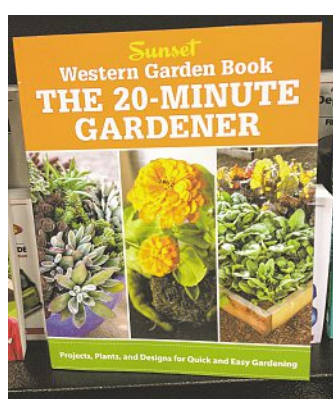


ON THE SHELF



"Sunset Western Garden Book the 20-Minute Gardener" RGJ

## Gardening books for kids, local climate

By Laura Longero  
llongero@rgj.com

Springtime means gardening, and although those of us in Northern Nevada might have to wait a little longer than others to get dirty, the time for planting is nigh. It's the perfect time to peruse gardening books to get ideas.

A new book to hit book stands in February, "The 20-Minute Gardener," is the latest installment in the Sunset Western Garden Book series (2013, Time Home Entertainment). The book is a glossy guide that shows how to keep your garden looking good in as little as 20 minutes per day.

Strategies include choosing easy-care plants — when adding or replacing plants in your landscape, choose the toughest ones for the region; and using furnishings and fabrics to add pops of color where plants won't work — in small gardens, especially.

The book has project ideas like for a cutting garden (with flowers for bouquets), a pollinator garden (for bees, butterflies and hummingbirds), a moon garden (with white flowers and silvery foliage), an unthirsty herb garden (with water-wise perennials), a succulent pocket (grouping of succulents), tabletop gardens with living centerpiece, building a color-themed border, creating a curved path and building a stream bed.

Techniques include amending soil, making compost, sowing seeds, planting seedlings, fertilizing, grooming plants and dividing perennials. "The 20-Minute Gardener" also gives readers a section on easy-care plants: Perennials, annuals, grasses, ferns, shrubs, ground covers, succulents, vines, edible perennial herbs and more. Finally, the book offers regional month-to-month calendars for the parts of Sunset's Western region.

### Plants are for kids

Whitney Cohen and John Fisher, authors of "The Book of Gardening Projects for Kids" (2012, Timber Press), say to incorporate children's passions into your garden, focus on the fun of gardening and weave the garden into your daily lives. The book teaches gardening basics and has kid-friendly and fun projects.

They say to design a play-friendly garden. Involve kids in the garden design, create a garden that's safe and fun, add whimsy, make the most of a small space and create a welcoming outdoor gardening area. A fun family garden might feature a digging-only bed, cutting garden, birdhouse, fairy or toy dinosaur garden, play areas, places to hide, a swing or

See GARDENING BOOKS, Page 3D

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MASTER GARDENER

# NOT ALL BUGS ARE BAD

By Melody Hefner

University of Nevada Cooperative Extension

Of the more than one million types of insects in the world, less than 5 percent are harmful. Insects are an important part of the food

web, providing a meal for other insects, birds and small mammals present in our yards. Many insects are pollinators.

Without them, we would have no apples, cherries, melons or squash in our gardens. Some insects can be nuisances but don't cause plant damage. Beneficial insects can be considered the "good guys" of the insects present in our landscapes. They are important tools for managing insect pests in your yard. Almost every insect pest has one or more insect natural enemies. These beneficial predator insects kill or reduce the numbers of pest insects in your yard.

Just as many insect pests are most damaging at the larval stage, so are many beneficial insects the most predacious during their larval stage. Many people will recognize a lady bird beetle or "ladybug" but are unfamiliar with its dragon-like larvae. The larvae of lady bird beetles, green lacewings, syrphid flies and snakeflies are voracious pest predators, targeting aphids and other pests present in our land-

scapes. Learn to recognize both the adult and the larval stages of beneficial insects at [www.manage.nvpests.info](http://www.manage.nvpests.info).

Like all animals, beneficial insects need water, food and shelter to survive. Pest insects are food for beneficial insect larvae, and sometimes for the beneficial adults. Many adult beneficial insects sip flower nectar, so providing flowering plants will attract them to your yard. The flowers also provide shelter for many beneficial insects. Insects require water, so providing a shallow dish or birdbath of water can also aid the good guys present in your yard. They will hang around if you treat them well. Hopefully, the adults will lay eggs and perpetuate the beneficial insect cycle.

The balance between good and bad insects is critical to a healthy landscape. Most people are unaware of the relationship between good and bad insects in their yard until the relationship is disrupted, and insect pests begin eating their plants. A change in weather patterns, use of a pesticide or even removal of a shrub that provides cover can disrupt the balance between good and bad insects. You can minimize this imbalance by keeping your plants vigorous and healthy throughout the year.

As with all pest control plans, you first have to identify the pest.

### TIPS FOR BOOSTING POPULATIONS OF BENEFICIAL INSECTS IN YOUR YARD

» Plant more flowers. Flowers attract and provide nectar and shelter for beneficial insects.

» Provide a source of fresh water. A bird bath or shallow container of water will do the trick.

» Accept a level of pest insects that will attract more good insects. The beneficial insects need something to eat.

» Know before you act. Identify the insect pest before you take action so you don't do more harm than good.

» Use insecticides only as a last resort. They can kill your beneficial insects.

See MASTER GARDENER, Page 3D



## Springtime is bird time in Nevada

Staff report

Spring is a once-a-year opportunity to see colorful, interesting birds up close. Some birds are migrating north after spending much of fall and winter in warmer climates. Others never left the area, choosing to tolerate the same weather that local residents did this winter.

"Birds that you would not normally see in your yard may pass through and visit your feeders and bird baths for replenishment as they head north," said Jacque Lowery, manager of the Wild Birds Unlimited Nature stores at Moana Nursery. "The birds that were here during winter are also becoming more active."

Spring is a critical season to feed wild birds. They either have endured cold temperatures and limited food supplies, or they have expended large amounts of energy during their migratory flights. And though spring can be warm and sunny, the majority of birds' natural food sources have not had time to grow. Many birds rely on bird seed and



See birds up close in the spring, like these evening grosbeaks. HANDOUT

suet to help them survive cold spring nights or sudden spring storms.

"When birds set up residence in your yard, you will be fortunate to observe a wide variety of behaviors, including courting, mating, nesting and raising young," Lowery said.

You will notice the increased number of birds and their level of activity as spring turns into summer. Providing food and water sources allow you to see wild birds exhibiting their brightest colors of the year.

Every Saturday at 8:00 AM  
**KOH 780 AM NEWS TALK**

## WATER RAILS &

Pond & Garden Railroad Tour  
[www.waterandrails.org](http://www.waterandrails.org)

### June 22 & 23, 2013

This family oriented tour allows visitors to take a self-paced tour through over 30 of Northern Nevada's most impressive ponds and garden railroads while raising money for charity...ALS of Nevada and Artown.

**NEW THIS YEAR...** Purchase your tickets with or without lunch. Two locations will be BBQ'ing on those days (one location in Reno, and one in Sparks).

\$20 for one person (Good for both days entry)  
\$30 for two people (Good for both days entry)  
One person with BBQ (one day lunch only) \$30  
Two people with BBQ (one day lunch only) \$50  
Children 12 and under are free.

### 2013 GREEN COLLEGE SEMINAR: TOWER GARDENING COMMUNITY EVENT

STOP BY AND LEARN ABOUT THE BENEFITS OF TOWER GARDENING!  
LEANNA CROCCO WILL BE SPEAKING AT 11AM AND AGAIN AT 1PM. JUST BRING 1 CAN OF FOOD FOR THE NORTHERN NEVADA FOOD BANK!

PLEASE RSVP BY CALLING 775-355-1551. SEATING IS LIMITED.

1720 Brierley Way, Sparks | 775.355.1551  
RailCityGardenCenter.com

# DIVERSIONS

## CROSSWORD

- ACROSS**
- Bug spray target
  - Hospital bug
  - They're usually password-protected: Abbr.
  - Where the buck stops?
  - Opening of a memorable walrus song
  - F follower in vintage TV
  - Pius XII's successor
  - Totaled
  - Trailer caution
  - Breaks down slowly
  - "Beowulf" translator Heaney
  - John of "Harold & Kumar" movies
  - Confused
  - Firms
  - \_\_\_ melt
  - USPS assignment
  - Huff
  - Not likely to fall
  - Mesa natives
  - Road hog?
  - Magic power
  - Material flaw
  - Laid the groundwork for?
  - Didn't quite expect
  - God that leaves one smitten
  - Insurance salesman Ryerson in "Groundhog Day"
  - Stephen King classic
  - In a single effort
  - Lore components
  - Capital near the Red Sea
  - Celebrity perks
  - Employ with vigor
  - Dr. Dean \_\_\_ of talk radio
  - Somme one
  - They might be hitched
  - Spur part
  - Humanities dept.

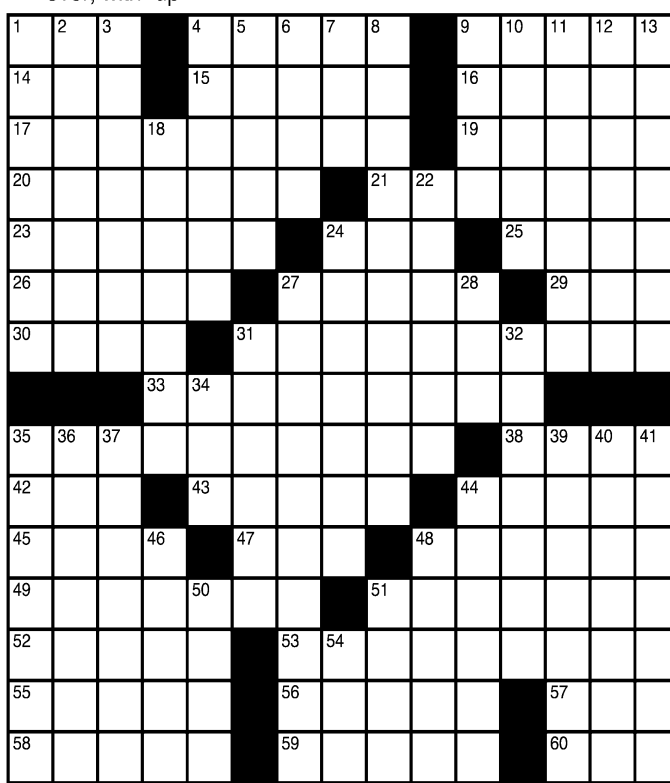
- DOWN**
- Fiddles with
  - Situation when the first pitch is thrown
  - Like many "Argo" militants
  - One of five popes, ironically
  - Mortgage payment component
  - "\_\_\_ the Falling Snow": Enya song
  - Golden ratio symbol
  - Intensified
  - Blade brand
  - \_\_\_ space
  - Hang out (with)
  - Cookbook phrase
  - Laid eyes on
  - Ice-breaking aid
  - Over the hill, say
  - Saw your breath while singing, maybe
  - Ponder
  - Quaint pointing word
  - Giving a once-over, with "up"

- Subtle absorption
- Symbol of tiredness
- Pompadour sporter
- One way to Martha's Vineyard
- Showed affection for, in a way
- Begins to share
- Maker of Natural Glow lotions
- Meandering journey
- Georgian greeting
- Catch
- Butcher block wood
- Vittles
- Jet
- Swear words

### ANSWER TO PREVIOUS PUZZLE:

BOTH SOBS ADMIT  
 ARIA LATEX DEARE  
 WINDS OF WAR OLSEN  
 LOG JAM RASSLE  
 ELL LONELY HEARTS  
 DEET ARESO AHI  
 ARISE WONTON  
 DIAMONDS OLITAIRE  
 INVENT NANCY  
 ADO EATEN SENT  
 LONDON BRIDGE NAH  
 LANDAU ACTIVE  
 ATARI BATH TUBGIN  
 RADIO ANZIO SMEE  
 FLYNN TUMS PAST

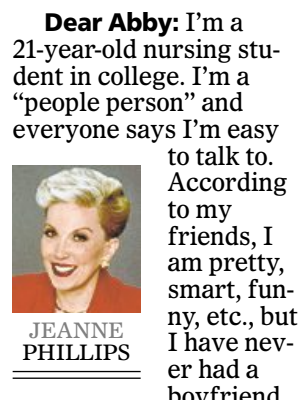
xwordeditor@aol.com 05/25/13



By Steven J. St. John  
 (c)2013 Tribune Media Services, Inc. 05/25/13

## DEAR ABBY

# Be your outgoing, friendly self to all



**Dear Abby:** I'm a 21-year-old nursing student in college. I'm a "people person" and everyone says I'm easy to talk to. According to my friends, I am pretty, smart, funny, etc., but I have never had a boyfriend. I was extremely sick throughout high school and during my early college years, and spent a lot of time in and out of the hospital. I missed not only a lot of schooling, but also learning some of the basic social skills most people my age have mastered when it comes to dating. It has been only during the last couple of years that I have

been healthy enough to even consider dating, and now I have no clue what to do. I am naturally friendly, and sometimes guys I'm not interested in think I'm flirting with them. However, when I try to flirt with a guy, it never works. I don't know what I'm doing wrong, and my friends all gave me different advice. Do you have any tips for me, Dear Abby, on how to let a guy know I'm interested?  
 — *Losing The Dating Game In Florida*

**Dear Losing:** Yes. Be your outgoing, friendly self with everyone. Don't be afraid to smile and make eye contact. That's the way you let others know you're interested. The problem with "trying" to flirt is that it can

come across as awkward and aggressive, which can either bring you the wrong kind of attention or scare a man off.

**Dear Abby:** My husband and I have been married 38 years. He doesn't drink, smoke, do drugs or chase women. He's a good guy. But ... 20 years ago we stopped giving each other gifts on all occasions because he didn't like shopping for me. I let him off the hook and said I didn't really mind. However, on his birthday, I take him to his favorite seafood restaurant and bake him his favorite cake. My birthday gets forgotten.

There is a special dessert that I love that is found only at a bakery across town. I have told him for the past 10 years how much I'd love that dessert for my birthday. He has never once bought it for me. I feel it's like he's telling me I'm not worth the time or money. For such a small thing, it hurts my feelings. Am I being silly?  
 — *Slighted In Indiana*

**Dear Sighted:** You're not being silly. You were being silly when you told your husband 20 years ago that you didn't mind if he ignored your birthday and other special occasions, because it wasn't true (or perhaps the effect on you has been cumulative). So, open your mouth and tell your husband — in plenty of time for your next birthday — exactly what you want from him. If you don't, you'll get the same thing you have been getting — nothing.

## JUMBLE

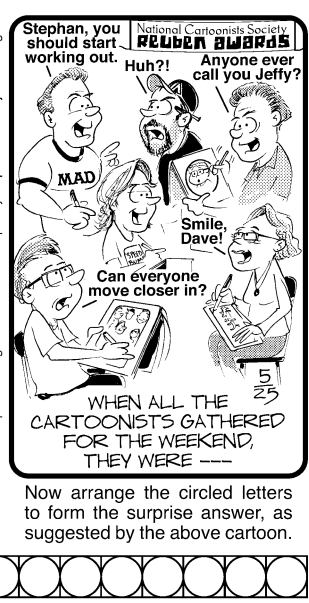
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

KEAAW  
 RYRUH  
 PIDTEC  
 TUNIOG

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

A: \_\_\_\_\_

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



Yesterday's Jumbles: TOOTH UTTER IMPALA APIECE  
 Answer: The captain of the plane was late for work after spending too much time as an — AUTO PILOT

Write Dear Abby at www.DearAbby.com.



This praying mantis is a common predator insect that will eat many other insects, including other praying mantids. WENDY HANSON-MAZET/JUNCE

## Master Gardener

Continued from Page 1D

Many plant problems result from non-living causes, such as too much or too little water. Make sure you actually have a pest before you develop a pest control plan.

Stressed plants are susceptible to pests. Make sure your plants are placed in a compatible spot in your landscape, your soil is healthy and you're watering and fertilizing appropriately.

Insect management does not mean killing every insect in your yard. Eliminating all pest insects reduces your population of beneficial predator insects also. Pest insects attract the good insects that eat them. The key is to find a pest level you can tolerate and let nature take its course.

Be cautious about using pesticides. They may kill beneficial insects, both the predators and the pollinators. If pesticides are used repeatedly, they actually can increase the pest problem. Identify the pest and its life cycle. Then develop a pest control plan that will target the pest at its most vulnerable stage.

Beneficial insects are available commercially for release into your garden. You must follow label directions carefully for good results. Beneficial insects released in your garden might not stick around if they find food, shelter or water elsewhere.

Keep your plants healthy and provide a safe haven for beneficial insects in your yard. This will aid in reducing insect pests without the use of pesticides.

Melody Hefner is water quality program assistant at the University of Nevada Cooperative Extension.



The adult green lacewing sips nectar, but the green lacewing larvae preys on insect pests. SUSAN DONALDSON/JUNCE

### TIPS FOR PROTECTING YOUR PLANTS FROM INSECT PESTS

- » Water and fertilize your plants appropriately. This keeps your plants healthy and reduces stress. Stressed plants are more susceptible to pests and diseases.
- » Choose plants that are adapted to our climate and soils. Our climate is dry with very low humidity and our soils are alkaline. Don't choose a plant for your landscape that likes high humidity and acidic soil.
- » Choose plants that will thrive in the specific growing conditions present on your site. Don't plant a shade-loving plant in a site that gets full afternoon sun. Don't choose a plant that likes well-drained soil if your soil doesn't drain well. These types of poor choices cause plant stress, making plants more susceptible to pests and disease.
- » Don't get pests in the first place. Add only pest-free mulch, fill dirt or top soil to your site. Purchase high-quality, disease- and pest-free plants for your landscape.
- » Accept some pests. Your goal should be keeping the pest population from getting too large, not eliminating every insect from your landscape.

## Gardening books

Continued from Page 1D

play set, hammock and edible plants to graze on — think tomatoes or strawberries.

The digging-in with kids section gives fun projects like making mud pies, testing your soil, making seed mosaics, making planet-friendly paper pots, planting a prehistoric jungle, making homemade insect repellent and having bug races. Learn how to make a birdbath, bird blind and raise chickens; make bath salts, pressed leaf or flower candles, potpourri sachets or leaf-impression stationery.

Finally, the authors have thought about the kids' stomachs with a section on recipes: Roasted sunflower seeds, garden pizzas, zucchini fritters, fruit spritzers, fresh fruity pops and more. And they can learn how to preserve the harvest by garlic braiding, pickling pears and making preserves.

### Mel's madness

Mel Bartholemew, in his new book "All New Square Foot Gardening, second edition," (2013, Cool Springs Press), expounds upon his idea of Square Foot Gardening, which is a grid-based method that uses good soil

in a raised box and spacing crops carefully in square-foot grids. Keys to success of the method are avoiding the poor quality of local soil by building up rather than digging down. The premise is pretty easy: You build a box, build a grid, make your soil mixture, plant the crops and voila! Vegetables. And in case you're too lazy to make the box yourself, an entire website is devoted to the sale of Square Foot Gardening products (www.squarefootgardening.com).

The book teaches readers: how to plant a garden and choose how much to plant based on your family's needs; how to build garden boxes and structures, wire cages, and dome support; how to start a compost pile; how to make the perfect soil called Mel's Mix (no fertilizer necessary); and how to plant square by square, space seeds, start seeds and plant seedlings.

After planting, the hard part's done and the garden box can be maintained by ridding it of occasional weeds and pests, and watering. There is a guide to pest solutions and preventing pest problems, plus sections on gardening for seniors, kids and special needs.

An at-a-glance section looks at various vegetables, herbs, flowers and gives a small bio of each item, including the plant's botanical information, growing season, information on harvesting and possible problems.

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