

# Happy Labor Day!

If your roses aren't looking great, don't worry. Just keep them well watered.

Roses give off their second largest bloom display in the fall. To help get them to perform better this fall, give them a little haircut to clean up any dead wood from the heat of the summer as well as dead-heading any spent blooms. Keep up the once a month feeding schedule until December.



We are entering the absolute best time to plant here in the desert. As the soil is cooling off from the blast furnace summer we just survived the roots are exploding with growth under the soil level. While you may not see a whole lot of growth in the leaves, by spring you will see an

explosion of growth based on what the roots did this fall.

I am looking forward to the planting I plan to do this fall with the cooler weather! Come in and we can share some ideas!

Don't forget to fertilize your citrus trees this weekend. Its not too late to fertilize them one last time before the end of the year. We have both Organic and time release fertilizer in stock for your trees!

We are full stocked with brand new citrus trees, come take a look!

We will have shorter hours Monday September 4th of 9am-3pm for Labor day! Normal business hours resume Tuesday September 8am-4pm.

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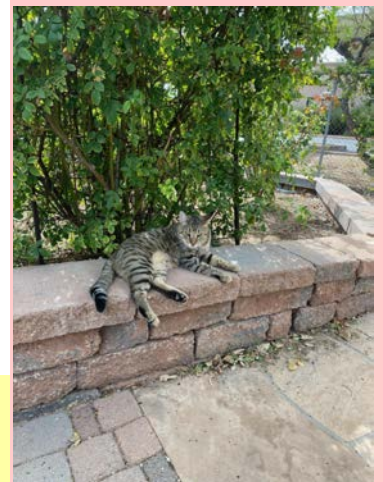
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**Rillito Nursery & Garden Center**  
6303 N La Cholla. Tucson AZ . 520-575-0995  
Hours Mon-Sat 8am-4pm ~ Sun 10am-4pm



## September Garden Checklist

**Grass:** If you plan to over-seed your Bermuda, stop fertilizing. You'll be over-seeding next month. If you are not planting a winter lawn, keep on a regular fertilizing schedule.

**Trees/Shrubs:** Continue to deep water on the summer schedule.

Feed trees and shrubs with Fertilome Tree and Shrub Food this month.

Fall is starting and it is the best time to plant here in the desert while the soil temperatures are still warm to help roots grow to get established quickly. When planting we recommend digging a hole twice as wide as the container and just as deep, to avoid planting too deep.

Citrus should be fertilized early this month.

There are quite a few products to use. Potted citrus can be fed with Maxsea Acid Water Soluble. For citrus in the ground you can use Fertilome Fruit, Citrus, and Pecan Food, or Dr. Earth Organic Fruit Tree Food.

**Flowers:** Prepare flower beds as you would a veggie garden. In the nursery we amend with [Rose and Flower Planting Mix](#), a nice smooth organic blend to add good nutrients to our bland soil.

Hose off roses a couple times a week to remove dust, spider mites and potential white flies.

Continue watering roses daily until temperatures drop below 90 degrees. You may dead head and prune any dead branches but avoid heavy

pruning. Roses are about to have another beautiful display before taking a break for winter. To help them along give them a light pruning and dead heading of spent blooms and feed with Miller's Rose Food or Happy Frog Rose Food.

**Vegetables:** The most important step to achieving a successful garden in the desert is soil preparation. Amending raised garden beds with [Happy Frog Soil Conditioner](#) is one of the best ways to add organic material and boost the richness of your garden. As the temperatures drop below 95 degrees, seeds of cool season crops can be planted. These veggies and seeds can be planted directly in the garden later in the month: beets, celery, carrots, chard, endive, peas, green onions, parsnips, lettuce, bok choy, broccoli, brussel sprouts, cabbage, cauliflower, collard greens, radishes, spinach, and turnips.

Have I mentioned I love the fall/winter garden?

When visiting our nursery, check in on your smart phone or write a recommendation, show an associate and receive 5% off your plant purchase!

One use only. Some restrictions may apply.



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# The chiltepin pepper

Chiltepin Chiles grow wild in the southwest and Mexico, and are thought to be one of the oldest species of Capsicum peppers. Very high on the Scoville scale (50,000 to 100,000 Scoville units) or an 8 on a scale of 10. Chiltepin grows wild in Texas, is the state pepper of Texas and is a favorite in Tex-Mex cooking. The small round peppers are slightly larger than peppercorns and are bright red or green in color.

Birds are not able to feel the heat of hot peppers like mammals do, they help spread the seeds across the continent as small berries like Chiltepin are a favorite of many birds.

Chiltepin is the only wild chili native to the US and is protected in several national parks. The peppers are harvested from wild plants rather than being cultivated, so over-harvesting is a concern as the plant population thins. The peppers are usually sun dried, because they are native to the US they are exported when harvest quantities allow. Chiltepin bushes produce more pods during wet years, and very little fruit during droughts.

Although very high on a heat scale, Chiltepins are widely used as a remedy for acid indigestion and are said to be very healthful and a general tonic for digestion. The word Chiltepin means "flea chili" in the Aztec language. Also known as the mother of all peppers, they have many uses historically as food and medicine.

Their fall harvest in the wild is a seasonal ritual in many rural areas. The bushy plants average 2-4 feet tall and do well in the shade, under "nurse" trees and prefer a rich organic soil and compost.

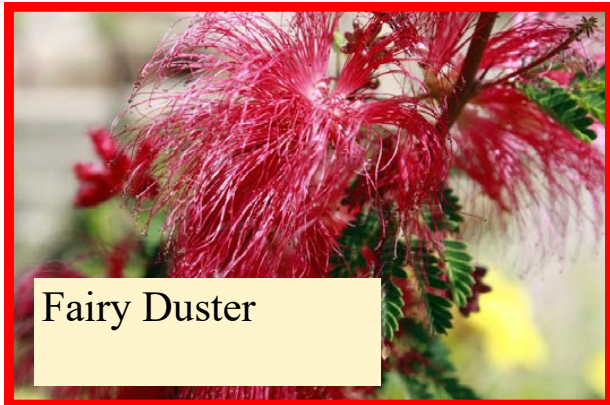
Image from vecteezy.com

## Scoville Scale

PURE CAPSAICIN/15, 000 000
PEPPER SPRAY/2, 000 000-5, 300 000
CAROLINA REAPER/1, 400 000-2, 200 000
TRINIDAD SCORPION/1, 200 000-2, 000 000
GHOST PEPPER/855 000-1, 041 000
CHOCOLATE HABANERO/425 000-577 000
SAVINA HABANERO/350 000-577 000
FATALI/125 000-325 000
HABANERO/100 000-350 000
SCOTCH BONNET/100 000-350 000
THAI /50 000-100 000
CAYENNE /30 000-50 000
TABASCO /30 000-50 000
SERRANO /10 000-23 000
HUNGARIAN /5000-10 000
JALAPENO / 2500-8000
POBLANO / 1000-1500
ANAHEIM / 500-2500
PIMIENTO / 100-500
BELL PEPPER / 0



# Color of the month: Red!



Fairy Duster



Autumn Sage



Bird of Paradise



Bottlebrush



Hibiscus



Fringe Flower



Crape Myrtle



Red Spine Barrel Cactus

## Color of the month plant profile: Fairy Duster

Calliandra flowers provide year-round color and nectar for hummingbirds, showiest displays are spring through fall. Semi-deciduous shrub has ferny green foliage.

**Size (H x W):** 3-4 feet

**Blooms:** Red

**Exposure:** Full Sun

**Minimum Temperature:** 25-30 degrees

**Water:** Moderate—Low

**Pruning:** N/A

**Growth:** Moderate

**Fertilizer:** N/A, or 20-20-20 twice a year.



## Plant profile: Little John Dwarf Bottlebrush

Bottlebrush comes in a variety of different shapes. The most common now is the dwarf Little John, for its compact growth.

**Size (H x W):** 3-4 feet

**Blooms:** Red brush

**Exposure:** Full sun to part shade

**Minimum Temperature:** 20-25 degrees

**Water:** Moderate—High

**Pruning:** N/A

**Growth:** Moderate

**Fertilizer:** Does best with monthly feeding, all purpose 20-20-20





## Staff Picks: Russelia

Picked by: Eric L.

The Russelia, also called coral fountain, is a flowering perennial plant with long, slender, arching, fountain-like branches that form a dense mound to four feet tall and six feet wide. Its weeping branches produce dark green, scale-like leaves on stems. The plant has showy, one- to two-inch coral red, tubular flower clusters through the fall and into the winter. The blooms attract hummingbirds and butterflies. It likes full sun or shade. During the hot months, the plant may become stressed if exposed to reflected heat. The shrub works well in pool areas, around ponds and water features, or cascading over banks, walls, and planters. Also, plant it in containers, as a foundation or color plant for tropical effects, and in hanging baskets, or train it to spill over a raised planter.



**Rillito Nursery & Garden Center has been serving Tucson since 1994. We are a family owned and operated business striving to provide the ultimate nursery experience and customer service. We supply the healthiest plants and highest quality garden necessities. Spread out over three acres, we supply a wide arrangement of annuals, shade plants, desert plants, roses, citrus, trees and shrubs.**

# Recipe from the garden: Spiced zucchini apple baked oatmeal with cinnamon vanilla glaze

I found this recipe from Monique Volz of [AmitiousKitchen.com](http://AmitiousKitchen.com) and just had to share. Sounds like a wonderful protein filled breakfast!

## Wet Ingredients:

1 medium zucchini  
1/2 cup unsweetened applesauce  
2 eggs at room temperature  
1 cup unsweetened almond milk  
1/4 cup pure maple syrup  
1 teaspoon vanilla extract  
2 tablespoons melted butter

## Dry Ingredients:

2 cups old fashioned rolled oats  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1/2 teaspoon allspice  
1/2 teaspoon ginger  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
1 cup finely diced honey crisp apples (About 1 medium apple)  
Optional: 1/4 cup raisins  
Optional: 1/3 cup finely chopped pecans or walnuts

## Cinnamon Glaze:

2 tablespoons vanilla yogurt  
1 tablespoon powdered sugar  
1-2 teaspoons unsweetened almond milk  
1/4 teaspoon cinnamon  
1/4 teaspoon vanilla extract

## Topping:

Thinly sliced apples.

## Directions:

1. Preheat the oven to 350 degrees F, spray a 8x8" baking pan with nonstick cooking spray.
2. \*First measure 1 heaping cup of shredded zucchini and place shredded zucchini in a paper towel or cheese cloth and squeeze out all of the moisture/water.
3. In a medium bowl, mix together the shredded zucchini, applesauce, eggs, almond milk, maple syrup, vanilla, and melted butter until well combined.
4. Next stir in dry ingredients: oats, baking powder, cinnamon, allspice, ginger, nutmeg, and salt; stir well to combine. Fold in diced apples, raisins and nuts.
5. Spread out oatmeal in prepared pan. Add thinly sliced apples on top if you want to. Bake for 35-40 minutes until edges are slightly golden and center is set.
6. In a small bowl, mix together the yogurt, powdered sugar, milk, vanilla, and cinnamon; mix to combine. Add more milk if you want the glaze to be thinner, drizzle on top of the cooked oatmeal.



Will serve 6-8.