



Horti-Bull

HORTICULTURAL BULLETIN

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MGCSA Coming Events

September 2nd: General Club meeting, 7PM, at Place of Grace Fellowship. 'Meet/greet, 6:30PM. Guest Speaker will be David Rodriguez. **See page 4 for details.**

October 5th: National Night Out. We will have our Children's Mobile Garden in Hollywood Park at the Voigt Center, 701 El Portal.

October 16th: Herb Festival at The Pearl.

October 23rd: Malcolm Beck Tamalada at Barbara Lamm's home.

November 7th: Market Days in Hollywood Park at the Voigt Center, 701 El Portal.

December: Annual Installation of Officers and Christmas Party.

Refreshments for our September meeting

A-L it's your turn

We ask that you 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!

From the President

Greetings Fellow Gardeners.



Todd Memin

I have recently traveled to the East coast to enjoy family and friends. I spent some time in NYC and went to some museums. I have enclosed a photo of a watercolor by Paul Cezanne. This painting is of a rose. If you take the time to examine this picture you will notice that he painted everything except

the rose. This type of painting was his trademark. Some might consider the work undone but many great artists that followed him saw it as masterful. Its the idea of less is more. Hope you enjoy it. Until next time may you have the patience to weed and the persistence to continue, all the while knowing the next time you have to do it again there will be fewer and the task should be easier. Todd

(Flower of the Month, see page 3 -Editor)



David Vaughn opens at our new location

After 18 months of COVID suppression we had our first formal meeting with a special guest speaker at our new meeting location at the Place of Grace Fellowship Church. David Vaughan was our guest speaker several years ago when we had to meet in the hallway of the Oblate Ministry Center because of another Oblate event which preempted us from using the main meeting room. Despite that inconvenience, we managed to pull it together and we were privileged to have David Vaughan who horticultural expert Bob Webster calls the best of the best among arborists and soil scientists.

This time at our August meeting David talked about the research he has been conducting in what he calls Induced Resistance (IR). Once again, he had to speak in less than desirable conditions as we had no sound equipment or video for much of his presentation. He was able to captivate us with this leading-edge horticultural science research despite the technical difficulties.

David started the presentation with a description of the

human "microbiome" which has over 100 trillion microbes mostly beneficial in the human gut that effect our immune system, metabolism, digestive system and brain function. While this may sound impressive, David compared this to a cup of soil which contains 200 billion bacteria, one hundred thousand meters of fungi, 20 million protozoa, 100 thousand nematodes and 50 thousand arthropods. As gardeners we do not think in terms of these enormous numbers of living soil but we should be cognizant of their importance for the success and preservation of our gardens. So, what is Induced Resistance (IR)? In general terms it is how a plant's root system benefits from a variety of soil amendments from root to shoot. That is to say; how a plant absorbs those essential materials for protection, growth and production. There are various experimental materials which contribute to a plants defense system that David has found to be effective. The one he talked about the most was trichoderma fungi as found on whole grain corn meal. It has proven to be effective in treating plant fungal diseases including the dreaded oak

wilt. Other experimental materials that David discussed included salicylic acid, potassium phosphate, biochar, harpin protein, probenazole, chitin and bacillus. All these have the potential of enhancing plant defense against diseases.

While much of what David Vaughan talked about was technical, he explained everything so that even I could understand it. I think as gardeners it is important to do a little experimental research in our own gardens to see what works and does not work.

Continued on page 3.





Calvin's Corner

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

HortiBull Gardening Calendar for September

At the first of the month apply a preemergent herbicide to prevent the germination of winter weeds. Among the weeds that the preemergents Amaze, Dimension and XL will affect are rescue grass, annual bluegrass, dandelions, thistle, chickweed, bedstraw, and henbit. A key factor in effective use of preemergent and other herbicides is to select a product that describes control of the weeds you are targeting in its label specifications. It is also important that the instructions in the use of the herbicides are followed.

In some cases, especially if your landscape is shady with limited soil, you may choose to take advantage of the rescue grass and /or annual bluegrass as a winter lawn. They respond to mowing well and do not require fertilization or irrigation. I describe such a winter groundcover as a "sustainable winter lawn."

September is a key month in producing a winter vegetable garden. Your fall tomatoes, peppers, okra, and eggplant should be producing well from earlier plantings, but it is time to plant carrots, beets, rutabagas, turnips, and lettuce by seed. Make sure that the lettuce seed is applied to the soil surface and not covered with soil. Use transplants for broccoli, Brussels sprouts, cauliflower, cabbage, and collards. Plant the seeds and transplants into a bed that has been prepared with two inches of compost and ten cups of slow-release lawn fertilizer per 100 sq. ft. of bed.

In the cut flower garden, the zinnias should still be producing blooms for bouquets and nectar for butterflies and hummingbirds. Snapdragons, stocks, dianthus, calendulas, and other cool weather annuals can be planted in September if there is room with the zinnias. Wait on planting cyclamen and primula for blooms in the shade until November. The begonias should be attractive and growing strong until Thanksgiving.

Plant wildflower seeds in September. The key to success is to spread the seed where it will contact the soil and have access to the sun. There are some wildflowers that tolerate the shade including blue curl and *Salvia coccinea*. Blue curl is one of my favorite nectar sources for the butterflies in early spring. It is part of an all-star nectar source list that includes mist flower, zinnias, milkweed, and porter weed. *Salvia coccinea* blooms in the fall in both the shade and sun. To obtain blue curl and other wildflower seeds check your favorite nursery and then search the internet.

September is a good month to plant shade trees and shrubs. The fall planting means that the plants have time to develop a root system in the cool temperatures of the fall and winter before they must face a Texas summer. Among the recommended shade trees are live oak, Texas red oak, bur oak, chinkapin oak, cedar elm, Mexican live oak, and Mexican sycamore.

From Ken Wolfram

Visit the '**Little Red House of Seeds and Plants**' located at 9703 Gemini Dr., just a short distance north of our new meeting location on Nacogdoches Rd. It is like the old style take a book, leave with a book. It is totally free, you take a plant and you leave with a plant. The folks that operate it keep it clean and ask that you label the plants that you bring. I have swapped many plants there and have been satisfied every time I go.

It is in an active 'nextdoor group' that you can join. To get notices when people drop off plants, register at <https://nextdoor.com/g/rokbaivvyq/>.

On September 11 & 12

Two of my nextdoor groups have been invited (any member of the club is welcome to join) to show up at my place to sell or swap garden stuff – plants, pots, garden art. Show up when you want to and leave when you want to. If you are going to sell, bring your own change.

My address: 118 Barbara, at the corner of Barbara and McCullough Ave, just one block south of McCullough and Oblate.

MGCSA Officers for 2021

President	Todd Mernin	210-218-4155
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NEW MEMBERS: Left: The club welcomed new members at our August meeting. Sponsor Joyce Siebold is shown with new member Ida Santiago. Those who have worked the Hollywood Park plant sale will recognize Ida as Joyce's next door neighbor and frequent visitor to the plant sales. Right: John Opiela sponsored Jim and Peggy Koch into the club. John and Jim are old buddies from railroad days.

These happy ladies enjoyed a great presentation from David Vaughan, and other activities Thursday night. Left to right is Vallerie Hartfield, Pat Schieffer, Elena Schriener, Marion See, Darlene Badorski, and Juanita Alvarez. Juanita was a guest of Elena.



Left; Dr. Sako brought his nephew Kaje to Thursday's meeting. Kaje had a question about problems he was having with his tomatoes. He hooked up with John Opiela and received some expert advice. **Right:** Barbara Lamm and Vallerie Hartfield doing their Saturday morning thing at the Children's Vegetable Garden in 2018.

Children's Vegetable Garden Program The fall program began Saturday, August 28, 2021 from 8:00-10:30 am and will end December 11, 2021. There are 30 family plots. We are discussing the annual 'vegetable contest' (Will there be one or not?), and the decision will be based on the virus status at that time. Myself and Barbara Lamm are club members who are team leaders.

From Vallerie Hartfield

David Vaughan Continued from page 1.

We may not reach the level of sophistication that David Vaughan is pursuing but it can be more rewarding if we find even simple things that work that we can share with our fellow gardeners. It may prove to be worthwhile to get updates on his research in IR in the future from David Vaughan. In any event, if you have any problems with your trees you can contact David who consults when he is not fishing.

Tall phlox is the profiled flower of the month. There are many types of phlox, but I have chosen this variety due to its white color (David). Choose the mildew resistant variety. The characteristics I like about this flower are its perennial nature and mildew resistance. The following is from the on line Farmers Almanac:
"Garden phlox/summer phlox (*Phlox paniculata*) is the tallest phlox in cultivation and is probably the species that most folks have in their gardens. It grows in clumps that reach between 3 and 5 feet in height and produces panicles of flowers in mid- to late summer. Though tolerant of most lighting, it grows and flowers best in partial to full sun. It has a reputation for being very susceptible to powdery mildew, but resistant varieties are available."
Flower of the Month: from Todd Mernin





AL Del Rio shows off the beautiful summer arrangement he brought to the August meeting.

Al said: These plants which flower in our summer heat and once established, will bloom all the time. The arrangement contains:

- Gomphrena "Strawberry fields"/Globe Amaranth.
- Many Salvias- guarantica, coccinea, grandiflora, greggii, farinacea plus many more hybrids.
- Vitex- Montrose purple, superstar.
- Russelia.
- Zinnias, Butterfly vine, Dwarf ornamental pomegranate, Cowpen Daisy, Pentas.
- Fennel— yes, the herb.

Thursday nights speaker will be David Rodriguez, County Extension Agent, Texas A&M AgriLife Program. He will have an open mike for a question-and-answer session. So have your horticulture questions ready and lets keep David busy. Oh! David said John Opiela is allowed only two questions.



Delphine Beck, front and center, celebrated her 83rd birthday recently. Attending were John Stein, Betty and John Opiela, and Jim and Peggy Koch. Barbara Lamm was there also but was unavailable at picture taking time. Stein, Opiela, and Koch were all Southern Pacific Railroad (not Union Pacific as they are quick to point out) workers, as was Delphine's husband, Mr. Organic Gardener Malcolm Beck. *Photo from Jim Koch*

MEMBER INFORMATION

Attendance: August 5, 2021, 25 Members, 3 Guests. It was great to see all of you again and in a new location.

-New Members Welcomed: Jim & Peggy Koch sponsored by John Opiela, and Ida Santiago sponsored by Joyce Siebold.

-Happy Birthday: Who has gotten older? Happy Birthday to all this month! May God continue to bless you with his love, peace, and happiness with family and friends.

-Sick: Please remember all of our members and families who are sick and recovering from surgery, hospitalization, injury, or illness, and especially COV-29.

-Deceased: Please keep all of our deceased members and their families in your prayers.

Hospitality: Thank you to Marion See for organizing the refreshments and for all who brought goodies and drinks.

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Potty-O-Gardening

What was our Garden Gurus doing back in 2005? Well, excerpts from a 2005 piece by Calvin Finch taken in Milberger's and Dr. Jerry Parson's **Plant Answers** gives some insight into the thinking at that time. Here is a portion of that article.

"Primetime Newspapers

By Calvin Finch, PhD, SAWS Conservation Director, and Horticulturist

Week of February 14, 2005

Potty-O-Gardening

San Antonio is replacing about 25,000 high-flow toilets with low-flow toilets every year. Most of the toilets end up at SAWS drop off sites at the NW Conservation Site (6798 Culebra Rd.), the Eastside Service Center (3930 E. Houston St.) or at Hughes Supply (4510 Rittiman Rd.). In the near future, the toilets will be crushed to the consistency of sand and used as fill in public works projects.

There is, however, another way to recycle used toilets. Milton Glueck of KLUP radio has named it "Potty-O-Gardening". "Potty-O-Gardening" is the art of planting annual flowers and vegetables in discarded old toilets.

In its simplest form, "Potty-O-Gardening" involves just filling up the recycled toilet with potting soil, one 40 lb bag fills both the tank and the bowl, and planting both parts with seeds or transplants. As a higher art form, the bowl and tank can be decorated with enamel painted designs.

Some of us doubt whether "Potty-O-Gardening" will catch on, but Milton has already made a few converts. Anne Schiller, who organizes the Festival of Flowers (May 28, Alzafar Shrine), has announced that "Potty-O-Gardening" will be featured at the Festival."

And a contest they had! Because of the logistics of transporting these heavy jewels, it was decided to pick the top 12 entries from photographs, bring the top 12 in and select the finalist at the Alzafar Shrine hosted Festival of Flowers. The prizes were Milberger's Nursey gift certificates of \$100, \$75, \$5 for the first 3, and \$25 for the remaining 9. and the Shrine never looked better, garden wise.

Much of the history has been lost, but we do know 2 of our club members, **Charles Bartlett and Al Del Rio** did enter the contest and made it to the top 12.

John Opielaisms: Mother Nature has absolutely no idea how to water.

And: My garden hose hates all my wonderful delicate plants.

A saying from **Malcolm Beck:** If vegetables had the same root system as weeds, they would grow without watering.



1. "Calvin Finch, San Antonio San Antonio Water System Conservation Director and brains behind the world's largest toilet giveaway which occurred on Feb 12 at the Alamo Dome in San Antonio, created this "vision" for the toilet gardening display." 2. Jerry Parson's described his potty entry as using bougainvillea for the main focus, coleus as a reminder to those who have sat on a cold potty, impatiently for those having to wait, and mother-in-law tongue for what his mother-in-law would have to say if she knew what her favorite son-in-law had created. 3. Sharon Hughes attributes her success in providing so many potted cacti for sale at our events to her success in potty-o-gardening. This toilet full of hens-and-chickens are an example of her work. They are pictured before the 'Big Freeze'.

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Seed, Soil, and Sun: Discovering the Many Healthful Benefits of Gardening

From Vallerie Hartfield

Resource: Healthline: *Written by Rebecca Joy Stanborough, MFA on June 17, 2020. Medically reviewed by Debra Sullivan, Ph.D, MSN, R.N., CNE, COI.*

Outdoor gardening can help your body fight disease: Your body is capable of photosynthesis-the process where plants make their own food using sunlight. Your skin uses sunlight to make one of the nutrients you need: vitamin D. Vitamin D is essential for strengthening your bones and your immune system.

Gardening builds strength, promotes sleep, and helps to maintain a healthy weight: Working in a garden uses every major muscle group in the body. Studies have found that the physical exertion of working in a garden may help offset age-related weight gain and childhood obesity.

Gardening can help protect your memory as you get older: Doctors have known for some time that exercise improves cognitive functioning in the brain. New evidence has shown that gardening activities may spur growth in your brain's memory-related nerves.

Gardening is a mood booster: Studies in the US and abroad have found that gardening improves your mood and increases your self-esteem. When people spend time in a garden, their anxiety levels drop and they feel less depressed.

Gardening calms you after stressful events: Working in a garden can help you recuperate if you've experienced something stressful.

Gardening is an effective tool if you're recovering from addiction: In one study, researchers noted that plants provoked positive feelings in people recovering from alcohol addiction, and were an effective rehabilitation tool.

Family and community gardens foster feelings of connection: Working in a garden with people of different ages, abilities, and backgrounds is a way to expand both what you know and who you know.

Gardening can give you a sense of urgency and empowerment: Growing your own garden has, historically, been a way to resist injustice and claim space in a world that doesn't always respond to your needs. During the forced internment of Japanese Americans in concentration camps in the American West, thousands of gardens sprang up behind barbed wire enclosures.

Stone gardens, vegetable gardens, ornamental landscapes with waterfalls and ponds-each cultivated to reclaim both land and cultural identity.

Gardening can help you manage ecoanxiety: One of the most difficult aspects of this ecoanxiety? Researchers say it's the feeling that you're powerless to do anything about it.

To combat the negative health effects of ecoanxiety, you can garden with the aim of mitigating climate change.

You'll need to take care of yourself while gardening.

The CDC recommends that you take these precautions while you're in the garden:

—Pay attention to product directions any time you're using chemicals in the garden. Some pesticides, weed killers, and fertilizers can be dangerous if used incorrectly.

—Wear gloves, goggles, long pants, closed-toe shoes, and other safety gear, especially if you're using sharp tools.

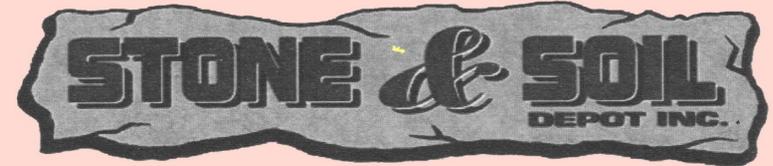
—Use bug spray and sunscreen.

—Drink lots of water and take frequent shade breaks to prevent overheating.

—Keep a close eye on children. Sharp tools, chemicals, and outdoor heat may pose more of a threat to kids.

—Listen to your body. It's easy to injure yourself when you're toting bags of mulch and hoisting shovels full of dirt.

—Make sure you have a tetanus vaccination once every 10 years, as tetanus lives in the soil.



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