



# SOUTH PLAINS HORTICULTURE

ISSUE 3 • DECEMBER 2021

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

Texas A&M AgriLife Extension Lubbock County presents

## 2022 COMMERCIAL TURF & ORNAMENTAL WORKSHOP

**FRIDAY, FEBRUARY 18, 2022 | 8:30AM - 3:00PM | \$50.00**

**5 TDA CEUS | LUNCH PROVIDED**

**TEXAS A&M RESEARCH CENTER 1102 E FARM TO MARKET  
RD 1294 LUBBOCK**

Registration Required by Friday, February  
11, 2022 by calling (806) 775-1740

Detach and mail preregistration to:

Lubbock County Extension, PO Box 10536, Lubbock, TX 79408

Make checks payable to AgriLife Extension Acct. 272113 (No credit cards)

Name on CEU Certificate: \_\_\_\_\_  
Pesticide Applicator License#: \_\_\_\_\_  
Ph. Number: \_\_\_\_\_  
Email: \_\_\_\_\_

TEXAS A&M  
**AGRI LIFE**  
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### UPCOMING GREEN PROFESSIONAL EDUCATION PROGRAMS IN LUBBOCK

Did you know that we offer annual green industry professional courses and strive to keep these folks up to date with the newest research based information? We do!

February 10 & 11 2022, we will be offering a new to Lubbock County course aimed at tree care professionals- the International Society of Arboriculture (ISA) Certified Arborist Prep Course. The tree care profession has experienced rapid growth over the past decade and there is a significant amount of knowledge required to perform at the highest level. ISA credentials help consumers identify qualified, knowledgeable tree care professionals. This course will help prepare professional arborists to take the ISA Certified Arborist exam.

Nonprofessionals are also welcome to attend the entire course to gain a better understanding of the benefits of trees and develop their tree ID and tree care skills. Three years of experience is required to take the ISA Certified Arborist exam. For more information on the exam, please visit [www.isa-arbor.com](http://www.isa-arbor.com) and for more information on the Prep Course, please see the flyer on page 5.

February 18, 2022, we will be offering our annual Commercial Turf & Ornamentals  
*continued on page 2*

# SOUTHWEST INJURY

We all know that fall is a great time to plant new trees in our landscapes because moderate temperatures allow tree roots to become acclimated and established while the tree canopy is dormant, right? (Most definitely!) But what happens when old man winter comes blowing down the South Plains? Our young trees need a little extra care!

Tree trunks of immature trees, especially deciduous trees, need protection from direct sunlight during all seasons. They are especially susceptible to southwest injury/sunscald during winter months when leaves are absent and no longer produce shade for the trunk. Sunscald is often referred to southwest winter injury because it happens during the cold weather months and is caused by sudden temperature changes of the bark. On a sunny, windy cold winter day, cold hardy tissues in the bark on the south to southwest side of the trunk are exposed to direct sunlight and warm up. The warmed bark de-acclimates, decreasing its ability to withstand freezing temperatures. When the sun goes down or behind a cloud, the temperature of the bark drops quickly to below freezing and the bark tissues are unable to regain cold hardiness quickly enough to withstand freezing. Living bark tissues are damaged by the freezing temperature, which leads to a sunken area on the trunk with dried, cracked, peeling bark or exposed dead wood.

Protect the trunk with a commercial tree wrap such as a polyurethane spiral wrap or craft paper wrap. The wrap should be applied in the fall but should be removed prior to trunk expansion each spring. Set a reminder to remove the wrap as it could suffocate the tree if left on too long! In most cases, a tree will only need to be wrapped the first season or two after planting. Tie the wrap firmly, but not tightly. Polyurethane wraps expand without binding the trunk. Start at the ground and wrap up to the first branch slightly overlapping as you go. Do not attach wraps with wire, nylon rope, plastic ties, or electrical tape.



An example of southwest injury.



An example of wrapping a young trees trunk to protect against winter injury.

## UPCOMING GREEN PROFESSIONAL EDUCATION PROGRAMS IN LUBBOCK COUNTY

*continued from page 1*

Workshop aimed at Texas Department of Agriculture (TDA) Certified Applicators and Landscape Architects for continuing education credits. Nonprofessionals are also invited to attend to gain a better understanding of working with chemical herbicides and pesticides. For more information on this program, please see the flyer on page 1.

## HOW TO KEEP A LIVE CHRISTMAS TREE → ALIVE

### Select a tree

- Aleppo Pine, Japanese Black Pine, Japanese Yew, Loblolly Pine, Deodar Cedar, Juniper, or other coniferous evergreens.
- American Holly, Burford Holly, Compact Cherry Laurel, or Yaupon.
- The Norfolk Island Pine, kumquats, calamondins, or Yews

### Choose a container

- If the tree roots are balled and burlapped, use a container that will allow at least an inch of peat moss, potting soil, or compost around the ball to prevent drying out.
- If the plant has been grown in a container, it can be made much more attractive by placing it in a redwood tub, ceramic or clay pot, or even a wooden box lined with a polyethylene film liner.
- All containers should be well drained to prevent damage to the roots caused by excess moisture. A pan underneath the container will also prevent floor damage.

### Find a place to keep the tree

- Avoid placing the tree near the stream of heat or near a stove or radiator.
- The room should be kept as cool a possible when not occupied

### Tips to know what your tree needs

- Push a sharpened pencil into the soil. If the pencil comes out dry and clean, the plant needs water; otherwise, wait until the next day.

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*Dr. William C. Welch, Professor and Landscape Horticulturist, Dec. 2003*

# PLANT NOW FOR SPRING COLOR

## Wildflowers



Perfume Ball



Winecup



Tahoka Daisy

### What You Need To Know

- Most wildflower seeds will benefit from scarification-
  - a process that mimics natural weathering and allows seeds to germinate more easily
    - Example Milkweed and Bluebonnets
    - Scratch each seed on sand paper before planting.
- Need a sunny location
  - Most wildflowers will need at least 6 hours of direct sunlight to bloom their best.
- Need well draining soil
  - Don't plant seeds in an area prone to staying overly wet.
- Prep your planting area
  - Clear any weeds, mulch, or other debris
  - Disturb the soil slightly to allow for direct seed-to-soil contact
- Planting Tips
  - Follow all instructions on the seed packet
  - Avoid burying tiny wildflower seeds too deep in the ground
    - Plant them no more than twice as deep as the seeds are wide
    - The seeds are tiny so it can help to mix them with sand or compost, to help spread the seedlings out and keep them from sprouting in clumps
    - Bluebonnet seeds are nearly identical to decomposed granite, so mixing those together can prevent hungry birds from snacking on your seeds
  - Planting can also be a family affair. The most fun is to do a wildflower stomp, where you gather five kids or grandkids, plant the seeds, and have the kids hop up and down to pack them in

# VEGGIE PREPARATIONS

# LEAF LETTUCE

TIPS ON PROPERLY WASHING, HANDLING, CUTTING AND PREPARING VEGGIES

1



• Cut away the base stem of the leaves and wash them carefully under cold water.

• Slice the leaves into thin, 1/2 inch long slices and give each student 1 or 2 strips.

2

Fun to make with children!

## B. Red Leaf Lettuce and Strawberry Salad



**Prep time:** 15 minutes

**Serves:** 4

**Serving size:** 1 cup

### Utensils needed

- Colander
- Small jar with tight-fitting lid
- Measuring spoons
- Measuring cup
- Knife
- Cutting board
- Large mixing bowl
- Mixing spoon

### Ingredients

#### Dressing\*

- 1/3 cup of vegetable oil
- 3 tablespoons of vinegar
- 2 tablespoons of honey
- 1 teaspoon of mustard
- 1/8 teaspoon of salt
- 1/8 teaspoon of cinnamon

\*Option: Substitute 1/2 cup of balsamic vinaigrette or another low-fat dressing

#### Salad

- 4 cups of red leaf lettuce greens
- 1/4 pound of strawberries, sliced (about 1 cup)

### Directions

1. Wash your hands and clean your cooking area.
2. In a small jar with a tight-fitting lid, combine the oil, vinegar, honey, mustard, salt, and cinnamon. Cover the jar and shake it well. If no jar is available, blend the ingredients in a bowl with a fork. Chill the dressing until it's time to serve it.
3. Rinse and cut the leafy tops off the strawberries and slice them lengthwise into fourths.
4. Place the red leaf lettuce greens in the colander and run water over them. Drain them and pat them dry.
5. In a large mixing bowl, combine the lettuce and sliced strawberries. Toss them gently.
6. Drizzle the dressing over the salad as desired.

### Nutrition Facts

Serving Size 1 cup  
Servings Per Container 4

Amount Per Serving

Calories 210 Calories from Fat 160

% Daily Value\*

Total Fat 19g 29%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 13g 4%

Dietary Fiber 1g 4%

Sugars 11g

Protein 1g

Vitamin A 40% • Vitamin C 45%

Calcium 2% • Iron 4%

\*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 65g 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

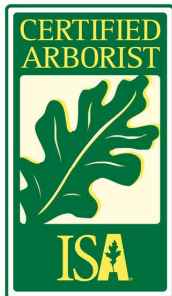
Dietary Fiber 25g 30g

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

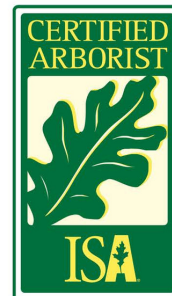
[www.jmgkids.us/LGEG](http://www.jmgkids.us/LGEG)

**How the children can help:** Wash the produce, measure the ingredients, combine the dressing ingredients, shake the dressing, and drizzle the dressing over the salad



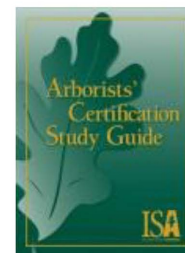


# CERTIFIED ARBORIST TRAINING



## Benefits of this training:

- **18 hours of focused training from experts**
  - Divided into two sessions
    - February 10 and 11 2022
  - Time: 8:00 a.m. to 5:00 p.m. (Lunch and Snacks provided)
  - Location: Texas A&M AgrLife Research Center,  
1102 E Farm to Market Road 1294 Lubbock, 79403  
(Large Auditorium)
- **Cost includes a full study guide which will prepare you for the ISA Certified Arborist exam. Please read before class.**



FREE with registration! Arborist Certification Study Guide (\$125 value)

## To register:

- Cost: \$300 per person, Registration required by Thursday, January 13, 2022 to (806) 775-1740
- Mail check to Lubbock County Extension PO Box 10536 Lubbock, TX 79408 payable to Agrilife Extension Acct. 272113 (no credit cards)

The tree care profession has experienced rapid growth over the past decade and there is a significant amount of knowledge required to perform at the highest level. International Society of Arboriculture (ISA) credentials help consumers identify qualified, knowledgeable tree care professionals. <sup>1</sup>

This course will help prepare professional arborists to take the **ISA Certified Arborist examination**.

**Topics include:** Tree Biology, Identification, Water Management, Tree Nutrition, Tree Selection and Pruning, Plant Health Care, Tree Assessment, Trees and Construction, Urban Forestry, & more!

<sup>1</sup> International Society of Arboriculture (ISA). <<http://www.isa-arbor.com/certification/benefits/index.aspx>>

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# SPINACH

HARVEST OF THE MONTH  
DECEMBER



**Spinach** is one of the most popular members of the leafy "greens" group. In the 1930s, the cartoon character Popeye helped make spinach famous. It won't actually make you super-strong like Popeye, but it does have nutrients for your skin, eyes and a healthy body. Texas is ranked second in the country for growing spinach. It has flat, smooth leaves but some types have dark green, curly leaves. It can taste great raw in a salad or cooked in a sauce.

## DID YOU KNOW?

Spinach grows rapidly and becomes full-grown in about six to eight weeks after it is planted. Farmers pick it when it has about 10-12 leaves, by pulling the plant out of the ground.

## FUN FACT

The spinach-growing town of Crystal City, Texas built a statue of Popeye in 1937.



SPINACH GROWING REGIONS

- 1. The High Plains
- 2. Winter Garden
- 3. Rio Grande Valley



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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