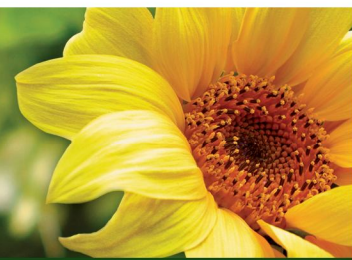




# Through the Garden Window



Creating the Scenery of Your Life

JUNE 2012

Serving the  
High Desert and  
Inland Empire.

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Weed Control

Pre-emergents

Color Changes

## Endings and Beginnings...

By Cindy Poore



June is a transition month. School is putting another year in the record books, and the kids are looking forward to a whole summer of fun. Graduations and nuptials mark the endings and beginnings of our lives. I'm really looking forward to my grandson's wedding later this month!

Up and down temperatures, just enough to get us revved up for the summer heat and then, wham! Down the temps go to remind us that it is not summer YET. All this up and down is hard on your plants as well. We turn down the sprinklers to account for the cooler days and then forget to turn them up when it gets hot and our plants pay the price.

Schedule some regular time to check out your lawn and drip systems. Run your spray systems and look for problems such as clogged nozzles (uneven or moving patterns) or broken heads or lines. Check your drip systems to see if each plant is getting water. The emitters have really small openings that can clog and sometimes it is hard to tell there is a problem until it is too late for the plant. so check them regularly.

Or call us and we can run through your watering systems for you and advise you on the proper watering schedule for your location and plants.

## Organic Pest Control

### Aphids!

This is the season for aphids. They LOVE the succulent new growth on most of our plants and trees. Aphids come in many sizes and colors. They suck the sap/juices from the plants they inhabit.

They are very annoying because they secrete "honeydew" a sticky, (and I'm told sweet, though I've never been brave enough to taste it) substance which attracts ants. The ants have a synergistic relationship with the aphids, often protecting them and actually "milking" them in some instances for their honeydew.

Aphids by themselves don't often cause the death of plants, but can reduce their vigor and transmit certain diseases that can kill them.

So you'll often get two pests in one. What is the **first** defense against these little sap suckers?



**Water!** A daily blast of water from the hose for a few days in a row will minimize most pests down to an acceptable level and will eliminate or reduce the need to spray pesticides. Can't get more organic than water... This also has the benefit of cleaning off the honeydew which attracts dust, which in turn invites more pests and

limits the photosynthesis process and weakens the plant. Do the water blast process early in the day so plants can dry off before nightfall to discourage fungal diseases. If this doesn't solve your problem, then give us a call. There is a whole new range of pesticides that can be applied without the risky business of spraying (considering the wind here in the desert).

**Give us a call to get you going! 760 868-6104**

### **Regarding Important things....**

I got a lot of input and comments on my important things column. I love the feedback! It stimulated some of you, who I had not yet met to come forward and make friends, and for that, I am especially grateful. Some have joined my exercise group on Monday evening at 6 pm in Hesperia with personal trainer extraordinaire, Dustin Bogle. Dustin, a certified personal trainer, has helped me with my personal physical fitness goals and continues to do so. He is so supportive and knowledgeable. You can get him to help you too on a one-on-one basis or join our group. He is able to work with people of any starting fitness level. Check him out at [www.fitnessbrothers.com](http://www.fitnessbrothers.com).

### **Where do my recipes come from?**



Well... over the years, I have collected quite a few. I would find them in the LA Times food section, various magazines and periodicals. I would cut them out right then and put them into my notebook. What you see is my notebook stuffed with them! (Yes, I know it's very messy! I'm gonna organize it some day...)

I have many favorites that I make all the time like the Chili's Salsa, the Tortilla Soup and the Paella. The Paella. From January 1981 Sunset Magazine. So wonderful! My recipes have basically two things in common. Lots of flavor and they must be easy!



“We should look for someone to eat and drink with, before looking for something to eat and drink” *Epicurious*

## **My Favorite Recipes**

*Great Summer BBQ*

*Main dish!*

### **Grilled Vegetable Salad**

#### **Dressing:**

- ½ cup Olive oil
- ½ cup lemon juice
- ¾ tsp. Sugar
- 2 tbs chopped fresh basil
- ½ tsp each salt and pepper

#### **Salad:**

- 1 zucchini diced (¾" squares)
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- Fresh corn kernels scraped from two ears
- 1 cup diced eggplant
- 6 stalks asparagus 2 in. pieces
- 1 lb cleaned, deveined, shrimp
- 3 tsp olive oil
- ¼ tsp salt
- 1 medium tomato, diced
- 1 avocado, peeled, pitted and diced
- 4 cups mixed lettuce leaves

To make dressing, whisk together all ingredients and chill for 30 min.

Combine and toss all salad ingredients except the tomato, avocado, and lettuce. Make a foil basket out of heavy duty foil. Place selected salad ingredients in the foil basket and place on a medium grill and cover the grill. Cook, stirring occasionally until vegetables are slightly tender, about 15 minutes. Place equal portions of lettuce, avocado, and tomatoes in 4 serving bowls. Place grilled vegetables, hot or warm on greens, whisk dressing and sprinkle over salads.

Serves 4

