

GARDEN CHATTER

May - 2019

The Official Publication of Laclede County Master Gardeners



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HELP HELP PLEASE!



Our President, Dixie and Lynn working the table at Lowe's a couple of weeks ago – we only have two more Saturdays unless there is a rainout left to work and I or should I say we need a few more volunteers for Saturday the 11th. Just call the office and let them know if you would rather work 9 to 11 or 11 to 1. Thanks to all that have helped out so far this year. Once again the weather has not been the most cooperative but a decent crowd has been thru. The trunk Mat has been well received.

Saturday, May 4 - 9 a.m. til 11 a.m.- Lynn Boulware and Bob Smith
11 a.m. til 1 p.m. Sheila Buecher and Bob Smith

Saturday, May 11 – 9 a.m. til 11 a.m. – 11 a.m. til 1 p.m. HELP PLEASE

Lowe's is still getting truckloads of new vegetables and flowers and they are looking outstanding. There should be plenty of traffic look forward to everyone's help.

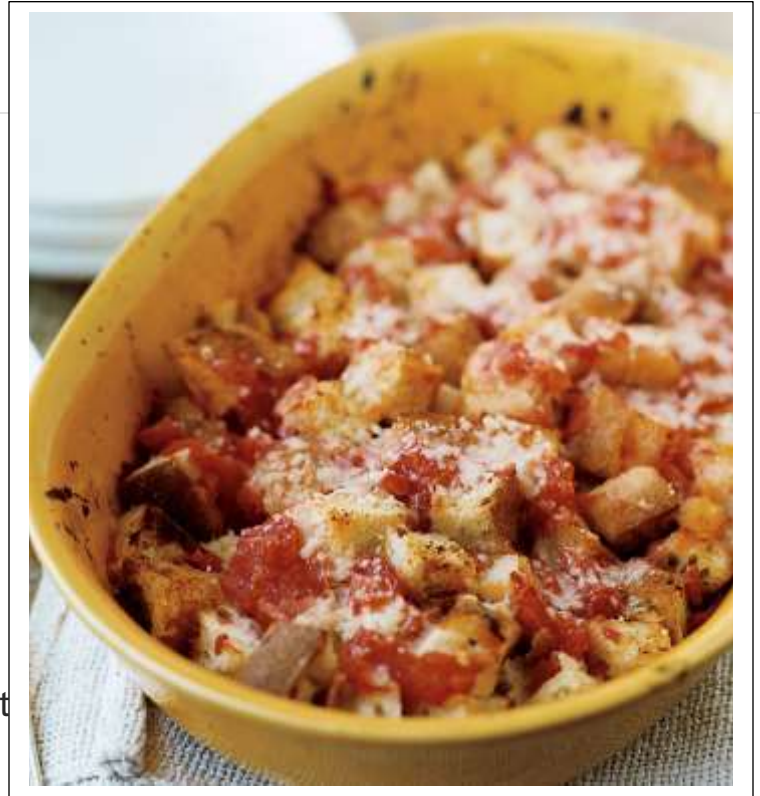
Tomato Bread Pudding

BROWED FROM RACHAEL RAY EVERY DAY

40min **COOK TIME**
25min **PREP TIME**

Ingredients

- 5 tomatoes (about 2 pounds total) peeled,
- halved, cored and seeded
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- Pepper
- 1/2 baguette, cut into 3/4-inch cubes (about 10 cups)
- 4 tablespoons unsalted butter, melted
- 1/4 cup grated parmesan cheese



Preparation

Position a rack in the center of the oven and preheat to 400 degrees . Grease a 1 1/2-quart shallow casserole dish. Using a food processor, pulse the tomato halves, salt, sugar and a pinch of pepper until coarsely pureed.

Place the bread cubes in the prepared dish and pour in the melted butter to coat. Top with the tomato puree and gently mix to distribute.

Bake until crusty and golden brown, about 30 minutes. Sprinkle the cheese on top and bake for 10 minutes more. Let cool for 5 minutes before serving. – Serves 4.

PLANTS THAT KEEP BUGS AWAY



FLEAS, TICKS



ROSEMARY

PLANTS THAT KEEP BUGS AWAY



SPIDERS, MOSQUITOES, ANTS



PEPPERMINT

PLANTS THAT KEEP BUGS AWAY



MOSQUITOES



CATNIP

PLANTS THAT KEEP BUGS AWAY



MOSQUITOES, APHIDS



MARIGOLD

PLANTS THAT KEEP BUGS AWAY



MOSQUITOES, HOUSEFLIES



BASIL

PLANTS THAT KEEP BUGS AWAY



MOTHS, FLEAS, FLIES, MOSQUITOES



LAVENDER

Gardening by Month - May

Monthly Tips and Tasks

Category	Week				Activity
	1	2	3	4	
Ornamentals	x	x	x	x	Apples, crabapples and hawthorns susceptible to rust disease should have protective fungicidal sprays applied beginning when these trees bloom.
	x	x	x	x	Pinch azaleas and rhododendron blossoms as they fade. Double flowered azaleas need no pinching.
	x	x	x	x	If spring rains have been sparse, begin irrigating, especially plants growing in full sun.
	x	x	x	x	Fertilize azaleas after bloom. Use a formulation which has an acid reaction.
	x	x			Canker worms (inch worms) rarely cause permanent damage to ornamentals. Use <i>Bt</i> if control is deemed necessary.
	x	x			Don't remove spring bulb foliage prematurely or next year's flower production will decline.
	x				Continue monitoring pines, especially Scotch and mugo, for sawfly activity on new shoots.
	x				Begin planting gladiolus bulbs as the ground warms. Continue at 2-week intervals.
	x				Plant hardy water lilies in tubs or garden pools.
		x	x	x	Scale crawlers are active now. Infested pines and euonymus should be treated at this time.
		x	x		Plant summer bulbs such as caladiums, dahlias, cannas and elephant ears.
		x			Begin planting warm-season annuals.
			x	x	Begin fertilizing annuals. Continue at regular intervals.
			x	x	Trees with a history of borer problems should receive their first spray now. Repeat twice at 3-week intervals.
			x	x	Bulbs can be moved or divided as the foliage dies.
				x	Pinch back mums to promote bushy growth.
Lawns	x	x	x	x	Keep bluegrass cut at 1.5 to 2.5 inch height. Mow tall fescue at 2 to 3.5 inch height.
		x	x	x	Mow zoysia lawns at 1.5 inch height. Remove no more than one-half inch at each mowing.
		x	x	x	Apply post-emergence broadleaf weed controls now if needed.
			x	x	Zoysia lawns may be fertilized now. Apply no more than 1 pound of actual nitrogen per 1000 square feet.
				x	Watch for sod webworms emerging now.
Vegetables	x	x	x	x	Place cutworm collars around young transplants. Collars are easily made from cardboard strips.
	x	x	x	x	Growing lettuce under screening materials will slow bolting and extend harvests into hot weather.

Category	Week				Activity
	x	x	x	x	Slugs will hide during the daytime beneath a board placed over damp ground. Check each morning and destroy any slugs that have gathered on the underside of the board.
	x	x			Plant dill to use when making pickles.
	x				Keep asparagus harvested for continued spear production. Control asparagus beetles as needed.
	x				Begin planting sweet corn as soon as white oak leaves are as big as squirrel ears.
	x				Isolate sweet, super sweet and popcorn varieties of corn to prevent crossing.
	x				Thin plantings of carrots and beets to avoid overcrowding.
	x				Control caterpillars on broccoli and cabbage plants by handpicking or use biological sprays such as <i>B.t.</i>
	x				Set out tomato plants as soils warm. Place support stakes alongside at planting time.
		x	x		Place a stake by seeds of squash and cucumbers when planting in hills to locate the root zone watering site after the vines have run.
		x	x		Remove rhubarb seed stalks as they appear.
		x			Watch for striped and spotted cucumber beetles now. Both may spread wilt and mosaic diseases to squash and cucumber plants.
			x	x	Set out peppers and eggplants after soils have warmed. Plant sweet potatoes now.
				x	Make new sowings of warm-season vegetables after harvesting early crops.
Fruits	x	x	x	x	Mulch blueberries with pine needles or sawdust.
	x				Don't spray any fruits while in bloom. Refer to local Extension publications for fruit spray schedule.
				x	Prune unwanted shoots as they appear on fruit trees.
Miscellaneous	x	x	x	x	Birds eat many insect pests. Attract them to your garden by providing good nesting habitats.
		x	x	x	Herbs planted in average soils need no extra fertilizer. Too much may reduce flavor and pungency at harvest.
			x	x	Take houseplants outdoors when nights will remain above 50 degrees. Most prefer only direct morning sun.
			x	x	Watch for fireflies on warm nights. Both adults and larvae are important predators. Collecting may reduce this benefit.
			x	x	Sink houseplants up to their rims in soil or mulch to conserve moisture. Fertilize regularly.

May Pests and Problems

Hold off planting warm season vegetables, such as tomatoes, eggplants, vine crops; herbs, and warm-season annuals until the soil warms, usually in mid to late May.

Fertilize Flower Gardens the Right Way



Fertilizing your flower gardens is more than just throwing some fertilizer around. There is a safe and effective way that you can feed your garden.

Some gardeners are very aware of what they **need to do when they transplant new plants** when it comes to fertilizing them. Some gardeners will stay on top of fertilizing their existing garden beds. However, there are times when you may be over or under fertilizing depending on your actions. Here are some tips to ensure that you're fertilizing your gardens safely. Not only could improper fertilization in your gardens lead to problems with your flowers and plants, but it can also add to fertilizer run-off that can impact your local water supply.

Test Your Soil



Just throwing fertilizer into your garden beds may not be the best and safest way to go about fertilizing your soil. Testing your soil first is usually the best option available to you. You may find that you only need a particular fertilizer or even that your soil has enough nutrients for supporting your plants.

There are soil testing kits available at your local garden center or DIY store that will guide you through the process of taking samples from your garden beds and using the tests to get the current values of your soil. It's important to follow the instructions carefully to get the correct results.

Some people aren't comfortable with doing these tests or for one reason or another just don't have an interest in performing them themselves. The good news is that you can **send your soil samples off to be tested** by a professional lab. Many universities, extensions, and professional gardening organizations offer this type of service in exchange for a nominal fee. They'll give you the instructions on how to collect the samples and send them in for testing.

General Fertilizer Versus Specific Fertilizer

There are plenty of all-purpose plant foods available that are great for gardeners to feed all of their plants. It's not necessary for the most part to use specific fertilizers unless you prefer. Keeping this in mind, some plants, such as azaleas or blueberries may do better with a specialized fertilizer because they prefer more acidic soil and have different requirements than other plants. However, if your soil is at the proper pH, your plants may still thrive using an all-purpose fertilizer.

One additional thing to keep in mind when picking out your fertilizer is using a more balanced fertilizer when it comes to the amount of nitrogen, phosphorus, and potassium it contains. Using a fertilizer that focuses more on a higher amount of **nitrogen can result in fewer flowers for your flowering plants** even though your leaves will look amazing.

Plant Lifecycle



One thing that can be helpful to keep in mind is the current portion of the lifecycle. During the lifecycle when your plant is flowering or growing rapidly, your plant needs extra energy to support it during this time. It's very beneficial to apply fertilizer before this starts happening. Before planting in the spring or the fall, you'll be able to add a granular fertilizer to the soil. However, if your plants are already established, liquid fertilizer should be used.

Perennial Needs

Many of your established perennials may not need a large amount of fertilizer if any depending on your soil. Often, the only time that many perennials need to be fertilized is in the spring right before or during new growth.

Some perennials fall outside of this general rule of thumb. Both daylily and tall **phlox do well with spring fertilization**, but they can also use fertilization again after they've bloomed. You can accomplish this extra fertilization by either using a slow release product so that the later fertilization needs are handled in one feeding. The sidedress method can also be used. This method is where you'll add the fertilizer according to the directions on the fertilizer. You'll want to apply the recommended amount **around the root zone of the plant**. You don't want to let the fertilizer touch the plant itself, as this can result in the plant being burnt.

With perennials, you'll also want to avoid fertilizing later in the season. Fertilizer added in the late summer or early fall can cause the plant to grow more tender shoots that will be more susceptible to damage during cold weather.

Compost Help



Compost is a great way to bulk up your soil with nutrients without having to fertilize your soil as often. Add about an inch of compost to your garden every year around your garden beds. Over the year, this compost will continue to decay down into the soil and make it **richer in nutrients without having to add commercial fertilizer**. Be sure to test your soil before adding any additional fertilizer if you use compost.

These tips of how to handle fertilizing your flowers and plants can help you to get the most out of feeding your plants without seeing the problems that come from improper fertilization. It's important to remember that testing your soil for what's needed and keeping your particular plant's needs in mind will go a long way to helping you build your fertilization schedule.

Poison Hemlock: A Killer Masquerading as a Queen

Any historian or genealogist will tell you that every family has its celebrities, and likewise its more deviant members. The plant world is much the same. Within the parsley family, you will find both the popular wildflower, Queen Anne's Lace, and its near look-alike cousin, the poison hemlock.

I recently discovered their similarity when I mistakenly identified a patch of weeds on my husband's family farm as Queen Anne's Lace to my children. I looked closer, however, and realized that the flower umbrellas were too curved, and there were too many of them. My curiosity led me to ask my brother-in-law, Keith, what the plant actually was. He informed me that it was poison hemlock, and I was once again off on a plant quest!

Poison hemlock (*Conium maculatum*) belongs to the same family, Apiaceae (or Umbelliferae), as several other very familiar garden plants, including parsley and carrots. It is unrelated to the coniferous tree that bears the same common name, the Eastern Hemlock. Gardeners will recognize the finely toothed leaves and clusters of small, white flowers common on plants in this family. Queen Anne's Lace (*Daucus carota*), also known as Wild Carrot, is similar, with deeply cut leaves.

This similarity has led to some accidental poisonings, as people have dug the roots, believing them to be the edible wild carrot, or chopped the greens up and included them in their salads. It is very important to be able to identify them and avoid accidental ingestion! It is also recommended that you wear gloves and protective clothing if you will be digging or mowing this weed, as prolonged exposure to the juices can also cause skin sensitivity and some toxic effects. [1]

Hemlock actually gained some of its fame as a poison from Socrates, the ancient Greek philosopher. He was considered such a bad influence on the youth of the time, teaching them to question authority and challenge the status quo, that he was sentenced to death. The means of execution was drinking a concoction made of hemlock juice. Though the record of his death, as recorded by Plato, made it sound very peaceful and gradual, the actual affects of the poison on humans are much more dramatic and painful, and include seizures, diarrhea, severe abdominal pain,



and respiratory distress prior to death. [2]

Both poison hemlock and Queen Anne's Lace have tap roots, similar in form to domestic carrots. The picture to the right shows roots of a hemlock plant that I carefully dug up on the farm, to check out the size of the roots. I did break off part of the larger root, but got enough to illustrate the general form.



There are a few key things to look for in determining whether

a plant is Poison Hemlock or Queen Anne's Lace. Consult this chart to compare some of their distinguishing features:

	Poison Hemlock	Queen Anne's Lace
Stalks:		
	Smooth, hollow stalks with purple blotches or	Fine hairs along the consistently green stalks. My son jokingly asked if this meant Queen Anne had hairy legs!

	streaks, especially toward the base of the plant	
Height:		
	Can attain heights of 3-10 feet, depending on the age of the plant	Generally doesn't exceed 3 feet in height
Bloom Characteristics:		
	Hemlock has many flower heads all over the entire plant, and may appear to have several umbrella-shaped clusters of flowers in each inflorescence.	Usually has one primary flower cluster at the top of the stem, often with one red flower in the center of the cluster (the blood of Queen Anne)
Bloom Time:	Blooms in late spring.	Blooms in summer and autumn.
Scent:	Unpleasant odor, both upon brushing up against it and upon crushing or bruising the leaves. This may be a defense mechanism to alert animals to its poisonous nature. It has been described as smelling "musty" or "mousy."	Foliage smells pleasant and "carrot-y" when crushed or bruised.

Now that I've learned to identify poison hemlock, I see it everywhere as I travel. Be alert, and use caution when you come into close contact with it!

Guide to Companion Vegetable Planting



The effects of companion planting techniques are widely debated among gardeners. While there isn't a lot of scientific evidence to support them, we offer you these companion planting guidelines — gardener to gardener — because, we know you'll find them interesting...and hey, they can't hurt!

Plant	Does Well Near...	Prefers Not To Be Close To
Asparagus	Basil, tomatoes, parsley	Garlic, Onions
Beans	Cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, parsnips, potatoes, strawberries	Beets, onions, kohlrabi
Broccoli	Beets, carrots, celery, cucumbers, kale, lettuce, onions, potatoes, spinach	Beans, tomatoes, strawberries
Cabbage	See "Broccoli."	See "Broccoli."
Carrots	Bush Beans, Brussels sprouts, cabbage, tomatoes, onions, leeks, peppers, leaf lettuce, red radishes	Pole Beans, kohlrabi, strawberries
Corn	Beans, peas, early potatoes, cucumbers, cantaloupes, squash, cabbage, leaf lettuce, red radishes	No known aversions
Cucumbers	Beans, peas, corn, tomatoes, cabbage, lettuce, radishes	Potatoes
Eggplants	Beans, peppers	No known aversions
Onions/Garlic	Beets, broccoli, cabbage, carrots, kohlrabi, leeks, lettuce, parsnips, peppers, strawberries, tomatoes, turnips	Beans, peas, asparagus
Peas	Beans, carrots, celery, corn, cucumbers, potatoes, radishes, turnips	Onions, garlic
Peppers	Carrots, eggplants, onions, parsnips, tomatoes	No known aversions
Potatoes	Beans, cabbage, corn, peas, horseradish, eggplant, parsnips, raspberries, rutabagas	Cucumbers, pumpkins, tomatoes, turnips
Pumpkins	Corn, eggplants, radishes	Potatoes
Tomatoes	Asparagus, carrots, celery, cucumbers, onions, peppers	Cabbage, kohlrabi, potatoes

5 Low Maintenance Grasses to Make Your Yard Drought Friendly



Even in a drought, these grasses will help your yard keep holding on!

One of the most frustrating sights for a gardener is the patchy, brown, and yellow eyesore that is a yard in the **middle of drought**. In areas prone to long stretches without rain, the yards often show signs of it first. When this happens, you have a key choice. You can irrigate the yard, which is time-consuming, costly, and considered wasteful by some. The other option is to just weather the eyesore of a dying, crunchy yard, but this is hardly ideal either.

One of the exciting developments in the world of grass science is the development of varieties of grasses that **are drought resistant**, meaning that they are able to remain lush far longer than a typical grass would under low-water conditions. This means that with less irrigation or rain, you can keep the gorgeous yard you want. Consider the following possibilities for a more low maintenance lawn that will save you time, conserve water, and potentially even **save you money** in the long term.

Yarrow Our first contender isn't a grass at all, but instead a low-growing, evergreen plant that forms a fern-like, bright green mat across your yard. It's **typically considered a weed**, and when it simply emerged between blades of grass, it makes sense to call it one, because it is hearty and grows in even tough conditions. However, when you replace your entire yard with yarrow, it becomes a wonderful, drought-resistant alternative that also tends to muscle out most other weeds. If you have children or dogs that spend a lot of time outside, it is pretty good at standing up to foot traffic, so this might be the best option if you want to fight



drought and still have your tough green lawn to show after an afternoon of running around in the backyard.

UC Verde Buffalo Grass

Most buffalo grasses, originating with Midwestern prairies, are fairly drought resistant, but UC Verde was developed specifically by the University of California as a way to have the lush green yard you desire with much less water than is necessary for many other varieties. It does best in quite warm areas, so it may not be the perfect choice for your coldest states, but it holds up under foot traffic and can look good even if you don't mow it all that frequently. It's nice to have a yard option that is low maintenance both in the mowing and the watering departments!

Eco-Lawn

If you are looking for a truly unharmed lawn, you might want to give Eco-Lawn a look. It's designed to take the needs for particular levels of sunshine, a particular mowing schedule, and even a fertilization regimen out of the equation, leaving you with a nearly no-maintenance yard that stays bright and green. The secret is in the selection of fine fescue seeds that Eco-Lawn combines; they grow slowly, meaning that they don't require mowing quickly, but that slow growth also helps with their hardy nature. Truly the right fit for anyone who wants a consistent green color even when drought comes around and **no one wants to be outside mowing**.

Fleur de Lawn

This option lets you "think outside the lawn," aiming instead for this mix of grasses, clovers, and flowering seeds that create a gentle, nearly-ornamental meadow instead of a traditional grassy lawn. The mix is drought resistant and can be treated more like a mini-meadow if not mowed heavily or can appear more traditional when mowed to 3 inches or so. People who want to draw pollinators to their gardens will often opt for a Fleur de Lawn instead of a traditional grass, recognizing the benefits of having more bees and other beneficial insects in the area. There is also something really beautiful about seeing a sea of fairly uniform flowering plants, and clover provides some natural shields against other potential weeds that keeps your flowering meadow looking surprisingly uniform.

Bahia

If you are in a Southern state and want a grass that holds up under medium usage but is also drought resistant, bahia has definitely become one of the go-to's. A typical grass that will still need regular mowing, it delivers the value of not having to be outside rigging up your irrigation system or sprinkler in the hot sun. This is one of the better options when you want to go with a recognizable, typical grass seed but want to make sure you are watering less without losing the look of your yard. It is easy to start from seed, but make sure to continue caring for it, since it can take between a few months and two years to get your sod fully established.

No matter which lower-maintenance grass or grass alternative you choose, there is an option to fit your climate, mowing preferences, and foot traffic levels. Hearty options are in demand and thus are being developed all the time; be the first in your neighborhood to try one!

Oxalis: Shamrock's Imposter



In the year 432 AD., a missionary, who earlier assumed the name Patricius, arrived in Ireland with the objective of converting the Celtic Irish to Christianity. Legend has it that he used a three-leafed plant to illustrate the Christian doctrine of the Holy Trinity. Today, we refer to Patricius as St. Patrick and the three-leafed plant as a shamrock. Indeed, nothing is more symbolic of St. Patrick, St. Patrick's Day or the Irish as is the shamrock.

History does not record what plant St. Patrick used in his teachings. Most likely it was a clover, since the word shamrock is derived from the Irish word *seamróg*, or "little plant". Today, yellow clover (*Trifolium dubium*) is widely referred to as shamrock and, in honor of St. Patrick, has been used as an Irish symbol since the 18th century.

Irish shamrock (yellow clover) as well as a miniature form of white clover (*Trifolium repens*) are sometimes commercially available as novelty potted plants for St. Patrick's Day. However, another plant with three-parted leaves with a clover-like appearance also is sold as a shamrock. The plant is *Oxalis*, which constitutes a large genus of flowering plants in the wood-sorrel plant family.

While the true shamrocks are an interesting novelty plant for St. Patrick's Day, they are not well adapted to extended survival under interior conditions. They need very bright light and should be placed in a sunny, cool window. When temperatures are too high or too low, they tend to become thin and "leggy". Additionally, true Irish shamrock is an annual plant and, as such, not long-lived. Miniature white clover is a winter hardy perennial plant also poorly adapted to the indoor environment. However, if purchased as a novelty potted plant for St. Patrick's Day, it may be moved outdoors after the weather has warmed in the spring.

On the other hand, numerous species *Oxalis* are attractive houseplants that are much better adapted to interior conditions. Although oxalis foliage may look like that of a

clover, this genus of plants originated far from Ireland. Most oxalis are native to the mountainous regions of South and Central America. They also require a bright, sunny window to thrive but are more tolerant of higher home temperatures than are the clovers.

While true shamrock has a fibrous root system, many oxalis species produce tubers, or bulb-like structures. In fact, the plump, juicy tubers of *Oxalis tuberosa* have long been cultivated as a food source in Colombia and other South American countries. Referred to as *oca* by people indigenous to the area, it is second only to potato in acreage planted in the Central Andean region.

Most of the oxalis species used as house plants (e.g. *Oxalis versicolor*) produce this type of bulb-like storage structure. Oxalis with this anatomy usually require a rest period after their main period of flowering is over. As the plants begin to weaken and look "poorly", allow them to dry down. Dead leaves should then be removed and the plant allowed to remain dormant and dry for four to eight weeks. Plants that continue to flower and grow should not be forced into a rest period, since they probably belong to an oxalis species that does not have a dormancy requirement.

At the end of the rest period, the bulb-like structures may be divided and repotted before forcing new growth. The latter normally will resume as soon as regular watering is begun.

Oxalis plants tend to be very durable that grow well in any good, porous potting medium. After potting, new plants should be kept in a sunny window. Spider mites can be quite damaging, therefore regular monitor for mite and insect infestation is advisable.

The clover-like leaves of oxalis are available in many interesting forms. One of these, *Oxalis deppei*, often is referred to as the Good Luck Plant or Lucky Clover. The latter two common names refer to the fact this species produces leaves with four leaflets instead of three. Thus, it is a reliable source of four-leaf clovers.

Another species, *Oxalis triangularis*, bears large, deep-purple leaves. An attractive houseplant, it also can be used outdoors as an annual bedding plant. As is the case with several species of this genus, the leaves of *Oxalis triangularis* exhibit the unique diurnal rhythm of opening during the day and closing (like an umbrella) at night. It bears white or pale pink flowers that also close at night.

Oxalis often is referred to as sour clover, because the leaves have a sour flavor when chewed. Our native yellow woodsorrel (*Oxalis stricta*) bears leaves, flowers and unripe fruits all having a sour, tart, lemony flavor. Considered to be edible, leaves of this species can be added to salads, soups, or sauces, or used as a seasoning. The mature seed pods of yellow woodsorrel open explosively when disturbed and can spread seeds up to 13 feet.

Most oxalis species bear attractive flowers. One species, *Oxalis purpurea*, native to South Africa bears very showy large, pink flowers and makes a very attractive garden plant. Other species may have white, yellow, rosy pink or multi-colored flowers.

Thus, if in the spirit of St. Patrick's Day you choose to purchase a shamrock, be advised it probably is oxalis, its imposter. The mislabeling probably was not intentional and, in the long run, will result in greater enjoyment of your purchase.

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'Dandelions' By Another Name

Common names are always confusing. Hence, Carl Linnaeus devised the system of binomial nomenclature in the 1700's to assign a particular name to a plant species. For example, several plant species have been commonly called dandelion through the ages. This has led to a common misconception that dandelion seed currently listed in catalogues for producing salad greens is the common dandelion, *Taraxacum officinale*. Although these dandelion greens look similar, the seed offered in catalogs is actually from *Cichorium intybus* plants. To avoid confusion, *C. intybus* greens are sometimes called Italian dandelion (**Figure 1**). Italian dandelion belongs to the chicory tribe of plants. In Missouri, *C. intybus* is the blue-flowered plant found along roadsides during summer that is commonly known as chicory (**Figure 2**).



Figure 1 Non-flowering *Cichorium intybus* (Italian dandelion) plants with "greens" ready for harvest.

Italian dandelion varieties include Clio, Catalogna Special, Italiko Red, Garnet Stem, etc. These varieties are grown under cool temperatures and require about 28 to 56 days to produce leaves or greens of sufficient size for harvest. These greens are prized for their bitter flavor and are used in salads, soups, and stews. When plants start to bolt (begin producing a flowering "stem"), their leaves are considered too bitter to harvest as salad greens.

In ancient times, *Cichorium intybus* was used as a potherb and salad in Egypt and Europe. Pliny, a Roman naturalist, also described it many uses as a liniment to treat abscesses and as a cure for jaundice. Herbalists of the Middle Ages also used chicory to treat multiple ailments.

By the 1620's, *C. intybus* roots were used as an additive or substitute for coffee. During the 1800's, chicory coffee was a common beverage in France and its territories. In the U.S., chicory beverages were widely available in Louisiana. Today, chicory coffee is a culinary tradition in New Orleans. Also, when coffee prices soared to \$3.19 per pound in 1977, millions of pounds of chicory roots were imported into the United States and chicory coffee was broadly distributed in supermarkets.

Currently, chicory used with coffee is grown in Nebraska, as well as France, South Africa, etc. In production areas, roots of plants are mechanically dug from the field in the fall when the plants contain around 60 percent inulin (a type of carbohydrate). Roots are chopped, kiln-dried, and roasted. During roasting, some of the inulin is converted into fructose, resulting in caramelized and bitter flavors. Ground chicory is then packaged for sale.

Regardless of the name, you can enjoy munching on Italian dandelion greens in salad mixes or sip chicory coffee derived from *C. intybus* roots year-round.

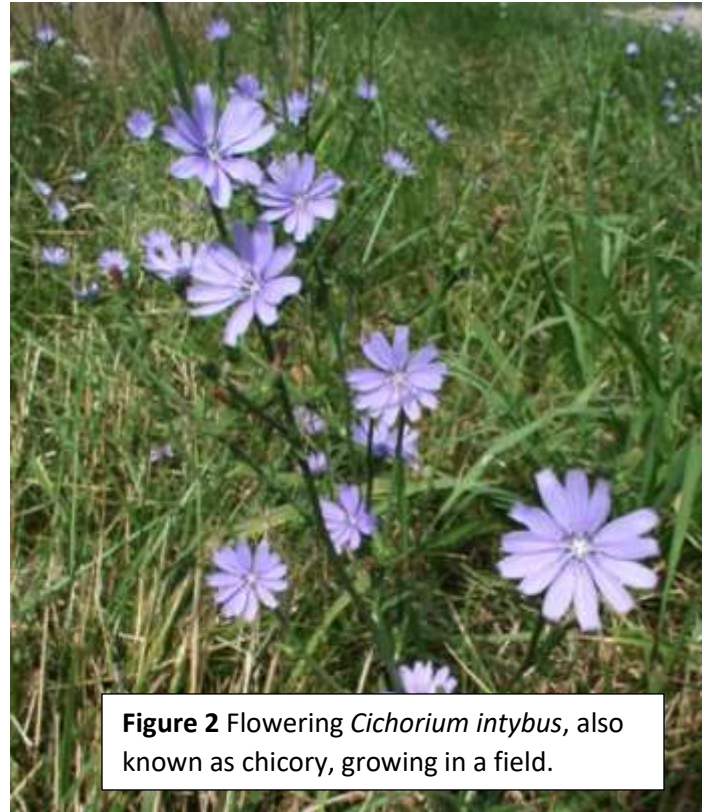


Figure 2 Flowering *Cichorium intybus*, also known as chicory, growing in a field.

Fun Facts

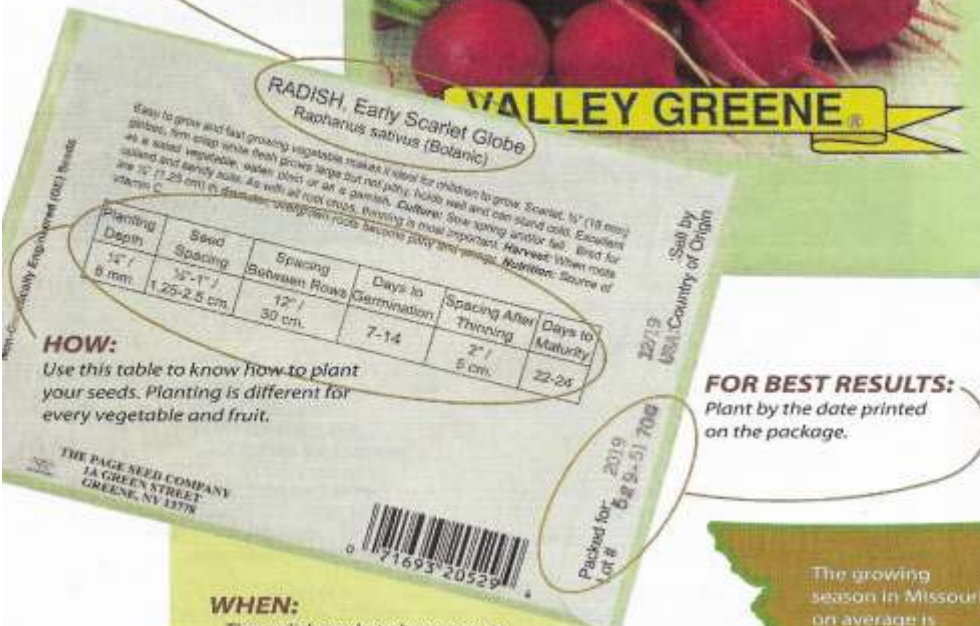
Lessons from a Seed Packet

Radish EARLY SCARLET GLOBE



WHAT:
The type of seed and variety can be found here.

Information on your seed packet can help you plant a garden!



HOW:
Use this table to know how to plant your seeds. Planting is different for every vegetable and fruit.

FOR BEST RESULTS:
Plant by the date printed on the package.



Frost-free dates in Missouri begin April 10 in the south through April 20 in the north.



WHEN:
The radish packet above says to plant in spring or fall. Printed on the back of some seed packets is a USDA plant hardiness zone map. These zones also help gardeners decide when to plant.



The growing season in Missouri on average is approximately 170 days. That is the time between the last spring frost and the first fall frost.

Seeds do get old and older seeds may not sprout. Seeds used after that date can be tested to determine the rate of germination by rolling a few seeds into a wet coffee filter or paper towel. After a few days, unroll to see if they germinated.



Seeds contain the beginning of a new plant. Seeds contain 3 main parts: a seed coat, an embryo and a food supply.

For more information on farm facts or promotion & education programs, contact Diane Olson at (573) 893-1414 or dolson@mofb.com.

Our First Lady Visits With The State's First Lady

As your First Lady, (Dixie Krisher) I was honored to represent Laclede County Master Gardeners at a tea with the First Lady of Missouri. There was delicious food and a speaker from Powell Gardens. There was also a panel to answer questions from Master Gardeners. The First Lady of Missouri Treasa Parson and the Second Lady planted a cherry tree.



Laclede Master Gardeners' Working throughout the County



Our new Scatter Garden at the Cemetery on N. 5 designed and built under the guidance of Master Gardener Nancy Coop and crew. Nice job



Our Mudgals

working hard to get the new flower bed finished at the Rt 66 Park. Project manager is Peggy Graydon helping Glennie Kinnett (not pictured) Cindy Shorts and Teresa Sugden



Bonnie Lyst, Project Manager of the Peggy Summers Memorial Library, and her crew of many have spruced up the area all around the entry and sides of the library. By the way it looks really great and thanks to all who helped out .



Wasp Stings and What to Do



Wasp stings are something you shouldn't ignore.

Imagine you come home from work, exhausted and only wanting to lay in bed. You enter the bedroom and start to undress. Just when you are taking off your pants, you feel something like a pinch or a sting, but you don't mind it, because you just want to go to bed. But then, you see something on the floor and when you look closer, you are horrified, because... IT IS A WASP!!!

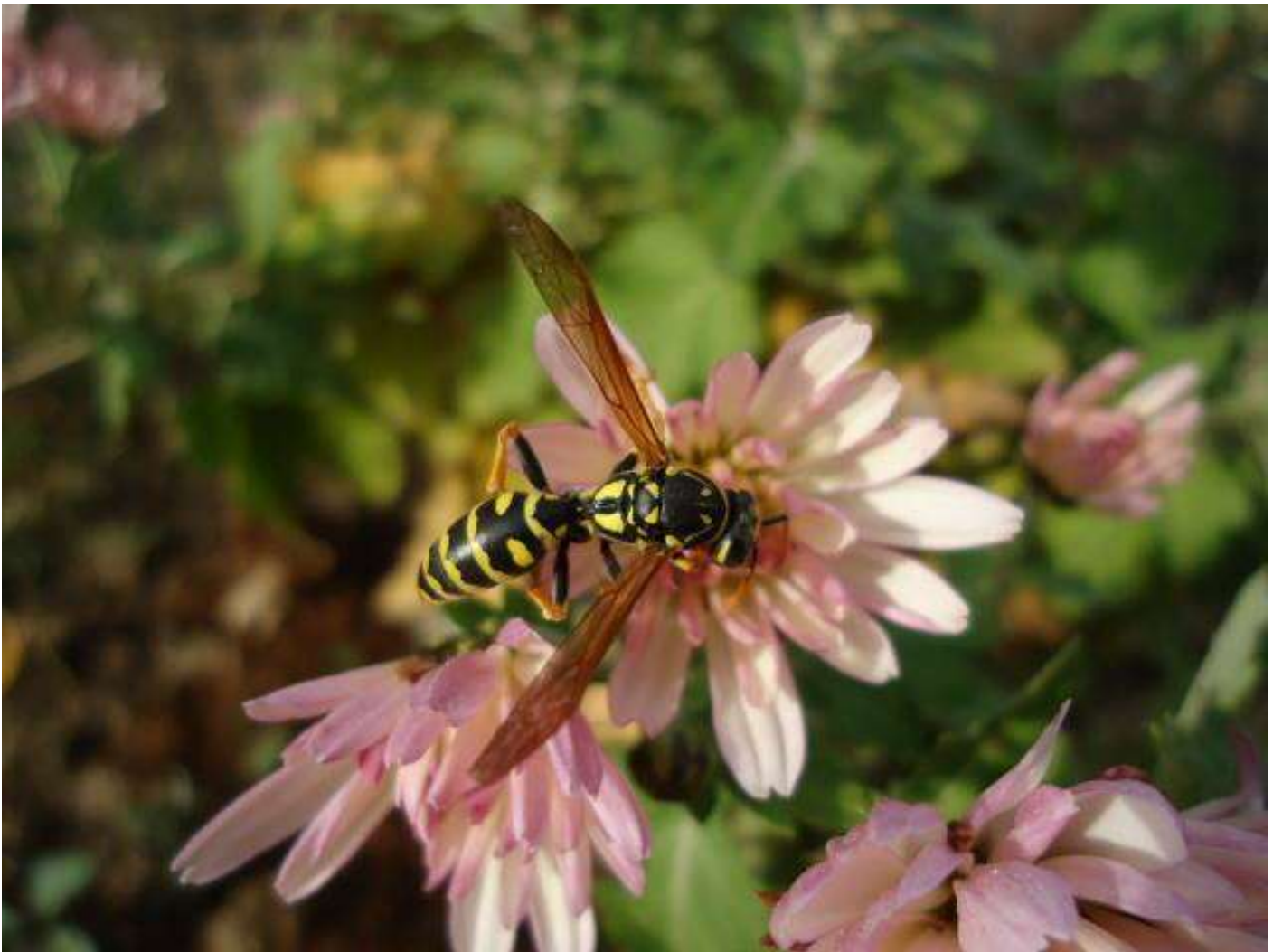
A wasp sting got me worried

A wasp stung me one day and I was really scared! But not because I am so allergic that I could die from a wasp sting, yet I am allergic enough to have a very big swelling, after the sting. On that day I knew that I would swell quickly, because I had been stung by a wasp before - but that was a long, long time ago when I was a teenager. On that occasion, the wasp sting was on my arm, which quickly doubled in size. It lasted more than twenty four hours, during which I had to keep a wet handkerchief on it - something like a wet poultice. I still remember like it was yesterday how badly the sting hurt and how huge the swelling was - so huge that my sweater arm didn't fit on my swollen arm. However, the next day the swelling shrank and I started to feel better. I think that happened because I was so young and my body was stronger, but I wasn't that lucky on this second occasion. Now that we have so many pills the healing should have been easier for me, if I only took it more seriously.

Wasps' parasitic habits

I've got used to see wasps all over my garden all summer (and spring and fall) long. I've been watching their activity and learned about their habits - remember the saying "Know your enemy"? This is how I observed some small dirt pods, stuck on the house wall, usually near the corners - even on a bulb light.

I first thought they were spider pods, yet I had to ask myself how would a spider build those pods, with dirt. Be as it may, I broke the pods every time I saw one and inside I usually found something like a spider sac with a larvae inside. Only once I found an unformed wasp, which made me realize that those were wasp nests. I researched and learned about the numerous [wasp species](#), how they nested and fed. It seems that those dirt pods are called mud cells.



Some wasp species are **parasitic**, by injecting their egg and a paralysis substance in another insect's body, such as a **spider** or a **caterpillar** - in this case, **in the spider sac**, which contains lots of small spiders. The wasp builds a mud-cell around the paralyzed victim. The wasp egg grows fast into a larvae, which feeds on the victim until it grows, makes a pupae around itself and then grows into an adult wasp.

Once I found this weird mud-cell stuck on the inside of the door frame and naturally, I had to see what was inside.



That didn't seem to be a spider sac, but a moth pupae, which the **wasp injected with eggs**.



This means war!

The wasps in my garden are often building paper nests in the corners of a window or under the roof. But the scariest was when I found a big paper nest, inside the post box! I had been seeing lots of wasps around but I've never imagined them building a nest inside

the post box. I figure it must have been a long time since I last received a letter, so they had enough time to build the nest. That meant war and as a response, I started to spray with insecticide monthly ever since the day I found it. It's an insecticide toxic for mosquitoes, spiders, flies and moths, but also for the bees. I'm spraying over the house walls, around the windows and on the trees and bushes, but I'm always careful to avoid spraying over the flowers, to spare the bees.



Only the doctor can heal my wasp sting

I've always been surrounded by wasps but they never stung me, up until now. I first tried a wet poultice, but it didn't do much. Then I tried ice and yet, no result. The swelling grew and on the next day, I started to have a rash. I decided to go to the doctor. By that time, the swelling was bigger and about the size of a fist. The doctor gave me a prescription for allergy pills and an ointment. I took an allergy pill, then applied the ointment over the swelling and guess what, it worked! The swelling disappeared in an hour or so and I finally started to feel better. It seems that the wasps have three times more poison than the bees and that's why the swelling gets bigger. So, in case that you were stung by a wasp, remember my advice: it's always better to ask your doctor as soon as possible, because he knows best.

Master Gardeners 2019

Tentative program schedule

May 9: Soil Requirements, Mulching, Cover Crops –Terry Halleran said “no way to cover all that in 45 min.” Told to cover what he thought MG should know. refreshments: Bonnie Lyst & Victoria Bench

June 13: Roses – Bill Aldrich, keeper of Nathaniel Greene Rose Garden (199 roses)
Refreshments: Sheila Buecher & Margie Wild

July: Fair – no meeting

August 8: Fall gardening
Refreshments: Pam Hazell & LaRita Pope

September 12: Planting trees and Beginning care – Sara Havens
Refreshments: Cynthia & Roy Storts

October 10: Container gardening
Refreshments: Teresa Sugden & Bonnie Williams

November 14: Tips for greenhouses – possibly new extension guy
Refreshments: Donna Jefferies

December 12: Holiday social - Potluck

Work Schedule for Scatter Garden

Since Salvia thrived so well in the cemetery Scatter Garden last year, I caught the Lowe's sale this week and purchased 6 large purple Salvia to plant again.

I'm also looking for good deals on either Blue Star Junipers, Lemon Lime Nanina, Gold Coast Nandita, or Gold Mop Cypress. We need 3-4 dwarf evergreens to give the garden more winter color. If any of you see something you think will work, either purchase it (we will reimburse), or call me to discuss (615-512-2651).

We'll schedule a work day at our meeting next week and plan to plant salvias, dwarf shrubs if we find them, and do a little weeding after so much spring rain

Nancy Coop
(615) 512-2651

Saving Bulbs in the Spring to Plant in the Fall



Snowdrops, hyacinths, daffodils and tulips are blooming in the spring and then just disappear. Later, when I dig into the flower beds, for weeding or for planting summer flowers, I always find some bulbs.

Should I bury them back into the ground? Definitely not, I better take the bulbs out and save them for planting in the fall.

Trying to make a beautiful landscape in my garden

I learned about the perfect time when **spring bulbs** need to be planted from my Dave's Garden friends. I've always been amazed about the hundreds of bulbs that each of them are burying in their gardens in the fall! I don't have a big garden and that's why I only planted a dozen of bulbs when I first started my garden. I knew that they will naturalize themselves, so I planned to thin them when they needed dividing.

We have a saying in Romania '*The count you make at home doesn't fit with the one from the market*' - and that's what happened with my bulbs. I planted them when all my plants were young, trying to make a beautiful landscape, considering the time of month when each of the plants bloomed. I had tulips along the alleys, some near the thuja and others near the mums. But the **thujas** grew bigger and bigger and the mums grew wider and wider. In a couple of years, some of the tulips were strangled by the mums and others were shaded by the thujas. I knew that I had to change my garden's landscape again.



Changing one landscape solves the tulip issue

That summer, I needed to weed the grass from around the mums, but also to plant the **echinacea** seedlings I had started from seeds. Since the grass had long and deep rhizomes and roots, it was a perfect occasion to dig it out, together with any bulbs I found in there and then, plant the seedlings in their place. Since I already

had the spade, I tried to thin some of the mums too and in the process, more tulip and daffodil bulbs came out.



After digging the bulbs out, another issue came up. What to do with the bulbs until fall when I knew it was the perfect time for planting them so they would be able to bloom in the following spring. I knew that bulbs need some cold and just a few drops of water while they are dormant. Since I didn't want to keep watering them, I decided to force the bulbs to go dormant, by keeping them in a plastic bag, in the vegetable box of my fridge. I dug out all the tulip bulbs from around the thujas and saved them in the same way. I must admit I had my doubts, but all turned out well and the bulbs hibernated very well in my

fridge.

I am now using the same method any time I am digging out some bulbs, as I know they will be fine in the fall. I have no worries and just let the plastic bag with the bulbs in the fridge and maybe just check on them from once in a while, when I remember.

Starting a new Spring garden

Most of my American Dave's Garden friends are planting the bulbs in late August, but since I am always late, I was late for that too. August was hectic, by caring for the vegetable garden and watering. September passed quickly too - with the pickles! In October I saw that the bulbs in the fridge had sprouted so it sure was time I planted them! I found a perfect place for them where I won't have to dig them out too soon. I plan to make this place a spring garden, with lots of tulips, hyacinths and daffodils blooming altogether. The spot is surrounded by roses and has a **hardy hibiscus** (moscheutos) in the center. During summer, all those are almost covering my spring garden-to-be, which is perfect.



My plan is good at least for now, but who knows what will happen in the future? Maybe I'll have to change my garden landscape again and start a new spring garden in another spot. But for now, I'm enjoying my spring garden and I'm trying to expand it more and more every year. Aren't bulbs amazing?

10 Allergy-Fighting Tricks

It's officially springtime, the season when fresh buds bloom, animals awaken, and the earth seems to come to life again. For many people, though, spring mainly means allergy season. Whether you have indoor allergies to dust and mold or hay fever caused by pollen, allergy symptoms can be equally miserable and can affect you all year long.

Although there is no cure for most allergies, the best way to fight them is to learn ways to avoid them. Here are the first 5 of 10 simple tips that can help you deal with allergies. Next month we will publish the other 5.

Wear Sunglasses to Keep Pollen Out of Your Eyes

Wearing sunglasses outside can reduce the amount of pollen or spores that get into your eyes. Allergy-irritated eyes are also more sensitive to sunlight, so stylish shades may help your eyes feel better, too.

Eliminate Pollen-Producing Indoor Plants

While indoor houseplants that flower aren't likely to cause a pollen allergy, because most flowering plants are pollinated by insects, plant soil can let plenty of mold spores into your house. Therefore, if you have hay fever or a mold allergy, keep houseplants to a minimum (especially indoor shrubs, trees, and grasses) and keep them out of your bedroom.

Kill Dust Mites with a Hot Wash

One of the biggest causes of indoor allergies is the dust mite. These microscopic insects love to live on your bedding and stuffed animals. Washing all of your bedding in hot water and drying it in a hot dryer will kill dust mites. Keep stuffed animals off the bed, and wash sheets and blankets at least once a week in water that's 130° F or higher to limit the effects of this indoor-allergy culprit.

Take a Vacation from Pollen

Hay fever is also known as seasonal allergic rhinitis, because pollens tend to be worse in specific seasons when trees, grasses, and weeds pollinate. If you can identify your trigger season, you may be able to avoid the worst pollen exposure by getting out of town for at least part of it. But let's face it: It's hard to take a vacation that lasts an entire allergy season, so avoid pollen at home by staying inside as much as possible when pollen counts are high, especially at mid-morning and on windy days.

Adjust Home Humidity to Control Mold

Mold thrives in moisture. To help control indoor mold, use a dehumidifier or your air conditioner to keep your home humidity close to 50 percent. Take the guesswork out of measuring indoor humidity with a device called a hygrometer. It's also important to clean up water spills promptly, fix any leaks, and change the filters in your air conditioner and heating ducts regularly.

Travel Wisely During Pollen and Mold Seasons

If you take a road trip when the pollen count is high, make sure to keep your car windows closed. Before you begin your trip, start the car and turn on the air conditioner, then get out and let the air inside the car cool. If you can, travel early in the morning or in the evening. Also avoid vacationing in a high-allergy destination.

Clean Trouble Spots Well for Indoor Allergy Control

Windows, curtains, and blinds are the preferred hiding places for dust and mold. These indoor allergy culprits can also set up shop in poorly ventilated laundry rooms, basements, refrigerator drain pans, and old books. Wipe down bathroom and kitchen areas with diluted bleach, and vacuum your floors often. If you have an allergy to cleaning products in addition to the mold and dust, wear a mask when cleaning and get out of the house for a few hours afterward to let the air clear.

Keep Outdoor Pollens Outside

Take some simple precautions to keep outdoor pollens out of your home. Wear a mask if you work outside and remove your work clothes before entering the house. It's also good to shower right after coming in from yard work. When you do laundry, use a dryer instead of hanging your clothes outside. Leave all windows in the house closed during allergy season and rely on your air conditioner or dehumidifier to help protect you from indoor allergies.

Control Irritants Along with Allergens

If you have outdoor or indoor allergies, any substance that irritates your airways can make your symptoms worse. Don't smoke in your home, kindly ask house guests to smoke outside, and avoid wood fires and wood-burning stoves. Strong odors such as perfumes, paint fumes, hair sprays, disinfectants, and air fresheners can also set off an allergy attack.

Get Rid of Roaches and Rats

Studies have shown that cockroaches are a surprisingly common cause of indoor allergy symptoms and asthma, especially in children. Remove water and food sources that may attract cockroaches, and if you see a cockroach, get professional help. If you or someone in your family is struggling with indoor allergies or hay fever, talk to your doctor. In addition to these smart strategies, there are many treatments to help ease symptoms.

*These helpful hint were reprinted from Life Lines, a publication of MASA, Medical Air Services Association

garden * therapy

SAVE THE BEES

PLANT THESE

Annuals	Perennials	Herbs
Aster	Allium	Borage
Calendula	Anemone	Catmint
Clover	Clematis	Fennel
Dandelion	Crocus	Lavender
Poppy	Dahlia	Mint
Sunflower	Echinacea	Oregano
Sweet alyssum	Geraniums	Rosemary
Zinnia	Globe thistle	Sage
	Hollyhock	Thyme
	Monarda	Salvia
	Penstemon	
	Sedum	

