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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

The Root of the Matter

BY K. S. Kennen

A root vegetable is the fleshy, large root of a plant used as a vegetable. Of the numerous root vegetables you can grow in your garden, this article is about four that are easy to grow. Any root vegetable should be planted in loose soil since it is important to give the root unimpeded planting area so the root can develop properly. These four are planted in Central Florida beginning in the month of September. Each can easily be started from seed. They are radish, carrot, beet, and turnip.

Radishes are probably the easiest to grow and can be planted from September to March directly in the ground from ¼ to 1 inch deep and 1 inch apart. The seed should germinate between 5 to 10 days. Harvest when they are younger for better flavor in 20 to 30 days. If you want a sweet, red, round radish try 'Cherry Belle' or for a red and white sweet variety, try 'Sparkler'. For one that has a milder flavor, try 'White Icicle'. Remember that you can eat the greens also but be sure it is a young plant for better texture and flavor.

Carrots are a crop that requires patience since it takes from 70 to 120 days before you can harvest them. The tiny seeds are easy to over-plant, so be sure to thin from 1 to 3 inches apart. Some gardeners plant carrots with radishes to mark where they are since the radishes will grow and be harvested before the carrots have any height. Two varieties to try are 'Nantes' or 'Danvers'. A different one to grow would be the 'Purple Haze' which actually is a deep purple carrot.

Beets can be over-seeded and thinned to two to three inches apart. Be sure to give the seeds plenty of water until they sprout. A few varieties that can grow well here are 'Early Wonder', 'Little Bell', 'Cylindra', or 'Detroit Dark Red'. Harvest them in 50-70 day when the beets are from 1 ½ inch to 2 ½ inch in diameter. At three inches or larger, they will be tough. This root crop is perfect to can, freeze, or even pickle. Don't forget you can eat the leaves that are sweet and tender. They can also be eaten raw in salads or steamed, sauteed, braised, and added to soups.

Finally, there is the turnip which is the oldest known crop and also has some varieties with both leaves and roots that are edible. Plant the seeds and after five days when they have germinated, thin to three inches apart. Plant 'Purple Top White Globe' if you want to eat all parts of the plant. The green can be harvested even before the root is ready to harvest at three inches or less. The root will be ready to harvest in 40 to 60 days. Interestingly, there is also a variety of turnip that does not develop a tuberous root and is grown only for the greens. That is the 'Shogun'.

If you want to plan for a future, cool weather crop, try one of these roots. For detailed information please go to <https://gardeningsolutions.ifas.ufl.edu/>.

For more information contact: UF/IFAS Extension, Lake County Office lakemg.ifas@ufl.edu •

(352) 343-4101 • FAX (352) 343-2767

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Freshen With Annuals

K. S. Kennen, MGV

Now is the time to freshen your garden beds by adding a selection of annuals whether seeds or transplants. The selection is varied and can be made dependent upon color, favorite, nectar, height, or any other criteria that works with your landscape design.

My favorite is the zinnia since you can add color and attract pollinators to your garden. Zinnias come in many colors and bloom fullness. They can range from six inches to three feet tall. They like to grow in the full sun but do not do well in moist soil. I notice the gulf fritillary, along with the small, hard to see, carpenter bee, both like this flower. The blooms of zinnias can also be part of a colorful, cut flower arrangement. The seeds are easy to start and can be sown directly in the ground. Just follow the directions on the seed packet. I do notice that late in the season of the plants, they will develop brown leaf spot which is unattractive, but they still bloom.

Periwinkles, also called vincas, are another simple bedding annual that you can plant in your landscape. These flowers do attract pollinators and come in varied colors such as pink, red and magenta. It is easy to find plants in a nursery of periwinkles to plant in your garden. You can attempt to direct sow the seeds, but it is challenging since the germination process is slow. Two disease resistant varieties are 'Cora' and 'Nirvana' which were developed since other periwinkle species had several disease problems. This plant likes to be kept on the dry side and grows from 7 to 24 inches high.

If you want to have colorful foliage in your garden, don't forget to think about adding some coleus. There are so many, colorful choices of this leafy plant that any gardener should be able to find one that works in their garden. In the past, this plant would not do well in sunny locations but recently developed varieties will grow in the sun but be sure that they receive enough water. Also, the color of the leaves of some of the plants are not as intense when grown in sun. Pinch off blooms so the foliage is the focus and will keep become fuller.



Gator Glory Coleus Developed by Dr. D. Clark

What's Cooking? The Root of the Matter, Borscht

by Tamre Parsons, MGv

You have probably heard of borscht, but have you ever made it?

I know that I have wondered about it. Often referred to as beet soup, the dish packs a nutritional wallop with its lineup of ingredients. So, you think it is just beets; the ingredient list includes beans (protein), beets (iron), carrots (carotene), potatoes (potassium, Vitamins C and B6), and cabbage can be added (Vitamins C and K, fiber, etc.). The author suggested that her children did not appreciate the cabbage, so she would make it without for the children.

For root veggies (radishes, carrots, potatoes, beets, and turnips), IFAS suggests them as winter crops. The Gardening Solutions calendar advises planting carrots, radishes, beets, and turnips in October. Check out IFAS Gardening Solutions publications "Vegetable Gardening by Season", "Heat Tolerant Vegetables", and "Cool-Season Vegetables" articles for your favorite vegetable.

Warning: beet juice stains everything. Wear gloves when handling beets. A beet stain removal guide is:

- 1) Use a paper towel to blot off excess juice.
- 2) Run cold water over underside of stained fabric to push the stain out.
- 3) If stain persists, apply a stain removing agent (such as dish soap) and launder cloth as usual.



Ingredients for borscht:

- 3 medium beets, peeled and grated
- 4 Tbsp olive oil, divided
- 8 cups chicken broth + 2 cups of water
- 3 medium Yukon potatoes, peeled and sliced into bite-sized pieces
- 2 carrots, peeled and thinly sliced

Ingredients for Zazharka (mirepoix):

- 2 celery ribs, trimmed and finely chopped
- 1 small red bell pepper (optional) finely chopped
- 1 medium onion, finely chopped
- 4 Tbsp. Ketchup or 3 Tbsp tomato sauce

Additional flavorings:

- 1 can white cannellini beans with juice
- 2 bay leaves
- 2-3 Tbsp white vinegar
- 2-3 tsp sea salt, or to taste
- ¼ tsp black pepper, freshly ground
- 1 large garlic clove, pressed
- 3 Tbsp chopped dill

The author suggested to

- Use a potato peeler to peel beets
- Slice beets into matchsticks
- Or use a food processor that grates more coarsely (than a hand grater) so the beets still have some texture
- A food processor also keeps the counter and your hands clean

Instructions:

- 1) Peel, grate, and/or slice all vegetables (place potatoes in water to keep from turning brown and drain when ready to use).
- 2) Heat a 5 ½ quart or larger pot over medium/high heat and add 2 Tbsp of olive oil. Add grated beets and sauté 10 minutes, stirring occasionally until beets are softened.
- 3) Add 8 cups of broth and 2 cups of water. Add sliced potatoes and carrots then cook for 10-15 minutes or until easily pierced with fork.
- 4) While veggies are cooking, place a large skillet over medium/high heat and add 2 Tbsp of oil, chopped onion, celery, and bell pepper. Sauté stirring occasionally until softened and lightly golden (8-12 minutes). Add 4 Tbsp ketchup and stir fry 30 seconds then transfer to the soup pot to continue cooking with the veggies.
- 5) When potatoes and carrots reach desired softness, add 1 can of beans with their juice, 2 bay leaves, 2-3 Tbsp white vinegar, 1 tsp salt, ¼ tsp black pepper, 1 pressed garlic clove, and 3 Tbsp chopped dill. Simmer for an additional 2-3 minutes and add more salt and vinegar to taste.

Cabbage option (traditional):

Add ¼ to ½ head of small cabbage, thinly shredded when the potatoes are halfway cooked.

Recipe Ukrainian Borscht by Natasha Kravchuk

natashaskitchen.com

on Instagram, Facebook, and Twitter! #natashaskitchen

Photo: <https://www.grocery.coop/fresh-from-the-source/root-vegetables>

Plant Clinic Clatter

By R. Doherty, MGV



DEAR MASTER GARDENER: I've recently moved from up North and am unsure of what to plant and when to plant in my vegetable garden. Can you help me?

DEAR HOMEOWNER: Here in Central Florida, we have three growing seasons:

Cool Season	Warm Season	Hot Season
<ul style="list-style-type: none"> Plant before last frost date (2/11-2/20) September-March Spring/Fall 	<ul style="list-style-type: none"> Plant after last frost date (12/11-12/20) February – August Less 60 degrees at night for summer harvest 	<ul style="list-style-type: none"> Start seeds indoors June – August Can grow fast & often
E.g., Onions, Strawberries, Lettuce, Radishes, Carrots, Cucurbits	E.g., Beans, Melons, Peppers, Tomatoes, Squash	E.g., Okra, Sweet potatoes, Southern Peas, Cherry Tomatoes, Seminole Pumpkins

To know what to plant during these seasons, refer to the UF/IFAS Florida [Vegetable Gardening Guide](#) tables.

Table 1. Planting Guide for Florida Vegetables.

Crop	Planting Dates in Florida (outdoors) ¹			Yield per 10 ft (pounds)	Plants per 10 ft ²	Days to Harvest ³	Spacing (inches)		Seed depth (inches)	Transplant Ability ⁵	Plant Family ⁶
	North	Central	South				Plants	Rows ⁴			
Arugula	Sept-Mar	Sept-Mar	Oct-Mar	2.5	30-40	35-60	3-4	10	¼	I	(Cabbage) Brassicaceae
Beans, bush	Mar-Apr Aug-Sept	Feb-Apr Aug-Sept	Sept-Apr	4.5	30-60	45-60	2-4	18	1-1½	III	(Bean) Fabaceae
Beans, pole	Mar-Apr Aug-Sept	Feb-Apr Aug-Sept	Sept-Apr	8	24-40	50-70	3-5	36	1-1½	III	(Bean) Fabaceae
Beans, lima	Mar-Apr Aug	Feb-Mar Aug-Sept	Sept-Apr	5	20-40	60-80	3-6	18	1-1½	III	(Bean) Fabaceae
Beets	Aug-Feb	Sept-Feb	Oct-Jan	7.5	30-60	50-70	2-4	12	½-1	I	(Beet) Chenopodiaceae
Broccoli	Aug-Feb	Sept-Feb	Oct-Jan	5	8-12	75-90 (50-70)	10-15	24	¼- ½	I	(Cabbage) Brassicaceae
Brussels Sprouts	Aug-Feb	Sept-Feb	Oct-Jan	10	5-7	90-120 (70-90)	18-24	24	¼-½	I	(Cabbage) Brassicaceae
Cabbage	Aug-Feb	Sept-Feb	Sept-Jan	12	8-13	85-110 (70-90)	9-16	24	¼- ½	I	(Cabbage) Brassicaceae
Cantaloupes	Feb-Apr	Jan-Mar	Dec-Mar	15	4-6	85-110 (70-90)	20-36	60	½-1	III	(Squash) Cucurbitaceae
Carrots	Aug-Mar	Aug-Mar	Sept-Mar	10	40-120	70-120	1-3	10	¼	II	(Carrot) Apiaceae
Cauliflower	Aug-Feb	Sept-Feb	Sept-Jan	8	7-10	75-90 (50-70)	12-18	24	¼- ½	I	(Cabbage) Brassicaceae
Celery	Aug-Feb	Sept-Mar	Oct-Mar	15	10-20	75-90	6-12	18	On surface	II	(Carrot) Apiaceae

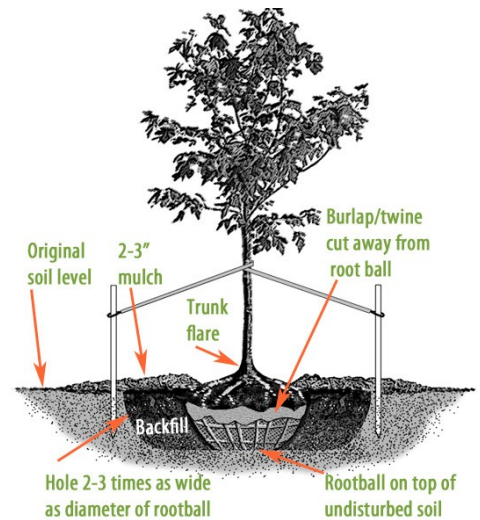
Treemendous: Loquat

BY: J. Daughtery, RHA

Growing your own food forest has become a popular concept over the last few years. Here in Central Florida, there are a number of fruit trees that you can grow successfully in your yard. A loquat tree (*Eriobotrya japonica*) is a great option to consider. With over 1,000 years of propagation in China, there are now at least 20 varieties to choose from.

This evergreen tree grows between 20-35 feet tall. Be sure there is enough room in your garden before planting. Keep 20-35 feet from structures and power lines. Mature trees produce 35-300 pounds of fruit that can be eaten skin and all, but avoid eating the seeds in the center. You can plant these seeds but unfortunately the new tree will take 6-8 years to bear fruit. The fruit is also not likely to taste as good as the parent tree.

When planting this tree select a location in full sun. Loquats can grow in most soil types in Florida. Dig the hole 2-3 times the size of the root ball. Use the diagram for tree planting procedures.



Fertilize trees in the first year every 6-8 weeks with a 6-6-6. Mature trees only require fertilization 2-3 times per year. You can use a 6-6-6 or an 8-3-9.

Water new trees 1-2 times a week for 2-3 months, then once a week for the next 3 years. Substantial rain can limit the watering requirement. Trees four years and older only require watering when the fruit is developing. Overwatering can lead to issues that can lead to tree decline.

Several diseases can be an issue. Fire blight is a major one, especially if too much nitrogen is used. Fire blight is caused by a bacteria and leads to blackening of branch tips then to necrosis. Trim infected branches 12 inches past the infection. Remove infected branches quickly since rain can spread the infection. Crown rot cankers and root rot can also be an issue but are usually only of minor concerns.



Fire Blight diseased fruit and leaves



Healthy buds and leaves

Garden of the Month

Native Landscape Garden, led by Master Gardener Volunteer, Eileen Pumphrey, has been selected as garden of the month. Using native plants along with other Florida Friendly plants is a way to have a self-sustained landscape. One native that could be a focal point in this garden is the firebush with its bright orange blooms that attract all types of pollinators and will grow from 5 to 10 feet tall. Be sure to also include some self-seeding annuals like the state wildflower, coreopsis. To keep your garden looking neat, be sure to have mulch to hinder growth of weeds and keep plants trimmed and dead ones removed. For more information about natives in your landscape see <https://www.fnps.org/> and <https://gardeningsolutions.ifas.ufl.edu/plants/orname/amentals/native-plants.html>



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 or to the plant clinic at lakemg@ifas.ufl.edu.

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.

Classes

CLASSES OFFERED FOR PUBLIC AT LAKE COUNTY LIBRARIES

Check individual library website calendars to verify presentations.

MARCH 10, 2023, 10:30-11:30 AM

Trees and Hurricanes

Free and no registration

Cagan Crossings Library

Preparing trees for hurricane season is a long process with many things to consider. Learn more about pruning, planting, and long term, tree management to reduce risk during storm events.

MARCH 16, 2023, 2-3 PM

Florida Friendly Fruit Trees

Free and no registration

Marianne Beck Library

We are fortunate to have climate that allows us to grow some interesting plants. Fruit trees are a popular option for many. Learn more about options that work in Central Florida and how to care for them.

MARCH 16, 2023, 5-6 PM

Vegetable Gardening

Free and no registration

Leesburg Public Library

Learn how to grow your own food. This class looks at how to start a garden; what to grow; how to manage pests; and more.

MARCH 21, 2023, 12-1 PM

Introduction to Florida Friendly Landscaping

Free and no registration

Eustis Public Library

This class introduces the 9 Florida Friendly Landscape principles and how you can integrate them into your home landscape.

MARCH 26, 2023, 2-3 PM

Herb Gardening

Free and no registration

Mt. Dora Public Library

Growing your herbs is a great way to have fresh herbs easily accessible. Not all herbs work at all times in Florida. Come learn how to grow a successful herb garden.

Classes and Garden Tours

Fridays In the Garden

March 3, 2023, 12 – 1 pm Online Zoom

Join Seminole County agent Kaydie McCormik and Lake County Agent Jamie Daugherty as they cover growing an edible garden in this online class.

Register online at <http://bit.ly/1frigarden>

Saturday In the Garden: Spring and Fall Garden Vegetables

March 18, 2023, 10 – 11 am Lake County Extension 1951 Woodlea Rd, Tavares, FL 32778

Learn how to grow your own food. This class looks at how to start a garden; what to grow; how to manage pests; and more!

Fee: \$5

GARDEN TOURS Lake Extension Discovery Gardens 1951 Woodlea Rd, Tavares, FL 32778

All tours are either Signage, Audio, or Docent. Each day is a different tour, and you will be surprised with which one you will get when you come! Docent Tours in the Discovery Garden are led by a trained Master Gardener Volunteer and last about 1.5-2 hours for a full garden tour. Educational Signage tours are self-paced. Allow 1-2 hours for this tour. Audio tours are self-paced. Allow 1-2 hours for this tour.

Monday, March 6 th	Any time from 9am to 1pm
Tuesday, March 14 th	Any time from 9am to 1pm
Saturday, March 18 th	Any time from 9am to 1pm
Thursday, March 23 rd	Any time from 9am to 1pm
Wednesday, March 29 th	Any time from 9am to 1pm

Contact the lead researcher with questions

Jamie Daugherty, Residential Horticulture Agent

jdaugherty@ufl.edu

352-343-4101 x 2722

Location

1951 Woodlea Road

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. Come see the changes in the garden.

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UF/IFAS Extension Lake County Master Gardener Volunteers present the

2023 Spring Master Gardener Volunteer Plant Sale

March 25th, 8am-Noon

Discovery Gardens at UF/IFAS Extension, Lake County
1951 Woodlea Rd, Tavares 32778

UF/IFAS Extension Lake County Master Gardener Volunteers will be offering over 3,000 plants for sale to the public including Florida native species, butterfly and hummingbird attractants, edible plants, and many more.

All proceeds from the sale go to support Discovery Gardens and educational programs.



Cash, Check or Credit Cards accepted.

Checks must be payable to the: University of Florida –driver's license required for check payments.

Mobile Plant Clinic (staffed with Master Gardener Volunteers) & UF/IFAS Bookstore Will Be On –Site

Bring a Cart or Wagon or Use One of Ours*

*Limited Supply

For more information contact: Jamie Daugherty at jdaugherty@ufl.edu or JuWanda Rowell at juwanda.rowell@ufl.edu



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