

Raised body temperature

Lie down in shade or air-conditioning

WHAT TO DO

SOUTH PLAINS HORTICULTURE

KNOW THE SIGNS HEAT EXHAUSTION Headaches Nausea and vomiting Fatigue, weakness and restlessness Thirsty Anxiety Poor coordination Weak, rapid pulse Sweating heavily





Lubbock County Extension Office

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





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Come learn what's going on around town this summer as well as pollination and how you can get involved today!



SQUASH! SQUASH! SQUASH!

SQUASH POLLINATION:

Monoecious: a single plant may have flowers containing male parts (pollen) and seperate flowers that are females (seeds).

Squash plants are monoecius plants which rely on pollination by external sources. With pollinators becoming scarce in some gardens, many flowers don't get pollinated and produce fruit. Good thing we can help pollinate! To help produce the yummy squash fruit, a good start its to identify which flowers are male and which flowers are female. Once you find the male and female flowers, take the male flower and brush the pollen against the female flowers. Your squash is now pollinated! This method can be used with all cucurbits like melons and zuchinnis. Happy pollination and good luck!





Texas Tech staff looking at ways to take care of Tharp

100-degree heat this

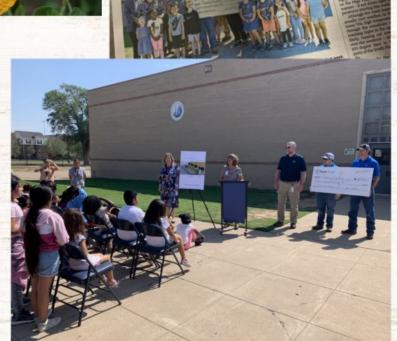
LUBBOCK AVALANCHE-JOURNAL





NEW GARDEN ON THE BLOCK

Be on the look out for a garden being installed at Ramirez Elementary School! The Elementary World Garden is part of a push to educate students about where their food comes from, how it grows, and even see foods they've never experienced. Big thanks to Bayer for giving \$25,000 to build this garden!



SMITH GARDEN

Lots going on at the Smith Star Garden. In June many new additions were planted to begin trellis arches that connect the raised beds. Be on the lookout for cucumbers, passion vine, luffa, and more growing up and over as you walk through our garden. Plants such as pumpkins, tomatillos, and sweet potatoes were also added to give a little more variety. Make sure to stop by and harvest some mint, tomatoes, squash, carrots, onions, and garlic this month!



PESTS OF CUCURBITS

WHAT ARE CUCURBITS?

Cucurbits: gourd family of flowering plants which includes pumpkin, squash, melons, and luffa

Cucurbits have many pests that include whiteflies, mealy bugs, thrips, melon worm, cabbage looper, squash bug, and garden web worm. Pests can be managed using appropriate chemical pesticides, but also by introducing beneficial insects such as lady bugs and lacewing. Consult your county agent for more information and bug help!

For squash bug information, please visit: https://ipm.ucanr.edu/PMG/PESTNOTES/pn74144.html





July Plant Spotlight



Lemon Bee Balm is a short lived perennial flower that grows best with full sun-partial shade, well draining soil, and in the late spring to mid summer. These flowers are drought tolerant and can attract butterflies and hummingbirds to your garden. The flowers are very fragrant will make a great addition to your cut flower vases. Each flowering stem contains 2-6 flower clusters in tiered, globular clusters. The leaves are also fragrant and can be used raw or cooked in salads and teas. They have a lemony scent when rubbed.



& CREATE 2023



Cultivate Cook & Create 2023 has officially begun! So far, students have been learning about the five different senses and how they can use them to describe food. As well, students have debated the importance of food groups and learned about what nutrients they can get from fruits and vegetables. Outside, students have created paper hats that contain symbols of what plants need to survive. They let their creativity take control as they described what they learned! They have also been busy planting their own gardens with either paper towels and seeds or themed gardens in raised beds. There is still so much more to discover this summer! Be on the lookout for our Facebook posts and information on what you can do at home!









HUB CITY GARDEN TOUR

Don't miss out on the 2023 HUB City Garden Tour! This event is put on through the Lubbock Master Gardener Association and will feature gardens across the city. Participants will get the chance to learn about gardening, talk with the garden owner, and may even receive some gardening goodies! Garden tours will be held on September 3rd. Information can be found at lubbockmastergardener.org.

Visit the City Of Lubbock Solid Waste Management website to learn more about what you can recycle, where, and how mylubbock.us/solidwaste

Recycling in Lubbock

know where to go

Citizen Convenience Stations: Southside 1631 84th St. Northside 208 Municipal Dr. South Milwaukee 7308 Milwaukee Ave.

Partnered Recycling Locations:

United Supermarkets 2630 Parkway Dr. 4425 19th St. 3405 50th St. LPSL McCullough Substation 2901 elgin Ave. Northridge Elementary 6302 IIth Place Texas Tech University 3122 Main St.







Fresh Food Fixin's What to make with your garden fresh produce

Fried Zucchini Blossoms with Prosciutto and Mozzarella Recipe By: Food and Wine

Ingredients:

8 large zucchini blossoms

8 mozzarella cheese slices

8 strips of prosciutto

3/4 Teaspoon kosher salt

Olive Oil to fry

1 large egg

1/2 cup flour

1/4 teaspoon baking powder

1/2 cup seltzer water

Directions:

Wash and dry the zucchini blossoms and remove any internal parts of the flower. Lay the strips of mozzarella cheese and prosciutto on a paper towel. Pat dry if needed and sprinkle half of the salt on the cheese. Carefully stuff a strip of prosciutto and cheese into the blossom and twist the blossom closed. While your oil is heating, whisk remaining salt into your egg. Combine baking powder and flower before adding flower to the egg. Add seltzer water until batter is smooth. Dip the blossoms into the batter and allow to fry until golden brown. Transfer blossoms to a paper towel lined baking sheet to remove excess oil before sprinkling the rest of the salt.

Fried Squash Blossoms

Recipe By: Richard Alcorta, Central Texas Gardener

Ingredients

Fresh zucchini and squash blossoms

1 egg or more depending on how many you're doing

Enough flour for dusting

14 cup or so of canola or other oil (not olive): increase oil for

lots of blossoms

½ cup each Fontina & Romano cheese

2 T. cream cheese

1 T. Mascarpone cheese

2 T. fresh chopped oregano and basil

1 large mushroom

Directions:

Blend your favorite cheeses.

Rinse the blossoms and remove the stamens (which can be bitter) with scissors

Stuff the blossoms with your mixture. Twist the top of the blossom so it's nice and tight to keep all the ingredients inside.

Dip in one beaten egg. Let it drip off. Then lightly dust with flour for

a little crispness. Heat oil to sizzling

Fry on each side for 2-3 minutes or until getting crispy. Serve with a bit of marinara sauce if you like.



TO HAVE YOUR FAVORITE GARDEN RECIPER FEATURED IN OUR NEXT NEWSLETTER, PLEASE EMAIL US AT: CHRISTINA.REID@AG.TAMU.EDU

Squash Blossom Ouesadillas

Recipe By Sarah Bolla, Food and Wine

Ingredients:

- 1 teaspoon canola oil
- Two 8-inch flour tortillas
- 2/3 cup mozzarella cheese .
- 1/4 cup crumbled queso fresco cheese
- 1 tablespoon green onions, thinly sliced
- 6 squash blossoms, pistils and stems removed

Directions.

1. In a non-stick skillet, heat 1/2 teaspoon of the oil. Place one tortilla in the skillet and scatter 1/3 cup of the mozzarella and about 2 tablespoons of the queso fresco cheeses evenly over the top. Add some of the sliced green onions and then lay three squash blossoms over the cheese onto one side of the quesadilla. Gently fold over the other half of the tortilla to top the squash blossoms. Cook over moderately high heat until crisp and golden on the bottom and cheese is melted, about 2-3 minutes per side. Repeat with the remaining oil and second quesadilla. Slice the quesadillas into wedges and serve right away.

Summer Squash with Poblano, Oueso Fresco, and Epazote Recipe By: Traci Des Jardens, Food and Wine

Ingredients:

2 medium, fresh poblano chilis

5 tablespoons extra virgin olive oil

1 small red onion

2 cloved of garlic

1 bunch of fresh epazote (or leafy herb like mint and oregano)

5 cups of summer squash

11/2 teaspoons kosher salt

6 squash blossoms

1 cup queso fresco

1 tablespoon red wine vinegar

Directions:

Wash and dry all produce before use, Broil poblano peppers until the skin blackens (about 15 minutes). Place peppers in a boi cover, and let steam for another 15 minutes. Peal back the skin, remove any stem and seeds, and cut into strips. Pan sauté onions, garlic, herbs, and 3 tablespoons of oil until onions are beginning to soften. Remove herbs and add squash and salt. Cook until squash becomes tender. Add herbs and spices to your desire, poblano peppers, and queso fresco. Cook until the cheese begins to soften. Serve on a platter with a drizzle of red wine vinegar, and remaining oil.

Fresh Food Fixin's

hat to make with our garden fres



TO HAVE YOUR FAVORITE GARDEN RECIPER FEATURED IN OUR NEXT NEWSLETTER, PLEASE EMAIL US AT: CHRISTINA.REID@AG.TAMU.EDU

Chicken & Zucchini Casserole

Recipe By: eatingwell.com

Ingredients

- 2 tablespoons butter, divided
- 2 lbs. boneless, skinless chicken breast, cubed
- 2 large zucchini, cut into 1/2" pieces
- I large red bell pepper, chopped
- 1/3 cup all purpose flour
- I cup no salt chicken broth
- 1 cup whole milk
- 3 oz reduced fat cream cheese
- 1-1/4 cups shredded part skim mozzarella cheese
- 3/4 teaspoon ground pepper
- 1/2 teaspoon salt

Directions:

- 1. Preheat over to 400F. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add chicken to the pan; cook, stirring occasionally, until well browned, about 8 minutes. Transfer chicken to a medium bowl. Add zucchini and bell pepper to the pan; cook, stirring occasionally, until the veggies start to soften, about 4 minutes. Transfer the veggie mixture to the bowl with chicken.
- 2. Add remaining butter to the pan. Stir in the flour; cook stirring constantly, until the flour starts to brown, about 1 minute. Add broth and milk, bring to boil, whisking often. Remove from heat and add cream cheese and 3/4 cup mozzarella; stir until blended. Stir in salt and pepper. Drain liquid from the chicken and veggie mixture; stir the chicken and veggies into the cheese sauce. Transfer to a 2-quart baking dish. Place the dish on a foil-lined baking sheet, sprinkle the casserole with the remaining 1/2 cup of cheese.
- 3. Bake until the top is browned and the edges are bubbly, 20-25 minutes. Let stand for 10 minutes before serving.

Yellow Squash Cornbread

Recipe By: thseasonedmom.com

Ingredients:

- 1 (8.5oz) box of combread mix
- 6 ounces cottage cheese
- 1/4 teaspoon salt
- 2 eggs
- 1 cup very finely diced yellow summer squash
- 4 tablespoons butter, melted

Directions:

Preheat over to 375F. Spray an 8x8 inch square baking dish with cooking

In a large bowl, mix together cornbread mix, cottage cheese, salt, and eggs. Stir in diced squash.

Pour batter into prepared pan. Pour melted butter over batter. Bake for 25-30 minutes, until golden brown and cooked through.

Chocolate Drizzled Strawberries & Cream Pic

Recipe By: ourbestbites.com

Ingredients:

1 quart fresh strawberries 8 oz cream cheese, room temperature

1/2 lsp vanilla

1/4 cup packed light brown sugar

1 cup heavy whipping cream

1/4 cup powdered sugar

9 graham cracker crust

2 oz chocolate, to melt

In a medium bowl, beat the softened cream cheese, brown

sugar and vanilla until light and fluffy In a separate bowl, beat the whipping cream and powdered sugar until medium peaks form. Add 1 cup of whipping cream mixture to the cream cheese mixture. Beat until smooth and well combined. Add the remaining whipping cream and mix until just combined Spread in graham cracker crust and refrigerate while

Wash strawberries and cut off stems. Blot dry and gently press you prepare strawberries.

the cut side down into the pie mixture. Set aside Place chocolate, in small pieces, into a small sealable bag. Microvave for 1-1.5 minutes, stopping every 20 seconds to mash bag. You want the chocolate melted, but not hot. Once

chocolate is melted, snip a small corner of the bag and drizzle over the strawberries. Refrigerate for at least 3 hours before

THESE RECIPES WERE CHOSEN FROM THE FOOD AND WINE RECIPE WEBSITE, TEXAS A&M UNIVERSITY HAS NOT TESTED OR RECOMMENDED THESE RECIPES



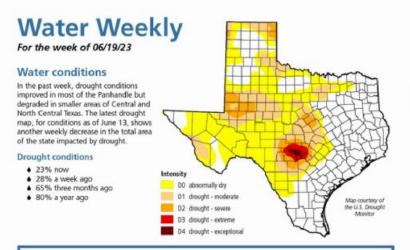
11/2 tsp honey or maple syrup

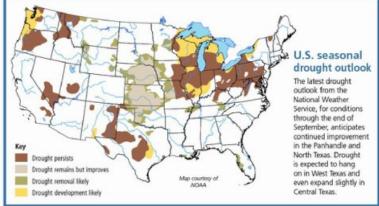
Pinch of fine sea salt Black pepper, to taste

Directions

In a large bowl, whisk together lime juice and zest, honey and salt. Stir in strawberries, jalapeno, onion, and cilantro. Add pepper to taste Chill salsa 30 minutes before serving

DROP OF LIFE





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

Bryan McMath, Governmental Relations | bryan,mcmath@twdb.texas.gov | 512-463-7850 Media Relations | Media Relations@twdb.texas.gov | 512-463-5129

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WHAT IS BITING ME?

THE WAR WITH MOSQUITOES

With all of this rain there is no wonder why there are so many mosquitoes. Not only do their bites cause itchiness and irritation, they can also spread disease to both you and your pets. Mosquitoes can carry yellow fever, encephalitis and spread heartworm. Good news mosquitoes can be controlled around the house!



HOW TO CONTROL MOSQUITOES

A good step in controlling mosquitoes is to eliminate an breeding sites. Mosquitoes typically lay their eggs and develop in standing water. By emptying your birdbaths, fountains, and kids pools once a week, you can prevent any breeding. To prevent adult mosquitoes, keeping your grass short and bushes kept up is a good start. These are common resting areas and can attract large amounts of these pesky bugs. For further control, applying a fog treatment specifically labeled for your yard and mosquitoes can provide temporary relief as well as applying a mosquito repellent containing DEET.





POLLINATION IS BIGGER THAN BEES

When people think of pollination, many think of the buzzing honeybee that goes from flower to flower.

While honeybees are pollinators, and great ones at that, they are part of a way more diverse group of insects, mammals, and birds who are responsible for the pollination of flowers.

TYPES OF POLLINATORS

Pollinators can range from mammals, to birds, to well known insects. Bats are good examples of pollinators for dessert plants. Hummingbirds are the pollinators of many flowers such as columbine and salvias. Of course, insects such as the yucca moth, fig wasp, and and flies pollinate our fruits and vegetable flowers every day.

AM I A POLLINATOR?

You can be a pollinator too! In areas where natural pollinators are lacking, you can take their place. Simply taking a flower and brushing it against another flower of the same plant is pollinating! This can be done with any fruit and vegetable plants in your garden.

THE IMPORTANCE OF POLLINATION

200,000 species of plants rely on pollination. This makes up around 80% of the worlds crops such as apples, blueberries, almonds, melons, and coffee. Pollinators are increasingly under threat which makes learning about them and attracting them all the more important.

HOW CAN I ATTRACT POLLINATORS?

Doing your research on what plants attract what pollinators is a great start to planning your flower beds! Generally, any tubular, red flower will attract hummingbirds. If you don't have the greenest of thumbs, a hummingbird feeder with sugar water from your pantry is enough to attract these beautiful birds. Native wildflowers are also great ways to attract many different bugs and moths to your garden. Be creative and dont forget to thank that hardworking pollinator in your garden!





SARDENING IN THE FALL

In many areas of Texas, you can have both a spring garden and a fall garden! Before you go out and purchase plants, however, there are a few considerations you need to keep in mind.

LOCATION OF THE GARDEN Your fall garden can be located wherever your spring garden is! Theres no need to move your planter boxes and pots. However, always keep in mind how much sun your current garden location is getting. if you want to plant vegetables that need more sun, such as tomatoes, moving your garden to a sunnier spot is a good decision.

SOIL

The soil in your garden has been busy supporting your spring vegetables and may need some help before you put your fall veggies in. Take a soil sample and send it off to your nearest testing location before adding any fertilizers or amendments. The results of your samples will tell you exactly what you can add and how much.

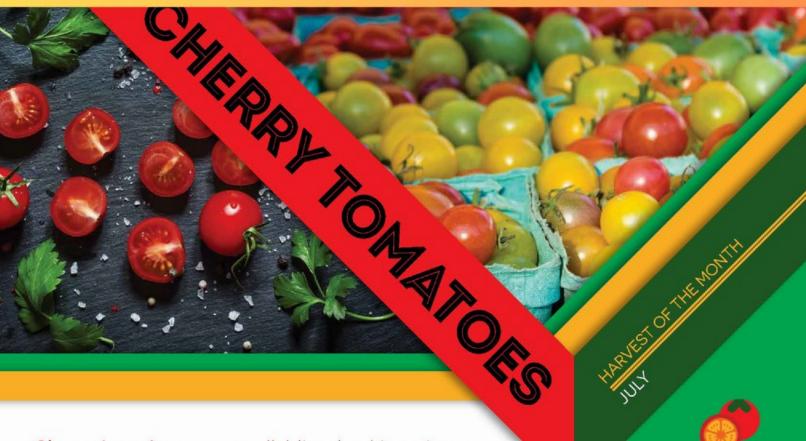


PLANTS

Fall crops generally do better when transplanted then when started from seed. During transplanting, make sure you are giving them plenty of water as hot temperatures can easily stress your veggies. When choosing your vegetables, keep in mind your growing zone, local weather, and sun. Matching vegetables with your environment can produce bigger, healthier, more nutritious veggies. Your local extension office as well as the AgriLife website can provide aid in determining the best crops for your area. During growth, make sure your garden has enough water and always be on the lookout for pests, disease and heat stress.

Good luck and have fun!





Cherry tomatoes are small, bite-sized tomatoes. Most are red, but some are yellow, green or black. Some are small as thumb tips while others are the size of golf balls. They grow best in warm weather and love to sun bathe. Cherry tomatoes grow on vines but farmers usually use trellises or fences to support their weight. Believe it or not, the tomato is technically a fruit. Most people think of them as a vegetable since they're commonly used in savory (not sweet) dishes.



DID YOU KNOW?

Tomatoes continue to gain weight after they are picked because they ripen from the inside out and produce more juice. If you place a tomato in the fridge the ripening process will stop.

FUN FACT

Tomatoes are thought to come from Peru, where their Aztec name translated to "plump thing with a navel."



1. East Texas

2. Rio Grande Valley







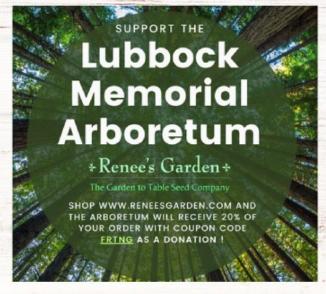


GET INVOLVED













September 3rd for the 3rd annual

Hub City Garden Tour.

first saturday service mornings:



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? 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/mastergardener-intern-program/
- · The 2023 intern program consists of 8 in-person classes o Thursdays from 8:30 a.m. - 4:00 p.m.

 - o 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



The Lubbock Master Gardener Association is pleased to announce 11 applications were submitted for this year's scholarship! They are very proud to say the scholarship committee selected two recipients, Phiala Drake, Texas Tech University student majoring in horticulture and turf grass science and Riley Siders, West Texas A&M University student majoring in plant, soil and environmental spigness. Each have been soil and environmental science. Each have been granted a \$2,000 scholarship by LMGA. The proceeds from the LMGA plant sales fund these scholarships!

CONTACT US

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

FOLLOW US



