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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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This is a repeat of one of Brenda's favorite columns.



'TOPSY' GARDEN FITS JUST FINE NO 'VS' IN HUMMER FEEDERS 'CLICK' SALES *DE RIGUEUR* NOW

"When the world wearies and society fails to satisfy,
there is always the garden."

-- Minnie Aumonier, 19th century poet

By **BRENDA BEUST SMITH**

Don't these pictures above make you really curious about this gardener? Something about this garden tells me right off the bat it's not a professionally-tended, created-for-public horticultural site.

Nope, this is a garden that, like Topsy, just "*grewed*." Love of plants in every niche, some of which -- shall we say -- are perhaps a little "too happy" for picky gardeners? It's a garden for someone who couldn't bear to cut down such treasures just in the name pristine neatness. And who obviously lives in a subdivision that gives gardeners freedom to "*experiment and enjoy*."

This is the Friendswood garden of Dale Phillips, whose plantings have

delighted and excited neighbors and friends for 50+ years. Dale has shared plant photos with this newsletter many times. I love seeing his name on an email. What treasure's next?

That wonderful chicken wire & stake "tunnel" pictured above has been intimate with myriads of vines, including Asian gourds (insert) whose fruits hung down for easy pickin'. Although these can be stir-fried, Dale just gave them away.

Raised on a farm and retired from his work at NASA with GE, Dale's always been happy to experiment, such as with his current observations of a [frangipani vine \(*Chonemorpha fragrans*\)](#). It has yet to bloom. When it does, I'll definitely share. Patience is a virtue successful gardeners must possess.

Two of Dale's favorite crinums are pictured at the very top of this column: his pink *Crinum* 'Super Ellen Bosanquet' (4+' stalks with up to 7' long leaves) and his 3-5' tall white *Crinum* *Arcella* 'White Queen'.

Crinums rank high on Dale's favorites list and are why he and I first crossed paths. We both especially loved crinums sold by Marcelle Shepherd of Vidor. (Note: we've had no luck trying to follow up on Marcelle. If anyone knows/knew her, Dale & I would love to hear from you: lazygardenerbrenda@gmail.com. Husband grew up down the street from the Dubuissou family in Rose City (Vidor).

FOLLOWUP ON [HUMMER FEEDERS](#) . . .

- Dale doesn't use them anymore: *"I have so much natural food -- saliva and tons of hamelia."* (such as the huge red/orange bloom-covered hummingbird bush at top of this column.
- **PAULA BAZAN** reported her most popular hummingbird feeders are these from [Perky Pet](#).



"OUTLIERS ARE HUMMINGBIRDS that decide to stay along the Gulf Coast each winter instead of continuing to South America." -- [JourneyNorth](#).

[Journey North](#) is a not-to-be-missed website for keeping up with migration arrival times. Unfortunately only a few of our local sighting reports now dot their migration maps -- perhaps understandable with our almost-year-round populations. Still, if you're seeing any, let them know!

I have a question for you readers and an apology. This is my white tunera. Online resources say -- and I quote: **"Blossoms open at sunrise and close at sunset."**

LIARS! These absolutely delightful yellowish-white flowers in full sun open about 8 in the morning. By noon, they are all closed up! And they stay closed all day long! Anyone else have this experience? To paraphrase Lady Catherine de Bourgh: *"I am most*

seriously displeased with this plant!"



The apology goes to my yellow/red amaranth which I maligned recently when one morning it had suddenly shriveled up and died for no good reason! I was furious. Then, a few day ago, I walked out to find a tall, healthy green stalks has sprouted from the base. Good plant!

Sudden plant death does happen . . . from dog pee, burrowing animal damage (gophers, etc.), microscopic nematodes that attack plant roots, other below-ground culprits, too much fertilizer or, most often, too much or too little water. In this area, especially with sprinklers, it can also be the result of water never reaching down to the depth of roots. Or, roots rotting from being soaked for too long. Sometimes lack of humidity has been known to do this, but that's not often a problem in our area!

* * *

BORDER PLANTINGS can be great fun and educational for those who like to experiment with plants, to discover which ones you like and, more important, which ones like you! No hard & fast rules. Border gardens are always a work in progress. Follow general specs on sun/shade/drainage, but mostly success depends on experimentation. If something doesn't work out, put in something else available in the nursery!

This fun border belongs to **Donna Brackett** and includes Scarlet Sage, Indian Blanket and Lance-leaf Coreopsis among other delights.



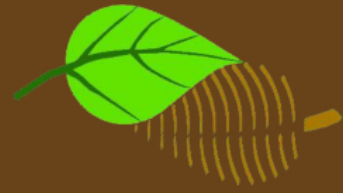
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*Brenda Beust Smith's column in the
LAZY GARDENER & FRIENDS HOUSTON GARDEN NEWSLETTER
is based on her 40+ years as Houston Chronicle's Lazy Gardener
Email: lazygardenerbrenda@gmail.com*

* * *



John's Corner



NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS # 209

A joint study by researchers at the University of Idaho and University of Northern Arizona have found a correlation between pesticides and cancer. The journal of Neuroinflammation has found a link between exposure to glyphosate and Parkinson's disease.

They also found that the increase of this toxic chemical on and in our food correlates to the increase of Alzheimer's disease and other neurological disorders.

The reasons to garden using only use the modern biological methods (organic) continues to increase daily.

Research by the university of Florida's environmental horticulture department has found that gardening improves our mental health. Journal PLOS ONE (2022)

Many studies have shown that greenness is beneficial to our health. However, a recent study published in the journal Environmental Health Perspectives (2022) has found that all greenness is not the same.

They found that the presence of larger trees was associated with lower overall medication sales, which suggest these trees are more beneficial with respect to many health issues like heart disease or mental health than smaller trees. One large tree provided more benefits that lots of smaller trees.

Large trees are also more effective than small trees at reducing environmental stressors like urban heat, air pollution, and noise.

I know that at my retirement property near LaGrange, sitting under some huge 300–400-year-old live oak trees just feels good, and is very refreshing and relaxing.

The Bible tells us that God provides all we need in nature, to paraphrase a few versus, "study nature and let it teach us". Speaking of cancer above, an excellent newsletter from the organization "The Truth About Cancer", had a nice article on herbs and cancer prevention.

We are learning everyday that antioxidants, phytochemicals, trace elements, etc. are essential for our immune systems to work effectively. Many herbs are

a good source of these nutrients.

For the full article go to:



Adaptogenic Herbs for Health & Cancer Prevention

Adaptogens are a key component of the traditional Indian system of medicine known as Ayurveda which takes a holistic approach to healing that centers around the interconnected nature of mind, body, and soul. While this medicine system has been around for centuries, only fairly recently has it caught the attention of Westerners looking for solutions to the failed system of endless drugs and surgery.

[Read More](#)

Andrographis paniculate - Also known as the “white-tailed leg” or “king of bitters,” this annual herbaceous plant is native to India and Sri Lanka and possesses antibiotic, antiviral, anti-parasitic, anti-diabetic, and hepatoprotective (liver-protecting) effects.

Annona atemoya- A hybrid of the sugar apple and the cherimoya (a fruit from South America)

Phyllanthus niruri - This coastal weed this herb possesses hepatoprotective, antiviral, antibacterial, analgesic, antispasmodic, and anti-diabetic properties that are helpful in optimizing immune function.

Piper longum - This spicy Indian pepper contains a biochemical compound known as piperlongumine (PL) that research shows is active against many different types of cancer.

Podophyllum hexandrum - Also known as the “foot leaf,” this endangered fruit contains numerous biochemical compounds with immunostimulatory, anti-mitotic, anti-fungal, and anti-viral properties.

Tinospora cordifolia - The active constituents in this herbaceous vine demonstrate a unique ability to up-regulate the body’s natural ability to fight tumors and tumor-associated macrophages.

Semecarpus anacardium - A close cousin to the cashew, this nut has proven itself to be a powerful weapon in the fight against breast cancer.

Vitis vinifera - Also known as grape seed extract, this potent adaptogen is a powerful chemoprotective agent loaded with anti-cancer phytonutrients.

Baliospermum montanum - Also known as the red psychic nut or wild castor, this low-growing shrub is both a powerful antioxidant and a clinically proven anti-cancer medicine.

Madhuca longifolia - The seeds of this tropical Indian tree show incredible promise against an array of human cancers.

Pandanus odoratissimus - The roots and leaves of this palm-like shrub contain substances that science has pinpointed as bearing unique anti-cancer properties.

Pterospermum acerifolium - Also known as the karnikara tree, this evergreen shrub is a pharmacological treasure. It contains active molecules that help fight ulcers, inflammation, pain, and damaging free radicals.

Raphanus sativus - This cruciferous vegetable contains a number of pharmacological and therapeutic properties that are antagonistic to cancer.

Barleria prionitis - Known in many areas as the porcupine flower, the juice of this leafy plant is rich in antioxidants that are highly effective at preventing cellular damage throughout the body.

Prosopis cineraria - This flowering tree from the Middle East has been shown to be powerfully effective at treating Ehrlich cell carcinoma.

Amorphophallus campanulatus - Also known as elephant foot yam, this potato-like tuber was shown in one study to help prevent the formation of aberrant crypt foci (ACF) in the colon and rectum.

Oroxylum indicum - Despite its unusual name, the broken bones tree won't damage your skeletal structure, but it just might tell any lingering cancer cells inside your body to self-destruct.

Basella rubra - Native to the East Indies, this tropical vine produces edible spinach-like stems and leaves that are highly nourishing to the body, which is always a good thing for keeping cancer at bay.

Flacourtia ramontchi (indica) - Also known as the Madagascar or Indian plum, this flowering plant has long been used in Ayurveda as a remedy for chronic inflammation.

Moringa oleifera - The “miracle tree,” [*moringa oleifera*](#) as it's often called, has received quite a bit of attention in recent years as a trendy new “superfood” with anti-inflammatory, antioxidant, and tissue-protective properties.

Ficus benghalensis - You've probably seen the more domesticated version of this robust evergreen plant inside offices and homes, since it's a common houseplant. But what you probably didn't know is that the banyan tree, as it's called in India, produces bark that's loaded with anti-cancer compounds like pelargonidin that studies show possess anti-angiogenic properties.

Curcuma domestica (longa) - If you've been hanging around The Truth About Cancer for a while, you'll immediately recognize this plant as the incredible and awe-inspiring [turmeric](#).

Allium sativum - One of the most popular herbs in the world, garlic is a favorite among foodies.

Calotropis gigantea - Commonly referred to as the crown flower or "giant milkweed," this unusual shrub from Southeast Asia is a major natural source of the rubbery material known as latex.

Datura metel - With a name like "devil's trumpet," this shrub-like annual might not seem all that benevolent. But evidence suggests that extracts taken from the plant contain unique healing compounds with pronounced anti-cancer properties.

Hygrophila spinosa - This unique medicinal plant from the tropics is packed with terpenoids, alkaloids, flavonoids, and other amazing compounds that contribute to its many health-promoting properties.

Juniperus indica - The black juniper plant, which natively grows high up in the Himalayan Mountains, is similarly equipped with an array of impressive phytochemical compounds that function as powerful antimicrobials. Studies show that these same beneficial constituents are also effective at helping the body to destroy cancer cells.

Nigella sativa - More commonly referred to as black cumin or black seed, this medicinal plant is a treasure trove of anti-cancer nutrition.

Picrorhiza kurroa - Another medicinal plant from the Nepalese Himalayas, this perennial herb is one of the oldest adaptogens known to man. Research suggests that it's a safe and highly effective remedy for treating cancer.

Rubia cordifolia - This perennial climbing plant is perhaps most well known as a purifier of the blood and a "mover" of lymph.

Other adaptogenic herbs that we've come to find out since Sushruta's day are similarly equipped as anti-cancer powerhouses include [ashwagandha](#), rhodiola rosea, bacopa monnieri, [astragalus](#), melissa officinalis (lemon balm), ginseng, bilberry, ginkgo biloba, [holy basil](#), rosemary, [lion's mane mushroom](#), schisandra, and phyllanthus emblica (Indian gooseberry).

* * *

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., 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.

WED., AUG 24: BOTANICAL GARDEN OF QUITO ECUADOR by **JOSIE WATTS** and **BRUCE MOFFETT**, 7pm, Metropolitan Multi-Service Center, 1475 West Gray St. Houston Cactus & Succulents Society event. hcsstex.org

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: store.galvestonmg.org

FRI-SAT, SEP 9-10: SUMMER SUNDOWN SALE by **GALVESTON COUNTY MASTER GARDENERS**, Noon-Noon. Online. Details and shop: store.galvestonmg.org or 281-786-6834.

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/

SAT, SEP 10: ONIONS & GARLIC by **KEVIN LANCON**, 9-11 am., AgriLife Extension, Carbide Park, 4012-B, La Marque. Galveston County Master Gardener events. Free. Register: txmg.org/galveston; 281-309-4065

HERBS FOR GULF COAST by **BRIANA ETIE & NANCY LANGSTON-NOH**, 1-3 pm. AgriLife Extension, Carbide Park, 4012-B, La Marque. Galveston Cty Master Gardeners. Free. Register: galveston.agrilife.org/event/; 281-309-4065

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. 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/harriscountyppl/events/

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.

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/

SAT., OCT 1: 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/

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/

**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

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), themerchersociety.org/

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

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



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