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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.

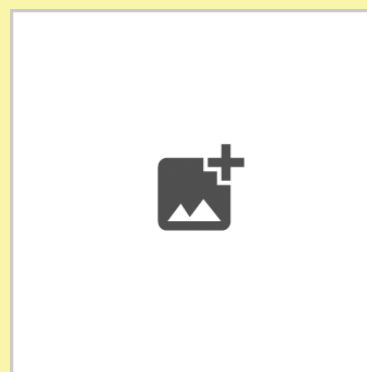


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SHOULDN'T THIS ISSUE BE JULY 30?

Place article copy here. Be sure to make the articles short and concise as people tend not to read much more than a couple of paragraphs. Place article copy here.



[Text Link](#)

WATERING ADVICE FROM JANE LONG! SORT OF... May seem strange talking about watering after all our recent rain. But, say weather gurus, this weekend's predicted rain may one of last for the entire month of August. One prediction: *"In August, the heat index is evaluated at a life-threatening hot 120.2°F.*

Thought might be helpful to share some watering advice from the Mother of Texas Jane Austin. Ok, not exactly from Jane. And not often see around here.



But these bags were use successfully to get new plantings at Jane's comemorative pavilion near Bolivar ferry landing off to a good start. They're not for everyone, so do your research. But if you're worried about not being able to water for a while during August & Sept. this might be a solution although they're not really the most attractive options. Still, they're far better for especially newly-planted trees that will become established far better and more likely if a slow-water-release is available instead of drowning new roots with a sprinkler or handheld hose that often result in sideways, instead of deep, growth.

Top soil levels most quickly dry out. Not a situation you want to encourage, especially in our gradually-increasingly hot summers. Not only do tender roots overheat, this eventually encourage poor anchor root development. Overhead sprinkler lose as much as half the water to evaporation and runoff.

Experts recommend making sure any watering for tree roots goes at least 12 inches deep. All you have to do is dig down into the soil after leaving the sprinkler on for your typical period. Bet that water reaches only a couple of inches deep.

They also recommend for newly-planted, or very young, trees that the rootball area be kept watered. The best way to do that: A slow, even application of a LOT of water in one application. This will force it to go down, which is what you want. Generally speaking, the bags are refilled once a week; but this can vary greatly. If you can't, or don't want to, use a bag system, at least use a soaker hose, or lay the hose near the tree and let it drip for a long period.

A sprinkler is better than nothing. But it's definitely not the best route during our hot, dry summers when even night temperatures are high enough to trigger a LOT of evaporation.

* * *

Potpourri



Article Heading

Place article copy here. Be sure to make the articles short and concise as people tend not to read much more than a couple of paragraphs.
Place article copy here.

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A direct and compelling headline

A direct and compelling headline



- **ATTN. GARDEN/PLANT GROUPS --**
[*Nature's Way Resources*](#) offers free guided tours of NWR's extensive nursery/soil/mulch enterprise to plant-oriented, organized groups. As usual, NWR's now-expanded meeting site is free to above groups. Reservations a must for both. Great time to visit!



- **SUBMITTING A CALENDAR EVENT?** *For best chance of getting it in next upcoming newsletter, submit in exact requested format (see top of calendar below. Reformatting by us may = delay in publication)*

* * *

HAVE A COLUMN SUGGESTION OR CALENDAR SUBMISSION?
ADDRESS DIRECTLY TO ME AT LAZYGARDENERBRENDA@GMAIL.COM
(USE "REPLY" for general newsletter suggestions and John's column.

JOIN US FOR THE 4TH ANNUAL
ORGANIC FAIR & WORKSHOP

OHBA PALOOZA

This full-day celebration of organic gardening, sustainable living, and ecological inspiration features keynote speaker **Joe Lamp'l** and 8 other organic expert-led breakout sessions. With engaging talks, hands-on insights, exhibitor booths, and community connection, this event is perfect for anyone passionate about green living and growing with purpose.

**SATURDAY
AUGUST 2, 2025**

**UNITED WAY OF
GREATER HOUSTON**

50 WAUGH DRIVE
HOUSTON TX 77007

TICKETS

OHBA MEMBERS: \$100
NON-MEMBERS: \$125

EVERY MEMBER TICKET GETS A FREE
COPY OF OUR NEW ORGANIC
LIFESTYLE BOOKLET!



**ORGANIC EDUCATION,
CEU'S, NETWORKING + MORE**

**8AM TO
4PM**

HEADLINER JOE LAMP'L



**+ 2 CONCURRENT
SESSIONS**

SCAN ME!



OHBA

**MORE COMING SOON!
OHBAONLINE.ORG/REGISTER**



OHBAFALOOZA

AGENDA

EDUCATIONAL SCHEDULE

8:00 - 8:45 AM REGISTRATION, NETWORKING & EXHIBITS

9 AM - 10:30 AM Joe Kamp'l

ECOLOGICAL GARDENING FOR BEAUTY & BIODIVERSITY

10:30 - 11 AM BREAK + EXHIBITORS

11 AM - 12 PM

SESSION 1

BABY STEPS TO GOING ORGANIC: HEALTHIER YOU, HEALTHIER PLANET
DR. MILA MCMANUS

COMPOSTING IN SMALL SPACES
DIANA LIGA

"PRETTY" IS THE EASIEST THING WE DO
FRED BILLINGS

TITLE COMING SOON!
KEIJI ASAKURA

12 - 1 PM LUNCH + EXHIBITORS

1 PM - 2 PM

SESSION 2

BENEFICIAL INSECTS: A KEY INGREDIENT IN SUSTAINABLE LANDSCAPES
SKIP RICHTER

THE HOW'S & WHY'S OF HOMESTEADING
BRIANNE BERNSEN

ABUNDANT LANDSCAPES: PERMACULTURE STRATEGIES FOR SUSTAINABLE DESIGN
CAROL BURTON

CREATING A HEALTHY BACKYARD BIRD HABITAT
RICHARD EDIE

2 - 2:30 PM DESSERT + COFFEE

2:30 PM - 4 PM Joe Kamp'l

GROWING A GREENER WORLD - STORIES THAT INSPIRE & MOTIVATE

Tickets: \$100 Members & Organic Lifestyle Booklet Included in Ticket Purchase | \$125 Non-Members

\$15.00 ORGANIC LIFESTYLE BOOKLET AVAILABLE FOR SALE

Register Online: www.ohbaonline.org/register



John's Corner

NEWS FROM THE WONDERFUL WORLD OF SOIL
AND PLANTS # 337

Subject: Healthy plants for healthy food

Twice in my life the medical doctors and the specialists I was referred to wanted to perform very expensive surgery to correct some health problems. In both cases other doctors (functional medicine practitioners) corrected the problem with nutrition only. The first case, to correct the issue cost less than two dollars versus the \$20 thousand surgery and the second time it only cost a couple hundred dollars of nutrients (colloidal minerals) versus the \$85

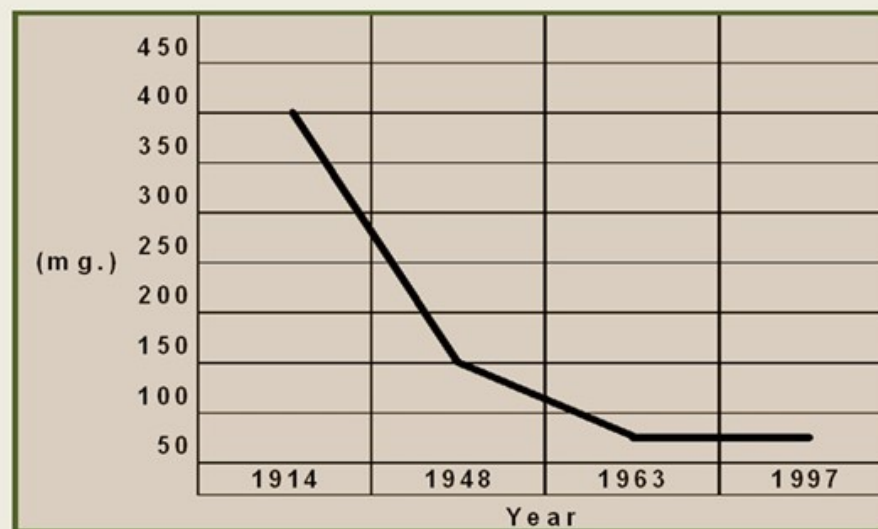
thousand dollar surgery.

These experiences gave me a passion to study nutrients and how they affect health from microbes to insects and plants. One thing I have learned is that nutrients (minerals) are essential for good health.

As any experienced gardener knows to have healthy plants, we first need healthy soil. Hence the relationship: healthy soil = healthy plants = healthy people.

The chart below from the USDA on several common vegetables illustrates the issue. Our vegetable plants are no longer healthy, most are covered in poisons (pesticides, etc.) and many are now genetically modified (GMO). The nutrient content has continued to decline since 1997. At the same time all kinds of human health problems have increased dramatically.

This is why more and more gardeners are also growing vegetables, berries, and fruits using modern organic methods in re-mineralized soils to get the health benefits.



Average mineral content in selected vegetables, 1914-1997.

Sums of averages of calcium, magnesium and iron in cabbage, lettuce, tomatoes and spinach. (Sources: Lindlahr, 1914; Hamaker, 1982; and U.S. Department of Agriculture, 1963 and 1997)

A good introduction to the subject of nutrient dense foods (or lack of) can be found in a recent paper: **An Alarming Decline in the Nutritional Quality of Foods: The Biggest Challenge for Future Generations' Health**

<https://pubmed.ncbi.nlm.nih.gov/38540869/>

Additionally, I recently finished reading a book that has a lot of good information on nutrition and how it can help one's health.

Beating Cancer With Nutrition - Using Nutrition and other Modalities to Improve Quality of Life for Medically Treated Cancer Patients, by Patrick

From the books' cover: Dr. Patrick Quillin is an internationally recognized expert in the area of nutrition and cancer. He has 30 years experience as a clinical nutritionist, of which 10 years were spent as the Vice President of Nutrition for Cancer Treatment Centers of America where he worked with thousands of cancer patients in a hospital setting.

“After 30 years specializing in Cancer Nutrition I have consulted with 1000's patients around the world. Many medical doctors and physician's consult with me for their own personal needs. For the past several years I have been a leading spokesperson on The Truth About Cancer. My book can help you restore your health.”

Learn what cancer fighting foods and vitamins are best for the cancer patient.

Incorporate these cancer fighting foods that should be included in every anti cancer diet.

Whole foods are irreplaceable in your quest for healing from cancer.

Discover the best anti-cancer foods for beating cancer.

Use these fruits, vegetables, cancer fighting herbs and spices in addition to anti-cancer supplements as “biological response modifiers” to up-regulate the body's built-in mechanism for eliminating cancer cells, such as apoptosis (programmed cell death).

Minor dietary constituents, conditionally essential nutrients, phytochemicals, enzymes, pH stabilizing factors, substances that are required for a healthy colony of bacteria in the gut, and much more.

Reverse or avoid the common malnutrition that kills 42% of cancer patients.

Help stimulate the immune system, which is in charge of killing all unwanted cells in the body, such as cancer

Comprehensive information on inexpensive cancer fighting foods

Cancer fighting foods are widely available, in the city or country, warm or cold climate

The **cancer diet includes extraordinary healing agents**, with both scientific documentation and centuries of folk medicine to support their use

The **best Cancer fighting foods** are very versatile and can help a wide assortment of seemingly unrelated problems

Foods that help fight cancer are very safe, especially when compared to the risk: benefit ratio to prescription drugs.

BEATING CANCER WITH NUTRITION



Using Nutrition and Other Modalities
to Improve Quality and Quantity of Life
for Medically Treated Cancer Patients

PATRICK QUILLIN

Whether we are growing flowers, vegetables, fruits, or berries it is critical to remineralize our soils.



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LAZY GARDENER & FRIENDS

HOUSTON GARDEN NEWSLETTER

CALENDAR EVENTS

WANT EVENT IN RIGHT AWAY? FOLLOW RULES!

-- ONLY GREATER HOUSTON AREA NONPROFIT GROUP EVENTS --

Expect delay if we must reformat: 3-LINE (max) EXACT FORMAT:

DAY, DATE: TITLE (by NAME *if talk*), time, site. Sponsor (*if not in title*).
website/phone (NOTE CAPITALS VS lower case)

- Gardening events ONLY! No harvest, cooking, arranging, etc
- ONLY events sent SPECIFICALLY TO US FOR CALENDAR are used!
- NO events picked up from flyers -- NO PDFS! TYPE IN EMAIL ONLY.
- Don't add city unless not "Houston." (Don't add "Houston")
- Submit to: lazygardenerbrenda@gmail.com. Check published entry!

TUES., AUG. 7: RICE HOLISTIC GARDEN END OF SUMMER SALE, (WAITING ON LINK!)

Fri., AUG. 8: MERCER GARDEN TOUR by HORTICULTURE STAFF, 9–10 am, Mercer Visitor's Center, Mercer Arboretum & Botanic Gardens, 22306 Aldine Westfield Rd., FREE, Register: pct3.com/MBG

SAT. AUG 9: ONIONS & GARLIC, 9-11am, and **FALL VEGETABLES**, 1-3pm by **GALVESTON COUNTY MASTER GARDENERS**, AgriLife Extension Bldg., Carbide Park, 4102-B Main St. (FM 519), La Marque. Free.
Register: <https://txmg.org/galveston/>

SAT., AUG 23: TEXAS SUPERSTAR® - BE A SUPERSTAR WITH ANNUALS by **GALVESTON CTY MASTER GARDENERS**. Discovery Garden, Carbide Park, 4102 Main St (FM 519), La Marque. Free. Register: txmg.org/galveston/

MON - TUES: AUG 25-26: SUMMER SUNDOWN ONLINE PLANT SALE by **GALVESTON COUNTY MASTER GARDENERS**, 1-3pm, .
Details: <https://galvestonmg.square.site/>

SAT., AUG, 16: VEGGIE GARDENING 101 by **MONTGOMERY COUNTY MASTER GARDENERS**, 9am-4pm, Texas A&M Agrilife Extension, 9020 Airport Rd., Conroe 936-539-7824 mcmga.com

SAT., AUG.18: RAINWATER HARVESTING by **THERESA SEE**, 10am-noon, Bayou Preservation Assn., Magnolia Multi-Service Center, 7037 Capital St. . RSVP: bayoupreservation.org/events/2025-summer-resiliency-workshop

SAT. SEPT 6: T-BUD GRAFTING, 9-11am, & **GROWING STRAWBERRIES**, 1-3pm by **GALVESTON COUNTY MASTER GARDENERS**, pre-register: AgriLife Extension Bldg., Carbide Park, 4102-B Main St. (FM 519), La Marque. Free. Register: <https://txmg.org/galveston/>

WED., SEPT. 10: EVERYTHING ORCHIDS by **BRANDIE HILL**, 12–2pm, Mercer Mercer Arboretum & Botanic Gardens, 22306 Aldine Westfield Rd., Free. Register: pct3.com/MBG

FRI., SEPT. 12: MERCER GARDEN TOUR by **HORTICULTURE STAFF**, 9–10 am, Mercer Visitor's Center, Mercer Arboretum & Botanic Gardens, 22306 Aldine

Westfield Rd., Free, Register: pct3.com/MBG

SAT., SEPT.13: TURF FOR THE FALL by **MONTGOMERY COUNTY MASTER GARDENERS**, 9-12am, Texas A&M Agrilife Extension, 9020 Airport Rd., Conroe 936-539-7824, mcmga.com

THURS., SEPT. 18: LEARN TO GROW PICKLES by **ERIKA RUTZ**, 10–11am, Mercer Visitor's Center, Mercer Arboretum & Botanic Gardens, 22306 Aldine Westfield Rd., FREE, Register: pct3.com/MBG

SAT., SEPT 20: BACKYARD COMPOSTING by **GALVESTON COUNTY MASTER GARDENER**, 9-11am, AgriLife Extension Bldg., Carbide Park, 4102-B Main St. (FM 519), La Marque. Free. Register: txmg.org/galveston/

TUES., SEPT. 23: FALL PLANTING GUIDE by **ISABELLA FOWLER**, 10:30am–noon, Mercer Visitor's Center, Mercer Arboretum & Botanic Gardens, 22306 Aldine Westfield Rd. Free. Register: pct3.com/MBG

FRI., OCT. 10: MERCER GARDEN TOUR by **HORTICULTURE STAFF**, 9–10am, Mercer Visitor's Center, Mercer Arboretum & Botanic Gardens, 22306 Aldine Westfield Rd., Free, Register: pct3.com/MBG

SAT., OCT. 11: GROWING CITRUS by **MONTGOMERY COUNTY MASTER GARDENERS**, 9-11am, Texas A&M Agrilife Extension, 9020 Airport Rd., Conroe 936-539-7824, mcmga.com

Tues., OCT. 28: CONTAINER GARDENING by **BRUKENDRA FILMORE**, 10:30–11:30 am, Mercer Visitor's Center, Mercer Arboretum & Botanic Gardens, 22306 Aldine Westfield Rd. Free. Register: pct3.com/MBG

*If your event didn't get in right away,
PROBABLY NOT In our EXACT - NEVER CHANGING
format, so set aside for REFORMATTING
(delays event publication and opens doors for errors).
Your choice!
SEE TOP OF CALENDAR FOR EXACT FORMAT.*



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 general feature 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 later was said (at that time) to rank 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 general reporting into also doing gardening reporting 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 (lazygardenerbrenda@gmail.com)

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 show 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 had 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.

About her column, Brenda says: "I don't consider myself a 'garden writer.' I started out 50+ years ago as a very lazy "gardening reporter." I still feel that way today. I hope my columns inspire/help newcomers, but I do not write to them. I write to very experienced gardeners who want to expand their horizons.

JOHN FERGUSON

John is a native Houstonian and has over 35 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. For years he represented 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 US

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