

Free State Master Gardener News

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BIRTHDAYS:

Volume 3, Issue 5.....November/December, 2017

November

John Clark, 11/03 Karen Gonzalez, 11/04 Martha Mitchell, 11/12 Mimi Sherwin, 11/15 Donna Burcham, 11/25 Carter Hallmark, 11/29 Sally Mitchell, 11/30 Bob Williams, 11/30

December

Joy Crabtree, 12/14 Louella Iliff, 12/16

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We welcome all of our Master Gardeners to forward articles or information for our newsletter to our Editor: sandrarosen42@vahoo.com News Committee: Sandra Rosen Joan Driver Paula Marshall Anna Baker Susan Dahlman

A Brief History of the Free State Master Gardeners Association

By Paula Marshall



Peggy Rogers Pres. of Texas State

In 2013, a persistent lady by the name of Peggy Rogers who was a member of the Wood County Master Gardener Association at the time, convinced Tommy Phillips, the VZ County Extension agent, that the Master Gardener Program was a beneficial program that A&M AgriLife should offer to the citizens of VZ County.

Together, Peggy and Tommy started the program under the Texas A&M AgriLife umbrella, with a small class of four people. Two of the four. Lou Ellen Bliss, and Master Gardeners-2017 Donna Burcham, remain active members

today, and Peggy is now President of the Texas Master Gardeners. The class of 2014 was much larger, with a group of more than 15 students, and today, our group has grown to more than 35 members.

The FSMG Association operates as a 501(c3) organization, serving the residents of Van Zandt County and beyond by holding monthly meetings that feature speakers who are knowledgeable about different horticultural subjects.

In addition, members participate in community events by acquainting the public with the Master Gardener program. At these events, FSMG members answer people's questions, offer guidance and hold activities that teach adults and children many positive things including the importance of taking care



a Butterfly Garden at Canton Jr. High

of our environment, the importance of building healthy soil, composting, controlling plant diseases and damaging insects and many other topics.

In the short time that the VZ FSMGs have been in existence, our group has constructed and maintains three flower gardens in Canton, and one at the Train Station in Wills Point. The 2017 intern class started and continues to grow an extremely successful community vegetable garden in Canton, and several members helped to start a Junior Master Gardener Program in conjunction with the Martins Mill school district. In addition, each new class is tasked with a hands-on project where they can apply what they learned during the more than three month's of classroom study.

It's not all work, however! Being a Master Gardener provides opportunities that many of us never expected! Members and their families have made friends with fellow gardeners and continue to build relationships that will last a lifetime. The FSMG group has accomplished a lot since those first members joined in 2013, and continues to develop as a friendly, "closely knit" group. We look forward to continued growth, good times and rewarding results of working together and look forward to meeting new people who will be excited to join us.

Gardening Chores

Tommy Phillips

County Extension Agent, Ag/NR

November

The cool, crisp days of fall are finally here, bringing pleasant outdoor gardening weather. The change from daylight savings reminds us that the first frosts and freezes of the year are not far away, and that more changes are in store. There is plenty of gardening opportunities in November, but don't let the days slip by before those important chores are done.

FREEZE PROTECTION:

The shorter days and incoming cold fronts confirm the changing of seasons. The first freeze is not far away (perhaps already arrived by the time you read this) and plants must adjust to new conditions. The average first freeze is about November 15, and you should have already prepared your tender plants for that eventuality. Houseplants often are damaged below 40 degrees, and tropical plants cannot stand a frost or even light freeze.

Bring in tender houseplants that have enjoyed being outdoors during the summer, and give them a sunny location where you can keep up the humidity. Check for bugs before bringing them in. A forceful blast of water will remove most unwanted guests. Cut back on fertilizer, and water your plants after the soil slightly dries. Do not allow water to collect in saucers, or you will end up rotting the roots at the bottom of the pot.

Plants are difficult to protect, even with covers, during windy, freezing nights because the wind dissipates stored heat. On the other hand, covers offer several degrees of protection if the freezing event is the result of a still, cold, cloudless night following a sunny day and the temperature doesn't fall too far below 32 degrees.

If rain is elusive in the following weeks, irrigate as the soil becomes dry. Drought-stressed plants are more easily injured by freezing temperatures. This is particularly true of evergreen plants. Also, moist soil stores more of the sun's energy and for a longer time than does dry soil. This energy is released as heat after the sun sets, and provides a degree or two of moderation.

Harvest all warm-season vegetables before a hard freeze ends production.

TRANSPLANTING:

Later in November and on through February is the ideal time to dig and transplant trees and shrubs during their dormant, non-growth period. Right now is really an ideal time to landscape with trees and shrubs, especially those grown in containers. Roots continue to grow even though the rest of the plant is dormant, so these plants will be more ready when the stresses of summer begin.

If you have favorite tender plants you'd like to include in your garden next year, then carefully dig them out of the flower bed, plant them in a well-drained potting mix, and keep in a bright, humid room. They may look terrible during the winter, but if they survive, you can replant them in the garden as soon as the soil begins to warm. Or, take cuttings and root them in a well-drained potting mix.

PLANTING:

Now that summer is over, and so are summer flowers, it's time to replace them with winter-hardy flowers for color. Pansies are the number one choice for blooming bedding plants. They're hardy, will bloom over a long season, and come in a wide array of colors. The old-fashioned face varieties have been steadily improved for better garden performance, and many new varieties with solid or bi-colors without a face are now available. You can get anything from bold orange, yellow and red, to pale pastels. Miniature pansies are also becoming popular, as well as the old fashioned viola and Johnny Jump-Ups.

Other bedding plants to chose from now include snapdragons, calendula, ornamental kale/cabbage, and pinks or dianthus. Some spring wildflowers, can still be sown from seed in early November, including bluebonnets, Drummond phlox, rudbeckia and coreopis. Sow into a bare, prepared soil, very lightly cover and water immediately to initiate germination.

Don't forget the interest plants with berries can add to the landscape. Pyracantha, all kinds of hollies, nandina and beautyberry are just a few of the choices available for bright, winter interest. This time of the year is actually a great time to plant all kinds of trees and shrubs.

Trees are already beginning to change into their fall coloration. If you have been considering a tree for your landscape, and would like one that has brilliant fall color, make several visits to your favorite nurseries and check the tree inventories. Seedling trees may vary in their ability to turn colors - one shumard red oak may regularly have great fall color while another may never be anything but brown every fall. By selecting a tree with good color in the fall, you'll have the assurance it will be able to put on a good show in future autumns.

Don't forget tulip and hyacinth bulbs in the refrigerator. They can be planted anytime this month if they have received 60 or more days of chilling. It's not too late to plant daffodils, either.

Camellias will soon be coming into bloom. First the sasanqua and later the popular camellia japonica. Select new varieties for a winter planting while in flower. Consider time of bloom when selecting camellias. Sasanqua camellias, while (Continued on page 3)

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not having as big and showy flowers as japonicas, bloom earlier, usually escaping late freezes that can blight open camellia japonica blooms.

MAINTENANCE:

As the grass slows down in growth, keep it mowed at the same height. Collect the grass clippings along with the fallen leaves for an excellent mix in the compost pile.

Check existing camellias for scale underneath the leaves and treat with horticultural oil or insecticide if found.

Don't get in a hurry to prune woody plants. Late December through February is usually the best time to prune them - even later into March for crapemyrtles.

Late fall and early winter is an ideal time to adjust highly acidic lawn and garden soils. Most grasses, except centipede, and most vegetable garden plants prefer a slightly acidic to neutral soil pH. Many locations in East Texas have soils which are strongly acidic which limits the potential of plant growth. The only way to know for certain whether your lawn or garden needs an application of agricultural lime, and how much is needed, is to have the soil tested for pH. Most soils, however, do not require yearly applications. Test to be sure.

Once leaf drop begins in earnest, do not let wet leaves stay on the lawn. Wet leaves block beneficial sunlight and keep grass wet, increasing the chances of disease. Mow the lawn regularly to shred leaves into the turf, or rake them and add them to your compost pile. Leaves and grass clippings combined make some of the best ingredients for building a hot compost.

Build a compost pile (or 2 or 3) to deal with those leaves. It is not necessary to do all the turning and other things you often read about to get those leaves to decompose. They will eventually rot and turn into rich soil amendment. It will just take longer. But if you are basically lazy or not in a hurry, then pile up the leaves in an out of the way spot, and forget about them.

On the other hand, if you are industrious, or would like a source of excellent organic matter to add to your beds in a few months, shred the leaves, and add roughly equal parts nitrogen-rich material, like grass clippings, to the leaves. Moisten the contents as you make the pile, which should be at least 3x3x3 feet. Turn it after each time the pile heats up.

As caladiums fade, dig up the tubers while you can still find them. Store them in a dry, cool place. Use dry sawdust or peat moss to help keep the tubers from rotting.

December

December is the month when shorter daylight hours and cold weather really begin to restrict the gardener's outdoor activities. Winter gives you a great opportunity to catch up on reading your favorite gardening magazines and books. Here are a few tips and topics to occupy the gardener's time this month.

PLANTING

There's still time to plant pansies. These colorful annuals will live through the winter and be spectacular next spring. They work especially well when mixed with bulbs. Choose bright and light colors if you'd like the bed to be seen from a distance.

Also, hardy trees and shrubs can be planted this month. Just take care to water them carefully, not letting them dry out, nor keeping the the soil sopping wet.

If you are planning to create a new shrub, flower or rose bed for next spring, go ahead and prepare the soil now. Dig it up, remove the weeds, and work in leaves and compost. If you discover that the soil stays wet longer than it should, add more organic matter, sand and soil and create a raised bed to facilitate better drainage.

Remember those tulips and hyacinths you have chilling in the refrigerator? After 45 to 60 days of chilling, they can be set out in the landscape.

PRUNING

Don't get too anxious to do major pruning. Most woody trees and shrubs can be safely pruned December through early March. But, if you can't justify the removal of each branch or limb, put up your clippers and go spade the garden instead.

Some of the right reasons for pruning include removing dead or winter-killed or diseased or insect-injured wood, as well as branches broken by wind or wild kids. Avoid severe pruning if possible. Never leave stubs, long or short, which do not heal properly and invite the entry of insects and disease.

Plants which bloom in early spring, like azaleas, forsythia and spirea, should be pruned after they flower, while those that bloom later in the spring and summer can be pruned during wintertime. Roses are pruned in mid-February except spring-only bloomers which are cut back after spring flowering.

One pruning practice that needs to be changed is how crapemyrtles are pruned. Every winter crape myrtles are severely cut back to short stubs resulting in ugly plants. Although there is disagreement among landscapers on whether or not to prune back crapemyrtles, scientific research indicates that early winter pruning of crapemyrtles can result in significant freeze damage.

In my opinion, it is better to leave crapemyrtles unpruned altogether. If you just cannot tolerate those seed capsules (which add winter interest to the landscape), then delay pruning until late February or early March, and remove no larger than pencilsized twigs. Resist the urge to cut them back hard. (Continued on page 4)

Page 3

MISCELLANEOUS

If it continues to be dry this month, occasionally water the lawn, shrubs and small trees to help prevent winter damage. Winter is a good time to browse plant catalogs, visit nurseries and study your landscape to make improvements or additions. If you are not a do-it-yourselfer, get professional advice on landscape design. An attractive landscape around the house not only beautifies but also adds to the value of the property - an increase anywhere between 5 to 15 percent of the sales price.

Don't let fallen leaves remain on the lawn all winter. Either mow them back into the lawn, collect them to be used as a weed suppressing and water conserving mulch, or compost them for use next spring and summer to improve the soil. Leaves left on the lawn can cause disease problems if a thick layer keeps the grass too wet and dark.

What does the vegetable patch look like now? Remove dead vegetation and weeds to prevent a build up of diseases, weeds and insects. Order seeds now for spring vegetables so you will have them in plenty of time for starting early transplants or sowing directly into the garden in early spring.

Many cool season, fall crops, like lettuce and spinach, have shallow root systems. So, be sure to frequently apply water to keep the soil slightly moist to keep the plants healthy and growing. Between the rows and around the plants in the garden is a good place to use leaves to help conserve soil moisture and control weeds.

Order seeds now for spring vegetables and flowers so you will have them in plenty of time to start early transplants or sow them in early spring

President's Message



Greetings to all. This will be the last issue of our newsletter for 2017, so I would like to talk a bit about what we did this year. And since I will probably be in this position next year, I would like to provide some insight on what I would like to see us accomplish next year.

2017 was a very successful year for the Free State Master Gardeners. The move of our membership meeting to the Van Zandt County Library seemed to go really smooth. The library's logistical qualities gave us lots of options and capabilities going forward. They have provided excellent advertising for the public library series and have been great hosts. A special thanks to Mimi Sherwin for her efforts. (She has the key.)

The Library Series was a hit with the public and I'd like to thank all the presenters, Joanne Elston, who

kicked off the series, Nancy Szabo who double hit for two seminars, John Womack for his enlightening seminar, Donna Burcham and Lou Ellen Bliss for their efforts and John Clark for wrapping up the series with a huge crowd and a great presentation on roses. The big take away here is that these were public events and we did it all with our own Master Gardeners! Great job! With our geranium sale fundraiser and the parking opportunities at First Mondays, we are ending the year in very good finan-

cial shape. Big shout out to Pat Mullin for doing her thing again this year.

One area I hoped we would have done a little better is having more members attend a Specialist Training Course. Our continuing goal should be for the association to be able to provide expert gardening advice and conduct public seminars with our own MG's. To encourage this we passed a Standing Rule to provide financial backing to offset tuition costs. We are certainly proud of Nancy Szabo and Mimi Sherwin for their success in the Vegetable Specialist training course.

We should all recognize that many of our members contributed this year to our success. From Martha Mitchell making sure we had all the snacks and drinks at every meeting and seminar, Sandra Rosen for her efforts publicizing our events and projects, Paula for her untiring efforts, Sally for keeping us financially straight, all the board members, as well as, Mimi and Pat mentioned above. It takes a village as they say.

In 2018, we will continue to promote specialist training to the membership. Also, a continuation of the Library Series with our in-house instructors and a more even split between weekday morning and evening seminars. I'd like to see us come up with an additional fund raising program that would key on small business donations in exchange for advertising during seminars, Facebook page, etc. A program such as this could relieve our dependence on the plant sales each year. I would also like to see two public seminars, spring and fall with a well-know speaker or two. I will be soliciting support for all of these ideas from the new Executive Board later this year.

A special thanks to departing executive board members Jimmie Pierce, John Clark and Susan Dahlman for all the time, dedication, support and leadership they provided.

Looking forward to working with all of you again next year!

Robert Williams

Gardening Events – November/December, 2017

By Susan Dahlman

Monday, November 6: Hopkins County MG presents "**Christmas Joys – Merry Christmas & Healthy New Year.**" Popular holiday program; receive goody bag and booklet of all recipes presented. Door prizes and refreshments. Seating is limited to first 75 for each session. \$5 payable at door but must have reservations. 1:30 – 3:30 p.m.; 5:30 – 7:30 p.m. Southwest Dairy Museum, 1210 Houston St., Sulphur Springs. 903-885-3443.

Tuesday, November 7: Smith County MG First Tuesday in the Garden Series - "All About Trees" by Henry Burch in the IDEA Garden (located in the Southeast corner of the Tyler Rose Garden). 12 p.m. Free.

Thursday November 9: Free State Master Gardeners monthly meeting given by Mary Wilhite on how to design and construct a Terrarium garden (great idea for a Christmas present for someone). Van Zandt County Library, 9:00am Hope to see everyone there!

Saturday, November 11: Smith County MG East Texas Garden Lecture Series. This month's lecture by Dawn Stover, SFA Gardens, "**Designed Plant Communities – Planting for Pollinators in a Pest Wide World**" at the Tyler Rose Garden Center. 9 a.m. \$15 on sale day of lecture. 903-590-2980.

Saturday, December 9: Texas Discovery Gardens at Fair Park presents "How Do IGarden for Wildlife." 10 – 11:30 a.m. \$15.

Pat Mullin, Free State Master Gardener



Like many other Master Gardeners, Pat Mullin was reared in a culture of growing things from the earth. The middle child of a family of seven, Pat grew up in the Piney Woods of East Texas on one acre that included a huge vegetable garden planted with help of a horse-drawn plow. She and her siblings helped plant, cultivate, and weed in addition to caring for pigs and chickens. She recalls that she "absolutely loved going into the woods every year and cutting hundreds of tomato and bean sticks."

Pat says that her early love of gardening was enhanced by the Master Gardener program. She earned her certification in Galveston County in 2000 and developed knowledge, confidence, and creativity that have contributed to flower and landscape gardening. She was involved in cardboarding and newspapering techniques and planting a demonstration garden in LaMarque.

The Mullin property has been transformed from the condition she and husband Mike found it when they moved to Canton in 2010 by use of cardboard, pine straw, and mulched leaves to eradicate weeds and build a healthy population of earthworms. "My favorite season is spring when green leaves are returning to the trees, and the rebirth of vegetable gardening," reported Pat. Their three daughters, 10 grandchildren, and one great-grandchild all love to participate in harvesting vegetables and working flower beds.

Pat takes energy from early morning walks on the property, pulling weeds, enjoying the gardens and resident birds and other small animals. Other interests include bowling weekly with a national league and a recent enthusiasm for RVing. The Mullins also own and operate Cherry Creek Bed and Breakfast since 2011. This experienced gardener acknowledges that gardening is a lifelong learning process, and her declared motto is "Never be afraid to try something new and don't be afraid of failure."

Pat's Apple Cake

3 Cups Chopped Apples (Approximately 3 apples)

- 2 Cups Sugar
- 1 tsp. Cinnamon
- 1 tsp. Cloves

Mix together and cover with Saran Wrap for several hours . . . also can store overnight. This process makes juice so next step is easy to stir.

Next Add and Stir:

- 3 Cups Flour
- 2 Eggs
- 1 tsp. Soda
- 1 tsp. Salt
- 1 Cup Oil
- 2 tsp. Vanilla
- 1 Cup Walnuts or Pecans (optional)

Pour mixture in oiled 9" x 13" glass casserole dish for approximately 30-40 minutes @ 350 degrees. Be Careful not to overcook!

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Classified Ads

Pine Needles - Jorja Merrick asked me to notify everyone that there are piles of pine needles and some beautiful pinecones for anyone who wants them at an old nursing home that is located near her house - she lives next door to Pat Mullin (where we staged the geranium sale).

Go south on 19, turn right on College Street after the Hwy. 19 and 64 intersection and continue on down College Street for a half mile or so. It's on the left side of the street. *Pine needles are acidic and are great used as mulch on flower beds, strawberries, asparagus, blueberries, etc. Blue Moon mulches their beds almost exclusively with pine needles.*

Want bigger healthier plants? Bluebonnet Worm Farm can help.

100% Organic Worm Castings Natures BEST Plant Food Sherri Doss - 972-658-4306

Homemade Jams, Jellies, Pickles, Sauerkraut, and Salsa. Special MG pricing of \$4.00 for half-pint and \$6.00 for pints. Olive Oil & Lye soap \$4.00/ bar or 3/\$10.00. Beeswax face cream \$8.00 and lip gloss \$3.00. Contact Nancy or John for additional details at 903-560-8213 or message us through our Facebook page "Our Thyme Farm". 3rd Wednesday Master Gardener Work Day 8:30am at Extension Office November 15th

No-Crust Quiche Paula Marshall Slice 2 or 3 Roma tomatoes thinly and sprinkle with oregano and salt. Let sit for 20 minutes or so while you are putting together the quiche. Combine and beat together until well-blended; batter will be lumpy: 2 C. Milk 4 Eggs 3/4 C. Bisquick 1/4 C. butter (softened) 1 Cup grated Parmesan (I use the Kraft Parm that's in a jar) Stir in: *1 10oz. package broccoli; (thawed, drained and moisture squeezed) 1 Cup (or more) of cubed ham (or deli turkey or roasted chicken) 8 oz. of shredded cheddar cheese (I use the 4-cheese Mexican type) Pour mixture into lightly greased or sprayed 10" guiche dish and top with the drained tomato slices. Bake at 375 for 40 to 50 minutes or until eggs are set and top is golden brown.

*I use fresh broccoli and sliced fresh mushrooms that I have sautéed in a little butter until al dente ...let cool before adding to the milk/egg mixture.

End of the Year Dinner

It's hard to believe that we are just about to end another year as Free State Master Gardeners! However, in December we will be celebrating all that we've accomplished this year by having dinner together. Spouses are invited to join us as well. Please be prepared to let John Clark and/or Jimmie Pierce know at the November meeting, whether you are coming and if you plan to bring a guest with you. Here are the details:

6:30 p.m. Thursday evening, December 14th

Buffet Style Dinner at the Bunker Restaurant, Van Zandt Country Club

Members free; spouces/guests \$10 at the door

Various awards will be presented, and there may be some door prizes too!

We hope everyone will attend ... we have much to celebrate together this year.

Garden Guru

Dear Garden Guru – I love azaleas and would love to have some all along my back fence, but they are too expensive to buy as many as I need. Can azaleas be propagated?

Yes, azaleas can be propagated and it is not that hard. It does, however, take about a year to get a really good root system going so that they can be planted in the ground along your fence.

The first way is called "layering." 1. Select a low hanging branch. 2. Dig a rut under and parallel to the branch about 2" deep. 3. Scrape a portion of the branch and apply root stimulator to that portion. 4. Push the branch into the rut and bury with potting soil. 5. Weigh the branch down with a brick, stone, or piece of wood. 6. Allow about a year for the plant to develop roots. Water weekly if it doesn't rain. 7. After about a year, you may trim the cloned branch and replant.

The second method is to take "cuttings." The best time to do this method is right after the azalea blooms and the plant hormones are at the highest level. 1. Prepare a pot of moist loose soil several days in advance and water generously. 2. Cut off a sample shoot of the azalea, near the top, about 4" long. 3. Now clip off all the leaves except those at the top. 4. Dampen the branch and seal it in plastic. Allow it to chill for several hours. 5. Scrape the bottom of the azalea steam and dip in root stimulator. Remove the excess. 6. Create a hole in the prepared pot for the cutting, using a pencil, and insert the cutting and water generously. 7. Cover the entire pot with plastic so it won't dry out. 8. Place it where it is well lit, but out of direct sun. 8. Uncover from plastic during the 9th week. 9. Replant in a mixture of peat moss and sand. 10. Move indoors when the weather is freezing during first year. 11. After the first year, you may plant outside safely.



"Lindheimer's Muhly' Upright growth blue/green foliage 6-7' x 3-4' Non-invasive



Little Bunnies Miniature Fountain Grass 8-10' x 12-24" Whitish Green Plumes Borders or Rock Gardens

> Types of Grasses Banana Ginger Bamboo Sugar Cane Lawn Grasses Pasture Grasses Ornamentals

Selecting Landscape Grasses

Consider light - sun or part shade Water Needs Soil type - sand/clay; ph Temperature Perenneial vs. annual Reseeding vs. hybrid Height & Spread Color of leaf or bloom Time of Bloom

Native and Adapted Ornamental Grasses in the Landscape By Sandra Rosen

The September meeting featured Margaret Ann Trail who talked about the use of native grasses in landscaping. Not only are these grasses beautiful, but they are easily maintained and quite unusual. She brought examples of the grasses and then discussed each one that would work in our area. Some can be invasive, some are not deer resistant, some are drought resistant, some need a moist landscape – there's a lot to know before you undertake these plantings, but they can be beautiful, colorful, and unusual.



Disease Resistance Drought resistant Attractive Cost Care of Grasses Most like well drained soil. Susceptible to crown rot especially in winter. Best planted in Spring to allow time to get established before winter. Cut back to short clump in February. Some can be moved. Divide clumps when needed about every three years.

Names of some Native Grasses

Little Blue Stem Side Oats Gramma Big Blue Stem Shenandoah Red Switch Grass Dallas Blue Switch Grass Waco Indian Grass Wind Dancer Gulf Muhlv White Cloud Muhly Grass Lindheimer's Muhly, Big Muhly Little Bunnies Black Fountain Grass 'Hameln' Dwarf Fountain Grass Varigated Japanese Silver Grass Grass Maiden ' Little Kitten' dwarf Mexican Feather Grass

Feather Reed Grass Overdam Varigated Feather Reed Grass Overdam Silver Showers Aztec Grass New Zealand Flax Caex 'Red Rooster' Sedge



Dallas Blue Switch Grass 4-6' x 18" adaptable