



Aug-6-2022 | Issue 447

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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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WHEN IT COMES TO NATIVES FOR YOUR LANDSCAPE, DO YOUR HOMEWORK!

*Why in my neighbour's garden / Do the birds all fly to sing?
Over the fence between us / One would think 'twas always spring.
I thought my own wide garden / Once more sweet and fair than all,
Till I saw the gold and crimson / Just over my neighbour's wall.*

*"MY NEIGHBOR'S GARDEN POEM" – [Dora Sigerson Shorter](#)
Irish poet/sculptor (1866-1918)*

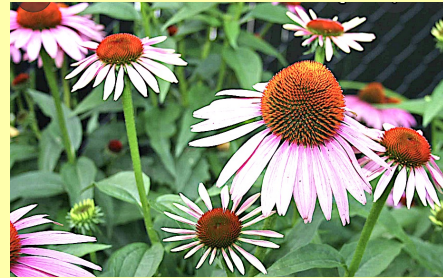
By BRENDA BEUST SMITH

That headline above doesn't just warm up your "googling" fingers. It also includes things like knowing/mapping your own yard and your neighborhood's "climate." At the risk of being redundant, the problem with many folks' failures with plants lies not in what they read, but failure to realize that works, best for one side of this enormous area called Greater Houston can be totally different from it's multiple others.

A good reading for a good basic start: "**Embracing native plants doesn't have to be all or nothing**," a [recent Houston Chronicle article](#) (07/22/2022). If this blue link doesn't work, google the title (*shared by many publications*).

It's easy to understand why so many are so confused! On one hand Earth protection guru Doug Tallamy, New York Times best-selling author — [Nature's Best Hope](#) — pleads with us to reduce lawn grass use and calls HOAs one of the biggest stumbling blocks to introducing more ecology-friendly plantings in suburban home yard. (In case you don't realize it, a typical St. Augustine lawn uses MORE water than all the plants in that typical yard INCLUDING TREES.)

Fortunately nurseries now that offer wide selections, usually in well-marked displays, natives now commercially available fit easily in typical suburban. (Pictured: Purple coneflower, [Buchanan's Native Plants](#))



Common sense is the best route:

- Find out EXACTLY what your HOA will and won't allow . . . and why. Not all HOA/POAs are created equal. Go to the top — your HOA officials. Get rules in writing, so there won't be any misunderstanding and you can show them to your plant resources. Before you go . . .
- Make a rough diagram of your yard, noting N,S,E & W with notes on which areas get how much sun — morning, noon and afternoon. It doesn't have to be a masterpiece, just a rough drawing. Need more help doing this? See below.
- *Use our many local free-help resources when it comes to the best possible advice for your specific area. Some plants are very hardy in Galveston but might not survive a Conroe winter. Or will love the slightly more acidic soil as you move eastward and won't be happy (or need special help) in gardens to the west of Houston.*
- County Extension center are home base for your County Master Gardeners, demonstration gardens (usually a mixture of true native & non-natives), free gardening advice, soil help, insect IDs, etc.
- Online LOCAL resources include:
 - [Find Your Extension Center](#)
 - [Find your County Master Gardeners](#)
 - [Find your closest Native Plant Society of Texas Chapter](#)
 - [Find your closest Texas Master Naturalists Chapter](#)
 - [Find your closest Native Prairies Assn. of Texas Chapter](#)

Any of these groups above can direct you to:

- Native plant sales/programs in your area (always list these on websites).
- Botanical gardens in your area as well as parks and other growing sites where natives can be seen.
- Our state [Native Plant Society of Texas Finding Natives](#) lists many natives nurseries and other sale resources:



OH BAPALOOZA 2022

Organic Fair + Superb Education
August 6th | 8:30 to 3:30PM | 50 Waugh Dr. Houston, TX 77007
EDUCATIONAL SCHEDULE
REGISTER TODAY AT OHBAONLINE.ORG/REGISTER

MORNING SCHEDULE	AFTERNOON SCHEDULE
8:30AM Registration, Social, & Exhibits	12:00PM Lunch & Exhibits
9:45AM Intro & Welcome	1:00PM CONCURRENT SESSIONS
10:00AM Earthing Clint Ober Using the Earth's forces to heal Grand Hall	Top 10 Disease Causes Mila McManus, MD Learn what you can do to prevent diseases & have a healthier life Grand Hall
10:50AM Break	Growing & Using Herbs Justin Duncan Learn how herbs can improve our lives through their nutritional & medicinal properties Room A
11:00AM CONCURRENT SESSIONS	Hot Weather Veggies Skip Richter Explore the many vegetables to grow in Houston during the Summer Room B
Organic Permaculturing Bob Randall, Ph. D Obtain the most landscape benefits with less effort, resources & expenses. Grand Hall	Organic Lawn & Gardens Molly Pikarsky By going Organic, you will have a better quality garden & life. Learn Molly's secrets & more! Room C
High Yield Gardening Brianne Bernsen How to grow delicious and nutritious Organic food in small spaces Room A	2:00PM COOKIES & EXHIBITS
Get Healthy, Stay Healthy Blair Johnson Feel amazing! Learn Blair's "5R System" to a more energetic & healthy life Room B	2:30PM Mark Vorderbruggen, Ph. D The medicine man will teach you about foraging, common plants or weeds around you that provide food and medicine Grand Hall
Soil Food Web Lisa Morano, Ph. D The population, community & ecosystem processes that are going on within soil Room C	3:30PM ADJOURNMENT

See You There!



John's Corner



NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS # 207

I read an interesting article the other day from the Journal *Frontiers in Ecology and Evolution* (2022). The researchers found that the only other animal besides humans that can tell the difference between odd and even numbers are honey bees! So much for wasps being the intellectuals of the insect kingdom.

There are many health benefits to being a gardener. From a study in the journal *Nature Regenerative Medicine* (2021) the researchers found that exercise helps protect against bone cancer and other bone related illnesses. They also found that the exercise started ossification, which is the process of building new bone and strengthening new bone. Now when we are shoveling soil, spreading compost or mulch, etc. we should be thankful instead of complaining about the work.

A study in the journal *Science Advances* (2022) by the College of Medicine and Department of Biomedical Engineering at Texas A&M, identified the crucial role of minerals in regulating gene expression. This effect controls the number of proteins that a cell should make, encouraging tissue regeneration.

Mineral (elements) work interactively with vitamins, enzymes, hormones and other nutrient factors to regulate thousands of bodily functions. These elements can turn on or turn off a gene's expression within a cell. Without them our bodies cannot function properly.

From our study a while back, we know there are 79 elements found in the human body, and they are essential for good health. If they are not in the soil, they do not get into our vegetables, herbs or fruits.

This is why re-mineralizing our soils is so important. As part of my standard gardening practice, I apply some re-mineralizer into every hole I dig before planting a new plant. I also top dressed all my beds and lawn to ensure all the elements a plant might need are in the soil.

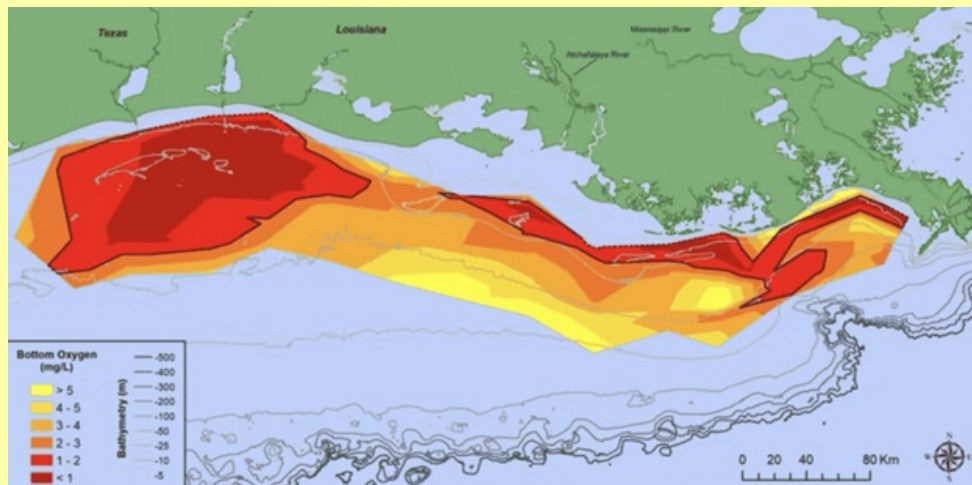
The old agricultural practice of plants needing only 16 elements is obsolete. This is why there are so many health problems related to nutrient deficiencies (90% of all U.S. residents). This is another reason organic fertilizers work better as they have more elements in them than artificial fertilizers.

One of the reasons I use an aged (composted) native mulch, is that it is loved by earthworms, whom then mix these minerals into the soil and help change

them into a plant available form.

Another issue with artificial fertilizers is that they wash away, thus we have to use them 4-5 times per year. This leaching causes many problems as they wash into our streams.

The Gulf of Mexico dead zone forms every year during the summer, fueled by nutrients washing down the Mississippi River from Midwest farms from the artificial fertilizers. It typically covers at least 6,000 square miles, sometimes expanding up to 9,000 square miles (23,000 square kilometers), and affects an area very rich in fisheries.



When these dead zones are created the sea life dies. With dozens of these dead zones around the world we have lost enough seafood (protein) to feed billions of people.

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

MON., AUGUST 8, HERBS 101 (virtual) by **HARRIS COUNTY MASTER GARDENERS**, 10-11:30am. Free. Houston Community College event.
Register: hccs.edu/community-learning-workshops

MON., AUGUST 15, GENOA FRIENDSHIP OPEN GARDEN DAY, 8:30-11am, 1210 Genoa Red Bluff Rd. Harris County Master Gardener event.

TUES., AUGUST 16TH, HERBS 101 (virtual) by **HARRIS COUNTY MASTER**

GARDENERS, 11am-noon, free. Harris County Public Library event via Facebook Live: facebook.com/harriscountypb/events/

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/

SAT., AUG. 13, PREPARING TURF FOR FALL & WINTER. 9am-noon, Montgomery County Texas AgriLife Extension, 9020 Airport Road Conroe. 936-539-7824. Register: MCMGA.com

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

SAT., AUG. 20, ASK A MASTER GARDENER AT TOWNE LAKE FARMERS MARKET by **HARRIS COUNTY MASTER GARDENERS**, 9:30am-1pm, free, 9955 Barker Cypress Rd, Cypress, TX 77433, Hands on children's activity.

THURS., AUG. 25: HOW TO GROW MINI GREENS. 6:30-8pm, Montgomery County Texas AgriLife Extension, 9020 Airport Road. Conroe. 936-539-7824. Register: MCMGA.com

THUR., SEPT.1, ALL ABOUT MINT (virtual) by **BRANDI KELLER**, 10-11am. Free. Register: homegrown2022.eventbrite.com

TUES., SEPT. 6: BASIC ORGANIC GARDENING CLASS 1 (Zoom, 4-part series), by UHI GARDEN EDU, 6-7:30pm, Urban Harvest event. urbanharvest.org/education/classes/

FRI-SAT, SEPT. 9-10: GALVESTON COUNTY MASTER GARDENER SUNDOWN SALE. Online. Details/Shop: <https://store.galvestonmq.org>

SAT., SEPT. 10: INSECTARY GARDENS, HOW TO ATTRACT THE GOOD GUYS by **ANGELA CHANDLER**, 9:30-11:30 AM. Urban Harvest event. urbanharvest.org/education/classes/

MON., SEPT. 12, PLANT PROPAGATION, (virtual) by **HARRIS COUNTY MASTER GARDENERS**, 10-11:30am. Free. Houston Community College event. Register: hccs.edu/community-learning-workshops

SAT., SEPT. 17: WILDSAPES WORKSHOP & EXTRAVAGANZA SALE. Native Plant Society of Texas/Houston Chapter. Register/sale inventory: npsot.org/wp/houston/wildscapes-workshop-2022

SAT., SEPT. 17 (& 24): XTREME HUMMINGBIRD XTRAVAGANZA! 8am-noon, Gulf Coast Bird Observatory, 299 Hwy 332 W. Lake Jackson. info@gcbo.org

SAT., SEPT. 24: T-BUD GRAFTING, HANDS-ON, by HAZEL LAMPTON, 9-11:30am. AgriLife Extension, Carbide Park, 4012-B, La Marque. Galveston County Master Gardener event. Register: txmg.org/galveston; 281-309-4065

SAT., SEPT. 17, MONTGOMERY COUNTY MASTER GARDNERS FALL FLORAL SALE. 9am-noon, County Texas AgriLife Extension, 9020 Airport Road Conroe. 936-539-7824. Register: MCMGA.com

MON., SEPT. 19, GENOA FRIENDSHIP OPEN GARDEN DAY, 8:30-11am, 1210 Genoa Red Bluff Rd. Harris County Master Gardener event.

TUES., SEPT. 20, PLANT PROPAGATION (virtual) by **HARRIS COUNTY MASTER GARDENERS**, 11am-noon, free. Harris County Public Library event via Facebook Live: facebook.com/harriscountyp/l/events/

SUN., SEPT. 25: SUSTAINABLE LIVING THROUGH PERMACULTURE 1, (Southwest Houston), 1-5pm. Urban Harvest event. urbanharvest.org/education/classes/

SAT., SEPT. 17: XTREME HUMMINGBIRD XTRAVAGANZA!, 8am-noon, Gulf Coast Bird Observatory, 299 Hwy 332 W. Lake Jackson. info@gcbo.org

FRI., SEPT. 30, THE FUTURE OF URBAN FOOD SYSTEMS SUMMIT by **AGRILIFE EXTENSION**, 9am-3pm. University of Houston Downtown, 315 N. Main St., Houston, TX 77002. \$50 fee. Register: <https://fufss2022.eventbrite.com/>

SAT., OCT. 1: FRIENDS OF MERCER BOTANIC GARDEN AUTUMN PLANT SALE, 22306 Aldine Westfield Rd, Humble. themercersociety.org/

TUES., OCT. 4: IN THE GARDEN: FALL VEGETABLE PLANTING DEMONSTRATIONS by **SHARON STINSON**, 5:30-6:30pm, Urban Harvest event. urbanharvest.org/education/classes/

SAT., OCT. 8: FALL GARDENING AND NUTRITION WORKSHOP by **CAROL BURTON**, 9am-1pm. Urban Harvest event. urbanharvest.org/education/classes/

SAT, OCT. 8: GALVESTON COUNTY AGRILIFE FALL FESTIVAL, 9am-1pm., Carbide Park, 4012-B, La Marque. Master Gardener event. galveston.agrilife.org/

SAT., OCT. 8: INDOOR & CONTAINER GARDENING, 9-11am, Montgomery County Texas AgriLife Extension, 9020 Airport Road Conroe. 936-539-7824. Register: MCMGA.com

SAT., OCT. 8: COMPOSTING (Zoom) by **ANGELA CHANDLER**, 9:30-11:30. Urban Harvest event. urbanharvest.org/education/classes/

SAT., OCT. 8: FALL GARDENING WORKSHOP by **CAROL BURTON**, 9am-1pm. 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

TUES., OCT. 11: ALL ABOUT STRAWBERRIES, BLACKBERRIES AND BLUEBERRIES (Zoom) by **JUSTIN DUNCAN**, 6-7pm. Urban Harvest event. urbanharvest.org/education/classes/

THURS., OCT 13: GARDEN CLUB OF HOUSTON BULB AND PLANT MART., St. John the Divine Church 2450 River Oaks Blvd. www.GCHOUSTON.ORG

SAT., OCT. 15: MONTGOMERY COUNTY MASTER GARDENERS FALL VEGGIES, HERBS & SUCCULENTS SALE. 9am-Noon, Texas AgriLife Extension, 9020 Airport Road, Conroe. 936-539-7824; MCMGA.com

SAT., OCT. 15: MONTGOMERY COUNTY MASTER GARDENERS OPEN GARDEN DAYS. 9am-noon, Texas AgriLife Extension, 9020 Airport Road, Conroe. 936-539-7824. MCMGA.com

MON., OCT. 17, GENOA FRIENDSHIP OPEN GARDEN DAY, 8:30-11am, 1210 Genoa Red Bluff Rd. Harris County Master Gardener event.

TUES., OCT. 25: GROWING HERBS FOR HEALTH AND THE HOLIDAYS (Zoom) by **SHERRY CRUSE**, 7:00-8:30pm. Urban Harvest event urbanharvest.org/education/classes/

SAT., NOV. 12: FRIENDS OF MERCER BOTANIC GARDENS CAMELLIA & WINTER COLOR SALE (virtual), themercersociety.org/

SAT., NOV. 12: HOLIDAYS AT MERCER BOTANIC GARDENS themercersociety.org/

* * *



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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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 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.

