



Sept-18-2022 | Issue 453

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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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Readers share garden delights ... and failures

"Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar."

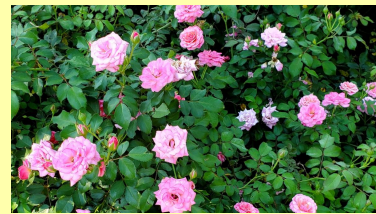
– "Where the Crawdads Sing" by Delia Owens, author & New York Times nature writer

By BRENDA BEUST SMITH

THANKS TO READERS reporting in on noteworthy plants and personal experiences. Life's still a whirlwind as Husband Bill recovers (we hope!) from the West Nile virus that caused paresis of his legs. (*Translation: impulses from brain to legs are -- we hope -- temporarily interrupted, not a fun situation for a formerly very active, retired head high school football coach.*) Watch out for mosquitoes, readers, please!

* * *

SUSAN KELLY sent in this great photo of a sweet drift rose that, she reports, gets NO care in her neighborhood park. It is now full of blooms now. I guess the rain and cooler temp recently triggered massive blooms. Fall is truly our best rose season.



RARE & DESIRABLE PLANTS will be only one draw of many at the Sat., Oct. 1 sale at [The John Fairey Garden Nursery](http://TheJohnFaireyGardenNursery.com) outside Hempstead. (10am-3pm). Check out this fall's spectacular Chinese trumpet vine (*Campsis grandiflora* 'Morning Calm') in the courtyard. This showy Chinese vine blooms with a profuse display of huge, peach-colored trumpets with yellow throats. Oct. 1 Sale inventory: jfgarden.org/trunk-show/



THANKS TO JENI CLARK in Panorama Village who responded to last week's plea for experiences with red creeping thyme (*file photo, not Jeni's!*) In May she set out 6 plants around stepping stones between a row of tomatoes and peppers. Regular watering helped it get establish. As summer progressed, however, thyme on the raise end started to disappear.



It thrived better at the slightly shadier end with less traffic. But by July, it was a losing battle to keep any of this supposedly-hardy thyme alive. She stopped daily watering by hand when only two small plants at the far end were still alive. The rest had shriveled up and disappeared. But, she added, a friend in the Dallas had better luck. In Conroe, she concluded, maybe summers are too extreme for it to thrive.

On the other hand, Jeni added, she didn't try the recommendation of Linda Gay: "40% shale/rock into native soil to keep water off, and more air around roots. Full sun to part shade, and no wet areas!" If she sees more for sale, she will try again, this time mixing the shale and rock first (tho she's not sure how to achieve the 40% ratio)!

In our Spotlight Article below, long time gardening expert Anita Nelson takes a look at the toll our recent weather challenges have taken on water gardens with great advice for all gardeners.



**COPING WITH WILD
AND CRAZY WEATHER**
(Especially with a Water Garden!)
By ANITA NELSON
Nelson Nursery & Water Garden
nelsonwatergardens.com/



In the space of 5 years, we've three disastrous floods, a major freeze that included snow. This year brought us a drought followed by an unusually rainy August. How has it affected my world, the water gardening world?

Surprisingly water gardens were barely affected by the crazy weather of recent times. If ever there was a time to consider a style of gardening little affected by outside influences this past 5 years proved it!

Curious to know why? Let's address floods first since aquatics literally sit in water, they are unaffected by flooding unless of course it's rapidly moving water. Fish are a different story and several of our customers lost their fish during the floods. Can you blame fish? They saw their chance to escape and took it! One can only hope they found green pastures.

Next came the freeze, in this case the fish fared better than the plants. As bad as the freeze was it did not last long enough to freeze and entire body of water. Fish are protected from freezing temperatures because they are under the ice in the unfrozen water.

Fish in cold conditions simply go into a state of torpor. They slow down to a low energy state. The unfrozen water also protects most of the pond plants. Even with the temps in the teens, our customer reported that all their plants including their tropical lilies did not freeze..

Now for this years drought. This should be self explanatory! Obviously, unless one forgets to keep their water garden topped off with water everything is the pond will thrive!

So what do in wild weather? Noting water is the insulating blanked protecting its inhabitants.

EDITOR'S NOTE: [Nelson Nursery & Water Gardens](http://nelsonwatergardens.com/) website includes many great videos for both regular and water gardens.

* * *

*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*

**A lot of folks have asked for heirloom and non-GMO seeds. We listened,
and now we offer Bentley seeds!**



VEGETABLE/HERB/FLOWER SEEDS

NON-GMO, HEIRLOOM, OPEN POLLINATED

Forget Me Not-Firmament-Cynoglossum amabile
 Marigold-Crackerjack Mixed-Tagetes erecta
 Morning Glory Mixed Colors-Ipomoea
 Sunflower-Mammoth-Helianthus annuus
 Sunflower, All Sorts Mix
 Zinnia-Lilliput Mixed Colors-Zinnia elegans
 Basil, Genovese Seed Packets - 3
 Catnip Seed Packets - 63
 Garlic Chives Seed Packets - 556
 Cilantro, Coriander Seed Packets - 66
 Dill, Long Island Mammoth Seed Packets - 68
 Parsley, Plain Italian Seed Packets - 73
 Arugula, Rouquette Seed Packets - 567
 Beans, Provider Seed Packets - 5
 Beets, Detroit Seed Packets - 8
 Brussel Sprouts-Long Island Improved
 Cabbage, Pak Choi "NEW"
 Cabbage, Copenhagen Market Seed Packets - 10
 Cantaloupe, Hale's Best Seed Packets - 12
 Carrot, Nantes Seed Packets - 14
 Celery, Tall Utah "NEW"
 Corn-Golden Bantam 8 Row
 Corn, Pearls & Gold Seed Packets - 18
 Cucumber, Boston Pickling Seed Packets - 19
 Cucumber, Marketmore 76 Seed Packets - 20

Eggplant, Black Beauty Seed Packets - 22
 Kale, Dwarf Siberian Seed Packets - 594
 Lettuce, Simpson's Curled Seed Packets - 29
 Lettuce, Parris Island Romaine Seed Packets - 452
 Lettuce, Buttercrunch Seed Packets - 24
 Mustard, Southern Giant Curled Seed Packets - 30
 Onion, Evergreen Bunching Seed Packets - 32
 Onion, Sweet Yellow Seed Packets - 589
 Pepper, Long Red Cayenne Seed Packets - 38
 Pepper, California Wonder Seed Packets - 37
 Peas, Sugar Ann Snap Seed Packets - 36
 Pumpkin, Jack O'Lantern Seed Packets - 40
 Pumpkin, Small Sugar "NEW"
 Radish, Cherry Belle Seed Packets - 41
 Radish, Sparkler Seed Packets - 43
 Spinach, Bloomsdale Savoy Seed Packets - 44
 Squash, Acorn Seed Packets - 45
 Squash, Yellow Crookneck Seed Packets - 48
 Squash, Zucchini Seed Packets - 49
 Tomato, Ace
 Tomato, Cherry
 Turnip, Purple White Globe Seed Packets - 57
 Watermelon, Sugar Baby Seed Packets - 60

LOCATED INSIDE THE SALES OFFICE

\$1.99
EACH

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RESOURCES
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www.natureswayresources.com



John's Corner



BOOK REVIEW

**WHAT YOUR FOOD ATE - How To
 Heal Our Land and Reclaim Our
 health**, by David R. Montgomery and
 Anne Bikle, W.W. Norton &
 Company, 2022, ISBN: 978-1-324-
 00453-0

This one of the very best books I have ever read relating soil quality, plants, and animals to our health. So often we hear eat this or avoid this, with major conflicting health and diet claims. This book explains WHY these conflicts occur!

The authors do a very nice job of explaining why the old adage, "Healthy soil = healthy plants = healthy animals = healthy people".

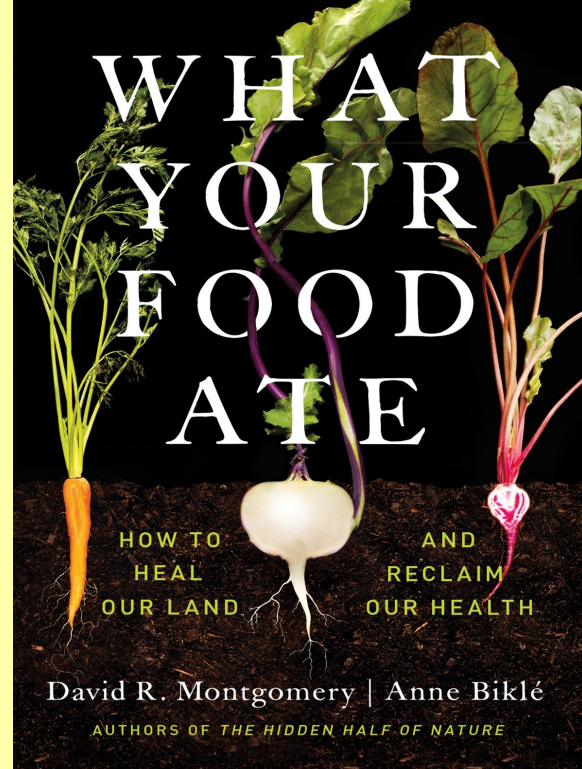
For example, is red meat or dairy from cows good or bad for us and the environment? The authors do a good job of explaining why the difference. Meat from cattle that are grazed on open pastures with forbs and wildflowers on nutrient rich re-mineralized soil is very good for us. Animals produce less methane and actually contribute to sequestering of carbon and reducing other greenhouse gasses through their regenerative grazing. Their meat and dairy are a concentrated source of essential elements, vitamins and phytochemicals that help prevent cancer and strengthen our immune systems.

On the other hand, cattle fed in feedlots eating GMO corn and soy with lots of glyphosate on them, have to be fed antibiotics to keep them alive from constant health problems. They do not have access to herbs and forbs that provide all kinds of health promoting nutrients.

This type of feed is not normal for cattle hence they create methane in their guts from the digestive issues which is a greenhouse gas. Also, since they are not in a pasture, they are not returning their nutrient rich manure to the soil or trampling vegetation into the soil to build organic matter and sequester carbon. The book explains things like why we have to eat 27 apples today to give us the same nutrition as one apple in 1950. These empty calories make us fat and leads to diabetes and many other health issues versus nutrients critical for good health.

Article Below Written By the Authors:

Are we really what we eat? We think the old maxim doesn't go far enough, for it doesn't capture the importance of *what your food ate*—of how we raise our food. Our new book by that title explores the science and history that broadens what it means to be a farmer or eater in pursuit of health. From carrot to cow, the way farmers treat the soil affects what does—and doesn't—make it into the human diet. In connecting soil health to crop health, livestock health, and human health a chain of causality links our health to that of land. At the root of it all is the role of soil life in nutrient cycling and spurring plants to make defensive and protective compounds that, in turn, benefit our health when we



consume foods laden with them.

Controversy has long surrounded the question of nutritional differences between crops grown organically or conventionally, but assessing the role of soil health on nutrient density adds a new dimension related to the provisioning of micronutrients and phytochemicals that support human health. While organic practices are generally better for soil health than conventional ones, there is a wide range of organic (and conventional) practices. And under any system tillage done for long enough degrades soil organic matter—and soil health. Reframing our view of farming through the lens of soil health better connects the dots between soil health and human health.

In our previous books we wrote about the role of soil erosion and degradation in limiting the lifespan of past civilizations (*Dirt*) and how soil life runs the great underground bazaar that provisions crops with nutrients, especially the microbial partners whose metabolites form the foundation for the botanical world's age-old health plan (*The Hidden Half of Nature*). Our most recent book (*Growing a Revolution*) related the experiences of regenerative farmers adopting practices that rebuilt soil organic matter and soil fertility and the science behind how bringing their soil back to life breathed new profitability into degraded fields. In *What Your Food Ate* we turn to links between soil health and human health exploring how regenerative farming practices can enhance the nutritional quality of our food through their effects on soil life.

We've long known that vitamins and minerals are necessary for good health in people. But over recent decades substantial evidence has accumulated that shows the importance of phytochemicals—compounds that plants make—in keeping chronic diseases at bay well into old age. In our new book we review the history of nutrition and highlight that defining nutrients as things necessary for growth and survival neglects the importance of other compounds that influence human health—those that modern farming practices reduced or altered in the plant and animal foods comprising the human diet. Chief among these are micronutrients, phytochemicals, and certain fats. Many serve anti-oxidant and anti-inflammatory roles in human physiology—as mediated by our gut microbiome.

The conventional view of crop nutrition is now being reframed around biologically-mediated plant-soil interactions. Most crops form partnerships with mycorrhizal fungi that help them acquire mineral micronutrients in exchange for root exudates. Soil life also stimulates the production of phytochemicals like carotenoids and polyphenols that serve protective roles in bolstering plant health—and serve as antioxidants and anti-inflammatory compounds when we eat them. Studies over the past several decades solidly established that soil life influences mineral uptake and phytochemical production in numerous crops.

Likewise, studies over the past several decades have shown that ruminants grazing a diverse diet of living plants in pastures have different fat profiles than their brethren fed a diet of seed-based feed products. In general, grasses and shrubs have higher content of omega-3 fats than do seeds (e.g., corn and soy), which tend to be far higher in omega-6 fats. So the amount of each and balance between these physiologically distinct fats in meat and dairy products depends on the diet of the animal producing them. Based on our literature review and some direct comparisons, ruminants, pigs, and chickens grazed on

living plants have substantially higher omega-3 content and a better omega-6 to omega-3 ratio.

This all should not come as a total surprise. Early studies pointed to contrasting effects of soil organic matter and chemical fertilizers on soil life in influencing the composition of crops, yet understanding why lay beyond the scope of conventional thinking. While our review of prior studies found little evidence for significant differences between organic and conventional crops in terms of macronutrient composition, there appears to be substantial evidence for conventional crops consistently having higher pesticide levels and organic crops having higher phytochemical levels, particularly antioxidants and anti-inflammatory compounds.

As part of our research for *What Your Food Ate* we conducted 10 paired comparisons between regenerative and conventional farms and found that regenerative farms had higher soil organic matter levels, soil health scores, and levels of certain vitamins, minerals, and phytochemicals in harvested crops. All together our comparisons offer preliminary support for the conclusion that regenerative soil-building farming practices can enhance the nutritional profile of conventionally grown plant and animal foods and suggest soil health is an under appreciated influence on nutrient density, particularly for phytochemicals not conventionally considered nutrients but nonetheless relevant to chronic disease prevention. Likewise, regenerative grazing practices produced meat (beef and pork) with a better fatty acid profile than conventional brands.

Will a diet of regeneratively grown foods guarantee good health? Of course not, nothing can. But the way we raise our crops and livestock influences what makes it into our bodies, and regenerative farming practices that build soil fertility enhance the provisioning of compounds with known beneficial effects on human health—particularly for chronic diseases that increasingly plague the Westernized world. While it will prove challenging to rigorously link soil health and human health, our message in [*What Your Food Ate*](#) boils down to something quite simple. ***What's good for the land is good for us too.***

* * *



Pines and Prairies Chapter

Fall 2022 Plant Sale

Featuring pollinator-friendly native species!

Plant list available on October 1 - <https://npsot.org/wp/pinesandprairies>



**Saturday, October 8
9:00a – 12:30p**

New World Botanical
2701 Lone Star Parkway
Montgomery, TX

Members only Sale
Friday, October 7,
5:00p -7:00p

Not a member? Join
Native Plant Society
of Texas TODAY!



Level 1 Native Landscaping Certification Program (NLCP)

October 15, 2022, 8a-4p



Classroom Instruction:
Timber Lane Community Center
1902 Naplechase Crest Dr, Spring

Plant Walk:
Mercer Botanic Gardens
22306 Aldine Westfield Rd, Humble

Register online:



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!*
 - *Always check to make sure your event is listed. if not let Brenda know*
- EVENTS ARE ON-SITE UNLESS OTHERWISE NOTED***

FRI-SAT, SEPT 16-17: HOUSTON CACTUS AND SUCCULENT SOCIETY FALL SALE,
9am-5pm, Metropolitan MultiService Center, 1475 West Gray. hcsstex.org

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. 17, MONTGOMERY COUNTY MASTER GARDNERS FALL FLORAL SALE. 9am-noon, County Texas AgriLife Extension, 9020 Airport Road Conroe. 936-539-7824. Register: [MCMGA.com](https://mcmga.com)

SAT., SEPT. 17: PLANT SWAP at **WASHINGTON-ON-THE-BRAZOS SHS**, 10am-2pm, 23400 Park Road 12, Washington (TX). celeste.solomon@thc.texas.gov 936-878-2214 ext. 230

SAT., SEPT. 17: ORCHID REPOTTING WORKSHOP at **SHANGRI LA BOTANICAL GARDENS & NATURE CENTER**. 10am-noon, 2111 W Park Ave, Orange. \$15. Register: starkculturalvenues.doubleknot.com/event/adult-workshop-series-orchid

SAT., SEPT. 17: HEAR FROM OUR EXPERTS by **HOUSTON BOTANIC GARDEN HORTICULTURE STAFF**, 9:30am-5pm., 1 Botanic Lane, Register: <https://hbg.org/events/hear-from-our-experts-2022-09-17-09-30/>

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/harriscountyppl/events/

TUES., SEPT. 20: WATER GARDENING by **ANITA NELSON**, 10am. St. Basil's Hall, 702 Burney Road, Sugar Land. Free. Sugar Land Garden Club event. sugarlandgardenclub.org.

THURS-FRI., SEPT. 22-23: SE URBAN FARM & SAFETY SUMMIT by **AGRILIFE EXTENSION**, 9am-4pm. Gerald D. Young Ag. Science Center, 5801 Katy Hockley Cut Off Rd, Katy. \$50 (\$80 couples). Register: setxurbanagsummit.eventbrite.com

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 24, TRANQUILITY TREASURES, A GARDEN WALK, 10-4 pm. League City Garden Club. \$15, leaguecitygardenclub.org.

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

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

WED., SEPT 28: BIG BEND NATIONAL PARK by **KARINA BOESE**, 7pm. Metropolitan Multi-Service Center, 1475 West Gray St. Houston Cactus and Succulent Society event. hcsstex.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/

SAT., OCT 1: SJC MASTER GARDENER MEMBER-GROWN PLANT SALE AND GARDENING DEMOS, 8am-1pm, Shepherd Community Center, 10251 TX-150.

Shepherd. <https://txmg.org/sjmg/event/plant-sale-10-22/>

TUES., OCT. 4: IN THE GARDEN: FALL VEGETABLE PLANTING DEMONSTRATIONS

by **SHARON STINSON**, 5:30-6:30pm, Urban Harvest event.

urbanharvest.org/education/classes/

THUR., OCT. 6, PRUNING IN THE LANDSCAPE (virtual) by **PAUL WINSKI**, 10-11am.

Free. Register: www.homegrown2022.eventbrite.com

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/

MON., OCT. 10, CITRUS TREES, (virtual) by **HARRIS COUNTY MASTER GARDENERS**,

10-11:30am. Free. Houston Community College event. Register: [hccs.edu/community-](http://hccs.edu/community-learning-workshops)

[learning-workshops](http://hccs.edu/community-learning-workshops)

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: ROSE PROPAGATION by **DEANNA KRAUSE**, (virtual & on-site), 7-

9pm, St. Andrews Episcopal Church, 1819 Heights Blvd. Free. Houston Rose

Society/Houston event. meet.goto.com/957814789

FRI.-SAT., OCT 14-15: GARDEN CLUB OF HOUSTON 80th BULB AND PLANT MART,

Fri., 9am-5pm; Sat., 10am-2pm, St. John the Divine Church 2450 River Oaks Blvd.. Free.

Preview party Thurs., Oct. 12, & inventory: 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

SAT., OCT. 15: THE WOODLANDS GARDEN CLUB ANNUAL FALL PLANT SALE, 9

am, The Woodlands Farmer's Market, 7 Switchbud Pl., The

Woodlands. thewoodlandsgardenclub.org

MON., OCT. 17, GENOA FRIENDSHIP OPEN GARDEN DAY, 8:30-11am, 1210 Genoa

Red Bluff Rd. Harris County Master Gardener event.

TUES., OCT. 18, CITRUS TREES (virtual) by **HARRIS COUNTY MASTER**

GARDENERS, 11am-noon, free. Harris County Public Library event via Facebook Live:

facebook.com/harriscountypl/events/

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/

WED., OCT 26: PHOENIX'S BOTANICAL GARDEN & ARIZONA'S SAGUARO NATIONAL PARK by **DR. ANDREA VARESIC**, 7pm. Metropolitan Multi-Service Center, 1475 West Gray St. Houston Cactus and Succulent Society event. hcsstex.org

SAT., NOV. 5: 49th ANNUAL HERB FAIR by **THE HERB SOCIETY OF AMERICA, SOUTH TEXAS UNIT**, 9am-2pm, Southside Place Clubhouse, 3743 Garnet St. Free. herbsociety-stu.org

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

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

* * *



If we inspire you to attend any of these,
please let them know you heard about it in . . .
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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 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.



Lazy Gardener And Friends | 101 Sherbrook Circle, Conroe, TX 77385

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