

Mar-25-2022 | Issue 429

<u>Nature's Way Resources</u> 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

<u>Nature's Way Resources</u> 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

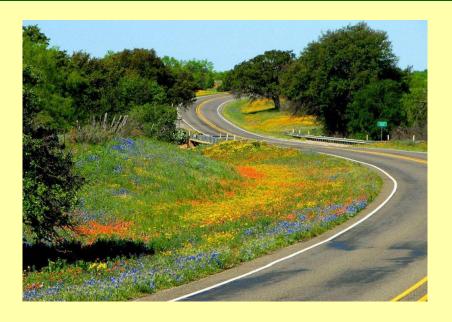


Photo by Joey McKay, Lady Bird Johnson Wildflower Center

TEXAS WILDFLOWERS -- WHAT WILL SPRING BRING?

"So I ran, fearing not where I'd go; when a flower grows wild, it can always survive; wildflowers don't care where they grow."

- Dolly Parton, "Wildflowers"

By BRENDA BEUST SMITH

Worrying about prize plants still not showing green? Be patient, have faith in Mother Nature and take comfort in knowing wildflower experts predict even our massive shows of native floral delights are probably going be delayed. Good news, however. In the past few days, expert watchers report sightings are coming on pretty quickly!

Not all are delayed. This has to be one of the most beautiful springs in a long time for our native Carolina jessamine, traditionally our earliest-blooming wildflower and a great landscape vine. It could be seen climbing skyward on towering pines in Sheldon Lake State Park in NE Harris County, and reaching for sun in undeveloped wooded lots all over Houston. Mother Nature way of assuring us: "Be patient. Spring IS coming!"



How lucky we are to be home to both the National Butterfly
Center (Misson, TX) and the Lady Bird Johnson Wildflower
Center in Austin. The former First Lady founded the National Wildflower
Research Center in 1982. Today, the Wildflower Center, home to the Texas
Arboretum, is the official State Botanic Garden of Texas. If you've never
visited, go! It's an incredible experience.

I remember when Lady Bird went to bat for all of us, finally convincing the Texas State Legislature millions could be saved by delaying mowing on wildflower-seeded highway medians and side strips until enough seed dropped to ensure future blooms. Lots of complaints at first but that Great Lady hung in there. Thanks to her, we have scenes like the one in Joey McKay's photo at top of this column!

Unfortunately Februarys haven't been kind to wildflowers lately. As Joe Marcus, the Center's Native Plants of North America Program Coordinator, points out, 2021's ice storms surely affected marginally-hardy natives in ways that are still being evaluated.



Panic not, however . . . Mother Nature often compensates. Joe reminds us of a severe drought several years that gave us a totally unexpected bonanza pink bloom that surprised even Lady Bird's wildflower experts. Evening primrose sashayed through that drought to put on a show like experts had never seen before, nor since.



Ah, you're thinking, what about Texas' state flower? Our <u>"Official State of Texas Bluebonnet Festival"</u> is Apr. 9-10 in Chappell Hill, (near Brenham, 1± hour NE of Houston). Mike Shoup, founder of the <u>Antique Rose Emporium</u> in

nearby Washington, has been watching his bluebonnet-rich area (my picture above) for decades. He reports our state flowers are "...numerous but still stretching and spiking so the big show is later than normal." Mike reminds us that "compressing all the flowers to smaller corridor of time to bloom will result in lots of different flowers blooming at the same time ... should be intense around April 1-15 and possibly even later." He notes redbuds, peaches and mountain laurel are among late bloomers this year in his area.



Wildflower Center folks have picked our prolific Indian blanket (*Gaillardia*) as *Texas' Wildflower of the Year*. Non-Texans call these blanketflower or firewheel, An Aster Family member first noted by Lewis & Clark, *Gaillardia* was named for a French magistrate, a patron of botany. Early Americans used gaillardia for tea, treating skin disorders and more.

Wildflowers bloom at different times across Texas. A few links for updates for specific flowers in specific areas:

- <u>https://www.wildflower.org/texas</u>
- https://texashighways.com/wildflowers/wildflowers-of-texas/
- https://www.facebook.com/TexasWildflowerReport/

* * *

POTPOURRI:

- RAIN BARREL & COMPOST BIN SALES CONTINUE through May 1 at the City of Houston's Green Building Resource Center, 1002 Washington Ave. 50-gallon Ivy rain barrels and compost bins are sold at discounted prices while supplies last. Pickup: May 14. <u>rainwatersolutions.com</u>.
- RICE HOLISTIC GARDEN SPRING PLANT SALE has been extended through Sunday. 1-3pm Fri., 10am-2pm Sat.& Sun, Rice University Betty & Jacob Friedman Holistic Garden, 6100 University Blvd. <u>garden@rice.edu</u>, <u>Sale details</u>.
- BLUEBONNET PLANTS are or will be available in nurseries (seed is sown in fall). I've seen wonderful floral stands return on Bolivar Peninsula and on nearby mainland. But that's not the norm. A sunny, extremely well-drained site is the key to success in our monsoon-rainy area. Orange paintbrushes (here with bluebonnets) are harder to grow here as they seem to be symbiotic with roadside weeds



(need each other to grow). But it never hurts to try! (Plant seed in fall.)



Red and white bluebonnets do occur naturally. Aggies will try to convince you these are actually maroon. Sorry, guys. These are "COUGAR RED" bluebonnets. Unfortunately, none continue to bloom late enough for a unique July 4th display. If you plant "Cougar" red or white ones with blue ones, beware. If they return next year, they'll all probably revert to the dominant blue. (Who else would tell you these things?)

Personal note: John's bee thoughts below are so important. Right now we can't control what growers use on floral crops. But! When buying plants, do ask if they were treated with bee-killing pesticides. Staffers probably have no idea. I'm not saying don't buy these plants! Just ask when you do. The more staffers are asked, the more they'll pass these queries to bosses who, if they hear this enough, will start asking growers. We gardeners CAN be part of the solution. Just ask.

FAVOR? IF SUBMITTING EVENTS FOR CALENDAR . . .

Event notices limited to 3 lines type. Type info, in exact calendar format, format, directly into email. so it can be copied/pasted into next issue.

NO event notices as pdf or jpg flyer. Otherwise, expect publication delay.

lazygardenerbrenda@gmail.com

* * *

Brenda Beust Smith's column in the

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

Email: lazygardenerbrenda@gmail.com

* * *



John's Corner



NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS # 189

A study from the University of Maryland confirms that US beekeepers are still losing bees. They found that beekeepers lost 45.5 % of their honey bee colonies from April 2020 to April 2021.

Honey bees are essential to our food production in the US, pollinating \$15 billion worth of food crops each year. Science Daily 2021.

Every day it is becoming more essential that we use modern methods in our lawns and gardens based on biology that are often referred to as organic methods. This means do not use toxic chemicals that kill bees or purchase plants that have these dangerous pesticides on them.

It is also important to plant flowers that produce quality pollen and nectar for our pollinators. As we hybridized flowers for longer bloom periods, uniform height, etc. the quality of their pollen was often reduced. This means the best pollen and nectar is from old fashioned heirloom varieties, open pollinated plants and native plants.

Researchers at the University of Tsukuba in Japan have found the flavor of tomatoes is directly influenced by their growing conditions. They analyzed 157 varieties of tomatoes and found that pigments controlling their color also played a role in their flavor.

Chemicals called carotenoids and chlorophylls along with sugars had the largest effects even though they had no direct effect. It was when these chemicals were changed into other chemicals that the improved flavor occurred. Journal Metabolites, 2021.

Other research has tied the better flavor of vegetables and fruits to soils rich in minerals and organic matter. The minerals provide needed elements that most soils are lacking in and the organic matter is home for beneficial microbes that produce flavonoids. Taken together they increase the flavor of our foods like tomatoes.

This means use a good quality leaf mold compost, Re-mineralizer and a good organic fertilizer like Microlife TM for best results.

A multi-university study on apples has found that compost has a strong influence on soil ecosystem functioning. Some of the benefits were better soil quality, less fertilizer required, increased levels and diversity of beneficial bacteria and other microbes, and increased the potential for larger yields. Journal of the Soil Science Society, 2021.

Occasionally I get asked, "Why are there so many reported illnesses from eating food purchased at grocery stores?" There are many reasons from improper handling, pesticide residuals, to being stored at the wrong temperatures, etc.

However, one of the largest reasons is covered up by the media, and that is the use of sewage sludge as a fertilizer. Farmers are often paid to apply this toxic sludge to their farms. This results in the food grown on them, to have harmful chemicals from antibiotics, hormones, to heavy metals, PFAS, and more.

PFAS is a group of fluorinated chemicals numbering over 8,000 that causes harm to humans. Research has found the most common PFAS chemicals, PFOA and PFOS, have probable links to high cholesterol, ulcerative colitis, thyroid disease, testicular cancer, kidney cancer, and pregnancy-induced hypertension.

Many other health problems have been linked to these toxic chemicals. When sewage sludge is applied to the fields the vegetables absorb these toxins which we then eat, where they may accumulate in our bodies and cause harm.

The reasons to grow our own food (fruits, vegetables, and herbs) organically or at least purchase organic foods continue to increase.

The Bible tells us: "If we do not obtain knowledge about a subject, we will not be able to make wise decisions and will suffer the consequences". Paraphrase from the Book of Proverbs.

Note: Products like Hou-Actinite, Milorganite, etc. are just dried and pelletized sewage sludge full of toxic chemicals.

For more information on the dangers of sewage sludge and products derived from sewage sludge like "Dillo Dirt" see links below.

- https://usludgefree.org/information/farm-risks
- https://celdf.org/sewer-sludge/
- https://bioscienceresource.org/sewage-sludge-biosolids-land-applicationhealth-risks-and-regulation-2/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2094820/

Note: There are several soil/compost companies that sell sewage sludge products to gardeners in the Houston area.

Speaking of food, a study from the University of Tsukuba in Japan has found that those whom eat higher levels of fiber are at a reduced risk for developing dementia.

Soluble fiber like that found in oats, legumes and vegetables were important for the beneficial bacteria that live in our guts. Nutritional Neuroscience 2022.

Note: Heirloom varieties of plants often have higher levels of good fiber in them.

Along the same lines, a study published in the journal Cell Host & Microbe (2022) by researchers at the University of Pompeu Fabra -Barcelona has found the presence of Caudovirales (a type of bacteriophage), in our gut microbiota, leads to an improvement in cognitive functions and memory in humans (also mice, fleas and fruit flies).

Higher levels of Caudovirales were associated with people whom consumed higher levels of dairy products.

This part of the world often consumes dairy products where the health benefits of organic grass-fed dairy are available as they have not been destroyed by pasteurization and homogenization. I wonder if there is a correlation.

In summary the old saying 'We are what we eat', becomes truer every day.

NWR NOW CARRIES SEEDS FROM

NATIVE AMERICAN SEED COMPANY

\$3.00 EACH!

LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER CALENDAR EVENTS

SUBMITTING EVENTS? PLEASE READ!

- Only events submitted <u>specifically to</u> LG&F calendar are used
- Use our exact format, type into email, no pdfs/jpgs/flyers
- 3 lines max allowed per entry. We will edit down if you don't.
- Too long links activated by word "Details."
- Submit events to: <u>lazygardenerbrenda@gmail.com</u>

EVENTS ARE ON-SITE UNLESS OTHERWISE NOTED

FRI-SAT., MAR 25-26: NPSOT CLEAR LAKE CHAPTER NATIVE PLANT SALE. Zoom, Fri, Mar 25. 7pm. Shop in-person: Saturday only, 9-11am, University of Houston-Clear Lake, 2700 Bay Area Blvd. <u>Details</u>.

FRI-SUN, MAR. 25-27: RICE HOLISTIC GARDEN SRING PLANT SALE, 1-3pm Fri., 10am-2pm Sat. Sun, Rice University Betty & Jacob Friedman Holistic Garden, 6100 University Blvd. garden@rice.edu, Sale details.

FRI.-SAT., MAR. 25-26: MARCH MART, Fri: 9am-4pm; Sat. 8am-4pm, <u>Mercer Botanic Gardens</u>, 22306 Aldine Westfield, Humble. Free. Fri AND SAT., MAR. 26, 8 am – 4 pm. <u>MARCH MART</u>, 713-274-4166.

SAT., MAR. 26: BRAZORIA MASTER GARDENER CITRUS SPRING PLANT SALE, 9am - noon (no cash sales), Brazoria Environmental Education Station, 583 CR 443, Angleton. /txmg.org/brazorial, 979-864-1558

SAT., MAR. 26, HERB FESTIVAL AT THE WYNNE HOME 8am-2pm. Wynne Home Arts Center, <u>1428 11th St.</u>, <u>Huntsville</u>. The Herb Society of America/Thyme Unit event. <u>texasthymeunit.org</u>; 936-891-5024

SAT. MAR 26: IRISES FOR THE GULF COAST GARDEN by MONICA MARTENS, 9-11:30am. RAINWATER HARVESTING by NAT GREUSEN, 1-3pm. Register: galveston.agrilife.org/horticulture/mgseminars/

SAT., MAR. 26: BUILDING HEALTHY SOIL SAVES MONEY NOWby JOHN FERGUSON, 10:30am, Wabash Feed & Garden, 4537 N. Shepherd. Register: https://bit.ly/3McOggm, wabashfeed.com

AT., MAR. 26: CYPRESS CREEK DAYLILY CLUB SPRING DAYLILY AND PERENNIAL PLANT SALE, 10am -2pm. Wunderlich Historical Farm Market, 18218 Theiss Mail Route Rd., Spring. Free.

SAT., MAR. 26-APR. 3: NEAR NORTHWEST MANAGEMENT DISTRICT VIRTUAL SPRING PLANT SALE, Presentation by HEIDI SHEESLEY, White Oak Conference Center. Pickup: Treesearch Farms. nnmd.org

FRI.-SAT., APR. 1-2: HOUSTON ARBORETUM & NATURE CENTER SPRING PLANT SALE, 9am-4pm, 120 West Loop North. houstonarboretum.org; 713-681-8433.

SAT., APR 2: MASTERS OPEN GARDEN DAY: LOUISIANA IRISES by **MONICA MARTINS**, 10am-noon, talk/tours, Galveston County Master Gardeners event. *galveston.agrilife.org/horticulture/mgseminars/*

WED., APRIL 6: GARDENERS BY THE BAY PLANT SALE9:am-noon, Webster Presbyterian Church, 201 NASA Pkwy, Webster. 281-935-6442, leslie.j.wong@gmail.com

THURS., APR 7: BEING A TOUGH TEXAS GARDENER by **RANDY LEMMON,** 9am, Community Center, 21274 FM1098 Loop, Prairie View. Free. Waller County Master Gardeners event. Register: 979-826-7651 ext. 3068

THURS., APR. 7: STARTING PLANTS FROM CUTTINGS (virtual) by **PAUL WINSKI,** 10am, Free. Texas A&M Agrilife Extension event. Register: homegrown2022.eventbrite.com

SAT., APR.9: AN EDIBLE EDEN - TURNING YOUR LANDSCAPE INTO A BEAUTIFUL FOODSCAPE (Zoom) by ANGELA CHANDLER, 9:30-11:30am. Urban Harvest event. <u>urbanharvest.org/education/classes/</u>

SAT., APR.9: EDIBLE ACADEMY: SPRING GARDENING AND NUTRITION EDU by CAROL BURTON, 9 am-noon. Gregory Lincoln Education Center. Urban Harvest event. <u>urbanharvest.org/education/classes/</u>

SAT. APR 9: GRAFTING PECANS by **STEPHEN BRUEGGERHOFF, 9-12NOON.** Free. Galveston County Master Gardener event. Register: galveston.agrilife.org/horticulture/mgseminars/

SAT., APR. 9: HOME GROWN ROAD SHOW(virtual) by PAUL WINSKI, BRANDI KELLER & SHANNON DIETZ. 9am-noon., Trini Mendenhall Center, 1414 Wirt Rd. \$20. Harris County AgriLive event. Register.

MON., APR. 11: COMPOSTING (virtual) by HARRIS COUNTY MASTER GARDENERS, 10-11:30am, HCMG/Houston Community College event. Free. Register: https://doi.org/10.1001/journal.com/hccs.edu/community-learning-workshops

TUES., APR.12: URBAN COMPOSTING FOR SMALL SPACES by CHRIS WOOD, MOONSHOT COMPOST and PHILIPPA JOHNSTONE, 5:30-7pm. Urban Harvest Teaching Garden. Urban Harvest event. <u>Details</u>.

FRI., APRIL 14: MAKE GARDENING EASIER by DR. JOSEPH R. NOVAK, 10am Trinity Episcopal Church, 1015 Holman. Free. Federation of Garden

Clubs event. <u>houstonfederationgardenclubs.org.</u>

THURS., APR. 14: AMERICAN ROSE SELECTIONS by PAT SHANLEY (virtual), 7-9pm. <u>meet.goto.com/875520813</u>

SAT., APR. 16: HARRIS COUNTY MASTER GARDENER ONLINE PLANT & SPRING VEGETABLE SALE. hcmga.tamu.edu/plant-sales/. Pickup Mon., Apr. 18, Genoa Friendship Garden, 1210 Genoa Red Bluff Rd., on-site sale.

TUES., APR.19: CREATING SIMPLE GARDENS WITH NATIVE PRAIRIE PLANTS by BETH CLARK, 5-6pm: Sip and Stroll Garden Tour: 6-7pm: Program. Urban Harvest event. <u>urbanharvest.org/education/classes/</u>

MON., APR. 19: COMPOSTING (virtual) by HARRIS COUNTY MASTER GARDENERS, 11am-noon. Free. HCMG/Harris County Public Library event. facebook.com/harriscountypl/events/

MON., APR. 18: GENOA FRIENDSHIP OPEN GARDEN DAY & PLANT/VEGETABLE SALE, 8:30-11am., 1210 Genoa Red Bluff Rd. Free. Harris County Master Gardener event. *Advance online orders*.

SAT., APR. 23: 2022 OLEANDER FESTIVAL, 9am-1pm, Betty Head Oleander Park, 2624 Sealy Ave., Galveston. Free. International Oleander Society event. <u>oleander.org/</u>

SAT. APR 23: INCREDIBLE EDIBLE HERBS by GALVESTON COUNTY MASTER GARDENERS. \$10. Register: galveston.agrilife.org/horticulture/mgseminars/

SAT., APR. 23: NATIVE PLANT SOCIETY SALE, 9:30-2:30, New World Botanical, 2701 Lone Star Parkway, Montgomery. <u>Pines and Prairies Chapter - NPSOT event.</u> Availability list: <u>npsot.org/wp/pinesandprairies/</u>

SAT-SUN, APR. 23-24: HERITAGE GARDENERS SPRING TOURS/MARKET, tours (\$15) 1-5 pm. Markets Sat. & Sun, 9am-5 pm, 112 W. Spreading Oaks, Friendswood. Heritage Gardeners on Facebook.

TUES., APR.26: THE WORMERY (Zoom) by **MEG TAPP**, 5-6pm. Urban Harvest event. *urbanharvest.org/education/classes/*

FRI.-SUN, APR. 29 - MAY 1: KINGWOOD GARDEN
CLUB GARDENSCAPES TOUR & PLANT SALE, Fri: 10am-4pm; Sat: 10am-4pm, Sun: 12pm-4pm. \$25. kingwoodgardenclub.org

SAT., APR. 30: BROMELIAD SOCIETY/HOUSTON SPRING SALE, 9am-4pm, Metropolitan Multi-services Center, 1475 W. Gray. Free. bromeliadsocietyhouston.org

TUES., MAY 10: GROWING PLUMERIAS, 7pm, (ZOOM & in-person), Cherie Flores Garden Pavillion, 1500 Hermann Dr. Free. Plumeria Society of America event. *theplumeriasociety.org* 281-796-7185

FRI., MAY 13: NATURE'S BURIAL, NATURAL LANDSCAPE AS YOUR LEGACY, by KATY PRAIRIE CONSERVANCY, 10am, Trinity Episcopal

Church. 1015 Holman. Free. Federation of Garden Clubs event. (Details)

SAT.-SUN., MAY 21-22: BROMELIAD SOCIETY/HOUSTON ANNUAL SHOW-SALE, 9am-5pm Sat.; 11am-4pm Sun,,Judson Robinson, Jr. Community Center, 2020 Hermann Drive. <u>bromeliadsocietyhouston.org</u>

SAT., JUN 11: PLUMERIA SOCIETY SHOW & SALE, 5002 NASA Parkway, Bay Area Community Center, Seabrook, *theplumeriasociety.org*, 281-796-7185

TUES., JULY 12: GROWING PLUMERIAS, (Zoom & in-person), 7pm, Cherie Flores Garden Pavillion, 1500 Hermann Dr. Free. Plumeria Society of America event. *theplumeriasociety.org* 281-796-7185

SAT., JULY 23: PLUMERIA SOCIETY SHOW & SALE, 5002 NASA Parkway, Bay Area Community Center, Seabrook. *theplumeriasociety.org*, 281-796-7185

TUES., OCT 11: GROWING PLUMERIAS, (Zoom & in-person), 7pm, Cherie Flores Garden Pavillion, 1500 Hermann Dr. Free. Plumeria Society of America event. *theplumeriasociety.org* 281-796-7185



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!

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









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-project to reporting, it then ranked as the longestrunning, 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-dowhat 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 Assistant Production Manager of the GARDEN CLUB OF AMERICA'S "BULLETIN" magazine. Although still an active broadbased 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.





