

The ladybug



A monthly vegetable gardening newsletter for Hidalgo County, TX

Fall Vegetable Garden

October 1^{st.}, 2020

In the Rio Grande Valley, the fall season for growing vegetables start after Labor Day (First week of September). In this season you can plant cool season vegetables, like broccoli, cabbage, onions, beets, carrots, etc. Before we begin to plant, we need to go over a few things that we should do in the garden and a few that we should avoid in order to maintain a healthy garden.

DO'S:

1. Always use vegetable varieties that are recommended for our Rio Grande Valley.
2. Have your garden soil tested every two to three years.
3. Use organic fertilizer in the garden.
4. Keep your garden free of insects, diseases, weeds, and unwanted grasses.
5. Use mulches to conserve moisture and control weeds.
6. Water only as needed, make a watering plan according to the weather and plant size and if possible use a timer.
7. Thin by pulling, not cutting, when plants are small.

8. Wash and sanitize your garden tools and sprayers well after each use.

9. Keep a garden journal. Record your garden activities, indicating planting dates, varieties, problems, etc.

DON'TS: 1. Do not plant so closely that you cannot walk or work in the garden.

2. Do not cultivate so deeply that plant roots are disturbed or injured.

3. Do not shade small plants by planting taller growing crops besides them.

4. Avoid watering excessively or in the late afternoon.

5. Do not allow weeds to grow large.

6. Avoid applying pesticides in a hazard manner or without reading the label directions.

[Click here](#) if you want to consult our RGV planting guide and remember that the Hidalgo County AgriLife Extension Website has additional garden tips. And as you work on your garden, keep in mind that gardening is better than therapy, *and you get tomatoes!*

Did you know ... Lady bugs are predators?

Lady bugs, as cute as they look, are insect predators? This mean that they eat other insects, especially soft bodied ones.

Lady bugs are used around the world to control some pests like aphids and whiteflies. You can buy lady bugs but it is better to attract the local ones to your garden using plants with flowers because they also like pollen. Flowers and herbs such as cilantro, dill, fennel, angelica, scented geraniums, coreopsis, and cosmos are good choices for luring lady bugs to your garden.



Recipe of the month: Garbanzo Crunchies

Ingredients:

- 1 can (15 ounces) cooked garbanzo beans, well drained
- 1 tablespoon olive oil,
- Paprika or chili powder to taste

What to do:

1. Preheat oven to 350°F.
2. Toss garbanzo beans with olive oil.
3. Spread on a baking sheet.
4. Sprinkle paprika or chili powder over beans.
5. Bake 30 minutes or until golden.
6. Eat warm or at room temperature

Prep Time: 10 minutes
Cook Time: 30 minutes
Cost per serving: \$0.07
Serving size: ¼ cup
Calories: 100



"The most important word in community garden is not garden."

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