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SOLUTIONS

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Garden Scoop

MINT PLANTS

BY K.S.Kennen, MGV

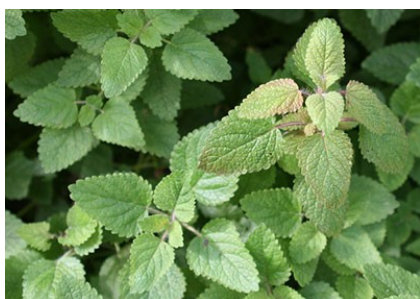
Mint is an herb perfect for beginning gardeners to grow since it is so easy to grow from either a plant or cutting that you might receive from a friend. This plant likes moist soil and will do well in part shade and morning sun. It can be planted in spring, summer, or fall in the ground or grown in pots. Mint is easy to grow but can become aggressive in your garden when runners extend outward to takeover many areas. Keep plants under control by either growing them in pots or regularly trimming to prevent spread.

This aromatic herb has dark, green leaves with notched edges and is in the *Labiatae* family along with basil, sage, rosemary, and oregano. There are 19 species with 6000 to 7500 varieties depending upon the source you are reading. Probably the most noted is peppermint followed next by spearmint in popularity.

In 1750 peppermint was developed as a hybrid from water mint and spearmint. This mint became widespread because people would bring a plant or cutting with them when they moved to settle in a new place. It was also used medicinally not only by settlers but by Native Americans to treat medical problems such as indigestion, congestion, blood sugar levels, or hypertension. There are two varieties of peppermint: black and white. Black peppermint has deep, purple-green leaves and a high level of oil. White peppermint has light green leaves and a milder flavor.

Just like peppermint, spearmint has the same medicinal uses but has a milder flavor than peppermint because it only has .5% menthol in its oil and peppermint has 40%. Growing conditions are the same as they are for peppermint, part sun and shade with moist soil. Of the two mints, spearmint is used more often in cooking since its milder flavor will not overpower other flavors.

Two ways to tell them apart is by the leaf shape and by the smell. Spearmint, like its name, has leaves that come to more of a point than peppermint. Like the leaves in the below picture on the right. The flavor and aroma of peppermint is stronger and more pungent than that of the milder spearmint.



Resource:
<https://gardeningsolutions.ifas.ufl.edu/plants/edibles/vegetables/mint.html>

Volume 41 October 2023

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UF UNIVERSITY of FLORIDA
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Lake County Extension

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.

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

(352) 343-4101 ▪ FAX (352) 343-2767

The Foundation for The Gator Nation

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What's Cooking: Pasta with Edamame, Mint, and Basil Pesto

Mint Basil Pesto

Prep time – 10 minutes Serves 8

Ingredients:

1 cup fresh mint leaves
1 cup fresh basil leaves
1 T fresh lemon juice
½ t salt
freshly ground pepper to taste
½ cup extra virgin olive oil
2 T grated Parmesan

Equipment:

Food Processor or
Blender

Directions:

Place mint, basil, lemon juice, salt, and pepper in a blender and process to blend, scraping down the sides. Drizzle in the olive oil until a loose paste forms, add as much oil to get the texture and concentration desired.



Pasta with Edamame, Mint, and Basil Pesto

Prep time – 10 minutes Serves 6

Ingredients:

1 pound thin pasta
2 cups shelled edamame cooked until tender and soft
1/3 cup Mint Basil Pesto
3 T extra virgin olive oil
Grated Parmesan and red pepper flakes to taste

Equipment:

Food Processor or Blender

Directions:

1. Cook the pasta according to package directions and drain but reserve one cup of the pasta cooking water.
2. Meanwhile, place edamame and pesto in food processor or blender and blend until pureed. Scrape down the sides, add ½ cup of water and the olive oil. Blend until smooth and fluffy.
3. Toss the edamame pesto with hot, cooked pasta and add up to another ½ cup pasta water to loosen pasta and help to coat the pasta with the sauce.
4. Serve hot, passing the Parmesan around the table.

Treemendous: Tulip Tree

The tulip tree, also called tulip poplar, is not a poplar but is in the same family as a magnolia tree and has tulip shaped flowers with colored bands at the base of the blooms just like many tulip flowers do.

This tree is a fast grower and will grow from three to five feet a year but will slow down as the tree ages and reaches a height of 80 to 100 feet with only a 40-foot spread. There are some found in the Joyce Kilmer Forest in North Carolina that have reached a height of 150 feet with seven-foot diameter trunks. The flowers appear in late spring or early summer and are a greenish yellow with orange blotches. Unfortunately, the blooms do not add any ornamentation to the landscape because they appear so high up in the tree and cannot be easily seen but they do attract hummingbirds and other pollinators. The tree also has a 2 to 3 inch, elongated cone with seeds that attract finches, cardinals, quail, mice, and squirrels. There are a wide range of soils that it can grow in (loamy, sandy, and clay) with a pH from 4.5 to 7.5.

Historically this tree was logged for its single, straight, tall trunk and used for railroad ties and fence posts. Daniel Boone used a 60-foot log hollowed out to make a dugout canoe. George Washington planted some at his Mount Vernon Estate that are now 140 feet tall. There is also a forest of tulip trees that can be found in Longwood Wekiva Springs State Park.

For more information refer to <https://edis.ifas.ufl.edu/publication/ST363>



Plant Clinic Clatter

By R. Doherty, MGV



DEAR MASTER GARDENER:

I'm seeing what looks like white cotton on the bark of my longleaf pine.

What's causing this and should I be concerned?

DEAR HOMEOWNER:

Regrettably, it looks like your pines are being attacked by the southern pine beetle (SPB), *Dendroctonus Frontalis*. They feed on the fungus your already damaged tree(s) have contracted. Unfortunately, once SPB has successfully colonized a tree, the tree cannot survive, regardless of control measures. The currently available insecticides (below) can only be used as prevention before a beetle attack. Contact a [licensed arborist](#) to verify this possible diagnosis.

Signs of Attack:

- Popcorn-like pitch tubes (white or red) on trunk of loblolly pines, brown pitch-runs on slash and longleaf pines
- 1 mm diameter holes in bark
- Serpentine egg galleries through the inner bark
- Pine needles changing from dark green to light green, to yellow, to red, then falling to the ground
- Woodpeckers debarking stems of green pines

Control & Prevention:

- Cut infested trees and spray bark to kill emerging beetles
- Spray healthy trees from crown down to ground
- Dursban 1% provides 2 - 4 months of protective prevention
- Lindane 0.5% provides 3 - 6 months of protective prevention

Resources: EDIS [EENY176](#) | [FOR331](#) | [S.P. Beetle](#) | [Quick Facts](#) | [Find an Arborist](#)

https://entnemdept.ufl.edu/foltz/eny3541/pbb/PBB_ID.htm



Figure 1. Larvae of southern pine beetle.
Credit: Jiri Hulcr, UF/IFAS



Figure 2. S-shaped galleries of southern pine beetle.
Credit: Jiri Hulcr, UF/IFAS

Garden Tours

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

From 1 – 4 pm

All tours are either Signage, or Audio. 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.

Signage Tour

October 4

October 20

October 25

November 6

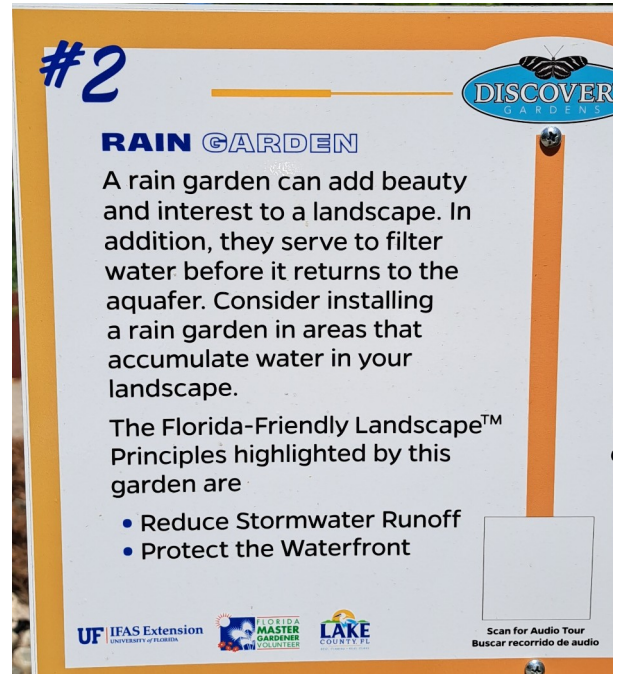
November 27

Audio Tour

October 9

November 2

November 21



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 am until 4 pm. 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.

Master Gardener Volunteer Plant Clinic

Bring your plant, insect, and soil problems to our Plant Clinic for advice Monday and Wednesday 10:00 am to 2:00 pm. 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.

Events

Saturday In the Garden

October 21, 2023, 10am -12pm Lake County Extension Office, 1951 Woodlea Rd., Tavares
Registration on Eventbrite. Cost \$30
Water Conservation and Wolf Branch Sink Trip

Other Event

October 14, 2023, 9 am to 12 pm Lake County Extension Office, 1951 Woodlea Rd. Tavares
Water Wednesday. Learn about the importance of water and how to use and conserve through such stations as: rain barrel, mulch, container gardening, hydroponics, etc.

LIBRARY CLASSES

October 8, 2023, 2 – 3 pm

Container Gardening Free and no registration

Mt. Dora Public Library

Create an oasis in your landscape or on your balcony. Containers can work in almost any space. Learn what plants work for containers, how to arrange them, and how to care for them.

October 17, 2023, 12 – 1 pm

Growing Bromeliads and Ginger Free and no registration

Eustis Public Library

Two shade loving plants that are easy to grow can become a part of your landscape.

October 18, 2023, 2 – 3 pm

Florida Friendly Fruit Trees Free and no registration

Tavares Library

Learn which fruit trees can be grown in central Florida and how to care for them to be successful in having fruit on your tree.

October 18, 2023, 5 – 6 pm

Flowering Trees Free and no registration

Leesburg Library

Which flowering trees can bring color to your landscape and how do you plant and care for them.

October 19, 2023, 2 – 3 pm

Tree Pruning for the Homeowner Free and no registration

Marianne Beck Library

Learn how and when to prune your trees to keep them healthy and looking green.

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