

# SOUTH PLAINS

# HORTICULTURE

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Lubbock County Extension Office

For more information, contact [christina.reid@ag.tamu.edu](mailto:christina.reid@ag.tamu.edu) or call (806) 775 - 1740



Flowers you can eat, insects that benefit your garden, community opportunities, and more. Read about this and other stories in this month's South Plains Horticulture Newsletter!



# WHY SHOULD I WASH MY PRODUCE?



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER [TEXASAGRICULTURE.GOV](http://TEXASAGRICULTURE.GOV)



## Lubbock Master Gardener Association Demonstration Garden Update

The Lubbock Master Gardener Association Demonstration Garden at the Lubbock Memorial Arboretum is coming along nicely! A new pergola and rainwater catchment tank have been installed! Gravel pathways have begun being installed and the raised beds of phase 1 will be going in next! Go check it out for yourself at the Lubbock Memorial Arboretum 4111 University Avenue.

## Meet Our Intern



Meet Gretchen Plocek, one of our new horticulture extension interns! Gretchen grew up in Katy, Texas and loves to get her hands dirty in the garden. She is a senior at Texas Tech University and is earning a degree in Biology with a minor in Plant and Soil Science



## storage & handling OF PRODUCE AT HOME

- Unpackaged leafy greens should be washed by separating the leaves and soaking them in a bowl of cold water.
- After a few minutes, rinse and repeat. Dry with a clean towel.
- Salad spinners should be washed with warm, soapy water after each use.
- According to the USDA, there is a danger zone between 40 degrees and 140 degrees Fahrenheit in which pathogens multiply. If produce is left out for more than 2 hours in these conditions you should throw it away.
- Leafy greens should be stored in the refrigerator within two hours of bringing them home from the store or market. Store with a paper towel in order to prevent moisture accumulation and wilting.



## why should I WASH MY PRODUCE?

- ✓ To prevent the potential spread of foodborne pathogens.
- ✓ To ensure it is clean and free of soil from the farm.
- ✓ Because many hands have touched your produce since harvest.

## how do I WASH MY PRODUCE?

**START** with clean hands and a disinfected sink area

**CLEAN** kitchen utensils like knives, cutting boards, and storage containers.

**RINSE OR SOAK** in cold water only.

[TEXASAGRICULTURE.GOV](http://TEXASAGRICULTURE.GOV)

For more information on washing your produce visit [TexasAgriculture.gov](http://TexasAgriculture.gov) or give us a call at 800-835-5832 (TELL-TDA)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

1700 N. Congress, Austin, TX 78701

Funding for Wash Your Produce Pamphlet was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant agreement AM170100XXXXG033. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.





## SMITH ELEMENTARY

2nd Grade students at Smith Elementary were able to put their detective skills to use in the Star Garden while searching for the complete ladybug life cycle! Students found their way to the ladybug's main food source, aphids, and were able to identify adults, eggs, larva, and pupa! Technology was used in the garden to see eggs, pupa and aphids up close!



## MULBERRY PICKING

May through June is prime Mulberry picking season! Mulberry trees are a large shade tree reaching up to 50' tall and wide. They are often considered a nuisance because of the mess they create with berries and bird droppings. The berry is a composite fruit shaped like an elongated blackberry, .75" to 1" long; red, turning dark purple or black when ripe and edible. These sweet berries are delicious eaten raw, in desserts or jams/jellies



## June Plant Spotlight



### Borage

Borage is an attractive warm season annual which may grow to be 3 feet tall and wide. Its leaves are an edible gray-green Coarse, rough, and hairy. It produces edible bright blue star-shape flowers. Seed it in the garden because it is difficult to transplant. It grows best in full sun but does well in partial shade. This herb is grown for its leaves which should be harvested before the plant flowers. Harvest the young leaves and dry or cook fresh like spinach. Flowers can be harvested anytime.





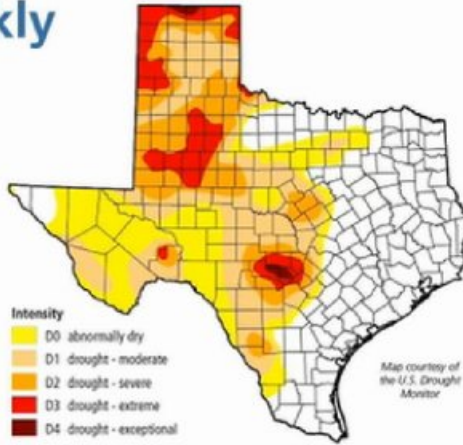
# DROP OF LIFE

## Water Weekly

For the week of 05/29/23

### Water conditions

Recent precipitation continues to have a positive impact on the drought monitor map. The latest map, for conditions as of May 23, shows the eighth consecutive weekly decrease in the area of the state impacted by drought. Drought area has reached its smallest extent since November 2021.



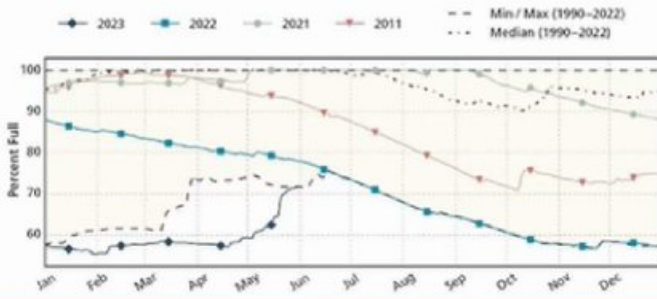
### Drought conditions

- ◆ 42% now
- ◆ 49% a week ago
- ◆ 58% three months ago
- ◆ 79% a year ago

## Waco Lake storage

TWDB chart

Surface water supplies are improving, albeit at different rates across the state. Storage in Waco Lake has increased more than 10 percentage points in May. Lake Limestone (50 miles east of Waco Lake) filled in April, while Proctor Lake (80 miles west) is up only 7 percentage points in May.



Written by Dr. Mark Wentzel — Dr. Mark Wentzel is a hydrologist in the TWDB's Office of Water Science and Conservation.

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www.twdb.texas.gov

Stay connected:



MAY 2023 IS RECORDED AS THE 11TH WETTEST FOR THE CITY OF LUBBOCK! 5.32" OF RAINFALL WAS OFFICIALLY COLLECTED AT THE PRESTON SMITH INTERNATIONAL AIRPORT

## RAINWATER HARVESTING

RAINWATER HARVESTING IS A WATER MANAGEMENT STRATEGY THAT CAPTURES RAINWATER FALLING ON SITE. WATER COLLECTED CAN BE USED TO IRRIGATE LANDSCAPES AND GARDENS



### BENEFITS:

- SAVES MONEY
- REDUCES POTABLE WATER DEMAND
- USES RESOURCES EFFICIENTLY
- REDUCES FLOODING, EROSION AND SURFACE WATER CONTAMINATION

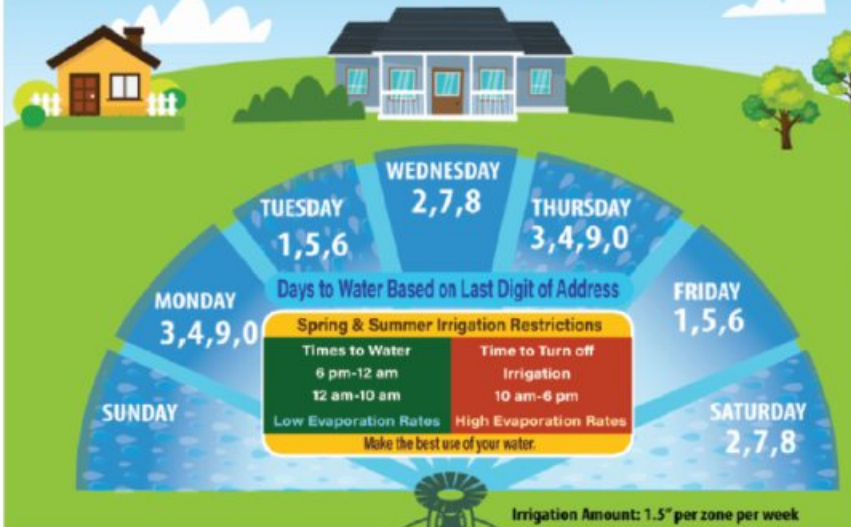
### HARVESTING METHODS:

- RAIN BARRELS
- RAINGARDENS
- SOIL STORAGE



## Spring & Summer Watering Days & Times

IRRIGATION FROM APRIL 1<sup>ST</sup> - SEPT. 30<sup>TH</sup>





# MAKING A RAIN BARREL

## MATERIALS NEEDED:

- Barrel
- 3/4-inch outdoor hose bib faucet
- 8 inch round piece of window screen
- silicone sealer or similar adhesive
- overflow pipe

## TOOLS NEEDED:

- electric or cordless drill
- 1-inch, 2 3/8-inch, and 6-inch hole saw
- caulking gun
- pliers

## BARREL CONSTRUCTION:

Before constructing the rain barrel, clean the barrel inside and out to remove any debris and residue.

To construct the water outlet, drill a 1-inch hole big enough for the hose bib at least 4 inches above the bottom of the barrel. Place the sealer around the hole and thread the hose bib into the hole

To construct the rainwater inlet, cut a 6-inch hole on the top of the barrel. Secure the window screen over the rainwater inlet hole to catch any debris from the runoff. A 2 3/8-inch overflow hole can be drilled a few inches below the top of the barrel. Secure and seal the overflow pipe to the overflow hole.

## USES AND MAINTENANCE:

Remember to allow all of the sealants to dry properly before using the rain barrel. Place the rain barrel near a downspout of where rainwater drains in a large amount from the roof. To increase water pressure, place the barrel on blocks.

## SAFETY:

Water collected with a rain barrel is non-potable water and should not be used for drinking. Barrels should be placed on sturdy ground or blocks to prevent tipping. Any openings larger than the window screening may allow mosquitoes to enter and breed. Covering openings with window screening may prevent mosquitoes.

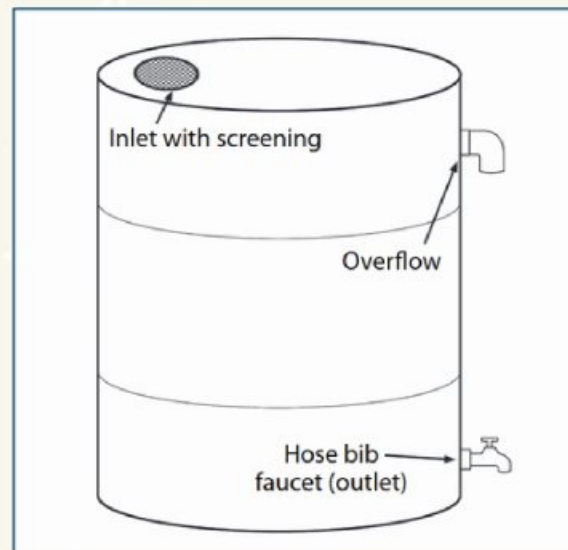


Diagram taken from *Making a Rain Barrel* written by Brent Clayton, Billy Kniffen, and Dotty Woodson



## BENEFICIAL INSECTS! OH MY!

Introducing beneficial insects to your garden is a great way to reduce your pests while also avoiding pesticides! Before releasing some of these into your garden, however, it's important to understand the roles that these insects play

### WHAT ARE BENEFICIAL INSECTS?

Beneficial insects are natural enemies of common garden pests. These insects aid in decomposition, pollination, and provide a balance to your garden!

### WHAT ARE SOME EXAMPLES?

Beneficial insects can act as predators, parasites, pathogens or competitors. Predator insects, such as Lady Beetles, Praying Mantid, and Assassin Bugs hunt other insects as food. Parasitic insects such as parasitic flies and wasps lay eggs on other insects and eventually kill them. A healthy balance of beneficial insects will compete with non-beneficial insects and keep populations to a manageable amount.

### ARE THERE ANY OTHER BENEFICIAL ORGANISMS TO ADD TO MY GARDEN?

Yes! Adding earthworms to your garden adds nutrients back to your soil through decomposition. These nutrients help your plants grow healthy.

### HOW CAN I ATTRACT BENEFICIAL INSECTS?

Researching what insects are native to your area and the plants that attract them is a great start! Insects can be attracted by certain plants, mulching, and other natural ways.



Tip: Walking your garden and looking at the leaves of your plants is a great way to find what insects are already calling your garden home



# FLOWERS YOU CAN EAT?

While not every flower is edible, some blooms can be both a beautiful and delicious addition to your foods. Discussed are some helpful points to adding edible flowers into your diet.

## WHAT FLOWERS CAN I EAT?

Pot Marigolds, Carnations, Chamomile, Chrysanthemums, Dandelions, Squash Blossoms, Roses, Lavenders, Peonies, and Yucca blossoms have many edible parts that differ in color and taste.

## HOW DO I GROW EDIBLE FLOWERS?

Selecting common edible flowers to grow is a great starting point. While growing, take care to follow any planting information given and only use organic pesticides. Do not plant edible flowers with other annuals or perennials to prevent contamination by non-organic pesticides.

Fresh, quality edible flowers can also be found at local farmers markets.

## HOW DO I PREPARE MY EDIBLE FLOWERS?

Pull the desired edible portion off of the flower and wash thoroughly. Washing the flowers makes certain any chemicals and dirt have been removed.

Bathe the flowers in salt water followed by ice water. This perks up the petals. The flowers can now be used as a garnish, part fo a salad, and even as decoration on cakes! What is not used can be stored in the fridge or frozen into ice cubes.

Good luck and let your creativity flow!





# PEACHES

HARVEST OF THE MONTH  
JUNE



## DID YOU KNOW?

The word 'peach' has come to mean 'fine' or 'excellent' and is used in many sayings like "everything's peachy" and "life is peachy keen."

## FUN FACT

In China, peaches are symbols of long life and good luck.



PEACH  
GROWING REGIONS

1. East Texas

2. Central Texas

**Peaches** are stone fruits, which mean they have large pits or seeds in their centers. Peaches are known for their yellow and red fuzzy skins and they're really soft to the touch. Peaches are mostly grown in the central and eastern regions of Texas. The Hill County peach farms located in central Texas are famous for the quality of their fruit. Peaches grow on trees and taste the best from June through the end of August. Peaches are an extremely juicy fruit and taste great fresh or cooked. Use them with yogurt or in a fruit salad.



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This product was funded by USDA. This institution is an equal opportunity provider.





# GET INVOLVED

## YES YOU CAN

Canning! Has it changed since Grandma's Day?

**LUBBOCK MEMORIAL ARBORETUM**

JOIN US SATURDAY JUNE 10TH  
10:00AM-11:00AM  
4111 UNIVERSITY AVE. LUBBOCK

PRESENTED BY:  
GOBY EDWARDS,  
TEXAS A&M AGRILIFE  
EXTENSION AGENT  
FAMILY & COMMUNITY  
HEALTH

TEXAS A&M  
AGRILIFE  
EXTENSION

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AGRILIFE  
EXTENSION

## PUMPKIN GROWING Contest

**CATEGORIES**

- BIGGEST
- SMALLEST
- MOST PERFECT
- MOST ODD COLOR

CONTEST SEEDS ARE NOW FREE AT THE FLOYD COUNTY EXTENSION OFFICE

JUDGING TO TAKE PLACE AT PURKIN DAYS, OCT 14TH!

**OFFICE HOURS**  
Monday - Thursday: 8am-4:30pm  
Friday: 8am-2pm

**ADDRESS**  
122 E. California  
Floydada, TX 79235  
(806) 983-4912

To receive seeds by mail, email Kristy at [kristy.lefevre@ag.tamu.edu](mailto:kristy.lefevre@ag.tamu.edu)

JOIN US FOR

## CULTIVATE, COOK & CREATE

A SUMMER YOUTH PROGRAM TO LEARN HOW TO GROW, PREPARE, AND CREATE YOUR OWN FOOD

EVERY WEDNESDAY  
6/17/23 - 8/16/23

10:00AM-11:30AM  
SOUTH PLAINS FOOD BANK GRUB FARM  
304 76TH STREET LUBBOCK

Call the Lubbock County Extension Office at (806) 775-1740 to register.

TEXAS A&M  
AGRILIFE  
EXTENSION

LUBBOCK MEMORIAL ARBORETUM

## VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

Please come lend a hand with maintenance around the Lubbock Memorial Arboretum! Fixing irrigation (no prior experience needed), pulling weeds and spreading mulch are the tasks at hand!

**VOLUNTEER DAY**  
VOLUNTEER DAY  
VOLUNTEER DAY  
VOLUNTEER DAY

**SATURDAY, JUNE 10**

**8:30-11:30 AM**  
Meet at the orange brick house!



TEXAS A&M  
AGRILIFE  
EXTENSION

## PICK YOUR OWN

Roots Booker T. Washington Community Garden  
2109 Cedar Ave Lubbock, TX

806-535-2475  
[@rootsgardenlbk](https://www.instagram.com/rootsgardenlbk) on [f](#) [i](#) [d](#)

HOT & SWEET PEPPERS  
TOMATOES  
CUCUMBERS  
POTATOES  
ONIONS  
SQUASH  
CARROTS

CHILLI  
CILANTRO  
BASIL  
PARSLEY  
ROSEMARY  
FLOWERS

M/W/F and the Saturdays Below  
Warm Season Hours: 9 am - 11 am

May	Jun	Jul	Aug
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

FRIDAY POP-UP (May 19, 26, 31; Jun 2, 9, 16, 23, 30; Jul 7, 14, 21, 28; Aug 4, 11, 18, 25)  
SATURDAY SERVICE DAY (May 13, 20, 27; Jun 3, 10, 17, 24, 31; Jul 1, 8, 15, 22, 29; Aug 5, 12, 19, 26)

Explore. Connect. Grow.

## Hub City Garden Tour

Join us around Lubbock on September 3rd for the 3rd annual Hub City Garden Tour.



SUPPORT THE

## Lubbock Memorial Arboretum

✦ Renee's Garden ✦  
The Garden to Table Seed Company

SHOP [WWW.RENEEGARDEN.COM](http://WWW.RENEEGARDEN.COM) AND THE ARBORETUM WILL RECEIVE 20% OF YOUR ORDER WITH COUPON CODE **ERTNG** AS A DONATION!

### FIRST SATURDAY SERVICE MORNINGS: 9-11 AM

COME OUT TO THE ROOTS GARDEN ON THE FIRST SATURDAY MORNING OF THE MONTH AND PICK YOUR OWN PRODUCE AND/OR A BOUQUET OF FLOWERS FOR FREE. WE HAVE SEEDS, PLANTS, GARDEN TOOLS IF YOU WOULD LIKE TO WORK AND LEARN ALONGSIDE US!

COME CONNECT WITH NEIGHBORS AND LEARN ABOUT THE GARDEN.

### THIRD FRIDAY EVENING POP-UP MARKETS: 5:30-7 PM

COME OUT TO THE ROOTS GARDEN ON THE THIRD FRIDAY NIGHT OF THE MONTH AND PICK YOUR OWN PRODUCE FOR FREE. WE WILL HAVE MUSIC; GAMES FOR THE KIDS; RECIPE DEMONSTRATIONS; AND SOME PRODUCE WASHED AND READY TO PURCHASE.

WE LOOK FORWARD TO GROWING WITH YOU!

A PARTNERSHIP PROJECT OF:





## What is... a Lubbock County Master Gardener? and How do I Become One?

*A Texas Master Gardener is a volunteer who has completed a training program offered by the Texas A&M AgriLife Extension Service. The program provides in-depth horticultural training to individuals who then volunteer in their communities to share their knowledge and promote gardening and environmental stewardship.*

**Applications for the 2023 Lubbock County Master Gardener Intern Class are being accepted now through July 31.**

- Apply online at <https://lubbockmastergardener.org/master-gardener-intern-program/>
- The 2023 intern program consists of 8 in-person classes
  - Thursdays from 8:30 a.m. - 4:00 p.m.
  - September 7 through October 31
- Program cost is \$250
- The class will be limited to 20 participants

**Come Learn and Grow with Us!**

Please contact Christina Reid, CEA Horticulture for additional information at 806.775.1740 or [christina.reid@ag.tamu.edu](mailto:christina.reid@ag.tamu.edu)

## CONTACT US

For more information, contact [christina.reid@ag.tamu.edu](mailto:christina.reid@ag.tamu.edu) or call the Lubbock County Extension Office at (806) 775 - 1740

## FOLLOW US



Lubbock AgriLife Extension Horticulture

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