

This month in your garden:

- **Prune** spring-blooming shrubs **after** flowers fade such as azaleas, wisteria, spirea and quince. Pinch tips of coleus to avoid flowering and encourage bushier and compact growth. Remove spent blooms on spring annuals to promote new blooms.
- **Clean-up** Live oaks should be finished dropping their catkins and leaves. Rake and add them to compost, or apply mulch over them.
- **Birds** -Clean birdbaths often and keep feeders full, and clean them after rainstorms to prevent soggy spoiled seed. Even non-birders can keep fresh water and food out at this time (and also during fall migration) to help our feathered friends.
- Feed Fertilize azaleas (after bloom), hibiscus, and containers.
- Mulch -Mulch beds to discourage weeds, keep roots cool, and conserve moisture.
- **Pests** -Keep an eye out for pests as well as beneficial insects (such as lady bugs which eat aphids). Pick off pests by hand. Check for snails and slugs early in the month when they are active (sprinkle crushed eggshells around base of plants to deter them).
- Plant new shrubs early before heat arrives
- Plant summer blooming perennials and annuals.
- Water Maintain watering on newly planted seeds and transplants. Deep root watering on trees, lawns, and shrubs is best. It encourages roots to move down into the soil where they will be less susceptible to moisture changes. Avoid frequent short periods of watering.
- Harvest dill, parsley, cilantro, and lettuce that may already be bolting.
- Plant herbs such as basil, thyme, oregano, rosemary, lemon verbena & pineapple sage

*Save The Date** All our meetings and field trips are on the NFWC calendar

April –

Meeting – Thursday, April 13th Holly Saunder's garden 1:00 guest speaker- Marti Graves The Lonestar Chapter of the American Hibiscus Society Hibiscus 101

May -

Meeting – Thursday, May 11th Rebekah Bostick's garden 1:00 guest speaker- Sarah Bentley Houston Orchid Society All About Orchids *Field Trip* – Thursday, April 20th *Atkinson Farm* 10:00 – Pick Your Own *Strawberries*

> Field Trip – Thursday, May 18? Neal's Berry Farm ? – Pick Your Own Blackberries & Peaches

June -

Garden Party, June 1st <u>'s garden</u> evening event NEED A HOSTESS Food and drinks from the garden potluck

Garden Happenings This Month-

Florescence 2023: Metamorphosis, April 26th and 27th at the Museum of Fine Arts, Houston.



presented the first Florescence at the Museum of Fine Arts, Houston, in 1995. Since then, Florescence has been held biennially in the spring at the Museum. Florescence is a Major Flower Show, accredited by The Garden Club of America, a status it was accorded at its inception in 1995. Every Florescence incorporates several classes of Floral Design, Botanical Arts, Horticultural Specimens, Horticultural Design, Photography and Needle Arts. Talented designers, gardeners and artists from The Garden Club of America member clubs may enter or exhibit at this show, and it is open to the public to enjoy. There are also special exhibits by invitation and a conservation exhibit that relates to the show theme.

The Garden Club of Houston and River Oaks Garden Club

The Museum of Fine Arts, Houston

Susan and Fayez S. Sarofim Campus The Audrey Jones Beck Building 5601 Main Street Houston, Texas 77005 713-639-7300 mfah.org/visit/hours-and-admissions

METAMORPHOSIS

To learn about more events during the Flower Show, click here.

LIGHTS OUT FOR BIRDS



We're calling all Texans to go Lights Out to protect migratory birds during spring migration. Turn off or dim non-essential lighting outside and inside from 11 pm to 6 am during March 1 - June 15. With the simple flip of a switch, each of us can do our part to protect millions of migrating birds soaring across our Lone Star skies.



https://npsot.org/wp/clearlake/2023/03/spring-2023-native-plant-sale/



Harris County Master Gardener's Free Gardening Classes T

The Texas AgriLife Extension Service and the Harris County Master Gardeners are pleased to offer the **FREE Green Thumb Gardening Series of Lectures** now provided virtually twice a month. We have collaborated with the Harris County Public Library and Houston Community College. Join us for one or both!

Every month, there is a new topic presented by experienced Harris County Master Gardeners. We share in-depth information for beginners to experienced gardeners. To access a printable version of the 2023 Green Thumb schedule, click <u>HERE</u>.

Second Monday, 10:00 A.M. – 11:30 A.M. Houston Community College Register in advance to receive the link: hccs.edu/community-learning-workshops

April 10– *Tips for Great Lawns*

May 8 – Gardening with Less Water

Third Tuesday, 11:00 A.M. – 12:00 P.M. Harris County Public Library Facebook Live No reservation required. Watch on Facebook – facebook.com/harriscountypl/live Third Tuesday of each month April 18– Tips for Great Lawns

May 16 – Gardening with Less Water



Mother's Day Floral Arranging Workshop

Join us Sunday May 7th 10:30am-11:30am for a Mother's Day Floral Arranging Workshop with our favorite florist's, Ponderosa Blooms!

Create your own beautiful floral arrangement with mom and enjoy a morning full of blooms, conversation and community!

Purchase Tickets Here!



LIFE IN A ROSE FARM _ CUT YOUR OWN FLOWERS EVENT https://www.lifeinrosefarm.com/products/cut-

https://www.lifeinrosefarm.com/products/cutyour-own-rose-therapy-experience



Cut Your Own - Rose Therapy Experience. ENTRY FEE \$20.00 USD

Date & Time Friday April 14 from 10 am - Noon

Sunday April 16 from 10 am - Noon

Add to cart

Enjoy a morning of breathtaking beauty and intoxicating fragrance over the most relaxing and therapeutic experience at THE ONLY cut rose farm in the South. Your world of rose enchantment awaits! Let's indulge, shall we?

 One ENTRY FEE PURCHASE is valid for 1 guest and will include 1 bucket of water and a rose pruning sheer for rent that must be returned before the event ends. Children 4 and under are FREE and will NOT require an entry fee purchase. Minors 18 years or younger MUST be accompanied by an adult. You must be 13 years or older to CUT YOUR OWN ROSE. A liability waiver will be sent out prior event date. Every guest must complete a waiver prior to arrival.

-- Each CUT ROSE STEM is \$3.50. Guests can cut as little or as many rose stems as desired. Payment for cut roses can be made at the end of the event.

Garden to Kitchen – MINTastic!

Health Benefits of Mint

- Help a Hurting Stomach - Mint Can Help Bad Breath - Mint Can Help Reduce a Fever - Mint is Known to Reduce Stress - Mint Can Help with Indigestion

What Is Mint?

Mint or *mentha* belongs to the Lamiaceae family, which contains around 15 to 20 plant species, including peppermint and spearmint.

As you have probably experienced, mint leaves create a cool sensation in the mouth. It is often used to flavor toothpaste, mouthwash, breath mints, and chewing gum. Mint also adds flavor to foods and drinks.

You can read about the potential health benefits of mint here: https://www.medicalnewstoday.com/articles/275944

There are many varieties of the mint plant, and most fall under the genus mentha. Because mint plants spread quickly, gardeners tend to grow them in containers. When planted directly into the ground, they can become invasive and take over a garden.

Mint is easy to grow in a pot in Houston. It does not like lots of direct sun, but rather prefers a bright shady spot. A place with morning sun, and afternoon shade is perfect. If you have been growing mint during our cooler months, you may have an abundance of it now. What can you do with it all? Of course, there are well known cocktails and infusions, but why not try something new? Check out the recipes below for different ways to use that bumper crop!

The Green Drink with Pineapple + Mint

This is a hybrid juice/smoothie recipe. It's a great snack or small meal or cocktail mixer. Ingredients

- 1/2 cup Silk's Toasted Coconut + Cashew Nutchello {or preferred plant milk}
- 1/2 cup coconut water
- 1 cup kale, torn into pieces
- 1/4 cup mint leaves
- 2 cups pineapple, diced
- 2 tablespoons ground flax seed
- 1/8 teaspoon pink Himalayan salt
- ice

Instructions

- 1. Combine all of the ingredients except for the ice in a blender, and blend until smooth.
- 2. Serve over ice, with a sprig of mint.

https://withfoodandlove.com/pineapple-mint-coconut-green-drink/



Mint Chimichurri -Tangy minty chimichurri sauce with fresh mint, parsley, and garlic

Here's a sauce that takes advantage of all that mint, a South American chimichurri, with mint taking the place of some of the parsley that is traditional for classic chimichurri. Chimichurris is an Argentinean sauce or condiment, similar to pesto. It is used both as a marinade and a sauce for grilled steak, but you can use it also with fish, pork, chicken, I or spooned over lamb.

https://www.simplyrecipes.com/recipes/mint_chimichurri/

Mint Chimichurri

Prep Time 15 mins Total Time 15 mins Servings 10 to 12 servings Yield 2/3 cup Ingredients

- 2 cloves garlic, chopped (about 2 teaspoons)
- 1 cup fresh mint leaves (spearmint), packed
- 1 cup fresh Italian parsley leaves, packed
- 2 tablespoons red wine vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes
- 6 tablespoons extra virgin olive oil

Method

1. Chop the herbs and garlic:

Place garlic in the bowl of a food processor and pulse several times until chopped. Add the mint and parsley leaves and pulse until finely chopped. (Alternatively chop everything finely by hand.) Remove to a medium bowl.

 Add the remaining ingredients: Add the vinegar, salt, and red pepper flakes to the mint parsley mixture and stir until the salt has dissolved. Stir in the olive oil.
 The server will be a fer every down in the refrigerence. Derfect to serve with leash on steeld.

The sauce will keep for several days in the refrigerator. Perfect to serve with lamb or steak!



Linguine Pasta with Mint and Ricotta

https://www.the-pasta-project.com/linguine-pasta-with-mint-pesto-and-ricotta-cream/

Apart from the mint, this pesto has some fresh basil, pine nuts, grated Parmigiano and, of course, extra virgin olive oil. No garlic, however!

This fresh and tasty contemporary Italian mint pesto recipe is easy to make. Serve it with pasta, on bruschetta or as a dip. Also delicious with fish!

Prep Time20 mins Cook Time12 mins Total Time32 mins

Ingredients

- 400 g linguine (14oz) or spaghetti
- 1 handful fresh mint leaves
- 1 handful fresh basil leaves
- 50 g Parmigiano Reggiano (2oz) grated. Vegetarians should use a vegetarian parmesan.
- 1 handful pine nuts
- extra virgin olive oil as required
- salt for pasta and to taste

For ricotta cream

• 200 g fresh ricotta

Instructions

1. Put a pot of water on to boil for the pasta. Add salt once it starts to boil.

2. Wash the basil and mint leaves and pat dry with kitchen paper or a cloth.

3. Put the washed mint and basil, the pine nuts, the grated cheese and a pinch of salt into a blender or food processor. Add a little olive oil and pulse. Continue to add oil and pulse until you get a homogeneous sauce.

4. Cook the pasta al dente according to the instructions on the packet. When the pasta is half cooked put the ricotta in a bowl and cream it using a fork with a little of the pasta cooking water.

5. When the pasta is cooked. Save a bit more of the cooking water and drain the pasta. Mix the pasta and pesto together in a bowl with some of the saved pasta cooking water.

6. Put some creamed ricotta on the bottom of each person's bowl (better bowls than flat plates) and place some pasta with mint pesto on top.

7. Serve immediately decorated with a little mint and sprinkled with more grated cheese if required.

Notes

You can use spaghetti instead of linguine for this recipe, as well as other pasta types that go well with pesto such as trofie



Portuguese Chicken Lemon and Mint Soup

https://www.foodnetwork.com/recipes/emeril-lagasse/portuguese-chicken-lemon-and-mint-soup-3644973



Level: Easy Total: 2 hr Prep: 10 min Cook: 1 hr 50 min Yield: 6 servings

Ingredients:

- 2 wide strips lemon zest
 4 sprigs mint, plus 1/4 cup chopped mint
 1 stalk celery, roughly chopped
 1 onion, roughly chopped
 3 cloves garlic, crushed
 4 sprigs parsley
 1/4 teaspoon red pepper flakes, or to taste
 4 quarts water or low-sodium chicken broth (or a combination)
 1/4 cup white rice
 Juice of 1/2 lemon (2 tablespoons) Kosher salt
- Cayenne pepper
- 1 4-to-5-pound chicken, cut into pieces

Directions:

 Combine the chicken, celery, onion, garlic, parsley, lemon zest, mint sprigs, red pepper flakes and water or broth in a large saucepan. Bring to a boil and skim off any foam. Reduce the heat to medium low and simmer, skimming as needed, 45 minutes, or until the chicken is tender.

2 Strain the stock through a fine sieve into a large bowl. Transfer the chicken to a plate to cool and discard the vegetable mixture. Return the stock to the saucepan over medium-low heat and simmer until it is slightly reduced and flavorful, about 30 minutes. Add the rice and simmer until tender, about 20 more minutes.

3 When the chicken is cool enough to handle, remove the skin, then remove the meat from the bones and tear it into bite-size pieces. Add to the stock and cook 3 to 4 minutes. Add the lemon juice, chopped mint, and salt and cayenne pepper to taste; cook 2 to 3 more minutes.

Fattoush Salad with Mint Dressing



https://cookieandkate.com/fattoush-salad-recipe-with-mintdressing/print/30648/

- Prep Time: 25 minutes
- Cook Time: 10 minutes
- Total Time: 35 minutes
- Yield: 4 salads 1x
- Category: Salad
- Method: Chopped and toasted
 - Cuisine: Lebanese

This classic fattoush salad recipe will become your new favorite salad! It's a versatile salad, and the perfect way to use up those random leftover raw vegetables (the amounts given here are flexible and you can add/substitute any veggies you'd like). Recipe yields 4 large or 6 to 8 side salads.

Toasted pita

- 2 whole grain pitas (7" diameter), torn into bite-sized pieces
- 2 tablespoons extra-virgin olive oil
- Pinch of fine sea salt

Salad

- 1/2 batch <u>fresh mint dressing</u> (you'll need 1/2 cup, but make the full batch because this dressing is great to have on hand)
- 8 to 10 ounces fresh romaine lettuce, chopped (about 1 medium head of lettuce)
- 1 large tomato, chopped, or 1 cup quartered cherry tomatoes
- 1 cup quartered and thinly sliced Persian or English cucumber
- 1 cup chopped red onion (about 1 small onion)
- 1/2 cup chopped radish (about 3 medium)
- 1/2 cup torn fresh mint leaves
- 1/2 cup crumbled feta (optional)
- Ground sumac, for sprinkling on top

Instructions

- 1. *To toast the pita:* Preheat your oven to 400 degrees Fahrenheit. On a large, rimmed baking sheet, toss the torn pita with 2 tablespoons olive oil until lightly coated. Sprinkle with salt and bake in the oven until the pieces are very golden and crispy, tossing halfway, 8 to 12 minutes. Set the baking sheet aside to cool.
- 2. *To prepare the salad:* Make the salad dressing as directed and set aside. In a large serving bowl, combine the chopped lettuce, tomatoes, cucumber, onion, radish, mint, optional parsley and feta, and toasted pita.
- Wait until you're ready to serve to drizzle up to 1/2 cup dressing over the salad. Gently toss until all of the ingredients are lightly coated in dressing. Serve promptly, and sprinkle individual servings generously with sumac.
- 4. This salad is best consumed soon after making, since the dressing will wilt the lettuce and soften the pita with time. If you intend to have leftovers, store the salad separately from the dressing, and toss individual salads before serving. The salad will keep this way, covered and refrigerated, for up to 4 days.

GARDEN CREATIONS - **Easter Egg Succulent Planters**

https://www.happinessishomemade.net/easter-egg-succulent-planters/



What You'll Need:

- <u>Ceramic Egg Shell Planters</u>
- <u>Acrylic Paint</u>
- <u>Assorted Succulents</u>
- <u>Potting Soil</u>
- Optional: Gloss White Spray Paint and Clear Satin Finish



For this project the author used these paint colors: DecoArt Americana paint in the following colors: <u>Peony Pink</u>, <u>Sunny Day</u>, <u>Yellow Green</u>, <u>Bluegrass Green</u>, <u>Bahama Blue</u>, and <u>Vivid Violet</u>.



1) Paint each ceramic egg the necessary number of coats for solid coverage.

2) Paint ceramic egg holder base with gloss white spray paint (optional)

3) Once the eggshell planters have dried completely, coat them with a clear satin finish.

4) Partially fill an eggshell with potting soil and add a succulent. May need to knock off some of the soil around roots before inserting.

- 5) Continue this process until all of the eggs are filled.
- 6) Arrange finished eggs in ceramic holder til you get a pleasing arrangement.





Plant of the Month – Milkweed– (Asclepias____) Latin helpful for identification

The monarch butterfly population in North America has plummeted in just the last few

decades. Destruction of America's grasslands ecosystems, commercial agricultural practices and even conventional gardening have all contributed to the precipitous decline of this iconic species. National Wildlife Federation has launched a <u>comprehensive campaign to help save the monarch</u>, and there are many ways you can get involved.

One of the biggest factors in monarch decline is the increasing scarcity of its only caterpillar host plant: milkweed. Without milkweed, monarchs can't successfully reproduce, and the species declines. By planting milkweed in your own garden, landscape and throughout your community, you can help reverse the fortune of these beautiful insects.

Did you know that there is more than one type of milkweed – there are native milkweed varieties as well as "tropical" milkweed, which is the most common variety found in nurseries? Read on to learn more!

Tropical milkweed Asclepias curassavica (latin name) common names: Tropical milkweed,

Mexican butterfly weed, Mexican milkweed

A non-native milkweed that has exploded in popularity in response to the demand for milkweed. It is



simple to propagate, allowing growers to rapidly produce the plant for quick sale. The plant is also attractive, both to humans and monarchs, providing flowers and lush green foliage throughout the growing season – and that's a problem.

It can carry a parasite that weakens the monarchs. What can you do? Cut It Back in June and in October – cut down to the ground. This encourages monarchs to migrate north and migrate south – which is what they are meant to be doing. They are temporary visitors to our garden. Mature Size 3 ft. tall, 1–2 ft. wide

Sun Exposure Full, partial

You can read more here - <u>Tropical Milkweed Fact Sheet</u> – From Monarch Joint Venture

Aquatic Milkweed Asclepias perennis (latin name)

Clusters of pure white flowers throughout summer. White or Swamp Milkweed is one of the few shade tolerant Milkweeds, but does best when it receives at least 4-6 hours or more of direct sunlight. This native perennial Milkweed has a small compact habit. *Asclepias perennis* **is native to much of the eastern central US.** <u>Outdoor Light:</u> Full sun, Mostly sunny, Part shade, Part sun, Light shade



Butterflyweed Asclepias tuberosa (latin name)



A species of milkweed **native to eastern and southwestern North America.** This clump-forming perennial grows from tuberous roots to a height of one to two feet and is characterized by glossy-green, lance-shaped leaves and clusters of bright orange-to-yellow blooms that are rich with nectar and pollen.

Hardiness Zone: 3-9 Mature Height: 18 to 24 inches Mature Width: 2 feet

Swamp milkweed *Asclepias incarnata (latin name)* its hue is sometimes like flesh or dusty rose in color.

As a tall herbaceous moisture-loving perennial, Swamp milkweed seeks sunny openings of swamps, marshes, bogs, fens, and open areas along stream banks and ditches. This robust and erect stemmed plant grows three to five feet high, and like its common milkweed cousin, exudes a milky juice when broken.

Swamp milkweed's smooth narrow leaves are lance-shaped with sharp tips and occur in pairs. Sometimes the leaf's edges turn inward and upward suggesting the prow of a ship.

The fragrant clusters of flowers range in color from soft mauve to pink to reddish-violet. It will thrive in average garden soil as long as it does not dry out completely.

Light Requirement: Sun , Part Shade Soil Moisture: Moist , Wet Soil Description: Rich, wet, very muddy to average garden moisture. One of the few ornamentals that thrives in mucky clay soils. Prefers neutral to slightly acidic soil but will tolerate heavy clay.



The Good the Bad and the Ugly – insects in the garden Swamp Milkweed Leaf Beetle Labidomera clivicollis

You planted some milkweed for monarchs*, but before they arrive you notice a good size beetle – like an oversized lady bug. You are baffled – what is it? Chances are your milkweed has been visited (attacked?) by a swamp milkweed leaf beetle.

The swamp milkweed leaf beetle is a relatively large, brightly colored leaf beetle. Adults are usually 5/16'' to 7/16'' long but in favorable conditions may be up to $\frac{1}{2}''$ in





length. The body is oval when viewed from above (dorsally); and strongly convex, dome-shaped, when viewed from the side (laterally).

They vary in color – occurring in both red and yellow shades. Swamp Milkweed Leaf Beetles look somewhat like Lady Beetles, but they are in a different family. This beetle feeds preferably from the juices inside the leaves of the swamp milkweed plant though other types of milkweed are adequate food sources in its absence. Adults and their snail-like larva cut slits into the veins of leaves and drink the fluid that

leaks out. Adults mate on or around milkweed. Eggs are cemented to the underside of leaves. Larvae feed on leaves, and drop to ground to pupate.

But does it hurt your milkweed plant? Do they hurt monarch caterpillars or the butterfly eggs? Technically, no, because they are herbaceous. However they do feed on milkweeds, It can be an issue if the beetles and their offspring are prolific in numbers as they will eat all of your plant, leaving little for the monarchs. To prevent this from happening, you can pick them



off and put them in a soapy bucket of water. Or simply use a paper towel to pick them off and squish them. Disgusting perhaps, but most folks prefer monarchs on their milkweed!



These Are a Few of My Favorite Things

Darylynn Lydick introduces us to one of her favorite native plants...American Beautyberry!

One of my favorite native plants that grows wild here at our ranch in Willis, TX, is the American Beautyberry. Since it is a native plant that likes warm temperatures though, it can also be a part of your gardens in Houston. It's a medium-sized shrub that is best layered in a garden that gets 3-6 hours of sun. It loses its leaves in the winter (thus the layering with other plants) but comes back lush and full

every spring. The berries are on the plant from late summer through early winter and are sometimes described as pink pearls. It is a woody-stalked plant that has greens leaves and berries that can be white but are usually hot pink!



I photographed the clusters of small pink berries that encircle the stalk for years because they were so eye-catching to me. Only recently did I find out that besides being beautiful (and a treat for birds and deer) that they are edible for us! They have a slight medicinal flavor but with a little lemon and sugar, they make a beautifully-colored jelly.



In addition, you can rub the leaves on your skin and it acts as a natural mosquito repellant.

I've seen American Beautyberry plants available at Buchanan's but I'm also happy to share from our native landscape. You will, however, need to dig them up. Bring a shovel!!

Beautyberry Jelly

https://www.southernliving.com/recipes/beautyberry-jelly

Lots of tips about harvesting, saving, freezing and canning. Biggest tip from me is that you should worry is jelly doesn't



set... no worries. It makes a great syrup for pancakes or ice cream. :)



Some Videos of Note for April:

https://buchanansplants.com/video/tomato-planting-basics/ Tomato Planting Basics

https://m.facebook.com/watch/?v=519034429442142&_rdr Rooted Garden Tips for Growing Cucumbers

https://www.youtube.com/watch?v=W0btXpcReVM How to Hand Pollinate Cucumbers

https://www.youtube.com/watch?v=i9OMBJEtyV8 Building a Butterfly Puddling Station

<u>https://www.facebook.com/watch/?v=681837339548353</u> How To Prevent the Sudden Death of Squash From Squash Vine Borer!

Some Articles of Note for This Season

Plant for Pollinators

https://www.houstonchronicle.com/life/gardening/article/Plant-for-pollinators-15480258.php

Hummingbird migration

https://www.houstonchronicle.com/lifestyle/home-garden/article/Hummingbird-migration-16369296.php

Deciding Whether to Plant Hardy or Tropical Hibiscus

https://www.chron.com/life/gardening/article/Deciding-whether-to-plant-hardy-or-tropical-1535257.php

Garden Basil Has Many Uses

https://www.chron.com/z-archived-entertainment/article/Garden-basil-has-many-uses-15238015.php

PLANTING TIME!

Ever wonder what the numbers mean on fertilizer? Check out this "cheatsheet"

- FERTILIZERS 101 -



| | April | |
|--|---|---|
| Transplant | Seeds - | Transplant |
| Veggies | Direct Sow | Herbs |
| eggplant mustard peppers swiss chard tomatoes okra swiss chard | arugula mizuna beans - pole & bush cucumber cantaloupe lima bean potato squash southern peas zucchini sunflowers gomphrena zinnia cosmos | chives lemon balm mint oregano parsley rosemary sage thyme |

On a Lighter Note...

