



GNO Gardening Magazine

November 2019



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Cover Photo: A couple walks their dog along the lake at Lafrenier Park in Metairie, LA

Urban Nature Benefits: Psycho-Social Dimensions of People and Plants

America is a nation of cities and towns – more than 80 percent of the U.S. population lives in urban areas. Plants, forests and ecosystems are important in cities. People are working in many cities to preserve existing natural areas and restore or create new ones. Scientific research tells us that urban plants provide many benefits. We know that plants improve the environment by contributing to better air and water quality and helping to reduce energy use.

Social scientists study another level of services that plants provide for urban residents. Parks, green spaces and trees are more than the “lungs of the city” or “pollution scrubbers”. They affect our everyday moods, activities and

emotional health. They improve our quality of life in ways that are sometimes understood but are often underestimated. Whether we are active in urban nature (planting trees, growing gardens) or passively encounter city green (such as a stroll through a park), we experience personal benefits that affect how we feel and function. Proof of psychological and social benefits gives us more reasons to grow more green in cities! Below are examples from many studies:

Individual Benefits

Urban life can be demanding – juggling schedules, work, meeting daily needs and commuting. Our urban open spaces and parks can provide welcome

relief, in surprising ways. Everyday nature in cities can help us to calm and cope, to recharge our ability to carry on.

RESTORATIVE EXPERIENCES – Many of the tasks of work and study demand directed attention for long periods of time. As we psychologically filter out extraneous information and distractions our minds



The urban forest located within New Orleans City Park offers residents a restorative place recharge.

can become cognitively fatigued. “Directed attention fatigue” can result in feelings of anxiety or stress, irritability with others and an inability to concentrate. Research has shown that brief encounters with nature can aid cognitive fatigue recovery, improving one’s capacity to concentrate. Psychologists Rachel and Stephen Kaplan define the characteristics of natural places that are restorative - being away, extent, fascination and compatibility.

WORKER ATTITUDES AND WELL-BEING – Dr. Rachel Kaplan surveyed desk workers about their rate of illness and level of job satisfaction. Some study participants could view nature from their desks, others could not.

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November Vegetable Planting Guide

Crop	Recommended Variety
Beets	Detroit Dark Red, Kestrel, Red Ace F1, Ruby Queen
Cabbage	Blue Vantage, Platinum Dynasty, Stonehead, Cheers, Red Dynasty, Emblem, Savoy King
Carrots	Danvers 126, Purple Haze, Thumbelina, Apache, Enterprise, Maverick, Sugar Snax 54
Celery	None Given
Chinese Cabbage	None Given
Collards	Champions, Flash, Georgia Southern, Top Bunch, Vates, Blue Max, Heavi-Crop
Garlic	Creole: Early, Louisiana, White Mexican; Italian: Italian Late, Early Red Italian, Lorz Italian; Large: Elephant
Kale	Siberian, Vates
Kohlrabi	Early Purple Vienna, Early White Vienna, Winner
Leeks	Alora
Lettuce	Head: , Ithica, Great Lakes II8; Leaf-Red: New Red Fire, Red Sails, Red Salad Bowl; Leaf-Green: Nevada, Salad Bowl, Sierra, Tango, Grand Rapids; Romaine: Tall Guzmane Elite, Cimarron Red, Coure, Flashy Trout Back, Green Towers, Paris Island Cos, Sunbelt; Butterhead: Buttercrunch, Esmeralda
Mustard Greens	Florida Broadleaf, Greenwave, Red Giant, Southern Giant Curled, Savannah, Tendergreen
Onions	Red: Red Creole, Southern Belle, Red Hunter; White: Candy, Savannah Sweet; Vidalia: Amelia, Candy Ann, Caramelo, Century, Georgia Boy, Goldeneye, Granax 33, Honeybee, Mata Hari, Miss Megan, Mr. Black, Nirvana, Ohoopee Sweet, Sweet Caroline, Sweet Harvest, Sweet Jasper
Radishes	Cherriette, Champion, White Icicle, April Cross
Shallots	Matador, Prism
Spinach	Bloomsdale Long Standing, Melody, Tyee, Unipak 151, Chesapeake Hybrid, Early Hybrid #7,
Swiss Chard	None Given
Turnips	Greens and Root: Just Right, Shogoin, Tokyo Cross; Greens: Alamo, White Lady, Seven Top, Purple Top White Globe, Royal Crown

To find vegetable gardening tips from LSU click [here](#)

or enter the terms **Vegetable + LSU AgCenter** in your internet search engine.

Urban Nature Benefits: Psycho-Social Dimensions of People and Plants

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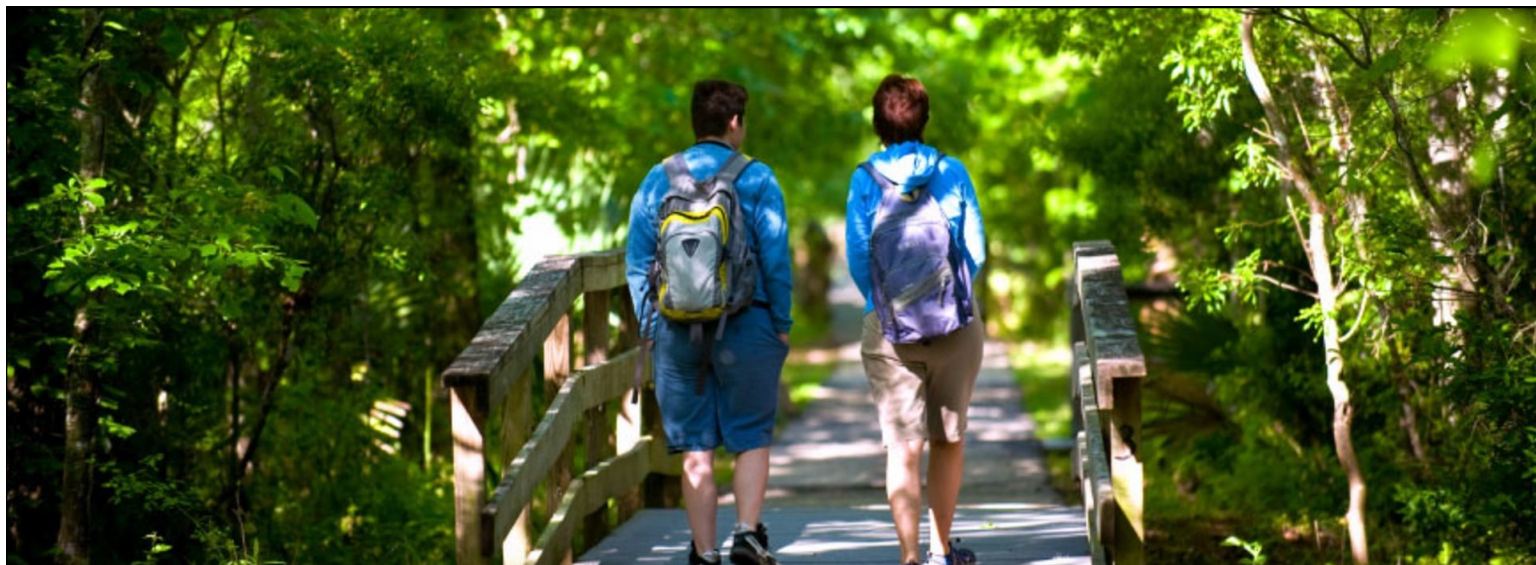
When asked about 11 different ailments, those without views claimed 23% more periods of illness in the prior six months than those with views. Desk workers with a view also claimed the following satisfactions more often than their non-view colleagues:

- 1) Found their job more challenging,
- 2) Were less frustrated about tasks and generally more patient
- 3) Felt greater enthusiasm for the job.
- 4) Reported feelings of higher life satisfaction.
- 5) Reported better overall health.

aggression. An interesting effect found in recent studies on driving and road stress is called the “immunization effect” — the degree of negative response to a stressful experience is less if a view of nature preceded the stressful situation

Families, Children and Youth

Our families and young people are the foundation and future of our society. Many factors, including adequate education and health care, are essential for their strength and success. In addition, children and families need supportive environments that encourage positive behaviors and provide a respite from the challenges of urban living. Recent research



There are plenty of chances to get away to nature in Jefferson Parish. Here a pair of hikers explore the Jean Lafitte National Historical Park.

STRESS REDUCTION – Stress is often talked about but little understood. We do know that constant stress can impact our immune system as well as diminish the ability to cope with challenging situations. Roger Ulrich has done studies that measure the physiological responses of our bodies (such as blood pressure and heart rate) brought on by stress. He has found that people who view nature after stressful situations show reduced physiological stress response as well as better interest and attention and decreased feelings of fear and anger or

reveals the subtle advantages of urban green spaces.

REDUCED DOMESTIC CONFLICT – Surveys of households in Chicago’s public housing have explored the role of trees on household interpersonal dynamics. The housing projects’ apartment buildings are nearly identical, differing only in the amount of trees and grass growing around them. Drs. Bill Sullivan and Francis Kuo report that residents living in buildings with trees use more constructive, less violent methods to deal with conflict. Residents with green views report using

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Urban Nature Benefits: Psycho-Social Dimensions of People and Plants

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reasoning more often in conflicts with their children and significantly less use of severe violence. They also report less use of physical violence in conflicts with partners compared to those living in buildings without trees.

LESS SCHOOL AGGRESSION AND VIOLENCE – School violence programs help students to control aggressive behavior with training in conflict resolution and peer intervention. Physical environments around a school also appear to play a role. Education scientists at the University of Michigan have found that scenes of neighborhoods with blighted streetscapes are perceived as dangerous and threatening. Those that are more cared for, including tended landscapes, contribute to reduced feelings of fear and violence

~ Center for Urban Horticulture, University of Washington, College of Forest Resources



A local resident takes a stroll along this tree-lined street in New Orleans with his dog



Cypress trees and wildflowers in New Orleans City Park.

Horticulture Oils

Probably every gardener or anyone who has even thought about being a gardener has heard of horticultural oils. While use of horticultural oils has been an effective method of controlling certain insects and diseases since the 1880's, many people do not fully understand them or their proper use. In the following article, I will explain what they are, what can they be used on and how do you use them.

derived oil from the seeds of the neem tree *Azadirachta indica*. More on neem oil next month. Horticultural oils work by suffocation when the oil covers the insect body blocking the spiracles or breathing openings. There is evidence that they may also interact with fatty acids in the insect's cells thus disrupting cell membranes and metabolism. They may also act as an antifeedant for some leaf chewing



These are a few commonly available brands of horticulture oil.

Initially these oils were mostly used as dormant oils applied on woody species before spring budbreak to control susceptible pests and reduce initial fungal inoculation loads. As refinement techniques improved, highly refined horticultural oils extended their usefulness to herbaceous plants and to year-round use. Essentially all commercial horticultural oils available today are highly refined petroleum products sometimes known as mineral oils. Oil impurities associated with plant injury, such as aromatic compounds and compounds containing sulfur, nitrogen or oxygen, are removed. Filtration, distillation and dewaxing produces the finished base oil. Final pesticidal formulations normally have an added emulsifier so the product will mix well with water. These products are usually used at a 2% dilution rate. Plant-derived oils such as cottonseed oil and soybean oil are also sometimes used but their efficacy is more variable and often not as good as petroleum-derived oils. Neem oil is another plant-

insects. Horticultural oils are also disruptive to fungal hyphae that grow on the leaf surface such as powdery mildew. Because of their mode of action, development of resistance is also highly unlikely.

Horticultural oils are contact pesticides so for best results and complete (100%) coverage is absolutely essential for good control. Any insect or egg that is not covered will not be killed. Small spray droplet size facilitates total coverage. Be sure to treat both sides of the leaves as well as the trunk, limbs, and buds.

Horticultural oils are safe to mammals, birds and reptiles but is toxic to fish. Horticultural oils should be used in a manner that prevents stream, pond or drainage contamination. Breathing the oil mist should also be avoided as it can be an irritant or cause pulmonary problems. Follow the label directions for use and proper protective equipment. Horticultural oils are easy to apply with inexpensive equipment and quickly dissipate through evaporation.

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Horticulture Oils

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The primary limitation of horticultural oils is their small but real phytotoxic potential on certain plants or under certain conditions. They may also stain some surfaces.

Some recommended precautions to avoid damage are:

- 1) Avoid using on or allowing drift to plants that tend to be sensitive (hickories, junipers, cedars, maples, redbud, etc.)
- 2) Do not apply when temperatures are below 40°F or above 90°F. Freezing temperatures can cause the emulsion to breakdown, cause uneven coverage and delay drying. High temperature damage is usually related to drought stress. High humidity (above 90%) can contribute to injury risk and lower the safe upper temperature limit. Dry conditions generally reduce risk of plant injury to plants that aren't drought stressed.
- 3) Do not apply to wet plant surfaces or when rain is likely. These conditions inhibit oil evaporation/drying and increase plant injury risk.
- 4) Do not use in combination with sulfur-containing pesticides or if sulfur containing pesticides have been recently applied (e.g. Captan). Sulfur compounds can react with oils to form phytotoxic compounds.
- 5) Horticultural oils are non-selective so avoid spraying when pollinators or beneficial insects are active on the plant. Once horticultural oils are dry, they pose no threat to pollinators or beneficials

but they will kill any beneficial insects such as lady beetle larvae or predator mites that are on the plant at the time of the application.

- 6) Application to plants in flower may result in spotting on the flowers. Weigh the benefits of application vs the damage done to the flowers.



- 7) Do not use on young seedlings or tender young shoots – damage of tender tissue is likely. If you are unsure if your plant is sensitive to horticultural oils, you should mix your material and spray a small area. , Phytotoxic damage will be evident within 24-48 hours if the plant is sensitive or conditions are not appropriate.

- 8) Horticultural oils are contact pesticides with little to no residual effect so follow the label for reapplication intervals.

Horticultural oils are used to control aphids, mites, scale insects, leafhoppers, adelgids, spider mites, whiteflies, thrips, mealy bugs, fungus gnats, lace bug, young caterpillars, leaf

miners, powdery mildew and some rusts. It is also useful to prevent transmission of some plant viruses and they are also effective against pest eggs.

Horticultural oils are an extremely safe and effective means of control for several plant insect and mite pests as well as some diseases. They are an important part of most integrated pest management (IPM) programs and there are formulations available that can be used in organic gardening. Most gardeners should consider using horticultural oils as part of their pest control protocol. Always use oils produced and labelled for horticultural use.

~Dr. Joe Willis

What's Bugging You? Citrus Rust Mites

Have you checked the fruit on your citrus trees recently and found it brown or bronze colored instead of bright orange? If so, you are probably seeing the results of earlier feeding by Citrus Rust Mites *Phyllocoptruta oleivora*. We have seen quite a few citrus fruit samples this year in which the fruit is brown on the outer rind, primarily on one side but sometimes all over. This damage is caused by citrus rust mites. These small arthropods chew on the surface of the rind causing scarring and browning. Though you may just be noticing the browning now as you are harvesting the fruit, the damage probably dates back to the summer and early fall when the mites were more active. The mites avoid the sunny side of the fruit so there's a tendency for the browning to be mostly on one side. The citrus rust mite adult has an elongated, wedge-shaped body about three times longer (0.15 mm) than wide and is usually straw to yellow in color. They're almost impossible to see without a hand lens. Males and females have an average life span of 6 and 14 days, respectively, at 81° F. The length of the life cycle from egg to adult is 6 days at 81°F. Egg laying begins within 2 days after the female reaches sexual maturity and continues

throughout her life of 14 to 20 days (as long as 30 days in winter). The female lays one to two spherical transparent eggs per day and as many as 30 during

her lifetime. Eggs hatch in about 3 days at 81°F. The newly hatched larva resembles the adult, changing in color from clear to lemon yellow after molting to the nymphal stage. Population densities increase in May–July and then decline in late August but can increase again in late October or early November.

Since the rind damage is superficial, doing nothing is an option because the fruit's eating quality is not significantly affected. Most damage occurs in early spring to early summer, but damage is possible throughout the year in groves not treated for other pests. Begin treatments with horticultural oil sprays in May just after blossom drop when the fruit is the size of a pea. Do not apply to flowering trees and never apply when foraging bees are present.

Reapply every 3 weeks until the daytime temperature passes 90°F. Treatments may resume in September when the temperature comes back down. Make sure and get good coverage of all foliage and fruit surfaces for best results. Also avoid applying oil to trees that are drought stressed.

~Dr. Joe Willis



Photo by Chris Dunaway

Citrus rust mite damage to a Meyer lemon.

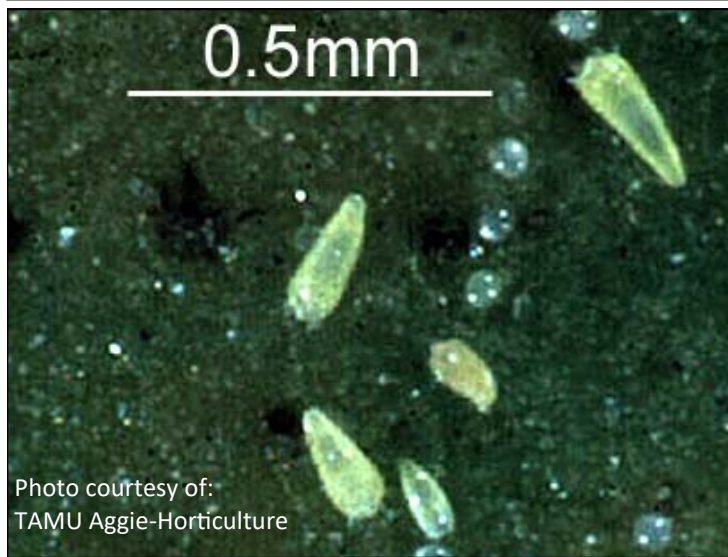


Photo courtesy of:
TAMU Aggie-Horticulture

A magnified view of citrus rust mites.

Louisiana Super Plant Spotlight – Redbor Kale

Redbor kale was the first edible Louisiana Super Plants selection. It is an incredible multiuse annual for the cool-season flower or vegetable garden. Although perfectly edible, it is so attractive it is promoted as an ornamental for planting in flowerbeds.

Ornamental kales have been around for a long time. They are short plants that produce a rosette of frilly blue-green to blue-purple leaves. The colorful leaves that are produced in the center of the plants in shades of white, pink, red and purple are the main ornamental feature. Although ornamental kales are edible, they are primarily used in flowerbeds and other ornamental plantings and are rarely consumed.

Redbor kale is beautiful – plenty pretty enough for the flower garden. But it belongs to the vegetable kale group, not the ornamental kale group. You can tell this by how it grows. Ornamental kale has been bred and selected to stay very short – the leaves are very closely spaced and form a rosette or crown. Vegetable kale looks similar when young, but eventually the main stem begins to elongate. Over time, vegetable kale grows taller than ornamental kale. And the center leaves do not turn a bright color.

The dramatic beauty of Redbor kale comes from its striking dark purple-red foliage. Adding to this is the interesting texture of the plant that is created by the finely curled and frilly foliage. The rich, dark color of the foliage is wonderful when used in flowerbeds as a foil with brightly colored flowers and it combines well with virtually any color scheme.

A fall planting will provide the most spectacular plants and the biggest bang for your buck. Like all kales, Redbor is extremely cold tolerant and will not be bothered by winter weather. Even temperatures in the mid to low teens will not affect it. It will grow in your gardens through the winter getting larger and more beautiful with each passing month. By spring, the plants will form large mounds about 2 feet tall and about a foot wide. By the end of its season, this robust kale will eventually grow to be about 30 inches

tall. This makes it suitable for the middle or back of flowerbeds. Fall-planted Redbor will continue to look nice until May, at which time it is removed (it's a great addition to your compost pile) and replaced with colorful summer bedding plants. In addition to fall, Redbor kale can be



Redbor kale growing in field trials at the LSU AgCenter Hammond Research Station.

planted anytime through the winter and into early spring.

Plant it in a well-prepared bed enriched with a generous addition of organic matter (compost, composted manure, soil conditioner, peat moss) and an application of general-purpose fertilizer. Given their eventual size, don't plant them too close together. Plant so that the centers of the plants are about 12 to 16 inches apart. Fertilize again in February.

It's so beautiful you will likely not want to harvest the edible leaves, but there is a way to "have your cake and eat it too."

When you plant your Redbor

kale, combine it with other cool-season bedding plants with colorful flowers. Place cool-season bedding plants like snapdragons and dianthus that grow to be about 18 inches tall in front of the kale.

Over the winter and spring, you can harvest your Redbor kale by "cropping," which means gradually removing the lowest leaves on each plant. This provides leaves for cooking but still leaves the plants in the garden looking attractive. The problem is that the plants will become leggy, with a lower stem bare of leaves. That's where the flowers come in. As they grow over the winter, they will hide the lower part of the kale plants. As the kale grows taller, so will they. When spring comes, you may have removed the leaves from the lower half of the 30-inch-tall kale, but the flowering bedding plants you planted around them will make sure nobody notices.

Redbor kale has good heat tolerance and will generally stay attractive until May. By then, its beauty will typically begin to fade. Plants may send up clusters of pale yellow flowers on tall stems at that time. Some gardeners like the way the plants look when blooming, and others are not impressed. Allow yours to bloom and see what you think – the plants have a different look when in flower. ~Dr. Joe Willis

In the Kitchen with Austin

Jeanne's Minner Cheese

Every great gathering deserves a great hors d'oeuvre. This version of pimento cheese was shared with me by Jeanne Rudzki. It is absolutely delicious and perfect for any holiday gathering.



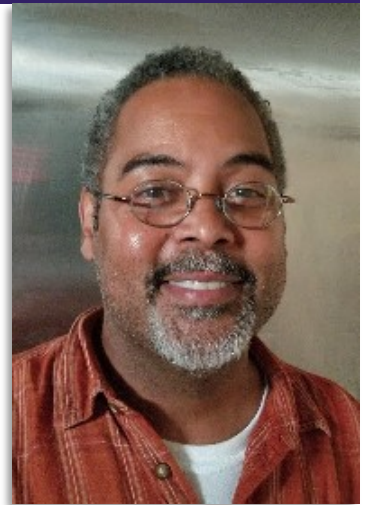
Jeanne's Minner Cheese on crackers

Ingredients:

1-8oz. block of	pimentos, drained
sharp cheddar	1 Tbs. onion, finely chopped
cheese, shredded	1 or 2 dashes Worcestershire
1 small jar diced	sauce

Directions:

Combine the first five ingredients in a large bowl. Add enough mayonnaise to hold the mixture together. If you like a little spice, add a finely chopped de-seeded roasted jalapeno pepper.



Bon Manger!

Coming Events

School Garden Boot Camp



Program includes:

Curriculum adaptation, site planning and garden troubleshooting, cultivating administrative and volunteer support, fundraising, harvest and food safety in the garden, 4-H programs & Master Gardeners, nutrition, variety selection, program evaluation & more!

Open to ALL schools and educators!

Program completion results in access to free transplants (veggies, herbs, pollinator plants) and fruit trees for your school garden!

A **three-part** series of trainings for educators working with school garden and farm-to-school systems

Webinar #1: Saturday, Nov. 30th (4-5:30 PM)

Training Day: Saturday, Dec. 7th (8 AM-3 PM)

at the Delgado Community College Horticulture Facility in New Orleans, near corner of Orleans & Navarre Aves.

Webinar #2: Saturday, Dec. 14th (4-5:30 PM)

\$25 Per Person

Includes lunch, refreshments, and curriculum & resource flash drive for use in your programming!

Registration Deadline: November 23rd!

Click the following link to register:

<https://store.lsuagcenter.com/p-377-school-garden-boot-camp.aspx>

For additional info write to: gnogardening@agcenter.lsu.edu

If you need an ADA accommodation to participate in this event, please email us at least two weeks prior to the event.

LSU and the LSU AgCenter provide equal opportunities in employment and programming events.

Coming Events

Southeast Louisiana CRAFT Meeting for Farmers: Paper Pot Transplanting and other Small Farm Equipment Demo

Friday, November 1st, 2-5 PM

@ River Queen Greens, 1020 Kentucky St., New Orleans

Free with RSVP to farmers@riverqueengreens.com

<https://www.facebook.com/events/984627175206473/>

Discover Your Forest Hike

Saturday, November 2nd

9-10:30 AM

@ The Woodlands Conservancy, 449 E. Edward Herbert Blvd., Belle Chasse, LA

Free

<https://www.facebook.com/events/2405403513060174/>

* Master Gardener Continuing Ed Credit!

Creating Bonsai From Garden Center Stock

Saturday, November 2nd, 9 AM—NOON

@ The New Orleans Botanical Garden, 5 Victory Avenue, New Orleans LA

\$35, limited seating.

<https://www.facebook.com/events/2870300863219153/>

* Master Gardener Continuing Ed Credit!

Hoffman Triangle Tree Planting Volunteer Day

Saturday, November 2nd, 10 AM—1 PM

@ 3317 Toledano, New Orleans, Hosted by SOUL NOLA

Free, Lunch Provided

<https://www.facebook.com/events/1123638871138362/>

* Master Gardener Volunteer Hours!

Tree Planting and Pints

Saturday, November 2nd, NOON—4 PM

@ The Urban Conservancy, 449 E. Edward Herbert Blvd., Belle Chasse, LA

\$15, adult beverages included

<https://www.facebook.com/events/389403161992488/>

* Master Gardener Volunteer Hours!

Broad Corridor Community Garden Network Irrigation Workshop

Saturday, November 2nd, 1-2:30 PM

@ SPROUT NOLA, 300 N. Broad St., New Orleans

Free, RSVP to gabe@sproutnola.org

<https://www.facebook.com/events/1763290501185164/>

* Master Gardener Continuing Ed Hours!

GNOIS iris booth at the Louisiana Swamp Stomp Festival

Saturday, November 2nd, 11 AM—5 PM

4484 LA-1, Raceland, LA

Free

<https://www.facebook.com/events/1290326807819114/>

LSU Super Plant Sale

Friday, November 8th 10 AM—4 PM

Saturday November 9th 10 AM—4 PM

@ the New Orleans Botanical Garden, 5 Victory Lane, New Orleans

Free

[https://www.facebook.com/events/1779953755472138/?](https://www.facebook.com/events/1779953755472138/?event_time_id=1779953762138804)

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Water Wise Treme Work 'N' Learn: Stormwater Planter Boxes

Saturday, November 9th 3—5 PM

@ 814 N. Robertson, New Orleans. Hosted by Water Wise Gulf South

Free. RSVP to attend.

<https://www.facebook.com/events/602921946912023/>

* Master Gardener Continuing Ed Credit!

Sip and Learn

Monday, November 11th, 5:30—7:30 PM

@ Phyllis Whatley Community School, Miro and St. Ann Streets, New Orleans. Hosted by Edible Schoolyard New Orleans

Free

<https://www.facebook.com/events/499682744165095/>

* Master Gardener Continuing Ed Credit!

Open House at Mizell's Camellia Hill Nursery

Friday, November 15th & Saturday the 16th, 10 AM—2 PM

12947 Joseph's Road, Folsom, LA

Free

[https://www.facebook.com/](https://www.facebook.com/events/2330960807124766/?event_time_id=2330960813791432)

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Natives in November Plant Sale

Saturday, November 16th, 10 AM—NOON

@ Pelican Greenhouse, New Orleans City Park

Free

<https://www.facebook.com/events/718134465265615/>

Coming Events

Greater New Orleans Growers Alliance (GNOGA)

Pistil & Stamen Plant Sale

Sunday, Nov. 17th 9 AM—NOON

@ Garden on Marais' Greenhouse: 4600 Marais St.

[https://groups.google.com/forum/?](https://groups.google.com/forum/?utm_medium=email&utm_source=footer#!msg/gnoga/yGySsltUJX8/hpKUYNUaBQAJ)

[utm_medium=email&utm_source=footer#!msg/gnoga/yGySsltUJX8/hpKUYNUaBQAJ](https://groups.google.com/forum/?utm_medium=email&utm_source=footer#!msg/gnoga/yGySsltUJX8/hpKUYNUaBQAJ)

Louisiana Trail at Big Lake Planting Day, Phase I

Sunday, November 17th, 8:30 AM—11 AM

@ Big Lake in New Orleans City Park. Meet in the parking lot by the boat rentals.

Free

<https://www.facebook.com/events/509059003265390/>

* Master Gardener Volunteer Hours!

Don't Toss Dat— A Conversation about Food Waste and Composting

Thursday, November 21st, 10 AM—NOON

@ 4300 S. Broad St, New Orleans.

Hosted by Schmelly's Dirt Farm and New Orleans Food Policy Advisory Council

Free

<https://www.facebook.com/events/2489683631268226/>

* Master Gardener Continuing Ed Credit!

SOUL Tree Planting

Saturday, Nov, 23rd, from 10 AM—1 PM in Mid City

Check-in location TBD.

<https://soulnola.org/tree-planting-volunteer-sign-up/>

Water Fall Fest: A Climate Solutions Festival

Saturday, November 23rd, 10:30 AM—3:30 PM

Free with RSVP

<https://www.facebook.com/events/1673382219459331/>

* Master Gardener Continuing Ed Credit!

Garden Walk

Saturday, November 23rd, 10:30 AM—12:30 PM

@ Longue Vue House and Gardens, 7 Bamboo Rd., New Orleans

Free

<https://www.facebook.com/events/560501798030394/>

* Master Gardener Continuing Ed Credit!

The Greater New Orleans Iris Society General Membership Meeting.

Saturday, November 23rd, 9 AM—NOON

@ Jefferson Parish East Bank Regional Library. 4747 West Napoleon Ave., Metairie, LA

Free

November Checklist/Garden Tips

Tulips and hyacinths go into paper or net bags in the lower drawers of your refrigerator by the end of November. This is necessary because our winters are not cold enough long enough to satisfy the chilling requirements of the bulbs. Without this cold treatment, the bulbs will not bloom properly. Do not place apples, pears or other fruit into the same drawer with the bulbs. Ripening fruit give off ethylene gas which can cause the bulbs to bloom abnormally (too short, blasted buds). Plant in late December or early January.

Lettuces, especially the leaf and semi-heading varieties are very productive in the cool season garden. Fall is the best time to plant lettuces as they mature during progressively cooler temperatures. Problems with bitterness that often affect spring grown lettuce do not occur in the fall. Keep lettuce growing vigorously with regular watering and occasional side dressing with a nitrogen containing fertilizer such as ammonium sulfate or blood meal.

November is an active month for planting beds of annuals. Plant heights should be considered when selecting and placing bedding plants into the landscape. Low growing flowers, which include sweet alyssum, lobelia, pansy, Johnny-jump-up, viola, ageratum and dwarf stock, generally grow to about 6 to 8 inches and should be planted in the front of beds. Medium height plants that will reach 8 to 15 inches include dwarf snapdragons, candytuft, calendula, annual phlox, blue bonnet, dianthus, sweet William, ornamental kale and cabbage, nasturtium and California poppy. Cool season bedding plants that will grow 15 inches or taller include Iceland poppy, Shirley poppy, peony-flowered poppy, stock, snapdragons, statice, larkspur and sweet peas

Farmers Markets in the Greater New Orleans Area

Jefferson Parish

Fat City Farmer's Market

3215 Edenborn, Metairie

Every 2nd and 4th Sunday, 9AM-1PM

Gretna Farmer's Market

739 Third Street, Gretna

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

Kenner Rivertown Farmer's Market

2115 Rev. Richard Wilson Drive, Kenner

Every Saturday, October-July, 9AM-1PM

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

3rd Tuesday of the month, 3:30PM-7:30PM

Westwego Shrimp Lot

100 Westbank Expressway at Louisiana St., Westwego

Daily Mon-Sat 8AM-8PM, Sun 8AM-6PM

Crescent City Farmer's Market- Ochsner West Campus

2614 Jefferson Highway, Ochsner Rehab Facility

Wednesdays, 3PM-7PM

Bucktown Farmer's Market

325 Hammond Hwy., Metairie

Weekly on Fridays, 3-7 PM

Orleans Parish

Crescent City Farmer's Market- Uptown

200 Broadway Street at the River, New Orleans

Tuesdays, 9AM-1PM

Crescent City Farmer's Market- Bywater

Chartres and Piety, at Rusty Rainbow Bridge

Wednesdays, 3PM-7PM

Crescent City Farmer's Market- Mid-City

3700 Orleans Avenue, New Orleans

Thursdays, 3PM-7PM

Crescent City Farmer's Market- Bucktown

325 Metairie-Hammond, Highway at Bucktown Harbor

Fridays, 3PM-7PM

Crescent City Farmer's Market- Downtown

750 Carondelet St at Julia, New Orleans

Saturdays, 8am-12PM

Crescent City Farmer's Market- Rivertown

Williams Boulevard at the River

Saturdays, 9AM-1PM

Sankofa Market

5029 St. Claude St., New Orleans

Monday-Thursday, 9:30AM-4:00PM

ReFresh Farmer's Market

300 North Broad St., New Orleans

Mondays, 4:00PM-7:00PM

Vietnamese Farmer's Market

14401 Alcee Fortier Blvd., New Orleans East

Saturdays, 5:30AM-8:30AM

Marketplace at Armstrong Park

901 N. Rampart, New Orleans

Thursdays, 3PM-7PM

Mid-City Arts and Farmer's Market

Comiskey Park, New Orleans

Market dates vary, check <http://midcityaf.org>

Treme Farmer's Market

814 N. Claiborne, New Orleans

Market dates vary, check <https://gloriastremegarden.com/treme-farmers-market/>

Laughing Buddha Farm Hubs

Bywater, Broadmoor, Lakeview, Irish Channel, Mid-City, Algiers Point, Uptown Locations

<https://www.laughingbuddhanursery.com/events>

Second Saturday Community Market at the Audubon Louisiana Nature Center

11000 Lake Forest Blvd., New Orleans, LA 70127

Second Saturday of the month, 8:30-11:30 AM

Marketplace at Armstrong Park

901 Rampart St., New Orleans, LA 70116 (Between St.
Ann and St. Philip) 3-7 PM

St. Bernard Parish

St. Bernard Seafood and Farmer's Market

409 Aycock St., Aycock Barn, Old Arabi

2nd Saturdays, 10AM-2PM

November Checklist/Garden Tips

Now is a good time to divide and transplant most hardy perennials. Do not divide perennials in active growth now, such as Louisiana irises, acanthus, Easter lilies, calla lilies and lycoris.

Cut back chrysanthemums after they finish flowering to remove the old faded flowers. Sometimes the plants will set a new crop of flower buds and produce more flowers during the winter if weather is mild.

Dormant amaryllis bulbs become available in the fall, but they should not be planted into the garden now. Plant amaryllis bulbs into pots using a well drained potting soil with the neck above the soil surface. The pot should be large enough that there is a one inch clearance between the pot rim and the bulb. Place the pot in a sunny window and keep the soil evenly moist. When the flower stalk begins to emerge rotate the pot one-half turn every few days so it will grow straight. Flowering generally occurs in December or early January. Sometime . After the flowers have faded cut the stalk at the point where it emerges from the bulb, but do not cut any foliage. Keep the plant inside and continue to provide plenty of light or the leaves will be weak. Water regularly when the soil begins to feel dry. Plant bulbs into the garden in April, where they will get into the normal cycle of blooming in April each year.

Don't forget to hose off and check outdoor container tropicals carefully for pests and critters before moving them inside for the winter.

Paperwhite narcissus (and other Tazetta narcissus such as Soleil d'Or) may be planted in pots this month and are easily grown for winter bloom indoors.

Don't worry about those yellowing and dropping leaves on broad leaved evergreens such as gardenia, citrus, magnolias, azaleas, cherry laurel, hollies and others. Many of these plants shed their older leaves in the fall, and will often lose some more this spring.

Harvest broccoli when the largest buds in the head are the size of the head of a kitchen match. Do not focus on the size of the head itself as that is not an indication of when the broccoli is ready to harvest. If you begin to see yellow flowers you waited too long.

Make sure you mulch new beds of cool season bedding plants as soon as they are planted to control weeds. It's also helpful to water them in with a soluble fertilizer to get them off to a good start. Repeat the application every 7 to 10 days until the plants begin to grow well.

Cut garden mums back to remove the old flowers after the blooms fade. Left in place and given good care, they will bloom for you again next fall and in years to come.

Finish planting spring flowering bulbs such as daffodils, Dutch irises, narcissus, lilies, etc this month.

Harvest sweet potatoes before a frost browns the leaves. Freshly harvested sweet potatoes will not bake properly until they are cured. To cure them, keep them in a warm location with high humidity for a couple of weeks.

As the leaves fall, maintain a balance of on-site composting vs. smothering the lawn in leaf mulch. As a way to return organic material back to the soil and reclaim the nutrients locked away in the leaves we do recommend in situ composting. Use a lawnmower to shred the leaves in place to reduce the volume and accelerate decomposition.

Do not let the leaves build up to a depth that will completely block the sunlight from the underlying turf. Wet leaves can quickly create a mat covering that can severely damage the turfgrass.

Do not through away the leaves. Your soil desperately needs the organic material. Most lawns are horribly compacted. The best solution is to make your own compost from the leaves and spread it out over the lawn after having it aerated in the spring. You can also bag the leaves and add them back slowly to the lawn each time that you mow.

November Checklist/Garden Tips

Tulips and hyacinths go into paper or net bags in the lower drawers of your refrigerator by the end of November. This is necessary because our winters are not cold enough long enough to satisfy the chilling requirements of the bulbs. Without this cold treatment, the bulbs will not bloom properly. Do not place apples, pears or other fruit into the same drawer with the bulbs. Ripening fruit give off ethylene gas which can cause the bulbs to bloom abnormally (too short, blasted buds). Plant in late December or early January.

Lettuces, especially the leaf and semi-heading varieties are very productive in the cool season garden. Fall is the best time to plant lettuces as they mature during progressively cooler temperatures. Problems with bitterness that often affect spring grown lettuce do not occur in the fall. Keep lettuce growing vigorously with regular watering and occasional side dressing with a nitrogen containing fertilizer such as ammonium sulfate or blood meal.

Don't overlook the ornamental qualities of many of the cool season vegetables and herbs. Curley parsley makes a great edging plant for flower beds. Curley leaf mustard and red leaf mustard are outstanding mixed with cool season bedding plants. Bronze fennel is used as often in flower beds and perennial borders as it is in the herb and vegetable garden. Bright Lights Swiss chard, Bull's Blood beets, Red Bor kale and many leaf lettuces have colorful foliage. Watch your use of pesticides on vegetables in ornamental beds if you intend to harvest them.

Mums are still available at local nurseries. Buy plants with few open flowers and mostly buds. The plant will be attractive longer. Do not buy mums if all the flowers are fully open, especially if some of them have begun to fade, as the display will be short-lived. Plant in a sun to part sun location and keep well watered. When all of the flowers have faded cut the plant back about a third. Sometimes we get a few more flowers. Cut chrysanthemum plants back hard in late January and they will bloom again for you next year in the fall.

November is an active month for planting beds of annuals. Plant heights should be considered when selecting and placing bedding plants into the landscape. Low growing flowers, which include sweet alyssum, lobelia, pansy, Johnny-jump-up, viola, ageratum and dwarf stock, generally grow to about 6 to 8 inches and should be planted in the front of beds. Medium height plants that will reach 8 to 15 inches include dwarf snapdragons, candytuft, calendula, annual phlox, blue bonnet, dianthus, sweet William, ornamental kale and cabbage, nasturtium and California poppy. Cool season bedding plants that will grow 15 inches or taller include Iceland poppy, Shirley poppy, peony-flowered poppy, stock, snapdragons, statice, larkspur and sweet peas



This is the season for free mulch. The feather like needles of cypress trees resist compression better than other mulching materials and also keep their deep reddish color.

Save them in lawn trash bags until needed.

Lawn Care Do's & Don't's

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. Irrigate as necessary to moisten the soil to a depth of 4-6 inches.
The best time to water is in the morning.
4. Set your mower to the correct height for your turfgrass type.
5. Keep an eye out for insect pests and treat as necessary.
6. 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.
7. 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/>



This photo from a local homeowner shows the classic presentation of large patch disease. As the fungal growth spreads outward, the center will often begin re-growing

Don't's

1. Do not spread fill over the lawn until it is actively growing again in the spring.
2. Do not add more than 2 inches over actively growing grass.
3. Do not apply fertilizer to the lawn again until April of next year.
4. Do not apply phosphorous winterizer to the lawn without taking a soil sample first. We have ample amounts of phosphorous in our soil already.
5. Do not attempt to install a new lawn until spring.
6. Do not cut more than 1/3 of the height of lawn grass at a single time.
7. Do not aerate the lawn.
8. Do not dethatch the lawn.

Your Local Extension Office is Here to Help

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



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