The Young Virginia Gardener

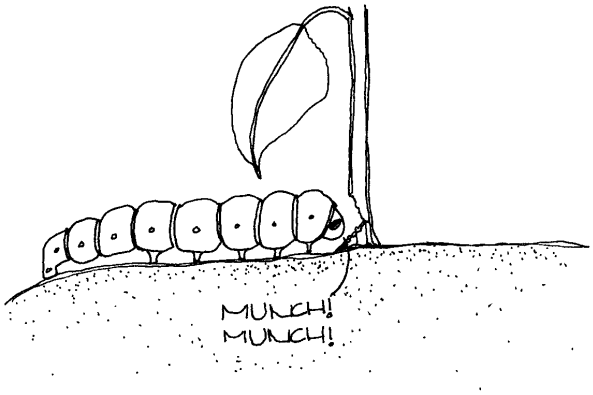
http://www.hort.vt.edu/enviohort

Name _____

Garden Pests and Problems: How do Insects Hurt Plants?

Insects can hurt or damage plants in different ways, but damage is most often by:

1. **Chewing**: The insect eats holes in the leaves, roots, bark, stems, or seeds of the plant. Caterpillars, beetles and grasshoppers are some of the insects that cause chewing damage.



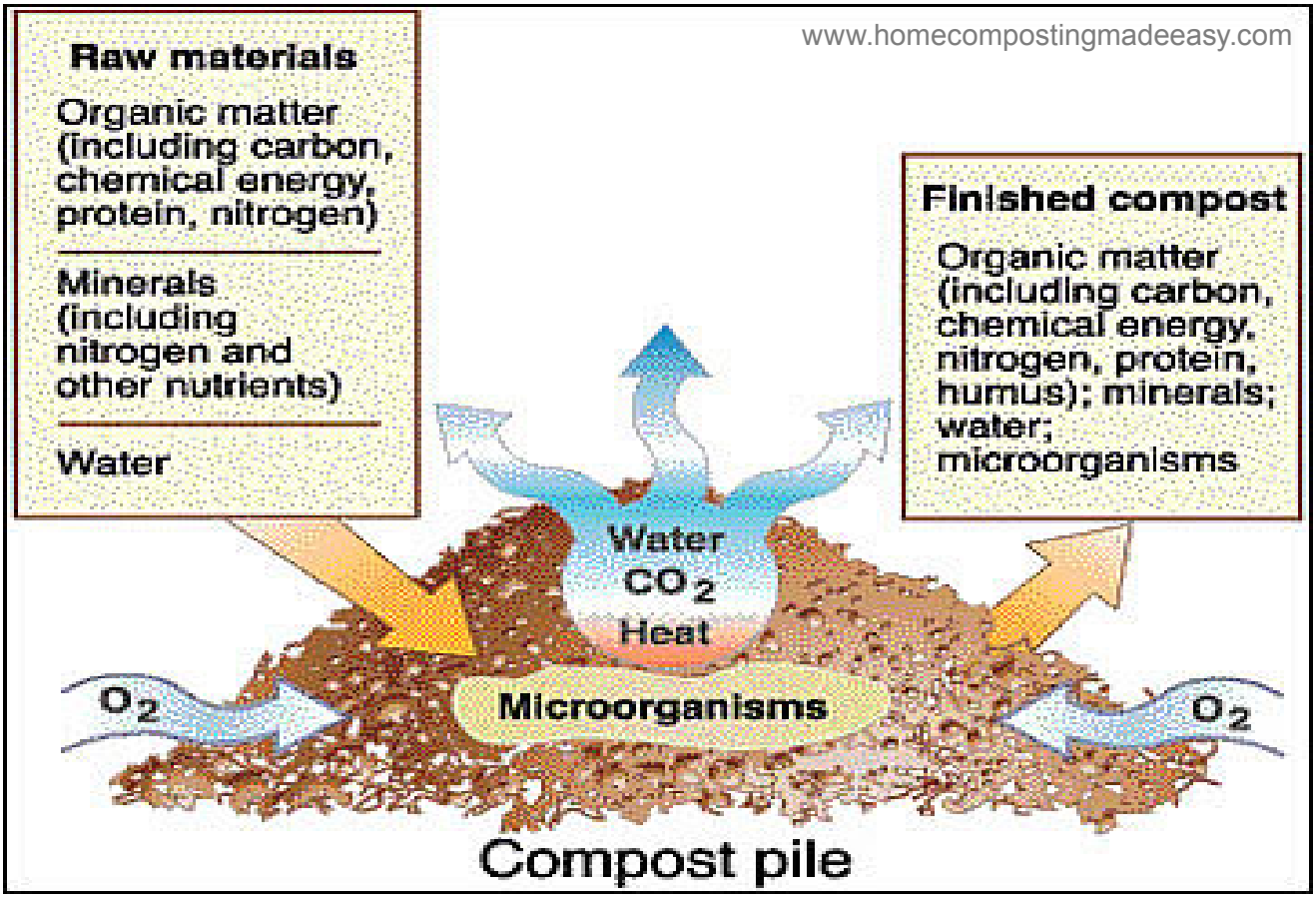


2. **Sucking**: Some insects suck plant juices from the leaves, stems, or fruit of the plant. Aphids, leafhoppers, scales, and mealybugs are some of the insects that cause sucking damage.

One of the best ways to get rid of insects from your garden (especially caterpillars and beetles) is to **pick** them off and **throw** them into the garbage. You can make a game out of this by seeing who can collect the most insects!

Have you noticed chewing or sucking insect damage on plants before?_____
Try to find an example of each kind of damage and draw a picture of what it looks like here.

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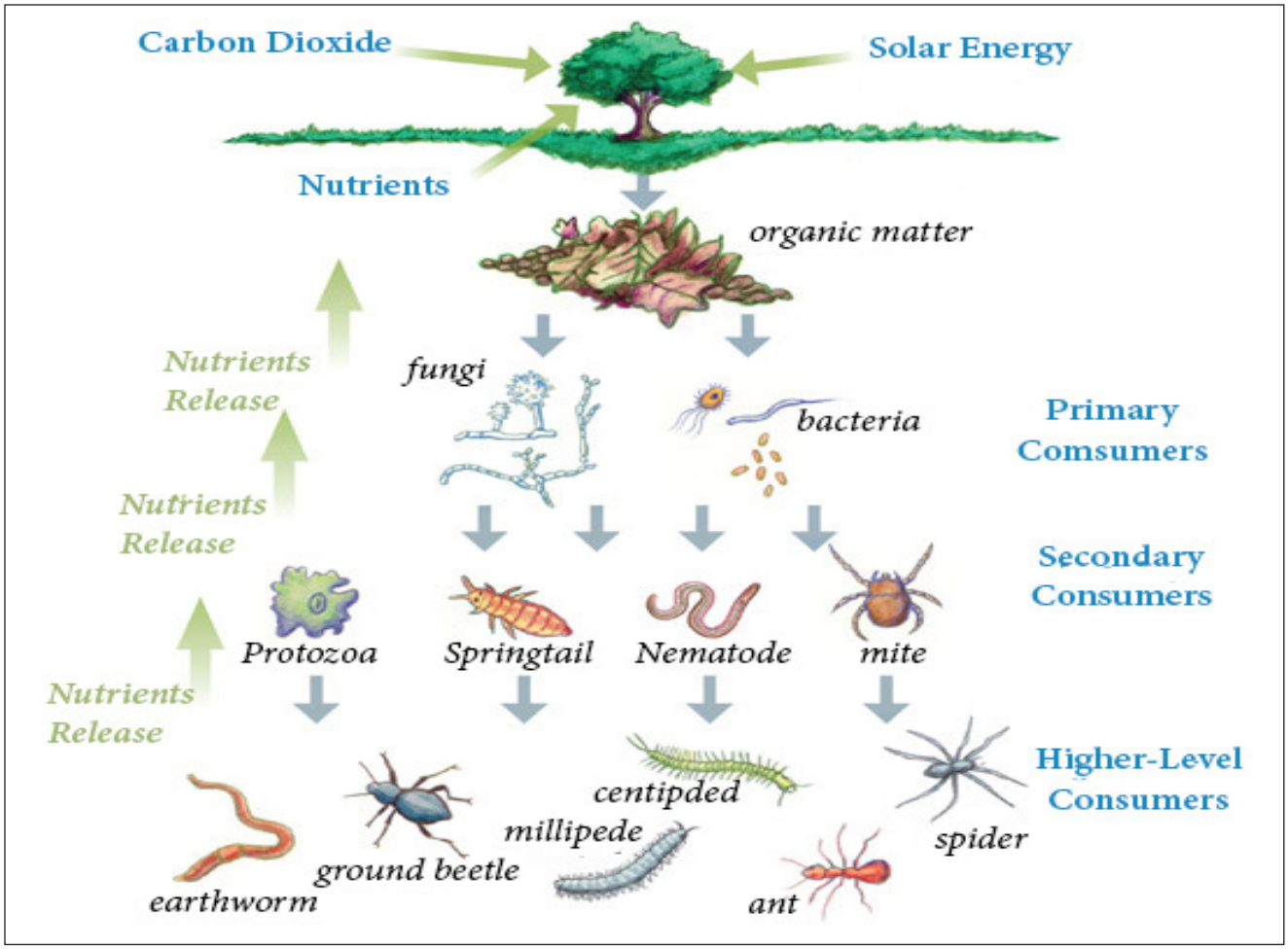




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All about Beets

Beets belong to the same family as chard and spinach. Beet leaves have a bitter taste like chard, but is rich in chlorophyll. Although bitter, the greens have a higher nutritional value than its roots.



Both beetroot and beet greens are very powerful cleansers and builders of the blood. Betacyanin is the phytochemical in beet that gives it its rich 'amethyst' color.

Nutritional Benefits

Beets are loaded with vitamins A, B1, B2, B6 and C. The greens have a higher content of iron compared to spinach. They are also an excellent source of calcium, magnesium, and iron.

While the sweet beetroot has some of the minerals in its greens to a lesser degree, it is also a remarkable source of folate, potassium, fiber, and carbohydrates in the form of natural digestible sugars.

Its iron content, though not high, is of the highest and finest quality. This renders it highly effective in treating many ailments caused by our toxic environment.





http://juicing-for-health.com/health-benefits-of-beets.htmland surroundings

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Planting Beets and Growing Tips



Soil: Since beets are root crops, a light, well drained soil is best. Rocks, clay and anything that can interfere with the roots development should be removed.

When to Plant Beets:

- Spring: Wait until the soil has warmed and dried out. A soil temperature of 50 degrees F. is ideal. Beets can be planted in succession every 3 weeks, for a longer harvest.
- Fall: Beet seeding can begin again once nighttime temperatures begin cooling off. Be sure you leave about 1 month before your first expected frost, from you last seeding.

Planting Beets: Beets don't transplant well and are always planted from seed. The beet seed in packets is really clumps of 4-6 seeds.. Be careful not to crush the seeds.

Beet seeds can be slow to ***germinate***, because of their tough outer shell. Soaking the seed clusters overnight will help soften the shell and speed germination.

Beets grow with a portion of the root above ground, so seeds do not need to be planted deeply. 1/2" to 1" deep is sufficient, planting deeper as the temperature warms.

Beets are planted only about 2-3" apart. That's all the space the roots need and when the leaves start growing together, they provide a cooling mulch for the roots.

http://gardening.about.com/od/vegetables/p/Beets.htm

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