



Sandoval Extension Master Gardener Newsletter

<http://sandovalmastergardeners.org/>



Sandoval County

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

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**SEMG Newsletter
Submissions
Deadline: 25th each
mo..**

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

Editor:
Kate Shadock

July

From Barbara Boyd, Advisory Council Chair

I imagine we are all grateful to get the bounty of rain we received at the end of June. The rain allowed the National Forests to reopen and all of our gardens to enjoy a drink filled with nitrogen. An interesting fact is that July is statistically the hottest [and wettest month of the year](#) in Sandoval County. However, we know this small amount of rainfall will not end our drought. We all need to continue to conserve water. To give you some additional ideas on how to use less water, please go to our [YouTube channel](#) to see these presentations.

Watering Healthy Trees by Richard Perce an Irrigation Efficiency Specialist with the Conservation, Water Resources Division with Albuquerque Bernalillo County Water Utility Authority. Richard walks you through understanding the main components that determine your watering choices. How much? When? Where? He also looks at specifics concerning conifers and fruit trees, as well as selecting the best watering option for your specific site. LINK: <https://www.youtube.com/watch?v=c0IOyiuw-bM>

Doing More with Less by Julie Valdez who is the Water Use and Conservation Bureau Chief for NM State Engineer Office. This presentation provides 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. LINK: https://www.youtube.com/watch?v=KDP_NIR1Fto

In **September, we will ask Master Gardeners to send in a record of your hours.** As a reminder, we require 10 hours of outreach, 10 hours of education, and 20 hours of volunteerism to maintain membership status. Reporting these hours has always been a SEMG requirement, although due to COVID some of these requirements were suspended in the past.

There are many ways to obtain your outreach hours:

- Email helpline - one week of coverage by a team of two = 10 hours outreach credit each
- Corrales Growers Market Information Table
- Supporting gardening projects such as **Corrales Family Practice Garden, Seed2Need, or WaterWise Garden** where we answer questions from the public or help educate volunteers on the gardens and tasks such as seeding, transplanting, and planting.
- Sandoval County Fair Information Table, August 4 through 6
- Placitas Garden Tour on Sunday, September 11
- Corrales Harvest Festival on September 24 and 25

The easiest way to obtain your education hours is to log onto Canvas and watch the videos produced by NMSU for the Intern classes. It is a fantastic way to get a refresher and the production value of these videos is really wonderful!

We have invited our Extension Agent, Rachel Zweig, to join the Master Gardeners and Interns for the next Working in the Dirt Project Tour. Please save the date for July 23 and watch your emails for more details.

~*Barbara*

Down and Dirty with Rachel-Our New Extension Agent

I have been enjoying my first New Mexico monsoons and hope they keep going throughout the season. It has been amazing to see all the sprouts poking out of the soil or anywhere seeds may happen to be. A doormat at my house has turned into a living mat with all the elm seeds that have germinated. It is a wonderful reminder of life's perseverance—and a frustration whenever I walk into my garden and see weeds everywhere.

My first month on the job has been going great. I have met farmers, soil scientists, homeowners, and promoters of sustainable agriculture. One of the farmers I met is Paul Skrak of Hidalgo Farms in Peña Blanca. He retired from a successful career in construction a few years ago and now farms organic hay to indulge his passions of heavy equipment, promoting sustainable agriculture, and giving back to his community. He is interested in using some of his land as an incubator farm, where an up-and-coming farmer can lease Paul's land for free while getting their feet wet and hands dirty at farming. If you know of a new or wanna-be farmer who might be interested, please let me know.

I also visited Tres Hermanas Farm in northern Albuquerque (recently highlighted in [Edible New Mexico](#)). They work with refugees who grow vegetables and flowers on their farm that they can then either take home or sell. Because of lack of access to transportation and their jobs, they often can only make it to the farm once a week. Thus, Tres Hermanas also relies on volunteers to help maintain the farm, and they need more volunteers. If that interests you, you can find more information [here](#).



Becca and Elli, the Tres Hermanas Farm manager and project coordinator at the Tres Hermanas Farm is located at the Rio Grande Community Farm. Photo: Rachel Zweig

I want to continue to meet more people, so if there is any person, organization, and/or event related to agriculture, soil, water, or anything else you think may be of interest to me, please let me know.

Finally, we would like the Master Gardeners to have a **presence at the county fair Thursday, August 4 to Saturday, August 6**. It would be nice to expand our presence throughout the county. Please consider volunteering to help with this.

And to end, a puzzler: Can you simplify the following polynomial that is composed of 26 factors:

$(x+a)(x-b)(x+c) \dots (x-z)$?

The answer will be in next month's newsletter.

~ Rachel

rzweig@nmsu.edu

3 Refreshing, Nonalcoholic Drinks To Make With Pantry Finds

Hydration ideas from *Spinning Plates*, cook and self-professed vegetable enthusiast [Julia Sherman](#)

Photography by Julia Sherman

When a glass of water just won't cut it

When it comes to hydration, water doesn't ring my chimes. I want everything I consume to be complex and nuanced, a cerebral experience in each sip. I crave vinegary shrubs, bracing kombucha, fruity bubbles, and warm infusions; blandness is banished from my diet. If I don't have something tasty to drink, I won't drink at all. Call it a flavor strike (ultimately, a strike against myself).



Like it or not, hydration has a tangible effect on everything from a dewy complexion to improved digestion. Despite all of this, I find I can be shamefully lazy about drinking water.

So looking for some motivation to hydrate consistently throughout the workday, I started to experiment with big batches of delicious drinks, using things I had in my pantry already (granted, my spice cabinet is exceptionally well stocked, but these ingredients should be easy to find). My criteria is that they are noncaffeinated, long on flavor, low on sugar, and delicious both warm and iced. If there's something tasty to be had, I will not forget to refill my cup—and hopefully these drinks will help you get your fill, too.

Note: The sweetness in these beverages can be dialed up to taste. I like to use unconventional sweeteners, like whole boiled dates for a caramel profile, or boiled and strained goji berries for a fruity note. For the ginger brew and the hibiscus, instead of adding maple syrup or sugar, consider adding immune-boosting elderberry syrup. You can find it wherever supplements or health food items are sold.

Fresh Ginger, Lemon, and Dried Goji Berry

Fresh ginger root can be stored in your freezer if you intend to boil it later, and it can be scrubbed clean—no need to peel for this application. Antioxidant-rich goji berries are most commonly used in traditional Chinese medicine and can be found online or at any health food store. This brew is intense and spicy, so feel free to dilute if drinking warm, or serve over ice.

8 cups filtered water

½ cup dried goji berries

4 oz ginger root, scrubbed clean and sliced thin

1 Lemon squeezed for juice

Bring water, berries, and ginger to a boil over a high flame. Lower to medium and simmer for 20 minutes. Remove from heat and add lemon juice. Strain and serve warm or chilled over ice. Add honey or elderberry syrup if you want to sweeten it.



Saffron, Cardamon, and Dates

A little pinch of saffron goes a long way. This is a decadent drink, with the rich flavor of simmered dates carried throughout.

- 3 Medjool dates (4 if using a smaller variety)
- 2 whole cardamom pods, crushed in a mortar and pestle
- 1 meager pinch saffron

Add the dates and cardamom pods to a pot with 8 cups of water. Bring to a boil, reduce to a simmer, and cook for 30 to 40 minutes, until the dates fall apart. Remove from heat, add a pinch of saffron, crush it between your fingertips. Let the brew steep for a few minutes, strain, and serve hot or cold.

Hibiscus, Cinnamon, and Clove

Hibiscus, a staple in Mexican agua frescas, makes a tart and punchy tea with notes of pomegranate and lemon. Just a handful of flowers goes a long way.

- ½ cinnamon stick
- 3 whole cloves
- ¼ cup dried hibiscus

Add the cinnamon stick and cloves to a pot with 8 cups of water. Bring to a boil, reduce to a simmer, and cook for 20 minutes. Add the hibiscus. Remove from heat and let the flowers steep for 10 minutes. Strain and serve warm or over ice. Add honey or elderberry syrup if you want to sweeten it.

Garden2Table will return soon!

Can I Water Vegetables with my Rain Barrel Water?

NOTE: Even though NM is an arid state – we do occasionally get enough rain to make a rain barrel appealing. If you are considering adding one, here are a few guidelines about using the water.

By Joan Allen Originally [published](#) by the UConn Home & Garden Education Center May 18, 2018

Photo credit: CT DEEP

Collection of rainwater from roofs using rain barrels is growing in popularity because of its many environmental and practical benefits. It can help the environment by diverting water that might contain contaminants away from storm drains and the natural bodies of water that those empty into. Depletion of well water can be a benefit when this non-potable water is used instead of the tap for things like washing cars, irrigation of plants, and flushing toilets. If you're on a city/public water system, it can save money to use rainwater where you can, too. But is using rainwater to irrigate vegetables and fruits safe? Are there contaminants in it that could make people sick? Let's take a look at what's been studied.



A few universities in the U.S and abroad have done some work to look at potential contaminants in roof run-off water including heavy metals like zinc, copper, lead and others as well as bacteria such as *E. coli* and other pathogens. Testing done so far has shown minimal risk from these, but there is some. And of course, it depends on the type of roofing material, the environment (i.e. acid rain, urban vs. rural, etc.) and other factors. In one study, most of the metals tested the same in rain barrel water as in rainwater before it hit the roofs, so little to no concern there. One exception was zinc, and elevated levels could lead to build up of this element in soils. At high enough levels, this can cause injury to plants and those plants should not be consumed (1). Monitor for this by having the soil tested.

While risk is low, there were a few samples in studies (1, 2) where *E. coli* or total coliform bacterial levels exceeded official standards for some uses. Rain barrel water should NEVER be used for potable purposes such as drinking water, cooking or washing. Where do the bacteria in run-off come from? The main sources would be fecal matter from animals such as squirrels and birds that land and move around on the roof.

But if you'd like to water your vegetable garden with rain barrel water, are **there ways to do it safely?**

Dr. Mike Dietz, Assistant Extension Educator at UConn with expertise in water management recommends "not using roof water on anything leafy that you are going to eat directly. It would be OK to water soil/plants where there is no direct contact." This is consistent with recommendations from other experts who suggest applying the water directly to the soil and avoiding contact with above-ground plant parts. An ideal set-up would be to hook up a drip irrigation system to your rain barrel(s). Pressure will be improved when they are full and if they are elevated. A full rain barrel can be pretty heavy, at about 500 lbs. for a 55 gallon unit, so make sure they are on a solid and stable base such as concrete blocks.

If possible, and this is done in larger collection systems automatically, don't collect the 'first flush' of water off the roof. This would be the first few gallons. In a ¼" rainfall as much as 150 gallons can be collected from a

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1000 ft roof surface (3). The first water to run off tends to have higher concentrations of any contaminants because of them building up on the roof since the previous rainfall event.

Another more practical way to minimize risk of pathogen/bacterial contamination is to treat the collected water with bleach. **Rutgers University recommends treating 55 gallons of water by adding one ounce of unscented household chlorine bleach to the barrel once a month (or more often if rain is frequent). Allow this to stand for 24 hours before using the water for irrigation so the bleach can dissipate.**

Apply collected water in the morning. Wait until the leaves dry in the sun before harvesting. Ultraviolet light from the sun will have some disinfecting effect.

It is recommended to have the rain barrel water tested for E. coli. Be sure to follow the testing lab's instructions for collection, storage and time sensitivity of the samples.

Thoroughly wash all harvested produce. In addition, you should always thoroughly wash your hands with warm, soapy water after they are in contact with collected water.

In summary, there are risks to using collected rainwater for irrigation of food crops. In most cases, the risk is low, and using the above sanitation practices can reduce risk.

References:

1. DeBusk, K., W. Hunt, D. Osmond and G. Cope. 2009. Water quality of rooftop runoff: implications for residential water harvesting systems. North Carolina State University Cooperative Extension.
2. Bakacs, M., M. Haberland and S. Yergeau. 2017. Rain barrels part IV: testing and applying harvested water to irrigate a vegetable garden. Rutgers New Jersey Agricultural Experiment Station. Fact Sheet FS1218.
3. Rainfall as a resource. A resident's guide to rain barrels in Connecticut. CT DEEP.

Southwest Plant of the Month

Yellow morning glory vine

Merrima aurea



General Information

Plant Form Vine **Plant Size** 20' x 7'

Plant Type Perennial **Water Usage** Medium

Sunlight Sun **Colors** Yellow

Physical Description: Fast growing twinning vine with large 3" trumpet-shaped yellow flowers throughout the summer. Evergreen foliage until frost.

Care and Maintenance: Freezes to the ground but recovers quickly in spring from tuberous root. Needs well-draining soil.

Gardener's Notes: Heat loving native of Baja California, Mexico. Prefers some winter protection. Fabulous color accent for trellis or patio shade.

Source: <https://desertblooms.nmsu.edu/plantadvisor/>

July Garden Checklist

1. Feed your flowers! Both annuals and roses could use a boost – ideal to add compost or compost tea
2. Check irrigation lines to make sure they are watering on schedule and where you want the water
3. Add mulch in the vegetable beds as well as the rest of the garden
4. Deadhead flowering annuals to increase rebloom
5. Consider adding rain barrels

Source: Month-by-Month Gardening: Arizona, Nevada, & New Mexico Jacqueline A. Soule

In Loving Memory



Photo by: Janet Blair

On June 12, **Julia Runyan**, a Master Gardener for 10 years passed away. Many of us remember how well she supported the hotline and she routinely served as a mentor to our intern classes. Julia suffered a undiagnosed heart condition that caused her to blackout and take a terrible fall. After hospitalization and surgery she moved into a rehab center. She did not respond to physical therapy sufficient to move out and live independently again. She was diagnosed with a severe infection in the stomach. She was again hospitalized but passed away on Sunday, June 12.

On June 14, **Martha Mann**, a Life Member of Sandoval County Master Gardeners, passed away following many months of illness. Her family is grateful to know she is no longer suffering and is now in a place of peace and serenity.

On July 11, SEMG Life Member **Therese Barts** passed away. A fixture in Corrales, Therese worked for years with Casa San Ysidro. Therese was highly active with SEMG, even after receiving Life Member status. Therese won many blue ribbons at the Sandoval County Fair each year with her flowers and vegetables.

Sandoval Extension Master Gardeners Policy on Members Privacy and Confidentiality

Sandoval Extension Master Gardeners honor the privacy and confidentiality of its members.

No members phone/cell number, email address, or physical address will be used in any communication generated by this organization. That includes blogs, newsletters, social media, internal memos or help line responses.

Information about members will be limited to confidential, members only, roster maintained by the Membership Chair of the Advisory Council. It is the member's responsibility to ensure that information is accurate and up to date.

In certain cases, the members may be contacted with specific email addresses that go through the general administration. Such as: Editor@SandovalMasterGardeners.org

Any inquiries made about a member will be responded to by taking the querant's name and phone number and sending the query directly to the member to respond as they feel appropriate. It is not the responsibility of SEMG to identify any member to the external public.

Hours, Hours, Hours - Due September 1st!

Meg Buerkel Hunn – SEMG 2020

As Sandoval Extension Master Gardeners, we are committed to our mission to educate and serve our communities in sustainable high desert gardening. To assist us in this endeavor, we commit to at least 40 hours a year of service. Of those 40 hours, we need to have at least 10 hours of Continuing Education and 10 hours of Outreach.

Do not despair if you are behind! There are many fun ways to obtain your needed hours to maintain your membership as a Master Gardener.

Continuing Education is just a few classes, in-person or online at your convenience. Start with these questions: What do you like to learn about? What do you need to know more about? Who do you like to learn from? Here are some ideas for accumulating the 10 hours:

In-person:

Gardening with the Masters offerings (fourth Tuesday of month at 7:00 pm – Meadowlark Sr. Center)

JULY – “I Like Chilies” with Curtis Smith – July 26, 90 minutes credit

AUGUST – “Pruning Roses the Art & Science” with Kate Shaddock –August 23, 90 minutes credit

July’s Working in the Dirt tour on July 23 is one hour of continuing ed!

On-line (and on-demand!)

-The online classes NMSU created for our interns education are available to veteran MGs

-Gardening with the Masters Online (on our website)

-The Ready, Set, Grow webinar monthly series

(aces.nmsu.edu/desertblooms/ready-set-grow.html)

Outreach Hours are hours in service to the public, helping others with their garden questions. These hours can be done from your home, on your own time by signing up for the email helpline. You can get all 10 required hours by answering emails for only one week. Or you may sign up on our website to help at the

- Corrales Growers Market Information Table

- Sandoval County Fair Information Table, August 4 through 6

- Placitas Garden Tour on Sunday, September 11

- Corrales Harvest Festival on September 24 and 25.

- Often, in the course of gardening in the community and in our own yard, we have the opportunity to answer questions and provide help to neighbors. These interactions also count as Outreach Hours!

The remaining 20 hours can be accumulated by helping out at various Master Gardener Project Gardens around Sandoval County OR by doing more Outreach Hours! You may even want to write a newsletter article about a favorite gardening topic.

Thomas Jefferson said, “Though an old man, I am but a young gardener.” There is always more to learn and do in the gardens of our lives... and we need all the Master Gardeners we have to share the knowledge and wisdom of plants and life with the rest of us.

“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. ”Outreach, continuing education, and volunteerism is part of who we are as Master Gardeners.

Veteran Master Gardeners

These classes will stay “open” to get your education hours for 2021/2022

Mo Casey, Membership Chair – SEMG 2019

Veteran Master Gardeners are required to complete ten (10) hours of continuing education each fiscal year to remain active members. One of the easiest ways to do this is to take classes through the Master Gardener Intern presentations. The quality of these presentations was stellar. And they are easy to access at your convenience.

You can access the Zoom lectures at <https://nmsuondemand.nmsu.edu> . All you need to do is enter your e-mail address. You do not need a password. When the site opens, select **Modules**. That will open up another screen with the Modules that are available. When you select the Module you want, another screen will open up. It will show how many videos there are for that Module. And, if you scroll down, you will see Notes Pages and Readings. All of these can be downloaded. It makes it extremely easy to take notes as you listen to the presentations. When you finish all of the videos, scroll down and select “Next.” Scroll down on the next page and select “Next.” This will take you to the survey. Select the instructor from the Module list. Scroll down and select “Veteran.”

You do not have to take the quiz, but you must complete the survey part to get credit for taking the class.

Modules

2. NM Climate & Water Cycle
3. Soils
4. Botany
5. Tree Selection & Care
6. Ornamentals
7. Entomology
8. Beneficial Insects
9. Growing Vegetable
10. Growing Fruits
11. Integrated Weed Management
12. Plant Pathology
13. Watering Yard & Garden
14. Plant ID
15. Master Gardener Outreach Program
16. Turfgrass Selection & Care

Many Hands Make Light Work

HELP WANTED #1

GARDEN2TABLE NEEDS VOLUNTEERS TO RE-IMAGINE OUTREACH

Combine your love of gardening, cooking, nutrition, and helping others by becoming a Garden2Table Volunteer. This outreach program helps SEMG reach Sandoval County residents with up-to-date, research-based knowledge on how to best use fresh seasonal produce to easily prepare a nutritious and delicious meal or snack. We will continue recipe demonstrations at senior/community centers when welcome. It's time to reimagine this committee, and we need your input. Here are some ideas for future opportunities to better serve our communities:

- Health fairs
- Children's Gardens
- Women, Infants, and Children's Program (WIC)
- Growers market demonstrations
- Education at food distribution sites
- Health ministries in your community
- Interactive cooking classes

If interested in jump-starting and reimagining Garden2Table, please contact Cassandra D'Antonio. Contact information is available on the member roster.

HELP WANTED #2

Education Committee – Videographer/Film Editor

For the 2022/2023 SEMG business year we will be filming guest lectures on advanced training topics. To record these sessions we are seeking members with experience and/or interest in videography and film editing. For more information please contact John Thompson, via his contact information in the member directory.

HELP WANTED #3

We still have need of volunteers to cover the **Helpline** through September. This is on-line, from the comfort of your own home. Each week of coverage earns 10 hours of Outreach credit. For more information contact Penny Lindgren or Sandra Liakus via their email or phone numbers in the member roster.

HELP WANTED #4

While the weather is starting to warm up, and you'd rather be inside – We have a deal for you! The Sandoval County Admin Building has **some indoor plants in sore need of watering**. please contact Eydie Francis for details.

2021-2022 Individual Volunteer Hours are due September 1

REMINDER TO ALL MEMBERS and GRADUATES – the 2021/2022 time sheets are available on the member side of our website.

<http://sandovalmastergardeners.org/semg-members/members-only-information/>

SEMG ANNUAL DUES Are Coming Due!

Dues are \$25 plus PayPal fees

Can be paid via PayPal or by check – mailed to the PO box on page one of the newsletter and received by September 15.

Dues are due by September 15

NOTE: Interns do not pay dues their graduation year

Upcoming News:

NMSU State Master Extension is bringing back the
NMSU/UNM Cancer Patient Gardening Project in 2022.

Watch for further updates.

