

From: Paul Parent Garden Club <newsletter@paulparentclub.com>
Sent: Thursday, March 7, 2013 2:35 PM
To: rickmorin@earthlink.net
Subject: Paul Parent Club News for March 7th, 2013

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Edition 13.10	Paul Parent Garden Club News	March 7, 2013
 <p style="text-align: center;">FEATURED QUOTE : "Nature, to be commanded, must be obeyed." ~Francis Bacon</p> <div style="border: 1px solid black; width: 100px; height: 15px; margin: 0 auto;"></div> <p style="text-align: center;">Bonide DuraTurf Turf Turbo High Efficiency Lime</p> <p>Low pH can cause moss, weeds and bare spots in your lawn. Apply this product where moss grows to improve desirable grass growth.</p> <p>Most common lawn grasses require a soil pH of between 6.8 to 7.2, DuraTurf Turf Turbo helps balance soil pH, allowing your lawn to grow thick and healthy.</p> <p>Turf Turbo is so much more than simply a quick fix for soil pH! Our high quality calcium product is essential for healthy cell division, root growth, and efficient nutrient uptake. Turf Turbo improves soil structure, water infiltration, resistance to insect and disease damage as well as stress and drought tolerance. 30lbs. treats 5000 sq.ft. to maintain proper pH, and 2500 sq. ft. to raise the pH 1/2 point.</p> <p>For more information, see the Bonide website.</p> <div style="border: 1px solid black; width: 250px; height: 15px; margin: 0 auto;"></div>		<p style="text-align: center;">Gifts for the Gardener</p> <p>Here are some great ideas for gifts your favorite gardener will just love!</p> <p style="text-align: center;">Contact Information:</p> <p>E-Mail: Click to contact us.</p> <p>Telephone: (207) 985-6972 (800) 259-9231 (Sunday 6 AM to 10 AM)</p> <p>Fax: (207) 985-6972</p> <p>Address: Paul Parent Garden Club 2 Blueberry Pines Dr Kennebunk, ME 04043</p> <p>Regular Phone Hours: Mon.-Sat. 8 AM to 6 PM Sunday: 10 AM to 6 PM</p>
<p>Several hundred years ago in the mountains of Central Asia, early gardeners found trees that produced a fruit that would one day be grown around the world. This tree was moved from country to country by man because of its flavor, its ability to keep well in storage and its ability to grow most anywhere it was planted without much care. The Romans grew apples and propagated new varieties with grafting techniques. Early settlers in this country and abroad used crosspollination to develop new varieties and this is how the American gardener developed the Golden Delicious apple and other varieties.</p> <p>Here is what you will need to consider if you are thinking of growing apple trees in your yard this year. First and most important is location! By location I mean an area with FULL SUN all day. Do not kid yourself: the tree will grow in partial shade, but it will never produce the fruit it is capable of. Next is air circulation around the tree, to prevent possible early frost damage to the tree that is in bloom. Circulation of air around the tree will also minimize disease problems during the growing season, but avoid windy locations. Also, if you have the choice of planting on top or the bottom of a slope, always choose the top of the slope as cold air will always move downhill and cause problems early in the growing season.</p> <p>Drainage is also very important. Your trees should never be planted in soils that will have standing water during the winter and early spring. The soil should be fertile, well drained, slightly acidic, and as deep and rich as possible. Soils that are alkaline and shallow will make the tree struggle.</p> <p>Here is how to plant your tree this spring. Begin by digging a hole 2 feet deep and as wide as possible. If your soil is not good, dig the hole bigger so you can backfill the hole with conditioned soil when you plant. Use compost and animal manure to condition the soil around the plant. I also add Soil Moist granules, to help hold moisture around the young root system to help get it off to a better start during the heat of summer. Also use the new technology in soil science and add mycorrhizae-enhanced products when planting to stimulate root development.</p> <p>All fruit trees should be staked at the time they are planted to help keep them in place during windy days and prevent root damage by the wind. Stakes should be left on the trees for 2 years to insure good root development. When you place the soil around the roots of the plant</p>		<p style="text-align: center;">Tell your friends about Paul! Send them a copy of Paul's latest newsletter.</p> <p>(Note: this will not subscribe them to the newsletter, nor retain their email - it will just send them a copy from you.)</p> <p>Your e-mail []</p> <p>Your name []</p> <p>Their e-mail []</p> <p>Their name []</p> <p style="text-align: center;">[Send >>]</p> <p style="text-align: center;">Where can I find Paul on Sunday mornings?</p> <p>Click here to find Paul Parent Garden</p>

in the hole, firm it in place, but never stamp it down. Cover the planting bed with 2 to 3 inches of bark mulch around the plant to keep out weeds and help retain moisture during the heat of summer. This planting bed will also prevent damage to the trunk of the tree by your lawn mower or weed whacker when you care for the lawn in your yard.

Water regularly for the first year right up to the time the leaves fall from the plant in the fall--water is that important to plant growth. Spring and early fall are also the perfect times to fertilize your tree until it is well established and producing fruit.

Use a slow release fertilizer like Plant-Tone for uniform growth above and below the ground on the plant. Also very important is to add a ring or collar of hardware cloth wire around the trunk of the plant to prevent rodent damage. Make the wire covering a good inch away from the trunk and push it into the ground 1 to 2 inches deep to keep all types of animals away from the tender and sweet-tasting bark. The wire should be 2 to 3 feet high and remain around the plant for 3 to 5 years if you have animal problems on your property.

The type of tree you select will depend on the amount of work you desire and the room you have on your property. The most popular types are standard growing trees that will grow 25 feet tall and wide, semi-dwarf trees that will grow 15 feet tall and wide and the dwarf trees that will grow under 10 feet tall and wide. Taller growing trees require more maintenance, more time by you, and better equipment--but produce more fruit. Semi-dwarf trees will be easier to maintain and you will not have to leave the ground to perform the maintenance; great for smaller spaces. Dwarf trees can be grown in a container or garden and are very easy to maintain but produce less fruit, so you'd need to plant more trees.

Plan a spraying program for your trees if you want good fruit and foliage from the tree. This will begin--before the flowers open--with an application of, Hi-Yield Lime-Sulfur to kill off disease spores that overwintered on the plant. I also apply it in the fall when all the foliage has fallen from the tree. At the same time, apply Bonide All-Season Oil to kill any overwintering insect eggs on the tree, both in the fall and spring. During the growing season, use a fruit tree spray every other week to keep problems under control.

New this year is a systemic foliage insect control for fruit trees to keep most all insects off the tree. The product, made by Bayer Advanced and called Fruit, Citrus and Vegetable Insect Control, will offer season-long protection without spraying! It will kill insects and prevent new infections; rainproof protection won't wash off. This product stays only in the foliage and will not enter the fruit.

Here is a trick to accurately time your first applications of fruit tree spray to make it more effective and have better control. Buy 2 plastic red apples with stems on them and tie a piece of string to them. Tie the apples on your fruit tree branch, at eye level and coat them with a thin layer of Vaseline. The red apple will become an insect monitor and when insects arrive, they will be drawn to the red apple. The insects will get stuck on it, telling you it is now time to apply your fruit tree spray and begin the spraying program. This idea was developed at the University of Massachusetts in 1970 by my Orchard Planning teacher, James E. Anderson, and our class--and it helped get him his Doctorate. Today it is used in all orchards across the country and because of this, LESS pesticide is used to grow your apples.

If you're going to do this right, get yourself a good book on growing fruit trees. I recommend *The Backyard Orchardist* by Stella Otto. Learn all the tricks of the trade from a family-run business that specializes in fruit trees for a living. Planting, pruning, varieties, and harvesting--it's all there and easy to read and understand.

Apples have been around for a long time--it all began with Adam and Eve, so be careful what you eat! Apples are the Tree of Knowledge, The Tree of Life, and in this country it all began as a movement in Leominster, Massachusetts by John Chapman in 1774. John, a pioneer nurseryman better known as Johnny Appleseed, planted thousands of apple trees from New England to Ohio, Indiana, and Illinois. John was a pioneer and a gardener credited as the inventor of the modern apple; not a fairy tale, but a true person.

Americans eat 19 pounds of apples a year, that's just one apple per week on average and this fruit is Americans' favorite. Think "Mom and Apple Pie." An apple a day does keep the doctor away, as it helps to slow cholesterol plaque build-up, improves brain health and reduces the risk of heart disease. Just because Snow White got a bad apple, do not stop eating apples and apple products; you will be healthier.

Here are a few more apple quotes to remember and I am sure you have heard them before. "The apple does not fall far from the tree." "One bad apple can spoil the whole bunch." "As American as apple pie." Washington is the apple state, the number one producer of apples. If you watched the *Wizard of Oz*, the bad apple trees did throw apples at the Scarecrow and Dorothy. This spring, plant an apple tree and enjoy your garden.

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If you can answer yes to the following questions you are ready:

• Have you started your lawn mower and sharpened the blade yet? Now is the time to have it serviced before the waiting time becomes long.

• How about the rototiller or weed whacker--do you have fresh gas ready?

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The most grown fruit tree is the apple! Apples are believed to have originated in the mountains of Kazakhstan in central Asia. Pears, plums, peaches, and cherries are also popular but the apple has one characteristic the others do not have: the ability to be stored during the winter. Apples can be eaten when ripe in September and October but, when stored properly, will last well into the winter months. Not long ago, when fresh fruit was nearly impossible to find during the winter months, apples were king. Today, with modern shipping, any fruit is available at anytime of the year from around the world. But for the home gardener, this is still the best fruit for ease of winter storage.

It does not matter what type of fruit tree you plant; just follow these steps and all types of fruits will provide you with a nice crop of fresh fruit in the late summer to late fall. Begin by selecting a location with full sunshine. This location should be sheltered from the wind when possible and warm during the day. Try to avoid frost pockets and, when possible, plant on the side of a hill rather than at the bottom of a hill, because cold always slides down the hill and collects at the bottom. This is most important in the early spring when the fruit trees are in bloom, as a frosty morning could kill all your flowers and no fruit will form.

All fruit trees prefer a soil that is well drained and rich in organic matter. When planting fruit trees, be sure to add plenty of compost to help get them off to a great start. A slightly acidic soil is preferred; pH 6.0 to 6.5 is recommended. In a wet location on flat ground, the tree will struggle. If you have a clay-type soil plant something else, because your trees will never do well. Newly planted fruit trees must be watered regularly during the first year, and I recommend it be twice a week, 5 to 10 gallons each time. If the summer gets hot and dry, water more!

Fertilizing in the spring is best--before the foliage appears on the tree--with an organic slow release fertilizer such as Tree-Tone, Milorganite or Dr. Earth Fruit Tree Food. Lime is necessary when you see moss growing on the ground around the trees. No moss growing--no lime needed. Mulch piled around the base of the tree will help the tree in many ways. Mulch or compost should be 2 to 3 inches deep and 3 to 4 feet wide around the tree. This will keep the weeds away, keep the soil cooler during the summer and hold surface water longer around the tree during the summer. This planting bed also prevents YOU from hitting the trunk of the tree with the lawn mower or weed whacker when maintaining the yard. Compost around the base will slowly feed the young roots every time it rains, to encourage a good root development and a better tree.

At the time you plant your fruit trees, use a single stake driven into the ground to support the tree for the first couple of years and tie down the tree with wire and a hose sleeve to prevent damage to the tree. This will help create a straight growing tree. Wrap the trunk of the tree with a circular ring of hardware cloth wire to protect the bark of the tree for the first 5 years from mice and rabbits. The wire ring should be 3 inches away from the trunk of the tree and pushed into the soil 2 inches deep. The height of the wire should be 24 inches. (Remember to remove the supports before the tree grows into them!)

In February or March, prune your tree to control size and create a better shape on the tree. When the outdoor temperature is above 40 degrees, spray your fruit trees with dormant or horticultural oil to kill eggs laid on the tree last fall by insects. This will really help with insect problems during the year. Also spray your trees with Liquid Copper Fungicide to help eliminate disease spores left on the plant last fall. These two sprayings should always be done before the foliage develops on the tree. When the tree is in bloom, "DO NOTHING" to the tree or you could cause all the flowers to drop, resulting in no fruiting on the tree. Once the flowers fall from the fruit tree, develop an every-other-week spraying program to control disease and insect problems. For organic control use Organocide fruit tree spray from Organic Labs, or the new liquid Fruit Tree Spray from Bonide Lawn and Garden. Do this until 2 weeks before harvest.

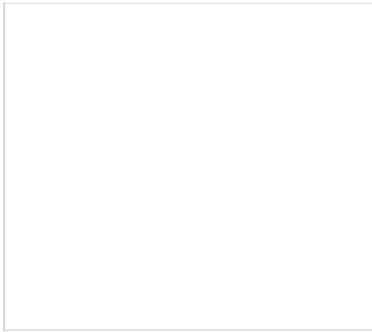
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Alaska trip

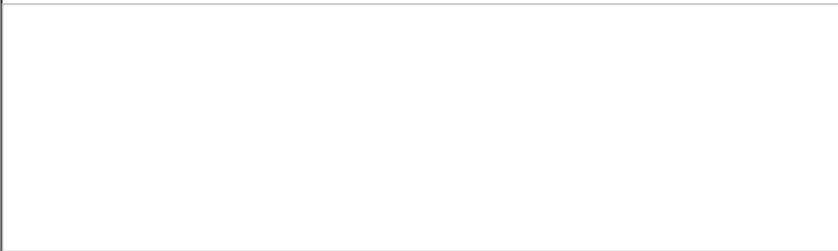
Paul Parent will be hosting a tour that includes:

- Vancouver, BC
- Butchart Gardens--55 acres of floral display!
- Cruising the Inside Passage:

- Ketchikan
- Icy Strait Point
- Juneau
- Skagway
- Hubbard Glacier Cruising
- Seward
- Scenic Drive to Anchorage
- Denali National Park
- Fairbanks City Tour, a tour of the Gold Dredge # 8 and a cruise down the Chena river on the Riverboat Discovery Sternwheeler.



[Click here for more information.](#)



This Week's Question

What is another name for the plantain lily?

- A. Ajuga
- B. Clematis
- C. Helleborus
- D. Hosta
- E. Toad Lily

This Week's Prize:

Bio-tone® Starter Plus
All Natural Plant Food Enhanced with Bacteria and Mycorrhizae

- Microbe-enhanced all natural plant food
- Includes both endo and ecto mycorrhizae
- Grows larger root mass to help plants establish fast
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- Reduces transplant loss



For more information, [see the Espoma site.](#)

[Click Here to Answer](#)

Last Week's Question:

Which of these plants was Luther Burbank NOT responsible for developing?

- A. Freestone peach
- B. Opata plum
- C. Flaming Gold nectarine
- D. Shasta daisy
- E. White blackberry

Last Week's Winner:

K. Peteya

Last Week's Answer:

B. Opata Plum

Last Week's Prize:

Bio-tone® Starter Plus

One winner per question - we choose winners from the list of those who answer correctly. Winners must be newsletter subscribers. We'll ship you your prize, so be sure to put your address in the form in case you win!

Are you looking for a great gift for a gardener (or yourself)? This garden journal helps make planning and organizing easy. This journal, *autographed personally by Paul*, makes a perfect gift for gardeners. The cover holds a 5x7 or 4x6 photo and a heavy-duty D-ring binder.

Also included:

- 8 tabbed sections
- 5 garden details sections with pockets for seeds, tags...
- Weather records page
- 6 three year journal pages
- Insect & diseases page - 3 project pages
- 3 annual checklist pages
- Plant wish list page
- 2 large pocket pages
- Sheet of garden labels
- 5 garden detail sheets
- 5 graph paper pages for layouts
- 5 photo pages, each holding four 4x6 photos in landscape or portrait format

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Featured Recipe: Crock Pot Corned Beef and Cabbage

- 1 (3 to 4 lb.) corned beef brisket
- 1 large head cabbage quartered and rough chopped
- 8 peppercorns
- 6 cloves garlic, peeled
- 4-5 parsnips
- 1-2 turnips
- 2 bay leaves
- 1 pound carrots, peeled
- 6 large potatoes
- 1 stalk celery, chopped thin
- 3 whole cloves, sliced lengthwise
- 1/2 tsp. Old Bay seasoning
- 1/2 tsp. black pepper, ground

Step by Step:

- Wash brisket. Using a small sharp knife, cut tiny X slits in the meat and insert garlic

clove slices.

- Place the meat in a large crock pot and cover with water. Add bay leaves, peppercorns, Old Bay, 2 whole carrots and sliced celery.
- Heat on high for 30 minutes. Check to be sure meat has reached 160° (if not, cook on high a bit longer). Then skim off the foam and set the heat to low.
- Quarter the cabbage, peel potatoes, carrots, turnips and parsnips. Slice uncooked vegetables into 2 inch chunks.
- Add uncooked vegetables and continue to cook on low for 3 hours, or until vegetables are tender. Remove bay leaves.
- Drain and serve with honey Dijon mustard, or a mustard less spicy if desired.



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