Fertilize and prune your roses in February and March.

**Desert Favorite**  By Master Gardener Andrea Meckley

A Trees on Wheels purchase is the plant of the month for March. Apache Plume (Fallugia paradoxa) is a Mojave Desert native evergreen shrub that grows 4-6’ tall and 5’ wide. Light colored stems and small deep green leaves on top with rusty color underneath make this plant a nice foundation plant for a desert or xeriscape landscape. Flowers resembling small, white, single roses bloom in spring and summer with showy flowers of feathery seed heads turning pink following bloom. They are a good bee and butterfly attractor and birds like the seeds. Multi branches to the ground serve as refuge for wildlife. No pruning is necessary on this hardy shrub. Apache plume prefers full sun and is drought tolerant. It can with stand cold temperatures to -30 degrees Fahrenheit. When choosing a location for this plant keep in mind it prefers gritty, well-drained soil. It is considered valuable for erosion control due to an extensive root system. Native peoples used the stems of Apache Plumes to make brooms and arrow shafts. The picture shows a plant I purchased from Trees on Wheels. It was planted in sandy gravelly soil 4 years ago from a 1 gallon. Irrigated on a drip system, today it is about 3’ x 3’. If you have a favorite desert plant in your yard and would like to share, please do!
Pre-emergent Herbicides

Herbicides are chemicals that kill plants. No single herbicide will kill every type of weed, unfortunately, so it’s essential to match the product to the specific weed problem. Some herbicides are applied to actively growing plant foliage and are referred to as postemergence herbicides.

Preemergence herbicides, on the other hand, are applied before weed seeds germinate. They are used to control annual grass and broadleaf weeds. These products are applied to the soil, often as dry granules and sometimes as a liquid spray, and are then watered into the top inch or so of soil. Generally, at least one-half inch of water is necessary to move the product into the soil, so the average rainstorm in western Nevada (0.26 inches) is not enough. Gardeners will need to use a hose or sprinkler to water in the product thoroughly.

Tips for using Preemergence Herbicides Effectively:

- Apply the product before weed seeds germinate.
- Remove any dead vegetation, trash or other debris from the site before applying the product.
- Read and follow label directions carefully and completely. For most products, you must water it into the soil. If you don’t, it won’t work!
- Make one application in the fall to control winter annuals, and another in spring to control summer annuals. Apply when fall rains start in order to control next year’s crop of winter annuals.
- Avoid disturbing the soil in the application area to avoid holes in the chemical barrier. Traffic from dogs, vehicles or other sources across the treated area can cause the application to fail.
- Don’t use them in areas where you plan to grow plants from seed. Preemergence herbicides affect many germinating seeds, not just those of weeds.

“You know you’re a Master Gardener if you look at the plants in the background of a television show or movie, more than you watch the actual show.”

A Chile Lineup – According to me

1. Habanero – Hottest! Lantern-shaped, lime green to orange fruit. Aromatic and tasty in sauces or pickled. Wear gloves when preparing this chili.
2. Piquin – Very hot! Perennial in Mexico and south Texas.
3. Sandia Hot – Very hot! Best dried and ground. A standard for hot chili lovers. May be used green or red, fresh or dried.
5. Centennial – Hot! Tiny ornamental that is purple to white to red simultaneously. Named for our flag’s colors.
7. Cayenne – Hot! Best dried and ground for sauces. Used in Asian as well as Mexican and southwest food.
8. Chimayo – Medium-hot! Pick green for your favorite stew or sauce. Can be dried and ground for red chili powder.
9. Anaheim “M” Chili – Medium-hot! Can be used green for rellenos and green chili sauce, or dry in red enchilada sauce.
10. De Arbol – Medium-hot and smoky! Treelike plant; 3-4 feet tall; 3-4 inch fruit. Good for drying.
13. Sante Fe Grande – Medium to hot! Short, thick, yellow pepper. Very attractive as an ornamental.
15. Andho (Pablano) Mild! Large, heart shaped, and excellent flavor. Perfect for rellenos or stews. Good dried!
17. Pimento – Mild! Hungarians use for paprika. Long, heart shaped, good stuffed or for stuffing.

March Planting – Short List

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<thead>
<tr>
<th>Asparagus</th>
<th>Dill</th>
<th>Peas</th>
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<tr>
<td>Basil</td>
<td>Endive</td>
<td>Radish</td>
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<td>Beans</td>
<td>Fennel</td>
<td>Sage</td>
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<td>- Lima</td>
<td>Kale</td>
<td>Spinach</td>
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<td>- Pinto</td>
<td>Onion, Green</td>
<td>Squash, summer</td>
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<td>- Snap</td>
<td>Oregano</td>
<td>Swiss chard</td>
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<td>Black-eyed peas</td>
<td>Parsley</td>
<td>Tomatillo</td>
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<tr>
<td>Carrots</td>
<td>Peanuts</td>
<td>Tomatoes</td>
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<tr>
<td>Corn</td>
<td>Potatoes, sweet</td>
<td>Thyme</td>
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<td>Cucumbers</td>
<td>Pumpkin</td>
<td>Turnip</td>
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Grow Your Own!

Grow your own is a series of back-to-basic gardening classes to help you produce great harvests in Nevada.

These classes will be offered via interactive video conferencing at the Logandale Cooperative Extension office.

Save the Dates!

~2012 Schedule~

Spring: Wednesdays, Feb. 8 through March 28, 6-8 p.m.
Summer: Mondays, July 9 through Aug. 27, 2-4 p.m.

Visit the website! growyourownnevada.com
Sprouts are a Genuine Fountain of Youth!

By Denise Stoesser

Sprouts abound with antioxidants; they are full of protein, chlorophyll, vitamins, minerals and amino acids. Broccoli sprouts have been found to contain 50 times as much of the antioxidant sulforaphane as mature broccoli.

Wheat grass juice is the closest substance to hemoglobin, and is therefore a phenomenal blood purifier and a liver detoxifier.

Sprouts contain enzymes, giving your body a much needed rest as they digest themselves - invigorating you while requiring no help from your body to process them. New research indicates that peanut sprouts reduce harmful cholesterol and that sunflower, buckwheat and grain sprouts dramatically improve the quality of life for diabetics. The list goes on and on.

If you want to boost your nutrition and your energy, try adding sprouts to your diet. It's one of the simplest ways to add real live food to your diet.

Leafy Sprouts

Alfalfa and clover are what most Americans think of when they think of sprouts. Tender yet crisp these tiny little plants are, to some people, a bit bland in flavor. Between you and me, combining seeds has completely changed the bland flavor to pizazz and creating favorite blends will transcend the old concept of boring, weedy sprouts.

I found that a radish seed produces a sprout in 4-days, which though tiny, has ALL of the flavor and a far superior texture of a full grown radish. I looked (and still look) for more seeds like this and discovered that the sprouts produced by garlic, chives, onion, mustard, cress and arugula also have
awesome flavors. I’ve mixed these and other exotic seeds into the rather bland, though texturally exquisite, clover and alfalfa to create profoundly crave-able, super nutritious, gourmet sprouts!

**Bean Sprouts**

Most sprout people started the same way - thinking of Alfalfa when they heard the word sprouts. It was a challenge for most of us to think of a peanut, adzuki, lentil, mung, pea, pinto or garbanzo bean as a sprout, but once I tried it my life was changed forever and so was my perception of what a sprout is. Once you open your mind, heart and mouth to the idea of sprouted beans you wonder how you could have lived so many years thinking that alfalfa defined sprout! Beans are nutritious and delicious raw and cooked.

**Grain Sprouts**

Grains are a quick sprout, taking as little as 20 minutes, and no more than 2 or 3 days to produce a finished sprout.

If you let large grains like wheat, barley, rye, grow for several days they produce grass.

Grains are all sweet, though some are sweeter than others. Kids tend to love them because of their sweetness, so they are often a child's first positive sprout experience.

They can be used in breads, as a cereal, in stir-fry or as a snack - or anything else you can imagine. Oats make a fantastic super nutritious breakfast - top with some fruit, nuts, milk, maple syrup....anything.

You won't believe how great sprouts can be!
Sprouting Basics

1) **Add Water**
Mix 1/4 cup seed or beans with 3 cups water in a 2 quart wide mouth preserving jar. You can use a preserving jar with a sprouting jar lid or preserving lid ring with a vinyl household screen.

The seeds are going to absorb a lot of water while soaking. You cannot use too much water- the seeds will only absorb what they can regardless of what they have access to. But, don't short them or they won't sprout well.

2) **Stir Seeds up**
With small seeds in particular, it is important to stir them to ensure even water contact. Use your hands, a wooden spoon, or shake them in the jar to stir the seeds or beans around.

3) **Soaking**
A few seeds/beans do not soak at all and though most do, they soak for varying duration's. The norm is 8-12 hours.

4) **Rinsing**
Rinse seeds 1-2 times daily with a lot of cool water (60-70°).
Rinse beans one time daily with a lot cool water (60-70°).

5) **Draining**
After every rinse, thoroughly drain as much of the water out of your sprouts as possible. So, shake, bounce or spin – just get as much water out of the jar as you can. You can turn them upside down on a plate for a few minutes if that helps.

6) **Positioning**
Between rinsing, place the jar, out of the sunlight, on its side to rest while the seeds sprout.

Beans and sprouts can be consumed at any stage of the process. You can even plant them on a growing medium to let them green-up!

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