



Highlights in

Horticulture

Baker County

November 2016

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Dear Extension Friends,

We would like to thank everyone who purchased daffodils and strawberries! We aim to provide our clientele with plants at reasonable prices while also raising funds to further enhance Extension programming. If you haven't had the opportunity, strawberry plants may still be available. Just call our office to see about placing an order.

Best Regards,

Alicia

Alicia R. Lamborn
Horticulture Extension Agent

Take our survey and enter
to win one of two prizes!

Newsletter Survey

We want your feedback regarding our monthly newsletter! To show our appreciation, we are giving away **two** prize packages that include a 40lb bag of organic fertilizer and an Amaryllis plant.

Enter to win by completing the survey online or scan the QR Code below with your smartphone:

<https://goo.gl/forms/d2uAb4SiXmSvC00v2>



STRAWBERRY PLANT FUNDRAISER

'Camino Real' Strawberries

- Released by University of California.
- Plants are small and compact
- Fruiting begins in late winter
- Good per-plant yields
- Large fruit with very good flavor

259-3520

1025 w. macclenny ave.

10 plants - \$5

50 plants - \$20

PRE-ORDER TODAY

PAY AT PICK UP

WHAT TO PLANT IN NORTH FLORIDA



NOVEMBER



FLOWERS

Alyssum	Baby's Breath
Calendula	Carnation
Delphinium	Dianthus
Dusty Miller	Foxglove
Hollyhock	
Ornamental Cabbage/Kale	
Pansy	Petunia
Snapdragon	
Verbena	Viola



VEGETABLES

Arugula	Beets
Broccoli	Brussels Sprouts
Cabbage	Carrots
Celery	Chinese Cabbage
Collards	Kale
Kohlrabi	Mustard
Onions, bunching & bulbing	
Radish	Spinach
Strawberries	
Swiss Chard	Turnips

PEST MANAGEMENT & FERTILIZING TIPS

Most Florida soils benefit greatly from the addition of organic matter such as compost.

RESOURCES :

Gardening with Annuals in Florida
<http://edis.ifas.ufl.edu/pdf/files/MG/MG31900.pdf>

Florida Vegetable Gardening Guide
<http://edis.ifas.ufl.edu/pdf/files/VH/VH02100.pdf>

Control weeds in the garden because they can be a source of insects and diseases. Mulching, hand-pulling and hoeing work best. Recommended mulches are straw, fallen leaves and unfinished compost (avoid wood mulches and sawdust). Several layers of newspaper covered with leaves work great between rows.

Slow-release fertilizers provide a continuous nutrient supply over an extended period of time. For best results, apply at the labeled rate or based on your soil test results.

Houseplants for the Forgetful Gardener

Would you like some indoor greenery, but worried you'll forget to water a houseplant? There are several plants that are extremely easy to care for, for both low light and brightly lit areas of your home. Pothos, cast iron plants, and spider plants are excellent low-maintenance choices for low-light areas. Or try an aloe, ponytail palm, or Christmas cactus for sunnier spaces. None of these plants require much in the way of water or attention.



Pothos 'Pearls and Jade', a new cultivar developed at the University of Florida

Another fool-proof house plant that doesn't require much care is the heart-leaf philodendron. These easy-growing foliage plants are often grown in hanging baskets or in places that allow the thin stems and heart-shaped leaves to beautifully spill out of their container.



The heart-leaf philodendron will tolerate a range of lighting conditions from diffused light to shade; just avoid direct sunlight as this can burn the leaves. While philodendrons prefer high humidity, they are capable of tolerating the low humidity levels of a typical household. Fertilize your philodendron every 3-4 months to keep your plant looking great.

While philodendrons are easy to maintain, too much water or too little light can cause yellowing leaves, and too much fertilizer can cause the leaf tips of your plant to brown and curl.

If you have pets in the house, make sure it's in a place where curious paws cannot get to it. Philodendrons are toxic to pets.

Adapted and excerpted from: gardeningsolutions.ifas.ufl.edu

Florida "Cranberries"

Wouldn't it be great if your Thanksgiving cranberry sauce could come from ingredients grown in your own back yard? Ever heard of Florida cranberries? Well if you haven't, the first thing you should know is they aren't really cranberries at all. But don't let that turn you off roselle, the plant that could provide you with the main ingredient to make your own tangy red, locally sourced holiday dressing.

Roselle (*Hibiscus sabdariffa*) is also called Florida cranberry, red sorrel, or Jamaica sorrel, although it is actually native to Central and West Africa and is grown around the world. A relative of hibiscus and okra, this plant was once a very popular edible. The part of the plant that is edible are the calyces of the roselle flower which can be used to make a variety of jams, sauces, and teas.



Roselle calyces. Photo by Roy Cui

Characteristics

Roselle produces attractive foliage and flowers and will reach a height of about 7 feet. Many parts of the plant, including the seeds, leaves, fruits, and roots, are used medicinally or in foods. The leaves are lobed and reddish-green and can be used as a cooked green or added raw for a nice "zing" to a salad. Appearing in October, the flowers are typically yellow with a dark center and about 3 inches wide. The part of the plant most popular however, is found at the bottom of each flower. This fleshy, bright red cup-like structure contains the plant's seeds and is called a *calyx*. The color and tart taste of the calyces makes them a good replacement for cranberries.

Florida "Cranberry" Sauce

Roselle can be used to make a cranberry sauce alternative.

Try using chopped roselle calyces in place of cranberries.

Sauces should be kept refrigerated and consumed within a few days.

In the Caribbean, roselle is used to make a festive Christmas drink. Bakers can substitute roselle for rhubarb when making a fruit crisp or pie. The seeds, which are high in protein, can be roasted and brewed like coffee, or ground and added to soups and salads. The nutrient-rich calyces can either be stored frozen or dried for making cordials, punches, and jams. The calyces can also be used to add color and flavor to herb teas. Be sure to harvest calyces before they turn brown on the plant and separate them from the seeds before using them in recipes.



Planting and Care

Roselle is started from seed or cuttings and typically planted outdoors in April or May. The variety 'Victor' has proven to be a good choice for gardeners in South Florida. Early pruning will increase branching and the development of more flowering shoots.

Plants begin to bloom as the days shorten (in 4-5 months) and the calyces are ready for harvest in October or November. Calyces should be harvested when they are tender and plump; they will stay fresh for about a week after picking. Harvesting encourages more flower buds to develop. You won't have to plant a lot of roselle to get a good harvest; one plant will give you many fruits—as much as 12 pounds with the right care.

Roselle does best in well-drained soil and appreciates watering when rainfall is inadequate. Be aware that this plant does not do well in the shade and needs plenty of sunlight to thrive. Roselle can also be planted in Florida in August. It is only hardy in zones 9-10, and is damaged by frosts or freezes; plan your harvest before temperatures drop below 40° F. Root-knot nematodes are the major pest you will have to deal with when growing roselle, so be sure to practice crop rotation to reduce nematode problems. Since roselle grows as an annual, be sure to save seeds from one season to the next. It is an heirloom plant that is passed from gardener to gardener, but may also be found in spring and summer at your local farmers market.

November Gardening Tips

- November means it's time to change your watering schedule! One thing to consider is that just because our watering restrictions say we can water once per week, doesn't necessarily mean we need to water each week. It's best to keep an eye on your plants and let them tell you when it's time to water. For landscape plants, wait until they show the first signs of wilting. For lawns, only water when leaf blades get that blue-gray color or start folding in half lengthwise. Of course, once your lawn goes dormant, it won't need much, if any, supplemental irrigation. So turn your irrigation clock to manual and try to let mother nature do the work.

Did You Know?

Reducing irrigation during the winter (November—March) by watering once every other week saves about **8,259 gallons** per 1,000 square feet.

For a 5,000 square foot lawn, that equates to over **41,000 gallons** of water saved!

- Recycle those falling leaves and pine needles in the garden by using them as mulch. Leaves and pine needles work great as mulch, helping to hold moisture and prevent weeds, plus they break down quickly, adding organic matter to the soil. Mulch should be maintained at 2-3 inches around all landscape plants and recycling these materials will allow you to top off any existing mulch that may have gotten depleted over the year.
- As the leaves begin to drop this time of year, many of us start to notice what may appear to be problems on our trees. Spanish moss, ball moss, and lichen are all commonly mistaken to be harmful in some way, although these organisms seldom need any attention at all. They do not kill or rob the trees of nutrients; they only need a place to live. For more information on lichen, visit http://baker.ifas.ufl.edu/Horticulture/Controlling_Lichens.html
- Keep an eye out for tree wraps this month, which are usually available during fall at gardening supply stores. Begin wrapping tree trunks at the first threat of cold weather to protect young trees and graft unions of young fruit trees and guard against winter cracking and damage. Foam pipe insulation can also be used as a substitute. Just remember to remove wraps in early spring before the buds begin to swell so that growth is not inhibited.
- Unless you are growing annual flowers or vegetables, you can put away the fertilizer for winter. While some fruit trees can be fertilized in late winter, most trees, shrubs, perennials, roses, citrus, and other fruits will not require fertilizer until spring. Lawns especially should not receive fertilizer until the weather warms in April.



A collection of different forms of lichen.



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For Extension Programs offered around the state, see the IFAS Extension Web Calendar at <http://calendar.ifas.ufl.edu/calendar/index.htm>.

Extension programs are open to all people regardless of race, color, age, sex, handicap, or national origin. In accordance with the Americans with Disabilities Act, any person needing a special accommodation to participate in any activity, should contact the Baker County Cooperative Extension Service at 1025 West Macclenny Avenue, Macclenny, FL 32063 or telephone (904) 259-3520 no later than ten (10) days prior to the event. Hearing impaired persons can access the foregoing telephone by contacting the Florida Relay Service at 1-800-955-8770 (voice) or 1-800-955-8771 (TDD).