

The Gardeners' Club

Santa Cruz County, California

September 2013

Writer/Editor: Lise Bixler

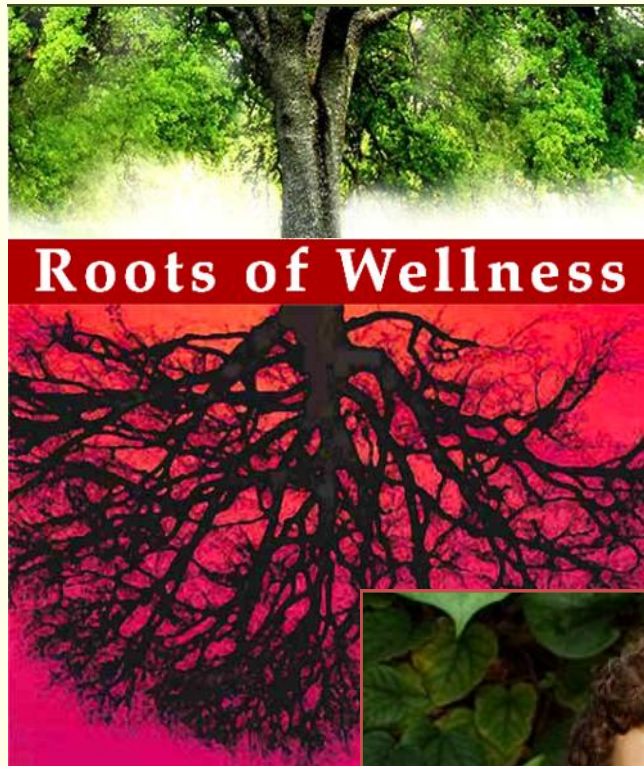
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The Herbs of Santa Cruz Gardens

Darren Huckle will come to our September meeting to help us explore the wide world of local medicinal plants. There are dozens of medicinal plants common to the wilds and gardens of the Santa Cruz County. Many of these plants are extremely useful for maintaining health and healing illness. This interactive class will have you smelling, tasting and learning the attributes of these miraculous plants. Afterwards, your garden just might look like a living medicine chest!

Feel free to bring in "herbs" or other plants you would like to learn how to use.

Darren Huckle, L.Ac., is a Western and Chinese herbalist, avid gardener, acupuncturist and holistic health teacher. Darren has been teaching dynamic classes on the wonders of medicinal herbs for over 15 years. Darren is passionate about the study, practice, and teaching of holistic health, and you can learn more about his approaches on his website, <http://rootsofwellness.net>.



Darren strongly believes in the stewardship of soils as necessary to the health of our environment, and thus our own health. Given this guiding philosophy, in his practice Darren uses organically grown and/or ethically wildcrafted herbs whenever possible.



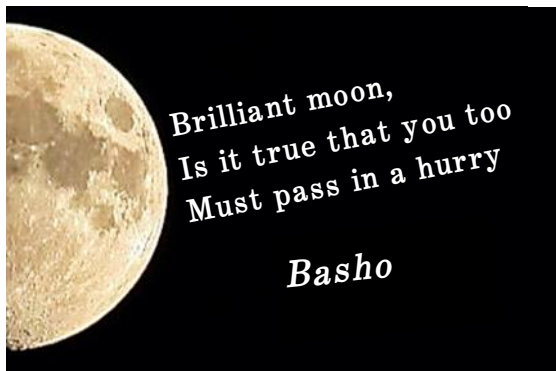
Thursday, September 12th

7:00

Aptos Grange

2555 Mar Vista Dr., Aptos

Refreshments will be served. Thank you to Janine Canada for snack, Ilene Wilson for dessert and Nancy Wameling for juice.



The Mid-Autumn Moon Festival, or simply the Moon Festival, is celebrated in many Asian countries, although in different ways. It originated 3000 years ago in China, where the festival still falls on the 15th day of the 8th month in the Chinese lunar calendar. Just like we might want a “white Christmas”, Chinese may wish for a clear sky on this day to observe the full moon in all its beauty. In China this is a 3-day legal holiday and is used to celebrate abundance and an end to the harvest season before winter, similar to why we celebrate Thanksgiving. For Chinese people, the full moon is a symbol of peace, prosperity and family reunion. This year, in Asia the moon turns full after sunset on September 19th.

In Japan, the custom of honoring the autumn moon is called O-tsukimi, which is translated as “moon-viewing”. The Japanese culture, so connected to the changes of the seasons and appreciation of natural beauty, sees this as an opportunity for a contemplative celebration of change and revival. In Japan, you might be invited to a garden party, moon-viewing with music, poetry—composing and poetry-reciting, consuming round moon-shaped fruits and cakes, surrounded by celebrants tipping their cups of sake or tea or bowls of water trying to catch the reflection of the moon for good luck. Since the Japanese dropped the old lunar calendar in favor of the solar-based Gregorian one, jugoya (full moon night) or chushu no meigetsu (beautiful mid-autumn moon) falls on a different date each year. This year it will be celebrated on September 12th.

In Vietnam, their moon-viewing time,

Tet Trung Thu, is a wonderful festival that revolves around children. Traditionally held on the 15th day of the 8th lunar month, it is said that originally this festival came about as a way for parents to make up for lost time with their children after harvest season. The harvest was done by September, and the parents were anxious to spend time with their children and

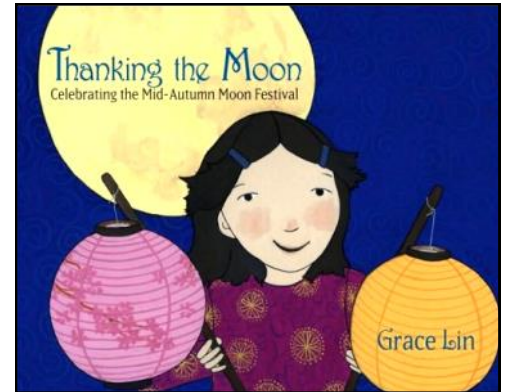
do something special with them, as well as celebrate the harvest, after spending much time working hard and away from the family. It was held under the full moon, which represents the fullness and completeness and prosperity of life. Some people say the festival is also to remind the sun to come back after winter, because without the sun the rice will not grow.

Our Harvest Moon is considered the full moon closest to the autumnal equinox. It gets its name from farmers who viewed the light from the full moon as an extra dose of light (and thus, some extra work time) to harvest their crops before the days grow even shorter and the harsh winter weather set in. The Harvest Moon for 2013 falls on the night of September 18 or September 19, depending on your location on the globe. In North America, the crest of the moon’s full phase comes before sunrise September 19. That’s 4:13 a.m. in our time zone. The night of September 18-19 will have the brightest, fullest moon for us, and by the next night it will begin waning.

If you are someone who gardens by the moon, it might interest you to know that according to The Farmers’ Almanac gardening-by-the-moon calendar, September 18th and 19th are favorable planting days—“first day for aboveground crops, last day for root crops, good for transplanting and fine for planting vine crops”.

According to Deborah Byrd, creator of <http://earthsky.org/>, a wonderful website devoted to science and nature, “No matter where you are on Earth, this

full moon – and every full moon – ascends over your eastern horizon around the time of sunset. It’s always highest in the sky in the middle of the night, when the sun is below your feet. That’s because a full moon is opposite the sun. Being opposite the sun, the moon is showing us its fully lighted hemisphere, or “day” side. That’s what makes the moon look full”.



Will you celebrate the moon this year? If you have children around, consider reading them Grace Lin’s lovely book about Chinese moon festivals, Thanking the Moon. If you want to wax poetic, Grace offers a poem written her friend Elaine Magliaro:

THINGS TO DO IF YOU ARE THE MOON

Live in the sky.
Be bold...
OR
be shy.
Wax and wane
in your starry terrain.
Be a circle of light,
just a sliver of white,
or hide in the shadows
and vanish from sight.
Look like a pearl
when you’re brim-full
and bright.
Hang in the
darkness
and dazzle the
night.



Let's Go Garden

Maybe you think that the best time to plant edibles in your garden was last spring but in reality, for some crops, the best time is now as well as in the coming weeks. Crops, like cabbages, broccoli, Brussels sprouts and peas, actually prefer the growing conditions that late summer and early fall offer and taste better when grown cooler. Here are some of the crops you should consider planting now: beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, kale, kohlrabi, lettuce, peas, radishes, salad greens, scallions, spinach, Swiss chard.

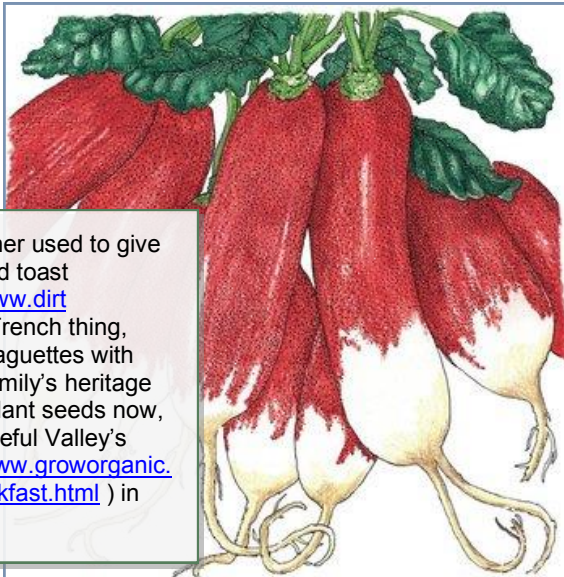


Johnny's Selected Seeds has an excellent [fall planting calculator](#). Simply plug in the average first frost date for your region and it calculates when you should plant any one of almost 20 different crops, either by transplant (TP) or direct sow (DS). Territorial Seeds, also has an excellent [fall and winter planting chart](#). One important thing to remember is to pay attention to the "Days to Maturity" noted on any variety you consider for fall planting. Anything in the 30-40 day range is a sure bet. Depending on your hardiness zone (and Mother Nature!), 50-60 days should be OK except in the northern-most parts of North America. Any crops needing more than 60 days to reach maturity should be grown from transplants and likely will need frost protection when that time comes.

Other than that, fall gardening follows the same guidelines as spring and summer gardening so let's stop reading and start planting!

This article was provided by the National Garden Bureau, (www.ngb.org), a non-profit organization founded in 1920 whose mission is to disseminate basic instructions for backyard gardeners that will inspire them to spend more time gardening.

When I was a child, my mother used to give us sliced radish and buttered toast sandwiches. Dirt du Jour (www.dirtdujour.com/) says this is a French thing, serving sliced radishes on baguettes with sweet butter, although my family's heritage was East European. If you plant seeds now, you can be feasting on Peaceful Valley's French Breakfast Radish (www.groworganic.com/pvfs-radish-french-breakfast.html) in just 3 weeks.



WHAT'S IN A NAME?

Swiss chard or chard is actually a beet. Botanists distinguish among three major types of beets: *Beta vulgaris* ssp. includes the familiar beet we eat in borscht as well as the sugar beet; *Beta vulgaris* ssp. Maritima is the wild sea-beet, which may be the original beet; and *Beta vulgaris* ssp. *cicla* is Swiss chard, possibly the oldest of the cultivated beets. Chard is also variously known as white beet, strawberry spinach, seakale beet, leaf beet, Sicilian beet, spinach beet, Chilean beet, Roman kale, perpetual spinach, and silverbeet.

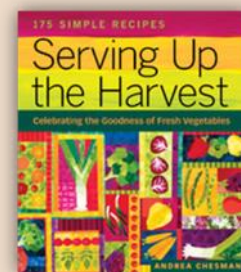
Winter Vegetable Gardening Workshop

Want a little help from vegetable-growing pros? Love Apple Farms to the rescue! Learn how to start and tend a winter vegetable garden. Growing a garden in winter is possible with our mild California climate. Winter gardens are not just limited to greens and cabbage. This is an intensive, all-day workshop. They will discuss over 30 different kinds of winter vegetables. Everyone gets to sow a flat from their seed bank to take home to tend and transplant. Learn how to battle the cold temps, bed preparation, winter pest and disease issues, as well as the critical sow dates for winter crops. The earlier

Serving Up the Harvest

175 Simple Recipes Celebrating the Goodness of Fresh Vegetables

by Andrea Chesman



Who knew that Swiss chard is a beet? Author Andrea Chesman, that's who—and she also can tell you how to create a magnificent chard gratin.

Savor the bounty! Buy them at a farmers' market, a grocery store, or a roadside farmstand. Or pick them in daily batches from your own garden. No matter where you find your vegetables, their fresh-from-the-earth goodness demands inspired preparation. Chesman shares more than 175 recipes designed to bring out the very best in whatever produce is peaking now. From spring's first Peas and New Potato Salad to autumn's sweet Carmelized Winter Squash and Onion Pizza, serving up the harvest has never been so delicious!

in the season you get going, the better, as you need to sow some crops in late summer for winter growing. All classes are held rain or shine, and require advance registration.

Dates:

September 14, 2013 (Saturday)

10:00 a.m. - 3:00 p.m.

October 20, 2013 (Sunday)

10:00 a.m. - 3:00 p.m.

Cost: \$69 plus material fee of \$10.

Register at www.growbetterveggies.com, or email loveapplefarms@gmail.com or call 588-3801.

I already gave you a zucchini recipe last month, but you still have mountains of it, right? Try these:


Salt & Vinegar Zucchini Chips

1/2 C. white vinegar; 1/2 C. water; 1 med. zuke; 1/2 Tablespoon sea salt; 2 T. olive oil.


Slice zucchini into 1/8" slices. Put in bowl, cover completely with vinegar and water. Marinate them overnight. Remove the slices and pat them with a cloth until they are just barely damp. Toss the slices in the olive oil and sea salt, and then place them on the dehydrator racks. Dehydrate the zucchini slices until they are crispy, and enjoy as a snack.

If you don't have a dehydrator, you can use an oven on its lowest setting. If you like chips that are more salty than sour, reduce the vinegar to 1/3 of a cup and add 2/3 of a cup of water instead. You can also experiment with flavored or balsamic vinegar. Recipe from www.westcoastseeds.com.






By choosing a variety of tall, medium, and low-growing plants, you can create different food niches in your garden. The more food niches you provide, the more kinds of birds will be able to live and feed in the same area.



Look at your yard from a bird's-eye point of view. Are there places for birds to hide? Songbirds need protective cover from potential enemies, like cats. Evergreens and shrubs planted against walls will give birds a place out of the cold, wind, and rain.

Dandelions are important plants for many birds, providing seed in all seasons, if you let them. Sparrows, goldfinches and pine siskins are among the birds that eat the seeds, and the fluffy seed heads provide nest material.



Hummingbirds need to feed constantly, each consuming up to one third to one half its body weight daily. In a study of Anna's hummingbird, it was estimated that each bird consumed nectar from 1,000 blossoms daily as well as numerous small insects for protein. In a garden designed for hummingbirds, you should provide a continuous display of hummingbird flowers—tubular flowers of red, orange, or pink colors.

TIPS FROM *the* BOOK

Gardening FOR THE Birds

Gardening for the Birds: How to Create a Bird-Friendly Backyard, by George Adams, will draw birders to gardening; gardeners to birding; and non-gardeners and non-birders to both. You may already have a bird feeder in your yard, but you can attract a far wider range of species, and they will stay longer, if you create a bird-friendly landscape. Gardening for the Birds shows you how.

Growing Celery Indoors: Never Buy Celery Again

Celery is a good food to eat organic because it has high pesticide residue. It makes the list of the top dirty dozen food, in terms of pesticides used to grow it. Here's an idea from Tim and Mary at 17 Apart - grow your own, indoors. They've figured out how to regrow organic celery from the base of the bunch, and give you step-by-step directions (www.17apart.com/2012/02/growing-celery-indoors-never-buy-celery.html). Their celery looks glorious in a repurposed oatmeal tin.

Basically, they buy organic celery, cut off the base, rinse it off and place it in a small saucer or bowl of warm water on or near a sunny windowsill — base side down and cut stalks facing upright. After about a week, they transfer the celery base to a planter and cover it completely except for the leaf tips with a mixture of dirt and potting soil. They water generously, and after five months are still able to cut stalks and leaves for cooking. They've had similar success with bok choy!



New Course: Ecosystem Gardening for Wildlife

Carole Sevilla Brown, conservation biologist and creator of the website and blog Ecosystem Gardening, is offering a new free online course at

www.ecosystemgardening.com/ecosystem-gardening-essentials.html.

"Ecosystem Gardening Essentials" offers fifteen lessons, one delivered to your inbox every week, teaching you to garden sustainably, conserve natural resources, and create welcoming habitat for wildlife in your garden so that you will attract more birds, butterflies, pollinators, frogs and toads, dragonflies, and other wildlife."

16th Annual MASTER'S GARDEN TOUR Monterey

ARTFUL ESPRESSIONS

Inspiring Solutions to Personalize Your Garden
Saturday, September 21st
10 a.m.—4 p.m.



Big Plant Sale, gently used books and garden items, and more at Colton Hall/Friendly Plaza in historic Monterey.



Examples of artistic ideas, small-space design, drought-tolerant plants on display.

Self-guided tour of six private gardens in the Monterey area, plus events at Friendly Plaza at Colton Hall. Tickets: \$20 advance purchase online or at local garden centers; \$25 at participating gardens on the day of the Tour. For full details, a map of gardens, photos and descriptions, and to purchase tickets, go to www.mbm.org. Proceeds from the Tour benefit educational outreach programs of Monterey Bay Master Gardeners (MBMG), part of the University of California Master Gardeners Program.



Photo: L. Stallworthy

Great idea for repurposing a broken pot! From thesucculentgarden.com.au.



Are you preparing for our October Plant Sale and Swap? Divide 'em! Pot 'em up! Propagate, harvest, label, share...clean out the tool shed. Make room in your garden for the plants you'll be sure to take home. More info next month—get ready!

Now is a good time to apply a liquid feed of a high potash fertilizer to shrubs. It will help to harden up the new growths in preparation for winter frosts. Liquid kelp is a good organic option. You can even make your own if you are into gathering seaweed—see how at “The Horticult” (<http://thehorticult.com/a-little-kelp-from-my-friends-how-to-make-seaweed-liquid-fertilizer/>), “A Little Kelp From My Friends: How to Make Seaweed Liquid Fertilizer”.





According to a press release from [Friends of the Earth and allies](#), many “bee friendly” home garden plants sold at big retailers such as Home Depot and Lowe’s and other leading garden centers have been pre-treated with pesticides shown to harm and kill bees. A pilot study co-authored by the Pesticide Research Institute found that 7 of 13 samples of garden plants purchased at top retailers in Washington D.C., the San Francisco Bay Area and Minneapolis contain neurotoxic pesticides known as neonicotinoids that studies show could harm or kill bees and other pollinators.

A growing body of science has implicated neonicotinoids (neonics), which are used in agriculture and also for cosmetic purposes on garden plants, as a key factor in recent global bee die-offs. Beekeepers across the country reported losses of 40-90 percent of their bees last winter.

The European Union is set to suspend the use of three neonic pesticides later this year, after a [scientific review](#) by European Food Safety Authority found that neonicotinoids pose an unacceptably high risk to bees.

“Our investigation is the first to show that so called ‘bee-friendly’ garden plants contain pesticides that can poison bees, with no warning to gardeners,” said Lisa Archer, director of the Food and Technology Program at Friends of the Earth. “Bees are essential to our food system and they are dying at alarming rates. Neonic pesticides are a key part of the problem we can start to fix right now in our own backyards.”

Friends of the Earth, Sum of Us and allies sent letters and petitions asking the stores to stop selling neonicotinoids and plants pre-treated with the pesticides. A majority of the UK’s largest garden retailers, including Homebase, B&Q and Wickes, have already stopped selling neonics.

In July, U.S. Representatives Earl Blumenauer (D-Ore.) and John Conyers (D-Mich.) introduced the “[Save American’s Pollinators Act](#),” which suspends the use of neonics on bee-attractive plants until EPA reviews all of the available data, including field studies. Rep. Blumenauer introduced the bill after [50,000 bumblebees died](#) in a Target parking lot in Wilsonville, Ore. when the neonic pesticide dinotefuran was applied to nearby trees. The bee massacre also prompted the Oregon Department of Agriculture to prohibit further cosmetic use of pesticides containing dinotefuran for the remainder of 2013

Patient Perseverance Drawing Strength From Plants

Each season, grasses, flowers, shrubs, and trees let a part of themselves go in the form of seeds. Every one of those seeds is a point of life, containing the full potential of the parent. In the quest to find a rooting spot, they are buffeted by winds, parched by sun, and soaked by rain. And, as likely as not, they find cement or stone rather than fertile soil. Yet each season, the seeds find what purchase they can and put forth their roots, slowly creating more space for themselves and pushing ever upward, even when the new world they discover is harsh and unpredictable. Seedlings are small, but a single plant can widen a crack in a sidewalk or turn a rock to dust through nothing more than patient perseverance.

In our lives, it is not uncommon to find ourselves cast into the wind, through our own choices or through fate. We are blown hither and thither by fear, uncertainty, and the influence of others. If we do find purchase, the obstacles we face may seem insurmountable and the challenges too much to bear. When this happens, look around you and note the seemingly desolate and inhospitable places in which plants

have thrived. Given little choice, they set down their roots and hold on tightly, making the best of their situation. Then look at your own circumstances. Ask yourself if there is an unimagined source of strength that you can tap into. Look toward the future. Imagine a time in which you have widened a place for yourself and have flourished through your difficulties.

The smallest things in life, like the tiny sprouts, given time and the will to forge on, can overcome any circumstance and break down huge barriers. It can be tempting, however, when faced with rough or uncertain odds, to give up, to change direction, or to choose the easiest path. But within you, there exists the same resolve and fortitude as displayed in these courageous plants. You, too, in finding yourself in a tight spot, can look ever upward, grabbing hold where you can, using your determination to reach toward new heights.

-This article was contributed by member Dee Weybright. The author is unknown.



The Monterey Bay Area Cactus and Succulent Society (MBACSS) educates its members through the friendly exchange of ideas and information about the study, collection, culture and propagation of cacti and succulents. They are a friendly group, with a mixture of novices and experts, all having the common bond of loving and desiring to learn more about these special plants. The club holds monthly meetings with guest speakers, mini shows, show and tell, and on special occasions, live and silent auctions of beautiful and rare cactus and succulents. Meetings are the third Sunday of every month at 12:30 p.m. with a pot luck lunch. A short business meeting is followed by the main program. Meetings are held at the V. F. W. Building, 1960 Freedom Blvd., Freedom. Membership includes a monthly newsletter, "On The Dry Side," with information about upcoming events, details about the next meeting, as well as informational articles on various aspects of growing plants. Another membership benefit is having access to their comprehensive and

growing library of cactus and succulent books and periodicals which can be checked out. Here is an opportunity for valuable personal contacts with other cactophiles which can help broaden knowledge and appreciation of cactus and succulent plants. The club boast a membership roster which includes some of the finest cactus and succulent growers in California who are eager to share their knowledge. Membership dues are \$15 a year or \$20 per couple. The Society is affiliated with the Cactus and Succulent Society of America.



The theme of the 3rd annual Extravaganza at the Castroville Succulent Growing Grounds is **PASSION**. Everyone speaking, volunteering, attending, and participating has a passion for succulents. While passion is the theme, creativity is the focus. All of the speakers and volunteers are creative, driven individuals with new ideas for incorporating succulents into, not just gardens, but daily life. From accessorizing with succulents to photographing succulents for lasting memories, everyone on the schedule has amazing ideas for ways that all of the attendees can go home and continue to cover the world with succulents. You **WILL** leave Extravaganza 2013 with new ideas, tips, and techniques. Please remember, if you are planning to shop, bring cash! Credit cards are not accepted.

Friday Schedule

8:30 a.m. Morning Stroll Through the Gardens with Brian Kemble of the Ruth Bancroft Gardens.
10:00 a.m. Plants that Drink Responsibly—Top 10 Favorites., Debra Lee Baldwin, garden photojournalist and author, introduces her favorite easy-care succulents and explains how to beautifully combine them in landscapes, gardens and containers. Based on her new book, [Succulents Simplified](#), this fun and informative presentation celebrates the shapes, colors and textures of succulents, and gives tips for keeping them fat and sassy. Book signing follows.
11:15 a.m. A Photography Walk Through the Gardens. (small group -first come, first served). Candice Suter of Sweetstuff's Sassy Succu-

Succulent Extravaganza 2013

Friday Sept. 27th & Saturday Sept. 28th

lent's gives unique tips and ideas on how to photograph these incredible plants in a group photo tour.

11:30 a.m. Accessorizing with Succulents, Laura Balaoro. Give old hats and jewels new life with a succulent makeover! Learn how to create and care for your new living work of art. **1:30 p.m. Coring Agaves, Why and How?**, Tony Krock. What is "Coring", and how and why do you "Core" a succulent plant? Tony has used Coring to propagate unusual succulents for many years and will be sharing his knowledge in this talk.

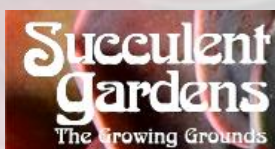
2:00 p.m. Three Vertical Gardens: A Valley in China, Winnie the Pooh, and Sailing Sunset, Robin Stockwell. Brief description and the how and why of each of the vertical garden displays in the front parking lot.

3:00p.m. Making a Succulent Bridal Bouquet, Marialuisa Kaprielian will demonstrate the detailed process of creating succulent bouquets

4:00 p.m. The Globe from Concept to Completion, Robin Stockwell. A description of how the idea came about, and what it took to complete.

5:00 p.m. Free Bar B Q! Bar B Que'd Corn on the Cob & Grilled Nopalitos, by chef Mike Johnson; Bar B Que'd burgers with lots of great condiments;

Haute Enchilada's awesome Tamales; locally brewed beer.



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info@sgplants.com <http://sgplants.com>

Saturday Schedule

8:30 a.m. Garden Tour with Brian Kemble. **9:30 a.m. A**

Photography Walk Through the Gardens with Candice Suter. (small group-first come, first served).

10:00 a.m. Pairing Plants and Containers, Debra Lee Baldwin. Achieve harmony and synergy by matching succulent plants with complementary containers. **11:30 a.m. Planting Succulents in Vintage Containers**, Kim and Kristin Scheidt. Enjoy a demonstration about planting succulents in vintage containers. It's important to prepare the container properly prior to planting to protect the container to ensure the plants thrive. Go home prepared to make your own unique creations!

1:00 p.m. The Succulent Landscape: Who, how, and Why (and who to invite to the party), Tom Jesch. Learn about the process of designing a succulent landscape from start to finish. What are the realities when planning for maintenance of the succulent landscape? Who do you invite to the "party" to grow along with the succulents?

2:30 p.m. Designing and Creating a Miniature Landscape with Succulents, Gary Bartl. Gary will select a container and create a dish garden while talking about the plants he chose, handling of the plants, and issues related to container gardening. Gary will also share some of his experiences related to working with succulent plants and therapy.

3:30 p.m. The Globe: Part 2, Robin Stockwell.

4:00 p.m. EVENT CONCLUDES AND NURSERY LOCKED!

Fall UCSC Farm & Garden PLANT SALE



Artwork by Farrah Ochoa

Friday, September 6, 12-6 &
Saturday, September 7, 10-2

Bam Theater, UC Santa Cruz, corner of Bay & High

ORGANICALLY GROWN

- * Vegetable starts
- * Perennials
- * Cut flower starts
- * California natives
- * Roses
- * Herbs
- * Medicinals
- * Succulents

Use your Plant Sale receipt during the week after the sale
to get a **10% discount** at **Companion Bakeshop**



For more information, call 831.459-3240,
email casfs@ucsc.edu
Plant list online at: <http://casfs.ucsc.edu>
Sale takes place rain or shine

The Fall Plant Sale is co-sponsored by the
UCSC CENTER FOR AGROECOLOGY &
SUSTAINABLE FOOD SYSTEMS
and the FRIENDS OF THE UCSC FARM & GARDEN

Board Meeting

The next meeting of The Gardeners' Club Board will be at the home of Suzanne Mercado in Ben Lomond. You don't have to be a member of the Board; come join us to tour Suzanne's garden at 1633 Quail Hollow Road at 6:00 p.m. on September 23rd. If you need directions, Suzanne's contact information is on the other half of this page. Or contact Cherry about car-pooling.



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