



this quarter...

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President's Message



Let's give thanks! Life is returning to normal and we had a wonderful turnout for our first official "in person" general meeting in June. It was great to see old friends and many new faces as well. Many thanks to the Refreshments Committee for setting up a wonderfully efficient serving line and to everyone who brought such great food.

We received project updates from committee chairs, and despite the challenges we've faced over the last year and a half, project volunteers have continued doing great work in the community in representing the NWLA Master Gardeners! Kudos to all!

With the success of the Spring Plant Sale, our fundraising efforts are returning to normal again. As you all know we depend on key fundraising events to sustain the many programs and projects we are committed to. The dedication of the Plant Sale and Greenhouse Committees and all who helped out with the sale contributed to the success of the event...and we thank them!

The Fall Bulb Sale, taking place Saturday, October 30th, will be our last fundraiser for the year. I encourage everyone to not only come out to work the event, but to also consider dividing any bulbs you may want to donate. Committee Chair, Ron Calk will be happy to answer any questions about how to divide and tag bulbs for donation. Looking forward to fall and this event!

Now, everyone has been anxiously awaiting news about when the next Le Tour would take place. Committee Chair, Lynn Burke, shared great news that, at last, we are able to move forward with planning the event for early June of 2022. The Le Tour Committee is hard at work previewing potential gardens. This is our largest fundraising event and we are looking forward to making it better than ever next year!

Special thanks to Gwen Phelps, Lou Osborn, and Lynn Burke for their previous service as chairman on committees for the Greenhouse, Seedling and Programs, respectively. Thank you to the new committee chairs for volunteering your time to fill these vacant positions, Mike Livingston (the Greenhouse), Chris Bertrand (Seedling) and Robyn Allen (Programs). Robyn did a great job finding a wonderful speaker for our June meeting! We look forward to hearing upcoming speakers at future general meetings.

As we return to the "norms" of a pre-pandemic pace, both in our personal lives and as an organization, let's take a moment to remember the important things in life that get us through the challenges times: family, friends, fellowship of other MGs, and of course...gardening!

See all of you soon.

Sadie Bolyer, NWLA MG President



Summertime Watering-



Proper watering is critical during the dry periods and the intense heat of summer, which is rapidly approaching. It can be even more important in years such as this one when we've had an exceptionally wet spring and plants have adapted to always having extra water.

This is especially true for newly installed landscapes, vegetable and flower beds and any new plantings in existing landscapes.



Proper watering is a function of applying the right amount of water (approximately 1" per week) at the appropriate times. When irrigating, water thoroughly and deeply. To irrigate thoroughly, enough water should be applied to penetrate the soil about 6" to 8" deep. Learn to evaluate the condition of your soil and plants to know when you need to water again. Most importantly, water needs to be applied slowly over a sufficient period to allow the water to soak into the soil.

The real question is "How long should I leave my sprinkler on to apply about an inch of water?"

To figure out how long to leave your sprinkler on, place several empty cans in the spray pattern of the sprinkler. Turn on the sprinkler and check the time. When at least an inch of water has accumulated in most of the cans, check the time again to see how long it has been. That is how long it takes your sprinkler to apply an inch of water, and therefore how long you should leave it on to thoroughly irrigate an area.



In some situations, such as on slopes and heavy clay soils, the water may need to be added even more slowly to reduce runoff. Run the sprinkler on for 10-15 minutes, off for 15-20 minutes, back on for 10-15 minutes, then off for 15-20 minutes and so forth until an inch of water is applied.

Summertime Watering— continued

Morning is the optimal time to irrigate. This provides plants adequate moisture going into the hottest time of the day, allows the foliage to dry rapidly and has the slowest wind speeds reducing irrigation drift with sprinkler or spray systems. There are a variety of methods to irrigate a landscape. Different methods may need to be used in in different areas.

Soaker hoses are one such method. These hoses which are made of a material that oozes water slowly and are ideal for watering beds. They apply water very efficiently, do not wet foliage, thus reducing potential disease problems, and can be left in place or moved easily.

There are also hose-end nozzles available. These are good for hand watering plants in containers,



newly seeded beds, rinsing off foliage and so forth. Although hand watering is excellent for plants in containers, remember it is not the best way to irrigate plants growing in the ground.

Next there are the sprinklers, these are most common and popular method of irrigation. These are also the only practical way to water lawns. Installed underground systems and hose-end sprinklers are the two basic types.

Underground sprinkler systems are effective and very convenient, but they are expensive to purchase and generally must be installed professionally. Make sure the company or individual that installs your system is reputable and that their workers know what they are doing. Often these systems are put on an automatic timer for convenience, but they frequently are set to come on too often and for too short a time.

Most home gardeners use hose-end sprinklers. They are less expensive and do not require professional installation but are inconvenient to use, since they must be moved around to cover large areas and generally must be picked up after use. There are many types of sprinklers that cover areas of various sizes and shapes. Watch spray patterns and include sufficient overlap to ensure even watering of an area. It also is important to leave the sprinkler going long enough to water the area thoroughly.

Finally, don't forget to keep your landscape beds and vegetable gardens well mulched to conserve soil moisture and reduce the frequency of watering. Mulch should be kept around 3-4" thick throughout the year.

Mark A. Wilson
Northwest Regional Horticulture Agent

In the Garden

july

- Continue to plant hot-weather veggies: cantaloupes, collards, cucumbers, luffa, okra, pumpkins, Southern peas, shallots, squashes and watermelons. In addition, you can plant seeds to grow transplants of broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, peppers and tomatoes for fall.
- Remove developing seed pods from Louisiana iris, agapanthus and amaryllis when they finish blooming.
- Watch for insect pests. Bagworm will begin to appear on junipers and other similar evergreens. Lace bugs will be invading azaleas. Control them before populations become large and, as always, start with the most environmentally friendly methods first.
- A second application of fertilizer may be made to lawns in July.



Hydrangea French types (blue or pink flowers).

Best time to prune: For once-blooming types like 'Nikko Blue,' prune in summer after blooms fade. **Finish by mid-July.**

For rebloomers like 'Endless Summer,' prune in winter, spring, or summer. Prune as little as possible, primarily removing dead and spindly growth.

—Grumpy Gardener, southernliving.com



Scan for complete
LSU Ag Center
planting guide.



august

- Vegetables to plant now include broccoli, Brussels sprouts, bunching onions, cabbage, cauliflower, Swiss chard, Chinese cabbage, collards, cucumbers, lima beans, mustard, snap beans, Southern peas, shallots, squash and turnips. Plant transplants of bell peppers, tomatoes and eggplants by mid-August
- For late-summer color, continue to plant heat-tolerant bedding plants available at local nurseries and garden centers.
- Prune everblooming roses back about one-third their height in late August or early September. This pruning prepares the roses for an outstanding blooming season in October, November and early December.
- Begin to order spring-flowering bulbs from catalogs for delivery in October.
- If you need to, dig and divide Louisiana irises, acanthus, Easter lilies and calla lilies this month and in September.



GardenEasy

-Better Blueberries -

Blueberries usually thrive with minimal care, but a little attention in August can make a big difference in how well they produce the following year. Why? Blueberries begin producing the buds that become next year's flowers while summer is still in full swing. Water and fertilize your plants sometime this month, and spend a few minutes pruning out dead and damaged limbs.

The Southern Garden Advisor, by Barbara Pleasant

Only, mad dogs and Englishmen...

Most of us get out early to stay ahead of the sizzling summer sun, especially in July when there are so many good things to gather from the garden. But there's another reason to fill your harvest basket shortly after sunrise, and it has more to do with plant physiology than with keeping cool. When days are long and hot, plants work themselves to a frazzle trying to keep ample moisture in every stem and leaf. Then they spend their nights replenishing the tissues that got shortchanged during the day. For this reason, tomatoes and sweet corn you pick in the morning are juicier than they might be if you picked them at dusk. And cut flowers gathered in the morning last much longer than stems cut late in the day. *Excerpt from: The Southern Garden*

Advisor, by Barbara Pleasant

**"The Dog Days"
of summer
begin
July 3rd**



crushpixel

Good Vibrations- Although I think of the crescendoing sounds of male cicadas as Mother Nature's way to say..."it's summertime, y'all," (in my mind...Mother Nature is from the South), it's really about making a love connection. Male cicadas are equipped with two powerful drum-like plates on the sides of their abdomens which they rapidly vibrate to produce the buzz, while their wings amplify the sound like a megaphone. Females make clicking sounds with their wings if they like their noisy potential suiter. They mate, lay eggs and die. Adult cicadas only live for about five weeks...now that's a whirlwind courtship!

HAPPY 4th
of July!

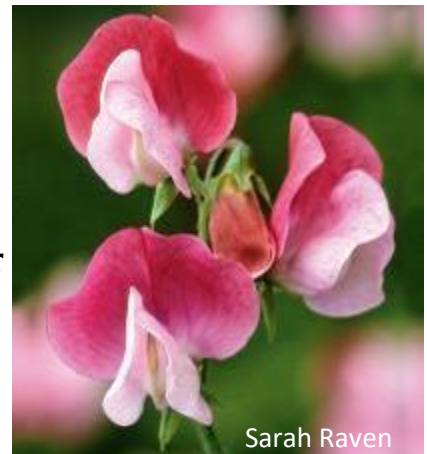


Our Founding Fathers were also Founding Gardeners!

According to Mount Vernon historians, it's possible that George Washington's favorite plant would have been the weeping willow tree. He wrote about their beauty often in descriptions of the landscape and planted hundreds of them at Mount Vernon.

From detailed journals kept by Thomas Jefferson, we know that he sent seeds back to Monticello when he traveled abroad. And when he returned to the states, he ordered seeds from abroad and traded seeds and plants with friends.

One of Jefferson's dearest acquisitions was in 1811, from a gardener in Paris, the "Painted Lady" sweet pea. The



Sarah Raven

first named sweet pea cultivar, *Lathyrus ordoratus*, dates back to 1737. It has beautiful two-toned pink-and-white flowers, and a lovely smell! Excerpt from: flowerpow-erdaily.com, by Linda Lee

Seed Sources:
hudsonvalleyseed.com
reneesgarden.com

"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden." – Thomas Jefferson

Tiger beetles are beneficial insects. They eat potential pest insects including ants, caterpillars, flies, and grasshopper nymphs.

These beetles are closely related to ground beetles, also beneficial insects, but unlike the ground beetle, the head of a tiger beetle is wider than its thorax—the section between the head and the abdomen.

Ground beetles are not attracted to the garden by specific plants, but a diversity of perennial plants will give them places to hide and find food. Tiger beetles take shelter under boards, rocks, tree bark, and garden debris during the day. You can encourage tiger beetles by providing shelter.

Tiger beetle adults are about ½ to ¾ inches long. They have long, spindly legs, large bulging eyes, pointed mandibles, and long antennae.

Unlike ground beetles, most tiger beetles are active during the daytime. They are fast runners—as fast as five miles-per-hour—and can fly if need be. At night they are attracted to lights.

Adult tiger beetles have acute vision. They crouch and wait for their prey to pass, then lunge and grab the target like a tiger. They clench their prey between powerful sickle-like mandibles and devour it whole on the spot.

Tiger beetle larvae prey on soil-dwelling insects. They ambush their prey as they pass by the burrows in which they are born and mature.

A female tiger beetle lays 3 to 4 eggs per day. She deposits a single egg in a hole in damp sand or soil, covers it, and moves on. Eggs hatch in a few weeks and the larva take two to four years to reach adulthood passing through three developmental stages.

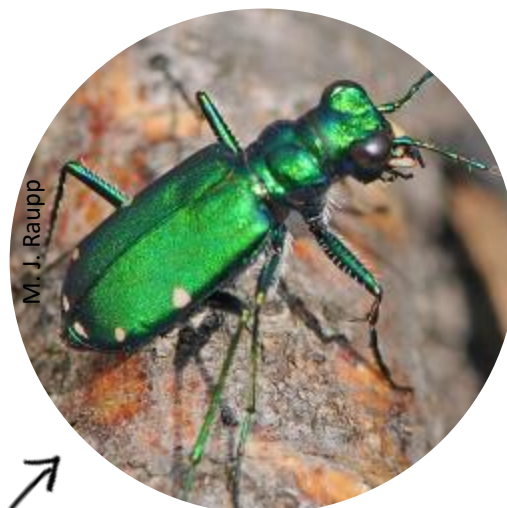
There are more than 100 species in North America and more than 2,000 species worldwide.

Keep a sharp eye out for these beautiful beneficials in your garden!

Excerpt from article by Steve Albert, harvesttotable.com

Tigers in the Garden

Voracious
Predators!



SIX-SPOTTED
TIGER BEETLE



Keyhole Gardening

One of the newest innovations in gardening in the U.S. is raised bed, Keyhole Gardening. Originating in Africa, this technique was designed by the charitable organization CARE as a way for people with little resources to grow their own food.



It's called a keyhole garden because its rounded shape and wedge cut out in the middle are said to resemble a keyhole. Personally, I think it looks more like a cake with a slice taken out of it. (Illustration above) Regardless, this wedge-shaped open area can be used in one of two ways. First, it can be used to get close to your plants so you're able to reach all sides of the garden, or the empty space can be filled with compost.

Like other raised beds, the garden itself can be made out of anything, though I believe patio or

concrete bricks are the best choice because water-filled soil can be heavy and put a lot of pressure on whatever you use for the walls. If you use wood, use the treated kind so it doesn't rot.

As for the composting area, use something porous, but strong, like chicken wire, because you want the compost to be able to mingle freely with your growing bed. It would also be wise to put a lid over the composting area because you don't want too much water reaching the compost and drowning the microorganisms doing the composting.

Make sure the bed isn't too large. Ideally, you want to have a diameter of six feet or less so the nutrients only have to travel three feet in any direction. Slope your garden soil down away from the compost to make sure the nutrients reach all the plants. You also want to choose a location that's level and not prone to flooding.

The benefits from a keyhole garden are the same as a traditional raised garden: less bending, no tilling and fewer weeds. However, keyhole gardening offers an additional benefit. Since the compost and the garden itself share the same area, there is no wasted space. Plus, your bed will need less water and will be constantly supplied with micronutrients.

Keyhole Gardening *continued*

One caution on this, because your keyhole garden is small, you don't want any large plants that will overwhelm your bed. Tomatoes and lettuce will be fine or in a flower garden, Dianthus and Gaillardia.

The one problem with a keyhole garden is that it is small and works best in a small yard. I have a large garden, but I like concept of a keyhole garden.

So, I designed my own adapted version. In the

upper photograph you see is what mine looks like. It has two raised garden beds on each side and running through the middle is my compost area. It's just been started and the chicken wire and patio bricks still have to be added. I just wanted to show you my idea. You'll notice I've started

off with a layer of cardboard placed directly on the ground to kill the grass and weeds. Then I've added a layer of greens, in this case, vegetables and fruits. On top of this will go a layer of chopped leaves, and on top of that more greens before finally topping it with a layer of chopped leaves. (*This is also called Lasagna gardening,*) I prefer this method because there's little work to it and by ending with the top layer of chopped leaves, I avoid the unsightly mess that comes if your top layer is half eaten vegetables and fruits.



Mike Livingston



Mother Earth News

Hope I've helped someone.

-Mike Livingston, NWLA Master Gardener

garden-to-kitchen

Easy 10-Minute Gazpacho

INGREDIENTS

- 2 pounds fresh tomatoes (*I used a mixture of roma and cherry tomatoes*)
- 1 English cucumber, peeled and cut into large chunks
- 1 small red bell pepper, cored and cut into large chunks
- quarter of a red onion, peeled
- 2 garlic cloves, peeled
- 1/4 cup lightly-packed fresh basil leaves
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- pinch of Kosher salt and freshly-cracked black pepper (*optional: and crushed red pepper flakes*)
- optional garnishes: extra chopped tomatoes, red onion, basil, olive

Summer Fresh!



INSTRUCTIONS

1. Add all ingredients to a blender or large food processor, and puree until completely smooth. (If all of the ingredients don't initially fit, you can puree the first half of the ingredients, then gradually add more in as there is more room available.)
2. Taste, and season with extra salt and pepper and/or lemon juice if needed.
3. Cover and refrigerate for a few hours to chill. Or serve immediately, topped with your desired garnishes.

Few plants reward the home gardener with the riches of herbs. Grown since time immemorial, herbs have the power to amplify pleasure and health like no other plants in the garden. Herbs can change every day cooking from basic sustenance to gourmet fare. They can soothe, aid healing, and make homes – and people – smell wonderful. That they are so fragrant, useful, and beautiful seems almost too good to be true when the home gardener discovers how easy and economical it is to grow these garden mainstays themselves.

All world cultures have cultivated their own unique culinary and medicinal herbs. In our global economy herbs that were once considered exotic are now easily obtained at the market or as seeds and transplants for the home

garden. One of the most versatile herbs is thyme (Thymus). Thought to have originated in the Middle East, varieties of thyme, which number upwards of 400, are now grown all over the world.

Like most herbs, thyme grows best in full sun with well-draining soil. Most gardeners start plants with transplants or cuttings, though occasionally from seeds. Thymes need little fertilization as overfeeding produces plants with diminished flavor and fragrance. Trim thyme by one-third in early spring, again after flowering, and again in late summer to keep it lush with new growth.

Thyme plants should be divided every few years in mid-spring by digging them up, splitting into two plants, and replanting.

Thymes are generally divided into two groups – culinary herbs and “household” herbs. The most popular culinary thyme is T. Vulgaris, or French thyme. Other choice varieties are lemon thyme, caraway thyme, and orange balsam thyme. The remainder of the thymes are most useful in the landscape and come in a variety of heights, grow-

ing habits, and foliage colors, including gray green, dark green, golden, and silver.

Thyme may be harvested at any time of the year. It is wonderful used fresh, but stripping the tiny leaves can be tedious. Simplify

the process by drying the stems until just brittle and gently rubbing between the palms to remove the leaves. Thyme is considered a complimentary herb and is used most often with other herbs to provide a more complex flavor. It is a mainstay of many herb blends such as za’atar, herbes de Provence, and bouquet garni. As a flavoring, thyme can be used to enhance many vegetables and most meats, soups, stews, salad dressings, marinades, and even breads and desserts.

awesome recipe ahead!



-Lesla McDonald, NWLA Master Gardener



*Enjoy the bounty of your
summer herb garden in
this simple recipe!*

Ingredients:

2 cups all purpose flour
½ cups sugar
2 teaspoons baking powder
¼ teaspoon sea salt
3 eggs
Zest of 3 lemons
Juice of 2 lemons
¾ cup olive oil
½ cup greek yogurt
1 ½ teaspoon fresh thyme, chopped

Glaze:

Juice of 1 lemon
½ cup powdered sugar

Directions:

Preheat oven to 350 degrees. Grease 9 x 5 loaf pan.
Combine flour, sugar, baking powder, and salt.
In a small bowl, whisk together eggs, lemon juice, zest, olive oil, greek yogurt, and thyme.
Add wet ingredients to dry. Mix gently to combine.
Transfer to loaf pan.
Bake for 30 – 40 minutes, or until a toothpick comes out clean.
Make the glaze and refrigerate; drizzle over cooled loaf before serving.

Lemon Thyme Olive Oil Loaf



recipe & photo credit: nutritionxkitchen.com

Books to love

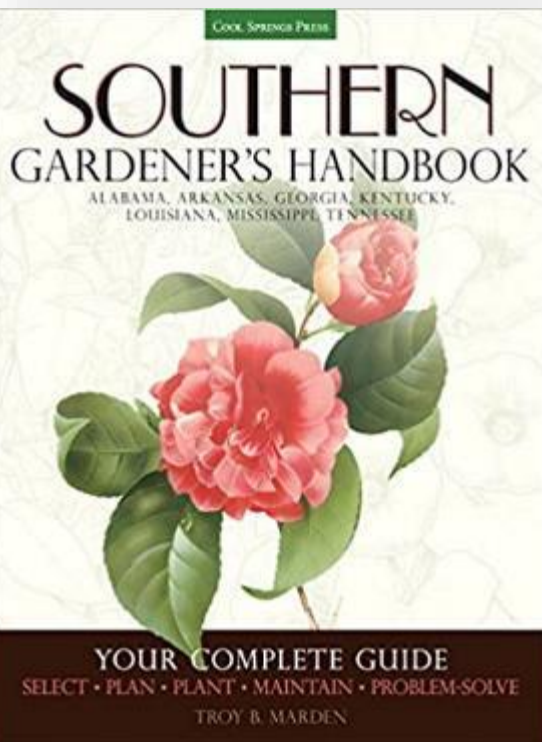
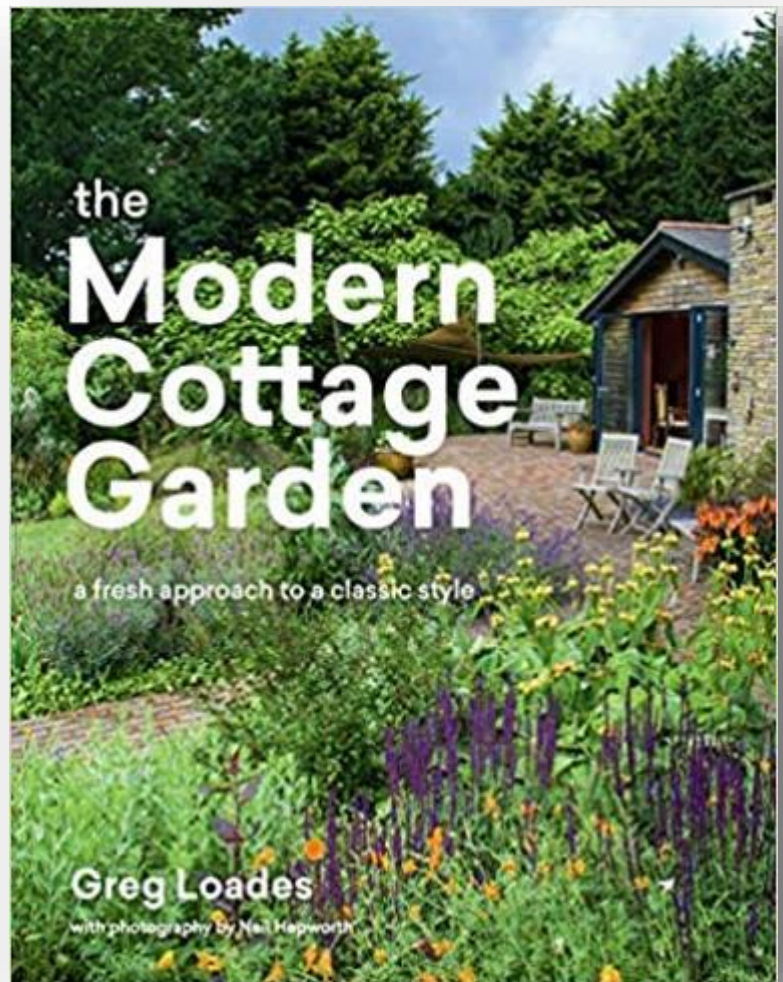
Inspirational



The Modern Cottage Garden

by Greg Loades

Beautiful photos. A great exploration of the history of the cottage garden style and an even greater guide to making a more modern version. Good coffee table book and also as a guide book. There's even a section on downsizing it to a smaller scale for those who want the look but don't have the space to have a classic cottage garden. —Goodreads reviewer



Practical

Southern Gardener's Handbook

by Troy Marden

Practical book offering a complete guide: Select, Plan, Plant, Maintain, and Problem Solve. Covers Alabama, Arkansas, Georgia, Kentucky, Louisiana, Mississippi, and Tennessee. This book was published in 2001 and is now available in paperback. *“Even though this is an older title, it's worthy of a place on every Southern gardener's bookshelf...I've referenced it so many times!”*

—Chris Bertrand

318 Growers -



Michael Billings left an oil field sales job in West Texas to start **Cotton Street Farms**, a hydroponics farm in downtown Shreveport. Now he's building coalitions with other sustainable farmers, evangelizing about the health benefits of microgreens and dreaming of a rooftop watermelon patch. The Seedling talked with him.



Seedling: What is Your Journey To This Point?

Billings: My dad owns the corn maze up in Dixie. The idea of doing a hydroponics farm was actually his. I think he assumed I was going to do it in a greenhouse on his property, but I decided to do it downtown. I was living downtown, and there's no access to fresh food within two miles. I found the perfect building at a price I would never find again.

Seedling: What is Hydroponics?

Billings: Really hydroponics is just creative ways of growing plants without dirt. A lot of the plants that I grow, the lettuces and herbs--most of the nutritional value is in the seed. By removing the dirt, we put the plant in artificial matrixes and then we feed the plant a constant stream of water and fertilizer. Because we are the ones controlling what the plants eat, we're able to give them the exact fertilizer that they need. With hydroponics, there's no guessing.

Seedling: What Vegetables Can You Grow Hydroponically?

Billings: Just about any vegetable you want. What it really comes down to is the economic impact. For example, the amount of square footage it takes me to grow a basil plant and how many harvests I get off of that one plant compared to growing a stalk of corn. It's just not economically feasible to grow corn hydroponically. But growing things like leafy greens, herbs, microgreens, cucumbers, tomatoes, berries, things like that. They do excellent hydroponically.

Seedling: How Do You Go From Seed to Hydroponic Tower?

Billings: We plant the seeds in a substrate called rockwool. When they get to about two to three inches tall, we transplant to our towers or to horizontal racks. Because we're not limited to bugs and viruses in the South, we can choose any plant we want and we do. We do bok choy, arugulas, all sorts of different basil. I grew a Japanese mustard called mizuna, which was a lot of fun to grow.

Seedling: What Are the Space Requirements for Hydroponic Farms?

Billings: Traditionally a farm is one plant per square foot in a row. I average about eight plants per square foot, and we're not maximized. When this building is fully producing, in the 2,500 square feet of growth space, we can average upwards to a \$1 million a year in revenue. We can grow a lot in very little space.

continued

Seedling: What Are the Water Conservation Benefits?

Billings: My water bill is cheaper than yours! I spend \$40 a month on water. All of it is recycled. I circulate 300 gallons of water. I'm operating about 95 percent efficiency. (Most soil farms) are probably in the teens, because how many thousands of gallons of water does it take to flood a field? Three hundred gallons lasts me about a week or 10 days.

Seedling What Do You Add to the Water?

Billings: I use a three-part fertilizer. It's all water soluble so we mix it in. Stuff like Calcium nitrate, magnesium, all the stuff that's in the dirt. I average two grams per gallon of water so 300 gallons of water, 600 grams of fertilizer and just a little bit of hydrogen peroxide.



Seedling: What Role Do Computers Play?

Billings: I do have automation that turns on my lights. I have automation that checks the CO2 in the atmosphere, the humidity. I do have a grow computer that when it's all set up, it will control everything on its own. I have a machine that burns and emits CO2. You would run around all day just checking and tweaking everything, but if you can use the computers to do it, it gives you time to grow and harvest.



Seedling: What Advice Do You Give the Home Gardener Who Wants to Try Hydroponics?

Billings: One of the methods I recommend is the Kratky method. I use a hybrid of that, but you can research it. Get a food safe bucket. Get your seedlings started, then put them in little net baskets. You would fill the bucket up with water, fertilizer, a tad of hydrogen peroxide so that it's just touching the roots. As the roots grow and drop down into the water, the plant is going to be growing up and pulling up more water.

Seedling: What Has Been Your Biggest Challenge?

Billings: I've never personally grown anything in the dirt. My family has, but I wasn't a farmer until I did this. The first challenge was to get the building. And then I spent a year and a half traveling the world, visiting farms. I actually mostly followed the cannabis industry. Their technology is much better than the lettuce farmers. A lot of my engineering concepts came from Disneyworld. I was inspired by Epcot, their hydroponic system.

continued

Seedling: What's Your Best Seller?

Billings: Microgreens and our salad mixes. We make a salad bouquet that's become pretty popular. We get a little bit of everything in the farm and wrap it up in a pretty bouquet.

Seedling: What Are Your Future Plans?

Billings: To have farms like this in every neighborhood. Ultimately, this concept can exist in rich, poor and in-between neighborhoods. I want to build a mushroom room. We're hoping to build a small salad and sandwich deli. The concept is everything is on demand, nothing is cooked. Everything is fresh. Everything is clean. I do have ambitions once I change the roof on my building to grow watermelons on my roof.

-Jane Allison, NWLA Master Gardener



SALAD BOUQUET

Visit Cotton Street Farms

Tuesday - Friday 12 pm - 5 pm

Saturdays 10 am - 4 pm

You can also shop online
at www.cottonstfarms.com

and arrange for a pickup time and date.



406 Cotton Street, Shreveport, LA 71101



MICROGREEN SALAD

Contact us: cottonstfarms.com

Instagram: [@cottonstreetfarms](https://www.instagram.com/cottonstreetfarms)

Facebook: [@cottonstreetfarms](https://www.facebook.com/cottonstreetfarms)

Grow it yourself!

My foray into microgreens...



I had eaten microgreens before but hadn't really thought too much of the nutritional value until I visited Cotton Street Farms. Microgreens, edible seedlings harvested within two weeks of germination, contain up to 40 times the nutrients of mature plants, says Michael Billings. I'm somewhat of a finicky eater when it comes to green leafy vegetables, so that got my attention.

You can buy hydroponically grown microgreens directly from Cotton Street Farms. Or you can buy a soil-based "grow at home" organic microgreens kit. I picked up a red cabbage kit to see if I could grow some of my own. The kits come in a variety of individual veggies or mixtures from mild to spicy.

My kit came with a soil disc, seed packet and easy instructions. First, I hydrated the disc, spread out the soil in the container and covered for 48 hours. Then, I uncovered, placed in sunny window and spritzed with water a couple of times a day. I was worried because it was cloudy many days, but on Day 10, I was clipping microgreens to eat.

During our visit, Billings showed me some collards microgreens, and said the rule of thumb is that three microgreens equals the nutritional value of a full-grown plant. Just add a few into eggs or on top of a pizza, and you're getting all the vegetables you would need in a day, he says.

Research institutions such as the U.S. Department of Agriculture and Johns Hopkins have confirmed the nutritional power of microgreens. Locally, LSU Medical Center is doing a six-month study on the health benefits of eating microgreens, Billings says.

More studies may be needed to prove the value of microgreens,

but I'm all in. I may turn up my nose at the smell of collards cooking, but I can put a few tiny raw ones on my sandwich.



Jane Allison

-Jane Allison, NWLA Master Gardener

Events & Things to Do!

July 2021

Wednesday, July 14th, 11:30-1:00 NWLA MG General Meeting
(location is yet to be determined)

***Akins's Nursery & Landscaping, Garden Education Series– Saturday, July 31st, 10:00 am.**
Potting Party with Summer Flowers Free (call to register) 318.868.2701

Birding at Burden 2021, Sat, July 31st, 7:00am-10:00am (Tickets \$5.00/per person, Go to [eventbrite.com](https://www.eventbrite.com) to purchase.) or lsu.edu (225.763.3990) LSU Ag Center Botanic Gardens at Burden, Baton Rouge, LA

Through - Nov, Sat, 9:00am-1:00pm, Bossier City Farmer's Market
2950 E Texas St, Bossier City, LA
bossiercityfarmersmarket.com

Through -Aug 28th, Sat, 7:30am-12:30pm, Shreveport Farmer's Market
101 Crockett St, Shreveport, LA
redriverrevel.com

Sat, 9:00am-1:00pm, Ruston Farmer's Market
220 E. Mississippi Ave, Ruston, LA (318.957.1305)
rustonfarmersmarket.org

Dixie Farms Lavender
Dixie Shreveport Rd
Flowers are in full bloom during June and, possibly, continuing into July. For information, please email us.
(Farm updates will be on the website and social media.)
dixiefarmslavender.com



August 2021

Wednesday, Aug 11th , 11:30-1:00 NWLA MG General Meeting
(location is yet to be determined)

Birding at Burden 2021, Sat, Aug 28th, 7:00am-10:00am (Tickets \$5.00/per person, Go to [eventbrite.com](https://www.eventbrite.com) to purchase.) or lsu.edu (225.763.3990) LSU Ag Center Botanic Gardens at Burden, Baton Rouge, LA

***Akins's Nursery & Landscaping, Garden Education Series– Saturday, Aug 28th, 10:00 am.**
Success with Interior Plants Free (call to register) 318.868.2701

Events approved for MG hours*

Events & Things to Do!

You-Pick-it Farms & Farm Stands:

Ed Lester Farms, Open Mon-Sat, 8:00am-5:00pm. Awesome place! Featured in *Southern Living Magazine*.
1165 US-84 Coushatta, LA 71019 (318.932.4298)
Subscribe to their newsletter for all the latest info!
edlesterfarms.com



Shuqualak Blueberry Farm, Open 7-days a week, 7:00am-7:00pm.
Old fashioned family fun! Be sure to get a blueberry popsicle!
232 Shuqualak Farms Rd., Frierson, LA 71027 (318.797.8273)
Check out their Facebook page.



Me and McGee Market located just outside of North Little Rock, AR
10409 Hwy 70 North Little Rock, AR. (501.355.6222)
Tues-Fri (10-5), Sat (9-4), Sun (11-4)
So much more than an ordinary farm stand!
Check out their website and Facebook page.



meandmcgeemarket.com

Be sure to sign up for their newsletter.

P. Allen Smith did a wonderful YouTube video tour of this place...link is on the website.

For an awesome list of markets and you-pick-it farms visit: louisianatravel.com
Search for "pick-your-own farms" or use this rather lengthy link. :)

louisianatravel.com/articles/visit-louisianas-pick-your-own-farms



Stay connected via Instagram, Facebook and our
website for event announcements.



Local Classes and Workshops 2021

*approved for MG education hours**

Akins Nursery, 5901 E Kings Hwy Shreveport, LA
Garden Education Series* – Free

Classes held on the last Saturday of the month at 10:00 am
Please reserve your spot: 318.868.2701 or akinsnursery.com

Participants receive 10% off purchases the day of class.
(sign up for their newsletter)

Louisiana Nursery, 12290 Mansfield Rd. Keithville, LA

Gardening Seminars & Workshops – Seminars* are \$5.00/person at the door
Please reserve your spot: 318.925.0971 or LouisianasNursery.com

(sign up for their newsletter)



Needing Master Gardener Hours?

Visit our website for up-to-date information on committees and projects
that you can participate in.

nwlamg.weebly.com



Volunteers needed for the Master Gardener Hotline

Connecting with the community is one of our most important functions as
Master Gardeners, please remember to sign up for phone duty to answer
gardening questions from the public.

Mondays 8-12 · Tuesdays 9-12 · Wednesdays 1-4 · Thursdays & Fridays 10-1

Drop by the carriage house to sign up or email Mark Wilson

MAWilson@agcenter.lsu.edu or Melissa Elrod melissa532@aol.com

Community Supporters



Crew Masters, LLC



Thank You!

Editorial Notes-



They say "It's not the heat, it's the humidity." I'm not sure if that's suppose to make us feel better about summer in the South. I know we complain...but...I really wouldn't have it any other way. I kind of

think of it as a badge of honor. Yes...I garden in the South, and have lived to tell about it! We have to embrace and laugh about what we can't change...right? So here are some of my favorite summer sayings-

It's hotter'n blue blazes.

It's hotter'n a blister bug in a pepper patch.

If it gets any hotter, I'll have to take off stuff I really ought to keep on.

I'm sweatin' like a hog

And lastly...a quote from author-Rachel Cain,
Heat Stroke

"God, it was hot! Forget about frying an egg on the sidewalk; this kind of heat would fry an egg inside the chicken."

As always, many thanks to all of our writers!

Happy Gardening!

Chris

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