Wisconsin Extension agent, author and gardening expert, visited the tomato crop I’m growing on the roof of my house in July. She quickly concluded that I needed to use more water and feed them some fertilizer.

Fertilizer:
Mr. organic-rich compost from Growing Power, 150 W. Silver Spring Drive, hold plenty of nutrients early on. But Myers said when soil is in pods, the dying tomato can leach out the fertility. Organic farms keep up their soil quickly with quality compost by adding animal manure or crop residuals. I needed a quick fix. On July 27, I applied some Milwaukee-based Howard-Johnson’s Terrace Tomatoes fertilizer with 4% nitrogen, 30% phosphorus and 8% potash. Soon, things took off. When we came back from vacation, my nearly fertilized plants were clearly more vigorous. And dang! There were little green tomatoes. But all is not perfect. Aphids are attacking the plants, and I have to feed spray water over the leaves, as Myers suggested. It hasn’t worked, and now I am trying his suggestion of an insecticidal soap. This tiny bugs are causing some of the leaves to yellow and wilt. It’s a reminder that the weather, and other threats like beetles and nematodes, fungi and virus, are all conspiring against growers.

The first tomato of the year was a Celebrity, my only hybrid. It wasn’t a surprise because it’s been my fastest growing plant. But tomatoes in general — all of them heirloom varieties — are catching up. The tallest plants are a little more than five feet high, and I am finding that Amish Paste, which I have not yet harvested, and Wisconsin 53, are just as tall as Celebrity.

After pulling the first tomato off the vine, I sharpened a chef’s knife and made six quick slices, placed them on a plate and shared them with my wife, Leigh. We put aside the purported benefits of heirlooms vs. hybrids and which has more antioxidant power or beta carotene and other nutrients. A home-grown tomato simply tastes better than those grown thousands of miles away, picked green and sprayed with ethylene gas, a clipping agent, and then trucked to Milwaukee.

This is something I learned as a kid when I would help my mom and dad start the garden, quickly lose interest and opt to play baseball, a few feet away in a field of tumbleweeds and meadowlarks. Then after dinner time in the late summer, my mom would lay down a plate of tomatoes, and they’d be gone in an instant. Now each morning, I spend time watering, tying up any bedraggled vines and clipping off yellow leaves and suckers that won’t bear fruit. It’s a great territory for me — growing tomatoes on an upright rubber roof.

Leigh escapes for a few minutes each morning to look at her garden and enjoy the fruits of her labor. Her tomatoes are now in various stages of ripening.

Life of a Tomato

This is an occasional series about one reporter’s experiment in growing tomatoes from planting seeds to harvesting fruit.

Wasting time: You say tomato, I say delicious

By ELIE DOLGIN

elie@milwaukeeherald.com

I have just finished eating a tomato sandwich.

One meatless tomato, a little mayonnaise, two slices of white bread, and a napkin to wipe up the juice. Each bite is necessary for the perfect tomato sandwich.

After a slow start this summer, Wisconsin’s tomato crops are flowering. I had my doubts. They looked podgy, smaller than usual, and we had had our doubts. But time and patience and some better than usual rains have made things around.

Time has been the biggest factor. A volatile mix of flavors — sweet, sour, tangy and salty — can make up the juice. Each bite is necessary for the perfect tomato sandwich.

I have an additional reason to eat tomatoes. A healthy diet is not complete without tomatoes. They are low in calories, high in vitamins and minerals, and they are a good source of antioxidants.

Ripe tomatoes contain a variety of nutrients that are beneficial to the body. One medium tomato has 36 calories, 3.6 grams of carbohydrates, 1.5 milligrams of vitamin C, and 14 milligrams of vitamin A.

Tomatoes are also rich in lycopene, a pigment that gives tomatoes their red color. Lycopene is an antioxidant that protects against cell damage and may reduce the risk of certain types of cancer. Tomatoes are also a good source of potassium, which helps regulate blood pressure and may lower the risk of heart disease.

Tomatoes can be eaten raw or cooked. They can be added to salads, soups, stews, and pasta dishes. They can also be used as a topping for pizza or as a filling for stuffed bell peppers.

I have also learned that tomatoes are a popular food for people of all ages. They are easy to grow, and they can be grown in containers or in a garden. They are also a good source of fiber, which helps to keep you full and satisfied.

I have included this information to encourage people to eat more tomatoes. They are a healthy and delicious food.
VITALITY
Is there such a thing as a healthy smoker? 3G

FIT NEWS
CARBO AND NUTRITION

Steps to protect heart
take may prevent stroke

Maintaining five healthy lifestyle measures that are known to reduce the risk of heart disease may also provide substantial protection against stroke, according to a new study.

The study involved 408 men with an average age of 54 and 7,243 women with an average age of 50 who filled out questionnaires every two years for 38 to 39 years.

Those with all five measures reduced their risk of a heart attack or stroke by 63%.

"This study reports that following a series of healthy lifestyle measures associated with up to 80 percent lower risk of heart disease, up to 70 percent lower risk of stroke, and up to 20 percent lower risk of diabetes, may also prevent stroke in people whose blood pressure is within the normal range," according to one of the study's authors.

The study was published in the journal Circulation.

EARTH
A diary of the planet’s major events, 4G

Cant fool these
tales

By ELIE DOLGIN
From the leading staff!

In a dark, damp corner of a University of Wisconsin-Madison laboratory, Jenny Bougman dropped a 3-inch, three-spined sticklefish into a fish tank and waited.

She sat perfectly still as she watched a male fish swim slowly from its nest, beneath a cracked loose egg.

At first, the male didn’t notice the female among the throng of floating green, potato-like objects that Bougman had rigged up to mimic a seaweed-covered plant.

Then he spotted her. He zigged left and zagged right — the visual equivalent of sneaking up on his stuff.

And then he stopped. Instead of wiggling to impress the female, he made a beeline straight for her and started nipping at her tail.

Why the abrupt change in behavior? According to Bougman, an assistant professor of zoology at UW-Madison, once the male realized the female he was courting was a different species, so he modified his charms to suit her particulars.

The males of two closely related fish species, known as three-spine sticklebacks, are clever gentleman callers, Bougman discovered. They can decipher which species of female they’re pursuing and tailor their mating tactics accordingly.

The females aren’t fooled, though. Her male behavioral brochure can’t mask their true species identity, and the females opt to mate only with those of their own kind.

“Her basically reject the male no matter what he does, no matter how vigorously he courts, or how much like her own male he might court,” said Bougman, who will publish her findings in an upcoming issue of the journal Evolution.

“The females just reject the other species of male almost 100 percent of the time.”

Clearly, the females are in control. But the research has implications well-beyond fishy fandom.

“We’re really trying to understand how these

Want to lose weight?
Slow downhill start is key
to weight loss

Eating slowly may help people control their weight, a new study suggests.

The study involved 90 women with an average age of 55 who had healthy weights.

They ate meals at two different speeds: quickly or slowly. Slow eating involved taking small bites, putting each bite into the mouth thoroughly before swallowing.

Those who ate at quickly averaged 66 calories per meal, compared with the slow-eating group, who averaged 44 calories per meal.

The slow eaters also drank substantially more water before meals.

Surprisingly, the faster eaters had the bigger appetite.

“Although more study is needed, these findings are consistent with the idea that maximizing satiation and reducing energy intake are important factors in weight management,” said the study’s author.

The study was published in the Journal of the American Dietetic Association.

— John Fischer

Harvest time: You say tomato, I say delicious

By LES BENIQUEZ
lesbeniquez@weber.com

I have just finished eating a tomato sandwich.

One of my little indulgences, a little mayonnaise, two slices of whole-wheat bread and a snapshot of a ripe tomato up the juice. Each bite is necessary for the perfect tomato sandwich.

After a slow start this summer, Wisconsin’s tomato plants are on fire.

But time and patience and some smart decisions are key to maximizing its full potential.

By definition, a tomato has produced a volatile mix of flavors — sweet, sour, spicy, and tangy. All with a hint of heat.

But time and patience and some smart decisions are key to maximizing its full potential.

Wisconsin Extension agent, author and gardening expert, visited the tomato crop I’m growing on the roof of my house in July. She quickly concluded that I needed to use more water and feed them some fertilizer.

A fertilizer.

My soil, organic-rich compost from Growing Power, 100 W. Silver Spring Drive, holds plenty of nutrients early on. But Myers said when soil is in pods, the pods will start to get dry.

Organic farms keep up their soil quality over time with compost and by adding animal manure or crop residuals.

I needed a quick fix. On July 25, I applied some Milwaukeebased Howard Johnson’s Terrific Tomato fertilizer with 4% nitrogen, 30% phosphorus and 4% potash.

Soon, things took off. When we came back from vacation, my neat little fertilized plants were clearly more vigorous. And bang! There were little green tomatoes.

But all is not perfect. Aphids are attacking the plants, and I have to spray water over the leaves, as Myers suggested. It hasn’t worked, and now I am trying her suggestion of an insecticidal soap.

This tiny bug is causing some of the leaves to yellow and will. It’s a reminder that the weather, and other threats like beetles and nematodes, fungi and viruses, are all conspiring against growers.

The first tomato of the year was a Celebrity, my old, beloved. It wasn’t a surprise because it’s been my fastest growing plant.

But to growers everywhere — all of them heirloom varieties — are catching up. The tallest plants are a little more 5 feet high, and I am finding that Auntie Ann, which I have not yet harvested, and Wisconsin 25 are just as tall as Celebrity.

After pulling the first tomato off the vine, I sharpened a chef’s knife and made six quick slices, placed them on a plate and shared them with my wife, Leigh.

She put aside the purported benefits of heirloom vs. hybrids and that which has more antioxidant power or is otherwise a custom variety and other nutrients.

A home-grown tomato simply tastes better than those grown thousands of miles away, picked green and sprayed with ethylene gas, a ripening agent, and frozen or trucked to Milwaukee.

This is something I learned as a kid when I would help my mom and dad start the garden, quickly lose interest and opt to play baseball a few feet away in a field of tumbleweeds and weeds.

Then at dinner time in the late summer, my mom would lay down a plate of tomatoes, and they’d be gone in an instant.

Now each morning, I spend time watering, thinning up any bedraggled vines and clipping off yellow leaves and suckers that won’t bear fruit. It’s not territory for me — growing tomatoes on an upright, rubbery root.

Leigh escapes for a few minutes each morning to look at her garden and for the first time in my life, in a season of sorts, I’m doing the same.

Watching and helping things grow have cast a spell on me.

There is the pride of producing food. But it gets all mixed up with the vagaries of the weather, the sensation of working with dirt and plants, remembering the garden I once ignored and the lessons — learned young — that vegetables taste better when they are grown close to home.
Earthquakes

Earthworks were built in metropolitan Tokyo, Taiwan and China's mainland to combat the deadly 1975 New Madrid quakes. But less than a third of the county's 200 million people live in high-risk areas. In 1999, a magnitude 7.6 temblor hit Taiwan, killing 3,000. In 2001, an even stronger 7.8 quake hit Taiwan, killing 2,000. In 2009, an even stronger 7.8 quake hit Taiwan, killing 2,000. In 2011, a magnitude 7.9 earthquake hit Japan's Tohoku region, killing 15,894 people. In 2013, a magnitude 7.3 quake hit the Philippines, killing 8,000. In 2014, a magnitude 7.6 earthquake hit Peru, killing 111 people. In 2015, a magnitude 7.8 temblor hit Nepal, killing 8,856 people. In 2016, a magnitude 7.2 quake hit Mexico, killing 70 people. In 2017, a magnitude 6.9 earthquake hit Costa Rica, killing 47 people. In 2018, a magnitude 7.5 temblor hit Japan's Ishinomaki region, killing 16 people. In 2019, a magnitude 7.0 earthquake hit Peru, killing 10 people. In 2020, a magnitude 7.2 temblor hit the Philippines, killing 39 people. In 2021, a magnitude 7.1 earthquake hit Ecuador, killing 19 people. In 2022, a magnitude 7.0 temblor hit the Philippines, killing 22 people.

A Mending risk

Southwest Asia's Tectonic activity has not increased since the Late Pleistocene. The region has been relatively quiet in terms of seismic activity, and the last major earthquake in the region occurred in 1942 in the Persian Gulf, killing 1,800 people. In 1952, a magnitude 7.5 earthquake hit the Philippines, killing 18 people. In 1960, a magnitude 7.5 earthquake hit the Philippines, killing 19 people. In 1970, a magnitude 7.4 earthquake hit the Philippines, killing 20 people. In 1980, a magnitude 7.5 earthquake hit the Philippines, killing 21 people. In 1990, a magnitude 7.5 earthquake hit the Philippines, killing 22 people. In 2000, a magnitude 7.5 earthquake hit the Philippines, killing 23 people. In 2010, a magnitude 7.5 earthquake hit the Philippines, killing 24 people. In 2020, a magnitude 7.5 earthquake hit the Philippines, killing 25 people.

A fishing deal

Scientists and fishermen are working to maintain the balance between the ocean and the land. They are studying the effects of climate change on the ocean's ecosystem and finding ways to reduce the impact of fishing on the ocean's health. One approach is to implement sustainable fishing practices, such as setting limits on the number of fish that can be caught and avoiding overfishing. Another approach is to use technology to improve fish tracking and monitoring, which can help researchers understand the movements of fish and their interactions with their environment. Scientists are also working to develop new technologies to reduce the impact of fishing on the ocean's ecosystem, such as developing new fishing nets that are less likely to catch non-target species or using drones to monitor fishing activities. These efforts are critical to maintaining the health of the ocean and ensuring the sustainability of the fishing industry.