



OUTREACH & EXTENSION  
**UNIVERSITY OF MISSOURI**  
**LINCOLN UNIVERSITY**

# Garden Talk!

for the Heartland Garden Enthusiast

September 2003

## What's Inside

- Fall Care of the Home Lawn
- What I Learned at Garden N'Grow
- Apple Facts
- Recipe for Apple Pizza
- Gardening Tips for September

## Upcoming Events

\*September 5-7: *State Master Gardener Conference*; St. Louis, MO

\*September 20: *7<sup>th</sup> Annual Fall Festival*; Rutledge, MO; 9 am to 4 pm; sponsored by Rutledge community members; Contact Irene Mayfield, 660-883-5891.

\*September 27: *2nd Annual Sorghum Festival*; Sandhill Farm, Rutledge MO, 12-4 pm. Contact Stan at 660-883-5543 or see his website at <http://sandhillfarm.org>

\*October 4: *Field day at Blue Heron Orchard*-Dan Kelly of Canton; This is an organic apple orchard and produce farm, that was recently awarded a Sustainable Agriculture Demonstrations Grant to build a straw bale storage room.

## NEMO FOODFEST TO BE HELD SEPTEMBER 20

Interested in buying locally produced foods but don't know where to get them or what types of products are available? Then come join us Saturday September 20<sup>th</sup> on the Square in Kirksville for FOOD FEST 2003. Local producers will be displaying and discussing their products as well as providing free samples.

There will also be team cook-offs, vegetable contests, door prizes and live music by local band Redwing. In addition you can browse and pick up information on a variety of topics including food safety, nutrition, horticulture and sustainable agriculture. So come join us Saturday September 20<sup>th</sup> and bring a friend.



The Master Gardeners will be having several contests and a vegetable and flower show. The contests they will have include: largest pumpkin, smallest pumpkin, largest and smallest gourd, largest sunflower, largest zucchini, most decorative gourd, and most creative "vegetable art".....decorate your veggies. They will also have a flower and vegetable show, so please bring your garden produce and flowers to exhibit.

This event is held in cooperation with the Kirksville Farmer's Market and is sponsored by University Outreach & Extension, Truman State University Agricultural Sciences Department, Kirksville Chamber of Commerce and Collins Rentals, for more information please contact Darla Campbell at 660-457-3469 or Jennifer Barnes at 660-665-9866.

### **IT'S TIME TO UPDATE OUR MAIL LIST**

Due to upcoming budgetary constraints, our postage budget may soon be compromised.

**If you wish to continue receiving Garden Talk** please fill out and return the enclosed card no later than September 30. Please make sure your address is current and that you include your email address if you have one. University of Missouri policy prohibits distribution or sale of mailing lists to any individual, firm or association.

**If you do not want to receive Garden Talk** anymore then do nothing. We will take your name off of the mail list in October.

In the future, Garden Talk may be distributed through the Internet and/or by subscription. You can find current and past issues of Garden Talk at <http://outreach.missouri.edu/adair/horticulture/gardentalk.htm>



## Fall Care of the Home Lawn

Most home lawns have struggled through a hot, dry summer. As fall approaches hopefully we will see more rainfall, and the yards will recover. Fall is a good time to renovate a lawn or aerate and fertilize an existing lawn.

Aeration is the practice of pulling soil plugs to open the soil surface for better nutrient and water movement. It helps reduce compaction and thatch by spreading soil plugs on the surface. Soil plugs are crumbled and fall freely into aeration holes. Soil plugs also spread some soil into the thatch layer where soil microbes can feed on thatch debris. You can aerate your lawn in both the spring and the fall, and aerating is the best way to begin a fall fertilization program. Applications of fertilizer after aeration will move nutrients immediately into the root-zone of your lawn. This practice has shown excellent results in the density and color of cool-season turfgrasses on their way to recovery from summer stresses. Aeration equipment can be found at local rental stores or garden centers.

It is important to have your soil tested to determine what the needs of the soil are. Soil pH is important as it affects the nutrient availability to the plants. The soil test results will give you the soil pH and information about lime and fertilizer requirements. A soil pH around 6.6 to 6.8 is optimum. Soil pH's between 6.0 and 7.0 are acceptable.

Homeowners have a variety of fertilizers available to them for fall fertilization. Many inorganic fertilizers are available to homeowners and can be somewhat confusing. Purchase a fertilizer with a good balance of N-P-K (nitrogen, phosphorus, potassium) with a ratio somewhere around 3-1-2. Also, look at the ingredient label on the bag and find a product with 30-70% slow-release nitrogen. This way your fertilizer is released over a longer period of time requiring fewer applications and allowing the plants to more efficiently utilize plant nutrients.

Best results are achieved if 2.5 to 3.0 lbs of nitrogen can be applied per 1,000 square feet. Amounts should be divided over two to three applications throughout the fall. Possible combinations would include a pound of nitrogen per 1,000 square feet in early September after aeration and/or de-thatching, followed by 1.5 pounds of nitrogen per 1,000 square feet in late October. A second alternative would include a pound of nitrogen per 1,000 square feet applied in early September, October, and November. Most soil fertilizers are complete fertilizers including phosphorus and potassium, therefore, requirements for those nutrients should be based on soil test results. Soil tests indicating high to very high amounts of phosphorus and potassium may require applications of fertilizers with nitrogen alone. Winterizing fertilizers are usually recommended as the final application of the fall.

\*Information obtained from Brad Fresenburg, UMC Extension/Research Associate, Turfgrass Research Center

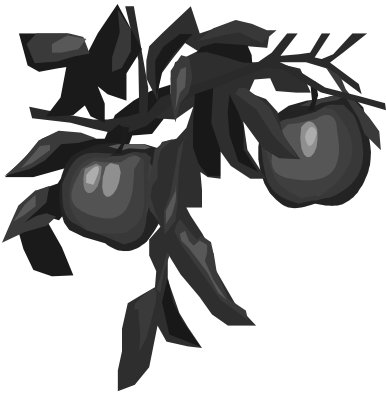
## What I Learned At Garden N' Grow

By Nancy Knotts, Kirksville Area Master Gardener

This summer, I had the privilege of working with eight young people who participated in the Garden N' Grow program in Kirksville. What I learned from this experience was:

1. Every child that participated, was an individual, with their own distinct personality.
2. Each child knew exactly what they liked and "oooooh gross", what they didn't.
3. Each one had a definite opinion on anything and everything discussed.
4. Boys and girls do not really have "cooties", nor do they "give" them to each other.
5. Every kid, no matter how old likes to play with the water hose.
6. Crushes are tough at any age.
7. Digging in the dirt is just good clean fun.
8. No matter what your age, it's exciting to see what you have planted grow.
9. The best part of vegetable or fruit gardening, is harvesting.
10. The difference between a fruit and a vegetable. Do you know?
11. It's not as tough to teach as I thought.
12. Kids really will listen when you talk to them, instead of at them.
13. Kids do like to cook.
14. Most kids have a generous nature, and are willing to share.
15. Most of all, teamwork takes effort from everyone.

These are just a few of the "lessons" I learned by helping with the Garden N' Grow program. I can hardly wait until next year, when I can learn more NEAT stuff.



## MISSOURI APPLE FACTS

- Jonathon is the leading Missouri variety. Jonathon apples have been grown in Missouri for over 150 years.
- Gala is the newest variety being grown in Missouri, and is usually ready in late August.
- Golden Delicious is mild flavored, spicy, and juicy. It is one of Missouri's wonderful all purpose apples.
- Fuji is Missouri's best-kept apple. It will keep for over 220 days. Fuji is crisp and sweet and ready around the first of October.
- The story of Johnny Appleseed is a true legend.
- The total U.S. production of apples averages about 200,000 bushels, which is about 100 apples per person. About 40% of the U.S. crop is used for processing.
- Processing apples are made into applesauce, cider or juice, apple butter, apple jelly, cider vinegar, and other products.
- In 1990, Missouri produced 25,000,000 bushels of apples and was the leading apple producing state. Dry years, early hard freezes, insects, and diseases caused a big loss of apple orchards. Financial losses also had a serious effect on the orchard industry.
- Missouri has about 3,000 acres of bearing apple trees that produce an annual crop of 1.2 million bushels of apples.
- The warm days and cool nights of August and September, usually experienced in Missouri, equals apples of rich flavor and good color.
- About 46% of the apples grown are Jonathan , 32% Red Delicious, 10% are Golden Delicious, 5% are Gala apples, and the other 7% are other cultivars such as Rome, Empire, Fuji, Winesap, and Paula Red. Other popular varieties include: Empire, Liberty, Mutsu, Paula Red, Red Rome, Stayman Winesap.
- In 1904, there were 25 million apple trees planted in Missouri that produced a crop worth \$30 million (worth about 501 million in today's dollars). Census figures of 1913 reported nearly 15,000 apple growers with most of them producing their crop on less than 10 acres of land.
- In the 1920's and 30's many insects and diseases invaded Missouri orchards. Without effective control measures to combat these pests, apple production declined. The Great Armistice Day freeze (November 1940), in which there was an unseasonably warm fall followed by a rapid drop in temperature, killed many thousands of trees not only in Missouri, but also in Iowa, Nebraska, Kansas, and Illinois. After the freeze, apple production moved westward to states with less erratic climatic conditions and lower pest populations.
- Early records state that 'Genetin' apples were produced and shipped by rail car in Missouri to Cheyenne, Wyoming and then transported by wagon to gold miners in Central City, Colorado in 1869.
- Two medium apples are needed to yield one cup grated apples.
- Allow two pounds of apples for one nine-inch apple pie.
- A peck of apples weighs about 10 pounds.
- Use one pound of apples to yield 3 cups diced apples. Use one pound of apples to yield 2 3/4 cups pared and sliced apples.
- One bushel of apples weighs about 42 pounds and will yield 18-20 quarts of canned or frozen apples slices.
- Apples are a healthy, no fat, cholesterol free fresh dessert, as well as an excellent source of fiber. An average-size apple has five grams of fiber, which supplies 20% of the daily fiber recommendation. Apples also are a natural source of Vitamins A, B1, B2, C, Niacin, and minerals calcium, phosphorus, iron, iodine, and potassium. Recent studies suggest that naturally occurring compounds called flavonoids, may reduce the risk of heart disease and inhibit the development of certain cancers. Dietary fiber and pectin, a fiber component, are found in apples. Some researchers believe fiber and pectin aid digestion and may also help limit the absorption of cholesterol in the body.

# GARDENING TIPS FOR SEPTEMBER

## ORNAMENTALS

- Plant evergreens now
- Take cuttings of annuals to have vigorous plants for over-wintering.
- Plant spring bulbs except for tulips as soon as they are available. Keep tulips in a cool, dark place and plant in late October.
- Divide perennials, especially spring bloomers. Enrich the soil with peat moss or compost before replanting.
- Divide peonies now. Replant in a sunny site and avoid planting deeply.
- Lift gladiolus when their leaves yellow. Cure in an airy place until dry before husking.
- Begin forcing poinsettias to bloom at the end of the month. Place plants in a cool, dark room or closet from 5 p.m. until 8 a.m. for about 8 weeks or until top leaves turn red.

## VEGETABLES

- Sowing seeds of radish, lettuce, spinach, and other greens in a cold frame will prolong fall harvests.

- Pinch out the top of brussel sprout plants to plump out the developing sprouts.
- Keep broccoli picked regularly to encourage additional production of side shoots.

## FRUIT

- Pick pears before they are fully mature. Store in a cool, dark basement to ripen.
- Discard any spoiled or fallen fruits.
- Paw paws ripen in the woods now.
- Check along peach tree trunks to just below the soil line for gummy masses caused by borers. Probe holes with thin wire to puncture borers.

## TURFGRASS

- Begin fall seeding or sodding of cool season grasses. Seedbeds should be raked, dethatched, core-aerified, fertilized, and seeded. Keep newly planted lawn areas moist, but do not wet.
- If soils become dry, established lawns should be watered thoroughly to a depth of 4-6 inches.

- Cool season lawns are best fertilized in fall. Make up to 3 applications between now and December. Do not exceed rates recommended by fertilizer manufacturer.
- It is not uncommon to see puff balls in lawn areas at this time.
- Newly seeded lawns should not be cut until they are at least 2-3 inches tall.

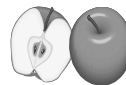
## MISCELLANEOUS

- Fall is a good time to add manure, compost, or leaf mold to garden soils for increasing organic matter content.
- Monitor plants for spider mite activity. Reduce their numbers by hosing off with a forceful spray of water.
- Seasonal loss of inner needles on conifers is normal at this time. It may be especially noticeable on pines.



### Apple Pizza

- |   |                                  |
|---|----------------------------------|
| 2 Tbsp. Flour                               | 1/2 c. firmly packed brown sugar |
| 1 can refrigerator biscuits                 | 1 c. grated mild cheese          |
| 2 cooking apples, peeled, cored, and grated |                                  |
| Dab of butter                               | 1 tsp. cinnamon                  |



Measure the flour, sugar, and cinnamon into a small bowl. Mix well. Press or roll biscuits into flat circles and place on a lightly greased cookie sheet. Sprinkle grated apples on biscuits, then sprinkle with grated cheese. Spoon on brown sugar mixture and dot with butter. Bake at 350 for 15 to 20 minutes.

*Information obtained from Missouri Apple Website at the University of Missouri <http://horticulture.missouri.edu/apple/welcome.htm>*

## Garden Talk!



Jennifer Barnes, University  
Outreach and Extension  
Horticulture Specialist  
503 E. Northtown Road,  
Kirksville, MO 63501-1999  
[barnesje@missouri.edu](mailto:barnesje@missouri.edu)