



SOUTH PLAINS HORTICULTURE

ISSUE 2 • NOVEMBER 2021



TURNING OVER A NEW LEAF TEXAS ARBOR DAY

Together we have had a lot of challenges over the past year, and it is time to plant trees to begin a bright, optimistic future. Rather than look backward to events of the past, Arbor Day looks forward with promise for a future filled with trees. Arbor Day celebrates planting and nurturing trees and all the ways trees enrich our lives and stabilize our environment.

While the purpose of Arbor Day lies in the future, it has an interesting history to earn a spot on the calendar. Historians trace Arbor Day's origins back to the fifth century when Swiss villagers gathered to plant groves of oak trees. Adults turned the event into a festival and children were given treats as a reward for their help planting trees.

Arbor Day first appeared in the United States in 1872. J. Sterling Morton is credited with guiding this country's first Arbor Day resolution through the Nebraska state legislature in that year. Residents of the Great Plains recognized how much trees could do for them, and they enthusiastically embraced Morton's vision.

continued on page 2

TEXAS A&M
AGRI LIFE
EXTENSION

INSIDE THIS ISSUE

Turning Over A New Leaf Texas
Arbor Day • P. 1-2

Ways to Celebrate Arbor Day
in Lubbock • P. 2

Plant Now for Spring Color
• P. 3

Veggie Preparation & Recipe:
Bok Choy • P. 4

TEXAS ARBOR DAY

President Theodore Roosevelt was a strong supporter of Arbor Day. Early in the 20th century, it was becoming clear that the nation's forests were being exhausted by cut-out-and-get-out timber harvesting. The science of forest management was emerging, and the government was moving to suppress wildfire and plant trees. President Roosevelt sent a letter to the children of the United States in which he wrote, "A people without children would face a hopeless future; a country without trees is almost as hopeless."

In Texas, Arbor Day first appeared in Temple on February 22, 1889. W. Goodrich Jones led the citizens of Temple in a mass meeting to call for a tree planting campaign along the streets of the city. One year later, the first statewide observance of Arbor Day was held in Austin. Through the efforts of Senator George Tyler of Belton, February 22nd was set aside by law as Arbor Day to encourage the planting of trees in this state.

After the original Texas Arbor Day law expired, the state continued to observe Arbor Day by proclamation of the governor, usually on George Washington's birthday. In 1949, the state legislature adopted a resolution designating the third Friday in January as Texas Arbor Day. In 1989 the legislature passed a resolution moving Texas Arbor Day to the last Friday in April to align with the traditionally observed national Arbor Day. Today, Arbor Day is held on the first Friday in November.

In 1919, the state legislature officially designated the pecan as the State Tree of Texas. The pecan was chosen for its



adaptability anywhere in Texas, and because Governor James Hogg requested a pecan tree to be planted near his grave. He said, I want no monument of stone or marble, but plant at my head a pecan tree and at my feet an old-fashioned walnut. And when these trees shall bear, let the pecans and walnuts be given out among the people of Texas so they may plant them and make Texas a land of trees. Thanks to the diversity of this state, Arbor Day is celebrated in Texas communities anytime from throughout the fall and winter planting season. The official Arbor Day ceremony, complete with the Governor's proclamation declaring the day the official state Arbor Day, moves around from place to place to help reach audiences all over the state.

Today, above all, Arbor Day is for children, parents and grandparents to strengthen the bond between generations by planting trees together. It presents a tremendous opportunity to teach fundamental lessons about stewardship of our natural resources and caring for our environment. There is no more powerful demonstration than helping children plant and care for trees that their own children and grandchildren will enjoy.

For more information, please visit:
<https://tfsweb.tamu.edu/arborday/>

WAYS TO CELEBRATE ARBOR DAY IN LUBBOCK

TREE ID Walk & Talk Series

AN OUTDOOR LEARNING TREE ADVENTURE

TREE ID

Join in the fun of identifying and assessing tree health on public properties around Lubbock. The data collected will be used by the Texas Forestry Service to calculate our local trees annual monetary value through the Tree Trails App. Smart phone is required.

Walking Tours

Throw on your comfortable walking shoes, fill up your water bottle, and get ready to enjoy the crisp fall Lubbock weather as we will be on foot while learning about trees! Join Lubbock County Horticulture Extension Agent, Christina Reid, while she leads the group through this fun, outdoor educational experience. Please dress for the weather.

Meeting Dates & Locations

- Friday, 10/22 1:00pm Phil Hoel Park (tennis courts) 91st & Chicago Avenue Lubbock
- Friday, 10/29 1:00pm Texas Tech University (east side of Jones stadium) 2526 Mac Davis Lane Lubbock
- Friday, 11/5 1:00pm Lubbock Memorial Arboretum (patio area) 4111 University Avenue Lubbock



Help track local trees!

ARBOR DAY!

TEXAS ARBOR DAY 2021 TREE TRAILS CONTEST

TEXAS A&M FOREST SERVICE

TREE TRAILS

Join the Lubbock Memorial Arboretum or Volunteer Your Time

SUPPORT THE ARBORETUM
BECOME A MEMBER
 YOUR MEMBERSHIP HELPS PLANT AND CARE FOR TREES AND DEVELOP NEW PROJECTS AT THE ARBORETUM
[HTTP://WWW.LUBBOCKARBORETUM.ORG](http://www.lubbockarboretum.org)

How to Select a Tree

What to Look for:



- single trunk or leader
- trunk free of wounds
- trunk flare should be obvious
- healthy roots should fill up pot but not be circling (remove the root ball from the pot and look)

What to Avoid:



- undersized yellow leaves
- avoid multitrunked or V-shaped trunk
- avoid a tree with trunk wounds
- dense cover of weeds growing out of pot
- roots out of pot can mean that the tree has been in the pot too long
- avoid tree with circling roots inside container (remove the root ball from the pot and look)

Plant a Tree!

PLANT NOW FOR SPRING COLOR

BULBS

Spring Flowering Bulbs

- Include: Daffodil, Tulip, Hyacinth, Crocus, Gladiolus, Allium and Lily
- Select only healthy, disease free large bulbs suited for our planting zone 7b
- Follow planting instructions making sure to double check planting depth
- Most prefer sunny location, well draining soil, consistent moisture levels, and fertilizer application at time of planting

What You Need To Know

- Bulbs are Geophytes -
 - plants with underground storage organs that contain food and energy for the plant's life cycle (putting out leaves, blooming, dying back to the ground, dormancy and repeat next season)
 - 5 Classes of Geophytes:
 - True Bulbs- rounded with a flat basal plate that produces roots and the top produces a stem. Has many layers like an onion. Ex. Tulip
 - Corms- similar to true bulb but are a fattened base of the stem itself. No layers- solid. Ex. Amaryllis
 - Rhizome- fat underground stems that grow horizontally. Ex. Iris
 - Tuber- swollen underground stems that have eyes. Ex. Potato
 - Tuberous Roots- similar to tubers but are swollen roots, not stems. No eyes. Grow in clumps and sprout from the crown. Ex. Dahlia
- Two Groups of Bulbs
 - Spring Flowering- planted in the fall
 - Summer flowering- planted in the spring



VEGGIE PREPARATIONS

BOK CHOY

TIPS ON PROPERLY WASHING, HANDLING, CUTTING AND PREPARING VEGGIES



1



2

Fun to make with children!

D. Bok Choy Noodle Crisp



Prep time: 10 minutes
Serves: 8
Serving size: 1/2 cup

Utensils needed
 Knife
 Cutting board
 Large mixing bowl
 Jar with a tight-fitting lid
 Measuring cup
 Measuring spoon
 Mixing spoon

Ingredients

- 2 medium heads of bok choy, sliced thinly
- 1/2 cup of vegetable oil
- 1/4 cup of vinegar
- 1/3 cup of sugar
- 3 tablespoons of low-sodium soy sauce
- 1 green onion, chopped
- 3/4 cup (6 ounces) of chow mein noodles

Directions

1. Wash your hands and clean your cooking area.
2. Add the vegetable oil, vinegar, sugar, and soy sauce to the jar and close the lid. Shake it well to combine the ingredients.
3. Wash and chop the bok choy and green onion. Add them to a large mixing bowl.
4. Break up the chow mein noodles and add them to the mixing bowl.
5. Drizzle the dressing over the contents of the mixing bowl. Gently toss the salad and serve.

Nutrition Facts

Serving Size 1/2 cup
 Servings Per Container 8

Amount Per Serving
Calories 280 Calories from Fat 160

		% Daily Value*
Total Fat 18g		28%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 530mg		22%
Total Carbohydrate 28g		9%
Dietary Fiber 3g		12%
Sugars 11g		
Protein 6g		

Vitamin A 190% • Vitamin C 160%
 Calcium 25% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	85g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

www.jmgkids.us/LGEG



How the children can help: Wash the produce, measure the ingredients, break up the chow mein noodles, combine the ingredients for the dressing, shake the dressing, drizzle the dressing over the salad, and toss the salad

Kitchen math

1. The recipe calls for ingredients to serve 8 people. If we needed to feed 16 people:
 How many tablespoons of soy sauce would you need? _____
 How much sugar would you need? _____
2. What are the three liquid ingredients used in the recipe?

3. Which vitamin has the largest percentage of the daily value in this recipe? _____
4. What is the difference in the amounts of calcium and iron?

- Cut away the base stem of the bok choy leaves and wash them carefully under cold water.
- Cut both the white stems and green leaves into thin, 1/2 inch slices.