



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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Interim President's Corner

To the great San Antonio gardeners.

The weatherman has forecast cooler nights to come - what a relief that will be. After this hot, hot Summer, looking at the disaster that is our garden, vegetable plots, herb plot... all empty of anything growing EXCEPT sage, oregano, rosemary, some salvias, grapevine.... I wish to return to Irish weather: 68 degrees and a breeze. With this heat, is it too early to plant tomatoes, peppers, cabbage, kale..... crops for the "winter"?

Robert McDaniel This month I must thank members of MGCSA who volunteered for end September – beginning October weekend for the Home and Garden Show. Unfortunately, there were not enough volunteers to adequately service our booth. I recognize this was a return event after a 2-year hiatus and it is not easy to show optimism for green gardens when our plots are brown and dry.

Volunteering, education, and socialization are part of this club's charter and soul. You, our volunteers, are golden!

Coming up are a couple of fun events which, yes, will need volunteers: the Butterfly Festival on October 8th - 10 am - 2 pm at Brackenridge Park, near the Zoo. And the Herb Festival at the Pearl is scheduled for October 15; that is from 8am – 1pm. We need volunteers - can't do it without you!! Like so much of what MGCSA stages, either to make \$\$ for the club or to make a fun event just for the membership. So, get your MGCSA cap/apron/spirit on and put these dates on your calendar to help-out. Call me to get your name on the Helper Listing. You know my number: 210 542 1888.

And start thinking about what YOU are going to plant in your Fall Garden as soon as we reach those lower temperatures. Or did you put in those tomato plants in August already????!!



Phil Byrd and Paul Huegel greet new club member Andrew Waring.

When space is at a premium, **look to containers**. You can grow many plants in pots, including vegetables, herbs, flowers, fruit trees, berries, and shrubs. When gardening in containers, use a pot that's large enough for the plant it's hosting, and fill it with a good soil.

MGCSA Coming Events

October Meeting 6 October

Fellowship 6:30 PM, Meeting at 7:00PM

Butterfly and Pollinator Festival 8 October

See Page 6 for more details

Herb Fest at The Pearl 23 October

See Page 6 for more details

Beck Tamalada 29 October

See Page 3 for details

Hollywood Park Market 13 November

Our October speaker is Mr. Tim Miller.

See page 3.

Refreshments for our OCTOBER 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 cleanup if all pitch in to help!**



Calvin's Corner

By Dr Calvin Finch, Retired Texas A&M Horticulturist

Horti-Bull Gardening Calendar for October

1. Your fall tomatoes should be producing some ripe fruit this month and the peppers should be able to produce fruit with some size now that the weather has cooled down. Some okra can be harvested but as the days shorten it loses its ability to produce more and more pods. Continue the planting of your winter vegetable garden. The lettuce will be more inclined to germinate as the temperatures cool. In addition to warm weather delaying the germination of the lettuce seed remember that the seed cannot be covered by soil if you want it to germinate. Late in the month there may even be some spinach transplants available at area nurseries.

2. Expect the cabbage loopers to show up on the broccoli and other greens. Be ready to apply the Bt quickly if you want to minimize damage to your vegetables. Bt is a product derived from a bacterium that prevents the loopers bodily mechanisms from functioning if it is consumed as part of the plant's foliage.

3. The migrating Monarchs should be passing through San Antonio in October. The native milkweed will have died back for the year so the Monarchs wouldn't normally lay any eggs this fall so the migrants will hopefully be content to fill up with high quality nectar from our mistflower, zinnias, lantanas, salvias, duranta, porter weed, firebush and other blooms. An undesirable complication arises when the tropical milkweed is full of foliage and blooming in our gardens and the migrating Monarchs decide to attempt to produce another generation rather than just head to the wintering ground. To encourage the Monarchs to concentrate on migrating rather than producing a new generation which will not likely be successful, prune the tropical milkweed down to ground level on October 1.

4. October is a good time to plant shade trees. Among the recommended varieties are live oak, Texas red oak, chinkapin oak, bur oak, lacey oak, Mexican white oak, Mexican sycamore, Chinese pistache, cedar elm, and anaqua. If oaks dominate your neighborhood or you have had a problem with oak wilt select one or more of the non-oaks. We just planted some new shade trees in my neighborhood and was reminded how difficult it is to dig in our Central Texas soil. It works best to select a small specimen and only have to dig a small hole. The small hole reduces the work necessary and in the long run the smaller sized trees often become established quicker than larger specimens with the result that they grow faster.

5. In addition to the fall vegetables, most of the cool weather annual flowers can be planted in October. The larger snapdragon varieties such as Sonnet and rocket are good choices for the cut flower garden in full sun. Also consider alyssum, stocks, and calendula. In addition to producing beautiful blooms suitable for cut flowers, stocks and alyssum have a marvelous fragrance. Another good choice for the cut flower garden is sweet pea. Grow sweet peas from seed while the other flowers listed are usually easier to grow from transplants. The most popular bedding plants for the sun are pansies and violas.

6. Late in the month plant cyclamen and primula in the shade as bedding plants. Both are low growing like pansies so protect them all from slugs and snails with slug and snail bait.

MGCSA Officers for 2022

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HB Editor	Larry Cromer
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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.

October Speaker

For our October meeting we have Mr. Tim Miller from Kyle, Texas. Many will remember his in-person August 2019 presentation on Organic Gardening, and his question and answer session for our March 2021 ZOOM meeting. Texas farmer Tim Miller has been gardening since childhood. A Wisconsin transplant, he learned seed saving and local organic gardening methods from the local gardeners he worked with in Austin's Community Supported Agriculture (CSA) gardens. Tim uses dryland farming techniques rather than further depleting Texas aquifers. He times his plantings to the weather, uses trench composting, and collects rainwater. His 5-acre Millberg Farm is a one-man operation as Tim keeps it small to avoid having to maintain a tractor – he uses an old-fashioned bicycle plow instead! Tim grows for his very popular CSA, and some for market. On October 6th, he will talk on fall organic gardening and other organic gardening topics.



When starting a garden, one of the top pieces of advice is to invest in good soil that is nutrient-rich and well-drained. This applies to raised bed and pot/container planting, as well.

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Raymond Dadi - Owner
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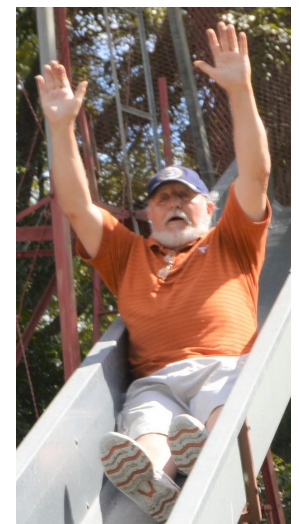
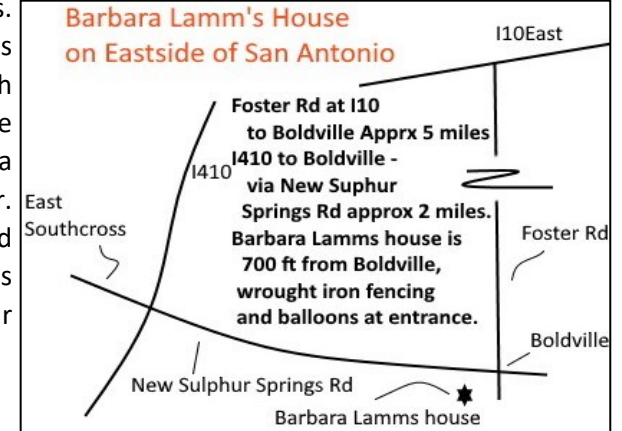
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Malcolm Beck Tamalada, 29 Oct

Come join us at our annual Malcolm Beck Tamalada on October 29th at Barbara Lamm's home at 6462 New Sulphur Spring Rd. The festivities will start at 11am, eat about noontime, and we'll be there till we get tired. It is a very peaceful setting and just a joy to attend. You don't have to bring a thing! However, if you wish, you can bring your favorite dessert or picnic dish. The club is furnishing the tamales, beverages, and the beans. Wear your comfortable clothes because it is all outdoors, with a giant slide, and plenty to see – and if you are nice, Barbara might give us a guided tour. What is new is that Barbara had her barn removed. A map is provided for those not familiar with the location.

Barbara Lamm's House on Eastside of San Antonio



It doesn't take much to make a gardener happy. The Tamalada slide, a good example.

MGCSA

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HORTI-BULL

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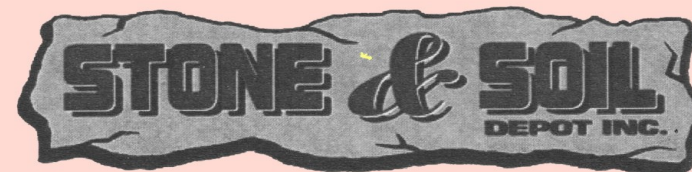
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Watch for our WEEKLY AD SPECIALS at www.milbergernursery.com

September Speaker

Our September speaker, Mr. Matt Pizzini Manager of Paradise Nursery, shared his many years of experience growing plants from seeds and propagation. He brought several products that help with seed germination, propagation, and growing strong healthy plants. He also brought several plant specimens that showed growth, root growth following the application of rooting powder rooting liquids. He stressed that plants once started are planted using potting soil and peat moss. Again, as last months presentation, it generated much discussion.



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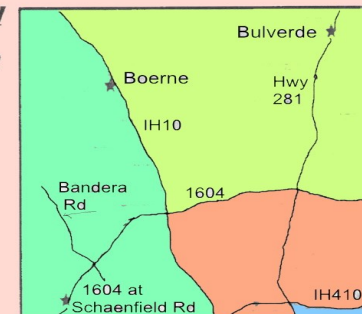
Hours of Operation:

Mon. - Sat.

8:00 am - 5:00 pm

Sun. (seasonal)

10:00 am - 3:00 pm



9 Impressive Health Benefits of Beets

From Vallerie Hartfield

Written by Daisy Coyle, APD and Rachael Link, MS, RD-Medically reviewed by Sada Meeks, MS, RD, Nutrition-Updated on November 11, 2021

Beetroots, commonly known as beets, are a vibrant and versatile type of vegetable. They're known for their earthy flavor and aroma. Beets are highly nutritious and packed with essential vitamins, minerals, and plant compounds, many of which have medicinal properties. They're delicious and easy to add to your diet in dishes like balsamic roasted beets, hummus, fries, and salads.

9 evidence-based benefits of beets:

1. Many nutrients and few calories-They're low in calories yet high in valuable vitamins and minerals. In fact, they contain a bit of almost all of the vitamins and minerals your body needs. Beets are particularly rich in folate, a vitamin that plays a key role in growth, development, and heart health. They also contain a good amount of manganese, which is involved in bone formation, nutrient metabolism, brain function, and more. They're high in copper, an important mineral required for energy production and the synthesis of certain neurotransmitters.

2. Could keep your blood pressure in check-Beets have been well studied for their ability to decrease elevated blood pressure levels, which are a major risk factor for heart disease. Some studies show that beetroot juice could significantly lower levels of both systolic and diastolic blood pressure. These blood-pressure lowering effects are likely due to the high concentration of nitrates in this root vegetable. In your body, dietary nitrates are converted into nitric oxide, a molecule that dilates blood vessels and causes blood pressure levels to drop. Beets are also a great source of folate.

3. Can improve athletic performance-Nitrates appear to affect physical performance by improving the efficiency of mitochondria, which are responsible for producing energy in your cells. According to one review, beetroot juice could enhance endurance by increasing how long it takes to become exhausted, boosting cardiorespiratory performance, and improving efficiency for athletes. Beet juice has also been shown to improve cycling performance and increase oxygen use by up to 20%. It's important to note that blood nitrate levels peak within 2-3 hours of consuming beets or their juice. Therefore, it's best to consume them a couple hours of training or competing to maximize their potential benefits.

4. May help fight inflammation-Beets contain pigments called betalains, which possess a number of anti-inflammatory properties. One study in 24 people with high blood pressure found that consuming 8.5 ounces (250 mL) of beet juice for 2 weeks significantly reduced several markers of inflammation, including C-reactive protein (CRP) and tumor necrosis factor-alpha (TNF-a). An older study in people with osteoarthritis-a condition that causes inflammation in the joints-showed that betalain capsules made with beetroot extract reduced pain and discomfort.



5. May improve digestive health-One cup of beetroot contains 3.4 grams of fiber, making beets a good fiber source. Fiber bypasses digestion and travels to the colon, where it feeds friendly gut bacteria and adds bulk to stools. This can promote digestive health, keep you regular, and prevent digestive conditions like constipation, inflammatory bowel Disease (IBS), and diverticulitis. Fiber has been linked to a reduced risk of chronic diseases, including colon cancer, heart disease, and type 2 diabetes.

6. May support brain health-The nitrates in beets may improve brain function by promoting the dilation of blood vessels and thus increasing blood flow to the brain. Beets have been shown to improve blood flow to the frontal lobe. May have some anti-cancer properties-Beetroot contains several compounds with cancer-fighting properties, including betaine, ferulic acid, rutin, kaempferol, and caffeic acid. Although more research is needed, test-tube studies have shown that beetroot extract can slow the division and growth of cancer cells. Several other studies have found that having higher blood levels of betaine may be associated with a lower risk of developing cancer. It's important to note that most studies on the topic have used isolated compounds rather than beetroot. Therefore, further research on beetroot consumption as part of a well-rounded diet and cancer risk is needed.

8 May help balance energy intake-They're high in water, which can help balance energy intake. Increasing your intake of low calorie foods like this root vegetable has also been associated with weight loss. Despite their low calorie content, they contain moderate amounts of protein and fiber. Both of these nutrients can make it easier to achieve and maintain a moderate weight. The fiber in beets may also support digestive health, decrease appetite, and promote feelings of fullness, thereby reducing your overall calorie intake.

9. Delicious and easy to include in your diet-You can juice, roast, steam, or pickle them. You can purchase them precooked and canned. You can enjoy them raw, either sliced thinly or grated. Choose beets that feel heavy for their size with fresh, unwilted green leafy tops still attached if possible. Because dietary nitrates are water-soluble, it's best to avoid boiling beets if you'd like to maximize their nitrate content.

Here are some ways to add more beets to your diet:

Salad-Grated beets make a flavorful and colorful addition to coleslaw or other salads.

Dip-Beets blended with Greek yogurt and fresh garlic make a delicious, healthy, and colorful dip.

Juice-Fresh beetroot juice is typically better than store-bought versions, which can be high in added sugar and contain only a small amount of beets.

Leaves-You can cook and enjoy fresh beet leaves similarly to how you'd use spinach.

Roasted-Wedge beetroots and toss them with a little olive oil, salt, pepper, and herbs or spices of your choice. Then roast them in a 400 degree oven for 15-20 minutes until they're tender.

Joe Shinnars on our San Antonio weather.

I have had two recent occasions that created an epiphany for me that we are pretty damn lucky with our pattern of average rain.

First was a garden article I read in a magazine that someone left to share at the MGC meeting. It was a garden story from Portland, Oregon that said they get 42" of rain per year. I thought pretty lucky in comparing to our 32", but the story went on to say that 80% was over the Winter (Nov-Mar). Not as lucky after all.

Next was a newspaper article about all the wildfires in California. The question was why, and the answer was similar that the bulk of their rain was over the Winter. The wilderness got dangerously dry over the Summer that was described as periods of drought.

Every year is different, and we have been having a few tough years the past decade or so, but our averages come across to me as much better than the two examples above.

Our best months are in the Spring (May/Jun) and Fall (Sep/Oct) with average rainfall of 3-4" in each of those months. They both roughly represent early growing season for our two seasons. I remember my first decade or so here, since 1988, thinking how great it was that every Spring there would be a full week of almost daily rain to get the lawn off to a good start. I thought it was some law of nature, but there have been more than a just a few exceptions in later years.

The four lowest months for average rainfall here are Nov-Feb. Essentially, 2" or less per month. Thank-you very much. Rain not as im-

portant. The Summer ideal is 1" per week, while a suitable Winter rainfall could be 1" every 2-weeks or even longer.

If there were an area that could use a correction it would be July/Aug, but at least they are over 2", and not as dry as the 4 Winter months.

Just some observations I made that continued my Stoic emphasis on gratitude and appreciating what I have. It's good to learn that others that I thought had it made, don't in fact, have it made as much as I thought from a distance. I also believe, if it rained any more, we would be happy for the plants, but cursing the rains impact on our daily lives otherwise.

We may be living in a "Goldilocks" scenario. At least when the averages hit. Pray for at least average, and we'll be good.



The 7th Annual Butterfly and Pollinator Festival will be held October 8th, 10am—2pm. This will be our first time to participate in this event. We will be there with the Mobile Children's Garden, and Ken Wolfram and his pottery factory products. Mr. Charles Bartlett and Al Del Rio are deeply involved in this event. We will be given more details at the October meeting.

CLUB INFORMATION

MEMBERSHIP

Attendance: September 1, 2022, 41 Members, 6 Guests

Welcome New Members: Matt Pizzini and Andrew Waring

Happy Birthday to all for October.

Healing and recovery to all who are sick.

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

HOSPITALITY

Thanks to all who brought food and goodies to share.

Thanks to all who donated plants to sell and share.

Thanks to Matt Pizzini for the 2 door prizes.

CHILDREN'S GARDEN PROGRAM

The program started on August 27, and the children have planted tomatoes, broccoli, cauliflower, yellow and zucchini squash, cucumber, and green beans. Things are running smoothly, and we can still use your help.



The very popular Herb Festival/Market will be held 23 October at The Pearl, 10am to 2pm. There's plenty to do and see! The Mobile Children's Garden, a plant sale, and Ken's pottery will be there. We need your help in this endeavor. If you've never been to one, you are really missing something. More information at October meeting.