

**Williamson County
Master Gardeners**

November/ December 2017

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President's Message

By Jane Bowman



November 5, 2017

Gardeners-

You Know You Are A Master Gardener When:

10. You rejoice in rain...even if it rained yesterday and will again tomorrow.
9. You take pride in how bad your hands look.
8. You actually enjoy talking about dirt/soil.
7. You can give away plants easily...but compost is another thing.
6. Soil test results actually mean something.
5. IPM rules!
4. You'd rather go to a nursery to shop than to a clothes store.
3. You look for gardens, open to the public, whenever you go on vacation.
2. Your non-gardening spouse is actually getting involved with your garden endeavors...digging ponds, building bird houses, watering, pruning, turning compost piles and planting.

And, you definitely know you're a Master Gardener when...

1. You are surrounded by terrific people who share your passion!

My Number One: The really terrific group of gardeners who have become my friends and have made it a privilege for me to serve as your President. Thank you for the ride.

Jane Bowman
President



Outdoor Cockroaches

By Wizzie Brown

Cockroaches develop by gradual, or incomplete, metamorphosis with life stages consisting of egg, nymph, and adult. Eggs are contained in a purse-like structure called an ootheca. The egg case is usually dropped by the female or glued to a substrate. Nymphs look similar to adults, but are smaller and do not have fully developed wings.



Smokybrown cockroach egg case (ootheca) glued to substrate.

Outdoor cockroaches may enter buildings around loose-fitting doors and windows as well as through sewer lines, attics, and where pipes penetrate the structure. Trees that touch or overhand the home create a bridge for cockroaches to get into the home. Cockroaches are omnivores, feeding on numerous plant and animal products such as meats, starchy foods, baked goods, leather, book bindings and wallpaper paste.



American cockroach adult.

Common cockroaches found outside in this area are American and Smokybrown cockroaches. American cockroaches are about 1 ½ - 2 inches long, reddish-brown with yellow markings on the pronotum (the shield-like structure that covers the head). Adults have well-developed wings, but seldom actively fly; they do often glide from high perches. American cockroaches are usually found outside near decayed trees and plants, in crawl spaces and sewers.

Smokybrown cockroaches are often mistaken with American cockroaches. Smokybrowns are about 1 inch long and dark brown to black Adults have fully developed wings and are capable of flight. This species often inhabits leaf litter, compost piles, and ground cover.



Smokybrown cockroach adult.

If you find cockroaches in your compost pile, in leaf litter or other outdoor locations, it isn't really necessary to kill them. It is a sign that you want to work on some things to keep the cockroaches outdoors when the weather gets chilly.

- Prune back any vegetation touching or overhanging the home.
- Stuff weep holes with copper mesh if you have a brick or stone facade. Copper will not rust and will still allow air flow in and out of void space.
- Make sure screens on doors and windows are in good repair
- Replace weather stripping where doorways do not have a good seal. If you can see daylight around a door when it is closed, then it does not have a good seal.
- Repair any water leaks.
- Clean debris from gutters.
- Place stainless steel screening over vent access in the attic.
- Use sealant around pipe penetrations or other cracks or crevices into the home.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com.

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Lyme Disease

And It's Prevention

By Alicia Johnson



Editor's Note: The information contained below is a Master Gardener's personal account of her experience fighting Lyme disease. She has written her account in the hope that other Master Gardeners and those who spend time outdoors will be aware and take steps to educate and protect themselves. To obtain further information on ticks, the pathogens they carry and prevention go to:
<http://tickapp.tamu.edu/tickremoval.html>

Lyme disease is the bacteria *Borrelia burgdorferi*. It was first isolated in 1982 by Willie Burgdofer and was named for him. The bacterium, which is a spirochete (a spiral shaped bacteria similar to the syphilis bacteria), is passed to humans by the bite of a tick. The tick can be the size of a poppy seed. No kidding... ticks' nymphs are the most concentrated carriers and the hardest to spot.

Some people are lucky enough to develop a rash or swelling at the site and can immediately begin treatment. However, 25-30% who are bitten never develop the classic bull's eye rash or even know that they have been bitten. The tick has a numbing agent in the bite so that you don't feel it. If not caught soon and treated with antibiotics, there is a plethora of problems and symptoms that develop.

Ticks like moist to wet conditions so we don't usually encounter them in the drier regions of Texas. If you travel and you like to hike or explore off the beaten path: you are vulnerable.

I grew up in Texas and never really saw a lot of ticks unless I went to East Texas, but about a year and a half ago I traveled to North Carolina. It was my first trip there and I loved it. We toured the Biltmore for a couple of days and hiked all over the Pisgah Forest. We saw beautiful waterfalls and mountains and never once did the idea of a tick cross my mind - even a month later when I began to feel like I had the flu and was so tired I couldn't get up out of my chair, or six weeks later when I developed a pain so intense in my hip and shooting down the inside of my leg that I visited an orthopedic surgeon for x-rays and was seeing a chiropractor three times a week.

Six months later when I had pain so intense I was walking with a cane and had received injections in my groin for nerve pain, I still thought it was an orthopedic issue. Nine months later the pain had moved from my right leg to my left leg and was so excruciating

that I could not undergo the standard MRI. I had to return another day to be sedated to endure the pain of lying still for the fifteen minutes they needed.

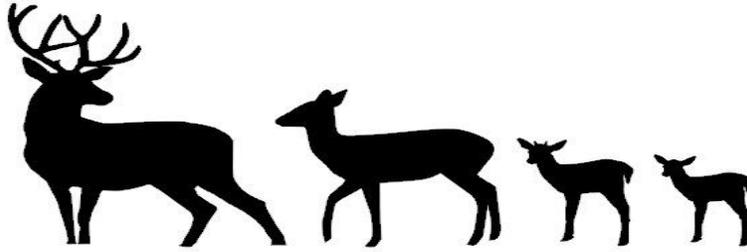
Finally, eleven months later I was telling a doctor from the New York area about my strange symptoms which now included heart palpitations, night sweats, headaches, confusion and that constant, constant pain. She looked at me and said, "We are testing you for Lyme disease!" When she first said it, I thought it absurd. I haven't seen a tick in years. Even after the blood test came back positive I did not think about my hiking trip to North Carolina but eventually I put the pieces together.

My story is scary but with the knowledge of Lyme and its related infections you can protect yourself! The message I want to convey is not fear and panic but to promote education and knowledge to protect against this complex and intelligent bacteria.

The number one defense is prevention. Avoid that tick bite and protect your grandkids from tick bites, teaching them awareness such as the following. Wearing light clothing is helpful with spotting a tick. Tuck your pants inside your socks and put a rubber band around them. Spray your shoes with Deet. In the northeast I have heard that they wear clothing treated with repellent because ticks are so bad there. After gardening outside or hiking, or even just walking through tall grass or thick brush, remove your clothing on a tile surface so that you can spot a tick if it crawls away. Then, check all of your crevices like behind knees, between toes, behind ears, you know what I mean.... If you find a tick, remove it carefully by grasping the head with a sharp pair of tweezers dipped in alcohol. Try not to squeeze the body. Put it in a clean jar or medicine bottle and take it to the local health department and insist that it be checked for Lyme and all the co-infections (the parasite *babesia*, bacteria *bartonella*, *mycoplasma* and *ehrlichia*, the virus powassan, etc.). It is very important that you find and remove ticks within 24 hours.

Also, ask your doctor if their practice has had any cases of Lyme disease. I was surprised by my doctor's response that she had had four new cases in several months. She had not reported it to the health department because she did not think it was a reportable disease. By now I believe she's convinced otherwise!

I spoke to the health department when I removed a tiny tick off my dog's ear. I asked if they would test it and they said that they only test ticks that come off of humans. I explained that I had Lyme disease and I was not sure when I was bitten but that I was a gardener and I needed to know if we had Lyme here. She said no Lyme cases had been reported in our county but she was very interested in taking my information. I'm worried about the nonchalance in the medical community about this disease, which mothers can pass on to unborn children. I'm mostly worried for the kids who love to play outside or hike, but I'm also worried for my gardening buddies and my bird-watching friends. No one is sounding the alarm. I hope this article arms you with some facts and steps to protect yourself and loved ones. Let's spread the word!



Garden Tips

By Winola VanArtsdalen

Gardening Tips November/December 2017



Mulching/Planting:

Clean flower beds after our hot summer. Add compost, then mulch. If you use really good homemade mulch that may be enough without compost added at this time. It is difficult to know if mulches you buy will actually provide needed nutrients when they break down.

Fallen leaves should be raked off the lawn surface and bedding plants, so they can continue to have sunlight. If you leave foliage shaded by a blanket of leaves, you may lose a precious plant that might be difficult to replace.

Shrubs, trees and turf should be protected by mulch as winter approaches. Trees and shrubs can be planted throughout winter, but keep away from stems. Trees improve our environment while beautifying your landscape, cooling your home, and improving real estate value. Do learn the mature size and actually measure your yard to be sure you have enough space.

On turf, apply one-fourth to one-half inch of top dressing to regulate temperatures and hold moisture as well as adding nutrients as mulch decomposes.

This is still a good time to plant vines and groundcovers, but do be prepared to cover if there is an unexpected hard freeze soon after planting.

Do not forget about those bulbs that you may have had chilling in the refrigerator, waiting to be planted outdoors! Check the instructions again to see when they should be planted.

Watering/Protecting:

Paint all wounds on oak trees susceptible to oak wilt: any size, any time, immediately!

Williamson County's average date of first frost is November 15. Avoid frantically looking for protective covering the night before frost is predicted. Check what you have available now and then purchase what else is needed. Small plants coming up from wildflower seeds

such as poppies, bluebonnets, and columbines should be fine. This is why we plant them in October, so they can be strong enough to withstand our mild winters. If we had abnormally early cold winter temperatures, you might protect at least some of them to be sure of seeds for future years. That has not been necessary in the over twenty years I have lived in this area.

If you bring container plants inside, they will appreciate being spritzed with water, at least until they become acclimated to the dry air inside.

Winter is the best time to trim evergreens. If we have an unusual cold spell, the evergreen boughs can be placed over your perennials and around the base of roses for an additional layer of insulation.

Be sure all tools are cleaned, oiled and put away.



Gardeners Who Cook

Pressure Cooker

Key Lime Cheesecake

By Melanie Mabe



I am one of the newbies in the MG class 2017. We have all been enjoying the delicious foods that everyone has shared each week during our mid-class break. When it was my turn, I chose to make a key lime cheesecake. I love it and I hoped that others would also! This cheesecake was a winner and many have asked for the recipe.

I have found that there are numerous delicious pressure cooker cheesecake recipes available. I am including some links with recipes. I would recommend reviewing the tips below before beginning.

- ✓ Be sure to use full fat cream cheese... it won't set up right if you don't use full fat.
- ✓ I suggest you look at the web link below. It has good directions for making cheesecake in a pressure cooker... if you go down to about the middle of the page, it has directions.
<https://www.pressurecookingtoday.com/making-perfect-pressure-cooker-cheesecake/>
- ✓ It is fun to make cheesecake in the pressure cooker and the texture is wonderful! The webpage below has some very yummy looking cheesecakes I can't wait to try!
<https://www.pressurecookrecipes.com/instant-pot-cheesecake-new-york/>

Crust

10 vanilla cream wafers
2 tablespoons unsalted butter
1/4 cup macadamia nuts

Cheesecake

Three 8 ounce packages full fat cream cheese, at room temperature (it will affect the smooth consistency if they are not completely at room temp)
1 tablespoon all-purpose flour
One 14 ounce can sweetened condensed milk
Three large eggs

1/3 cup Key Lime juice (I like to squeeze my own fresh juice). If you buy the bottled juice, be sure to get the one that is 'key' lime juice.

1 teaspoon lime zest

Two drops green food coloring (optional)

Preheat oven to 350°F.

Line the base of a 7 inch spring form pan with parchment paper, secure the ring around the pan, and then apply nonstick cooking spray to the inside of the pan.

For the crust: Place all the ingredients in a food processor and process until smooth.

For the cheesecake: Place the cream cheese, flour, and sweetened condensed milk into the food processor. Process for one minute or until very smooth; add the eggs, one at a time, through the feed tube. Continue processing for 30 seconds more.

Add the key lime juice, lime zest, and food coloring (if using) and then process for an additional 30 seconds.

Pour the filling into the baked crust, then wrap the springform pan in aluminum foil. Pour about 1 cup of water into the pressure cooker. Carefully place the pan into the pressure cooker and secure the lid. When pressure is achieved, set a timer for 40 minutes.

When the cook time is complete and pressure is fully released, remove the lid with caution. Remove the pan from the pressure cooker using tongs (I use a foil sling) and let cool at room temperature for 30 minutes.

Refrigerate the covered cheesecake for at least two hours before serving. I like to leave it in the fridge overnight before serving it so it is well set up and the flavors have had time to blend.

Educational Opportunities in Our Area

Schedules are subject to change. Please direct all questions regarding continuing education hours to Jane Bowman.

Hands on in the Garden 3151 SE Inner Loop A, Georgetown, TX 78626
Meets on the last Saturday of the month at the Williamson County Extension Office.
Sat, Sept 30 8:30 a.m.-10:30 a.m.

Williamson County Master Gardener Association Monthly Meetings 3151 SE Inner Loop A, Georgetown, TX 78626.
Meets on the second Monday of every month (except Dec) at the Williamson County Extension Office. Open to the public. Social time starts at 6:30 p.m., presentations start at 7:00 p.m.
No December Meeting – WCMG Awards Dinner

Travis County Extension Service <http://aggie-horticulture.tamu.edu/travis/local-extension-resources/calendar-2/>

The Natural Gardener 8648 Old Bee Caves Road, Austin, TX 78735 (512)288-6113
<http://www.naturalgardeneraustin.com/event-calendar.html>
Classes are free and meet under the Revival Tent.

“Organic Insect Control”

Neil Schmidt gives us “Organic Insect Control”. Learn to identify common garden pests and how to treat them. The best approach to organic pest control is healthy, happy plants through sound cultural practices, and early identification and detection!
Date: November 28, 2017 10:00 a.m.

Hill Country Water Gardens 1407 N. Bell Blvd., Cedar Park, TX 78613 (512)260-5050
<http://www.hillcountrywatergardens.com/calendar/>

Countryside Nursery and Landscape 13292 Pond Springs Rd, Austin, TX 78729 (512)249-0100
<http://www.countrysideaustin.com/garden-classes-and-events/>

Round Rock Gardens 901 Sam Bass Rd., Round Rock, TX 78681 (512) 255-3353
<http://roundrockgardens.com/workshops-events/>

Georgetown Garden Club Georgetown Parks and Recreation Community Room, 1101 N. College, Georgetown, TX 78626
<http://www.georgetowngardenclub.org/Pages/CalendarofEvents.aspx>

Native Plant Society of Texas Williamson County Chapter Meets the second Thursday of each month.
<https://npsot.org/wp/wilco/meetings/>

Monument Market 500 S. Austin Avenue, Georgetown, TX 78626 (512)240-4715
<http://www.themonumentmarket.com/>
Class fees apply.

Red Barn Garden Center 12881 Pond Springs Road, Austin, TX 78729 (512)335-8093
<http://redbarngardencenter.net/special-events.html>

Lady Bird Johnson Wildflower Center 4801 La Crosse Avenue Austin, Texas 78739 (512)232-0100 <https://www.wildflower.org/> Class fees apply.

“What Happens to Plants and Animals in the Winter?”

Ever wonder what happens to plants and animals in the winter? Discover how life goes on outdoors when the days grow colder and shorter. Learn about lifecycles, take a hike to observe flora and fauna in the gardens and natural areas, and create a winter bouquet to celebrate the season!

Date: December 16, 2017 12:00 -2:00 p.m.

\$15 per adult, \$10 per child

Lady Bird Johnson Wildflower Center members receive discounts on programs and classes.

Austin Community College Continuing Education Program
<http://continue.austincc.edu/>

See online course catalog for details. Locations vary. Tuition and campus parking permit fees apply.

Garden Club Meetings at Zilker Botanical Gardens 2220 Barton Springs Rd, Austin, TX 78746 (512)477-8672, <http://www.zilker garden.org/aagc/clubs.html>

See website for listings. Fees for parking and meetings may apply.

Williamson County Master Gardener Association 2017 Board of Directors and Sub-Committee Chairs

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Treasurer – Gail Kelley

Past President – Wayne Rhoden

Programs – Open

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Rose Garden – Lynn Stude and Kay
Johnston

Drought Tolerant Garden – Jodie Beach
and Dorothy Bentzin

Earthkind Herb Study – Sandra
Roberson

Water Conservation – Jennifer Harbour

Vegetable Gardens – Mike Harper, Betty
Jo Phillips and George Prall

Keyhole Garden – John Clifford

Rainwater Garden – Linda Reed

Wildflower Garden – Ann Harmon and
Jane Lacomette

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Training – John Papich and Brenda
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Plant Sale – Brenda McIndoo

Joss Growers – Paul Howe

Communications – Wayne Rhoden

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Help Desk – Garry Bowman

Speaker's Bureau – Open

Online Presence – Garry Bowman

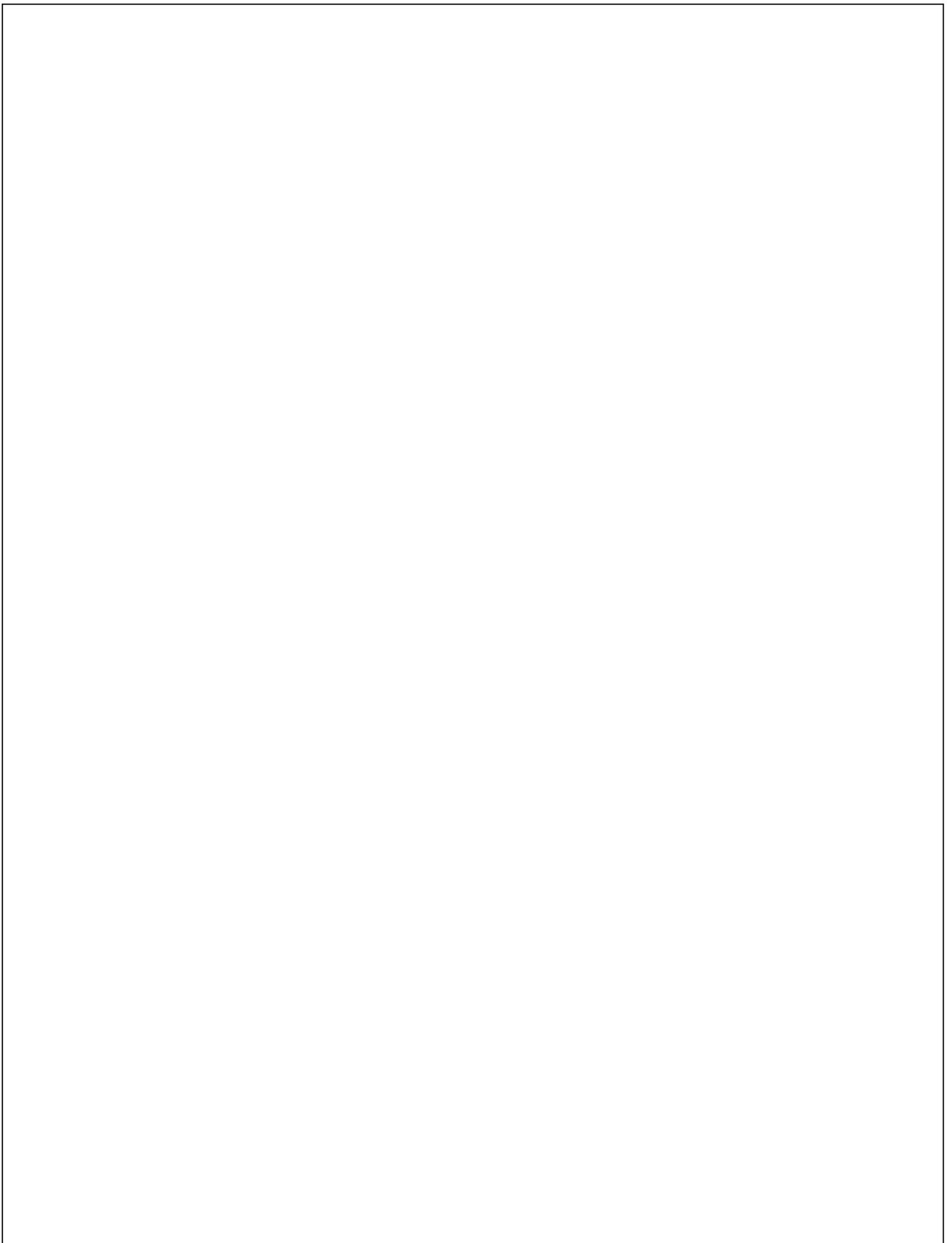
Newsletter – Ann Harmon

TMGA Directors

Wayne Rhoden
Jane Bowman

Alternates

Teresa Wilts
Jeanne Barker



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If you would like to contribute to the January/February 2018 *Williamson County Master Gardener Newsletter*, please send your submission to Ann Harmon at aharmon@sonic.net by January 1, 2018.

As you garden, volunteer and learn, please take a moment to share your stories and experiences with others.



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