



Organic Newsletter

Spring Edition, 2013

Disease Alert!

According to the Cornell Cooperative Extension of Suffolk County, in 2011 a new disease was discovered that decimates one of our most beloved annuals- the impatiens.



“Downy mildew, caused by the fungus-like pathogen Plasmopara obducens, begins as a subtle leaf yellowing. These symptoms are followed by leaves flagging or curling downward, sometimes

giving the appearance that the plants need to be watered.

If infected when young, plants will be stunted. Under humid conditions, you will see a white coating on the undersurfaces of some leaves. Turn over any yellowed or downward curled leaves to look for the white coating of fungus spores: it may be difficult to find.

Impatiens with downy mildew will gradually drop their flowers and leaves; eventually even the stems will collapse.

This downy mildew affects Impatiens walleriana, the standard bedding plant, as well as



double-flowered impatiens, mini-impatiens, and Fusion® and Butterfly® impatiens. Although balsam impatiens (I. balsamina) are susceptible, the symptoms are largely limited to yellow leaf spots. New Guinea impatiens, fortunately, are not affected by this disease and no other bedding plants are hosts of this downy mildew. Different downy mildew

diseases occur on other plants, but these are fairly host-specific. So you don't need to worry about this downy mildew of impatiens spreading to your sunflowers or your roses, for example.

Impatiens plants can become infected by downy mildew either by spores that overwintered in the garden soil or by spores spread from nearby infected plants via water splash (short distances) or wind (greater distances).

This disease thrives in moist or humid conditions. New infections will occur when there is a thin film of moisture on leaf surfaces for at least a



few hours; new infections will not occur if conditions are dry. Rainy periods will encourage disease development and spread, as will overhead irrigation (especially at night), crowded plant spacing, or shade.

Once infected, plants will not recover. Watch your impatiens plants for symptoms of yellowing foliage or stunting and look for the diagnostic white sporulation on the undersurface of leaves. If found, entirely remove and dispose of infected plants (roots included) immediately. Do not leave plant material on site and do not compost the infected plant material. Because oospores can overwinter in the soil and infect impatiens next year, it is prudent to replant with a different type of flower in any flowerbed where downy mildew has been seen.

-9/5/12, Nora Catlin (Cornell Cooperative Extension of Suffolk County) and Margery Daughtrey (Cornell University);
Photos by Margery Daughtrey



Why do potatoes make good detectives?

~*~

Because they keep their eyes peeled!

Happy Spring!!



*"A Robin said: The Spring will never come,
And I shall never care to build again.
A Rosebush said: These frosts are wearisome,
My sap will never stir for sun or rain.
The half Moon said: These nights are fogged and slow, I
neither care to wax nor care to wane.
The Ocean said: I thirst from long ago,
Because earth's rivers cannot fill the main. —
When Springtime came, red Robin built a nest,
And trilled a lover's song in sheer delight.
Grey hoarfrost vanished, and the Rose with might
Clothed her in leaves and buds of crimson core.
The dim Moon brightened. Ocean sunned his crest,
Dimpled his blue, yet thirsted evermore."
— Christina Rossetti*

Plants for the Spring!

March:

Corneliancherry Dogwood (*Cornus mas*)



- ❖ A small, deciduous, multistemmed tree, reaching 20'
- ❖ Small yellow flowers in late March- early April (looks best against dark background)
- ❖ Fruit is a favorite of birds (but may stain sidewalks)
- ❖ Slightly exfoliating bark (can be pruned more tree-like to expose)
- ❖ Full sun-part shade; prefers moist & well drained soil but is adaptable
- ❖ Very pest resistant

April:

Flowering Quince (*Chaenomeles speciosa*)



- ❖ A deciduous multistemmed shrub; 6'-10'



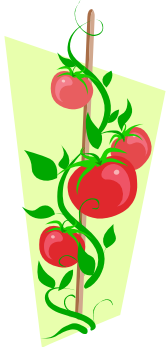
- ❖ Flowers in April, flowers are normally red, but cultivars can have salmon, white and pink
- ❖ Branches are spiny
- ❖ Full sun for best flowers but will tolerate part shade; tolerates dry soils
- ❖ Adaptable, easy to grow
- ❖ Can have some fungal issues on leaves

May:

Hybrid Columbines (*Aquilegia x hybrida*)



- ❖ Full sun- part shade (needs a moist soil in full sun); well drained soil
- ❖ Plant characteristics vary with variety/cultivar but can be anywhere from 1.5'-3' in height
- ❖ Flower colors include: red, white, pink, yellow, purple; can be erect or pendulous
- ❖ Deer resistant
- ❖ Foliage can be medium green-blue green and forms clumps or mounds



Nurturing Nutrition with Karen Sullivan

We all think of spring as a time of growth and renewal. Bulbs are beginning to emerge from their winter sleep. In a lot of ways that is also the case with our bodies. Our bodies are very seasonal. Cravings happen all the time, there are eight primary causes. Lifestyle, dehydration, imbalances, lack of nutrients, inside coming out, hormones, de-evolution, and seasonal. This time of year you may notice your craving detoxifying foods, which can be leafy greens and citrus foods.

There are so many wonderful spring fruits and vegetables. Artichokes, asparagus, kale, cherries, mangoes and strawberries are only a few.



Kale is an amazing vegetable, high in Vitamin C and K. It's very versatile with

beans and you can even make kale potato chips. (Try them they're great!) Asparagus is of my favorite veggies for spring, high in potassium and is a great diuretic. I always recommend buying locally whenever possible and of course organic. Remember if it says it's natural that doesn't mean organic. So read carefully, choose wisely and ask questions!



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Organically Grown



PIZZA BIANCA with KALE, ASPARAGUS & TURKEY MEATBALLS

Ingredients:

Sauce:

- 2 tablespoons unsalted butter, at room temperature
- 2 tablespoons all-purpose flour
- 1 cup whole milk
- 1/8 teaspoon ground nutmeg
- 1 dried bay leaf
- 1 clove garlic, smashed and peeled
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

Pizza:

- Extra-virgin olive oil, for oiling the baking sheet and for drizzling
- One 1-pound ball pizza dough
- 3/4 cup coarsely grated whole-milk mozzarella
- 8 Classic Italian Turkey Meatballs, recipe follows, halved
- 1/2 cup finely grated Parmesan
- 2 medium leaves kale, ribs removed, coarsely chopped
- 1 bunch asparagus - see below for prep **
- 1/2 teaspoon kosher salt

Directions:

For asparagus prep: trim tough ends off asparagus, leaving 4 or 5-inch long tender tops of spears. Place tops in a small skillet in 1/2-inch of boiling water. Cover the pan and steam asparagus for 2 minutes. Run asparagus under cool water and drain well. Cut spears into 1-inch pieces on the diagonal.

For the sauce: In a heavy small saucepan, melt the butter over medium heat. Add the flour and stir constantly for 1 minute. Gradually add the milk, whisking constantly. Add the nutmeg, bay leaf and garlic. Whisk over medium heat until the mixture thickens to sauce consistency and is smooth, 2 to 5 minutes. Stir in the salt and pepper. Remove and discard the bay leaf and garlic.

For the pizza: Preheat the oven to 450 degrees F. Oil a heavy nonstick 16- by 10-inch baking sheet with olive oil. Using fingers, spread the dough over the prepared baking sheet into a rectangle shape. Drizzle the dough with olive oil. Spoon the sauce on top and spread evenly leaving a 1-inch border around the dough. Sprinkle the mozzarella on top. Arrange the meatballs, cut-side down, on top. Sprinkle with the Parmesan.

Bake for 15 minutes. Remove the baking sheet from the oven and add the kale and asparagus in an even layer on top of the meatballs. Drizzle with olive oil and sprinkle with salt. Bake until the kale is crispy, 10 minutes longer. Cut into squares and serve.

Classic Italian Turkey Meatballs:

- 1 cup plain breadcrumbs
- 1/2 cup finely grated Parmesan
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh Italian parsley
- 1/4 cup whole milk, at room temperature
- 1 tablespoon tomato paste
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 large eggs, at room temperature
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1 pound ground organic turkey meat
- 1 pound spicy organic Italian turkey sausage links, casings removed
- Extra-virgin olive oil, for drizzling

Preheat the oven to 400 degrees F.

In a large bowl, combine the breadcrumbs, Parmesan, basil, parsley, milk, tomato paste, salt, pepper, eggs, garlic and onions. Using a wooden spoon, stir to blend. Add the ground turkey and sausage meat. Using fingers, gently mix all the ingredients until thoroughly combined.

Using a 1-ounce cookie scoop or a small ice cream scoop, form the meat mixture into 1 1/2-inch balls (22 to 24 meatballs). Place the meatballs on a heavy nonstick baking sheet, spacing apart. Drizzle with olive oil and bake until cooked through, 15 minutes.

Services for 2013:

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

Tree / Shrub:

- ❖ 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
- ❖ Rodent Repellent
- ❖ Organic Tick & Flea Control

We also offer Outdoor Holiday Décor.

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