



GN O Gardening Magazine

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In This Issue:

Look at Me—Roselle (*Hibiscus sabdariffa*)

By: William Afton

What's Bugging You? Cabbage Loopers (*Trichoplusia ni*)

By: Anna Timmerman

A Beneficial Insect with a Bite

The Minute Pirate Bug

By: Dr. Aaron Ashbrook

Weed of the Month Dandelions

(*Taraxacum officinale*)

By: Chris Dunaway

What's Wrong with My Plant?

Phytophthora Root Rot

By: Dr. Mary Helen Ferguson and
Dr. Joe W. Willis

Wind Chill and Plants

By: Dr. Joe W. Willis

January Planting Guide

In the Kitchen with Austin

Local Garden Centers

January Garden Checklist

Lawn Care Do's & Don't's

Cover photo: Dandelion
puffballs in a field.
By Chris Dunaway

Look at Me!

Roselle *Hibiscus sabdariffa*

Edible landscaping has been a trend for quite a while now. Small residential lots aren't much bigger than the houses built within them.

Plant material is used to blend in hardscapes back into somewhat of a natural harmony with the surrounding

vegetation. With space being a limited resource in the current paradigm, choosing plants that beautify the landscape while also serving other purposes such as supplemental nutrition, flavoring agents, and in some cases, financial support become very popular. Add this together with a post COVID economy where people are looking for both food and financial security to deal with the rising costs of inflation, edible landscaping can help ease some of the stresses each of us feel.

Like previously stated, edible landscaping is

not a new concept to home gardeners. Think all the way back to the homesteaders who ventured out into the American west during the early days of this country. They only had what they can produce around the house. In some cases, barter and trade could bring in additional items, but even that was limited to what a few neighboring homesteads were producing. As the nation progressed towards the present, that limitation has diminished. We now have a vast selection of plant material to grow at home. Nowadays, new gardeners are practicing and demanding the edible landscaping philosophy. The only difference now is the diversity in

plant material available for them to grow.

One of the latest crops of interest for edible landscaping is roselle. Other common names of roselle include Florida cranberry, Indian sorrel, red sorrel, and Jamaican tea. Some folks refer to it as maple-leaf

hibiscus or October hibiscus because it is a species of hibiscus.

Hibiscus sabdariffa to be exact. Most of us are familiar with tropical hibiscus (*H. sinensis*), rose of Sharon. (*H. syriacus*), and confederate rose (*H. mutabilis*). All three are different species of hibiscus and are common garden plants in South Louisiana. All hibiscus, okra, and cotton are members of the Malvaceae plant family. Upon examination of the flower you can easily see that roselle flowers, hibiscus flowers, okra



Roselle flower (Gary Bachman, 2019)

"The flowers of roselle are similar in appearance to tropical hibiscus and okra, relatives of the same plant family. Notice how the stamens emerge from the sides of the style. That is very characteristic of many plants in Malvaceae."

flowers, and cotton flowers have the same basic morphology. Roselle either originated in either North Africa or the India-Malaysia region. Whichever the case, the plant is a perennial in tropical and semi-tropical in those regions. That means to grow this plant in a temperate climate like Louisiana, you'll need to maximize the growing season by planting roselle soon after fear of frost in spring. Roselle didn't evolve in a climate with cold weather, so frosts and freezes will cause damage.

Look for the sunniest area in the yard to plant a roselle plant. They prefer all day sun but can still produce

flowers and fruit in part sunny locations. A variety of soil types will support roselle plants. Good drainage is a plus, but these plants can handle occasional flooding and wet soils. They also can survive in a wide range of soil pH values (5-8). Like their okra relatives, roselle will get to be similar in size. Provide ample space when planting in the ground. Space plants at a minimum of 12 inches apart but aim for 2-3 ft between plants for maximum productivity. For containers, we've found that 15-gallon nursery pot provides enough space for an adequate root system. A container with a diameter between 14-16 inches would be adequate. Although roselle plants are mostly rainfed in areas where they are grown, access to irrigation will help ensure success. Supplement water for in the ground plantings when the weather starts to run dry after 1-2 weeks. Containers should be designed to drain very well. A drench of water enough to leak out of the bottom will suffice every time the soil runs dry.

Most people grow roselle to harvest the beautiful red pods or calyces to make tea, jellies, and preserves.



Roselle pods (Gary Bachman, 2019)



Roselle leaves bunch (Zue Murphy, 2015)

However, young immature leaves can be harvested and eaten as a leafy vegetable. To harvest roselle calyces, wait for that beautiful hibiscus flower to finish. Once

the flower starts to wither you have a 7-10 day window to harvest the calyx and seed pod apparatus. Separate the calyces from the seed pods. Use a food dehydrator or air dry them in the shade to store and save up. You'll want to harvest on a schedule so that the plant continually adds more blooms. It is similar to how one would harvest an okra plant. The more you pick, the more the plant will produce. As the calendar moves into late September and October, leave some flowers and pods on the plant so that the seed has a chance to mature and dry out. This will ensure a source of plant material for next year in case of severely cold weather.

Roselle is an easy to grow plant that is related to a lot of plants that most of us in South Louisiana already have experience growing. The flowers are just as beautiful as tropical hibiscus and rose of Sharon. The deep red pods even give an interesting effect when grown in the garden and landscape. However, with the roselle we can harvest those pods and young leaves to add variety to home cuisine while at the same time providing a little personal security for the self-sustaining homeowner. Start the process of locating a couple of seeds in late winter so you can give this wonderful plant a shot this warm season.

~William Afton

January Vegetable Planting Guide

Crop	Some Recommended Varieties
Beets	Detroit Dark Red, Kestrel, Red Ace F1, Ruby Queen
Broccoli	Arcadia, Diplomat, Gypsy, Packman, Premium Crop, Windsor Greenbelt, Patron
Cauliflower	Candid Charm, Cumberland, Freedom, Incline, Majestic, Snow Crown, Wentworth
Cabbage	Blue Vantage, Platinum Dynasty, Stonehead, Cheers, Blue Dynasty, Emblem, Rio Verde
Chinese Cabbage	None Given
Carrots	Danvers 128, Purple Haze, Thumbelina, Apache, Enterprise, Maverick, Sugar Snax 54
Snow peas	None Given
Collards	Champions, Flash, Georgia Southern, Top Bunch, Vates
Kale	None Given
Kohlrabi	Early Purple Vienna, Early White, Vienna, Winner
Lettuce	Esmeralda, New Red Fire F1, Nevada, Tall Guzmaine Elite
Mustard Greens	Florida Broadleaf, Greenwave, Red Giant, Southern Giant Curled, Savannah, Tendergreen
Onions	Red: Red Creole, Southern Belle; White: Candy, Savannah Sweet; Vidalia: Candy Ann, Caramelo, Century, Georgia Boy, Mata Hari
Spinach	Bloomsdale Long Standing, Melody, Tyee, Unipak 151
Radishes	Cherriette, Champion, White Icicle, April Cross
Shallots	Matador, Prism
Swiss Chard	None Given
Turnip Greens	Alamo, All Top, Purple, Top White Globe, Seven Top, Southern Green, Top Star, Tokyo Cross
Tomatoes (seeds)	Bella Rosa, Fletcher, Tribute, BHN 1021, Amelia, Dixie Red

What's Bugging You? Cabbage Loopers

(*Trichoplusia ni*)

The cool season in New Orleans means that vegetable gardens are chock full of members of the crucifer family, which includes cabbage, collards, turnips, brussels sprouts, cauliflower, radish, and kale. This is a veritable feast for a small member of the Lepidoptera order of insects- the cabbage looper. I found the first one of the season while tending to my kitchen garden and know that it's a scout- the full assault force is not far behind. There are plenty of caterpillar species that can become voracious eaters in our winter gardens, but here I'll focus on the cabbage looper.

Cabbage loopers (*Trichoplusia ni*) are moth larvae and can be found throughout most of the world wherever cruciferous vegetables are planted. In more temperate climates, it is a summer pest. In the more subtropical areas, it is a winter or cool season pest. They seem to come in "boom or bust" cycles roughly every two or three years in our area, with a population explosion one year, then barely any for a couple of years. Therefore, I suspect we are in for a big year. In the previous two cool seasons I haven't seen them in large numbers, so we are due. Researchers believe this is attributed to a cyclical polyhedrosis virus, which keeps populations in check during the off years. Up to five generations in a year is typical for Louisiana.

The adult moth is small, with a wingspan of 33-38 mm. The forewings are mottled grey-brown, and the hind wings tend to be light brown at the base, with darker edges. There may be small silvery white dots or u-shaped markings on the forewings also. The larvae are frequently found on cruciferous vegetables and weeds

and begin life as a dusty white color in the young instars. They become pale green as they feed on leaves. When they are young, they also have some hairs on the body, but lose these as they grow into larger instars. Dorsally, there are narrow white stripes along



A late stage cabbage looper caterpillar.

the length of the caterpillar. It gets the name "looper" from the way it arches up as it crawls along, creating a loop of body before moving the front part of the body forward. The looper measures 3-4 cm at maturity. Often, they are found where leaves meet the base of the plant, feeding in sheltered protected areas. If you scout your crops, you may spot the eggs, which are hemispherical in shape, with the flat side pasted to the foliage. They can be laid as single eggs or clustered loosely in groups of up to seven eggs. They are white or greenish in color, have some longitudinal ridges, and measure 0.6 mm in diameter, 0.4 mm in height. They take 2-10 days to hatch, which is dependent on ambient temperature. Female cabbage looper moths can produce 300-600 eggs within their lifetime, which means they can quickly infest a garden.

In addition to cruciferous vegetables, cabbage loopers will also occasionally eat the foliage of beets,

cantaloupe, celery, cucumbers, lima beans, lettuce, parsnips, peas, pepper, potato, snap beans, spinach, squash, sweet potato, tomato, and watermelon. They may also impact floral crops like chrysanthemum, hollyhocks, snapdragons, and sweet peas. In the wild, suitable host plants include lambsquarters, wild

lettuce, dandelion, and curly dock. Adult moths are nectar feeders and visit a wide range of flowering plants, including clover, goldenrod, sunflower, Spanish needle, and more. Technically they are pollinators! The larvae, however, are destructive. They feed on the foliage of many of our garden crops, and can even bore into the heads of cabbage and into the floral stalks of broccoli and cauliflower. These looper caterpillars consume three times their weight in plant material each day and leave behind copious amounts of frass (poop).

Cabbage loopers have a lot of natural enemies which help to keep their populations in check. Several types of parasitic wasps and tachinids will lay their eggs in the larvae, which pupate and feed within the caterpillar. The nuclear polyhedrosis virus also knocks them back most years. Ladybeetles and lacewings consume the eggs when they can find them. Many species of songbirds consume the larvae as a high

protein food source when they find them. Small lizards such as anoles and geckos also consume both adult and larval cabbage loopers.

Insecticides have been used (and perhaps overused) for cabbage looper control, leading to high levels of resistance in some parts of the country. Most of this



An adult cabbage looper moth.

resistance is being observed in greenhouse production systems and large-scale vegetable operations. At a home gardening level, bt Thuricide (*Bacillus thuringiensis*) and Spinosad (*Saccharopolyspora spinosa*) are effective. Apply these products in the evening when bees and other beneficial insects are less likely to be out foraging. The looper caterpillar has to ingest these to be effective, so good coverage with your sprayer is key. Try to get all the nooks and crannies of the plant, the undersides of the leaves, and the interior of any head-forming vegetables. Both bt Thuricide and Spinosad fall into the all-natural or organic product category, and OMRI approved formulations are available. Be sure to

check your gardens at least weekly for pest and disease issues so that you can catch them before they become a big problem.

~Anna Timmerman

A Beneficial Insect with a Bite

The Minute Pirate Bug

Adults and nymphs of the minute pirate bug or flower bug are beneficial predatory insects for any plant growing environment. They are

common in gardens, managed and wild landscapes, and field crop settings. Minute pirate bugs emerge early in the year and begin to feed on a variety of pests such as thrips, spider mites, aphids, leafhoppers, small caterpillars, and whiteflies. Both life stages will also feed upon nectar and pollen, especially when insects are not available to feed upon.

Eggs of the minute pirate bug are small, clear, and translucent with a visible white ring at the egg cap. Minute pirate bug adults are easily identifiable by the black hourglass shape on their wings. They are small insects, with the adults ranging from 2-5 mm depending on the species. The immatures or nymphs are yellow or green, resemble adults but are wingless. Nymphs develop through five life stages where they increase in size.

During the growing season, there will be multiple generations of minute pirate bugs. If you want to help preserve minute pirate bugs, do not use broad spectrum insecticides in your growing areas. This will not only protect the bugs from unintentional pesticide

exposure, it will preserve some pest insects for the pirate bugs to consume. Additionally, providing flowering plants as an alternative food source to minute

pirate bugs will help when there are not a lot of pests present.

At the end of summer and early in the fall time, when there are not many insects or flowers for minute pirate bugs to feed upon, they become more inquisitive. While in search of food before they overwinter, adult minute pirate bugs will approach and bite people, which is quite painful for such a small insect. They are unable to obtain a meal from people and may linger for a few moments afterwards. Bites can leave behind red or purple welts that may itch, but some people do not react at all to minute pirate bug bites. Controlling

minute pirate bugs with insecticides or repellents is not an effective strategy. Instead, avoid wearing light colors that are attractive to the insects. As temperatures cool off, the minute pirate bugs will begin to hibernate and will no longer be a nuisance.

~Dr. Aaron Ashbrook



An adult minute pirate bug (*Anthocoris tomentosus*) using its piercing sucking mouthparts to feed upon an aphid.



An immature minute pirate bug with wing pads that will develop into wings after metamorphosis to adulthood

Weed of the Month

Dandelions (*Taraxacum officinale*)

As a kid, I remember making wishes by blowing the seeds off of dandelion puffballs. The trick to having your wish come true was to blow off all of the seeds in one breath. Kind of like blowing out the candles on a birthday cake. Of course as children, we did not realize that we were doing exactly what the plant wanted us to by dispersing the seeds far and wide.

Although I don't make as many wishes as I used to, I still can't resist giving a puffball a little blow and watching the seeds float off in the gentle breeze on their feathery parachutes.

Dandelion (*Taraxacum officinale*) is a perennial broadleaf plant common throughout Louisiana in

grasslands and cultivated ground. Although most people consider the plant a weed when present in a home lawn, this plant is actually cultivated in some places, and used for both food and herbal remedies. Dandelions can have a fairly long life span with individual plants living over 10 years. In colder climates dandelions will die back in the winter but can survive thanks to its long taproot. Here in South East Louisiana, the two day freeze in December 2022 did not harm the plants near my house one bit.

Although the plant can persist throughout the year in our area, the cool weather is what brings on the flowers beginning in late fall and continuing through spring. The plants flower and produce seeds when the soil is at the optimal temperature for germination

which is between 55° and 77° F. The seeds form quickly going from flowering to seed ripening in only about 9-12 days.

There are no true stems, rather the leaves are clustered in a rosette at the base of the plant. Leaves vary in length from 2 to 14 inches and from 1/2 to 3 inches wide. The margins of the leaves are deeply serrated forming the typical "lion's tooth" outline from which the name is derived. The plant does grow a large taproot which, in the right conditions, can



Photo by Chris Dunaway

A flowering dandelion growing next to a utility pole in New Orleans, LA. Notice the jagged toothed leaves.

grow up to 15 feet deep. However, the root is most commonly only 6 to 18 inches deep. Sections of the root as short as 1 inch in length are capable of producing new plants making control through pulling and mechanical means difficult.

Flowering stalks are 6 to 24 inches in length and terminate in a compound inflorescence or head that contains 100 to 300 ray flowers and looks like a characteristic puffball. Each ray flower has a strap-shaped yellow petal with five notches at the tip. The

seeds are achenes and are about 1 /8 inch in length with five to eight ribs. (Achenes are small one-seeded fruit that do not open to release the seed.) At the apex of the achene there is a slender stalk (about two to four times the length of the achene) that terminates in a parachute-like structure (pappus), allowing the seed to be transported via wind currents for miles.

Dandelion was introduced from Europe and has been used as a food and medicinal plant since Roman times. Nearly all parts of this plant can be eaten. It has a high vitamin and mineral content. Mature leaves are often dried and used to make a mild tea. Roots are eaten as a vegetable with a turnip-like flavor. They are also often used to make tea or dried and used for various medicinal purposes including a mild diuretic. Salads, beer, and wine are also made from the leaves and flowers. Caution, dandelion sap contains latex, so some people may be allergic to dandelions. Anyone allergic to latex should also avoid handling fresh dandelions because of the latex in sap.



Photo by Chris Dunaway

The characteristic puffball shaped seed heads. Each head can produce up to 400 seeds but the average is 180.



Dandelions are generally only a problem in lawns that are not growing vigorously enough to out-compete the weeds. The best way to prevent or reduce dandelion encroachment is to maintain a healthy lawn through proper fertilization and soil pH and regular mowing. Properly maintaining a lawn through these cultural practices promotes dense and vigorous turfgrass, allowing it to better compete with weeds. In addition to these lawn care practices, manual removal of weeds may also be necessary. In addition to cultural practices, herbicide applications may be required to achieve effective weed control. Dandelion is a perennial broadleaf weed that is readily controlled by post-emergence herbicides, especially those containing 2,4-D.

~Chris Dunaway

Dandelion and Grapefruit Salad. Find the recipe at the following address:
<https://www.sunset.com/recipe/dandelion-grapefruit-salad>

What's Wrong with My Plant?

Phytophthora Root Rot

The dreaded diagnosis we never want to hear from Dr. Singh is, “Your plant has Phytophthora root rot!” This is almost always followed by, “There’s no cure for it!”

Phytophthora species are important plant pathogens. The name *Phytophthora* derives from Greek and literally means “plant destruction.”

Phytophthora species are like fungi in some ways but are no longer classified as such. Instead, they belong to a distinct class of fungus-like microorganisms called oomycetes. These are often referred to as water molds because they need water to complete their life cycle. There are currently more than 200

described species of *Phytophthora* worldwide, and the majority of them are plant pathogens. Diseases caused by *Phytophthora* include root rots, stem cankers, and blights of fruit and leaves. Host ranges



Discoloration of tomato roots and stem due to *Phytophthora*.

of individual species may be relatively narrow or very wide, and more than one *Phytophthora* species may be pathogenic to the same plant species.

Phytophthora pathogens have several reproductive survival mechanisms. In sexual reproduction, the *Phytophthora* produce oospores. These can remain in

the soil for extended periods of time. When conditions are right, the oospore germinates to produce a sporangium that releases zoospores.

Zoospores are motile spores that can swim through water in soils to reach and infect plant roots. In asexual reproduction, sporangia form from hyphae on the surface of infected tissue. Zoospores are released from these sporangia into wet soils that swim to infect other plant roots. *Phytophthora* can survive in the soil as mycelia, zoospores, sporangia, or



Phytophthora root rot of avocado.

oospores. How long they can survive depends on soil moisture content, temperature, and *Phytophthora* species. In dry soil, *Phytophthora* survival is greatly reduced and survival may be for only a few months. In moist soil, *Phytophthora* oospores have been shown to survive for as long as 10 years.

Many *Phytophthora* pathogens attack the roots and crowns of susceptible plants.

The finer roots first begin to discolor and decay. The pathogen may eventually spread to larger roots and crowns. Infected roots become reddish-brown or black whereas healthy roots are light green or whitish. Aboveground symptoms may include wilting (especially during midday), leaf chlorosis and drop, twig or stem dieback, and death. On larger hosts (e.g., trees), sections of the tree may show symptoms while the rest of the tree appears unaffected. Reddish-brown to black

lesions may appear on the stem near the soil line as the pathogen moves from the roots into the crown. On woody plants, these lesions may lie just below the bark surface.

Many species of *Phytophthora* cause root rot. Often, the pathogen is named after its host: *Phytophthora citrophthora* attacks citrus, *Phytophthora megasperma* f. sp. *medicaginis* attacks alfalfa, and *Phytophthora capsici* attacks pepper. You get the idea. Many *Phytophthora* species are favored by warm weather, but others are favored by cool weather.

One thing that *Phytophthora* root rots have in common is that they are soilborne diseases. In other words, the pathogen inoculates the host by way of the soil. *Phytophthora* infection is favored by poor drainage and excess water. A lot of *Phytophthora* root rot can be prevented by making sure that our plants' roots have good drainage. At the same time, drought

or salt stress can make plants more susceptible to infection by *Phytophthora* pathogens. Therefore, gardeners should ensure that plants have adequate but not excessive water.

Plant selection also plays a role in preventing *Phytophthora* root rot. Some species are less likely to develop the disease, and within some species, certain



cultivars are more resistant than others.

The mefenoxam-containing products Ridomil Gold SL and Subdue MAXX are labeled for prevention of oomycete diseases in certain edible and ornamental crops, respectively. For home gardens, Monterey Garden Phos is available. This product is labeled for use on a number of ornamental and edible plants and contains an active ingredient ("mono- and di-potassium salts of phosphorus acid") in the phosphonate group, members of which have efficacy against a variety of oomycete diseases. Read and follow label directions when using any fungicide or other pesticide.

While some chemical tools are available to help manage *Phytophthora* root rot, they may not give adequate protection under heavy disease pressure or conditions that are highly favorable for disease. Providing excellent soil drainage, using resistant

plants, and maintaining optimal plant health should be the first lines of defense.

~Dr. Mary Helen Ferguson and Dr. Joe W. Willis

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Stem discoloration on eggplant near the soil surface caused by Phytophthora root and crown rot.

Wind Chill and Plants

All of us are used to checking the temperature before dressing and leaving home in the morning. We also are used to not only seeing what the true temperature is but also what the “wind chill” temperature is. Wind chill is based on the rate of heat loss from exposed skin caused by wind and cold. As the wind speed increases, it draws more heat from the body, driving down skin temperature and eventually the internal body temperature. Therefore, the wind makes it feel much colder than air temperature. Modern wind chill calculations take into account the air temperature, humidity, wind speed, the heat transfer theory for heat loss from the body to its surroundings, and the effects of solar radiation due to cloudy, partly cloudy or clear skies. Additionally, the wind chill charts provide an estimate of the exposure time at certain wind chill temperatures that lead to frostbite.

When you get up in the morning and the temperature is 45°F and calm, you may need a light jacket. If it is 45°F with a 20-mph wind, then you will definitely need a heavy coat.

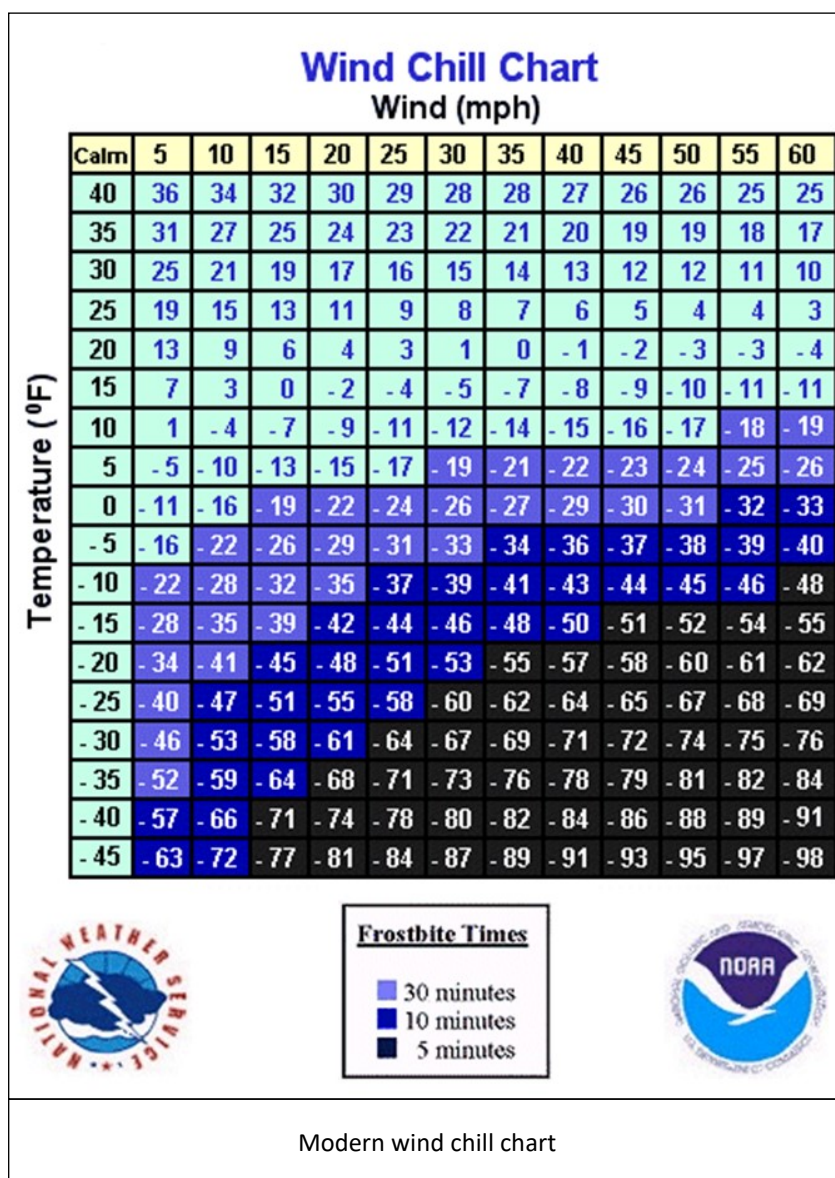
But suppose you see that the nighttime low will be 40°F with a wind chill temperature of 28°F due to a 35-mph wind. Do you need to throw a frostblanket over your Meyer lemon tree and maybe put some incandescent Christmas lights on it to keep it from freezing? The answer to that is no. Meyer lemons are considered cold sensitive and only tolerate temperatures into the high 20’s. The evening low will be 40°F and your lemon isn’t affected by wind chill. So, it should be acclimated to withstand the evening temperature dip.

In simple terms, the wind chill effect is due to the wind causing evaporative cooling and removal of heat from the area surrounding a heat source. If there is a slight breeze and you hold up both your hands, one wet and one dry, the wet hand will feel much colder because the wind is causing the moisture to evaporate from that hand. That’s the whole reason for sweating when it’s hot outside. Our body produces external moisture that has a cooling effect as it evaporates from the skin. And consider, if you are gathered round the campfire and the air is still, you can easily feel its warmth. If there is a breeze blowing, you must get closer to the fire to feel the warmth. That’s because the wind is carrying away the heat energy being produced by the fire before it reaches you.

I say all that to say this, the wind chill effect only applies to humans and other mammals that produce their own heat internally. Plants do not have an internal mechanism of heat production. When you cover your plant to protect it from freezing, you are capturing the heat given off by the earth that absorbed energy during the day. You aren’t trying to help the plant keep itself warm.

Now, your plants can suffer windburn damage during the winter.

Cold winter air is dry because it holds less moisture than warm air. Because wintertime humidity is low, what little moisture that is around is quickly sucked up into the air. Winter winds can dry out the succulent parts of our plants resulting in windburn. This can look like frost or freeze damage but is really dehydration. Therefore, it is important to keep our plants watered even in the wintertime. We needn’t water as often but it is still important to keep them



hydrated. Early morning watering is one method of protecting our plants from wind and cold. The plants get fully hydrated and the moist soil absorbs more heat energy during the day than dry soil.

So, the wind chill may mean that we put on an extra layer of clothing before going out for the day, but it’s the actual air temperature that our plants feel. That’s the temperature we should check to see if we need to throw a blanket over our sensitive plants for the evening.

~Dr. Joe W. Willis

In the Kitchen with Austin

Fennel Gratin

What could be better on a cold winter's day than a creamy gratin with a crispy topping? This one definitely fills the bill.

Ingredients:

2 fennel bulbs, stalks removed and halved
1 cup heavy cream
2 Tbs. water
½ cup plain breadcrumbs

¼ cup parmesan, grated
2 Tbs. parsley, chopped
1 Tbs. butter, melted
Salt & pepper, to taste



A casserole pan of Fennel Gratin

Directions:

Preheat oven to 400°F.

Remove core from halved fennel bulbs and cut into slices. Place fennel, cream, water, salt and pepper in a sauce pan and simmer covered, for about 10 minutes. Stir frequently.

In a bowl, combine breadcrumbs, parmesan, parsley, and melted butter. Pour fennel mixture into a casserole dish. Top with breadcrumb mixture and bake for about 30 minutes until browned.

Bon Manger!

Farmers Markets in the GNO Area

Jefferson Parish

Gretna Farmer's Market

739 Third Street, Gretna
Every Saturday, except the Saturday of
Gretna Fest, 8:30AM-12:30PM

Nawlins Outdoor Market

1048 Scotsdale Dr., Harvey
Every Saturday & Sunday, 9AM-5PM

Old Metairie Farmer's Market

Bayou Metairie Park, Between Metairie Lawn
Dr. and Labarre
See calendar on their website for dates and
times: [https://
www.oldmetairiegardenclub.com/](https://www.oldmetairiegardenclub.com/)

Westwego Shrimp Lot

100 Westbank Expressway at Louisiana St.,
Westwego
Daily Mon-Thurs 8AM-6PM, Fri 8AM-7PM,
Sat 7AM-7PM, and Sun 7AM-6PM

Lafreniere Park Market-Metairie

3000 Downs Blvd.
Wednesdays, from 2-7PM

Laughing Buddha Farm Hub-Clearview

4516 Clearview
Store Pickups, preorder online at [https://
www.laughingbuddhanursery.com/buy-
groceries-1](https://www.laughingbuddhanursery.com/buy-groceries-1)

Jean Lafitte Town Market-Lafitte

920 Jean Lafitte Blvd.
Last Saturday of the month, 9AM-1PM

Harahan Farmer's Market

6437 Jefferson Hwy., Harahan, LA
Sundays, 10 Am—2PM

Good Time Guild Farmer's Market at St. Martin's Episcopal Church- Metairie

Metairie Rd.
1st Thursdays monthly, 2PM-7PM
3rd Saturday monthly, 10AM-3PM

St. Charles Parish

German Coast Farmer's Market at Westbank Bridge Park

13825 River Road, Luling, LA
Wednesdays, from 1-5PM

German Coast Farmer's Market

160 West Campus Drive, Destrehan, LA
Saturdays, from 8AM-Noon

Farmers Markets in the GNO Area

Orleans Parish

Crescent City Farmer's Market- Mid-City

500 N. Norman C. Francis
Thursdays from 3-7PM
Walk-up and curbside pre-orders at
www.crescentcityfarmersmarket.org

Crescent City Farmer's Market- City Park

Tad Gormley Stadium parking lot at
Marconi and Navarre
Sundays from 8AM-Noon
Preorder contact-free drive through only,
info at www.crescentcityfarmersmarket.org

Crescent City Farmer's Market- Uptown

200 Broadway
Tuesdays from 8AM-Noon
Walk-up and curbside pre-orders, info at
www.crescentcityfarmersmarket.org

SPROUT NOLA ReFresh Market-Truck Farm Table

200 N. Broad (In Whole Foods lobby or in
parking lot, weather permitting)
Walk up

SPROUT NOLA ReFresh Market-Lafitte Greenway

2606 St. Louis
Mondays from 3-6PM
Walk up and pre-orders at [https://
app.sourcewhatsgood.com/markets/refresh-
farmers-market/products](https://app.sourcewhatsgood.com/markets/refresh-farmers-market/products)

Vietnamese Farmer's Market

14401 Alcee Fortier Blvd., New Orleans East
Saturdays, 5:30AM-8:30AM

Marketplace at Armstrong Park

901 N. Rampart
Thursdays from 3-7PM

New Orleans French Market

Lower Decatur Street
Daily, 9AM-6PM

Know Dat Grow Dat Microgreens & Produce

Online Sales
<https://www.knowdatgrowdat.com/shop>

Mid-City Arts and Farmer's Market

Comiskey Park, New Orleans
Market dates vary and are on hold due to
Covid-19, check <http://midcityaf.org>

Laughing Buddha Farm Hubs

Pick up points vary, pre-orders available
Bywater, Broadmoor, Lakeview, Irish
Channel, Mid-City, Algiers Point, Uptown
Locations
[https://www.laughingbuddhanursery.com/
events](https://www.laughingbuddhanursery.com/events)

Barcelo Gardens Farmer's Market- Upper 9th Ward

2301 Gallier Street
Saturdays from 10AM-1PM

Bywater Market at Trap Kitchen-Bywater

1043 Poland Ave
Sundays from 10AM-3PM

Paradigm Farmer's Market-Central City

1131 S. Rampart
Sundays 9AM-Noon

Lot 1701 Small Business and Farmer's Market-Central City

1701 Oretha Castle Haley Blvd.
Every 1st and 3rd Saturday from 11AM to 3PM

BOUNYFUL Farmer's Market-Algiers Point

149 Delaronde St.
First and Third Sundays of the month, from
11AM-3PM

Edgewood Park Market-Edgewood

3317 Franklin Ave.
First market Sunday, May 2nd from 11AM-
3PM

New Orleans East Hospital Farmer's Market- New Orleans East

5620 Read Blvd.
First Tuesday of the Month- 3PM-Dusk
Third Thursday of the Month- Noon-3PM

Sheaux Fresh Sustainable Foods- Tremé-Lafitte

585 N. Claiborne at Lafitte Greenway
(under overpass)
Wednesdays from 2-5PM
Saturdays from 10AM-2PM
Check for current dates/times at
www.sheauxfresh.org

Holy Cross Farmer's Market- Holy Cross/ Lower 9th Ward

533 St. Maurice
First & Third Saturday of the month,
10:00AM-2PM

St. Tammany Parish

Covington Farmers' Market

Covington Police Department
609 North Columbia St., Covington, LA 70433
Saturday: 8:00 AM – 12:00 PM (rain or shine)
Covington Trailhead
419 N. New Hampshire
Wednesday: 10:00 AM – 2:00 PM (rain or
shine) www.covingtonfarmersmarket.org
General information: 985.966.1786

Mandeville Trailhead Community Market

Mandeville Trailhead
675 Lafitte St, Mandeville, LA 70448
Saturday: 9:00 AM – 1:00 PM (rain or shine)
[https://www.facebook.com/
TheMandevilleTrailhead](https://www.facebook.com/TheMandevilleTrailhead)
985.624.3147

Madisonville Market

Riverside Park South
Water St., Madisonville, LA 70447
Sunday: 10:00 AM – 2:00 PM
www.madisonvillemarket.org

Folsom Village Market

Hwy 40, one block east of Hwy 25
Saturday: 9:00 AM – 1:00 PM (weather per-
mitting)
Every 2nd and 4th Saturday
985.507.6496 (daytime only)

Abita Springs Art and Farmers' Market

22049 Main St., Abita Springs, LA 70420
Sunday: 12:00 PM – 4:00 PM (rain or shine)
[https://www.townofabitasprings.com/
farmers-market](https://www.townofabitasprings.com/farmers-market)
985.892.0711

Camellia City Farmer's Market

Old Towne Slidell
333 Erlanger St. (Corner of Third St.)
Saturday: 8:00 AM – 12:00 PM (rain or shine)
[https://www.facebook.com/
CamelliaCityMarket/](https://www.facebook.com/CamelliaCityMarket/)
985.640.7112

January Checklist/Garden Tips

Planting cool season vegetables and bedding plants continues. Although exceptionally cold weather can cause problems, winter weather is mostly mild. Watch the weather and avoid setting out transplants when a hard freeze below the upper 20s is predicted.

During cold of winter weather the water coming out of the tap can be decidedly chilly. When filling up your watering can to water your indoor plants, don't just turn on the cold water tap. Turn on both cold and hot water and adjust the temperature of the water coming out of the faucet until it feels tepid or barely warm. This is healthier for tropical houseplants and will prevent the spotting of African violet foliage.

Resolve to pick more flowers from your garden for indoor arrangements this year. Most gardeners are too reluctant to harvest the flowers growing in their gardens, when flowers can enrich our home interiors in wonderful ways. Think how nice it would be to have a little vase of pansies, snapdragons or stock on the table beside you right now.

You must plant any spring flowering bulbs you have been refrigerating by early January, or you will be too late. You cannot keep the bulbs, such as tulips and hyacinths, and plant them next year

Now is a good time to make hardwood cuttings of such plants as pears, figs, roses and hydrangeas. Cuttings should be taken from the ends of branches and be 6 to 8 inches long.

Bare root rose bushes are arriving at local nurseries and garden centers. If you choose to plant bare root roses, January is the month to do it, or by the end of February at the latest. Containerized roses may also be planted as soon as they become available at the nurseries, but can be planted as late as April.

Add leaves falling from deciduous trees to your compost pile as they become available. Speed decomposition by chopping the leaves and sprinkling some nitrogen fertilizer over the leaves as you build the pile. Keep the piles evenly moist but not soggy. Turning the pile occasionally will also speed decomposition.

Whenever practical, continue to deadhead cool season annuals such as pansies, snapdragons and dianthus to keep them blooming through the spring.

Pansies and other cool season bedding plants may bloom less during the mid-winter period but should pick-up again in the late winter and early spring. If the foliage color is a good deep green and the plants seem to be growing well, you shouldn't need to fertilize now. Pansies are, however, heavy feeders. If the foliage is even slightly pale and if the growth is less vigorous, fertilize every two to three weeks with a 20-20-20 soluble fertilizer according to label directions until the color and vigor improves.

Root crops, such as radish, carrot, turnip and beet, should be direct seeded right where they will grow this month. Young plants may need some protection from temperatures below the mid-twenties.

After your Holiday cactus plant stops blooming, don't forget to move it into a sunny window for the rest of the winter. Keep it evenly moist but not constantly wet as this promotes root rot. In April, you may move it to a spot outside that receives morning sun for the summer.

Lawn Care Do's & Don't's

January is typically the least active month for lawn care. Now is a great chance to make plans and prepare for the coming growing season.

Do's:

1. You may apply selective herbicides to eliminate broad leaf weeds in the lawn.
2. Cool damp weather is ideal for the appearance of Large Patch Disease in your lawn.
[Click here to find information about large patch disease from the LSU AgCenter.](#)
3. Keep an eye out for insect pests and treat as necessary.
4. Mulch fall leaves and let them decompose in place if possible or collect them with a bagging mower and add them to your compost pile or use them as mulch in your gardens.
5. Take a soil test. Test kits are available in our offices in the Botanical Gardens, the Yenni Building, and New Orleans City Hall as well as local garden centers. Follow this link to see Dr. Joe demonstrate how to take a soil sample: <https://www.facebook.com/1030624690304124/videos/1452161988150390/>
6. Sharpen lawn mower blades and perform general maintenance on your lawn mower.
7. Make a schedule for pesticide and fertilizer applications.
8. Be prepared to apply pre-emergent herbicides next month if you have had problems with crabgrass or goosegrass in the past.

Don't's

1. Do not spread fill over the lawn until it is actively growing again in the spring.
2. Do not apply fertilizer to the lawn again until April.
3. Do not apply phosphorous winterizer to the lawn without taking a soil sample first. We have ample amounts of phosphorous in our soil already.
4. Do not attempt to install a new lawn until spring.
5. Do not aerate the lawn.
6. Do not dethatch the lawn.

Your Local Extension Office is Here to Help

E-mail us at: GNOGardening@agcenter.lsu.edu



Follow us on Facebook at [GNOGardening](#)

For more information visit LSUAgCenter.com

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