

Alpha Nursery & Garden

Center Newsletter

2018 ISSUE 2

MAY, 2018

Insects and Disease—What Should I be Looking For?

With spring finally here, along with the grass turning green and needing mowing, flowers beginning to bloom, and leaves appearing on trees, there are insects and plant diseases that will be arriving to attack the grass, flowers, shrubs, and trees. Usually we don't notice them until we notice that something is wrong. Here are some things to keep an eye out for to help you diagnose and treat before it becomes a real problem.



Marsonina Leaf Spot

Anthracnose

Sap from Borer
Damage

Sawdust from Borer
Damage

Aphids

Aphids

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Leaf Spot and Anthracnose are fungal diseases that attacks the leaves of certain plants. Aspens are susceptible to Marsonina Leaf Spot and Anthracnose can attack many shrubs and perennials. Marsonina Leaf Spot shows up as small brown spots on leaves and can spread to most or all of a leaf. Anthracnose starts as a red spot and then turns brown. Treatment is a Fungicide spray available at the nursery or tree shots by our Landscape division by appointment.

Borers are larvae from different species of moths or beetles. They will show up in late spring and early summer. They will make holes in the barks of trees and will continue to tunnel underneath the bark eventually killing the tree. This could take many years for the damage to kill a tree so early detection and treatment is crucial. Look for holes in the bark of the tree with either sap running from the hole or small sawdust like shavings. Treatment is a drench that you mix and pour around the tree available at the nursery or tree shots by our Landscape division by appointment.

Aphids are not only a nuisance but can do tremendous damage to leaves of annual, perennials, shrubs and trees. If you notice a lot of ants on any plants you will usually have aphids. If a sticky substance is all over your car or deck, that is usually a sign of aphids. Take a closer look under the leaves or on the stems of plants and you will be able to spot them. They can be black, green, red, white, or a multitude of other colors. Treat with a spray or a drench available at the nursery or tree shots by our Landscape division by appointment.

More Pests and Diseases in next month's issue

What's Happening?

The tables and the beds are filling up for the season! We have new shipments of vegetables, annuals, perennials, grasses, vines, shrubs, and trees. Many of these items we grow right here at Alpha Nursery. When you see “Mountain Grown by Alpha Nursery” on a sign, it is grown right here! Hence you can be assured that it will do well in our high elevation climate.

We have planted over 200 trees and shrubs, several hundred tomatoes and new this year- artichoke. Don't forget to get those Castor Bean plants to ward off Voles. Plus all of our hanging baskets and containers and Proven Winners.



Your Monthly Checklist

What should you be doing this month?

This is a checklist of items that may or may not pertain to you or what you do in your yard or garden. It is meant as a guide to help you be better prepared for this month and next.

- Turn on your sprinkler system and adjust your heads and timer, replace the battery in the timer, turn on your drip system if you have one, check any timers and replace with new batteries, check your hoses for leaks and repair if needed.
- Start checking for signs of insect damage, especially borers, pine beetles, pine and spruce tip weevils, and aphids. (See article)
- If you started seedlings, shift them up to larger pots or plant outside when the temperature allows. Start planting seeds for cool season crops like beets, carrots, spinach, peas, radishes. The temperatures are warming up so you can start planting tomatoes, peppers, and squash once we are out of the frost .
- Get your frost protection items ready—check your frost cloth and covers for tears or wear and replace or repair if needed.
- Get out all of your gardening tools and have them ready for planting. Get your fertilizer that you will be using. We have a great organic fertilizer available! (See coupon)
- Pull out the mower, trimmer, blower and any yard maintenance equipment. Put in a new spark plug, fresh gas, and make sure they are working properly. You will be cutting grass before you know it.
- Fertilizer your yard and plantings. Come see us for your fertilizer needs and Dandelion control. (See coupon)

Notable Quotes

"The most serious gardening I do would seem very strange to an onlooker, for it involves hours of walking around in circles, apparently doing nothing" Helen Dillion

"Learn to be an observer in all seasons. Every single day, your garden has something new and wonderful to show you" Author unknow

"Gardening is a process, not a product." Author unknown

"Gardening requires lots of water—most of it in the form of perspiration" Lou Erickson

"If you are a gardener, you can always put 'Plant Manager' on your resume" Author Unknown

"Anyone can have dirt. Gardener's have soil." Author Unknown

Gardening for the Heart and the Mind

There might be a new prescription for patients showing early signs of dementia and heart disease: gardening.

A new report, commissioned by the National Gardens Scheme, says gardens should be recommended by doctors for folks with these diagnoses.

Six months of gardening results in a slowdown of cognitive decline for the following 18 months, the report reveals. "Gardens appeal to the senses—particularly touch and smell which are important for people with dementia," the report says.

Gardening also gives people living with dementia access to natural light, which is important for the maintenance of circadian rhythms.

For older folks, regular gardening can reduce the risks of heart disease, cancer and obesity and can also improve balance, helping to prevent falls.

On top of that, recent research by the Universities of Westminster and Essex suggests that just 30 minutes a week spent tending a garden can boost feelings of self esteem and mood by dissolving tension, depression, anger and confusion.

Do Your Children have ‘Nature Deficit Disorder?’

Did you know that there is a Nature Deficit Disorder in many of our children today?

According to “Co-founder of “The Children & Nature Network” and author Richard Louv introduced the term “Nature-Deficit Disorder” in 2005 with the publication of his best-selling book, “Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.”

He coined the phrase to serve as a description of the human costs of alienation from nature and it is not meant to be a medical diagnosis (although perhaps it should be).

Among the reasons: the proliferation of electronic communications; poor urban planning and disappearing open space; increased street traffic; diminished importance of the natural world in public and private education; and parental fear magnified by news and entertainment media. An expanding body of scientific evidence suggests that nature-deficit disorder contributes to a diminished use of the senses, attention difficulties, conditions of obesity, and higher rates of emotional and physical illnesses. Research also suggests that the nature-deficit weakens ecological literacy and stewardship of the natural world. These problems are linked more broadly to what health care experts call the “epidemic of inactivity,” and to a devaluing of independent play. Nonetheless, we believe that society’s nature-deficit disorder can be reversed.”

Excerpts from *The Children & Nature Network*
<https://www.childrenandnature.org/about/nature-deficit-disorder/>

Many children today are deficient in nature’s activities. They have grown up on Facebook, video games, and social networking. Not to say there is anything wrong with the electronic age that we live in, but not having a good balance can affect their mental and healthy well being.

Most children and young adults have never experienced picking tomatoes with their grandmother, weeding the garden, or cutting fresh flowers for a vase. How can we expect them to have an appreciation for a garden, a blooming flower, or on a wider scale, nature if they haven’t been exposed to it on a personal basis?

How do we step over and introduce them to the wonderful activities with the outdoors? One step at a time. If you have younger children, start having them help you with the outdoor chores and gardening. Help them to plant a bean or a carrot, or tomato and watch them grow. We have a wonderful kid friendly Bloomers kits and Veggie Pops (Seeds in a Lollipop) to help you get started.

We will start a series in this monthly newsletter devoted to fun projects that you can plan and enjoy with your children, no matter what age. Think camping, walks, hikes, gardening, yard and garden projects. Start by looking at the links at the end of this article for ideas and grab a 2018 calendar.

Write in, “this” is what I am going to see or do “Outside” with my children, grand children, neighbors and friends each week or month this year! And start enjoying Nature and all it has to offer!

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Do Your Children have ‘Nature Deficit Disorder?’

Places to check out for additional outdoor activities:

The Children & Nature Network <https://www.childrenandnature.org>

Idaho 4-H Program: <http://www.uidaho.edu/extension/4H>

Be Outside Idaho <https://www.beoutsideidaho.gov/>

Gardening Fun Bloomersisland.com

Sue Wisbey

Did you Know? Plant Positively Impact People

- Plants Positively impact where you live, work, or play
- Plants in the workplace can reduce employee sick time by 14 percent.
- 25 percent of Americans are growing more of their own food –berries, fruit, veggies.
- Well landscaped homes add up to 20% to a homes value. Expect a ROI of 109 percent.
- Shaded roadways save 60 percent of repaving cost.
- A 25 foot tree shading a home can reduce heating and cooling costs by 8-12 percent.

NICH Study Green Industry Pros May June 2017

Cutting Grass can make you Happy

According to Australian researchers, when you cut grass, it releases a chemical that makes people happy and relaxed. In fact, it can prevent the mental decline of old age. The scent works directly on the brain, affecting the regions responsible for emotion and memory, according to Nick Lavidis, a neuroscientist at Australia’s University of Queensland.

These two areas “are responsible for the flight or fight response and the endocrine system, which controls the release of stress hormones like corticosteroids,” he says, explaining the scent of fresh-cut grass helps regulate those areas.

Nicole Wisniewski Turf Magazine May 2013

Gardening Rx

People 60 and older who gardened or completed other household tasks on a daily basis reduced their risk of a heart attack or stroke by 27 percent, and death from any cause by 30 percent, according to a 12 year study published in the British Journal of Sports Medicine. The 4,232 patients involved in the Swedish study weren’t necessarily lifting weights or running on treadmills, either. The active lifestyle alone promoted longevity.

BBC News Garden Center Magazine Nov/Dec 2013



\$3.00/ \$5.00 Coupon \$3.00/ \$5.00

**Save \$3.00 off each 500 Sq Ft or
\$5.00 off each 1000 Sq Ft
Alpha Three Complex Organic Fertilizer Combo
– no limit
Expires June 1st, 2018**

Do you have any suggestions, comments, or would like to see a specific article or information in an upcoming newsletter? Please email your requests or comments to Sue Wisbey.

Email address is alphanursery@hotmail.com.