corrugated materials are stronger than flat sheets (corrugated tin, plastic sheets, etc.). Researchers published a paper in the journal *Nature* (2020) where they found similar structures but much more effective, in the Ironclad Beetle known for being run over by a car and just walk away as

nothing had happened.

An analysis of the beetle's armor has revealed overlapping and interlocking ridges that absorb impact and can survive crushing forces of 39,000 times its own body weight. Every time I read an article like this, I remember the Bible verse "study nature and let it teach you".

The "Organic Center" released a paper on the environmental benefits of buying products made from organics cotton (sheets and bedding to face masks). Conventional (translated = produced using extremely toxic chemical rescue methods) methods have serious consequences on the environment from erosion, water pollution, GMO's, cancer-causing herbicides to the bad health of farm workers, etc.

By contrast organic cotton uses environmentally friendly methods and produces higher quality cotton. Organic cotton uses less water, stores carbon in the soil (fights global warming), safer for farm workers, does not allow GMO varieties of cotton that disrupts the ecosystem, uses biodiversity to manage pests, does not pollute waterways, etc. according to researchers at Iowa State University. Journal of Renewable Agriculture and Food Systems (2021)

Note: According to the USDA conventional cotton alone released **68 million pounds** of pesticides into the environment in 2019 in just the United States and people wonder why we have so many health problems.

It is well established that pre-biotics and pro-biotics strengthens our immune system making us more resistant to viruses and other diseases. Many doctors recommend rotating these supplements with different brands to get as many different strains as possible as most only has 6-10 types in them.

A healthy organic soil (or compost) may contain millions of species of beneficial microbes. When we garden using modern organic methods, we are exposed to all these good microbes and they become part of our microbiome (and we are not exposed to the toxic chemicals). Another reason to use modern methods based on soil microbiology.

King's College London and several other medical research groups, published a paper in the journal Nature Medicine (2021) along the same lines as above. They found strong links between a person's diet, the microbes in their gut (microbiome), and their health.

They found the microbiome had a larger influence on a person's health than a person genetics. Some of the microbes they discover have yet to be named while others (*Prevotella copri* and *Blastocystis* species) were found to help maintain a good blood sugar level.

When one eats foods treated with toxic chemicals or from GMO crops, one does not get the same benefits as found in organically raised vegetables. The best way to ensure healthy nutrient dense and microbially diverse and rich vegetables, is to grow them yourself.

Speaking of microbes, researchers have discovered that bacteria can tell time. Bacteria have internal clocks (circadian rhythms) that correspond with our planets 24-hour daily cycle. Science Advances (2021)

The subscriber list to this newsletter is steadily growing and I am seeing more and more first-time gardeners coming into Nature's Way Resources to buy plants, compost mulch, soils and supplies. For those newbies there is an excellent non-technical book for homeowners on these modern methods on how and why they work so well: **Teaming with Microbes**, A Gardener's Guide to the Soil Food Web, 2nd Edition, by Jeff Lowenfels & Wayne Lewis, Timber Press, 2006, ISBN-13:978-0-88192-777-1.

Along the same lines a new study from the University of Texas published in the Journal of Behavioral Nutrition and Physical Activity (2021) has found that children whom participated in gardening, nutrition and cooking classes, ate more vegetables than before they took the classes.

Occasionally I get a chuckle when I read research papers on various topics (especially compost and mulch) that present their findings as new information when it has been in the scientific literature for decades.

I just read such a study that was published in the Journal Frontiers in Sustainable Food Systems (2020) by the University of California Riverside, that found by fermenting food waste, and applying it to crops, it increased growth and made the crops more resistant to disease.

What I found interesting is that in Japan they have been fermenting food waste for centuries and using it on crops for the same reasons. This is sometimes called the Bokashi composting method. It appears the researchers did not do their homework since it is definitely not "frontiers".

* * *

Have you tried . .

. .

BLUE LIPS SHRUB

(*Sclerochiton harveyanus*)

This glossy-leaved spreading perennial evergreen shrub from Africa is perfect for a low-light woodland pollinator garden. Also perfect for containers or hanging basket where its delicate color and fragrance can be appreciated up close. Perfect mounding habit, summer flowers, takes easily to pruning. Easily prunes back for more lush growth,



Blue Lips Shrub is carried by Nature's Way Resources ([Map](#)). Or contact our

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**

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

SAT., APR. 10: JOHN FAIREY GARDEN TOURS, 10 & 11am, Hempstead. \$10. Conservation Foundation event. No registration needed. ifgarden.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/>

SAT., APR. 17: JOHN FAIREY GARDEN TOURS, 10 & 11am, Hempstead. \$10. Conservation Foundation event. No registration needed. ifgarden.org

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)

SAT, APR. 24: HOUSTON MUSEUM OF NATURAL SCIENCE AT SUGAR LAND PLANT SALE , 9am-12pm, HMNS Sugar Land, 13016 University Blvd, Sugar Land. hmns.org/sugarland

SAT., APR. 17: JOHN FAIREY GARDEN TOURS, 10 & 11am, Hempstead. \$10. Conservation Foundation event. No registration needed. jfgarden.org

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](https://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!
& please patronize our Newsletter & Calendar sponsors below!

THIS NEWSLETTER IS MADE POSSIBLE BY THE FOLLOWING SPONSORS

If you are interested in becoming a sponsor, please contact us
at 936-273-1200 or send an e-mail to: lazygardenerandfriends@gmail.com



Saturdays 7-9am • SportsRadio 610

YearRound

Organic Fertilizers
Core Aeration
Compost Top Dressing

YearRoundHouston.com

MicroLife™



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.

