



# Sandoval Extension Master Gardener Newsletter

<http://sandovalmastergardeners.org/>



New Mexico State University • Cooperative Extension Service • U.S. Department of Agriculture

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**SEMG Newsletter**  
**Submissions**  
**Deadline: 25<sup>th</sup> each mo.**

Please submit news,  
articles, events and  
photographs to:  
[newsletter@sandovalmastergardeners.org](mailto:newsletter@sandovalmastergardeners.org)

Editor:  
Kate Shadock

## From Barbara Boyd, Advisory Council Chair

I hope all of you are getting out in the wonderful weather of New Mexico and planting crops you can use and crops you can share with others. Most of the Master Gardener's projects can use additional hands to sow, weed, thin, and harvest. If you are interested in volunteering with the Master Gardener's, please email [outreach@sandovalmastergardeners.org](mailto:outreach@sandovalmastergardeners.org) for more information.



While I don't have a new gardening movie to share this month, I do call your attention to our YouTube channel that has former presentations through Gardening with the Master online. Past topics include **Bosque Tree Health** by Matthew Peterson, **Companion Plants for your Vegetable Garden**, but Sara Moran, **Tree and Shrub Protective Maintenance in Preparation of the Drought** by Sandra Liakus, **Raised Bed Gardening** by Kevin Konetzni, **Growing Tomatoes in the Desert Southwest** by Sam Thompson, **Management of Common Garden Pests** by Lynda Garvin, **Home Composting Basics** by John Zarola, **Roses in the Desert** by Kate Shadock, **Seed Starting** by Judy Jacobs, and **Amending Desert Garden Soil** by John Zarola. Please check out our video selection with this [LINK](#); they are free!

The Sandoval Extension Master Gardeners have been discussing an appropriate way to honor those who have come before us. We decided to install a Memorial Garden at the Health Commons area next to the Sandoval County offices. As progress is made, we will keep you updated in this newsletter.

Congratulations to the latest class of interns! You have made it through a lot of Zoom meetings and online classes which I know can be challenging. Thank you to the mentors, presenters, class and mentor coordinators for making this all possible.

A love of gardening and nurturing plants; serving the public by helping them become better gardeners and environmental stewards - this is why the Master Gardeners do what we do. I'm happy to say that we will be able to interact with the public soon and that means outreach volunteer opportunities will be open to you. Unfortunately, the Santa Ana Nursery is closed so that plant clinic will no longer take place. We will let you know when/if an alternate location becomes possible.

We anticipate Master Gardeners will have a booth at the Corrales Grower's approx. July 4. Plans are to participate from July through the end of October. Contact [Tom Neiman](#) directly to volunteer.

~ *Barbara*

Photo: [Kaboompics.com/Pexels](https://www.kaboompics.com/Pexels)

## Double, Double, Toil and Trouble...

Most of us became familiar with “The Scottish Play” (Macbeth) in high school English. One of the most identifiable quotes in English literature is the opening of the witches’ incantation over their boiling cauldron. In that cauldron they boiled “Eye of newt, and toe of frog, wool of bat and tongue of dog. Adder’s fork and blind worm’s sting. Lizard’s leg, and howlet’s wing.”

If you are a literalist and an animal lover those ingredients could unsettle your stomach. As Master Gardeners that list is an invitation to explore the reason for and meaning of obscure plant names.

Throughout history, commonly used plants and herbs have been given different names based on specific attributes of the plant, how it grows, or the precise usage of the plant. The common dandelion has the name bitterwort, for its strong and bitter taste, puffball because of its seeding habits, and lion’s teeth for its deeply serrated foliage. Depending on where you live, you may call *Glechoma hederacea* creeping Charlie or ground ivy. It’s also been called gill on the ground, cat’s foot for the shape of its leaves, alehoof because it was commonly used in making beer and ale, and field balm as it was used as a general heal-all herb for balms, salves and teas for thousands of years.



In Shakespeare’s times herbal names, remedies and tips were rarely written down. Instead, they were part of family lore verbally passed down through families or from herbalists to their students. These were closely guarded family secrets. In Shakespeare’s time those labeled as witches were usually herbalists, midwives and healers. Their livelihood depended on their knowledge of herbs and their uses. It was customary practice to create secret code names for the plants they used.

Here are a few of the code names translated to their commonly named herb or plant.

<i>birds’ foot</i>	Fenugreek	<i>goose tongue</i>	Lemon Balm
<i>blind puff</i>	Poppy	<i>graveyard dust</i>	Mullein
<i>blood of Hestia</i>	Chamomile	<i>honey stalks</i>	Clove
<i>calf’s snout</i>	Snapdragon	<i>nosebleed</i>	Yarrow
<i>dew of the sea</i>	Rosemary	<i>Titan’s blood</i>	Wild Lettuce
<i>elf leaf</i>	Lavender	<i>toe of frog</i>	<b>Buttercup</b>
<i>eye of newt</i>	<b>Mustard Seed</b>	<i>tongue of dog</i>	<b>Wild Comfrey</b>
<i>fairy eggs</i>	Nutmeg	<i>wool of bat</i>	<b>Moss</b>

Photo: Wild Comfrey - Pixaby

## Sandoval Extension Master Gardeners Present *Gardening with the Masters On-line* Webinars June 2021

**Pre-registration is required for each class.** Registration links may be found on the Calendar of the Sandoval County Master Gardeners at [sandovalmastergardener.org](http://sandovalmastergardener.org). After registering you will receive a confirmation email. **On-line webinars will be recorded and posted on the Sandoval County Master Gardeners website.**

**Wednesday June 9 at 2 pm. *Do More with Less with Julie Valdez*, NM Office of the State Engineer Water Use and Conservation Bureau Chief. **REMINDER: This training is recorded and available on our [YouTube channel](#).****



This presentation will provide tips on how to maintain a beautiful landscape during a drought. Then learn how to use existing tools designed towards the wise use of water for a healthy, water conserving landscape.

Julie is a lifelong resident of northern New Mexico and is the Water Use and Conservation Bureau Chief with the New Mexico Office of the State Engineer's (NMOSE) Water Use and Conservation Bureau (WUCB). Julie received a B.S in Environmental Engineering from the New Mexico Institute of Mining and Technology. She has eighteen years' experience working with the NMOSE.

Julie began her career administering water right applications and providing technical support for hydrographic surveys. For the past fifteen years she has worked in the NMOSE's WUCB where she manages the water conservation outreach program, reviews subdivision proposals, reviews and prepares technical memorandums for water development and water conservation plans and prepares technical reports regarding irrigation water requirements. Julie was a principal author of the 2005, 2010 and 2015 New Mexico Water Use by Categories Reports, which quantify all water use in the state.

*Photo: Pixaby*

**Wednesday June 23 at 2pm. *Watering Healthy Trees with Richard Perce*, Irrigation Efficiency Specialist – Conservation, Water Resources Division Albuquerque Bernalillo County Water Utility Authority.**

Richard will walk you through understanding the main components that determine your watering choices. How much? When? & Where? We'll also look at specifics concerning conifers and fruit trees, as well as selecting the best watering option for your specific site.

Richard has approximately 20 years of experience with design, installation and maintenance in the Albuquerque area in both large-scale commercial and residential realms. For seven years he oversaw maintenance and renovations at the Intel, Rio Rancho Campus, as well as installing and maintaining Mariposa and Loma Colorado. Now as the Irrigation Efficiency Specialist for ABCWUA his focus is on Public Outreach with residential and commercial customers about properly maintaining and improving their irrigation systems for overall landscape health (whether that's hose watering or adding the newest technology in Smart Controllers).

## Southwest Plant of the Month

### Big Bend silverleaf *Leucophyllum candidum*



#### General Information

**Plant Form** Shrub

**Plant Size** 4' x 4'

**Plant Type** Evergreen

**Water Usage** Low

**Sunlight** Sun

**Colors** Blue, Purple

**Physical Description:** Densely foliated, compact, rounded shrub with soft velvety, silver-gray leaves and stems, and intense deep blue-violet flowers following heavy rains from late spring to fall. **Very drought tolerant.**

**Care and Maintenance:** Overwatering and/or poor drainage will quickly kill this plant.

**Gardener's Notes:** Naturally tidy and compact in full sun. Chihuahuan desert native with several cultivars released by Texas A&M including "Silver Cloud" and "Thunder Cloud". Similar El Paso area native, *L. minus*, is seldom commercially available but a hybrid with *L. frutescens*, "Rain Cloud" can be found commercially.

Plant information from: <https://desertblooms.nmsu.edu/plantadvisor/>

## June Garden Checklist

1. Check drip watering system to be sure all plants are getting water and no leaks
2. Order spring flowering bulbs for fall planting
3. Set support stakes for vines and vegetables
4. Lift, divide, and replant late summer and fall blooming perennials
5. Finish planting summer flowering bulbs, corms and tubers – canna, gladiola & dahlia

Source: *Gardener's Log – New York Botanical Gardens*

## GARDEN2TABLE CORNER

By Cassandra D'Antonio, Chair (SEMG 2012)

**Happy June!** This month's column is short, sweet & savory. Judging from the pictures I have seen on various gardening Facebook pages and blogs, your garden greens, berries, and cherries are maturing and being harvested and enjoyed.

I am focusing on fruit this month because it often gets a bad rap, especially by those who are watching their carbohydrate and sugar intake. According to this excellent Forksoverknives.com article

(<https://www.forksoverknives.com/wellness/summerofruit-health-benefits/>), **Why You Should Have a Fruit-**

**Filled Summer: The Importance of Daily Fruit Intake**, Americans aren't eating enough fruits. But wait, don't fruits contain a lot of sugar? According to this article, fruits contain antioxidants and phytonutrients, which have been shown to help prevent and treat some of our most common diseases, like heart disease and Type-2 diabetes. Whole fruits can also help you to lose weight and lower cholesterol.

But, don't they contain a lot of sugar? Though fruits do contain sugar, they have not been shown to worsen existing diabetes when consumed whole. It is when they are consumed as juice, which concentrates the sugars to high levels, that fruit can increase body weight and the risk of diabetes, while whole fruit and its fiber content offer a protective effect by slowing digestion and absorbing the sugar load. Dieticians are now recommending multiple servings of fruit a day, saying there is likely no daily upper limit to healthy fruit consumption. So, feel free to gorge yourself without worry!

Below are savory, non-dessert recipes that will make increasing your fruit intake fun, healthy, and easy, while helping to use all your bountiful fruit.

### FRESH CHERRY SALSA

*Use this ruby-red cherry salsa to serve on top of juicy, grilled chicken breasts or favorite fish.*



#### **Ingredients**

- 2 cups sweet cherries pitted & chopped
- ½ medium jalapeno, seeded, ribs removed, and finely diced
- ¼ cup shallot, finely diced
- ¼ cup of cilantro leaves, chopped
- 1 Tbsp. balsamic vinegar
- 1 lime, juiced
- Salt & pepper to taste

#### **Instructions**

- 1) Add chopped cherries, diced jalapeno and shallots and toss.
- 2) In a small bowl, whisk together balsamic vinegar and lime juice and drizzle over cherries mixture.
- 3) Add cilantro, salt and pepper and mix well.
- 4) Allow flavors to meld before using or refrigerate to use later.

*(Source: PicturetheRecipe.com)*

## CHERRY CHIPOLTE BBQ SAUCE

*This sauce is rich and incredibly flavorful with notes of sweetness from the cherries, smoky heat from the chipotles, and a bright lift from fresh lime zest and juice. Baste or brush it on smoky pork tenderloin or grilled chicken.*

### Ingredients

- 1 cup ketchup
- 1 cup fresh sweet cherries, pitted
- 1 chipotle pepper
- 1 Tbsp. adobo sauce (taken from the can of chipotle peppers)
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. soy or tamarind sauce
- 1 Tbsp. honey
- 1 Tbsp. molasses
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 lime, zested and juiced
- Salt & pepper to taste



### Instructions

1. In a medium saucepan, combine all the ingredients and bring to a boil. Reduce to a simmer and cook for 25 minutes, stirring often.
2. Turn off the heat and allow the sauce to cool before transferring to a blender. Blend until the sauce is smooth or use an emulsion blender and blend in saucepan until smooth.
3. Sample your sauce and add in salt and pepper to taste.
4. Slather the sauce on chicken or pork or use it as a dipping sauce on the side.

**Store any leftover sauce in a tightly sealed jar or container.**

*(Source: heygrillhey.com)*

## NECTARINE & BLUEBERRY SALSA

*This sweet and savory fruit salsa is a treat for the eyes. Its mildly spicy flavor pairs perfect with crisp chips and cucumber slices, and it's also delicious as a salad topper.*



### Ingredients

- 1 fresh nectarine, pitted and chopped
- 1 cup of fresh blueberries
- $\frac{3}{4}$  cup of canned, no salt added, pinto beans, rinsed and drained
- $\frac{1}{4}$  cup fresh cilantro, chopped
- 1 Tbsp. lemon juice
- 1 tsp. pure maple syrup
- $\frac{1}{4}$  tsp. crushed red pepper
- Sea salt and fresh ground black pepper to taste

### Instructions

In a medium bowl, stir together all of the ingredients and season with salt and pepper. Use immediately or refrigerate.

*(Source: Forkoverknives.com)*

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## ROASTED STRAWBERRY & HUMMUS BRUSCHETTA

*This strawberry and hummus bruschetta is an eye-catching appetizer. The hummus is the surprise ingredient—it presents like a soft cheese and contrasts nicely with the sweetness of roasted fruit. Balsamic vinegar and black pepper amplify the natural sweetness of the strawberries.*

### Ingredients

- 1 lb. fresh strawberries, hulled and halved
- ½ small red onion, chopped (¼ cup)
- 2 Tbsp. balsamic vinegar, divided
- 3 Tbsp. fresh basil, chopped and divided
- ½ tsp. freshly ground pepper
- ¼ tsp. lemon zest
- Sea salt to taste
- 1 lb. loaf of French or Italian bread, cut diagonally into ¾ -inch slices
- 1 cup of plain hummus



### Instructions

- 1) Preheat oven to 375°F. Place strawberries and onion in a 15x10-inch pan. Drizzle with 1 Tbsp. of the vinegar and toss to coat. Roast 10 to 15 minutes or until strawberries are very soft and jamlike but still hold their shape. Pour strawberries and onion into a medium bowl. Add remaining 1 Tbsp. vinegar, 1 Tbsp. of the basil, the pepper, and lemon zest. Season with salt.
- 2) Meanwhile, place bread in a single layer on a baking sheet. Bake 8 to 10 minutes or until lightly toasted, turning once. Cool on a wire rack. Spread toasts with hummus and top with strawberry mixture. Garnish with remaining 2 Tbsp. of basil.

*(Source: forksoverknives.com)*

## BIG RAY'S RHUBARB & STRAWBERRY RELISH

*You can call this one chutney's cool cousin. It's brimming with warm spices like nutmeg, cloves and cinnamon, bringing a wonderful depth to roasted chicken, but it can also go sweet when drizzled over ice cream, which would be considered a dessert—whoops!*

### Ingredients

- 2 ¼ cups packed brown sugar
- 2 cups finely chopped rhubarb
- 2 cups chopped strawberries
- ½ cup white vinegar
- ½ tsp. ground cinnamon
- ½ tsp. ground allspice
- ¼ tsp. ground cloves
- ¼ tsp. ground nutmeg

### Instructions

Stir brown sugar, rhubarb, strawberries, vinegar, and all the spices together in a saucepan over medium heat. Cook and stir until relish thickens, about 30 minutes. Cool, transfer to a sealable container, and store in refrigerator. Tip: To thicken the relish more quickly, add ¼ tsp. of corn starch.

*(Source: Allrecipes.com)*

## Many Hands Make Light Work

### HELP WANTED #1

When it's scorching hot and you'd rather be inside – We have a deal for you!

Say, you want to get out of the house, and not in the heat of your garden...

Well, I have an inside job available, if you'll take it.

The Sandoval County Admin Building has some indoor plants in sore need of watering.

If you are interested, please contact Eydie Francis at [eydie.francis@gmail.com](mailto:eydie.francis@gmail.com).

I will be able to give you details. It takes about 2 hours to water all 3 floors.

We will be following state protocol for COVID-19 precautions.

### HELP WANTED #2

#### There's a new volunteer opportunity in town!

If you have a technical background, enjoy tinkering with electronics, or simply love poking around apps and software to bend them to your will, consider lending a hand to the newly created **Meeting and Audio/Visual Services Team**.

We need volunteers who can help us accomplish the following:

- Setting up and monitoring audio/visual equipment for in-person events
- Scheduling virtual events through Zoom
- Providing moderator and technical engineer support for virtual presentations
- Providing video recording services for both in-person and virtual presentations
- Maintaining and supporting SEMG's electronic inventory

Sound like fun? Contact Paget Rose @ [pagetr@ameritech.net](mailto:pagetr@ameritech.net) or Gilbert Galvan @ [gilbertgalvan@yahoo.com](mailto:gilbertgalvan@yahoo.com) to learn more.

### HELP WANTED #3

Master Gardener Veterans to sign up for

ONE - week **email helpline** shifts

in August

Teams of 2; Sign up with a buddy

Sign up on our website

**REWARD**

**One week shift = 10 outreach hours**

[Register for a shift here](#)