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SET THE TABLE FROM YOUR GARDEN

May, 2014

E-Newsletter Archives

6 Very Beneficial Insects: To Know Them Is To Love Them!

Speaking strictly from a gardener's perspective ... There are good bugs, and there are bad bugs. And the more you have of the former, the fewer problems you'll have with the latter. Here are **six beneficial insects** that every gardener should know, and tips on how to get them to hang around your garden.

1. Syrphid Flies



Syrphid flies are often mistaken for bees. They are particularly drawn to the nectar of Sweet Alyssum.

How they help:

Sweat bees, flower flies, and hover flies are three common names for the members of this family of flies. The syrphid fly has stripes like a bee but, despite its nickname, it is not a bee, and it does not sting. Flying adults benignly hover and dart about, sipping nectar from garden flowers, and pollinating them in the process. Females of predaceous species lay rice-lookalike eggs singly on leaves, usually near colonies of aphids. The larvae are small—about 1/2 inch—but important predators of scales, thrips, mites, and especially aphids. Grasping its prey by the jaws, the larva sucks it dry. A single syrphid larva can consume hundreds of aphids in a month.

Attracting them to the garden:

The best way to attract syrphid flies is to plant sweet alyssum. They also like catmint, yarrow, buckwheat flowers, cilantro flowers, and many other blooming plants. Nothing, however, draws them in like sweet alyssum. [Read More...](#)

What to Plant in May



At long last, spring weather is securely in place. The soil has drained and warmed and trees are stretching and quickly greening up. Many of us really get the gardening bug at this time of year but think that May is somehow already too late or behind schedule for the best planting possibilities. Not to worry!



Now that temperatures are consistently in the 50s at night and daytime weather is warm and settled, it's the perfect time for sowing seeds right into the garden. Good choices are summertime kitchen garden staples like squash, beans, cucumbers and melons. Seeds sown directly into well-prepared warm soil will grow effortlessly at this time of year, outperforming six-pack nursery

transplants with ease. [Read More..](#)

Early Summer		
Sow seeds directly into garden beds once nights stay above 50-55° F (10-13° C). Follow planting directions on packet backs.		
Herbs	Vegetables (cont.)	Flowers (cont.)
Arugula	Pumpkins	Marigolds
Basil	Salad Greens	Moonflower Vine
Borage	Stir Fry Greens	Morning Glories
Cilantro	Scallions	Nasturtiums
Cat Grass	Squash, Summer	Nicotiana
Dill	Squash, Winter	Nigella
Sage	Watermelon	Phlox
Spearmint	Zucchini	Portulaca
Thyme	Flowers	Salvia
Vegetables	Bells of Ireland	Scabiosa
Beans	Cleome	Scarlet Runner Beans
Edamame	Cosmos	Sunflowers
Beets	Cathedral Bells Vine	Thunbergia
Carrots	Cardinal Climber Vine	Tithonia
Chard	Cypress Vine	Zinnias
Collards	Exotic Love	
Corn	Four O'Clocks	
Cucumbers	Hyacinth Bean Vine	
Gourds	Love Lies Bleeding	
Melons		
Pak Choi		

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Best Wishes, *Renee Shepherd*



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We think Devona's alternative homebuilding

Recipe of the Month

Kale Salad with Peanut and Lime Dressing



The lively dressing showcases nutritious,

project is so exciting we
wanted to share it.

crunchy fresh kale in an especially tasty and
colorful salad.



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