



Organic Newsletter

Summer Edition, 2010

Shade Solutions

Usually somewhere in our landscapes we have an area where a mature tree casts shade and its roots quickly drain the soil of any moisture it receives. In other words- dry shade. Fear not fellow gardeners it isn't a lost cause! With the right plants and some tips to lessen the harsh conditions, you'll be seeing green before you know it!

Your trees extensive water seeking roots are responsible for one part of the problem, but they can also provide a possible solution. Planting in between your trees roots and allowing plants to spread over them is one possibility. Beware, however not to destroy or damage the roots as it can cause stress to the tree or even allow an entrance for pathogens.

Also recommended is to try to increase the soils' water retention by mulching with compost. Again caution is warranted in regards to your tree's roots; do not mulch over the roots as it could possibly suffocate them.



Another way to help your new plants thrive is to use a liquid fertilizer. Using a liquid will help direct the nutrients to the perennials as opposed to using a granular that would be broadcast widely and make it easier for the tree to snatch up the nutrients.

When first under planting in a dry, shady area- even when using plants that tolerate those conditions- you have to supply the new plantings with water until they are established. Nevertheless

even after they are established you may need to occasionally provide supplemental water. If your soil is compacted using soaker hose or drip irrigation is the best way to direct the water right to the plants that need it.

Now that you have some tips you just need the plants! (Note: The list below is only a sample of the plants that can be used in dry shady condition)

Solomon's seal (*Polygonatum biflorum*, *P. variegatum*)

Foxglove (*Digitalis purpurea*)

Variegated red twig dogwood (*Cornus alba* 'Elegantissima')

Climbing hydrangea (*Hydrangea anomala* subsp. *petiolaris*)

Oregon grapeholly (*Mahonia aquifolium*)

Christmas fern (*Polystichum acrostichoides*)

Barrenwort (*Epimedium* sp.)

Hellebore (*Hellebrous* sp.)

European ginger (*Asarum europeum*)

Hosta (*Hosta* sp.)

Autumn Fern (*Dryopteris erythrosora*)

Male Fern (*Dryopteris filix-mas*)

Spanish bluebell (*Hyacinthoides hispanica*)

Fun Fact:

Cool as a Cucumber!

The inside of a cucumber can actually be up to 20° cooler than the outside temperature!



Disease Alert!

According Suffolk County Cornell Cooperative Extension (CCE), late blight has recently been found in a Setauket garden. This disease has a very dangerous potential due to the fact that the spores can be carried by the wind for miles! This dispersal method can spread the disease to other gardens as well as farms and cause the complete destruction of tomato and potato plants.

The picture below “shows initial symptoms of late blight on tomato in a garden. There is an affected leaflet below the bottom trellis line. The primary symptoms are stem lesions between the



second and top lines.”

(For more pictures of late blight on tomato and potato plants go to:

http://www.longislandhort.cornell.edu/vegpath/photos/lateblight_tomato.htm)

The Suffolk CCE website recommends the following steps if you believe you have found symptoms of late blight in your garden:

“If suspected symptoms of late blight are found, take a sample in a plastic bag to the local extension office for confirmation as soon as possible. If it is confirmed:

a. Immediately remove affected plant tissue. *It is best to do this in the middle of a sunny day after the leaves have dried when there will be fewer spores and those dislodged in the process will likely be exposed to UV radiation. But don't wait days for these conditions. Put affected tissue in garbage bags, dig a hole and bury it, or put it in a pile and cover with a tarp. Heat that develops from sunlight hitting the tarp will quicken death of plant tissue and the pathogen. For the same reason, leave garbage bags in sun for a few days before throwing out.*

It may be possible to save plants affected by late blight. Success depends on how early in disease development symptoms are found, how many infections are present that have not yet resulted in symptoms (spore germination to symptom takes about 7 days), how quickly and thoroughly diseased tissue will be removed, environmental conditions, proximity to other gardens or farms where late blight is developing, and what management steps will be taken.

b. Promptly inform neighbors growing susceptible crops so that they can be informed and take action to protect their plants. *Due to the potential for spores to move from your plants to others, which could be destroyed if not protected, late blight needs to be treated as a ‘community disease’ for which communication is an important management tool.*

c. Inspect plants daily thereafter for a week in order to find any additional affected tissue that develop symptoms and then return to inspecting at least once a week.”

Garden Humor



Why don't you ever
iron a four-leaf clover?

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You might press your luck!

Organically Grown

Sautéed Organic Rib Eye Steak with Cab Balsamic Reduction Pan Sauce

(Serves 2)

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 teaspoons rosemary, chopped
- sea salt and pepper
- 2 3/4-inch-thick boneless organic (preferably organic and grass-fed) rib eye steaks (about 6 ounces each)
- 1 small shallot minced
- 2 cloves garlic, minced
- 1/4 cup beef or chicken stock
- 1/4 cup dry cabernet
- 1 tablespoons balsamic reduction*
- 2 more tablespoons of butter, chilled

Method:

1. Preheat cast iron skillet or heavy bottom sauté pan to high heat. Add butter and olive oil. Season steaks with salt, pepper and

rosemary. Sear steaks in pan over high heat to medium rare. Set aside.

2. Reduce heat add shallots and garlic, sauté. Do not allow to burn.
3. Deglaze with wine and stock and reduce to syrup. Stir in balsamic glaze, if necessary, reduce to a sauce consistency. Remove from heat, add chilled butter, stir, taste and adjust seasonings.
4. Serve sauce over the steaks.

* You can find balsamic reduction at your local grocery store, or you can make your own by simply reducing balsamic vinegar over low heat using a diffuser, until it reaches a syrup consistency.

Note: We recommend using certified organic ingredients, when available, in all recipes to maximize flavors and nutrition while minimizing your risk of exposure to pesticides, chemicals and preservatives.

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**The Organically Green team
wishes you a shining summer!**

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“I used to visit and revisit it a dozen times a day, and stand in deep contemplation over my vegetable progeny with a love that nobody could share or conceive of who had never taken part in the process of creation. It was one of the most bewitching sights in the world to observe a hill of beans thrusting aside the soil, or a rose of early peas just peeping forth sufficiently to trace a line of delicate green.”

~Nathaniel Hawthorne
(*Mosses from and Old Manse*)

Services for 2010:

We offer the following services to help increase the enjoyment and beauty of your property:

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- ❖ Shrub & Tree Spraying / Fertilization Programs
- ❖ Integrated Pest Management
- ❖ Soil Restoration
- ❖ Plant and Soil Stimulation Program
- ❖ Deep Root Feeding
- ❖ Root Growth Enhancement
- ❖ Mature Tree Restoration
- ❖ Air Spading
- ❖ Radial Trenching
- ❖ Vertical Mulching
- ❖ Anti-Desiccant Spraying
- ❖ General Tree and Shrub Maintenance Removal

Turf:

- ❖ Lawn Renovation
- ❖ Fertilization
- ❖ Overseeding
- ❖ Core Aeration
- ❖ Estate / Property Purification

Organic Pest Control:

- ❖ Flying Insect
- ❖ Deer / Geese
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