



Horti-Bull

HORTICULTURAL BULLETIN

Published Monthly by the SAN ANTONIO MEN'S GARDEN CLUB
A club for Men and WOMEN interested in all aspects of gardening

[WEBSITE: mensgardenclubofsa.org](http://www.mensgardenclubofsa.org)



Volume LV

April 2024

Number 04

MARCH- OUR MOST PRODUCTIVE MONTH

by Paul D Huegel

The MGCSA was very productive during March with two fund raiser events including the SAWS Spring Bloom (March 9) and the annual Hollywood Park Yard Sale (March 14-16). Both events were successful thanks to those volunteers who supported MGCSA with their time and gardening talent. Unfortunately, it is the same small group that makes these events happen.

Spring Bloom has been one of our primary fund raisers. The 2024 Spring Bloom was basically the same format and venue as last year when we returned after a three year hiatus at the SAWS headquarters front parking lot. We were situated in an ideal location next to the free plant giveaway where droves of people filed in, got their freebie and ended up at our line of tables which had a backdrop of a large presentation show tent which blocked the view and separated us from other competing plant sales giving us a major sales advantage. We were able to attach our club banner to the side of the tent for all to see. We were busy all four hours selling purchased plants and other donated plants as well as some I moved from the Grotto greenhouse to my garage before the deep freeze. We sold all our plants and could have sold more which contributed nicely to our club treasury. Thanks to all who volunteered including John and Betty Opiela, John and Mary Garcia, John Sells, Larry Cromer, Mary Martinez, Robert Mc Daniel and yours truly.



Hollywood Park was a three day event (14-16 March) where we sold leftover plants from Spring Bloom and some newly purchased plants as well as some donated plants. Our location this year for the second time was at MGCSA Secretary Ida Santiago Maldonado's spacious driveway. The club is grateful to Ida for letting us set up on her property which was easy to find for the regular Hollywood Park and other returning customers. We were worried about the threatening weather reports but our prayers were answered with three days of no rain and a very impressive final tally of sales. Along with Ida, thanks go to Barbara Lamm, Mary Martinez, Larry Cromer, Mike Stepp, Robert McDaniel, Elena Shriner, Frank Rios, and yours truly. I was disappointed with the absence of volunteers but happy with the sales result which was very impressive. Hollywood Park has served us well over the years with this event and other events and given MGCSA a good reputation that residents and others look forward to each year.



SEE PAGE 3.

**MEETING 4 April 2024 at
The San Antonio Garden Center
Located At N. New Braunfels Ave
and Funston Place
6:30PM Meet and Greet
7:00PM Meeting**

**Our program this evening will be a
round-table discussion by five of our
Garden Club experts and will be
moderated by Paul Huegel.**

See page 7 for more details.

Refreshments for March

M thru Z

**ITS YOUR TURN. We encourage you to
stay after the meeting to help clean and
straighten up so everyone can leave as
soon as possible.**

MEMBERSHIP

Attendance: March 7, 2024, 27 members and 2 guest.

Welcome new members in 2024: Martha M. Escobar, Cheryl Coker, Keith Massa, Sharon Beck-Pfeiffer, and Robin Van Dusen.

Happy Birthday to all April births.

Healing and recovery to all who are sick.

Strength, comfort, peace, and love to all who are coping with losses.

From Vallerie Hartfield



Horti Bull Gardening Calendar for April From DR CALVIN FINCH

It is not too late to plant tomatoes if you do it in the first of the month especially if you can obtain transplants that have been potted up and are ready to bloom and start setting fruit. Consider the Rodeo tomato for the year "Rambler" or top determinate performers like Tycoon, Phoenix, Thunderbird, Amanda, Red Snapper, and Red Deuce. My two favorite tasting tomatoes are the cherries Ruby Crush and BHN968.

It is also an excellent time to plant peppers. Aladdin is a good large mild selection that is easy to grow. After mid-month plant okra. The Oscar Okra selection makes a moderate sized plant and the individual fruit seems to have a longer period when it can be harvested. Plant green beans, cucumbers, and summer squash in early April. Try tatuma to replace summer squash if you have problems with the squash vine borers.

The snapdragons will bloom well in April usually until the end of the month when the fungus "rust" may appear if the temps increase. It is the time of the year when both zinnias and snapdragons can both be blooming in the cut flower garden.

Plant zinnias by seed or transplants. one of the advantages of planting Dreamland and other se-

lections with instant blooms is that they become a nectar source for Monarchs, hummingbirds and other pollinators in April and May. If you include blue curl, blue mist, larkspur, alyssum, milkweed, and other flowers in bloom in April you will attract lots of pollinators.

If you want to be part of the local gardeners effort to support a recovery in the Monarch population include a number of bloom and foliage producing milkweeds in your landscape. It is difficult to increase the number of native milkweeds in your landscape but work at it and fill any initial gaps with Tropical milkweed. It is attractive and easy to grow.

April is a key month in lawn action. It is the period when we usually see the spring growth that encourages local homeowners to mow the lawn for the first time and to reach the "mowing real grass twice" which signals that it is time to fertilize the lawn with 19-05-09 slow release lawn fertilizer.

Remember to paint any pruning wounds on your oak trees as soon as it is discovered. Special pruning paint is readily available at all gardening shops but even a quick coat of latex paint will protect the tree from oak wilt disease carrying insects. **It is the law in San Antonio.**

MGCSA Officers for 2024

President	Robert McDaniel	210-542-1888
1st V.P	Elena Schriener	210-269-8222
2nd V.P.	Vallerie Hartfield	210-240-1466
3rd V.P	Vacant	
Treasurer	Paul Huegel	210-385-8972
Secretary	Ida Santiago	210-387-5092
Chaplain	Vallerie Hartfield	210-240-1466

Directors

2022-2024

Teresa Martinez	210--534-8100
Gary Ross	210-836-4052

2023-2025

Barbara Lamm	210-648-8001
Leonard Martinez	210-514-0584

2024-2026

David Badorski	815-436-3970
John Opiela	210-532-5963

Other

EX Officio	Todd Mernin	210-218-4155
HB Advertising	Paul Huegel	
Historian	Paul Huegel	
Webmaster	Ivan Roman	
HB Editor	Larry Cromer	210-521-5350

HOSPITALITY

A heartfelt thanks to Marion See and Marie Reyes, and all who helped with setting up the refreshments and clean up at the March meeting. Thanks to all who brought goodies to share.

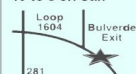
From bedding plants to trees, Milberger's has over 20 acres of specimen plants, trees and quality turf grass to meet all your gardening and landscaping needs.

MILBERGER
LANDSCAPE & NURSERY

Milberger's specializes in providing San Antonio with the very best plants, garden supplies, sod, water garden materials and trees.

Fresh Stock arrives daily.

Nursery Open
9 to 6 Mon to sat
10 to 5 on Sun



3920 North Loop 1604 E
San Antonio, TX 78224
(210) 497-3760
Three exits east of 281, inside 1604
next to the Valero station.

Watch for our WEEKLY AD SPECIALS at www.milbergernursery.com

Children's Vegetable Garden

In March the children tended to their February plantings of potatoes, broccoli, cauliflower, and carrots. And, they added squash and tomatoes to their beds. Volunteers are welcomed. If you are interested, go to the website at sabot.org. Contact me, Vallerie Hartfield, at 210-240-1466 if you have questions.

MGCSA

Page 2

HORTI-BULL



Spring Bloom has just opened, the line at the end of the freebies tables led right into our display. GOOD planning!



Mary Garcia helps lady select a plant from the many flowering plants, hanging baskets, and vegetables available.



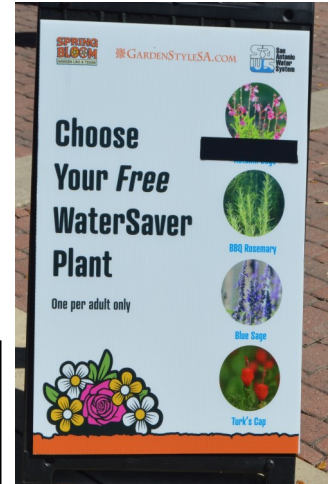
Al Del Rio, bundled for the nippy weather, adds more veggies to our table. It is only 9:30AM, they'll all be gone well before 1PM closing time.



Frank Rios reflects on his glory days of tomato growing to an audience of Hollywood Park 'workers', consisting of Paul Huegel, Mary Martinez, Elena Schriener, Sharon Hughes, and Ida Santiago.

MGCSA
Page 3
HORTI-BULL

These **FREE WATER SAVER PLANTS** brought a lot of people to Spring Bloom.



The Thursday morning Hollywood Park sales crew of Paul Huegel, Mary Martinez, Robert McDaniel, Frank Rios, and Ida Santiago is ready to go to work.

. We had a beautiful array of plants to start the 3 day plant sale. The 'Frank Rios Hanging Basket Tree' stands tall, doing what it was built many years ago to do, display beautiful hanging baskets.

We had some beautiful potted plants too.



Irish Cultural Society Herb Sale in Hollywood Park

It started at 9 am on Thursday at the Hollywood Park Annual Garage Sale: a stream of home cooks asking for herbs. We sold Garlic, Chives, curly Parsley, Lemon Mint, Pineapple Sage, Sweet Basil, Dill, English Thyme, Greek Oregano and Lavenders. The lavenders went fast and the rest, over 3 days, slowly but surely. Tips to customers from MGCSA Pres. Robert McDaniel to seek out the ICS stand on 206 Donella Drive for herbs drove customers to us. Likewise we sent customers looking for flowers and vegetables over to 222 Yosemite and the Garden Club sale. Back scratching at its best.

A week later on Saturday, March

23, I sold herbs at the end of our driveway. It was a slow day, but made enjoyable by a couple of friends who came to keep me company.

I still have some oregano, chives, parsley and lemon mint left. **If any MGCSA members would like to contact me I'll bring them to the April meeting, or contact me at 210 381 4931.** It's good weather for planting right now and these herbs are growing roots out of their pots!

This is the third year that we have sold herbs for the SA Irish Cultural Society, an organization close to my heart.

From Jane McDaniel



At the Hollywood Park Plant Sale, Jane McDaniel and her friends offered Herbs for sale in support of the Irish Cultural Society (ICS). Shown here are Donna Gannon (ICS), Jane McDaniel (ICS and MGCSA), and friends, Adrienne Hacker and Joe Beth Kirkpatrick.



Paradise Nursery, L.L.C.

Quality Plants and Trees



Raymond Dadi - Owner
Matt Pizzini - Manager

14606 Jones Maltsberger
San Antonio, TX 78247

Bus: 210-490-1111
Paradisenureseryllc.com

Ronnie Grell
Managing Partner

TEXAS
CERTIFIED
NURSERY
PROFESSIONAL

2585 Thousand Oaks San Antonio, TX 78232 494-6131
Beautifying San Antonio, Since 1976

RAINBOW GARDENS also at 8516 Bandera Road

A NEW YEAR AND ANOTHER DOSE OF REALITY

By Paul Huegel

If everybody makes even a small plant donation we can improve our chances of a successful year. Success is not only measured by monetary gain but more so by member participation. We have managed to participate in various fund raisers over our 55 year history with the help of a small group of volunteers, but some of these volunteers can no longer participate like they once did because of age and physical limitations. The club needs every member to contribute their time and gardening talent even if it is just a token amount if we are to remain viable as a club. **This is the reality of our future and very existence!**

Here are some gardening ideas to get you started and have some fun doing it:

1. Thin out your home gardens and repot rooted plants for sale. For example, plants like Shrimp plants, mint, Purple Heart, and rhizomes like Irises can be dug up, thinned out, and repotted for sale.
2. Cuttings can be rooted in organic potting soil, compost, expanded shale, coconut fiber or started in Perlite and transferred into soil. Cuttings should be 4 to 8 inches long and are best taken from the youngest growth of healthy, vigorous shoots. Strip the leaves off the bottom 60-75 percent of the cutting. Some gardeners recommend dipping cuttings in rooting hormone or willow water but studies have shown that this is not usually worth the trouble or expense. What does work and it is far less expensive believe it or not, is saliva. Plunge cuttings into your starter mix and keep cuttings warm and moist. Cuttings will root in 2 to 8 weeks depending on species. Some plant cuttings like Purple Heart can be stuck directly into pots without stripping any leaves. They will root in the pot and look like they have established roots.

3. Discounted plants can be purchased at nurseries and box stores like Lowes and separated into smaller pots. The club will reimburse members for such plants. For example, I have purchased large container plants like Snake Plants or Mother in Law's Tongue which sells well and got 8 separated plants from one large pot to sell. By the way, places like the 99 Cent store sometimes sell them dirt cheap (no pun intended). The key is to get healthy looking plants.
4. Seedlings may not be feasible for near term events as they may not be big enough to sell if started from seeds but it may be worth a try for things that germinate quickly. If not for the near term maybe later events for plants that take longer. For example, it takes about 6 weeks to get a salable tomato plant for any Spring events. The key is to get started now.

When you are ready, we can stage your donated plants at the Grotto greenhouse and make arrangement for pick up if necessary. This actually challenges us to be an active garden club that serves rather than be served once a month by only listening to a guest speaker and socializing. **Please** take this seriously and do not sit on the sidelines letting others fulfill the need. Another benefit of getting involved in donating your home grown plants is that you can take pride when someone is willing to purchase your plants that you grew. Once you get started you will have plants of your own to enjoy in your home or share at monthly meetings .You will save money by not replacing plants each year with newly purchased plants. This is what true gardeners do to develop that "green thumb" and secure bragging rights for show and tell at our meetings and plant exchanges. The bottom line is to be active not passive in **OUR** club.



Your happy
Hospitality Crew,
Marie Reyes, and
Crew Chief,
Marion See.

MGCSA
Page 5
HORTI-BULL



The Bunny just
laid another egg.

From bedding plants to trees, Milberger's has over 20 acres of specimen plants, trees and quality turf grass to meet all your gardening and landscaping needs.

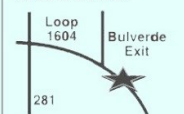


MILBERGER
LANDSCAPE & NURSERY

Milberger's specializes in providing San Antonio with the very best plants, garden supplies, sod, water garden materials and trees.

Fresh Stock arrives daily.

Nursery Open
9 to 6 Mon to sat
10 to 5 on Sun



3920 North Loop 1604 E
San Antonio, TX 78624
(210) 497-3760

Three exits east of 281. Inside 1604 next to the Valero station.

Watch for our WEEKLY AD SPECIALS at www.milbergernursery.com

THE HEALTH BENEFITS OF HERBS

From Vallerie Hartfield

Herbs are rich in phytochemicals, in particular antioxidants, which are thought to be good for heart health and cancer protection. Herbs are the ideal ingredient for the health-conscious cook, giving you a wide variety of fabulous flavors without adding salt or fat. The regular addition of herbs to meals not only enhances flavor but has health benefits too.

What is a herb? Herbs are typically the whole leaves of plants that can be used in cooking to add flavor. Parsley, rosemary and basil are some of the common leafy herbs. Other parts of the plant that are used fresh are also generally classified as herbs, for example garlic, onions, and fennel bulbs. Herbs could be called the first and most widely used functional foods thanks to the contribution they make to health. Think of herbs as part of the fruit and vegetable group.

The health benefits of herbs. Herbs are rich in phytochemicals (chemicals found in plant foods which are good for our health), in particular antioxidants. The antioxidant content of herbs compares favorably with other foods known for being rich in antioxidants-such as fruit and vegetables.

Combining foods. The combination of foods with herbs eaten together can enhance the overall antioxidant capacity of the meal. For example, adding just 3g of marjoram increases the antioxidant capacity of a salad by over 200%. Herbs rich in antioxidants include oregano, thyme, marjoram, mint, sage and rosemary.

Flavor substitute. The healthier option of reducing sodium and saturated fat in recipes can make some dishes bland. But the introduction of herbs replaces this lost flavor, introducing

fresher, more palatable tastes. The use of herbs as flavoring alternatives, replacing or reducing the amount of salt used, may explain their association with lowered blood pressure.

Heart-protecting herbs. Eating garlic is thought to be heart healthy because it contains a compound that can help reduce total and LDL-cholesterol (often called bad cholesterol). The high antioxidant levels in some herbs have the potential to inhibit the oxidation of damaging LDL-cholesterol, providing further heart protection. Lowering your intake of saturated fat is also key to reducing the risk of heart disease and the inclusion of herbs in your cooking may help you achieve that.

Cancer-protecting herbs. The actions of some phytochemicals in herbs may help protect against oxidative stress and inflammation, which are both risk factors of cancers. Lemongrass, basil, parsley, rosemary and mint (or their active constituents) have all been shown to have anti-carcinogenic properties in laboratory research; although that doesn't mean they'll prevent cancer in humans at normal amounts consumed.

Storing and preparing herbs. A potted herb should be treated like a potted plant: keep in daylight and don't let the soil dry out Herbs with stalks can be put in water or kept in a plastic bag-trap as much air as possible when you seal it; store in the bottom of the fridge.

Dried herbs: When using dried herbs use a sprinkle for mild flavors. Reseal jars tightly and store in a cool dark place. **Herb pastes:** Sold in the chilled section of supermarkets with fresh herbs. Keep refrigerated. **Freeze-dried:** These have all the benefits of fresh herbs with the convenience of dried.

Resource: Healthy Food Guide

A SPIRITUAL REQUEST

Garden Club Members: THE FOLLOWING IS A LIST OF OUR CLUB MEMBERS THAT ARE IN NEED OF YOUR PRAYERS FOR GOOD HEALTH.

Nacho Roman (Ivan Roman's Father, who has graced many of our meetings and events) is recovering from an extensive surgery, prayers are needed for a full recovery.

Christina Huegel, daughter of Paul and Sherry Huegel, recovering from surgery.

Joyce Siebold, is settled into the assisted living center at The Forum at Lincoln Heights and has made many acquaintances there. Joyce is recovering from her last surgery for a broken elbow, which is still very painful on any movement.

Teresa Martinez, chronic back condition.

Sharon Hughes, is all settled back into her home with the help of family. Her wrist has healed but she is careful not to lift anything too heavy. After a long recovery period, she has lost an abundance of energy and it is taking a great deal of time to complete house chores.

If anyone would like to send a 'thinking of you card' with 'good wishes', I am sure it would be appreciated.

We pray for God's healing grace and for each individual and their families who offer care and support.

IF YOU HAVE ANYONE IN NEED OF SPIRITUAL HELP AND WOULD BE IN NEED OF A PRAYER OR A CARD FROM THE CLUB, PLEASE SEND ME AN EMAIL OR CALL ME.

THANK YOU ALL From Darlene. Email me at Lizzey07@att.net or cell at 815-436-3970.



April Garden Club Meeting

This month we will have a roundtable, audience-driven gardening discussion moderated by Paul Huegel and made up of 5 of our club's most knowledgeable gardeners. Ken Wolfgram, Al Del Rio, John Sells, Charles Bartlett, and John Opiela will field your questions, and may generate topics of their own. **When you sign in at the front door you will be given a 3"X5" card for you to write your questions.** You will hand the cards in and the moderator will ensure that all the questions will be answered/discussed, as time permits. Hopefully everyone will have their turn with the experts.



OUR GARDENING GO-TOOERS, KEN WOLFGRAM, PAUL HUEGEL, AL DEL RIO, JOHN SELLS, CHARLES BARTLETT, AND JOHN OPIELA.

February Speaker: Mr. Luis Valdez, the "Orchid Whisperer", gave a presentation entitled "All About Orchids". He began by giving us the history dating back to 371 BC when the Father of Botany, Theophrastus, called the three-petal plant, "orchid". He further described the plant structure of the orchid. A striking statistic is that there are twenty-eight thousand species of orchids in the world and there are 125,000 hybrids now. And in Texas, fifty species can be found. Part of the presentation dealt with the

growing and cultivating orchids to include the potting medium, light requirements, watering needed, air circulation, humidity, and fertilizing. Mr. Valdez brought many plant specimens to the meeting that showed how orchids can differ and be strikingly unique. Mr. Valdez fielded questions from our members and generously donated an orchid plant for our plant sale.

From Mary Martinez



From left to right: 1. Mr. Valdez and Elena Schriener at his static Orchid display. 2. Mr. Valdez describes the characteristics of one of his many orchids. 3. A plastic orchid mockup used when describing an orchid in a teaching environment. Charles Bartlett said, 'This is my favorite Orchid because it is drought tolerant, requires no sun or artificial light, and is overall very low maintenance.'