



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

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MGCSA Coming Events

August Meeting	04 August
Fellowship 6:30 PM, Meeting at	7:00PM
National Night Out	04 October
Fall Home and Garden Show	30 Sep-2 Oct
Herb Fest at The Pearl	23 October
Hollywood Park Market	13 November
Beck Tamalada	TBD

Our interim president, Robert McDaniel, is on a work/vacation in Ireland with wife Jane (I'M Irish). He plans to be back mid-August. We look forward to his return and providing hands-on guidance in the Fall .

Drought is a regular occurrence during our South Texas summer. But with a little preventive care, you can help minimize plant damage and mortality.

In the decades that I've lived in South Texas, I've learned several things about drought: it occurs often, plants rebound, and a little preventive care goes a long way.

Although we have had a couple of serious droughts during the past few years, most plant mortality occurs after several contiguous years of deficit spring and fall precipitation. Moderate watering during those months will prevent serious mortality regardless of summer drought.

Most grasses — even St. Augustine — rebound with the advent of normal precipitation. As for trees and shrubs, those that haven't been planted or established properly or planted in very limited soils are the ones that die or don't perform to expectations.

There are a few things you can do to help minimize plant damage and mortality.

-Use [native species](#) — they know how to survive periodic droughts.

-[Plant appropriately](#) and establish with the correct amount of consistent water using the [3-2-1 method](#).

-Add compost (approximately ¼ inch) to turf and beds — organic matter increases the water-holding capacity of soil.

-Apply mulch to landscape beds; one to two inches of wood chips or bark retain moisture for weeks at a time.

-Water moderately but consistently — once a week or twice a month — in the summer to maintain survival.



-Never, ever fertilize a stressed plant. Wait until the late fall.

-Don't fret. As I tell relatives in the Midwest, San Antonio weather is continuous drought, broken by periods of heavy flooding.

A lengthy drought, which is what we appear to be in, does not have to equal landscape demise. Our plants have seen one or two over the past 1,000 years and have survived.

From SAWS Garden Style: By Mark Peterson

: Mark A. Peterson is a conservation project coordinator for San Antonio Water System. With over 30 years of experience as an urban forester and arborist, Mark is probably the only person you know who actually prunes trees for fun. When not expounding on the benefits of trees and limited lawns, you're likely to find him hiking San Antonio's wilderness parks or expounding on the virtues of geography and history to his friends.

Refreshments for our August meeting,

A thru L

it's your turn. **We encourage you to stay after the meeting to help clean and straighten up so everyone can leave as soon as possible. It only takes a few minutes for the clean-up if all pitch in to help!**

**See page 4 for our speaker,
Guadalupe County Master
Gardener, Mr. Marvin Borth.**

Page 1



Calvin's Corner

By Dr. Calvin Finch, Retired Texas A & M Horticulturist

Horti-Bull Gardening Calendar for August

Your fall planted tomatoes should be in the garden or at least in containers set out of the wind in morning sun. When you are ready to transplant the tomatoes to the garden make sure that 10 cups of a slow-release lawn fertilizer and 2 inches of compost has been incorporated into every 100 square feet of the new bed. Another key preparation is to soak the soil in the bed

with water several days before the planting, so the roots have a damp soil complete with nutrients rather than a dry sterile reception.

The peppers, okra, and southern peas can continue to produce if you keep them watered.

In the flower garden the vinca, zinnias, moss roses, cosmos and sunflowers should be performing well in the sun. In the shade the coleus, caladium, begonias, and penta are looking good. There is still time to plant new transplants and if you let the zinnias and cosmos drop seed new seedlings should be providing fresh blooms up until Thanksgiving.

Don't forget to irrigate your fruit trees regularly this month. Next year's crop production is dependent on the fruit trees receiving enough water for the buds to develop this summer.

The Monarchs won't arrive in numbers until later in the fall, but other butterfly species are about in big numbers in August, if you have a generous supply of nectar sources. Zinnias, cosmos, pentas, Porter weed, mist flower, milkweed, lantana, and salvias are popular. Also consider planting duranta, Mexican flame vine and coral vine. They are favorite nectar feeding sites. Passion vine is the nesting site of the Gulf Fritillary and Queens related to Monarchs lay their eggs on milkweed.

This year with the heat and dry weather, it may be hard to get excited about preventing winter weeds, but August is the time to apply preemergent to block growth of the weedy grasses, rescue grass, and annual blue grass. There is also a long list of broadleaf weeds including dandelions, thistle, bedstraw-, and beggars' lice. The products, Crew and Dimension, work well to control both weed types, or you can use a product that specializes in preventing broadleaves from germinating. In any case make a quick study of the labels of the preemergent herbicides to make sure that the product you select will work for the weeds you want to control.

There is not much hope extended in the rainfall predictions that the rains will return so be prepared to continue to comply with drought restrictions, if your community has them. Also, add one or more bird baths to your landscape to help the songbirds cope with the heat and dry weather. Between the high evaporation rate and the birds splashing in the bird bath you will have to refill it every day. That is not all bad in that it means the mosquitoes won't use the water source to reproduce. Make your bird-bath even more attractive to the birds by obtaining a recirculation apparatus. They are available at bargain prices at your favorite bird supply store, nursery or on the internet.

MGCSA Officers for 2022

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STILL wanted for the Horti-Bull - your inputs for future Horti-Bulls. Prefer receipt by the 20th of the month . The article can be about your current gardening effort, a past event, or some plain old good- or-bad life experience, or simply a gardening tip.

Flower of the Month From Todd Mernin

Normally I would be profiling either a flowering plant or shrub for your garden, but this month I will be profiling an accent plant for shade and sunny locations. The plant I will be profiling is **Liriope aka (lilyturf)**. This low growing plant originates from East and Southeast Asia. It was originally incorrectly classified as a member of the Lilly family, and also thought to be a member of the grass family. It is actually a member of the subfamily Asparagaceae and the former family Convallariaceae. The Genus was named after the nymph Liriope of Greek mythology. Her name means "Face of the Narcissus". She was a Naiad (in relation to fresh flowing water and represented the beautiful, lighthearted and beneficent) -nymph of the springs of the river Kephisos. This low growing plant, if planted in the shade, will be leggy and need to be trimmed in the fall. If you plant it in the direct sun it will flower a purple stalk more frequent and spread more vigorously. I often see these planted in patios between the pavers and defining pathways, such as sidewalks and around trees where only shade type plants survive. FYI I will be planting this plant in my deep shade areas to accent and cover bald spots in my yard. Pray for rain.



Welcome to a new Horti-Bull sponsor, Paradise Nursery. Mr. Raymond Dadi is a Certified Arborist and owner. Daily manager Mr. Matt Pizzini, welcomes your visit to purchase, to get advice, or just to see what we have to offer. Mr. Dadi and Mr. Pizzini will be the guest speakers for our September meeting.

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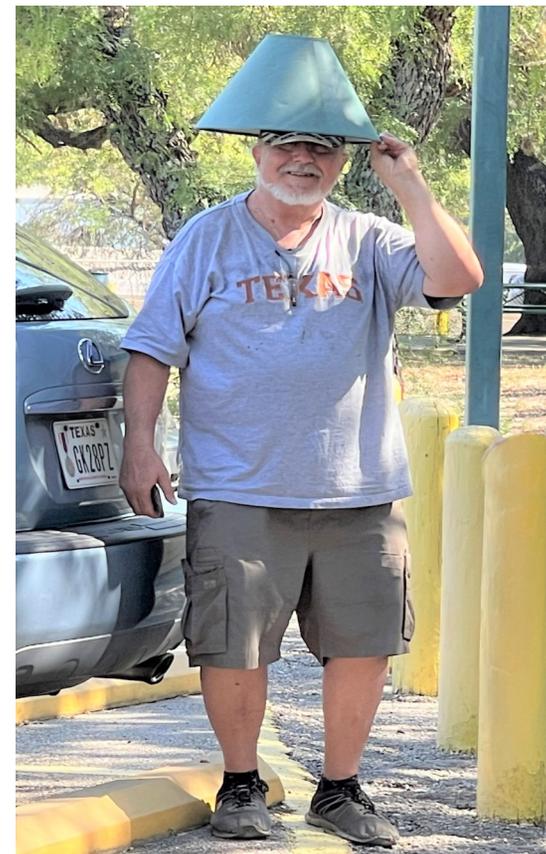
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'Give-um a lamp shade look-a-like and they think they can light up the world.'

By Abraham Lincoln

Photo from Ivan Roman taken at the June picnic.



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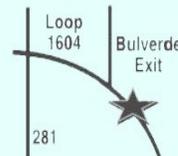


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The guest speaker for the August meeting will be Mr.

Marvin Borth from the Guadalupe County Master Gardeners, a man with impressive credentials. Among these are a BS in Plant and Soil Science from Texas Tech University, owner of a landscape/irrigation company, licensed irrigator, Army veteran, a SAFD firefighter for 28



years, married 27 years, plus others accomplishments. His subject for the evening will be Fall Gardening.



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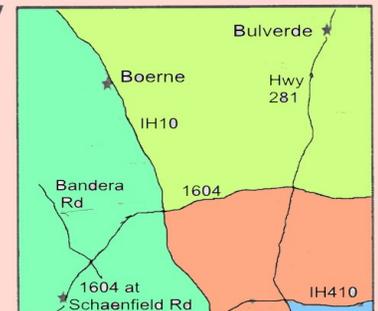
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7 Health Benefits of Sunlight

Written by Amberlee Lovell Peterson

Resource: Selecthealth

1. Improves your sleep- Your body creates a hormone called melatonin that is critical to helping you sleep. Because your body starts producing it when it's dark, you usually start to feel sleepy two hours after the sun sets, which is one of the reasons our bodies naturally stay up later in the summer. Research indicates that an hour of natural light in the morning will help you sleep better. Sunshine regulates your circadian rhythm by telling your body when to increase and decrease your melatonin levels. So, the more daylight exposure you can get, the better your body will produce melatonin when it's time to go to sleep.

2. Reduces stress- Melatonin also lowers stress reactivity and being outside will help your body naturally regulate melatonin, which can help reduce your stress level. Additionally, because you're often doing something active when you're outside (walking, playing, etc.), that extra exercise also helps to lower stress.

3. Maintains strong bones- One of the best (and easiest) ways to get vitamin D is by being outside. Our bodies produce vitamin D when exposed to sunlight- about 15 minutes in the sun a day is adequate if you're fair skinned. And since Vitamin D helps your body maintain calcium and prevents brittle, thin, or misshapen bones, soaking in sun may be just what the doctor ordered.

4. Helps keep the weight off- Getting outside for 30 minutes sometime between 8 a.m. and noon has been linked to weight loss. There, of course, could be other factors to this, but it seems there's a connection between sunlight in the early morning and weight loss.

5. Strengthens your immune system- Vitamin D is also critical to your immune system, and with consistent exposure to sunlight, you can strengthen it. A healthy immune system can help reduce the risk of illness, infections, some cancers, and mortality after surgery.

6. Fights off depression- It's not in your head, there's a scientific reason being in the sunshine improves your mood. Sunshine boosts your body's level of serotonin, which is a chemical that improves your mood and helps

you stay calm and focused. Increased exposure to natural light may help ease the symptoms of seasonal affective disorder - a change in mood that typically occurs in the fall and winter months when there are fewer hours of daylight.

7. Can give you a longer life- A study that followed 30,000 Swedish women revealed that those who spent more time in the sun lived six months to two years longer than those with less sun exposure. More research needs to be done in this area, but it's something scientists are continuing to study.

Of course, a little sunshine can go a long way (and too much for our skin). Depending on the shade of your skin, scientists estimate your body can produce vitamin D in about 5 to 30 minutes in the sun. If you're wearing sunscreen, you may not produce as much vitamin D. If you're outside for some much-needed vitamin D, don't expose bare skin longer than 5 to 30 minutes.

From Vallerie Hartfield.

MEMBERSHIP

Happy Birthday to July and August born members.

Healing and recovery to all who are sick, going to surgery or rehab.

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

HOSPITALITY

Thanks to all who brought food and goodies to share for the picnic and meetings.

THE SAN ANTONIO BOTANICAL GARDEN'S 'CHILDREN'S VEGETABLE GARDEN' PROGRAM

The fall program will begin on August 27 and end December 10, 2022.

The program is for 7-16 year old on Saturdays from 8:30-10:30 am.

Your help is always appreciated.

From Vallerie Hartfield

