



Know, Sow, Grow Flagler County

UF/IFAS Extension Flagler County

The University of Florida is an Equal Employment Institution

Early Detection, Rapid Response (EDRR)

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UF/IFAS Extension Sea Grant Agent, Interim Flagler County Extension Director

Most of us recognize that it is easier and cheaper to stop a problem when it first starts than it is to try and “fix” it once it is out of control. When dealing with invasive species, the management goal is often stated as “Early Detection, Rapid Response” or EDRR. The idea is that if an invasive is caught early, there is a chance of eradicating it before it gains a foothold.

I thought I’d share some species that people in Flagler County should be aware are potential invaders to our area. If you suspect that you see any of these, please let us know at the UF/IFAS Extension Office in Flagler County so we can get the identification confirmed. Specialists in our area can then take steps to control problem species.

Crape myrtle bark scale is a scale insect that, as its name suggests, feeds on crape myrtle trees. It was first discovered in Texas in 2004. By the spring of 2018, it had spread to eleven other states. While it has not yet been spotted in Florida, it has been found in Alabama and Georgia. Researchers feel that north Florida is at medium to high risk of being infested by this pest, which can probably tolerate temperatures through USDA Zone 9.

Some EDRR plants to watch for in Flagler County include Japanese honeysuckle, Old World climbing fern, and beach vitex.



Japanese Honeysuckle, Photo credit: Deah Lawrence, UF/IFAS



Old World Climbing Fern, Photo credit: Vic Ramey, UF/IFAS



Beach Vitex, Photo credit: Qwert1234

Fall 2019

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How To Plant a Tree

**Lori Powell,
Master Gardener Volunteer**

Fall is a great time to plant a tree. The weather conditions are cool and allow plants to establish roots in the new location before spring rains and summer heat stimulate new top growth. Trees provide beauty, oxygen and shade, and prevent soil erosion. Trees are also good for deflecting noise and wind as well as blocking unwanted views.

Before you begin planting your tree, be sure you have located all underground utilities prior to digging. Consider the full growth of the tree. Check overhead for utility lines.

Once you have decided where to plant your tree, follow these steps:

1. Dig a shallow, broad planting hole. Holes should be 2 to 3 times wider than the root ball and only as deep as the root ball. The majority of a tree's roots develop in the top 12 inches of soil. If the tree is planted too deep, new roots will have difficulty developing because of a lack of oxygen. When placing the tree in the hole, lift it by the root ball, not the trunk. Set ball on firmly packed soil to prevent settling. Identify the trunk flare. The trunk flare is where the trunk expands at the base of the tree. This point should be partially visible after the tree has been planted. Remove excess soil from the top of the root ball prior to planting if the root flare is not visible.

2. Remove the tree from the container. Remove any fabric, plastic string or wire from around the trunk and root ball to prevent girdling and to facilitate root growth. Girdling roots are large roots that grow across or around the other roots at the root crown. If there are girdling roots, straighten, cut, or remove them.



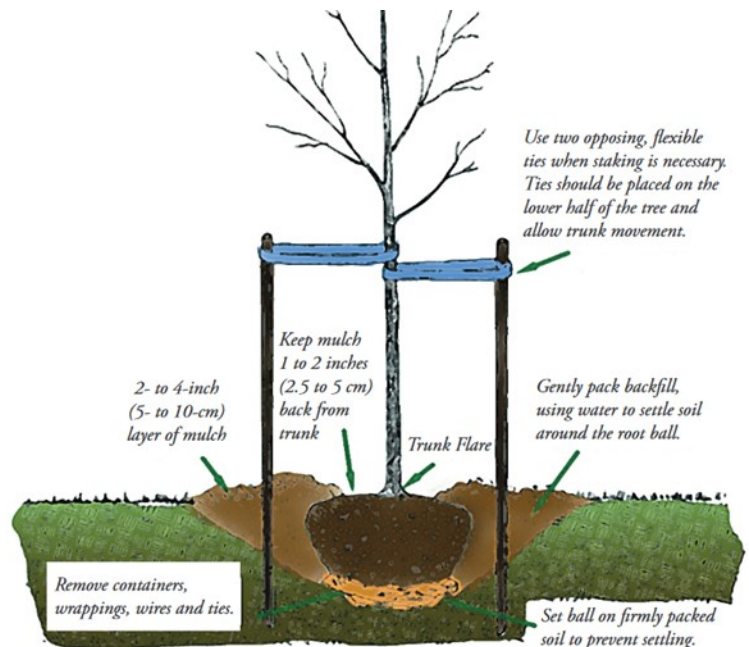
Photo Credit: Edward Gilman, UF/IFAS

3. Straighten the tree in the hole. Do not add soft fill or gravel to the bottom of the hole. Before backfilling, view the tree from several directions to confirm it is straight. Once planted, it is difficult to reposition the tree. Backfill the hole with surrounding soil. Fill the hole gently, but firmly. Do not leave any air pockets. Pack soil around the base of the root ball to stabilize it. Do not fertilize when planting.

4. If staking is necessary, use two opposing, flexible ties placed on the lower half of the trunk to hold the tree upright and to allow trunk movement. Stakes may also offer protection against lawn mower damage. Remove support staking and ties after the first year of growth.

5. Mulch the base of the tree. Spread a 2 to 4-inch layer around the base of a tree. Too much mulch can restrict oxygen and water from reaching the roots of the tree and could cause root rot. This will help to retain and reduce weeds and grass that compete with nutrients. Mulching is very beneficial for the health of the tree. The larger the mulched area around the tree, the less competition it will have from other plants and turf for moisture. The size of the mulched area depends on the size of the tree. For a tree with a 2 inch diameter trunk, a mulch circle of at least 6 feet in diameter is recommended. Do not pile mulch right up against the trunk of a tree as this may cause decay of the living bark. A mulch-free area, 1 to 2 inches wide at the base of the tree, reduces moist bark conditions and prevents decay.

6. The most important factor in a newly planted tree is proper irrigation. Roots can suffocate from too much water. Keep the soil moist, but not water-logged. When the soil is dry below the surface of the mulch, it is time to water. Water should be applied only to the top of the root ball. Never apply irrigation if the soil is saturated. Additional information can be found by visiting <http://hort.ifas.ufl.edu/woody/plantings.html>



Courtesy of the International Society of Arboriculture (ISA)



Lemon Thyme

Connie Balliet
Master Gardener Volunteer

Thyme is a small, mat-forming perennial herb with tiny gray-green leaves that is native to Europe, North Africa, and Asia. Thyme does best in Florida with good draining soil in a sunny location. It can be propagated by seed, cuttings, or by dividing rooted sections of the plant. Thyme retains its flavor on preservation drying better than many other herbs.

To dry, remove the top 1/3 portion of the plant when in full bloom and spread on newspaper in a well-ventilated room for several days until dry and crispy. When the plant is completely dry, strip the leaves and flowering tops from the stem and store in a sealed container.

Dried thyme's flavor can be preserved longer in the freezer and it will keep for several months. The leaves are used as a flavoring herb in cooking, raw in salads, and for an herbal tea.

A popular variety is *Thymus citriodorus*, known as Lemon Thyme or Citrus Thyme. Lemon Thyme distinctly smells like and tastes like lemon. It can be used in any recipe calling for lemon juice, lemon zest or lemon flavoring.

When rubbed on the skin, Lemon Thyme has 62% as much bug repellent ability as Deep Woods OFF. A skin test for allergies should be performed first to be safe.

<http://gardeningsolutions.ifas.ufl.edu/plants/edibles/vegetables/thyme.html>

<http://blogs.ifas.ufl.edu/nassauco/2017/05/28/fact-sheet-thyme/>

<http://blogs.ifas.ufl.edu/bayco/2015/10/27/novice-gardeners-should-consider-herbs/>

<https://edis.ifas.ufl.edu/pdffiles/FY/FY120900.pdf>

<http://edis.ifas.ufl.edu/vho20>



Lemon Thyme, Photo credit: Connie Balliet

The Health Benefits of Gardening?

Joanne Mason,
Master Gardener Volunteer

** 30 minutes of digging and shoveling burns about 150 calories, equivalent to riding a stationary bike at the gym for the same amount of time.

** 30 minutes of trimming shrubs burns about 182 calories, equivalent to vigorously lifting weights for the same amount of time.

** 30 minutes of raking leaves burns about 162 calories, equivalent to Intermediate Pilates for the same amount of time.

** 30 minutes of mowing the lawn burns about 182 calories, equivalent to low-impact aerobics for the same amount of time.

Gardening is not only good at burning calories but also strengthens joints and increases flexibility because you are constantly getting up and down, stretching, bending, and reaching to plant the seedlings or pull the weeds - and the health benefits increase from there! Just 30 minutes of daily gardening can help lower blood pressure and cholesterol levels, reduce the risk of heart disease and diabetes, and can prevent or slow down osteoporosis. Enjoy your outside gardening plants and remember the health benefits you will gain each time you venture outdoors! For more information visit: <https://edis.ifas.ufl.edu/ep145>

Watering Restrictions Change with the End of Daylight Savings Time

The St. Johns River Water Management District's watering restrictions are designed to ensure the efficient use of water for landscape irrigation. These watering restrictions apply from the First Sunday in November until the second Sunday in March

Addresses that end in an odd number can water once a week on Saturday.

Addresses that end in an even number can water once a week on Sunday.

Water only when needed and not between 10 a.m. and 4 p.m.

Water for no more than one hour per zone.

Restrictions apply to private wells and pumps, ground or surface water and water from public and private utilities.

Some exceptions apply. For more information visit: <https://www.sjrwmd.com/wateringrestrictions/>

Camellias in Your Garden

Donna Frangipane,
Master Gardener Volunteer

Fall is the best time to plant shrubs in our area and one that you should consider as an addition to your landscape is the camellia. It is a wonderful evergreen shrub that has its origins in Asia. There are many different varieties that bloom throughout the cooler season. There are early, mid and late flowering selections available from which to choose.

The *C. japonica* is what most gardeners have in mind when they mention camellias. It is naturally a large shrub or small tree that varies in size, growth rate and habit. The flower forms range from single, semi double, formal double, peony form, anemone form and rose form. The colors are quite exquisite ranging from white, yellow, and all shades of pink and red.

Camellias prefer well drained, acid soil and do best with afternoon shade. They are perfect incorporated into a privacy hedge or as a specimen plant nestled on the fringe of pine or oak trees. If the soil in your yard is alkaline consider placing one or two in containers located in a shaded area of an established shaded perennial bed or on a covered porch.

Once established, this shrub will provide blooms for many years and be relatively maintenance free. It is typically a slow growing plant that requires little to no pruning. To reshape or rejuvenate older plants, the time to prune is after blooming stops. Keep the roots well mulched particularly in the heat of the summer and apply fertilizer especially formulated for camellias in the spring and summer.

Camellias are relatively disease free. However, you should routinely check the deep green foliage for signs of tea scale. This white scale will show up on the undersides of the leaves and can be controlled with horticultural oil. The blooms of your camellias can occasionally develop petal blight, a fungus that will appear on the centers or tips of the flowers. Remove any and all affected blooms and clean up any that may have fallen to the ground. Sanitation is the best control.

C. sasanqua can be used as espaliers, ground covers, screening hedges, containers or even bonsai.

One of the most common and easy to grow varieties typically available in local garden centers is 'Kanjiro'. It is a deep rose-pink color with a semi- double 3-4-inch bloom and it will flower here between October and December.

Another lovely selection is 'Yuletide' and as its name implies will blossom close to the holidays. It is bright red with a contrasting yellow center. Both 'Kanjiro' and 'Yuletide' would be great choices for the beginner camellia gardener.

For more information regarding camellias visit <https://edis.ifas.ufl.edu/ep002>



From top left: single form, semi-double form, anemone form. From bottom left: peony form, formal double form, rose form double (flower opens to reveal stamens). Credit: Leu Gardens. Rose form double: Sydney Park Brown

UF/IFAS Extension Flagler County Demonstration Gardens

Visit our Demonstration Gardens at the Flagler County Extension Office at 150 Sawgrass Rd. in Bunnell and get ideas for your landscape. We are open Monday through Friday 8 am to 5 pm.

There are several gardens including the Florida Friendly garden, a shade garden, raised bed vegetable gardens, a rose garden, a native plant garden and even a pond garden. Several publications are available at the extension office to address your landscape issues.



Photo credit: Lori Powell

Fall Word Search

Kathi Wright,
Master Gardener Volunteer

P F M P K S S H E B Q D G Q A
 A G E K R S H G B R L P Z I A
 B I F R V U G U Y O C V G R Z
 M T V X T P N E A C W W U D P
 Z Z J L L I Z E C C A G A X X
 H Q D A A E L R Z O T P H E K
 S Y N G D S C I O L E T B I F
 B T M U L C H R Z I R G M G R
 A I N U T E P G H E F R J E C
 O Q O J J O G E P N C Z T D L
 S X E D N K L J B O D S I X Y
 C Z M Z G X P E E I A V E S X
 V Y F F U J D E B N Q S Q D Z
 X K C M P H V M F O P Q C L W
 G H F V V M B N N K M V Z F X



Aster
Broccoli
Eggplant
Fertilize
Mulch
Onion
Petunia
Prune
Salvia
Water



What to Plant in Your Garden this Fall

Vegetables

Beets	Lettuce
Broccoli	Radishes
Brussel Sprouts	Strawberries
Cabbage	Swiss Chard
Carrots	Turnips
Cauliflower	
Kale	



Herbs

Chives	Oregano
Coriander	Parsley
Dill	Sage
Fennel	Tarragon
Garlic	Thyme
Lemon Balm	Majoram

For more information on planting and maintaining your garden visit: <https://edis.ifas.ufl.edu/vho21>



Up-Coming Events

Living with bears in Florida

September 26

2:00—3:00 PM

UF/IFAS Extension Flagler County,
150 Sawgrass Rd., Bunnell, FL 32110

Janelle Mosser from the Florida Fish and Wildlife Conservation Commission will talk about black bear biology and ways people can reduce the chance of bear encounters in residential areas. The workshop is free, but pre-registration is requested. Call 386-437-7464 or register online at <https://flaglerbears.eventbrite.com/>



On-Going Events

Flagler County Public Library, Palm Coast

Master Gardener Volunteers will be available to respond to lawn, landscape and pest management questions with research-based solutions from the University of Florida from 9 a.m. to 11 a.m. on the last Saturday of every month.

Washington Oaks State Park

Master Gardener Volunteers are at the Washington Oaks Gardens State Park Plant Sale on the second Saturday of every month from 10 a.m. to 2 p.m. to answer questions and provide advice.

Speaker's Bureau

We are available to non-profits, homeowners associations, clubs, etc. Contact us if you would like an Agent or Master Gardener to present information to your group on horticultural topics.

UF/IFAS Extension Flagler County Master Gardener Volunteers

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E-mail: mgardener@flaglercounty.org
Facebook: <https://www.facebook.com/FlaglerCoExtension/>

If you are interested in joining the Flagler County Master Gardener Program, please contact the Extension Office at 386-437-7464.

Our Mission

To assist Extension Agents in providing research-based horticultural education to Florida residents.

Our Vision

To be the most trusted resource for horticultural education in Florida.

Stay Connected!

Flagler County Extension: <http://flagler.ifas.ufl.edu>

University of Florida Solutions for Your Life: <http://sfyl.ifas.ufl.edu>

Florida-Friendly Landscaping™: <http://ffl.ifas.ufl.edu>

UF/IFAS Gardening Solutions: <http://gardeningsolutions.ifas.ufl.edu/>

University of Florida Master Gardener: <http://gardeningsolutions.ifas.ufl.edu/mastergardener>

The Flagler County Master Gardener and Horticulture program is open to all regardless of gender, race, color, nationality, creed or disability.