

## Monthly Newsletter **SEPTEMBER 2018**

### *Plant of the Month*

#### ASTER AMELLUS



Asters are daisy-like perennials with starry-shaped flower heads. They bring delightful color to the garden in late summer and autumn when many of your other summer blooms may be fading.

The plant's height ranges from 8 inches to 8 feet, depending on the type. The plant can be used in many places, such as in borders, rock gardens, or wildflower gardens. Asters also attract butterflies to your garden!

Asters can be planted almost any time of the growing season, however, it's best to plant no later than early fall to allow plants time to establish themselves before winter. When planting, sprinkle a small source of phosphorus in the hole to aid root growth; just a teaspoon or two mixed in well with the soil is all that's needed. Once plants are established, they don't need to be heavily fertilized. One-fourth to one-half cup of organic fertilizer early in the season may be all that's needed to keep asters healthy.

### *Care:*

Asters need little in the way of maintenance. Care of asters may include deadheading for more blooms and occasionally includes controlling powdery mildew. This disease is most easily prevented by autumn or spring division of aster flowers, with the middle clump removed and discarded. Powdery mildew can also be controlled with insecticidal sprays and soaps, if started early and regularly applied during the growing season. Powdery mildew usually does no lasting damage to aster flowers, but should be controlled for aesthetic purposes. Spraying may also deter the small, gray lace bug, which sometimes feeds on the succulent growth of growing asters.

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### *Featured Recipe*

#### APPLE CINNAMON POPOVERS

##### Ingredients

- 2 eggs
- 1 cup milk
- 1 cup all-purpose flour
- 1/4 TSP salt
- 1 TSP sugar
- 2 TBS plus 6 TBS butter
- 1 Granny Smith apple, peeled, cored, & cut into 1/2-inch cubes
- 1 cup raisins

##### Directions:

1. Heat the oven to 425 degrees F.
2. Whisk the eggs and milk together in a medium bowl. Add the flour, salt, and sugar and whisk to blend. Melt 2 tablespoons of butter and whisk it into the batter.
3. In each cup of regular sized muffin tins, divide cold butter, apple and raisins. Place the muffin tins in the oven for 5 minutes to melt the butter and cook the apples slightly.
4. Remove the tins from the oven and pour the batter into each cup filling them half way up. Bake for 10 minutes, then reduce the heat to 375 degrees F and bake until puffed and golden brown, 15 to 20 minutes more. Serve hot.



#### SEPTEMBER GARDENING TIPS

- Transplant and divide most perennials.
- Replant containers with frost tolerant plants such as mums, pansies and flowering kale.
- Purchase spring flowering bulbs for October planting.
- Plant mums into well-drained garden areas. Plant on a slight mound to provide proper drainage to get mums through the winter.