



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: 25th each
mo.**

Please submit news,
articles, events and
photographs to:
newsletter@sandovalmastergardeners.org

Editor:
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Meg Buerkle Hunn, Advisory Council Chair



In the 1980s, after years of planning, 8 adults sealed themselves into a giant terrarium in Oracle, Arizona. It was a grand experiment intended to learn what might be necessary for humans to live long term on the moon or other planets. The terrarium contained 5 separate biomes: an ocean complete with a coral reef, a rainforest, a desert, a mangrove, and a massive garden. They called it Biosphere 2, begging people to ask, "Where is Biosphere

1?" which is, of course, the Earth. Last month, I got to tour the Biosphere 2, and I'm reading Rebecca Reider's book about it, which is fascinating: the drama, the science, the history, the people! Can you imagine seven people you'd like to be locked into a 3-acre terrarium with for two whole years?

To simulate life in space, the biospherians could receive no inputs from outside except for information. Biosphere 2 had to create or recycle enough food, air and water to support not only the human biospherians, but also the plants and animals. Imagine the process of choosing which plants and animals would be included. One example: scientists initially wanted bats to help pollinate the many plant species, but then they learned that each bat would need to consume 20 moths every night, and to do that, they had to encounter at least 200 moths each night - so bats were not amongst the Biosphere 2 creatures.

The experiment was deemed a failure in the eyes of both the scientific and journalistic communities. The people had to grow all their own food. They followed an extremely low calorie diet and nearly starved. The group divided into two factions that were at odds with each other. The rains that fell in the rainforest biome drained into the ocean biome and caused algae plumes that started killing off the coral reefs. The unexpectedly high amounts of carbon dioxide the soil microorganisms expired caused the oxygen levels to plummet inside this sealed

environment to dangerous levels for humans and other animals. The lack of wind meant that the trees weren't strong enough to sustain their own weight.

Overall, the scientific community panned the project: There were too many variables affecting every part of life and living inside, and it was nigh impossible to isolate one variable in order to scientifically study its effects.

But there was also tremendous learning. Biosphere 2 invites us to wonder at the utter interconnectedness of Biosphere 1: Planet Earth.

Sometimes I think it would be easier, in my own garden, to just grow one thing - and get really good at it. That is the way of industrial agriculture. But that is not the way of nature - in a balanced system, all things play their part. So, as I work in my garden this spring, I am also trying to notice all the other variables and creatures that are helping (and sometimes hindering) my desired outcomes: the bees who visit our blooming fruit trees, the bindweed that springs up in our mulch, the hummingbirds who flit between branches, the heat causing the kale and broccoli to flower, the young seedlings battling the New Mexico spring breezes... and I marvel at how it all works together!

May you find partners and friends (human, insect, plant, microorganism, wind, rain) that assist you in your gardens!

~ Meg

May Garden Checklist

1. Plant heat loving annuals – marigold, cosmos, zinnias, sunflowers.
2. Mulch your edibles 2-3"
3. Plant container grown roses
4. Plant container gardens – thriller, spiller and filler
5. Remember to you your garden journal to note what your planting

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

Down & Dirty with Rachel-Sandoval County Extension Agent

My dad likes to take Passover, which commemorates the Jews escaping Egypt where they were slaves, as a time to think about the refugees we have today throughout the world. In honor of that sentiment, for the main course of my Passover Seder this year, I made dishes from four places with refugees today: Ukraine, Syria, Afghanistan, and Rohingya, Myanmar. Food can connect us to our home no matter where we are. However, it is not always possible to get the ingredients we need to make our comfort foods. Thanks to the growing global diaspora and the rise of international and specialty stores, this is becoming easier. When Fidel Dolorier left Peru for the United States in 1987, it was hard for him to find the ingredients he needed to make his favorite Peruvian dishes, especially *cuy*, or guinea pig. One day, he saw a guinea pig for sale in a pet store, but after the saleswoman learned Fidel was Peruvian, she told him it wasn't for sale. I had better luck in my search for ingredients. I was able to find *senjed*—or Russian olive—at an international store for Afghani *haft mewa* (seven fruits, هفت میوه in Persian), but I had to go without a couple of spices for a Rohingya masala.



In honor of refugees everywhere. Clockwise from top: Afghani haft mewa, tofu with Rohingya masala seasoning, Syrian kibbeh nayeh, Ukrainian two-tone carrot-zucchini muffins, matzoh.

Photos: Jenn Rudgers, except matzoh (R. Zweig).

Access to ingredients is not the only barrier to making dishes from home. Not knowing the local term for a food can prevent you from finding it. I learned a tangy, dry apple-like fruit as *membrillo* (Spanish) and *sferjel* (سفرجل in Arabic, ⵍⵉⵎⵔⵉⵍ in Berber) before I remembered it as quince. And I associated a skinny, bumpy type of kale with *palmkool* (Dutch) before I even knew an English word for it existed: dino kale. A couple of weeks ago, I finally learned that my favorite herb to put in green tea in Morocco is *Artemisia absinthium*, commonly called wormwood. Google Translate was of no help with this since what I know it as—*shiba* (شيبا)—is Moroccan, not Standard Arabic. I learned it only from a Moroccan friend who is fluent in English.

Learning the foreign word for an ingredient whose name you know only in English, or *vice versa*, can be eye-opening. I lived for twenty-five years oblivious to the fact that cilantro and coriander are the same plant (*Coriandrum sativum*) until I learned the Dutch word for cilantro: *koriander*. And had you asked me a couple of weeks ago if I would take marjoram in my tea, I would have turned up my nose. But *merd dush* (مرد دوش, another common herb to add to tea in Morocco)? Yes, please! Then my friend told me the English word for *merd dush*. I put marjoram in my tea this morning.

But knowing the name is not enough. If an item is not available to purchase locally or online, you have a few choices: find a substitute, go without, or attempt to grow it yourself. *Minari* is a semi-autobiographical film that takes place in Lincoln, Arkansas, twenty miles from my hometown. In it, a Korean immigrant family

attempts to grow Korean crops, including *minari* (미나리, *Oenanthe javanica*). In addition to seeds and animals hitching rides on ships, planes, and lorries, immigrants are a major source of species spread. Think about the jujube, (枣树, *Ziziphus jujuba*), which was first introduced to New Mexico in the 1900s by Chinese immigrants and whose local adaptation is now a major research topic for Dr. Shengrui Yao of New Mexico State University's Alcalde Science Center. *Minari* is well-suited to the waters of Northwest Arkansas as is the jujube to New Mexico's soils.

Not all immigrants or refugees will be able to grow their favorite foods in their adopted homeland. The date palm, a staple throughout the Middle East and North Africa, will not grow and bear fruit in much of the rest of the world. Sometimes, however, the greatest obstacle isn't the climate or the soil but rather cultural differences. In 2015, someone in Brooklyn called 911 to report animal abuse on a man they said was roasting squirrels in Prospect Park. It was merely an Ecuadorian getting read to enjoy his *cuy*.

Do you have stories about searching for international ingredients or trying foreign foods? If so, e-mail me at rzweig@nmsu.edu.

For more on Fidel Dolorier's struggle to find and make his favorite Peruvian foods, check out the *Radio Ambulante* episode "[Cuy al ajillo](#)" (Spanish) or read the English transcription [here](#).

Last month's puzzler: What four numbers have a sum that is equal to their product? In other words, $a+b+c+d = a*b*c*d$.

Answer: 1, 1, 2, and 4. Since the numbers do not have to be distinct, 0, 0, 0, and 0 also work.

This month's puzzler: There is a little league baseball team with twenty kids. At the end of the season, they go to a barbeque at their coach's house. He tells them they can't wear their hats at the barbeque, so all the kids toss their hats into a pile. At the end of the barbeque, they all reach into the pile and grab a hat at random. What is the probability that exactly nineteen kids have their own original hat? *Adapted from Car Talk.*

"Gardens require a lot of water, most of it in the form of perspiration."

~Lou Erickson

Public Training Opportunities

Ready, Set, Grow

- May 17 Tomato Topics - Title/Presenter TBD
- Jun. 21 "Squash Bugs, Other Hemipteran Insects, and How to Distinguish the Pests from Beneficials" with Dr. Joanie King, NMSU Extension Entomology Specialist
- July 19 Soils Topics - Title/Presenter TBD
- Aug. 16 Greenhouse Topics - Title/Presenter TBD
- Sep. 20 "Container Gardening: Raised Beds & Potted Plants (indoors & out!)" with John Garlich, Bernalillo County Agriculture and Natural Resources Agent
- Oct. 18 Composting with John Zarola, Outreach Coordinator for the Bernalillo County Extension Master Composters program

To register for a class go to: <https://desertblooms.nmsu.edu/grow.html>

Gardening With The Masters – New Time & New Place

Upcoming, in-person classes, held at Loma Colorado Library the 4th Monday of the month. The class runs from 6:45 pm to 7:45 pm as the library closes at 8pm. These classes are not recorded. We encourage you to join us in person, so your individual questions get answered. New Gardening With the Masters classes will be announced [here](#) as they are created.

May 22, 2023 – Gardening For The Birds – Sharon Walsh SEMG



Pre-recorded Classes

Courtesy of COVID we adapted some of our in-person classes to Zoom, recorded them and they are available at <https://sandovalmastergardeners.org/gardening-classes/gardening-with-the-masters-online/>

“The love of gardening is a seed once sown that never dies.”

~ Gertrude Jekyll

THANK YOU TO ALL OUR SEED STARTERS!

Ginger Golden SEMG 2014 & Michelle Wittie SEMG 2020

The SEMG Annual Plant Sales at the Corrales Growers Market April 30 was a remarkable success. We had quite a line of people clutching their new treasures well before the bell sounded to open the market for business.



We could not have done that without the many members who grew tomatoes, herbs, basil, aloe, houseplants and so many more treasures, generously donated them and delivered them to the Corrales Farmer's Market on the 30th. The time flew by with a dozen Master Gardeners finding the particular kind of tomato and pepper the buyers wanted. Customers appreciated the insights about the planting, care, and growing tips as their plants were packed up to go home.



As members it was fun to see each other in person again. We delighted in getting to meet so many of our new interns face-to-face after months of seeing them only as a thumbnail video on our weekly Zoom meetings.

We took notes last year to make the sale run smoother – and they paid off. We added more notes for 2024 to continue making this sale a success and major money maker to support the Master Gardener projects that serve Sandoval county. Herbs and houseplants are big draws – something to consider for 2024.

It's exciting to see what we can do when we unite our efforts for a common cause.

Photos by Michelle Wittie

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

~ Margaret Mead

2023 Corrales Garden Tour

Sunday, June 4th , 2023

9:00 AM – 4:00 PM

www.Visitcorrales.com

1. ATTEND THE GROUP ORIENTATION AND GARDEN TRAINING SESSION

Saturday, May 20th, 2023 – 9:45AM- 1PM

Meet at **The Farm Stand** – 4206 Corrales Rd., Corrales

2. We will gather and carpool to the other 5 gardens, returning to The Farm Stand for brief training/discussion of the gardens.

3. CHOOSE YOUR PREFERRED TOUR SHIFT for Sunday, June 4

<https://Sandovalmastergardeners.org>

8:30A-12:30P or 12:30P-4:30P

Project/ Event Description:

The Corrales Garden Tour, an approved SEMG volunteer project, is an annual ticketed event open to the public.

Net profits benefit Corrales Mainstreet

Tickets may be purchased on the day of the tour, or beforehand online and from select area merchants.

For more information go to www.Corrales-gardentour.com.

Volunteers are admitted free of charge.

4. Volunteers:

Sandoval Extension Master Gardeners are desired and encouraged to volunteer as garden docents, horticultural educators, and to promote sustainable gardening practices and the SEMG organization and its community projects on the day of the tour.

5. Volunteer Meeting Dates and Volunteer Credit:

Volunteer garden assignments, shifts, and garden education preparation will take place on Saturday, May 20th, from 9:45AM to 1PM.

6. Actual event date is Sunday, June 4th , from 8:30AM to 4:30PM

Earn SEMG Outreach hours – volunteers must commit to **both days.**

This is a community event and public volunteers are also welcome.

Contact Information:

Corrales Garden Tour SEMG 2022 Project Chairs:

Charlene Spiegel or Co-Chair Kate Shadock – Via Member Directory

Safe Gardening

Avid gardeners tout the benefits of gardening, which are many. It's easy to forget gardening also can be hazardous, at least until the gardener is in a doctor's office with an injury or condition that needs professional support. In April we covered protecting your hands. This month we'll focus on sunburns – and how to avoid them.

Protect Yourself From Sunburn

The best way to protect yourself against the damaging effects of the sun is to limit exposure and protect your skin. Follow these tips from the American Academy of Dermatology:

- Generously apply a broad-spectrum water-resistant sunscreen with an SPF (Sun Protection Factor) of at least 30 to all exposed skin. Broad spectrum means the sunscreen protects you from both UVA and UVB rays. Re-apply about every 2 hours and after swimming or sweating.
- Wear protective clothing such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, whenever possible. Look for clothing with a UV protection factor (UPF) or made of a tightly woven fabric.
- Seek shade when appropriate. Remember that the sun's rays are strongest between 10 a.m. and 4 p.m. If your shadow is shorter than you are, seek shade.
- Use extra caution near water, snow, sand, and pavement. These surfaces reflect the damaging rays of the sun and can increase your chances of sunburn. Sand and pavement reflect UV rays even while under an umbrella.
- Get vitamin D through a healthy diet that may include vitamin supplements.
- Do not use tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, try using a self-tanning product. But also use sunscreen with it.
- Protect your lips with lip balm with at least SPF 15.



Photo: Pixaby

Examine your entire skin on a regular basis. If you notice anything changing, growing, or bleeding on your skin, see a healthcare provider.

New Beginnings Garden to be Awarded at the June 2023 International Master Gardener Conference

Sandra Liakus SEMG 2008
New Beginnings Garden Co-Chair

I was really surprised and thrilled to get an email on February 21 notifying me that our submission for the SEMG **New Beginnings Garden** project placed #2 in the Special Needs Audiences Category for the 2023 Search for Excellence (SFE) awards in conjunction with the upcoming International Master Gardener (IMG) Conference. The Conference will take place in Overland Park, Kansas from June 18-21 this year and is hosted by the Johnson County Master Gardeners and K-State Agriculture College. I and my New Beginnings SEMG volunteer mates will receive certificates at the SFE award ceremony on Tuesday June 20th at the 2023 Conference. For more information on the 2023 IMG Conference and registration details go to <https://imgc2023.com>.

The New Beginnings Garden is the third SEMG garden project to be awarded by the SFE in the history of the Sandoval Extension Master Gardener program. Past SFE awards have been received by the Seed2Need and the Rio Rancho Waterwise Garden projects.

The International Master Gardener Conference occurs every two years. The conference includes the SFE awards for different categories of Extension Master Gardener (EMG) projects ranging from horticultural research to unique community gardens. *"The David Gibby Search for Excellence (SFE) Awards recognize the outstanding volunteer work of Extension Master Gardeners (EMG) throughout the United States, Canada, United Kingdom, and South Korea. SFE includes seven categories in which EMGs can demonstrate meaningful contributions to their communities. All SFE applications must show that significant learning took place, whether by the EMGs or the general public."*

SFE judges rate each project by a point system. Awards go out to the 1st – 3rd place recipients in each category. The first-place recipient in each category is expected to create a video of their project to be shown at the conference. Second place recipients are asked to present a poster of their project, all of which will be presented at the IMG Conference on Tuesday June 20.

The best thing about the SFE award program is that the individual Master Gardeners who have participated actively in the project during the two prior years (2020 -2022), receive award certificates. I will attend the June 2023 IMG conference to display the SEMG New Beginnings Garden project, receive the award certificates, and attend the conference education sessions.

I thank my New Beginnings SEMG Project Co-Chair Sheila Conneen and dedicated volunteers Lynette Fields, Mary Lee Money, and Jim Peters for their tireless work to maintain and grow the New Beginnings Garden project in partnership with the Teambuilders, Inc. New Beginnings' clients and staff, and the Bernalillo Our Lady of Sorrows Catholic Church parishioners for their support.

In addition to the joy of educating and growing plants, we have seen the New Beginnings clients flourish socially in their eagerness to participate with us in cultivating and harvesting vegetables and using them in their home cooked meals. All this despite the COVID interruptions that occurred during the past two and a half years.

The SEMG New Beginnings Garden Project was initiated in 2011 by Sandoval County Master Gardeners, and we are looking for additional SEMG and community volunteers to help carry this project through for another decade. Please contact us through the SEMG website Members' roster or through the Sandoval County Extension Office.

HELP WANTED #1

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 #2

We still have need of volunteers to cover the **Helpline**. This is online, 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 #3 Co-Chair Needed

Project is Sandoval County Administrative Building Plant Watering/Maintenance

Backup for watering schedule

Assistance analyzing plant problems.

Help resolve plant issues in the building.

Annual repotting coordination

Contact Michelle Wittie if you are interested.

HELP WANTED #4 Co-Chair Needed

SANDOVAL SEED SHARE PROJECT

Seek seed donations from large companies.

Analyze seeds for viability in Sandoval County.

Assist in packaging and distributing seeds.

Contact Michelle Wittie if you are interested.

