

# The Gardeners' Club

Santa Cruz County, California

March 2013

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## Botanical Adventures and Horticultural Treasures

Plants of the UCSC Arboretum and How They've Been Collected

A Talk and Slideshow by Stephen McCabe

To those of us who spend time at the University of California Santa Cruz Arboretum, Stephen McCabe is a familiar face. Since 1985, he has been the Director of Development and Research and Curator of Succulents. He coordinates Arboretum research done by students and professors from UCSC and other institution, and facilitates use of the garden for classes. His horticultural and conservation research is on natives and succulents, and his botanical research is on the genus *Dudleya*, a succulent member of the Protea family. In addition to writing a revised key with descriptions for the *Dudleya* of California for The Jepson Manual, he has written articles for the Cactus and Succulent Journal. He is also knowledgeable about aloes, and is enthusiastic about *Echeveria* hybrids.



Stephen will share pictures and stories of plants collected from San Clemente Island, San Nicolas Island off of Southern California, Guadalupe Island off of Baja California, the Baja California mainland, and Australian plants collected by some of the Arboretum's staff. He tells us he might throw in a bit of a surprise. We like surprises! There will be some *Dudleya* photos included in the mix.

Believe it or not, despite our many connections and affiliations, we haven't had a speaker from the Arboretum since 2008! Don't miss the opportunity to hear Stephen's stories, and be informed, enthused and entertained.



*Dudleya farinosa*  
(Photoredit : Gravitywave / Foter.com /  
CC BY-NC-SA)

Monthly Meeting  
March 14th, 7:00 P.M.

Aptos Grange

2555 Mar Vista Drive

Refreshments will be served.

Thanks to Kerry Skyles for  
snack and dessert.

*Dudleya gnoma*



## Some Events this Month

### Book Reading and Signing

**Paul Lee, There Is a Garden in the Mind**  
**March 13, 7:00 pm, Bookshop Santa Cruz**  
**1520 Pacific Avenue, Santa Cruz**



A new edition of Paul Lee's There Is a Garden in the Mind: Alan Chadwick and the Origins of the Organic Movement in California will be available on March 12<sup>th</sup>. It presents an engaging look at the work and life of pioneering organic gardener Alan Chadwick and his profound influence on the organic farming movement. It was Paul's idea to start an organic garden at UC Santa Cruz. In this wide-ranging and philosophical memoir, author Paul Lee recounts his first serendipitous meeting with Chadwick in Santa Cruz in 1967, and their subsequent founding of the Chadwick Garden at UCSC, the first organic and biointensive garden at a U.S. university.



*"This is a must-read for anyone who wants to understand Alan Chadwick's place in western philosophical currents going back many hundreds of years. It is also filled with amusing anecdotes about Alan at the University of California in the late 1960's and early 1970's as seen from Paul Lee's unique vantage point."* —<http://alan-chadwick.org>

Blue Wind



Botanical  
Medicine  
Clinic &  
Education  
Center



### Native Revival Nursery—Edible & Medicinal Plants of California

Class taught by Tellur Fenner, clinical herbalist, educator & owner of the Blue Wind Botanical Medicine Clinic & Education Center.

**March 16<sup>th</sup>, 1pm-4pm. \$25.** Space limited, so register quickly – 684-1811.

California is home to a diverse array of edible & medicinal plants long valued for their nutritional/therapeutic effects. This talk explores many of the native/non-native plants found growing throughout the state, with a focus on historical as well as modern use. The presentation will include an interactive lecture, a large selection of live/dried plant samples, plus sampling of a number of different edible/medicinal plant preparations, emphasizing a dynamic sensory awareness of the plants via close observation, touching, tasting, and smelling. This in-depth introductory class should prove to be insightful and rewarding for anyone interested in knowing more about the unique flora of our state. 2600 Mar Vista Drive, Aptos, <http://nativerevival.com/>.

### Arboretum FUN(d) Raiser



**Thursday, March 21, 2013, 5:00-8:30pm**  
**Celebrate the start of Spring!**

Do you want to help the Arboretum? Get better acquainted with your Arboretum Community? Looking for a way to share your talents? Mark your calendar, and come to the 2nd Arboretum FUN(d) Raiser! Bring a dish to share & whatever you would like to drink. In addition, please bring **ONE** of the following: (1) \$10 per person **or** (2) Something for the Auction Table (you set the starting bid) **or** (3) Entertainment.

**Ideas for the Auction Table: plants, services, artwork, you name it! Ideas for Entertainment: music (anything that doesn't require special setup), skits, plant talks (short & entertaining), poetry, dance... Surprise us!** For more info, email Melinda Kralj at the Arboretum: [mkralj@ucsc.edu](mailto:mkralj@ucsc.edu).

- 5:00-6:00: Check in, then enjoy the Garden
- 6:00-7:00: Dinner
- 7:00-8:30: Entertainment & Auction

### Vermiculture - Sun., March 24, 12:30pm – 2:30pm

Quail Hollow Ranch ([map](#)). Learn how to turn kitchen scraps into a fine compost using worms. Join Otis Johnson, Certified Master Gardener, Master Composter, and landscaper as he continues his discussion on composting using worms and Vermiculture. For ages 16 and up. Call 335-9348 to register.



Master composter Paul McGillicuddy has his hands full with worms at the Grey Bears Vermiculture site. These amazing creatures benefit home composters, gardeners and the environment. Worm castings provide beneficial microorganisms as well as plant growth hormones and nutrients to the soil. Says Paul, "Now is an excellent time to start a home worm composting bin. The castings can be used

to fertilize your flowers and vegetables in the spring. Worm composting is a slower process than other composting methods, but contains richer minerals for your soil. So it's well worth it." Bins are available at local garden supply stores, and Grey Bears offers starter worms for a \$10 donation. You can get your hands on some worms from Paul at Grey Bears on Friday mornings between 9:30-10:30am. 2710 Chanticleer Avenue, Santa Cruz, 479-1055 (From the Grey Bears newsletter, [www.greybears.org](http://www.greybears.org))



Honeybees have been disappearing in record numbers, and they are not the only pollinators that are imperiled. Some butterflies and native bees have experienced significant population declines also, says Eric Mäder, Assistant Pollinator Program Director for the Xerces Society. It was just a few years ago that homeowners were asking what they could plant that would not attract bees. Now, the question is more likely to be, "How can I attract bees and other pollinators to my garden?"

Pollinators are a diverse and fascinating group of invertebrates, and we have them to thank for beautiful blooming meadows, juicy summer berries, bountiful vegetable gardens, and colorful pumpkins and gourds.

Every flower border, bed, and windowbox helps pollinators thrive! Providing patches of flowers – flowers clustered in clumps of at least four feet in diameter – makes a more attractive environment for pollinators, as well as planting a succession of flowering plants that lasts from spring through fall and a variety of flowers of

## Priority: Pollinators



different shapes. Visit <http://www.xerces.org/bringbackthepollinators/>

and sign the Pollinator Protection Pledge. You can also order a Pollinator Habitat sign for your garden.

The information above was provided by the Home Garden Seed Association, which, inspired by the conservation work of the Xerces Society, encourages all home gardeners to help the cause of pollinator protection by planting more flowers, an

important food resource for all kinds of bees and butterflies. The Home Garden Seed Association promotes gardening from seed as an easy, economical and rewarding way to garden. Visit

[www.ezfromseed.org/](http://www.ezfromseed.org/) for more ideas and information.



See the next page of this newsletter for suggestions for pollinator plants you can grow easily from seed (provided for us by Renee's Garden).

## Pollinator Friendly Practices



Use native plants since they are adapted to the local climate and soils, and local pollinators are adapted to them.



Plant a variety of flowers to bloom continually from early spring to early fall.



Provide bare ground or a shallow bird bath filled with soil, sprinkled with sea salt and kept moist, to create a source of water and minerals for pollinators.



Include plants for caterpillars. They are surprisingly fussy eaters and require particular "host" plants. Caterpillars eat the foliage of their host plants, but the average gardener won't notice the damage until at least 10% of the leaves are affected.



Provide a variety of flower shapes and colors since different pollinators are attracted to different types of flowers.

Avoid modern hybrids, especially those with "doubled" flowers, since pollen, nectar, and scent can be lost in the cultivation process.

Build a bee condo or leave dead trees or limbs to create nesting habitat for bees.



Help pollinators find the plants they need by planting them in clumps rather than singly. Clustering plants also shortens the distances that pollinators need to travel.



Avoid using pesticides if at all possible. If you want butterflies, you need caterpillars (and the nibbled leaves that go with them)!





## EARLY-BLOOMING POLLINATOR PLANTS

Agrostemma	Clover	Pea
Baby Blue Eyes	Dianthus	Poppy
Bishop's Flower/ Ammi majus	Larkspur	Sweet Alyssum
California poppy	Lupine	Viola
Cerithe	Mustards	Wallflower
Chives	Osteospermum	
Clarkia	Parsley	



Ruby Chalice Clarkia, Larner Seeds  
<http://www.larnerseeds.com>

## MID-SEASON POLLINATOR PLANTS

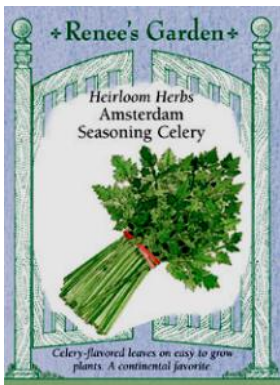
Bachelor's button	Cilantro	Lovage
Basil	Coneflower/ Echinacea	Monarda
Black-eyed Susan	Cosmos	Portulaca
Blanketflower/ Gaillardia	Dill	Squash, Pumpkin
Borage	Feverfew	Thyme
Butterfly Flower/ Asclepias	Foxglove	Tickseed/ Coreopsis
Calendula	Lavender	



## LATE-BLOOMING POLLINATOR PLANTS

Agastache	Dahlia	Salvia
Amaranth	Marigold	Scabiosa
Cleome	Mexican sunflower/ Tithonia	Sunflower

## Try something New



How about trying an herb other than parsley for seasoning? Plant **Smallage**, also known as leaf celery, cutting celery or Chinese celery. It looks like a larger version of Italian parsley, and the thin stalks are hollow. A biennial, it has a stronger, more herby and assertive flavor than regular celery. Use it fresh in stews, soups, everyday cooking and in ethnic recipes from all over the world, or dry it for later use.

Try growing **Senposai**. Senposai is a new hybrid of cabbage and Komatsuna, (Japanese Mustard Spinach) recently developed in Japan. This unique vegetable has the sweet taste of cabbage and the tenderness of Komatsuna. Senposai is resistant to heat and grows well all year round.—it won't bolt during the summer. This fast-growing vegetable can be harvested 30-40 days after sowing. With a mild and sweet flavour, these Asian greens provide huge, flat leaves that are quick to rinse and tender in salads. You can also use



them as wrap shells, Udon-soup greens, in stir fries or as simple snacks all on their own. Find seeds at <http://www.evergreenseeds.com>.



"All Nature seems at work. Slugs leave their lair  
The bees are stirring, birds are on the wing,  
And Winter slumbering in the open air,  
Wears on his smiling face a dream of spring."

—Samuel Taylor Coleridge

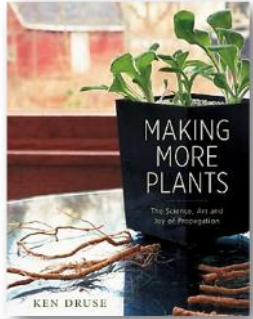
# How to Prevent Damping Off



Illustration from Park Seed Garden Journal (<http://parkseedjournal.com/tag/>)

It is heart-breaking to eagerly start your summer seedlings indoors, only to watch them, despite your tender care, fall over one by one at the base and die. This is known as damping off, and is caused by various fungal diseases.

Make sure all of your pots or trays are clean—wash them in hot water and soap or soak in a bleach solution. When you start your seeds indoors, use a sterile seed starting mix, not garden soil. Ken Druse, in his book [Making More Plants](#), suggests adding some very fine (“starter”) chicken grit or perlite (about 20% of the mix) for better drainage. Then, after planting his seeds, he covers them with a thin layer of chicken grit.



When your seedling have begun to leaf out, it is time to transplant them to larger pots, using potting soil. In my experience, this is when damping off is most likely to happen. There are some things you can do to minimize it. Here are some things I tried last year that seemed to work:

1. Add worm castings to your potting soil. This effectively suppresses disease and pathogens.
2. Water and/or mist seedlings with an antifungal solution of one tablespoon of 3% hydrogen peroxide per quart of water.

Some people say adding an ounce or two of strong chamomile tea per quart of water will help, but I haven't tried this.

3. Surround seedlings with a thin layer of perlite, vermiculite, sand, coir or peat moss to keep the soil surface dry and keep fungal growth to a minimum.
4. Spritz the seedlings with an organic fungicide such as Safer or Garden Safe. This has to be done as a preventative—it won't work if the disease has started.

Don't plant your seeds too thickly, keep them well ventilated and don't overwater. Good luck! Hope to see lots of healthy seedlings at our May plant sale and swap.

## Last call for Membership Renewal

Don't miss out on our newsletter and meetings! Annual membership dues, which include all benefits, are still only \$12.00. The membership year lasts through the end of December, 2013. Dues entitle members to all club educational programs, our special events, plant trades and our awesome monthly newsletter. The “green” option is to receive an electronic PDF **FULL-COLOR** version of the newsletter by checking the newsletter e-mail option below. Ours is a club celebrating the joys of gardening, friendship, community, learning, nature and growth. Renew your membership now so you won't miss a thing...you'll be glad you did.

### The Gardeners' Club Membership Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ Email: \_\_\_\_\_

Newsletter Preference (check one): ☐ Full color PDF via e-mail ☐ Paper copy (B&W) via snail mail

Enclose check for \$12 per member made out to *The Gardeners' Club*. Mail to

The Gardeners' Club c/o Suzanne Mercado, P.O. Box 3025, Ben Lomond CA 95005.



The 28<sup>th</sup> Annual [San Francisco Flower & Garden Show](#) ushers in Spring with a spectacular new show featuring 18 display gardens created by top West Coast garden designers inspired by this year's international "Gardens Make the World Go Round" theme. America's third largest flower and garden show of its kind, it's held over five days, March 20-24, 2013 at the San Mateo Event Center.



This international show has been created by leading garden designers, nurseries and horticulturalists, bringing new ideas, green techniques and inspiration within reach of Bay Area gardeners. There will be large organic edible garden displays and small space gardens that celebrate the garden-to-table movement. This year there are over 70 DIY workshops and discussion seminars on green topics and new green techniques. For garden and gift shoppers, this year's show features an expanded marketplace to purchase plants, orchids, seeds, tools and unique outdoor items and crafts from over 300 vendors. A lineup of cooking demonstrations focused on wine and food made with fresh and sustainable recipes will include celebrity chefs and Green Gulch Farm's Wendy Johnson sharing recipes and preparation techniques. Tickets available at local garden centers, or online at [www.sfgardenshow.com](http://www.sfgardenshow.com) with children under 17 Free and \$16 Early Bird Adult Day Pass until March 10<sup>th</sup>.



New this year is the world's largest rotating succulent Globe with over 30,000 succulent plants depicting the seas and continents. Robin Stockwell, from Succulent Gardens in Castroville, designed, planted and grew this unique exhibit over the last year. "It all comes together for the first time at the Show," Stockwell commented. "We'll put

it all together and mount it into its 15' frame where its living and mechanical components will be assembled." After its assembly, an application for World's Largest Succulent Globe will be submitted to Guinness Book of Records. Go to the Succulent Gardens website to see fascinating pictures showing how the globe was constructed ([http://sgplants.com/articles/entry/at\\_succulent\\_gardens\\_we\\_bring\\_you\\_the\\_world](http://sgplants.com/articles/entry/at_succulent_gardens_we_bring_you_the_world)).



## The Gardeners' Club

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### It's easy-peasy to join our club!

Dues are \$12 per calendar year. Make check to "The Gardeners' Club" and mail to P.O. Box 3025., Ben Lomond, CA 95005. Meetings are held at 7:00 p.m. on the 2nd Thursday of each month at the Aptos Grange Hall, 2555 Mar Vista Dr., Aptos.

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[www.thegardenersclub.org](http://www.thegardenersclub.org)