



LAZY GARDENER & FRIENDS

Houston Garden Newsletter



May-14-2022 | Issue 436

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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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MORE LAZARUS PLANTS & DEADHEAD FOR MORE BLOOMS

"In the garden, we are always looking back and looking ahead even as our feet are firmly planted in the present."

— — Christie Purifoy, ["T. S. Eliot in the Garden"](#)

By **BRENDA BEUST SMITH**

TIP O' THE TROWEL TO . . . gardeners who continue to send in their late FINALLY-reappearing plants. Many folks seem to need a infusion of patience so they won't expend unnecessary time, energy & money replacing plants that WILL return. Another common phenomenon: Exceptional plant behaviors, such abnormally late reappearances and altered bloom periods that seem to follow extremes of temperatures or other weather traumas (such as floods). Some may be so traumatized, they mass-flower to produce more seed than ever before to continue the species. Whatever, enjoy!

DONNA BRACKETT in Spring Branch has waited 10 years for her cereus to bloom. Imagine her delight when, recently, these (*left*) exploded open! Many cereus



("Queen of the Night") bloom only at night (night-blooming cereus). But Donna's draws wows all day too.

For years, this cereus lived among Donna's potted cacti collection. Only when it bloomed did she discover this particular cactus is better known as a cereus, a South American native whose name is both Greek and Latin for wax, torch or candle. Ancient medicinal uses included heart ailments, badder infections, bleeding, etc. (*Who else would tell you these things?*)

SUZANNE LYONS' plant patience takes the prize among gardeners who have reported late returnees so far. She planted this sago 40+/- years ago from a gift pup! It's always returned after cold spells until the '21 freeze. No green showed at all until well well past winter '22. First came the "flower" (*left*). Then, so quickly she's awed, this lovely green foliage (*right*). Despite the common name "sago palm," these are actually cycads. *Fun fact: cycads are believed to have changed very little since emerging more than 260 million years ago. They can live for 1000+ years.*



ANOTHER SURPRISE LATECOMER!
JANET PRUETZ, [Bouquettes Garden Club](#) President, reports an almost totally bare small garden area suddenly "bloomed" with these orchid-like peacock ginger (*Kaempferia rotunda*). Gradually more of these low-growing, shade-loving delights are starting to appear!

* * *

GARDENING QUESTIONS I CAN'T IMMEDIATELY ANSWER ARE SUCH FUN, especially when they trigger reunions with my past gurus. **SELMA POWERS** in League City asked if daylilies should be deadheaded? These are such incredibly hardy, prolifically-blooming, favorite Lazy Gardener plants, I never thought about deadheading them. Fortunately, to the rescue came **PAUL ESKINE**, well-known local daylily grower who coincidentally emailed about the [Lone Star Daylily Society](#) annual Flower Show and Plant Sale (*Sat., May 21 at Epiphany Lutheran Church, 5515 Broadway, Pearland. Sale: 10am-4pm; Show: 1-4pm.*). In our Spotlight Article below, Paul answers Selma's deadheading question!



* * *

MORE BLOOMS THAN EVER BEFORE seems to be another common thread in reader reports. What triggered this in so many different plants? Many of our best rose "bloom" experts have to be in the nation's largest local group: [Houston Rose Society](#). HRS stalwarts **GAYE HAMMOND**, **SUSAN KELLY** and **BAXTER WILLIAMS** gave their views on whether or not the freeze of 2021 has anything to do with extraordinary blooms this spring:

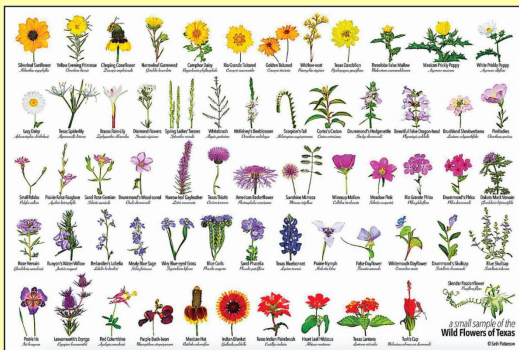
- **SUSAN** notes that after the freeze last year, she saw more blooms in her garden. She thinks, ". . . a freeze helps the roses go dormant. In some

years recently we have not experienced a good freeze so the rose do not have time to rest."

- **GAYE:** "This year's (bloom) result ." . . is due to the long cool spring that allowed plants to build up greater stores of carbohydrates that get used in bloom production."
- **BAXTER** credits a bloom-boom now to "good bushes, fertilizer, water and grooming/pruning this year. To keep up the good flower production, water 'em and feed 'em and groom 'em correctly." Deadhead (remove spent flowers) 1/8-inch above the 2nd or 3rd 5-leaflet leaf and the bush will grow a new stem of the same diameter, he says, adding, "the new stem won't need to curve to maximize sun-gathering. Likewise small stems with a number of leaves block sunlight and form a haven for unwanted insects."

Baxter will share more rose-growing tips and "**THINGS I WISH I HAD LEARNED SOONER**" at Houston Rose Society meeting Thurs., June 9 (on site & virtual), 7-8:30 pm, St. Andrews Episcopal Church, 1819 Heights Blvd. Free. [Houston Rose Society](http://HoustonRoseSociety.com) event. Details: meet.goto.com/151838133

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MEA CULPA! LAST WEEK'S LINK TO SETH PATTERSON'S Wildflowers of Texas poster actually let you to another great website: [Houston Audubon's](http://HoustonAudubon.org) [Wildflower listings](http://HoustonAudubon.org/wildflowerlistings). Try this link:

[Click to get to Seth Patterson's poster](http://HoustonAudubon.org/wildflowerlistings)

* * *

*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*

* * *





*Prize Hemerocallis I to r: Daylily 'Cajun Pirogue,'
'Born In Texas' and 'Mildred's Endless Support'*

SHOULD DAYLILIES BE DEADHEADED? YES!

by **PAUL ESKINE**

Lone Star Daylily Society

lonestardaylilysociety.org

Many daylily enthusiasts deadhead daylilies each day. Basically, they snap off or cut off the 'dying' bloom at the end of the day. So, what does this do?

The daylily, like many plants, is putting its energy into the blooms. To go ahead and pinch the bloom off at the end of the day allows more energy to go into the upcoming next blooms.

The plant will not make more buds, as this has already been done, but it will allow more energy to go into those buds.

For those bringing daylilies to a Flower Show, it is a must that you deadhead, as this allows the energy to go into the remaining buds and the flowers will be more full, possibly larger, and showing their best.

The other reason for deadheading is just make the blooming flowers look nice and tidy. The clump shows off more with the dying blooms pinched off.

For the next day new blooms, the dying bloom can get stuck on the new bud, and it will not open correctly. This would be horrible for the person cutting their scape the next morning for a flower show. The dying blooms do interfere with the other blooms.

At first, as daylilies start to bloom, it is just a few blooms to deadhead. But, as the season approaches full, it takes us about an hour to deadhead all the daylilies.

Cars stop by at times and ask what are we doing? We are pinching off all the flowers. They don't realize that the flowers only last a day.

I tell them that the blooms will be back tomorrow. They think we are crazy, until they pass by in the morning, and the blooms are back . . . just different blooms!

* * *

EDITOR'S NOTE: The two daylilies at the top are among 35 varieties that will be available (albeit in limited quantities) at the [Lone Star Daylily Society's](#) big annual Flower Show and Plant Sale — Sat., May 21 at Epiphany Lutheran Church, 5515 Broadway, Pearland. Sale: 10am-4pm; Show: 1-4pm.

HOW TO KEEP YOURSELF HEALTHY IN TODAY'S WORLD



WEDNESDAY, MAY 25TH

Since the pandemic, human health has become paramount. We are faced with many different challenges that effect our overall well-being. How is today's society making our total health a **huge challenge**?

Come join us for an eye-opening seminar '*How to keep yourself healthy in today's world*'. Most of America's foods have low nutrient density, are laden with pesticides, preservatives & sugars that are destroying our most valuable asset, our health. Dr. Andersen will discuss what needs to change with our food system, financial bias, cultural habits & psychological addiction. Learn what you can do today to be stronger, healthier & happier.

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John's Corner



NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS # 196

A recent report in Science News (2022) stated that the food we eat is

responsible for 1/3 of all global greenhouse gasses that are caused by human activities. The biggest driver is the food supply chain, this includes all the steps from the farm to the table.

The journal Nature's Food (2021) divided these emissions into four broad categories:

- Land use (agriculture and related land use)
- Energy (producing, processing, packaging, and transporting)
- Industry (production of chemicals used in farming and materials used to package food)
- Waste (over 33% of food never gets eaten)

One-way gardeners can help is to grow as much of our own food as possible. Not only does it taste better and cost less, it has far greater nutrition density and content to help keep us healthier.

Another way to is to compost all our food waste in our backyards. It never should go to the landfill where it creates maximum greenhouse emissions.

Another benefit to gardeners is that gardening is great exercise. A study published in the journal Frontiers in Aging found that a combination of high-dose vitamin-D, omega-3s, and a simple home strength program (SHEP) showed a cumulative reduction by 61% in cancer risk in healthy adults 70 years and older.

Gardening as we shovel mulch and soil, pull weeds, and work in our gardens in the sunlight, provides two of these three elements for better health.

There was a recent article in Acres, USA (2022) on the soil disease known as Phytophthora. The focus of the article is on preventing the disease in the first place by using microbiology and mineral nutrition.

This disease thrives in soils that are too wet with poor drainage, low oxygen levels, with low microbial density and diversity (very common in toxic chemical managed properties).

Phytophthora looks and acts like a fungus which it is not, as it is in a different kingdom called Chromista who's cells are made of cellulose. Fungicides are designed to work on chitin-based organism like fungi, hence do not work on this pathogen.

Healthy disease suppressive soils contain microbes that destroy this pathogen. The microbes in the root zone require root exudates from the plant to live and thrive. Thus, it is in their best interest to protect the plant from this pathogen.

For the microbial army of defenders to work they need organic matter and trace minerals. This why organic fertilizers, fish emulsion, humic acids, microbial inoculants and good compost help soil become healthy.

When we use artificial fertilizers and other toxic chemicals (pesticides, fungicides herbicides, etc.) and to a lesser degree chlorinated water we kill and

destroy our army of beneficial microbes.

More reasons to use modern organic methods based on biology.

We have all heard the statement that “healthy soils = healthy plants = healthy food = healthy animals and people.”

Another article in the Acres magazine reports on a research paper by Dr. Bonnie Kaplan and others titled “Hospitalization Cost of Conventional Psychiatric Care Compared to Broad Spectrum Micro-Nutrient Treatment.” They demonstrated that trace minerals in the soil can improve mental health.

“All diseases is a result of a mineral deficiency or loss of mineral energy – in plants, animals, and humans.” Dr. Carey Reams

If you want to learn more on this subject, The Organic Horticultural Benefits Alliance (OHBA) is bringing in Dr. Arden Anderson a leader in the field of nutritional medicine for a lecture in Houston at the United Way Center on the evening of May 25. One can register at www.ohbaonline.org

Researchers from the University of California have found that pollinators from bees to hummingbirds spend less time on flowers if there are ants present. It turns out that these pollinators could smell the chemicals (pheromones) left by the ants.

We now know that the soil microbiome is critical to plant health and similarly our gut microbiome is a major part of our immune system. It has been discovered that tumors have their own microbiome including bacteria and viruses.

More reasons to use organic methods that promote good microbes, get our hands into the soil, and get the good microbes into and on our bodies.

Studies have found that forests help cool the global average temperature by 1.5 degrees Celsius (2.7 degrees Fahrenheit). One third of that cooling comes from the release of aerosols and water vapor. The researcher found that the aerosols reflected sunlight and seeded clouds.

They found that canopy thickness and topography provided the greatest cooling effects. The research clearly showed that clearing tropical forests robs the Earth's climate of its cooling effects. *Frontiers in Forest and Global Change* (2022).

A recent article in Life Extension summarized the findings of several recent research papers. People with higher nutrient uptake (vitamins and minerals) lived longer and healthier. Another reason to grow our own food on organically enriched soils, with a functioning microbiome that have been re-

mineralized using organic methods.

* * *

NWR NOW CARRIES SEEDS FROM

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**LAZY GARDENER & FRIENDS
HOUSTON GARDEN NEWSLETTER
CALENDAR EVENTS**

SUBMITTING EVENTS? PLEASE READ!

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

EVENTS ARE ON-SITE UNLESS OTHERWISE NOTED

SAT. & MON., MAY 14 & 16: PERENNIALS & HERB SALE, 9am-1pm. Harris Cty Master Gardener event. On-site sales & online-pickup: Genoa Friendship Garden, 1210 Genoa Red Bluff Rd. Inventory: hcmga.tamu.edu/plant-sales/

MON., MAY 16: OPEN GARDEN DAY, 8:30-11am. Genoa Friendship Garden, 1210 Genoa Red Bluff Rd, Pasadena. Harris Cty Master Gardener event. hcmga.tamu.edu/plant-sales/

TUES., MAY 17: SUCCULENTS (virtual), 11am-noon, Harris County Master Gardeners/Harris County Public Library event. Free. facebook.com/harriscountypub/events/

TUE., MAY 17: SURVIVING HOUSTON SUMMER GARDENING (In-person & Livestream) by **MEAGAN TERRY**, 6-7:30pm. \$15. The Ranch Houston event. theranchhouston.com/events

SAT., MAY 21: LONE STAR DAYLILY SOCIETY ANNUAL FLOWER SHOW & PLANT SALE, Sale: 10am-4pm; Show: 1-4pm, Epiphany Lutheran Church, 5515 Broadway, Pearland. lonestarydaylilyociety.org

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

THURS., MAY 26: IN THE GARDEN – SUMMER PLANTING by **CAROL BURTON & MEAGAN TERRY**, 6:30-8pm, 3302 Canal St. Urban Harvest event. urbanharvest.org/education/classes/

TUES., JUN. 7: ALL ABOUT PEPPERS: GROWING & CARE OF FOR A SUCCESSFUL BOUNTY (Zoom) by **TERESA SEE**, 7-8pm. Urban Harvest event. urbanharvest.org/education/classes/

THURS., JUN. 9: OKRA OBSESSION: GROWING, BREEDING, AND UTILIZING THIS INTERNATIONAL SUPERSTAR by **ROBERT "SKIP" RICHTER**, 10-11am. Urban Harvest event. urbanharvest.org/education/classes/

THURS., JUNE 9: THINGS I WISH I HAD LEARNED SOONER by **BAXTER WILLIAMS**, (on site & virtual) 7-8:30 pm, St. Andrews Episcopal Church, 1819 Heights Blvd. Free. Houston Rose Society event. meet.goto.com/151838133

SAT., JUN 11: PLUMERIA SOCIETY SHOW & SALE, 9am-1pm, 5002 NASA Parkway, Bay Area Community Center, Seabrook, theplumeriasociety.org, 281-796-7185

SAT., JUN.11: COMPANION PLANTING FOR HIGH DENSITY GARDENS (Zoom) by **ANGELA CHANDLER**, 9:30-11:30am. Urban Harvest event. urbanharvest.org/education/classes/

WED., JUN.15: CULTURAL CONNECTIONS--ROSELLE HIBISCUS: PRODUCTION TO MARKETING (Zoom) by **STEDMAN DOUGLAS**, 6-7pm. Urban Harvest event. urbanharvest.org/education/classes/

TUES., JUN. 21: SUMMER EDIBLE ACADEMY by **CAROL BURTON, KELLIE KARAVIAS, & GARDEN EDUCATORS**, 9am-3pm. Urban Harvest event. urbanharvest.org/education/classes/

WED., JUN. 29: MARKET GARDENING: THE MONTROSE URBAN FOOD FARM (Zoom) by **SCOTT HOWARD**, 7-8pm. Urban Harvest event. urbanharvest.org/education/classes/

SAT., JUL. 9: LOW VOLUME IRRIGATION (Zoom) by **ANGELA CHANDLER**, 9:30-11:30am. Urban Harvest event. urbanharvest.org/education/classes/

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

TUES., JUL.12: INTEGRATED PEST MANAGEMENT FOR URBAN GARDENERS (Zoom) by **NATHAN HERMOND**, 7-8pm. Urban Harvest event. urbanharvest.org/education/classes/

SAT., JUL.16: STARTING FALL TOMATOES, ALL YOU NEED TO KNOW! by **MEG TAPP**, 10-11:30am, UHI Patio Garden at Headquarters. Urban Harvest event. urbanharvest.org/education/classes/

TUES., JUL.19: POLLINATOR GARDENING: HOW TO CREATE A BUTTERFLY GARDEN (Zoom) by **SHERRY CRUSE**, 7-8:30pm. Urban Harvest event. urbanharvest.org/education/classes/

SAT., JULY 23: PLUMERIA SOCIETY SHOW & SALE, 5002 NASA Parkway, 9am-1pm, Bay Area Community Center, Seabrook. theplumeriasociety.org, 281-796-7185

SAT., JUL.23: FALL ORGANIC GARDENING (Zoom) by **BOB RANDALL & CAROL BURTON**, 9:30-12:30pm. Urban Harvest event. urbanharvest.org/education/classes/

TUES., AUG.2: GROWING GREAT TOMATOES FOR FALL (Zoom) by **SHERRY CRUSE**, 7-8:30pm. Urban Harvest event. urbanharvest.org/education/classes/

TUES., AUG.9: A RETURN TO WELLNESS (Zoom) by **TAMIKA CASTON-MILLER**, 6-7:30pm. Urban Harvest event. urbanharvest.org/education/classes/

SAT., AUG.13: FALL WORKSHOP: FRUIT TREE CARE (Zoom) by **ANGELA CHANDLER**, 9:30am-11:30am. Urban Harvest event. urbanharvest.org/education/classes/

TUES., AUG. 16: GARDENING FOR SOIL, COMPOST AND MULCH by **SHERRY CRUSE**, 7-8:30pm, Urban Harvest event. urbanharvest.org/education/classes/

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

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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 longest-running, continuously-published local newspaper column in the Greater Houston area. The name, she says, is not just fun, it's true.

Brenda's gradual sideways step from reporter into gardening writing led first to an 18-year

series of when-to-do-what ***Lazy Gardener Calendars***, then to her ***Lazy Gardener's Guide*** book which morphed into her ***Lazy Gardener's Guide on CD***, which she now emails free upon request.

Brenda became a Harris County Master Gardener and, over the years, served on the boards of many Greater Houston area horticulture organizations. She 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 Assistant 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.

