

Burlington County Outside

Yard

Garden

Parks

Wildlife

Landscape

Family

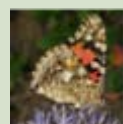
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It's New Jersey Wine Festival Time!

Gary Pavlis, Agriculture Agent Atlantic County
Rutgers NJAES Cooperative Extension



Summer is finally here. I am not a winter person. I'm not really a spring person either, too much rain. Fall can be nice but you know what is coming and in New Jersey, that can be depressing. Nope, I'm a summer person. I love the beach, having Bar-B-Qs, and of course, going to wine festivals. I love wine festivals. I'm like a kid in a candy shop when I go to one, so many types, so many flavors, so much enjoyment. A wine festival is a great opportunity to experience all that a state's wine industry has to offer. The festivals are usually held at a winery or a beautiful outdoor location like a state park. The wineries (usually 20 or more) set up tents scattered around the area and you are free to roam and taste at your own pace. In addition, there are numerous food vendors supplying an array of succulent dishes, live music, usually jazz or rock, and all kinds of craft tents. It's a great day to relax and enjoy. You might think that all you have to do is go and drink. Sure, that would be one way to approach it, but I would like to suggest a few things that will make the entire experience much more enjoyable.

Wine Festival Tip #1 - You've got to learn how to taste. People tell me all the time that they tasted a wine at a winery or a festival and bought it, got it home and it never tastes as good. That's because you don't really know

how to taste. You see, the enjoyment of wine can be greatly increased with a little knowledge. If we had all grown up in Italy, Germany, Spain, or France, we really wouldn't need to have this discussion because we would have grown up appreciating wine. But this is the United States, the land where fast food was invented and drive-through windows are the norm. You might ask, "What's wrong with that?" Well, what's wrong with that is we are accustomed to sucking everything we drink through a straw or through an opening in a can or the lid of a cup. The look and the smell of the drink is obscured. It amazes me that the best part of coffee is the aroma, few people ever drink it without a lid on the cup. If you are going to a wine festival you should know how to really taste wine. I feel that you go to a festival for two main reasons. One is to just have fun, have a day in the great outdoors, taste some wine, eat some good food, and listen to some live music. But the other reason is to actually find some wine that you enjoy and want to bring home. When tasting wine, use the 5 S's which stands for sight, swirl, smell, sip, and savor. Using this system is a good way to approach a wine, especially one that you have never tasted. Once you go through the 5 S's, you are aware of what the wine has to offer, and if you indeed like the wine.

RUTGERS

New Jersey Agricultural
Experiment Station



Perennials For The Landscape

Meredith Melendez, Horticulture Consultant

Rutgers Cooperative Extension of Burlington County



The most common complaint about using perennials in the landscape is that they do not have the same length of boom as annual plants. Annuals certainly have their merits in the landscape, but overuse of annuals has created the perception that continual vibrant colors are necessary for a pleasing landscape. What happened to the beauty of a landscape that changes with spring, summer and fall? What about the amazing diversity of colors found in the leaves and stems of plants, color contrasts in the landscape can create amazing drama. Change over time in the landscape is drama itself. I've selected a few perennials that I have enjoyed growing and a few that are still on my wish list. Those marked with an ! are native to Burlington County, all other plants mentioned are native to NJ. A quick call to local nurseries to check on availability is recommended. Plants listed here are available locally or through mail order.

Bee balm *Monarda didyma*



A beautiful plant that is a favorite of hummingbirds, butterflies and beneficial insects. Fragrant leaves and prolific summer blooms. Full sun or afternoon shade 1 to 4' in height.

Blue false indigo *Baptisia australis*



Deep blue to violet flowers in the spring months, 3 to 4' tall. Interesting seed pods last the rest of the season. Prefers full sun with moist soils. Blooms attract butterflies and beneficial insects.

Blue lobelia *Lobelia siphilicta* !



Lovely spikes of blue flowers. Plants overwinter as rosettes. Easy to grow and tolerate dry soils. Full sun if soil is moist, part sun if soil is dry. Mid-summer bloom. Attracts butterflies, hummingbirds, beneficial insects and birds.

Butterfly weed *Asclepias tuberosa* !



Orange to brick red summer blooms. Make great cut flowers and flower bed plants. Plants average 2' height, can tolerate dry soils. Full sun and a low maintenance plant. Attracts many different butterflies.

Cardinal flower *Lobelia cardinalis* !



Intense red flowers that attract butterflies, hummingbirds, birds and beneficial insects. Will last for many years when planted in moist soils. Full sun to part shade.

What bug is that?



There are more than 1,300 species of aphids in North America. Various aphid species have very specific host plants, while others feed on a number of plants. Most aphid species rarely exceed 1/12th of an inch. Gardeners often notice curled leaves before they realize their plants have an infestation. Aphids reproduce prolifically. Winged aphids are sometimes seen. Their birth is dependent on population numbers and day length. High population numbers during the summer months will produce winged adults so that they can leave the colony and start anew. Most aphids are female and there are several dozen generations born each year. Eggs are



Photo courtesy of the USDA

always laid on perennial plants during the fall only. Live births occur during the summer months. Aphids feed by sucking sap from the phloem of plants, causing a lack of plant vigor. A watery

honeydew is excreted by the aphids. This honeydew is the perfect host for sooty mold to grow upon. Overuse of pesticides on aphids leads to chemical resistance and an increase in population numbers.

Aphid feeding can cause leaf curl or leaf distortion. Aphids also transmit many viruses from plant to plant as they feed. To prevent disease transition remove all diseased plants from your garden. Encourage ladybeetles and lacewings in your garden, both feed heavily on aphids.

For more info visit:

<http://njaes.rutgers.edu/pubs/publication.asp?pid=FS230>

Butterflies

Jennifer Bulava, County Naturalist
Burlington County Parks Department



Of all the insects, butterflies are by far the most studied and most loved by the general public. Butterflies certainly are fascinating creatures, and one of the easiest groups of insects to observe going through complete metamorphosis: egg, larva (caterpillar), pupa (chrysalis or cocoon), and finally adult butterfly. Many people think of butterflies as colorful and moths as brown and plain. But that is definitely not true. There are plenty of brown butterflies and quite a lot of colorful moths! The main differences are that butterflies are active during the day and moths are generally active at night, and butterfly antennae are clubbed while moth antennae are feathered.



Luna Moth, Jen Bulava

Most butterflies and moths drink nectar from flowers with a long tongue called a proboscis. A few

woodland species do not rely on flower nectar and instead feed on tree sap, rotting fruit, dung, and carrion. The Eastern Comma and Question Mark butterflies are examples of such woodland species and are named for the “punctuation marks” on the underside of their hindwings. The Comma and Question mark butterflies look very



Question Mark, Jen Bulava

similar from above, and so we usually have to see these species from the side in order to figure out which one they are. These species have irregular wings, and are meant to look like dead leaves in the forest. This is crucial to their survival strategy, as they actually over-winter as adults under tree bark and need to blend in with their surroundings



Painted Lady, Jen Bulava

while hibernating until spring. The giant silkworm moth family includes the largest species of moths in overall wingspan. The Cecropia moth is the biggest in the U.S., with a wingspan up to 6.5 inches and is beautifully patterned with colors of deep orange, white, brown, and lavender. The Luna moth, another member of this family, is gorgeous pale green with purple eyespots and long tails. Consider yourself very lucky if you see these species as adults, because they only live a few days. They live most of their lives as caterpillars, overwinter in a cocoon, and emerge with no mouthparts, so they cannot feed. Their sole purpose as adults is to pass on their genes before dying.

FREE GUIDED WALKS AT THE COUNTY PARKS

Please call 609-265-5068 to register and for specific directions.
Registration required (for both parts)



Part 1: Butterfly PowerPoint presentation indoor class:

Tuesday July 13 at 10:00am, Rutgers Cooperative Extension, 2 Academy Dr. Westampton

Part 2: Learn how to identify butterflies while exploring habitats along the park trails. Rain cancels.

Wear light colored clothing. Bring binoculars, insect repellent, bottled water.

Saturday July 24 at Long Bridge Park, 10:00am

Saturday July 24 at Boundary Creek, 1:30pm

Tuesday July 27 at Long Bridge Park, 10:00am

Thursday July 29 at Boundary Creek especially for kids! 10:00am

Tuesday Aug 24 at Amico Island, 10:00am

Picking Vegetables in the Home Garden

Michelle Infante-Casella, Agriculture Agent

Mary Cummings, Program Associate Gloucester County

Rutgers Cooperative Extension of Gloucester County



Broccoli

Wait until the heads reach full size, about 4 to 6" in diameter. Check heads every other day when temperatures are near or above 70 degrees. Once cut, side shoots will form on the remaining stem, these can be harvested and used the same way as the head is. Submerge cut heads in cold water, drain, and refrigerate in airtight containers or plastic bags until use.

Cantaloupe

Cantaloupes are ripe when the outside skin starts to turn from green to yellow. A ripe melon will also slip easily off of the vine where the melon is attached. Be careful to not step on the vines as you are harvesting. Check plants every 2 to 3 days for ripening melons. Refrigerate melons if they are intended to be held a few days prior to eating.

Carrot

Carrots may be harvested over a long period of time. All sizes are edible and carrots will remain fresh in the soil for many months, even after the tops have been killed off by frost. To harvest use a pitchfork or shovel and alongside the row, careful not to stab or cut the roots of the carrot. Pull the tops up and shake the soil off of the roots. Wash off excess soil and place in an airtight container or plastic bag. Carrots will store for up to 4 months if stored properly. Carrots may also be left in the ground until the soil begins to freeze.

Cauliflower

Cauliflower needs to be harvested when heads are about 6 to 7" in

diameter. Heads can grow larger, but they tend to become loose and yellow. Cut the heads at the base of the florets inside the green wrapper leaves. Some wrapper leaves may be left on the outside of the head to protect the white florets. Refrigerate after harvest in an airtight container or bag to reduce moisture loss and retain firmness.

Cucumber

Cucumbers can be harvested for several days after the first fruit mature, generally for a three week period. Harvest cucumbers that are 4 to 6 " long and dark green in color. Larger cucumbers tend to be seedy and can be bitter.

Harvest fruit every 2 to 3 days for optimum maturity. Wash cucumbers and refrigerate to keep fresh.

Eggplant

Common large eggplant fruit should be harvested at 6 to 10 inches in length, with a dark black color. If the fruit becomes too large they become seedy and bitter. Eggplant has thorns on its stems. Eggplants can be washed but NOT refrigerated.

Temperatures below 50 degrees will cause decay and shriveling.

Green Bean

Green beans should be harvested before the internal seeds become too large. Beans may be harvested 3 to 4 times over a 2 to 3 week period. Harvest when beans are 3 to 6" long. Do not wash beans until you are ready to use them. Refrigerate beans after harvest in an airtight container or plastic bag to prevent moisture loss.

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Yard and Garden

Questions Answered!

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2 Academy Drive, Westampton

609 265 5050

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Coreopsis *Coreopsis verticillata*



Beautiful foliage and numerous flowers most of the summer. Dry well drained soils, full sun are preferred. Attracts butterflies.

Goats beard *Aruncus dioicus*



Billowy spring flowers that provide a source of nectar and pollen for bees, beetles and other insects. Afternoon shade and moist soil.

Gay feather *Liatris spicata* !



Early summer boom of purple spikes. Up to 4' tall, but 2 to 3' tall is the norm. Full sun and moist soil is preferred. Low maintenance. Attracts butterflies, birds, and beneficial insects.

Goldenrod *Solidago canadensis* !



Flowers from July to October, and can tolerate dry to moist soils and sun to part sun environments. Attracts butterflies, birds, and wildlife.

Picking Vegetables...cont' from page 4

Lettuce

Lettuce can be harvested at many different stages. Make sure to harvest loose-leaf types before they begin to form a flower shoot. Head or iceberg lettuce should be harvested when the heads become firm. Cut the head at the soil level and remove any brown or yellowed leaves. Cool leaf type lettuces by submerging in cold water and refrigerating. Head lettuce should not be wet before refrigerating.

Onion

Onions are ready to be harvested after their top leaves lay down and become brown. Onions can be harvested at any time for use, the green portions may also be used. After harvest of mature bulbs, place them on a screen in the sun to dry. Do not pile onions on top of each other. Spread them out so the air will circulate around them. Do not refrigerate dry bulbs. Keep the bulbs in a cool, dry place, but keep them from freezing.

Pepper

Peppers should be harvested when firm and dark green. Peppers may also be left on the plant to mature to a red color. Some varieties will turn red, orange, purple or yellow when mature. Harvesting green peppers from the plant will increase the yields from the plant.

Harvest when the plants are dry.

Peppers may be washed and refrigerated after harvest.

Potato

Potatoes should be harvested when the vine begins to yellow and die back. Use a shovel or pitchfork to lift the potatoes out of the soil. Be careful not to cut or stab the tubers. Begin digging deeply, about 8 to 12 inches away from the stem and work inward towards the row. Wash the excess soil off of the tubers and dry them by keeping them in a warm area until the skin dries brown. Do not keep tubers in sunlight or exposed to light in general. Tubers will turn green and become inedible. Newly dug potatoes can be eaten immediately. To store tubers place them in a dark, warm, moist area to heal over any scars and to toughen the skin for curing. After curing store in a dark, cool moist area like a root cellar. Do not refrigerate potatoes.

Squash

Both zucchini and yellow summer squash should be harvested when 6 to 10" long. Larger squash can be harvested and is edible, but will not be as tender. Large squash may have many seeds inside. Zucchini squash need to be cut from the plant with a knife. Wearing gloves and long sleeved

shirts is a good idea when harvesting zucchini, because they have little spines on the branches. A knife is not needed for harvesting yellow squash. If the harvested fruit is dry, they can be washed. Refrigerate soon after harvest.

Tomato

Tomatoes should be harvested at the pink stage if they are to be kept for a long period of time. To harvest grasp the fruit as close to the branch as possible and twist away from the plant. Remove the attached stem from the fruit after picked to prevent stem punctures when tomatoes are in the basket. Stems can cause wounds that quickly rot the fruits. If tomatoes are to be used shortly after harvest, they can be vine ripened to a full red color. Harvesting tomatoes at the vine ripe stage gives excellent flavor. Tomatoes should not be wet and never refrigerated.

Watermelon

Roll the melon over to look at the "ground spot" where the melon was laying, if it is a pale yellow color the melon should be ripe. If the tendrils close to the are where the leaf is attached to the main vine are dead and dried up the melon should also be ripe. Melons should be refrigerated, especially after being cut.

For more information visit:

<http://njaes.rutgers.edu/pubs/publication.asp?pid=FS988>

Sight is the first S. A wine's color should be enjoyed. Part of enjoying a red apple or a strawberry is in the way it looks. The same goes for wine. By the way, enjoying the color of wine demands that only clear glasses are used. If you have blue, red, or black wine glasses at home, you don't necessarily have to throw them away, but from now on they are water glasses.

Swirl is the next S. We do this so the aroma of the wine is released into the air. After a while, you will swirl almost every liquid you drink. I swirl O.J. in the morning. Good O.J. smells great. But I digress.

The next S is smell. Chardonnay typically has aromas of apples and pears. Cabernet Sauvignon smells of cherries, currants, pipe tobacco, and cedar. If you don't like the smell, don't drink the wine. But usually the aroma entices you to the next step which is sip.

We all require a little practice to sip correctly. You see, each individual taste bud is only equipped to detect either sweet, sour, bitter or salt. There is no salt in wine so we don't worry about that one. These taste buds are not mixed up all over the mouth, but rather they are clustered together with like buds in distinct places. Bitter is in the back of the mouth, acid is on the sides of the tongue, and sweet is in the front. So when you sip, you need to move the wine throughout the mouth to get the full effect.

The last S is savor. This is after you have swallowed and you still taste the wine in your mouth. This is important because the lingering taste is what we use to match

wine with food. For example, if we taste lemon or citrus, we know the wine will go well with a dish which we squeeze a lemon wedge over, like fillet of sole.

It winds up that after using the 5 S's you will know if you like the wine after only one or two sips. Since you are outside, just pour the rest of the wine in your glass on the grass and move on to the next wine. As result you can taste 30, 40, or 50 wines and only drink a total of two or three glasses the entire day.

Wine Festival Tip #2 – Take notes. You are going to have to keep track of what you're doing. There is no sense finding a wine you love and later you can't remember which one it was. New Jersey festivals make this easy. They have a complete list of all the wines that are being poured available for free. Make sure you pick one up immediately upon entering the festival. So you'll have to make notes of what you're tasting. The best way to do this is to come up with some sort of rating system. 1 through 5 works, or just a system of Nope, OK, Good, OMG.

Wine Festival Tip #3 – Go in a group. It's just more fun if you have some of your friends with you. Getting everyone's opinion on a wine makes it easier to decide if it is a winner or a loser. Besides, you will probably have the same people over your house so you might as well know what they like. Also, it is a lot of fun at the end of the day for each member of your group to go and get a glass of the wine they thought was the best of the day. Everyone then comes together and tastes each others wine to

determine what the best wine of the day was. This will always start a passionate discussion, sometimes heated but always a lot of fun.

Wine Festival Tip #4 – Bring a folding chair. After a couple hours of walking, eating, and drinking, you are going to want to sit down in a comfortable chair. Set yourself up near the band, get an order of shrimp, and open a bottle of Pinot Grigio. Now that's living!

Wine Festival Tip #5 – Get someone to be a designated driver. Sure using the 5 S's you won't actually drink a lot of wine. But there is no sense taking chances. There must be someone you know who doesn't drink, is pregnant, or is taking some kind of medication. They will still have a great time eating, visiting the crafts, and listening to the music so it shouldn't be a hard to talk someone into it.

The New Jersey Wine Industry has a full schedule of festivals planned for this summer and fall. Check out their web site at www.newjerseywines.com and have a great summer!

5 Tips for Enjoying Wine Festivals

- 1.** Learn the 5 S's
- 2.** Get a list of the wines and take notes
- 3.** Make this a group outing
- 4.** Bring a chair and get comfortable
- 5.** Have a designated driver



What is in season now?



June – Cherries, Cabbage (thru October), Lettuce, Onions, Peas, Spinach, Strawberries



July – Apples (thru October), Beets, Blackberries (thru mid-August, Blueberries, Broccoli, Cucumbers, Eggplant (thru September), Lima beans (thru mid-August), Nectarines, Peaches, Peppers (thru October), Plums, Snap Beans, Squash, Sweet Corn, Tomatoes (thru Mid-September)



August – Grapes, Pears, Plums, Potatoes

For more information on Jersey Fresh visit:
<http://www.njfarmfresh.rutgers.edu>

What To Do In The Garden

JUNE

- Plant 2nd crop of beans
- Handpick cabbage worms (broccoli, cabbage etc.)
- Mulch flower and vegetable gardens
- Plant fall blooming perennials

JULY

- Sow Swiss chard, spinach, mustard greens, lettuce, broccoli, cauliflower, turnips and beets late in the month
- Monitor for squash vine borers
- Provide birds and butterflies with a shallow water source

AUGUST

- Plant basil, cilantro and dill for fall harvest
- Plant second crop of snap beans, 2nd week of August
- Order garlic, walking onion and shallot transplants
- Plant garlic for a spring harvest

Did You Know?

Storm drains carry rain and melted snow, along with litter and pollutants away from streets and properties directly into the nearest creek or river. Cigarette butts are litter too! Use an ash cup in your car and can your butts! Protect our rivers and streams.



Events

Young Naturalist Program
Saturday, June 24th 4:00 p.m.
Birding at Boundary Creek Park
FREE, Registration Required
609 265 5068

Whitesbog Blueberry Festival
Saturday June 26th 10:00 to 4:00
Historic Whitesbog Village
\$8.00 per car
For info: 609 893 4646

Child Nature Program
Herptile Hunt
Saturday, July 10th 2:30 p.m.
Historic Smithville Park
Eastampton
FREE, Registration Required
609 265 5068

Burlington County Farm Fair
July 22nd through 25th
Main Street, Lumberton
Free entry, \$10 parking
www.burlingtoncountyfarmfair.com

Butterflies of Burlington County
Saturday, July 24th 10:00
Long Bridge Park, Hainesport
Saturday, July 24th
Boundary Creek Nature Preserve
FREE, Registration Required
609 265 5068

Paddle Look and Listen Series
August 7th, 24th 10:00 a.m.
Clarks Canoe Rental, Pemberton
\$35 per person, includes rental
Registration Required
609 265 5068

Family Movie Night
Friday, September 3rd 8:00 p.m.
Burlington County Amphitheater
5 Pioneer Boulevard, Westampton
Free event
609 267 9660

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Burlington County *Outside*

Burlington County “Outside” Newsletter provides residents with local information from various County offices representing diverse expertise of the natural environments in Burlington County. The Burlington County “Outside” Newsletter aims to give you the most up-to-date information on local topics quarterly.

Do you know someone who would like to receive this newsletter? To sign up please contact Meredith Melendez by email: burlingtonmg@njaes.rutgers.edu with the subject line: Newsletter

Boundary Creek Photo by Jen Bulava

