

This month in your garden:

- **Fall soon will be in the Air**. Refresh container gardens with snapdragons, dianthus, mums, petunias, lobelia, crotons & more.
- **Get your transplants in your fall vegetable garden**. Early September is your last chance to get tomatoes and peppers in the ground. Cool-season vegetables such as cauliflower, broccoli, brussels sprouts, cabbage, kale, mustard, lettuce, and kohlrabi can be planted late September through January, look for seeds or transplants to add to your garden.
- **Mulch** -Mulching keeps plant roots cooler, weed seeds at bay, and conserves water. Apply 3" deep around trees and shrubs. Add compost around annuals, herbs, vegetables. Do not mound mulch against the base of a plant, this only invites problems for the plant.
- **Pests** -Keep an eye out for pests as well as beneficial insects (such as lady bugs which eat aphids). Blast off sucking insects (aphids, mealybugs, etc.) with water and/or spray with insecticidal soap (best after dark or early morning before pollinators are out).
- Hummingbirds It is migration time! Keep hummingbird feeders clean, filled, and in a shady area to encourage visitors.
 - Recipe for Nectar: Bring 4 cups of water to a boil, add 1 cup of granulated sugar, stir until dissolved. Allow to cool, fill feeders. Keep excess sealed in refrigerator. (no need to add red food coloring)
 - Natural nectar sources for hummingbirds: Turk's cap, Hamelia, Shrimp plant, Firespike, Salvia, Lobelia (cardinal flower), Mexican oregano, Pride of Barbados, Anisacanthus (Hummingbird Flame Acanthus), and cigar plants. These are all hummer magnets.
- Birds Change water regularly in bird baths and keep them full.
- **Flowers** If you want wildflowers, now is the time to plant the seeds. Bluebonnets, Mexican hat, Drummond phlox, gaillardia, liatris, bluebells, lemon horsemint (Monarda citriodora), and plains coreopsis (Coreopsis tinctoria) are a few that will add color to your garden and bring the butterflies.

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

September- Meeting - Thursday, September 28th

Location: *NFC Clubhouse 1:00* guest speaker- Audrey Charlton

President Ikebana Houston

*More info later on page 17

Creating Flower Arrangements with Treasures from Your Garden

October -

Meeting – Thursday, October 5th
Roxanne Yose's garden 1:00
guest speaker- Cheryl Langford
Color Specialist Landscaping
Tips for Creating Beautiful Pots*

*See article on page 16

Garden Workshop – Wednesday, October11th
430 Hickory Post (in cul-de-sac) 4:00
Pumpkins and Prosecco – candle making workshop*
instructor- Rebekah Bostick
Sundance Candles

November -

Meeting – Thursday, November 2rd
Rebekah Bostick's Garden 1:00
guest speaker- Tricia Bradbury
Fort Bend Master Gardener
Growing Herbs

Field Trip – Thursday, November 9th
What to do now in Your Garden (they have a great selection of herbs!)

Arbor Gate – *meet in NFC parking lot 11:15

Or at nursery at 12:00

December -

Garden Workshop - Thursday, November 30th-?
Live succulent Advent Wreath*
Location: ?
*11:30 - to be confirmed - atill working on this

Meeting - Thursday, December 7th

Saundra Hartgrove's garden 12:30 Plant Exchange

Garden Happenings This Month





Plant Parent Night Out

Join us on Saturday, September 9th for a night of all thing's houseplants. Darryl Cheng of the author *The New Plant Parent*, will be here to talk all about caring for your houseplants! Tickets were \$60 now only \$23 this weekend only and include a private talk and book signing, lite bites and beverages.

https://store.buchanansplants.com/products/darryl-chengof-houseplant-journal-speaking-and-book-signing

Green Thumb Lecture Series



Second Monday, 10:00 A.M. – 11:30 A.M.

Houston Community College

Register in advance to receive the link:

hccs.edu/community-learningworkshops

Second Monday of each month

September 11 – Growing Roses in Texas

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





Buchanan's Native Plants



THE HOME ORCHARD

SATURDAY, SEPTEMBER 16, 2023 @ 9:30 AM - 11:30 AM ZOOM LIVE CLASS ANGELA CHANDLER COMPLIMENTARY

More variety, less work! This is a management system that will allow you to plant more fruits in the space you already have without climbing ladders or using complicated tools and equipment. You will harvest enough fruit for fresh eating, preserving, and sharing from trees that are easy to care for and highly ornamental.



https://www.urbanharvest.org/stec_event/the-home-orchard/







These are the folks that make great compost locally in Conroe – they also have their own nursery. Skip Richter took over for the late Randy Lemmon.





FRI-SAT., SEPT. 22-23:
HOUSTON CACTUS &
SUCCULENT SOCIETY FALL
SHOW & SALE. Friday 9-5 pm,
Sat. 9-3 pm. At the Metropolitan
Multi-Service Center, 1475
West Gray.
http://www.hcsstex.org/



Botanical Printing

Using Natural Dyes

Saturday, September 23, 2023 10:00 am — 2:00 pm

In this workshop, participants will learn how to use a variety of leaves to

make botanical prints on fabric through eco printing. Eco printing is a natural dye process that creates incredible prints of leaves on fabric without using artificial dyes or harmful chemicals.

https://hbg.org/events/botanical-printing-2023-09-23-10-00/





Saturday, September 16: Erin Mills
Beneficial Insects: How to Achieve
and Sustain a Natural Balance in
Your Garden

Erin will teach us how to maintain the balance between encouraging beneficial bugs and reducing nuisance bugs in a way

that is healthy for your yard.



Enchanted Forest

10611 FM 2759 Richmond, TX 77469 (281) 937-9449



https://houstonarboretum.org/event/intro-to-native-plants/

Intro to Native Plants

September 30 from 10:00 am – 12:00 pm

https://www.gchouston.org/bulb-plant-mart-info/

The Bulb & Plant Mart will be held October 12th-14th 2023 at St. John's Church 2450 River Oaks Blvd.

Pre-Orders for Bulbs begin June
15th and end Monday, October 2,
2023.

All Bulb & Plant Mart Pre-Orders Must be picked up at the Mart held at St. John the Divine Episcopal

The public is encouraged to Pre-Order Bulbs on our website

HOUSTON
ARBORETUM &
NATURE CENTER



\$25 member / \$35 nonmember Instructor: Nova Morales Ages 12 and up

Native plants are the best – join us to find out why! In this hands-on class we'll learn why native plants are important, some good species to start with, and how to begin the exciting journey of gardening with natives.

Please wear clothes you don't mind getting dirty and wear walking shoes.



GULF COAST BIRD OBSERVATORY: 299 HWY 332 W, LAKE JACKSON, TX



979-480-0999



nfo@gcbo.org

https://www.gcbo.org/connect/xtreme-hummingbird-xtravaganza/

Garden to Kitchen -

One of the things that will grow in this heat in your garden is the cucumber. If you have a pot and some sort of trellis you can plant them now. Suyo long is a type of cucumber that does well in the hotter months here in Houston.

Did you know that the cucumber originated in India and that it is a relative of the watermelon?

The nutritional value of cucumbers features a high concentration of valuable nutrients, specific plant components, and antioxidants, which may assist in treating some ailments and even help prevent others.

What Health Benefits Do You Get Out of Cucumbers?

Cucumbers are packed with macronutrients. They can help reduce inflammation, diminish the

chances of various cancers, improve blood sugar level control, enhance hydration, and even support heart health. Read more at:

https://www.miamiherald.com/health-wellness/article271359332.html#storylink=cpy

CUCUMBERS facts of **HEALTH**".com Cucumbers Reduced risk of estrogen-related cancers, contain numerous including cancers of the breast, ovary, uterus, flavonoid antioxidants and prostate has been associated with intake of dietary lignans from plant foods like cucumber. Vitamin K 4% Vitamin B1 Potassium 4% Copper Vitamin C Cucumbers are a valuable source of conventional antioxidant nutrients including Antivitamin C, beta-carotene, and manganese. Inflammatory

What can you do with all the cucumbers from your garden or Farmers' Market? Why not try using

them in *gazpacho*. *Gazpacho* or Gaspacho, also called Andalusian gazpacho, is a cold soup and drink made of raw, blended vegetables. It originated in the southern regions of the Iberian peninsula and spread into other areas. Gazpacho is widely eaten in Spain and Portugal, particularly during hot summers, since it is refreshing and cool.

There are many theories as to the origin of gazpacho, including one that says it was a soup ofbread, olive oil, water, vinegar and garlic that arrived in Spain with the Romans. Once in Spain, it became a part of southern cuisine, particularly in Andalucia using stale bread, garlic, olive oil, salt, and vinegar. During the 19th century, red gazpacho was created when tomatoes were added to the ingredients. This version spread internationally and remains commonly known.

There are many modern variations of gazpacho with avocados, cucumbers (a staple in modern Spanish gazpacho) parsley, strawberries, watermelon, grapes, meat stock, seafood and other ingredients instead of tomatoes and bread.

Below are a few recipes to try out with your cucumbers.

Andalusian Gazpacho



Ingredients:

- 4-5 slices white bread, day old crusts removed
- Water to soak bread
- •5 ripe tomatoes (about 2lbs.)
- •2 cloves garlic
- •1 medium green pepper
- •1 small onion, cut into pieces
- •1 small cucumber, peeled and cut into pieces
- •1-2 tsps. Salt (to taste)
- •6 tablespoons extra virgin olive oil
- •3 tablespoons red vinegar
- •1 to 1 ½ cups ice water
- •Garnish chopped veggies

Instructions:

- Soak the bread in water to cover until softened.
- Remove cores from tomatoes. Cut them into chunks and puree in a blender or food processor.
- Press the juice and pulp through a sieve over a bowl, pushing with the back of a wooden spoon. Discard the bits of skin and seeds.
- Squeeze water from the bread and place in blender with garlic.
 Blend until smooth.
- Add tomato pulp, green pepper, onion, cucumber, and salt.
 Blend.
- With motor running, add oil in a slow stream.
- Blend in vinegar and some water.
- Place in a pitcher and add remaining water. Chill til serving time.

For the Garnish:

1 small green pepper, finely chopped ½ cucumber, peeled and finely chopped 1 small onion, finely chopped 1 small tomato, finely chopped

Croutons:

Melt 2 tablespoons of olive oil or butter in a heavy skillet. Add 1 garlic clove, crushed, then stir in 6 slices bread, crusts removed,

cut into small cubes, coating with butter and garlic. Cook over low flame, stirring occasionally, for about 30 minutes, or until cubes are golden. Cool.

Serve gazpacho in small bowls topped with croutons and garnish.



Spanish Cucumber Avocado Gazpacho

Ingredients

- 2 avocados
- 2 green Granny Smith apples
- 1 cucumber
- 1 clove garlic
- Ground black pepper (to taste)
- Salt to taste
- juice of one lemon
- Apple vinegar
- Extra virgin olive oil



Instructions:

- Peel avocado and remove pit. Cut it into pieces.
- Wash, peel, and slice the cucumber and apple.
- Wash and remove seeds from jalapeno. Chop into small pieces.
- Put chopped cucumber, avocado, garlic clove, jalapeno, and apple in the bowl of food processor or in blender.
- Add salt, lemon juice, cider vinegar and blend.
- Slowly add the olive oil.
- Blend everything until it has a creamy consistency.
- If a more traditional gazpacho consistency is desired, add ice and water to blend.
- Refrigerate gazpacho at least 30 minutes before serving even better overnight.

Cucumber Gazpacho Recipe from Spain



Ingredients:

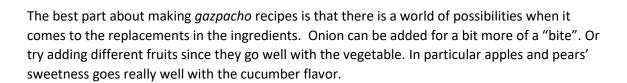
- 4 cucumbers
- 1 cup (250 gr) Greek yogurt
- 1 garlic clove
- 3 tablespoons extra virgin olive oil
- A little bit of salt

Garnish:

- Optional: Walnuts, cashews, chopped almonds for
- Optional: 4 slices serrano ham for garnish

Instructions:

- Wash and partially peel cucumbers leaving some green makes soup green.
- Chop cucumber and put in the bowl of food processor or in blender.
- Add Greek yogurt, salt, garlic clove, olive oil.
- Blend at full power for about two to three minutes, or until it reaches liquid texture. If you think it is too thick, then you can add 1 tablespoon of milk until it reaches the desired consistency.
- Refrigerate gazpacho at least 30 minutes before serving – even better overnight.
- Serve it with desired garnish i.e. chopped nuts and one slice of serrano ham on top.
- Store in a covered bowl or jar in the refrigerator for up to 4 days.





GARDEN CREATIONS - Make an OLLA



With the heat and water restrictions Ollas are an important resource for gardeners. The Olla (pronounced Oiya) is an ancient method of irrigating crops. It is believed that Ollas were first used in northern Africa as long as 4,000 years ago. There is also evidence that Ollas were used in China at about that same time.

An Olla is basically a low-fired clay vessel with a narrow neck. The pot is buried in the ground with only the neck protruding above the soil. Then, crops are planted around the perimeter of the Olla at a distance based on the size of the Olla and the types of plants being grown. The Olla is then filled with water and a cover is placed on the top to prevent soil and other debris from entering the Olla and to minimize evaporation of the water from the jar.

Ideally, the gardener should only have to refill the Olla with water anywhere from once a day to once a week. Ollas should be refilled when the water reaches the 50 percent mark. As the soil becomes moist, the plants surrounding the Olla will grow toward the water source. In fact, many

gardeners report that their Olla is covered with a thick mat of roots by the end of the season.

Understand How Osmosis Works

Ollas work through the process of osmosis. Osmosis in biology is the movement of water molecules through a membrane from a high concentration of water molecules to a low concentration of water molecules.

Think of the Olla vessel, which is composed of porous clay, as the "membrane." The water in the Olla is a high concentration of water molecules. The soil surrounding the Olla has a low concentration of water molecules. The process of osmosis wants the water molecules to be equal on both sides of the membrane and will move the water from the high concentration, inside the jar, to the low concentration, in the soil.



Osmosis theoretically will continue until the concentration is equal on both sides. The beauty of this system is that if it rains, the amount of water molecules on the soil side of the jar is higher, so osmosis will slow or even stop until the soil starts to dry out and then osmosis will begin again. This means it is impossible to overwater or waste water.

HOW TO MAKE A TERRACOTTA FLOWER POT OLLA



SUPPLIES

2 terracotta flower pots or 1 flower pot and 1 terracotta saucer* Hole plug (recommend a penny) Waterproof glue (recommend Gorilla Glue*) Waterproof silicone caulk

* The size of the flower pots depends upon the location you plan to use the olla. For 24" containers suggest two 6-8" pots, for smaller containers suggest one 6-8" pot and one saucer. Suggest two 8-12" sized pots or one 12" or greater pot with corresponding saucer for raised or sunken garden beds with at least a 2 foot depth. If using saucers find a saucer that has the same sized rim as the pot.

STEP 1 - PLUG THE HOLE

You want the olla to seep water from the pores of the olla, not run out through the hole. Therefore, it is necessary to plug the hole of one of the terracotta pots. If you ware using a pot and a saucer do not plug the hole of the pot as this is where you will fill it with water.

A penny is the perfect size for most terracotta pots. Alternatively you can use a flat stone, glass bead, piece of plastic, or other relatively flat material. Glue the plug material to the pot using waterproof glue. Cover entire plug area with caulk Allow to dry according to glue and caulk instructions.



STEP 2 - GLUE TOGETHER OLLA

Place a bead of glue on the rims of both pots. If using a pot and saucer, place a bead of glue on the rim of the saucer and the pot. Follow instructions for the glue. For example, Gorilla Glue* requires the surface to be wet. Invert pieces so the glued rims are together. Place a heavy paving stone or other object on top of inverted pots to weigh them down. This will help achieve a tight seal. Let dry for several hours.



STEP 3 - SEAL OLLA

Place a bead of caulk along the seam between the pots. Use a sponge or your finger to press caulk into the seam to achieve a tight seal. The pots will be buried so it does not have to look attractive. Let caulk dry and set overnight.

STEP 4- TEST YOUR OLLA

Before burring your ollas it is a good idea to fill with water and look for excessive seepage along the seam. If you notice water leaking from the seam, empty water and allow to dry. Re-seal the area with more caulk.

STEP 5- INSTALL THE OLLA

Burry your olla with at least 1-2" remaining above the surface. Fill with water. Top off with water again after about 30 minutes and the water has percolated into the soil and clay pores. Place a saucer, mason jar lid, or a flat stone over the hole. Periodically top off the water level of the olla.



A terracotta pot olla made from 2 6' pots installed in an 18' container planted with a tomato. Itt is caped with a mason jar lid.



Finished ollas made from a 6" diameter pot (left) and saucer and two 8" pots (right).

From Nativive Seeds/SEARCH. More information at www.nativeseeds.org.

Plant of the Month - Flame Acanthus

Anisacanthus quadrifidus var. wrightii (A. wrightii)

This is one tough plant! From midsummer through frost, flame acanthus is covered with long, slender, red or orange blooms that hummingbirds love. It is a drought tolerant, heat-loving small shrub that works as well in the perennial border as it does as an informal hedge or specimen plant. Flame acanthus is late to come out in the spring, and benefits from periodic shearing or even severe cutting back in early spring. It is native to Edwards Plateau on rocky banks and floodplains, but is adaptable to sunny, well-drained exposures throughout the state, even Houston. It is a good choice for sites with poor soils and reflected heat — although supplemental water in dry summer months will encourage flowering. Best grown in medium to dry, well-draining soils in full sun, but is adaptable to many soil types including poor, rocky soils and heavy, clay soils. Tolerant of drought, and grows well in pots.



Characteristics

Type: PerennialZone: 7- 10

Height: 3 – 5 FeetSpread: 3 – 4 Feet

Bloom Time: June – SeptemberBloom Description: Reddish Orange

Texas Native

Sun: Full SunWater: Dry

Maintenance: LowFlower: Showy

Attracts: Hummingbirds, Butterflies

• Tolerates: Deer, Drought, Clay Soil, Shallow-Rocky Soil

• Other: Winter Intere





These Are a Few of My Favorite Things

Melissa Endicott shares her favorite irrigation method for when she is away:

Last year we were asked to take on our school's beautification project. We updated planters in one courtyard but elected to add new raised planters in the other courtyard. We added plants and vines – focusing mainly on native plants. It has really made a huge improvement in the appearance of the area. Spring was wet and everything flourished. But we wondered how we could keep plants alive during the summer. We had limited hours of access and could only access them twice a week (Monday, Thursday). I started researching water reservoirs and ran across references to ollas/oyas.

These unglazed terracotta vessels are buried near the plant roots and slowly release their water into the surrounding soil. It allows less frequent watering, focuses moisture near roots instead of leaves reducing risk of fungal disease, and reduces evaporation. Using a large olla in each planter, our beds have survived this hot summer with limited water (I estimate about 90-95% of our plants have made it) and are now thriving. I found our current ollas in stock at Buchanan's and buried them in our raised beds within 1-2 feet of the plantings. The secure lid helps to protect wildlife from falling in, prevent mosquitoes, and reduces evaporation. Refill frequency will depend on the weather and the size of your reservoir. I have

filled them 2xs a week this summer and they have never gotten completely dry.



I plan on removing, cleaning, and drying the ollas for storage during the winter to avoid them fracturing in the event of a Houston freeze.





Some Videos of Note for September:

What Can I Plant in the Fall - https://www.youtube.com/watch?v=AHF4K7qejX8

How to Make Hummingbird ENDLESS Water Fountain

https://www.youtube.com/watch?v=7HaEZIV8i

Some Articles of Note for This Season:

Plants for Hummingbirds

10 Great Nectar Plants that Attract Hummingbirds

https://www.chron.com/life/gardening/article/Plants-for-hummingbirds-1817345.php

*Houston Landscaper Offers Tips for Planting an Eye-Popping Garden

 $\underline{https://www.houstonchronicle.com/life/gardening/article/Houston-landscaper-offers-tips-for-planting-an-15254120.php}$

What to Plant in Your Houston Garden in September

https://rootedgarden.com/blog/2021/9/2/what-to-plant-in-your-houston-garden-in-september

What To Do About Cinch bugs

https://randylemmon.com/lawns/chinch-bugs/

How to Grow Bush Beans in Houston

https://rootedgarden.com/blog/2020/5/8/how-to-grow-bush-beans-in-houston

When to Water Your Plants, Mulching and Other Tips to Keep Your Garden Alive in Houston Heat

https://www.houstonchronicle.com/neighborhood/bayarea/article/when-water-plants-tips-keep-garden-alive-heat-18168048.php

GARDEN WORKSHOP

Pumpkins and Prosecco - A Fall Candle Making Workshop - spaces limited



Wednesday, October11th

430 Hickory Post (in cul-de-sac) 4:00

instructor- Rebekah Bostick

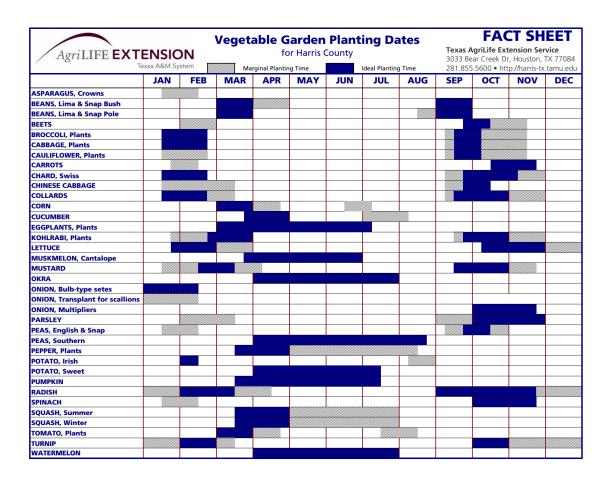
Sundance Candles

*price to be determined

Join our very own talented NFWC Garden Club member Rebekah Bostick as she leads you through the process to make your very own fall pumpkin candle. Are you interested in joining her for this fun afternoon? Email Rebekah to reserve your spot: rebekahbostick@gmail.com

PLANTING TIME!







On a Lighter Note

