

The Gardeners' Club

Santa Cruz Co., California

November 2014

Writer/Editor: Lise Bixler
lisebixler@sbcglobal.net

Permaculture: A Talk by Ken Foster



"Permaculture is a design system that reconciles human communities with the ecological imperatives of a living planet." Ben Haggard



Ken Foster is a native of Santa Cruz, California. He was born in the fifties and raised by parents Herb and Ellie Foster, who were well-known peace and environmental activists. In 1985 Ken was an apprentice at the U.C. Santa Cruz Farm and Garden and has a certificate in Ecological Horticulture from there. Ken also has an A.S. degree in horticulture from Cabrillo College. Ken is a landscape contractor, a certified permaculture designer and the owner of Terra Nova Ecological Landscaping.

Ken gives lectures with PowerPoint presentations widely, and teaches sustainable landscaping and permaculture courses, most recently at Cabrillo College. What the heck is permaculture, you ask? Here's Ken's answer, from his blog: "Permaculture (permanent agriculture) is the conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability, and resilience of natural ecosystems. It is the harmonious integration of landscape and people providing their food, energy, shelter, and other material and non-material needs in a sustainable way. Permaculture design is a system of assembling conceptual, material, and strategic components in a pattern which functions to benefit life in all its forms".

Permaculture is a set of ethics, principles and techniques that guide designers and gardeners to self-sustaining, regenerative systems. When originally conceived in the 1970s, it was applied largely to gardening and farming, but since then has expanded into solar energy, water and more.



"Urbanite" (recycled concrete) beautified with soy-based stain used in landscape.

It is the harmonious integration of landscape and people providing their food, energy, shelter and other material and non-material needs in a sustainable way, ideally functioning to benefit life in all its forms.

In his Cabrillo course, Ken covers principles and practices of permaculture design

though collaboration on real-world projects with a focus towards repairing, restoring and regenerating human and the planets ecosystems. He explores a wide range of topics— food forest design, herbalism, the A to Z's of water ("thinking like a water shed"), including greywater systems, soil fertility, erosion control, beekeeping, models of stewardship, soil health and fertility, composting, soil sampling and analysis, cover crops, mulch gardening, soil rehabilitation and erosion control and how all of this, and more, is interconnected.



Sounds like this will be an eye-opener of a meeting, so don't miss it!

Learn more about Ken and his projects at his website and blog (www.terranovalandscaping.com) and on his Facebook page ([www.facebook.com/pages/](https://www.facebook.com/pages/Terra-Nova-Ecological-Landscaping/208544667835?ref=mf)

www.terranovalandscaping.com).

Ken's business is currently fundraising to restore his landscape-maintenance-by-bicycle mode (one of the permaculture tenets is "use slow and small solutions"); learn about the "Tread Lightly" campaign at www.indiegogo.com/projects/tread-lightly-with-terra-nova-2.

Thursday, November 13th

7-9 p.m., Aptos Grange

2555 Mar Vista Dr., Aptos

Refreshments will be provided. Thanks to Dorothy Kukla and Debby Joyce for snack, Melissa Peckinpah for dessert, and Jean Favre for juice.

Cleaning and Sharpening Tools

Regular care will help your garden tools last longer and perform better. Follow these steps to keep your tools in top condition all season long.



Step 1: Clean Tools

Dirt and sap left on garden tools contribute to the spread of soil-borne diseases and weeds; they also attract and hold moisture, leading to the spread of rust. If your tools have moving parts, such as with pruners, shears, and loppers, disassemble them first. Clean accumulated rust and dirt off all metal surfaces with a wire brush. Remove stubborn rust from small tools with fine steel wool. Use medium-grit sandpaper to remove rust on larger tools such as shovels, spades, and hoes.

Step 2: Sharpen Pruners

Once your tools are clean, they're ready to be sharpened. When sharpening, try to maintain the original factory bevel or angle. For pruners, use a whetstone because it produces a very sharp cutting edge. Depending on the type of whetstone, apply a few drops of oil or water to the stone. With the beveled side of the blade against the stone, rub the sharp edge of the blade toward the stone in a curved motion, as if you were trying to shave off a thin slice from the stone. Sharpen only the beveled side of a blade, though you should remove burrs on the flat side.

Step 3: Sharpen Other Tools

Use fine- and medium-grit, single-cut mill bastard files in succession to sharpen shears, loppers, shovels, spades, and hoes. When working with a file, stabilize the blades in a vise or against a solid surface such as a work bench to avoid injury and ensure an even stroke. Always push the file across the blade in a motion away from your body and don't drag a mill bastard file backward over the blade on the return stroke. Move the file diagonally, so that its cutting teeth are biting into the metal on the tool. When sharpening with a file, do not use oil; metal filings will accumulate and clog the file's serrations.

Step 4: Add Final Touches

Lubricate all clean, sharpened metal blades and the heads of shovels, hoes, and rakes with a light machine oil or a synthetic oil. Once a year, take the time to recondition your tool handles. Clean wooden handles with a stiff-bristled brush, smooth nicks and splinters with medium-grit sandpaper, and coat handles with boiled linseed oil to help prevent future splintering. If plastic-coated handles are wearing thin, remove the coating with a craft knife and replace it with a liquid or spray plastic coating. Once the handles are in good shape, reassemble the tools.



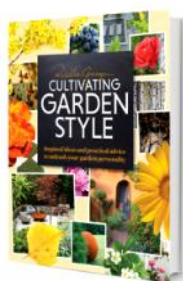
Have you
subscribed
yet?

DO IT!

The first issue of Pith + Vigor, “a quarterly journal for people with dirt under their nails”, has arrived, and it is unique, and uniquely informing. Subscribe at www.pithandvigor.com/subscribe. The editor and founder, Rochelle Greayer, also has a great blog, Studio ‘g’, featuring many unique plants, at

www.studiogblog.com. And...one more

thing...she has just published a book, [Cultivating Garden Style](#). It features twenty-three unique garden styles accompanied by advice on how to recreate the looks. I haven't read it, but it might inspire you to imagine something new for your outdoor space help you to make it a reality.



Dig, Drop, Done! Planting Bulbs

(Tips from Wayside Gardens)

It might seem like a dreary time in the garden now as leaves are falling and plants are going dormant—yet even this season is bursting with a hidden life, for as fall gets underway, the plants drop the rest of their seeds to the ground, to germinate and spring into life next season. While it may seem like life is waning, truly it is only waiting. That is why autumn is the perfect time to plant hardy bulbs for next year's garden.

In the warmest zones (9 and below), fall planting can wait until December, but now is the time to put spring-blooming bulbs in the refrigerator to make sure they meet their chilling requirement.



www.waysidegardens.com/product.aspx?p=36132

Depth is key when planting different bulb varieties. Anemone, Crocus, and Snowdrop should only be planted shallowly—1 to 3 inches deep, based on variety, while Hyacinths, Tulips, and Daffodils need to be planted deeper—6 to 12 inches deep, again based on variety. Improper planting can cost a season of blooms, or even cause the bulb to rot. You can use a ruler or marked stick, but consider

investing in a bulb planter with a depth gauge. Going into the garden juggling different bulb varieties, a trowel, and a ruler

can make fall bulb planting a challenge. Using a trug is a way to transport bulbs, soil amendments, and tools easily.

Waysidegardens.com has them, of course, or buy one locally, if you don't already have one. If you are a DIY person, you can make one out of an old tire (www.instructables.com/id/Tired-and-True-Trugs), but if I



were going to make my own, I would follow the inspiration of this lovely creation of branches and chicken wire available at Terrain (www.shopterrain.com).

Oh, yes, back to getting those bulbs into the ground. With the right tools, planting bulbs for a glorious spring garden is as easy as dig, drop, done! Just push the bulb planter into the soil to the proper depth, lift out the plug, drop the bulbs in (growing tips up), amend the soil with any compost or slow-release fertilizer and fill the hole over. Water the bulbs in well, and then leave them alone until they sprout next spring. Don't worry about winter chills taking out these bulbs—most spring-blooming varieties actually require this cold period to properly vernalize so that they can bloom their best!

For more tips on preparing your garden for fall, visit waysidegardens.com.

Message from Cherry Thompson, Board President

This is the time of year when Board Members are asked if they will continue their work on behalf of the membership of The Gardeners' Club. There are 10 Board meetings a year (4th Monday of each month except December & February) and most include a garden tour, and refreshments. If you have an interest in becoming more involved in putting on our monthly meetings at the Grange please contact Cherry Thompson or any Board member (listed on last page of newsletter) for more information.

Our next Board meeting will be on Monday, November 24th, at 6:00 p.m. It will be at the home of Debbie Kindle, 3320 Putter Drive, Soquel. As always, you don't have to be a Board member to attend. Come to hear what we are up to, to give your suggestions or ideas, or just to get to know us better.

By the way, did you know that our club is a member of The California Garden Clubs organization? This group publishes a newsletter that free for all of us. To subscribe, go to <http://californiagardenclubs.com/eNewsletters>, and fill out the form with our Club name (The Gardeners' Club) and our district (Santa Clara).



Best wishes for a peaceful and bountiful Thanksgiving.

—Cherry



Innovation is taking two things that already exist and putting them together in a new way.—Tom Freston (Photograph from Daily Good: News that Inspires www.dailygood.org/story/862/trash-into-treasure-6-cool-things-made-from-sea-plastic-liz-pleasant)).

Santa Cruz Orchid Show and Sale

Saturday, November 1, 9AM to 5PM

Sunday, November 2, 10AM to 4PM

At Soquel High School,
401 Old San Jose Road
Soquel

Free parking
Free Admission

Masdevallia
Bella Donna

Presented by the
Santa Cruz Orchid
Society and the Soquel
High School FFA/ROP

Photo by
Frank Drake

email: info@santacruzorchidsociety.org



Care for roses in the Fall

These tips are provided by Heirloom Roses, one of the very best mail-order sources for every type of rose you can imagine. They grow all of their roses on their own roots, meaning you won't get sprouts of root-stock red roses muddling your show of apricot blooms. The price of each rose includes shipping—yey! I've been buying heirloom roses from them for years, and have visited their Oregon growing grounds. They have new owners and a new website that is chock full of articles and advice on growing roses. For instance, a recent article on preventing blackspot suggests choosing roses with good disease resistance—their



favorites include Apricot Abundance, Electron, By Appointment, Welsh Gold, Morning Has Broken, Carefree Beauty, High-field, William Baffin, Amber Abundance, Lawrence of Arabia, Sharifa Asma, Black Pearl, Velvet



Abundance, Soaring Flight, Tropical Fragrance, Belle Epoque, Berolina and Golden Jubilee. See more photos and articles at www.heirloomroses.com.



Once the weather starts to cool, many roses put on a fantastic show well into fall. The change in weather often

brings wind and, hopefully, rainy conditions; the reappearance of diseases like black spot and powdery mildew provide a reminder that next year's success depends on putting the roses to bed for the winter. Here's what to do.

Stop deadheading before the first frost—now! This will harden off roses, allowing tender new growth time to toughen prior to potentially damaging cold weather. If your roses have hips, allow them to develop naturally. You'll be rewarded with seasonal interest.

Stop transplanting and fertilizing to prevent the rose from pushing new growth. No-nitrogen fertilizers intended to promote root development, such as super phosphates, are an exception to this rule and can be applied in fall and winter.

Rake up and destroy all leaves at the base of roses. Do not compost these, as this could spread pathogens. Many fungal diseases that affect roses overwinter on the rose or as litter on the ground. Removing this material will reduce problems the following spring. For best sanitation, defoliate completely and spray with lime sulfur when dormant. Clip off the diseased leaves rather than pulling. Pulling leaves off can create small tears along the stem and provide an entry point for disease.



Remove diseased canes. Pathogens can overwinter on stems, which are often overlooked as a source of disease. **Remove** crossed or thin canes that can

whip against each other, causing stem wounds from thorns.

Prune off overgrowth on climbing



roses and tie securely to structures to prevent top-heavy canes from breaking in

the wind. Top off taller hybrid teas or shrub roses at 4 to 5 feet to reduce wind throw risk.

Apply compost or mulch around the base of roses. Mulching provides valuable nutrients, as well as an insulating layer that will protect roses during cold snaps. A 2- to 3- inch layer will do.

Recipe: Green Tomato Cake With Apple Cider Glaze

The folks at Mother Earth News had a contest for best recipes using green tomatoes, and here is one of the winners. Who would have thought of adding them to a cake? Second-place winner Jackie Hardin, that's who.



Ingredients:

- 1 1/2 C. vegetable oil
- 2 C. sugar
- 3 eggs
- 2 cups unbleached all-purpose flour
- 1 C. whole wheat flour
- Pinch each of cloves, nutmeg, ground ginger and black pepper
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup chopped walnuts
- 1 cup raisins
- 3 cups fresh green tomatoes, seeded and coarsely chopped
- 3 Tablespoons apple cider



Instructions:

1. In a large bowl beat eggs, oil and sugar together until thick.
2. In a second bowl combine spices with flour, salt and baking soda.
3. Add dry ingredients to wet a little at a time mixing well.
4. Add chopped green tomatoes, nuts, raisins, cider and walnuts.
5. Pour into a greased and floured Bundt pan. Bake 350 degrees for 60 minutes or until knife inserted comes out clean.

For the Apple Cider Glaze: In small pan combine 1 stick butter, 1/2 cup apple cider and 1 cup sugar. Simmer over low heat 15 minutes. Pour warm glaze over warm cake.

Got more green tomatoes? If you're looking for additional ways to use your green tomatoes in the kitchen, head on over to the Mother Earth News' [Green Tomato Recipes](http://www.motherearthnews.com/real-food/green-tomato-cake-zwrz1410zsie.aspx#ixzz3HNKQGO1i) (<http://www.motherearthnews.com/real-food/green-tomato-cake-zwrz1410zsie.aspx#ixzz3HNKQGO1i>) collection page.

Over-the-Fence Column

Member Dian Duchin Reed writes, "I've only found two edible-by-human plants that the gophers in my garden won't eat: asparagus and red raspberries. This photo shows my asparagus bed after the harvest is over and the plants are allowed to leaf out in all their ferny glory, making food for the roots and ensuring next year's crop. Also growing in the bed is a self-seeded Clarkia in bloom. Raspberries, which are the other people-food that gophers avoid, seem to decline over the years and need to be replaced with fresh, virus-free stock every so often. I've been harvesting the same bed of asparagus, on the other hand, for almost 25 years.



FYI, artichokes and fig trees are gopher candy bars. Don't even think about growing these without gopher baskets. I recently discovered a new kind of gopher basket at Native Revival Nursery. Sold in packages of 4, they're made of flexible metal that easily rolls up around the root ball like a silk stocking. "

—Dian

Credit for the photo above goes to the

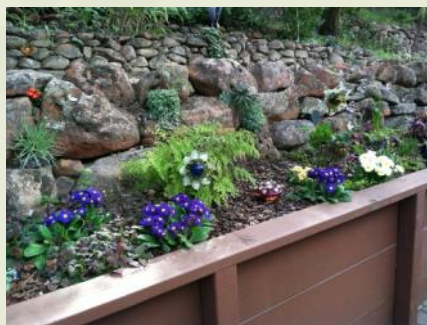
Town Mouse and Country Mouse blog ("Native gardening in the coastal hills and suburbs of Central California") at <http://tmousecmouse.blogspot.com>.

Lots of "over-the-fence" advice and conversation there!

Member Suzanne Mercado writes, "What started as an attempt to block out the sounds of noisy neighbors has turned into a love affair. Yes, I am in love with my waterfall.



It has changed my entire back yard experience. The soothing sounds of running water envelope me in a cocoon of privacy that wasn't felt before. I often feel torn between wanting to listen to music when I garden, or just enjoy the sound of the falls.



Several tons of Sonoma field stone have been moved into my yard. I have always loved rocks. As a small child my mother would be surprised by my weight when picking me up. My pockets would be full of "pretty rocks" I would find in the gravel on the side of the road. I have been experimenting with planting the crevices between rocks. Although my hillside gets no sun

for 3 months of the year, the rock still seems to retain some heat and protection not available in other areas of my yard. The aloe in the photo typically struggles through the coldest months, while this one has passed through the winter beautifully. This tiny campanula when planted in the same area on level ground sat there and did nothing for 2 years. It is



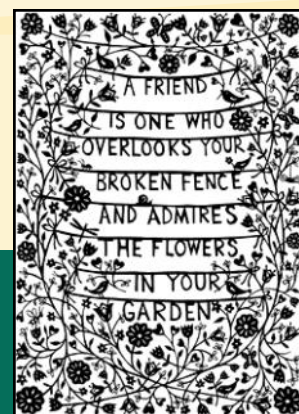
obviously in its element now.



Nasturtiums are an annual in my yard. I need to plant new ones each year. Last year, some seeds found their way into the cracks of the fall and sprouted. There is absolutely no soil in these crevices! The same thing has happened with feverfew and forget-me-not. I plan to do more experimenting with other seeds.

Another experiment has proven to be quite effective. In the adjacent planting space on the retaining wall, I have "planted" empty gallon pots. I can insert another gallon pot into it. When the plant stops blooming another can be inserted. Fortunately, since the area is mostly shaded there isn't a lot of evaporation. I am surprised at how infrequently I need to add water."

—Suzanne



Gardeners love to learn from other gardeners. Lean "over the fence" and share with us. Drop us an email—click here! lisebixler@sbcglobal.net



The Gardeners' Club Membership

The time has come for membership renewal. Annual membership dues, which include all benefits, are still only \$12.00, due by is January 1st. The membership year lasts through the end of December, 2014 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.

And...with gift-giving season here, consider sharing your passion for gardening, and supporting our club, by giving your favorite gardening enthusiast an opportunity to connect, share and learn with us. A gift membership is a gift nobody will want to return!

Come grow with us!

Your Membership

Name: _____ Phone: _____

Address _____ Email: _____

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

Gift Membership

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

Thanksgiving Poem for Gardeners

Let us give thanks for generous friends with hearts and smiles as bright as their blossoms.

Let us give thanks for feisty friends as tart as apples.

Let us give thanks for continuous friends who, like scallions and cucumbers, keep reminding us that we've had them.

Let us give thanks for crotchety friends, as sour as rhubarb and as indestructible.

Let us give thanks for handsome friends, who are as generous as eggplants and as elegant as a row of corn, and for friends who are as plain as potatoes, and as good for you.

Let us give thanks for funny friends, who are as silly as brussel sprouts and as amusing as Jerusalem artichokes and for serious friends, as complex as cauliflower and as intricate as onions.

Let us give thanks for friends as unpretentious as cabbages,



as subtle as summer squash, as persistent as parsley
as delightful as dill, as endless as zucchini
and who, like parsnips can be counted on to see you through the winter.

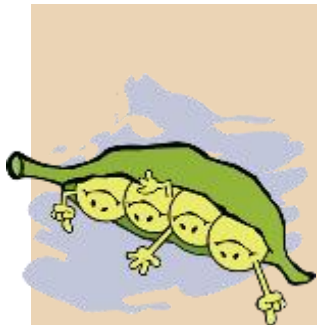
Let us give thanks for old friends, nodding like sunflowers in the evening-time
and young friends, coming on as fast as radishes.

Let us give thanks for friends who wind around us like tendrils and hold us, despite our blights, wilts, and witherings.

Let us give thanks for those friends now gone, like gardens past that have been harvested, and who have fed us in their times that we might have life thereafter.

Let us give thanks for a bounty of people.
Let us give thanks indeed.

Adapted from Max Coots



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, 2555
Mar Vista Dr., Aptos.

The Gardeners' Club

P.O. Box 3025, Ben Lomond CA 95005

Members-at-Large

Pat McVeigh, 566-4553

pmcveigh@baymoon.com

Joanna Hall, 662-8821

jhaveclock@sbglobal.net

Debbie Kindle, 462-6296

poppy-54@live.com

Plant Table

Patty Connole, 335-4134

pattyconnoletr@aol.com

Lupe Allen, 24702705

lupaea@ucsc.edu

3rd position - vacant

Refreshments

Dey Weybright, 426-3028

DEENART@aol.com

Website

Joe Thompson

Computer Frustration

Specialist

joe@johometech.com

Hospitality

Lydia Johnson, 475-0912

Newsletter Writer/Editor

Lise Bixler, 457-2089

lisebixler@sbglobal.net

Membership

Suzanne Mercado, 609-6230

Suzannebottomline@gmail.com

Treasurer

Sim Gilbert, 475-8162

simgilbert@baymoon.com

Secretary

April Barclay, 688-7656

AABarclay@aol.com

Vice President & Publicity

Cherry Thompson, 475-0991

cherrylea@comcast.net

Ilene Wilson, 724-4609

mygardensup@aol.com

President

www.thegardenersclub.org
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