



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 of each
month**

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

Editor:
Kate Shadock

Meg Buerkel Hunn, Advisory Council Chair

When our family moved here in the late summer of 2018, we found a whole new world. My daughter proclaimed at the time, "It's all browns, Mama!" Stay here long enough and those browns work their way into your heart and soul and become all sorts of beautiful hues that you don't want to trade for anything in the world!

That fall, one of our new friends introduced us to Rudolfo Anaya's *Bless Me Ultima*, as an introduction to this new world. It was in the pages of that book that I learned about curanderas. Curanderas "were the repository of ancient folk-healing knowledge and seemed to know exactly how to treat complicated afflictions by using a variety of herbs and healing plants they carried with them." (p 88, Bobette Perrone, H. Henrietta Stockel, and Victoria Krueger: *Medicine Women, Curanderas, and Women Doctors*. University of Oklahoma Press, 1989).



Photo: Meg Buerkel Hunn

Before this, I gave little thought to plants as medicines. Sometimes I drank ginger ale when my stomach hurt, and I do remember all the writing about the healing properties of elderberry juice on new-mom forums (which I admit I found strange then).

Last month, a group of Master Gardeners had the opportunity to tour the Curandera Garden at the ABQ BioPark - they came away from that experience with new eyes and thoughts about the healing properties of plants. This visit was in preparation for a new partnership between SEMG and the Bernalillo Community Museum to begin a Curandera Garden on museum property to demonstrate the plants used in curandera healing.

When we think of plants and our gardens - there is much healing that takes place... Just last month, the SEMG garden, **New Beginnings in Bernalillo, won second place in the Special Need Audiences category at the International Master Gardener Conference.** The garden is a place of healing and wholeness, where clients come to nurture plants, and in so doing, find healing. There is also healing found in the relationships shared in that garden.

Other forms of healing must take place as people wander through the Waterwise Garden in Rio Rancho, walk the labyrinth at the Placitas Community Library Garden, and eat fresh fruits and vegetables from the SEMG food production gardens like the Corrales Family Practice and Seed2Need.

Gardens - the plants and our tending of them - can be sources of healing for us and our communities. And, of course, the SEMG mission is to educate and serve our communities in sustainable gardening - providing some healing hope for our climate.

Thank you, ALL, who engage in these healing practices.

~ Meg

July Garden Checklist

1. Install active rain harvest systems to catch monsoon runoff to use in your garden
2. Reroute your rain gutters to spill the water into berms in the yard
3. As you harvest crops, add compost to build the soil for the next planting
4. Consider adding a water garden (kid's wading pool) for high water use herbs.
Add a few goldfish to eat mosquito larvae
5. Add some night-blooming plants to enjoy in the cooler evenings

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



Down & Dirty with Rachel - Sandoval County Extension Agent

O' cloud give me shade
Shield the sun for five minutes
Summer's greatest gift

Dryness reigns the land
Chapped lips, headaches, wilting plants
Humidity come here



Banish'd be thou, weeds
Give space, water, nutrients
Dear plants, please prosper

Cottonwood snowing
Winter's art in summer blows
Up my nose. ACHOO!

Hot afternoon walks
On the ditch. No one in sight.
I do not know why.



Photos: Rachel Zweig

Last month's puzzler: The first six numbers in a sequence are 1, 11, 21, 1211, 111221, 312211, ... What's the next number? For more number fun, check out the [On-Line Encyclopedia of Integer Sequences](#).

Answer: 13112221. This is known as the "say what you see sequence." For the second term, there is one "1" (11). For the seventh term, there is one "3", one "1", two "2"s, two "1"s (13112221).

This month's puzzler: There are three light switches in a room. Only one switch controls a light bulb in an adjoining room, and you can only enter the adjoining room once to check if the bulb is on or off. How can you figure out which switch controls the light bulb? (You cannot see light coming from the bulb through a door crack or window.)

New Beginnings Garden A Winner!

Chaired by Veteran Sandoval Extension Master Gardeners and Placitas residents Sandy Liakus and Sheila Conneen, the New Beginnings Garden in Bernalillo has won a 2023 [David Gibby Search for Excellence Award](#) at the [International Master Gardener conference](#) held in Overland Park, Kansas on June 18 -21, 2023. This volunteer garden project [placed second in the Special Needs Audience category](#).

The New Beginnings Garden is a joint garden project initiated in 2011 between the Sandoval Extension Master Gardeners and the Valle del Sol Adult PSR Program. The Master Gardener volunteers are currently working with the Teambuilder's Behavioral Health PSR program at the Our Lady of Sorrows Catholic Church grounds.

Other veteran Master Gardener volunteers who helped build and provide educational guidance in the garden include Lynette Fields, Jim Peters, Marylee Moen, and Tracy Bogard.



Ginger Golden (L) and Sandra Liakus accepting New Beginnings Award at International Master gardeners Conference in June

View the [New Beginnings Garden Project poster](#) that was presented at the 2023 International Master Gardener Conference.

*A garden is not a place. It is a journey.
~ Monty Don*

Public Training Opportunities

Ready, Set, Grow

- **July 19 Soils Topics** - "Can Soils Solve Our Climate Crisis?" with Rachel Zweig, Sandoval County Agriculture Agent
- **Aug. 16 Greenhouse Topics** - Title/Presenter TBD
- **Sep. 20 "Container Gardening: Raised Beds & Potted Plants (indoors & out!)"** with John Garlisch, Bernalillo County Agriculture and Natural Resources Agent
- **Oct. 18 Composting** with John Zarola, President and Outreach Coordinator for the Bernalillo County Extension Master Composters program
- **Nov. 15 Season Extension with Hoop Houses** - Title/Presenter TBD
- **Dec. 13 ANTS!** with Dr. Joanie King, NMSU Extension Entomology Specialist

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

Previous classes are recorded and archived for access. Check out the [Ready, Set, Grow website](#) for those links.

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 8:00 p.m. 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.

July 24, 2023 – Three Seasons of Native Plants in Central NM – Presented by Sharon Walsh

August 28, 2023 – TBA

September 25, 2023 - TBA

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 good, the bad and the endangered:

New Mexico's thistles are more than just weeds

From: Nicole Maxwell – NM Political Report, May 2023

In a meadow near Silver Lake in the Sacramento Mountains, one can look out onto a small patch of habitat containing several species of plant and animal life.

Although spring is too early to see many of the species of plant life, such as a few species of thistles, which do not bloom until late summer, other plant and animal species are already present, including the New Mexico meadow jumping mouse, Sacramento Mountains butterfly, and the Mexican spotted owl, along with invasive species like the musk thistle.

“It’s an island,” District Biologist for the Sacramento Ranger District Philip Hughes said, referring to the species of plants and animals that are endemic to the Sacramento Mountains. Endemic means these species live in a specific geographical area and do not grow naturally elsewhere.



Recently, the Wright’s marsh thistle was listed as threatened. This thistle is native to marshlands in New Mexico, such as those seen in the meadow near Silver Lake and in a preserve in Santa Rosa, Bitter Lakes National Wildlife Refuge in Roswell and in the Rio Grande Valley. *(Photo of Wright’s Marsh Thistle – Nature Spot – UK)*

There are 12 native species of thistles in New Mexico, State Botanist Erika Rowe told *NM Political Report*.

“We have some property in Santa Rosa... associated with the ciénega springs,” Rowe said. “There are these ... natural seepage kind of meadows [that Wright’s Thistle] really prefers. They’re ... alkaline seepage meadows that are very unique and ... have a constant flow of water through the system.”

The New Mexico Native Plant Society released a [New Mexico Thistle Identification Guide](#) in 2016 to help distinguish between native thistle species and non-native, invasive noxious species such as the creeping thistle, bull thistle, Scotch thistle and the musk thistle.

“Creeping thistle is the most problematic and pernicious non-native thistle in New Mexico,” according to the guide. “Patches of stems from root sprouts can become huge and dense to the exclusion of native wetland vegetation. It is damaging to riparian and wetland ecosystems at springs, wet mountain meadows and the margins of ponds and creeks.”

(Photo: Creeping Thistle – Southwick country park.com)



Bull thistle is a three- to five-foot tall biennial mostly seen along roadsides in 4,500-9,800 feet elevations and can be controlled by hand digging.

The Scotch thistle is a large attractive plant native to Scotland that is not a welcome plant in New Mexico. The national emblem of Scotland, it came to New Mexico sometime in the 1980s and can be found in “disturbed soils in riparian areas and through grasslands, piñon-juniper woodlands, ponderosa pine forests (and) 4,000-7,600 feet elevation,” the guide states. It can be identified by its gray, filamented stems and spiny, wing-like leaves going down the stems and purple flowers.

Then there is the musk thistle with its large purple flower that grows in large amounts on disturbed soils such as roadsides, urban development, fallow farm fields and grazed mountain pastures, the guide states. Every once in a while, musk thistles grow naturally in undisturbed habitats.

In an effort to control musk thistle growth, the seedhead weevil was introduced to New Mexico but has, so far not been effective in higher elevations due to the thistle’s late bloom and has been attacking some native thistles, according to the guide.

The musk thistle looks strikingly similar to the endangered Sacramento Mountains thistle.

Aside from the invasive thistle species, there are two endangered species of thistle, including the Sacramento Mountains thistle which is only known to grow in the Sacramentos and the recently listed threatened Wright’s Thistle.

The guide says the Sacramento Mountains Thistle is one of the native thistles the seedhead weevil has been destroying. Similar to the musk thistle, it has a purple flower but is not as prolific as the musk thistle. The Sacramento Mountains thistle is threatened due to insect predators, grazing and aquifer depletion.

Wright’s thistle has a white or light purplish-pink flower with semi-succulent or leathery leaves, the guide states.

Other species of thistle that grow naturally in New Mexico and are not endangered include Arizona thistle, which is native to the western half of New Mexico and can be found in rocky slopes and canyons in higher elevations; Alpine thistle, which is endemic to the Sangre de Cristo Mountains in northern New Mexico; Graham’s thistle, which is very rare and has only been found in southern Catron County; and New Mexico thistle, which flowers in late spring instead of late summer as most thistles do and can be found in most of New Mexico.

Upcoming Events:



ISA 2023 International Tree Climbing Championship - World Championship

Hosted by and in partnership with ISA Rocky Mountain Chapter

When: August 11-13

Location: Hyder Park, 700 Pershing Ave SE

8:00 AM till 5:00 PM

Admission is FREE

World-class tree climbing competitions

Food trucks/face painting/climbers' corner/activities for kids

The Storybook Garden

Sam Thompson

Sandoval Extension Master Gardener

The Corrales Community Library was built by Village volunteers in 1957 and sixty-six years later that tradition is alive and well. The latest addition to the library is the **Storybook Garden**, a garden of delight and food, for children of all ages.

Shortly after completing the **Pollinator Garden** on the east side of the Library, the Sandoval Extension Master Gardeners were asked by Library Staff to consider taking on the long-neglected area on the southside of the Library, known as the Children's Garden. It was a big task, but it gave the Master Gardeners a blank slate to create a new space for community youth.

The Sandoval Extension Master Gardeners' vision for this garden is to educate our youth about local produce and inspire their imaginations. Lifetime Master Gardener Judy Jacobs created a design using raised beds and a creative hardworking team adapted the landscape, installed drip irrigation, and constructed the raised beds. We also wanted to bring art into the garden space to inspire. Fortunately for us, Jenn Noel, current President of Corrales Society of Artists, stepped forward to collaborate. A skilled and creative ceramist, Jenn has brought in many different artists to lend their talents to the garden. With the help of some talented local artists, our vision is becoming a reality.

You enter the garden through a beautiful handmade arbor created and donated by Zia Woodworks. Master Gardeners built redwood raised beds that feature seasonal vegetables planted by local kids at the beginning of the growing seasons. Jessi Penrod of Hanselman Pottery and Jenn Noel created ceramic mushroom-shaped plant markers that local kids of all ages were invited to paint with images and names of vegetables. The plant markers are a wonderful, whimsical feature in the garden beds.



For many years there were a few brave strawberry plants that continued to survive and produce in the previously neglected garden space. Prior to construction of the Storybook Garden, those plants were removed and tended by a Master Gardener until their new home was completed.

Those original strawberry plants are now prospering, along with some new plants, in their own strawberry bed. This special bed features a strawberry red headboard. Since strawberries appreciate a bit of sun protection, a bed canopy was constructed with red and white gingham curtains (thanks to the talented Master Gardener Joan Ellis). The strawberries now have a very special place along with fanciful red and white toadstools created by Carlo De Vargas. Adjacent to the bed is the Four Seasons art piece by Red Dog Yard Art that was paid for by Corrales Main Street.



The narrow, southwest area of the garden contains our fruit trees. Master Gardeners selected dwarf fruit trees that are trained with the technique called *espalier*, an ancient practice to control vertical and horizontal growth to make fruit easily accessible. Three of the trees have been grafted to contain a number of different varieties of fruit on a single tree. The fruit trees are pruned and tied to the fence each year so that growth is along the fence line rather than vertical or into the pathway. One of the benefits of the espalier technique is that fruit is at an easy harvesting height for kids.

True to the collaborative nature of this space, some of our local young artists are already making contributions to the garden by making plant markers, designing fanciful creatures for a ceramic art piece, and painting rocks with cheerful messages. During a recent work session, the Master Gardeners discovered several of these painted rocks left around the garden as a thank you for creating the garden. The arbor entrance has a box for “take one, leave one” painted rocks for visitors to the garden.

The Storybook Garden was formally dedicated July 8, with nearly 50 people in attendance. The community art piece *Creatures, from Nature, Literature or Your Imagination* was unveiled. This 4'x5' ceramic mosaic features creatures created by local youth at Corrales Elementary School and during the recent Viva Corrales event. Jessi Penrod, Jenn Noel, and Maggie Robinson have worked tirelessly to create this permanent installation for the garden. The mosaic was really made possible by the incredibly creative youth of this community whose talent will be on permanent display in the fanciful garden space called the Storybook Garden.

Why We Should Consider Growing Forgotten Foods

From: Beside Magazine; Balsam & Mark Mann – Order issue 14

The frontline of the battle for biodiversity is the garden. Stephen Silverbear McComber, a Kanien'Keha:Ka seed saver, is part of a growing movement of gardeners cultivating heirloom fruits and vegetables.

In the garden behind his home, McComber slips seeds into his mouth, just the way his grandparents taught him when he was a teenager. Then he plunges his fingers into the soil to plant counter-clockwise from east to west.

McComber, a Mohawk from Kahnawá:ke, teaches Iroquois gardening traditions across North America. He's also an award-winning sculptor, grandfather to fourteen, and an elected council chief. Throughout spring, he only plants when the moon phase is right: first in the new moon, then in the half-moon, then the full moon. He doesn't plant when the moon is waning.

"That's how we've always planted," he explains. "Everything that revolves around planting begins with ceremony."

Indigenous peoples have been champions of biodiversity since long before settlers arrived, passing varieties of seeds down from generation to generation. Today, Indigenous communities continue to protect [80 per cent of global biodiversity](#). But colonization has weakened some of these practices. "Our parents were put in residential schools, so a lot of that Indigenous knowledge was stopped," McComber says.

The 68-year-old Elder is doing his part to revive traditional practices and preserve seeds. He talks to Elders in various communities and, with their permission, shares heirloom seeds with the [Seed Savers Exchange](#), an organization that has been cataloguing and preserving seeds since 1975.

Meredith Burks, head of communications at Seed Savers Exchange, says that maintaining and growing heirloom seeds allows us to connect with those that gardened before us: "It empowers individuals and communities to take an active role in preserving and celebrating our agricultural heritage."

But what do we mean by "agricultural heritage"?

Keeping seeds for next year's growing season has long been a basic practice among gardeners. It's only recently that most household gardeners have tended to buy new seeds each spring, rather than save them from last year's harvest.

Consequently, most food growers in the past naturally cultivated unique varieties, simply by propagating their own plants year after year and decade after decade. A lifetime of seed saving unfailingly produced unique distinctions, practically on a garden-by-garden basis. These differences were selected by each grower's preferences for color, shape, taste, hardness, and other factors.

“Try to imagine for a moment the incalculable number of varieties created by agriculturalists around the world, as each producer had the potential to develop local versions!” writes nutritionist and author [Bernard Lavallée](#) in his book *À la défense de la biodiversité alimentaire* [*In Defense of Food Biodiversity*].

In truth, the number would be impossible to calculate, though the [Svalbard Global Seed Vault](#) in northern Norway is attempting to document and protect the incredible diversity that still remains. At the time of writing, it holds 1,214,827 unique seed samples.

Confronting the threat of crop monocultures

Though he practices traditions from the past, McComber’s focus is on the future and the perils we all face. He says it isn’t enough to hear his ancestors’ traditions about how and when to plant seeds, he says. “We need to talk about challenges.”

Since the 1990s, multinational corporations have undermined seed diversity around the world. The modified seeds sold by these companies only last a single growing season, forcing farmers to buy new seeds every year. Just four companies sell 60 percent of the world’s seeds, according to a [2018 study](#) by Philip Howard of Michigan State University.

Seed saving offers a way to reclaim the tradition of agriculture as a common heritage. “Heirloom varieties belong to everyone and not to anyone in particular,” says Jean-François Lévêque, a well-known horticulturalist and the co-founder of Jardins de l’écoumène, which cultivates heirloom seeds in Lanaudière, Québec. “Unlike modern varieties, these aren’t owned by one company. They have to be preserved.”

The epicurean argument for seed diversity

For lovers of fruits and vegetables, a monopoly of companies has created a monotony in seeds. Instead of various corn varieties — some sweet, some not — farmers can only get their hands on a few species. That limited selection is passed on to consumers, who are led to think an ear of corn or a melon or a pear should only look one way.

“Consuming a diverse diet is a fundamental human need,” says Lavallée. “Our biology is such that we need to eat plenty of different kinds of food with different nutrients in order to meet all the needs of our bodies.”

The concept of embracing many different varieties of a single species isn’t so strange if you consider our relationship to apples. Most people are familiar with choosing different types of apples for different purposes, such as for baking, preserving, or snacking.

The principle applies for other fruits and vegetables. Each species has thousands of potential varieties to explore.

Burks notes **it's also good for pollinators like bees, butterflies, and birds. "By providing a habitat and food source for pollinators, biodiverse gardens contribute to the maintenance of healthy ecosystems and enhance crop productivity."**

Heritage varieties aren't necessarily better or more nutritious than today's fruits and vegetables, says Lavallée. Rather, it's the diversity that counts. ([tweet](#))

"Our ancestors developed varieties of fruits and vegetables in order to meet certain needs and desires, for specific shapes, colors, tastes, uses, and rituals," he explains. "When we lose those varieties, we lose not only those characteristics, we also lose the relationships that people had with them."

Losing seed diversity also makes crops more vulnerable. For instance, Tropical Race 4 (TR4), also known as Panama Disease, has [ravaged banana farms](#) for the past 30 years, putting the world's most popular fruit in grave danger. The threat wouldn't be so severe if growers produced more varieties of bananas.

Genetic diversity in plants helps them resist disease and adapt to different climates and preserves a wider range of flavors.

A simple solution to a complex problem: just get started.

McComber says he's heartened when he sees others growing biodiverse, organic gardens without industrial seeds. He runs a Facebook page called [Steve's Garden Tips](#) to make sure everyone feels encouraged to grow their own food. For him, preserving Indigenous growing traditions and heirloom seeds isn't just critical for his own community. It's a matter of survival for everyone.

If you're wondering how to get started, this seed saver has some sage advice: "Just get up and do it," McComber says. "That's it."

— GO DEEPER —

Video

[Stewarding Indigenous Seeds and Planting by the Moon with Stephen Silverbear McComber](#)

Platform

Seed Savers' [The Exchange](#) is a platform for gardeners to swap homegrown, heirloom, and open-pollinated seeds.

Organization

[Indigenous Seed Keepers Network](#)

Book

[Seed Money: Monsanto's Past and Our Food Future](#)

Four Heirloom Plants To Try At Home

From: *Beside Magazine*; Joel Balsam & Mark Mann – Order issue 14.

Not sure where to start? Here are four heirloom fruits and vegetables worth cultivating in your garden and serving on your dinner table, especially if you live in Zone 5 or higher (most of Sandoval County).



THE MONTRÉAL
MELON

The Montréal melon, which grew to the size of a basketball in the Notre-Dame-de-Grâce neighborhood of Montréal in the early 1900s, was so beloved for its light, rich flavor that a single slice could sell for the same price as a steak at fancy restaurants in New York. It disappeared in the 1940s, but the seeds were preserved, so when it was finally rediscovered in the 1990s,

growers were able to start cultivating it again, and the melon has made a dramatic comeback in recent years.

Aunt Alice Cucumber

This cucumber is as vigorous as the person who developed it, Marie-Alice Laflamme Gosselin, who cultivated this cucumber her whole life and continued growing it into her nineties. She would soak the seeds in milk before planting and without fail put them in the ground on June 13th, the Feast Day of St. Anthony. Despite the late sowing, the crop was always highly productive. Resistant to disease and easy to digest, this robust cucumber is now treasured by gardeners across Québec.



AUNT ALICE CUCUMBER

Meme de Beauce Tomato



MÉMÉ DE BEAUCE
TOMATO

While renovating an abandoned century-old home in the Beauce region of Québec, a worker noticed a small bag of seeds under the attic floorboards, where they had lain for decades. Of the 300 or so seeds inside the sachet, three sprouted and produced an astonishing tomato: weighing up to a kilogram, this giant variety is juicy and delicious.

Grandma Dinel Climbing Bean

Maximilienne Corbeil Dinel received these beans as a wedding present in 1907 and continued growing them year after year for the next eight decades. The plants keep flowering right up until the first frost, giving an abundant summer-long harvest. Grandma Dinel liked to serve them with butter and salt, whether straight from the garden or canned and preserved for midwinter feasts.



GRANDMA DINEL
CLIMBING BEAN

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 hand safety; in May, avoiding sunburn; In June, preventing heat stroke.

Skin Cancer – Symptoms and Causes

From: Mayo Clinic

Skin cancer — the abnormal growth of skin cells — most often develops on skin exposed to the sun. But this generic form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight.

There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma.

You can reduce your risk of skin cancer by limiting or avoiding exposure to ultraviolet (UV) radiation.

Hats, long sleeves, full trousers, gloves and socks all help protect you from skin cancer. Checking your skin for suspicious changes can help detect skin cancer at its earliest stages. Early detection of skin cancer gives you the greatest chance for successful skin cancer treatment.

Skin cancer develops primarily on areas of sun-exposed skin, including the scalp, face, lips, ears, neck, chest, arms and hands, and on the legs in women. But **it can also form on areas that rarely see the light of day** — your palms, beneath your fingernails or toenails, and your genital area.

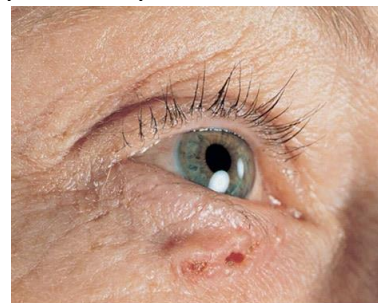
Skin cancer affects people of all skin tones, including those with darker complexions. When melanoma occurs in people with dark skin tones, it's more likely to occur in areas not normally exposed to the sun, such as the palms of the hands and soles of the feet.

Basal cell carcinoma signs and symptoms

Basal cell carcinoma usually occurs in sun-exposed areas of your body, such as your neck or face.

Basal cell carcinoma may appear as:

- A pearly or waxy bump
- A flat, flesh-colored or brown scar-like lesion
- A bleeding or scabbing sore that heals and returns

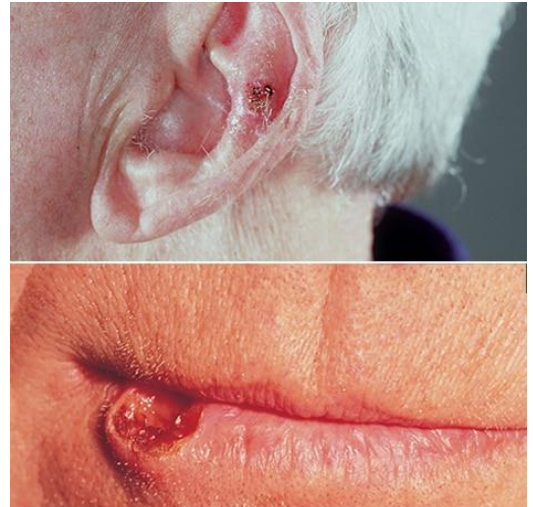


Squamous cell carcinoma signs and symptoms

Most often, squamous cell carcinoma occurs on sun-exposed areas of your body, such as your face, ears and hands. People with darker skin are more likely to develop squamous cell carcinoma on areas that aren't often exposed to the sun.

Squamous cell carcinoma may appear as:

- A firm, red nodule
- A flat lesion with a scaly, crusted surface



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Melanoma signs and symptoms



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Melanoma can develop anywhere on your body, in otherwise normal skin or in an existing mole that becomes cancerous. Melanoma most often appears on the face or the trunk of affected men. In women, this type of cancer most often develops on the lower legs. In both men and women, melanoma can occur on skin that hasn't been exposed to the sun.

Melanoma can affect people of any skin tone. In people with darker skin tones, melanoma tends to occur on the palms or soles, or under the fingernails or toenails.

Melanoma signs include:

- A large brownish spot with darker speckles
- A mole that changes in color, size or feel or that bleeds
- A small lesion with an irregular border and portions that appear red, pink, white, blue or blue-black.
- A painful lesion that itches or burns
- Dark lesions on your palms, soles, fingertips or toes, or on mucous membranes lining your mouth, nose, vagina or anus

Signs and symptoms of less common skin cancers

Other, less common types of skin cancer include:

- **Kaposi sarcoma** This rare form of skin cancer develops in the skin's blood vessels and causes red or purple patches on the skin or mucous membranes.

Kaposi sarcoma mainly occurs in people with weakened immune systems, such as people with AIDS, and in people taking medications that suppress their natural immunity, such as people who've undergone organ transplants.

Other people with an increased risk of Kaposi sarcoma include young men living in Africa or older men of Italian or Eastern European Jewish heritage.

- **Merkel cell carcinoma** Merkel cell carcinoma causes firm, shiny nodules that occur on or just beneath the skin and in hair follicles. Merkel cell carcinoma is most often found on the head, neck and trunk.
- **Sebaceous gland carcinoma** This uncommon and aggressive cancer originates in the oil glands in the skin. Sebaceous gland carcinomas — which usually appear as hard, painless nodules — can develop anywhere, but most occur on the eyelid, where they're frequently mistaken for other eyelid problems.

When to see a doctor

Make an appointment with your doctor if you notice **any changes to your skin that worry you**. Not all skin changes are caused by skin cancer. Your doctor will investigate your skin changes to determine the cause.

What is the Difference Between Green, Red, and Yellow Bell Peppers?

By [Ms. Susan M. Collins-Smith](#) MSU Extension Service



Bell peppers come in a rainbow of colors and varieties and have many health benefits. The variety and amount of time a bell pepper spends on the plant determines its color and ripeness.

Green bell peppers appear first and are the least ripe. As they mature, they usually turn another color. Depending on the variety of bell pepper this may be yellow, orange, red, or purple. There are even some bell pepper varieties that mature to nearly white or almost black in color.

Color isn't their only difference. Nutrient content and taste also vary among bell pepper varieties.

Nutrients

If you want to up your Vitamin C intake, you can try adding bell peppers to your diet. All bell peppers contain Vitamin C. It is an essential nutrient that helps the body repair tissues and heal wounds. Vitamin C also helps your body absorb iron. **Green and red bell peppers, respectively, have two and three times more Vitamin C than an orange.**

Bell peppers also contain Vitamins B6, K, A, and E along with minerals and antioxidants. As bell peppers ripen, their cancer-fighting antioxidant properties change. Lutein and zeaxanthin are found in green bell peppers and are important for our eye health. Violaxanthin is found in yellow bell peppers, and capsanthin makes fully mature [red] bell peppers red. Red bell peppers, which are the most nutrient-dense, also contain lycopene.

Taste

As bell peppers ripen, they get sweeter. Green bell peppers are slightly bitter and the least sweet, while red bell peppers are the sweetest.

These [Slow Cooker Stuffed Bell Peppers](#) will get dinner on the table quickly without heating up the kitchen.

Note from Extension Agent Rachel Zweig: To clarify, bell peppers do not go through a ripening transition of green to yellow to orange to red. All bell peppers start out green before ripening into their final color, be that yellow, orange, red, or purple.

If Green, Red and Yellow Peppers Are the Same – Why Do Some of Us Hate the Taste of Green Peppers?

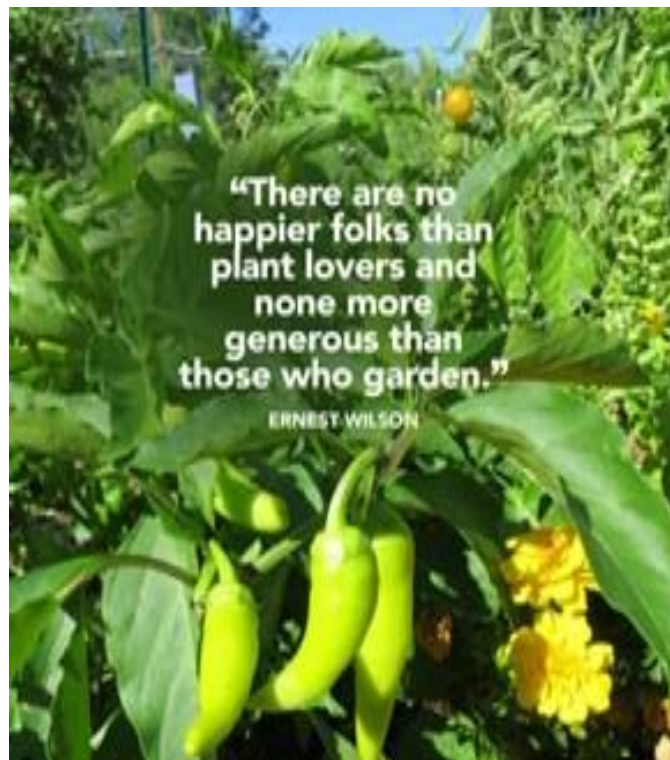
Kate Shaddock - SEMG

I love red peppers and often eat them like an apple. Yet, I can barely tolerate the taste of green peppers. If they really are the same vegetable – why do they taste so different to some of us?

When bell peppers are green, they produce volatile organic compounds (VOCs), including 2-methoxy-3-isobutylpyrazine – which gives off a “plant like smell” (and make it taste like Listerine to some of us).

As the peppers ripen, levels of these VOCs decrease, with the exception of E-2-hexenal and the E-2-hexanol, which contribute to a sweeter smell and taste.

As we’ve been researching the food that some of us love and others loathe, we’ve learned it’s often a chemical in the food that some of us can taste and make us dislike it, while the folks who cannot taste that chemical enjoy the food. In the pursuit of taste, plant breeders (sometimes) inadvertently select for certain chemicals. Bell peppers and many chili peppers, such as jalapeños and poblanos, are all the same species—*Capsicum annuum*—but have varying levels of capsaicin, the compound that produces the burning sensation.



Volunteers Needed – ISA Annual Conference

REMEMBER: First, you fill out and submit your volunteer form and get a special code or a direct link to the registration page.

Then go to the registration page and input the code to get the discounted price.



Volunteer for the ISA 2023 Annual International Conference in Albuquerque, New Mexico

Volunteers who sign up for and work a **minimum of 8 hours** at the event will receive a discount for attending the conference of **\$150**. The regular rate for non-members is usually **\$680!**

Please fill out the form [here](#) and you will receive a discounted rate that you can use to register. This rate is reserved for only confirmed volunteers who ISA has notified. If you do not receive a notification email Alyssa.Obrien@emnrd.nm.gov. Note, you need to sign up to volunteer and then fill out a registration. Make sure to do both.

Student volunteers who work across all three days of the conference will receive **complimentary registration**. This rate is only reserved for confirmed volunteers who ISA has notified. Register today and join ISA in one of the oldest cities in the United States, Albuquerque, New Mexico on 14-16 August. ISA will host the event along with the ISA Rocky Mountain Chapter at the Albuquerque Convention Center.

The ISA 2023 Annual Conference will **open at 10 a.m. Monday, 14 August with our general session** featuring a dynamic keynote, offer three days of great educational sessions, and conclude on Wednesday evening, 16 August with our closing celebration.

The ISA Annual International Conference is the world's premier gathering where arboricultural professionals, tree workers, and other tree enthusiasts from across the globe come together to discuss the benefits of and how to properly care for trees. Attendees will have the opportunity to expand upon their knowledge with lectures given by industry specialists and network with leading professionals in the tree care community.

Visit the [2023 Annual International Conference website](#) to see schedule of events, hotel recommendations, and additional helpful information.

HELP WANTED #1

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 #2 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 #3 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.

