

NEWSLETTER

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Community x Gardens = Lifelong Friendships

Blossom End Rot

by Katie Walker

Blossom end rot is a common problem in tomatoes, peppers, and other fruits, caused by calcium deficiency or uneven moisture levels. If your plants are suffering from this condition, you will notice rot starting on the end of the fruit where the blossom would have been or before your fruit begins to ripen. A few preventative tips include: Keeping the soil consistently moist, but not waterlogged. Avoid letting the soil dry out completely between waterings. Ensure the soil has adequate calcium by adding lime or gypsum if necessary. You can also use calcium-rich fertilizers or amendments. Use a balanced fertilizer to provide essential nutrients to the plants. Look for signs of blossom end rot, such as small water-soaked spots at the blossom end of the fruit. Proper pruning can help the air circulation around the plant. Some plant varieties are more resistant to blossom end rot than others. You can buy varieties of plants that are bred specifically resistant to blossom end rot. Try Heatmaster, Solar Fire, Solar

What's Growing On

**"Happiness held is the seed:
Happiness shared is
the flower"**
~John Harrigan

Committee Meeting: will be held June 18. Our efforts have not gone unnoticed by board members. The committee is working toward a cohesive communication between the board and the gardens. We will keep everyone posted on the progress.

Shout Out: The committee would like to give a shout out to Lee Neitzel for clearing the pathways in section 2 on his own time during the week!

Beautification Initiative: We are close to reaching our goals. With that being said, the committee has decided to suspend Clean Up Day until the fall. Have a safe summer gardeners!

Available Beds: We now have 7 beds available. Contact **Ken Tiller (210) 665-1217** for information.

Blossom End Rot cont...

Set, Heatwave II, Sunmaster, Florida 91 and Phoenix as tomato varieties that are good for hot, humid environments too. We hope these preventative tips will help you develop the desired harvest of tomatoes, squash peppers, cucumbers, and melons!



Flower Power

Pink Ladies In the Primrose family, at one time was thought to be toxic. Current research debunked that notion. The flower and leaf are edible. It is helpful with rheumatism and headaches. Texas native.

Marigolds This common flower is edible but not all taste the same, ranging from lightly citrusy to a mildly spicy kick. Extremely versatile.

Autumn Sage Also native to Texas, this self-sufficient flower uses minimal water to survive. A wonderful addition to meats, stews and teas. Have an upset stomach? You

HIBISCUS

Hibiscus Sabdariffa is a strain of edible Hibiscus used in spices, jams, cheese, and libations, or, you can eat the dried seeds. The flavors range from tart, light citrus, with hints of floral. It has been used in medicinal circles for generations. Stop into Cabana Pantry to inquire about this versatile flower.



*It is vital to inquire about edibility of each genus or variety of flower for yourself and animals

CABANA PANTRY

We have a hidden gem called Cabana Pantry on The Island, owned by Crystal Lyons. Inside this treasure chest you will find specialty items such as unique spice blends, homemade rubs, and artisanal seasonings edible. This quaint boutique also offers a variety of cooking classes for kids, teens, and older aficionados. Kid classes are offered the first Tuesday of the month. This summer, 3-day *Global Flavors* camps for several age ranges. Adults excite the senses with the *Tiki Brunch* or *Pasta Party* in June. Looking for a more eclectic class, try *Cooking with Cactus*, among others. These events are great for small groups, team builders, or girls' night out. Use the website to sign up under 'Events' at Cabanapantry.com. Located at **14493 SPID suite E/F**.

**Always check the labels for
edible plants for animals or
human consumption**

can chew on a leaf.

Bee Balm Often used as a powerful antibacterial, antifungal, and anti-nausea tea, it can also be tossed in with a greens salad or used for baking!

Nasturtium Peppery in taste, perfect in salads. Some believe it fights bacteria, fungi, viruses, and tumors. This flower is toxic to cats.