



# 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://mensgardenclubofsa.org)

Volume LIV

January 2023

Number 01



### President's Corner

Hello to all.

I hope all our members and their families had a great Christmas and New Year. I could recommend eventful, but I think our surprise three days of Arctic weather took care of such needs. Any broken pipes? YES! Christmas Eve, but the plumber did come out. I even saw a plumber out Christmas day as I walked the dog - Amazing, and thank you.

Robert McDaniel      The club gets excitement too - In February the events restart, yet it is now in January I need your support. Not just the usual suspects. As members the club needs you to staff plants sales, information and membership, and the mobile children's garden. These events promote the club to the general public, enroll new members and provide the funds for future events. At this January meeting I will be seeking volunteers for Spring Home and Garden Show 24-26 February, The Irish Heritage Day 26 February and the St Mary's University Science and Engineering Festival.

And that is not all: we need plants. Vegetable and blooming plants. This early January is the perfect time to start seed for viable transplants for the end of February events and into the March events such as the Hollywood Park Community Garage Sale.

I look forward to seeing you this January 4th.

**Calendar of Events for 2023.** Please note that these can change for several reasons: 1. Lack of participation by club members 2.Sponsor makes a change for the event.

**January:** No events scheduled. This could be a time to regroup for 2023.

**February:** Spring Home and Garden Show Irish Heritage Days (Feb 26, noon to 5pm) Science and Engineering Festival (can be a face to face, or a virtual, according to COVID conditions at the time)

**March:** SAWS Spring Bloom

Earth Day  
Hollywood Park Community Garage Sale

**April:**

**May:** Basil Fest at the Pearl

MGCSA Picnic. In recent past years this was a June event. Because of the heat problems, it will be held the latter part of May trying to get some cooler weather. This will still be considered as our June Meeting (Continued on page 4.)

### Coming Events

January 5th: First meeting for 2023.  
6:30pm - fellowship/mingling  
7:00pm - meeting begins

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**Guest speaker is Cheryl Hamilton**  
**See page 2 for details**  
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See below for a recap of all 2023

Refreshments for our JANUARY meeting,

### A thru L

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. It only takes a few minutes for the cleanup if all pitch in to help!

### The Botanical Garden's 'Children's Vegetable Garden'.

. The fall program was very successful and the Vegetable Show had many proud and deserving first place winners. The spring season will be February 18 -June 3, 2023. The Volunteers Meeting will be February 11, 2023, 9:30-10:30. Volunteers are always needed and welcomed. Please contact Vallerie Hartfield at 210-240-1466 if you have questions or want information.

**From Vallerie Hartfield**

**A 2023 membership form is at Page 9.**



## Calvin's Corner

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

Horti-Bull Gardening Calendar for January

Last year and in 2021 our coldest spells of the winter did not come until February

but this year Christmas week is forecast to be seriously cold with lows forecast to be under 20 degrees for four days. Right now it is December 22 as I write the January Calendar and the sun is shining but the winds are beginning to blow in prep for the expected cold spell. The birds seem to be familiar with the forecast and are at the bird feeders racing to collect and consume as much birdseed and suet as possible. It has been an excellent early winter for observation of the birds because the drought and heat made it so that there was not much bird food beyond that offered by bird feeders. The net result was that much of the slim pickings available was concentrated at the feeders where the birds could be observed. Expect January to be the same. Water will continue to be in short supply along with seed and suet. The suet attracts the insect eaters such as the woodpeckers, wrens, mockingbirds, orange crowned warblers, wrens, and kinglets. Use suet flavored with pepper to attract the birds but repel the squirrels. Sunflower seed is the favorite seed. It can be flavored with pepper to repel rodents too but you can also feed it in a steel Absolute feeder with weight sensitive perches to reduce consumption by squirrels and white winged doves.

In the vegetable garden the Brussels sprouts, carrots, kale, turnips rutabagas, cabbage, and onions should be doing fine. The broccoli, beets, lettuce, cauliflower may have been injured by the cold but they should recover enough to complete a harvest. Of course the cucumbers, squash, tomatoes, and peppers that you were unable to put in a protected spot are done for as a result of the cold.

In the flower garden most of the pansies and violas escaped damage to their flowers from the cold but most of the other cool weather annuals such as snapdragons, stocks, dianthus, calendulas, petunias and alyssum will be facing a pause in their blooming to recover from the cold damage. The sweet peas will probably have to be reseeded. If you covered the cyclamen and primula with 2 layers of fabric and their bed was sheltered they probably fared pretty well.

Expect both the winter weeds and the lawn grass to be frozen back and browned from the cold weather, but also expect the weeds such as rescue grass and annual bluegrass, bedstraw, henbit, and chickweed to resprout very quickly. There is plenty of seed spread over the landscape. Mowing the weeds on the lawn works well to control them or use one or more of the contact herbicides. Take the time to review the label instructions to improve the product's performance.

A reminder on the trees and shrubs! The soil is very dry and if the plants are going to survive they need to receive some special watering to keep the root ball moist. Start by generously soaking newly planted shrubs and trees and then provide a watering once/week until the rains return.

## MGCSA Officers for 2022

<b>President</b>	Robert McDaniel	210-542-1888
<b>1st V.P.</b>	Ivan Roman	210-845-7073
<b>2nd V.P.</b>	Vallerie Hartfield	210-240-1466
<b>3rd V.P.</b>	Vacant	
<b>Treasurer</b>	Paul Huegel	210-385-9072
<b>Secretary</b>	Ida Santiago	210-387-5092
<b>Chaplain</b>	Vallerie Hartfield	210-240-1466

### Directors

#### 2021-2023

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

#### 2022-2024

Teresa Martinez	210-534-8100
Gary Ross	210-408-1676

#### 2023-2025

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

### Other

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

## Our guest speaker for January is Ms Cheryl Hamilton, Master Gardener

**Ms. Hamilton said,** "My presentations focus on the economic and environmental harm and harm to human health caused by invasive plants as well as the importance of native plants.

For some groups, these topics are controversial. Of course, my presentations always include questions, answers and discussion. However, I need to be upfront that I promote native plants for the sake of biodiversity, pollination, protection of the environment and water conservation and I advocate for removal of invasive plants and replacement with natives."

**The 2022 Officer Installation and Christmas Party** was a total success – beautiful setting, delicious food, great entertainment, and person to person fellowship. The Oblate Banquet Room was decked out in unsurpassed Christmas beauty of which we have Darlene Badorski and her helpers to thank. Guests arrived and enjoyed mingling and sampling a delicious assortment of appetizers prior to the dinner. Paul Huegel was there with his fine collection of wines. Fred Pleasures provided the Christmas entertainment, and his rich baritone voice thrilled the attendees. Installation of Officers was conducted by Joe Shinners who mixed the seriousness of the occasion with his downhome humor. We had some folks from way out of town and some folks that had just emerged from the COVID lockdown, and many invited visitors. It was great they could be with us. President McDaniel presented the President's Trophy to the very deserving Barbara Lamm. The evening went too quickly but was packed full of togetherness and friendship. Once again, many thanks to Darlene Badorski for spearheading this evening, and her helpers who gave their time and talents to its success.



### Notes from Darlene

I would like to thank all members for their attendance at the 2022 Installation of Officers and Christmas Party for The Men's Garden Club. Hope you all had an enjoyable evening of celebration.

My apologizes for not having the time to visit with everyone to enjoy coffee and conversation at your table, but the show must go on.

Each year our volunteer list for helpers is getting smaller. The ones who did volunteer their time and talent have extended their hours of service in doing so. I would like to send a special thank you in appreciation to the following:

Paul Huegel for decorating the sidewalks with candy canes for a directional guide to the new banquet room (I hope it was helpful); for adding two beautiful Christmas trees to light up the bar and dessert area; assisting with the banquet manager in setting the evenings schedule; and his countless hours of time. Thank you.

John Opiela for setting up his sound system with speakers for dinner music and assisting with table placement.

Ida Santiago who graciously gave her time in preparing all appetizers with me and making decorations and empanadas.

Vallerie Hartfield for securing our entertainment from Fred Pleasures, who with his voice left everyone in the Christmas Spirit.

Sherry Huegel for time spent with decorations and serving appetizers.

Barbara Lamm who brought platters of cookies to start our dessert table, and did the beautiful display of our home baked delectables for everyone.

Meleah Siebold (Joyce Siebold's daughter) who so kindly offered her time to help set tables, decorate the bar and all guest tables. I could not express my gratitude enough for all her help.

David Badorski who brought in all supplies needed that I have been packing for months, and all the appetizer trays.

Larry Cromer, his design of the Christmas Program. It was outstanding for 2022.

**2023 Club Officers:** Front Row: Ivan Roman, 1ST Vice-President; Robert McDaniel, President; Back Row: Barbara Lamm, Director; Leonard Martinez, Director; Joe Shinners, Inductor; Ida Santiago, Secretary; Vallerie Hartfield, 2nd Veep; Paul Huegel, Treasurer.



From Ivan:

"Our friends visiting from Honduras are Pastor Armando Flores and his Wife (Irma). Pastor Armando is the Lead Pastor of the Iglesia Gran Comisión (Great Commission Church) at Comayagua, Honduras. Isabel and I attended this church when we were living in Honduras."

## CORN NUTRITIONAL AND HEALTH BENEFITS

By Meenakshi Nagdeve last updated August 11, 2021, Medically reviewed by Zemira Barnes(MS)

**What is Corn** Corn, also known as maize is a cereal grain that originated in Southern Mexico. The kernels, or seeds of corn, are the edible parts. It can be eaten whole when it is very young. They come in multiple colors, depending on where they have grown and what species or variety they happen to be.

According to the USDA National Nutrient Database, corn not only provides the necessary calories for healthy, daily metabolism but can also be a rich source of vitamins A, B, E, K, and many minerals. Its high dietary fiber content may ensure that it plays a significant role in the prevention of digestive ailments like constipation. The antioxidants present in it might act as anti-carcinogenic agents and may help in preventing Alzheimer's disease.



**Health Benefits of Corn** May Prevent Constipation-The fiber content in one cup of corn amounts to 18.4% of the daily recommended amount. This may aid in alleviating digestive problems such as constipation and hemorrhoids, due to maize being whole grain. One study found that a corn bran was significantly better than a wheat bran for relieving constipation. Dietary fiber may help bulk and soften stools, can help to promote regular elimination, and decreasing straining. This process can be done by stimulating the peristaltic motion and the production of gastric juice and bile. By adding bulk to loose stools, the chances for irritable bowel syndrome (IBS) and diarrhea can be greatly reduced.

May Provide Essential Minerals-Corn may contain several essential minerals that can help in ensuring proper growth and fighting diseases. According to a 2017 study, published in the Journal of Food Science and Technology, it is an important source of Iron, Zinc, Calcium, Magnesium, and Phosphorus. The nutrition-

al composition can, however, vary according to the way it is harvested and processed. The nutritional content is best preserved when it is eaten whole or as popcorn. Steaming, boiling, or roasting lowers the nutritional content. It may also contain minerals like selenium, which are difficult to find in most diets. Phosphorus is essential for regulating normal growth, bone health, and optimal kidney functioning. Magnesium is necessary for maintaining a normal heart rate and for increasing bone mineral density.

Might Protect Your Heart-According to research, corn oil might have an anti-atherogenic effect on cholesterol levels, thus possibly reducing the risk of various cardiovascular diseases. Corn oil, in particular, might be the best way to improve heart health and this is derived from the fact that corn is close to an optimal fatty acid combination. This allows omega-3 fatty acids to strip away the damaging LDL or bad cholesterol and replace them at the binding sites. This may reduce the chances of arteries becoming clogged, might lower blood pressure, and may minimize the risk of heart attack and stroke.

Eye & Skin Care-Yellow corn might be a rich source of beta-carotene, which forms vitamin A in the body and is essential for maintenance of good vision and skin. As per a study published in the journal Science, beta-carotene is a great source of vitamin A because it is converted into the body according to the amount required. Vitamin A can be toxic if too much is consumed so deriving it through beta-carotene transformation is ideal. It may also benefit the health of skin and mucous membranes, as well as boost the immune system.

May Help Manage Diabetes-A study published in the journal Food Science and Human Wellness in 2018 has shown that consumption of whole-grain corn is related to a possibility of a decreased risk in the development of type 2 diabetes. According to the Journal of Medicinal Food, consumption of its kernels assists in the management of non-insulin-dependent diabetes mellitus (NIDDM) and may be effective.

Might have Cosmetic Benefits-Cornstarch is used in the manufacturing of many cosmetic products and may also be applied topically to soothe skin rashes and irritation. Its products can be used to replace carcinogenic petroleum products which are major components of many cosmetic preparations. Many of the traditional skin creams contain petroleum jelly as a base material, which can often block pores and make skin conditions even worse.

Might Induce Weight Gain-Corn, especially the yellow variety, can be a rich source of calories and is a staple in many places. The calorific content of sweet yellow and white corn is 96 calories per 100 grams. This is why it is often turned to for quick weight gain. **From Vallerie Hartfield**

### 2023 Events (Continued from page 1)

**July, August:** Free

**September:** Fall Home and Garden Show

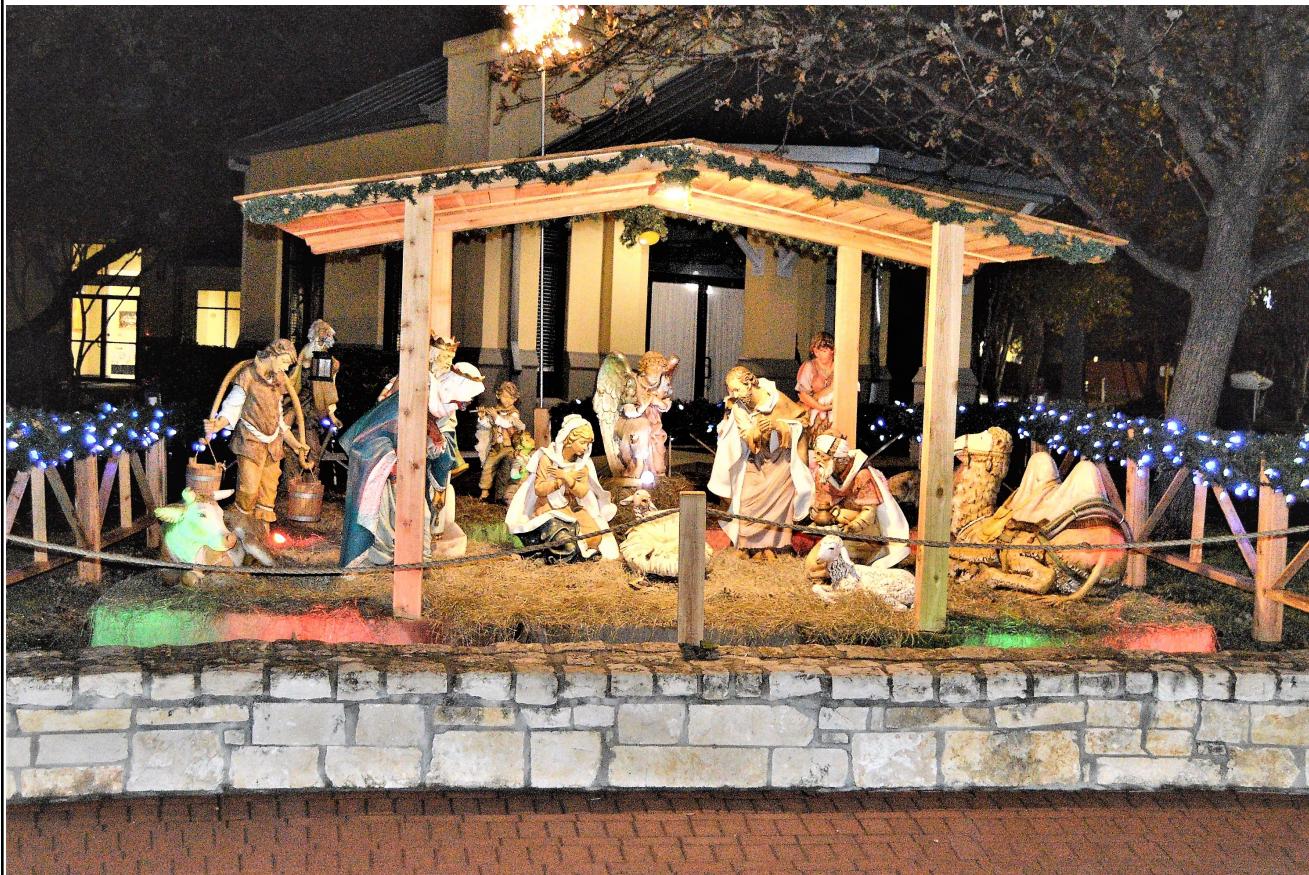
**October:** Herb Festival at the Pearl

Malcom Beck Tamalada

**November:** Market Days at Hollywood Park

Arbor Day

**December:** Men's Garden Club Installation of Officers and Christmas Party



### The Nativity, Spirit of Christmas by Paul D Huegel

Every Christmas season the Oblate Grotto erects a Nativity display with near life size statues. This year's display is newly fabricated thanks to Bob Muzny who did all the carpentry and woodwork. Bob is an employee with the Oblate Mission for many years and had a successful business as a cabinet maker before taking his position with the Oblates. Until this year the Nativity stable and fencing had to be rebuilt every year. The construction is now going to be easier to set up, tear down and store now with platforms that are on collapsible metal framework which is easier, lighter to handle and do not require heavy concrete blocks to support them. The fencing around the stable is done in sections so they will not have to be rebuilt every year. As a volunteer, I installed the lighting on the fencing so that it can remain in tact on each section which will save considerable time each

year as well. The metal work was done by a gentleman named Oscar who attends Sunday Mass at the Grotto. I helped set up our newly constructed Nativity and did all the lighting. All the statues were procured from Fontanini an Italian company, which produces true works of art that are designed, molded and hand painted by skilled craftsmen since 1908. These detailed near life size statues were originally purchased and selected by Father Richard Houlihan OMI, the deceased brother of MGCSA member Pat Schieffer. I started volunteering on the Nativity display about 16 years ago and consider it "a labor of love " and while it is a lot of work it is something that thousands of people have visited over the years to find the true meaning of the Christmas spirit. I hope to continue my volunteer work In years to come and as I get older the new set up will be much easier on my back and Christmas schedule.

**Sure hope you took the opportunity to visit the Nativity display, which was only a few steps from the Banquet walk-way**

Our condolences to Jeff Brown whose wife, Beverly, passed away unexpectedly on 6 December. She was a club member and a great comfort and companion to Jeff. A Memorial service will be held in July in Jeff and Beverly's home state of Pennsylvania.

Joyce Siebold fell and injured her hip requiring a full hip joint replacement. The operation was very successful and Joyce did great, reportedly because she has exercised and is otherwise in good condition. She is now in a rehab program and is expected to be home shortly.

## What I've learned about gardening this past year:

I've read way too many gardening books.

A Texas Summer can kill weeks of Spring planting and sowing.

Bathtub composting is way faster than mound composting.

I need to DIG out all those wild oxalis bulbs in my vegetable plots, not just pull the plant part. (Does that have a name???)

Might try flame thrower on those oxalis.

Weeds survive a freeze better than planted shrubs, especially shrimp plant.

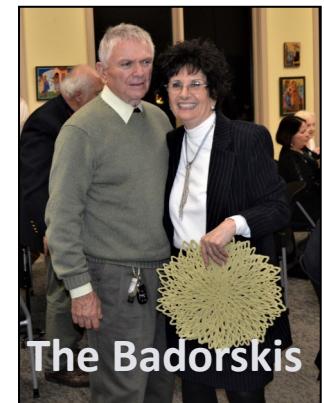
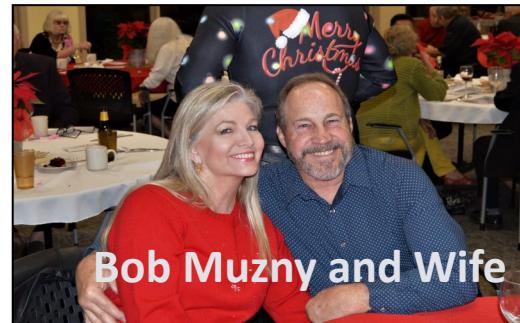
I have way too few fruit trees.

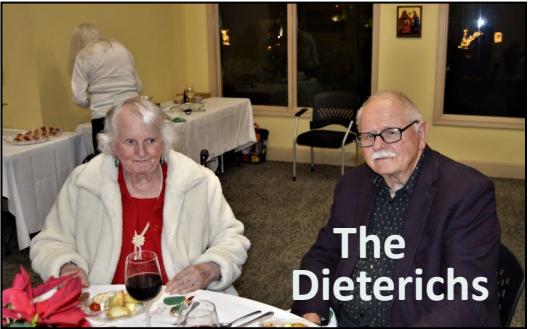
Roses need lots of love and fertilizer.

From Jane McDaniel.



## Some attendees at the Party





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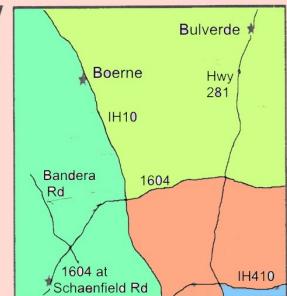
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and mail it in. NOTE: There is a new ad-  
dress for mailing. Paul Huegel, 15629  
Cloud Top, SA, TX 78248**

## MEMBERSHIP

Attendance: December 1, 2022 Annual Christmas Party, 42 members, 12 guests

Happy Birthday to all for December births.

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 goodies to share. Thank you to Darlene and all of her helpers for setting up and decorating and all who helped with the clean up.

## Men's Garden Club of San Antonio (MGCSA) 2023 Membership Application

Open to men and women

Rates will remain effective until January 1, 2024

CK # \_\_\_\_\_

Cash \_\_\_\_\_



Annual Membership	3-year Membership	Life Membership
\$20 Individual	\$50 Individual	\$200 Individual
\$25 Joint*	\$60 Joint*	\$250 Joint*

\*Joint membership is one additional member residing in the same household. Both members may enjoy all the member benefits of the MGCSA, but only one receives the club newsletter, the Horti-Bull.

Please circle above the type of membership. Use one form for each membership or joint membership. Please print or write legibly.

Name \_\_\_\_\_ Spouse \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ TX 78\_\_\_\_\_ Occupation \_\_\_\_\_

Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_

Best way and time to connect \_\_\_\_\_

Today's Date \_\_\_\_\_ New Member \_\_\_\_\_

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