



An Equal Opportunity Institution





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**Lake County MGV Mission Statement**

The mission of UF/IFAS Lake County Master Gardener Volunteers is to assist extension agents by providing horticultural education programs and current research-based information to the public through plant clinics, community outreach and Discovery Gardens.

# Garden Scoop

## Asteraceae

BY K. S. Kennen

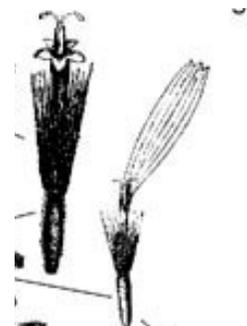
One family of plants that most gardeners can recognize is the one commonly called the daisy, sunflower, or aster. So many names, but in botanical terms these plants are in the Asteraceae or Compositae family. They were originally described in 1740 and called Compositae because the species have dense flowers composed of many small florets. They also have star like inflorescence; that's why they are known as Asteraceae and *aster* in Greek means *star*. Of the over 32,000 known species, Florida has 440 species and 331 of those are native and 41 of the 331 native species are endemic.

Asters are easily recognized from a distance because of their flowers. The distinct combination of a center made up of disk flowers, which bear single seeds with a hard shell (achene), and ray flowers around the edge demonstrates that they are definitely in the Asteraceae family.

Another identifying characteristic of this plant family is the production of a type of fruit called an achene, which is a dry and single-seeded fruit that does not open at maturity. Probably the one known the most, since many people and birds love to eat them, are sunflower seeds. Most of us crack open the hard shell that is protecting the seed of the sunflower and eat the inside seed. Another achene that many of us are familiar with is *Bidens alba*. The fruit is a dry achene that is black or dark brown with barbed thorns at the end that help with dispersal of the single seed found inside.

Interestingly there are some plants that are in the Asteraceae family that may surprise you, because when grown they are not allowed to flower but are harvested to eat so you may have never seen their flower. Lettuce, *Lactuca sativa*, is part of the aster family. A few other edibles in the aster family are chicory, dandelion, endive, globe artichoke, and Jerusalem artichoke. When the plants are allowed to flower, probably for the purpose of seed production, this is called bolting.

For more information refer to [https://edis.ifas.ufl.edu/entity/topic/family\\_asteraceae](https://edis.ifas.ufl.edu/entity/topic/family_asteraceae)



Even the "petals" are individual flower



Each seed is produced by a single tiny flower.  
Dandelion  
*Botany In a Day*  
Thomas J. Elpel



Annette Chandler, UF/IFAS



Lettuce flowers and fruit  
Wikipedia



For more information contact: UF/IFAS Extension, Lake County Office [lakemg.ifas@ufl.edu](mailto:lakemg.ifas@ufl.edu) ▪ (352) 343-4101 ▪ FAX (352) 343-2767

# Winter Weeds

By Reggie Doherty

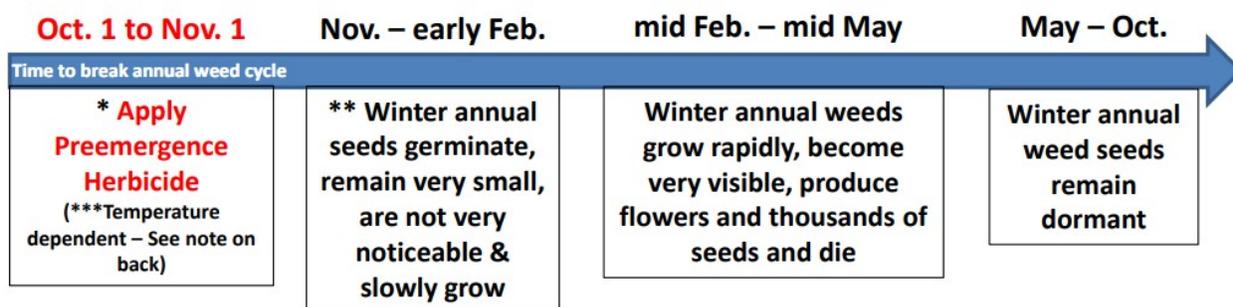
Florida may not have the typical winter weather, plant dieback, and plant dormancy as other parts of the United States have, but it sure does have winter weed growth! While our turf is growing less, the winter weed seeds are waiting to sprout. The best way to control them is to spray a preemergence herbicide between October 1<sup>st</sup> and November 1<sup>st</sup> when nighttime temperatures drop to 55° to 60°F for several consecutive nights. This will be just before the winter weeds emerge.

The best preemergent to use is dependent upon the type of weed: grass (hollow, round, open-leaf sheath); broadleaf (dicot); or sedge (solid, triangular, closed-leaf sheath). The specific weed's name is not as important as identifying the type because different weed control products are used on different weed types. Use preemergent herbicides in early fall to prevent the seeds from germinating. Here are some common winter weeds in Florida:

- Broadleaf – chickweed, henbit, cudweed, wild radish, lawn burweed, thistle, red sorrel, Carolina or cutleaf geranium
- Grass – annual bluegrass
- Wildflower – Florida betony, fireweed

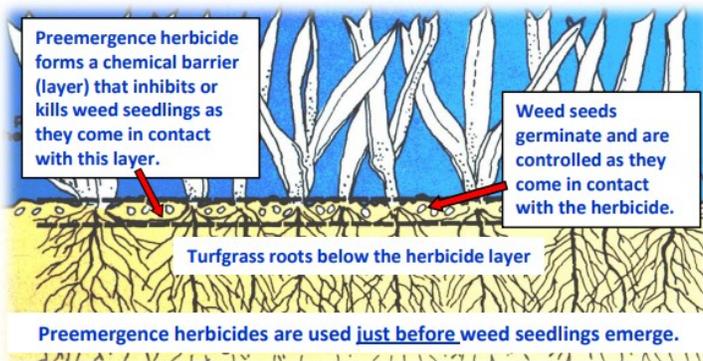


## Winter Annual Lawn Weed Control Timeline



\* For season-long weed control, second application of preemergence herbicide may be needed 6 to 9 weeks after initial application, based on product's label directions.

\*\* Can "spot treat" immature (young) winter annual weeds with a postemergence herbicide. Note: Postemergence herbicides are used to control weeds after they are up and growing (visible weeds), preferably while they are young and before they produce seeds.



Resources: [Winter Weed Control](#) | [EDIS ENH884](#), [ENH1311](#) (Homeowner Herbicide guide) | [Chickweed](#) | [Winter weeds](#) | [Lawn weeds](#)

## What's Cooking? HONEY BEET BREAD

BY Lori Johnson, Family & Consumer Science Agent

Did you know beets are a good source of copper and manganese? Copper helps form bones, helps nervous system function, and helps tissues form. Manganese helps in wound healing and also in forming bones. In addition, beets are a good source of folate that helps make healthy blood cells.

### Honey Beet Bread

Recipe adapted from *Taste Of Home*

#### Ingredients:

- 2 packages ( ¼ oz each) active dry yeast
- 1 ½ cups warm water (110° to 115°)
- 2 tablespoons honey
- 1 ½ cups grated uncooked fresh beets,  
squeezed dry
- 1 cup warm milk (110° to 115°)
- 2 tablespoons butter, softened
- 2 ½ teaspoons salt
- 6 ¼-6 ¾ cups all-purpose flour
- 1 large egg white, lightly beaten
- Sesame seeds



#### Directions:

1. In a large bowl, dissolve yeast in warm water. Add honey; let stand for 5 minutes. Add the beets, milk, butter, salt and 3 cups of flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled in size, at least 50 minutes.
3. Punch dough down. Turn onto a lightly floured surface; divide dough in half, shape into 2 loaves. Place in 2 greased 9x5 inch loaf pans. Cover and let rise until doubled in size, about 40 minutes.
4. Brush with egg white; sprinkle with sesame seeds. Bake at 350° until top begins to brown 30-35 minutes. Remove from pans to wire racks to cool.

# Plant Clinic Clatter

By R. Doherty, MGV

## DEAR MASTER GARDENER,

I was visiting my sister in Tampa, and she had this yellow flower in her garden that looked like a weed? Should I tell her to pull it?

**DEAR HOMEOWNER:** This looks like the Starry Rosinweed (*Silphium asteriscus*), a Florida wildflower from the Aster family that propagates through rhizomes, seeds, or cuttings. It's a pollinator favorite and birds will eat the seeds – then “replant” them for us as volunteers. A beautiful, yellow bloom - lasting from early spring, well into fall – loves the full sun, well-drained soil, and is drought tolerant. The common name “rosinweed” refers to the gummy or resinous substance found in the stems. Native Americans chewed stems to clean their teeth and for medicinal uses.

It has been documented in 23 counties in Florida and prefers the panhandle and western coast. It likes to grow in sand hills and undisturbed area. She is fortunate to have this as part of her garden.



Photo: R. Doherty, MGV



Photo: FL Wildflower Foundation



Photo: UF/IFAS

# Fall Color:

BY: Karen S. Kennen, MGV

Often former northern transplants (people not plants) will long for the color that is often found during the fall in the cooler, northern states. What they don't realize is that there are fall colors in the warmer south during the fall months, if you have the correct plants.

Flowering plants that will provide some beautiful, vibrant colors for your fall garden are chrysanthemums, pansies, and snapdragons.

An easy to grow perennial for supplying fall colors is a chrysanthemum. Chrysanthemums come in a variety of colors (yellow, orange, red, pink, salmon, and even multi-colored) and can grow in full sun when planted in an enriched, well-drained soil. Be sure to plant "garden" mums and not "florist" mums, since they will grow better in your garden. Just like mums, pansies which are annuals like to be in the sun and come in a variety of colors but have more blues and color combinations than mums. Snapdragons, another annual, are not only great to add fall color but also can add height to your garden bed. All perennials and annuals should have their blooms clipped to encourage continual flowering during the season along with an application of timed release, granular fertilizer.

Muhly grass is a Florida native, if you are not familiar with it, that might surprise you with its fluffy, fall bloom. I was amazed when I drove by a field of pink, feathery blooms one fall. This grass can add distinctive, fall color to your garden. Pairing it with a nearby shrub of magenta colored, fall berries would be striking. Another native, the beautyberry shrub provides not only magenta, fall color but food for the birds.

In addition to flowering plants, grass, and shrubs, there is also one tree that would definitely fulfill your desire for northern, fall color. The red maple (*Acer rubrum*), a Florida native, provides color each autumn when the tree changes into colors of yellow, orange, and red. The red maple grows from 60 to 75 feet tall and 25 to 35 feet wide and just like the northern trees, it is deciduous. For a tree that turns to an intense red plant the variety Florida Flame and for a tree that first turns yellow, then orange, then purple before its leaves fall, purchase the variety Red Sunset.



Pictures from UF/IFAS Gardening Solutions

# Treemendous: Southern Pinxter Azalea

## Jamie Daugherty, RHA

While not technically a tree, the southern pinxter azalea (*Rhododendron canescens*) grows up to 15 feet tall with a spread of 6 to 10 feet. This native is also known as the bush honeysuckle. Its scientific name, *Rhododendron canescens*, is very appropriate since in Greek “rhodo” means rose and “dendron” means tree. The other word, *canescens* means gray or off-white hairs and refers to the hairs found on the undersides of the leaves.

This azalea’s multi-stemmed, broad shape gives it an interesting appearance in the landscape especially when it has lost its leaves in the winter and bursts into fragrant blooms in the spring, creating an astounding show of color. Flowers in white and pink clusters offer a fragrant and eye-catching display. Found naturally in wetlands from zone 6B-10A, this can be a perfect addition to a landscape. This plant will grow in full sun if protected from the afternoon sun that can burn its leaves. It prefers moist, well-drained soils. Check the soil pH before planting because iron deficiencies can occur if the pH is too high. The ideal soil pH range is 4.5-5.5. Also, root rot can be a concern in soil that is not well drained.

Consider the southern pinxter azalea for your landscape as an alternative in a location suitable for a small tree. Besides its beauty and fragrance of its flowers, the blooms will attract hummingbirds, butterflies, and bees. With no pests or diseases of significance to worry about, this native azalea variety could work well in your landscape.

<https://edis.ifas.ufl.edu/publication/FP504>

<https://plants.ces.ncsu.edu/plants/rhododendron-canescens/>



Photo by Dr. Sandy Wilson, UF



<https://ffl.ifas.ufl.edu/resources>

# Garden of the Month

The garden of the month for August is the Cottage Garden. Congratulations to the co-leads, Mary Lou Trevino and Sandy Batlach. Because of the summer rains, this garden offers lush greenery in spite of the summer heat. There is also color in the garden from the pink, flowering vine along with the blooming roses in front of the natural, stone wall.



## SEPTEMBER WILDFLOWERS

BY R. Doherty, MGV

September is wildflower month and is the perfect time to harvest seeds or plant some new wildflowers. Fall is the ideal time to plant many wildflowers in Florida and October 1 thru December 31 are the best dates for planting. In October, the weather is ideal to start seeds and the seedlings have time to grow and become hardened off before the possibility of frost. Plant seeds in areas with few or no weeds, after you've lightly scratched the bare soil with a rake. In grassy areas, mow closely before planting, and remove the clippings. Wherever you plant, broadcast the seeds by hand or with a spreader, and rake the soil lightly again. You won't need to fertilize your native wildflowers because they're adapted to the low fertility soils of Florida.

Wildflowers add a myriad of colors to your garden and can be planted intentionally for [all seasons](#) in Florida (see below for seed/plant sources). Wildflowers also attract pollinators, beneficial insects, promote ecological landscapes, and are just plain gorgeous.

For fall, a few native wildflowers for Central Florida can include rayless sunflower (*Helianthus radula*), slender blazing star (*Liatris gracilis*), tropical sage (*Salvia coccinea*), and lanceleaf tickseed (*Coreopsis lanceolata*).



Rayless Sunflower UF\IFAS



Slender Blazing Star UF/IFAS



Lanceleaf Tickseed UF/IFAS



Tropical Sage UF/IFAS

Wildflower Resources: [Native Wildflowers](#) | [Common wildflowers](#) | [FL Wildflower Foundation](#) | [Gardening Solutions](#) | [Purchase natives](#) | [Wildflower Seeds](#) | [seasonal planting](#) | [Central FL Planting](#) | [Popular wildflowers](#) | [Create a Meadow](#) | [FL Wildflowers](#) |

### Master Gardener Volunteer Plant Clinic

Bring your plant, insect, and soil problems to our Plant Clinic for advice Monday through Friday 10:00 a.m. to 2:00 p.m. The plant clinic is staffed by volunteers. Please call ahead at 352-343-4101 to be sure that someone is in the clinic to assist you with your question. You may also send photos of your local problems to Jamielyn Daugherty at [jdaugherty@ufl.edu](mailto:jdaugherty@ufl.edu) or to the plant clinic at [lakemg@ifas.ufl.edu](mailto:lakemg@ifas.ufl.edu).

# Classes

INFORMATION for classes and registration, if required, can be found on the following website:  
<https://www.eventbrite.com/d/fl--clermont/lake-county-extension/>

## September 17th PROPAGATION

Plant propagation is the process of creating new plants. Come join us to learn more about this process and the great benefit it offers. Class fee includes materials that you take home.

TIME: 10 am

COST: \$15

LOCATION: 1951 Woodlea Rd, Tavares, FL

## September 28<sup>th</sup> FOOD PRESERVATION

This program will provide an overview of the pickling process, fruits and veggies that can be pickled, and important food safety practices. During the class, you will make your own jar of pickled green beans to take home.

Pre-registration is required, space is limited. Participants must register by September 26, 2022.

TIME: 6- 8 pm

COST: \$15

LOCATION: 1951 Woodlea Rd, Tavares, FL

## Discovery Gardens

Please plan a visit to over twenty different gardens located at 1951 Woodlea Road in Tavares. The hours are Monday through Friday and the third Saturday of the month from 9 a.m. until 4 p.m. Just like your yard, Discovery Garden changes with the seasons and will reveal something new with each visit. The hot weather is still here into the month of September. Come visit and see the changes in the garden.

An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Andra Johnson, Dean. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.