

Organic Newsletter

Summer Edition 2015

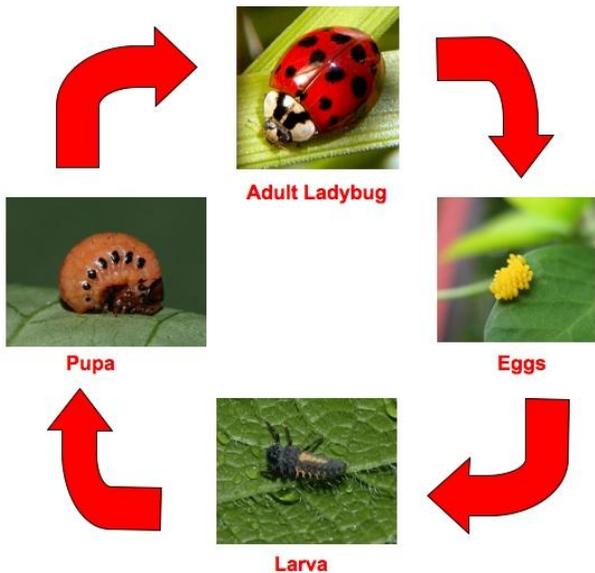
Good Guys in the Garden!

In general, when most of us think of bugs the first thing that comes to mind is the “bad bugs”, like mosquitoes, aphids or Japanese beetles. However, some of us also know that there are good guys in the garden; or as they are more commonly called, beneficial insects.

Just like most living things, beneficial insects have different stages of development and for some their juvenile form is just as beneficial as the adult. Below we’ll explore some of the common garden good guys and the plant material you can add to help attract them!

One of the most recognizable is the ladybug or more correctly, the lady beetle. These small brightly colored beetles feed on aphids as well as other soft bodied insects and sometimes pollen and nectar.

Life Cycle of a Ladybug



Their yellowish eggs are often laid on the underside of leaves and hatch in spring. They eventually turn into a spiny black and orange alligator like larva.

Although the larva of the lady beetle is not as well known, they have just as big of appetite for aphids, other small pests and their eggs as their adult counterparts.

Another beneficial insect is the green lacewing. Typically, the eggs of this insect hang from a filament on the underside of a leaf.



The larvae of this insect are commonly called “aphid lions” as they feast on aphids, small caterpillars, mites and many other garden pests. The adult lacewing, however feeds on pollen, nectar and honeydew (excretions from aphids or scale).



Next are tachinid flies, the larvae of these flies have a completely different mode of action—they attack from the inside out.

Depending on the species the eggs are laid on the host pest directly, injected into the host or are deposited on a leaf and are ingested by the host pest.



Eggs of Tachinid Fly on Host Pest

The larvae of the tachinid fly feed on the juvenile stages of beetles, butterflies, moths, sawflies, earwigs, grasshoppers, or true bugs.

The adults are similar in size and shape to regular houseflies but feed on nectar. Any flowers with an umbel shape can attract them, such as dill, carrots and coriander.

Another great garden protector is the soldier beetle. Their coloring varies from yellow to red with brown or black wings. In general they resemble lightning bugs/fireflies as they are closely related.

The larvae are often seen near mulch or compost piles and feed in the soil on eggs and larvae of other insects, especially grasshopper eggs.



The adults feed on soft bodied insects but also on pollen and nectar. Occasionally, they may swarm blooming linden trees to feed on nectar, pollen and insects.

The soldier beetles love dense vegetation for cover and



are attracted to herbs and especially to golden rod.



In general, here are some plants that beneficial insects prefer:

- ❖ *Achillea filipendulina* — Fern-leaf yarrow
- ❖ *Achillea millefolium* — Common yarrow
- ❖ *Allium schoenoprasum* —Chives
- ❖ *Anethum graveolens* — Dill
- ❖ *Angelica gigas* — Angelica
- ❖ *Asclepias tuberosa* — Butterfly weed
- ❖ *Ajuga reptans* — Carpet bugleweed
- ❖ *Calendula officinalis* —Calendula
- ❖ *Coriandrum sativum* — Coriander
- ❖ *Cosmos bipinnatus* —Cosmos
- ❖ *Daucus carota* — Queen Anne’s lace
- ❖ *Foeniculum vulgare* — Fennel
- ❖ *Limonium sinuatum* —Statice
- ❖ *Lobularia maritima*—Sweet Alyssum
- ❖ *Melissa officinalis* — Lemon balm
- ❖ *Petroselinum crispum* — Parsley
- ❖ *Veronica spicata* — Spike speedwell



Fun Fact:

Did You Know?

Legend has it that crops in Europe during the Middle Ages were plagued by pests, so the farmers began praying to the Virgin Mary.

Soon, the farmers started seeing ladybugs in their fields, and the crops were miraculously saved from the pests. They associated their good fortune with the black and red beetles, and so began calling them “Our Lady’s Beetles”.



In Germany, these insects go by the name Marienkafer, which means Mary beetles.

The 7-spotted lady beetle is believed to be the first named for the Virgin Mary; the red color represents her cloak, and the black spots represent her sorrows.

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Hoping you and yours have a
bright and fun summer!

~The Organically Green Team

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"I almost wish we were butterflies and
liv'd but three summer days~three
such days with you I could fill with
more delight than fifty common years
could ever contain."

--John Keats

Plants for the Summer!

June:

Glossy Abelia
(*Abelia x grandiflora*)



- ❖ A deciduous flowering, multistemmed shrub that has a rounded form growing 4' to 8' tall, but can reach 12' and is wider than it is tall
- ❖ Showy red or red-purple; sometimes orangish fall color
- ❖ Upright pyramidal clusters of white flowers in early July; as flowers age, they turn pinkish in late summer and tan in the autumn
- ❖ Prefers full to partial shade and moist, organic, fertile soil



- ❖ A deciduous to semi-evergreen shrub with arching branches, multistemmed that grows 3' to 6' tall and just as wide; fast growth rate
- ❖ Flowering starts in May then continues throughout the summer with fragrant, pinkish-white tubular flowers
- ❖ Prefers acidic to neutral soil that is well-drained and moist and full sun to partial shade
- ❖ Bronze winter color, somewhat showy
- ❖ Easily transplanted, attracts butterflies, can be heavily pruned

July:

Oakleaf Hydrangea
(*Hydrangea quercifolia*)



- ❖ A large, clumping perennial that grows 4'-8' tall and 2'-3' wide.
- ❖ Prefers full sun and tolerates a range of soil conditions.
- ❖ Blooms heavily in late summer- early fall with yellow daisy-like flowers
- ❖ Attracts butterflies

August:

Perennial Sunflower
(*Helianthus 'Lemon Queen'*)



Organically Grown



Panna Cotta Pie with Fresh Berries

Ingredients:

Pie Dough:

SCANT 2 cups all-purpose flour
1/4 cup confectioners' sugar
1/2 teaspoon salt
1 stick cold butter
1 small egg

Egg Wash:

1 whipped egg white
1 teaspoon heavy cream or milk

Filling:

4 1/2 gelatin sheets (about 1 rounded
tablespoon powdered gelatin, such as Knox)
1–2 vanilla beans

3 1/4 cups whipping cream
2/3 cup granulated sugar
1 pint berries in season

Directions:

Combine all the dry ingredients for the pie dough in a bowl or food processor. Cut the butter into cubes and work them into the dry ingredients to form a crumbly mixture. Add the egg and work it in quickly to form a dough.

Roll out the dough into a circle (slightly less than 1/8-inch thick) on a sheet of parchment paper with a little flour, then roll up the paper into a roll and let it chill in the fridge for 20 minutes.

Cover a 9-inch springform pan with the pie dough. Prick the bottom and let the pie dough rest in the fridge for 20 minutes. Meanwhile, heat the oven to 425°F.

Bake the pie shell in the middle of the oven for 12–15 minutes or until it begins to get some color. Mix the egg white and cream for the egg wash and immediately brush the warm bottom of the pie crust with the mixture. This seals the tiny holes in the bottom of the crust so that the filling doesn't leak out. Let the pie shell cool.

Place the gelatin sheets for the filling in cold water and let them soak for 10 minutes. Split the vanilla beans lengthwise and scrape out the seeds. Place the seeds and the scraped beans in a pot together with the cream and sugar and bring to a boil. Remove the pot from the heat and transfer the gelatin sheets to the pot. Stir the mixture with a spoon and let it rest for about 20 minutes, stirring occasionally.

Remove the vanilla beans with a slotted spoon and pour the mixture into the pie crust. Cover the pie with plastic wrap and let it chill in the fridge at least three hours or until the filling has solidified. Top the pie with berries just before you serve it.

Total Time: 40 + 35 min

Yield: 8-10 servings

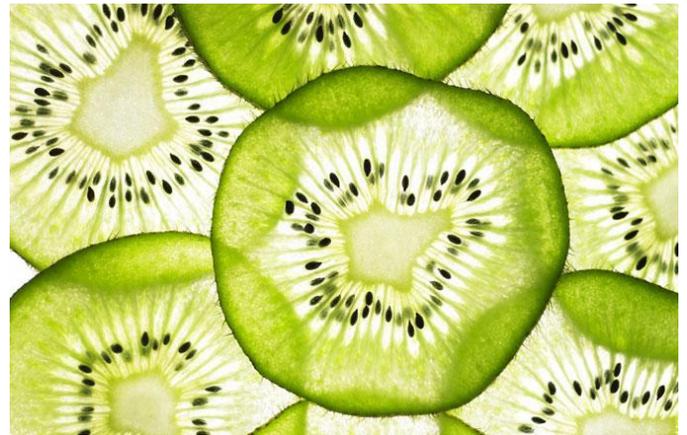
Note: We recommend using certified organic ingredients, when available, in all recipes to maximize flavors and nutrition while minimizing your risk of exposure to pesticides, chemicals and preservatives.

Services for 2015:

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.

Call (631) 467-7999 for a free estimate!