

The Gardeners' Club

Santa Cruz County, California

May 2015

Writer/Editor: Lise Bixler

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Plant Sale & Swap

Thurs., May 14th
Aptos Grange
2555 Mar Vista Dr.
7 p.m.

Got plants ready to divide, or ones you are replacing? Been so enthusiastically sowing that you've got seedlings to share? Pots you don't need any more? Garden art that needs a new home? Looking for free or low-cost treasures for your garden?

Clean out your tool shed, thin your perennial beds, make space on your bookshelf, finish your garden crafts...and bring your goodies to our

amazing annual spring event.

Our members offer a limitless variety of bulbs, annuals, perennials, shrubs, seeds, small trees, tools, planters, knick-knacks and anything/everything garden. You'll find plants you've never heard of and plants you've always wanted to try.

See the inside back cover for more information. If you don't have plants to trade, come to buy at bargain prices.



A Taoist Approach to Gardening

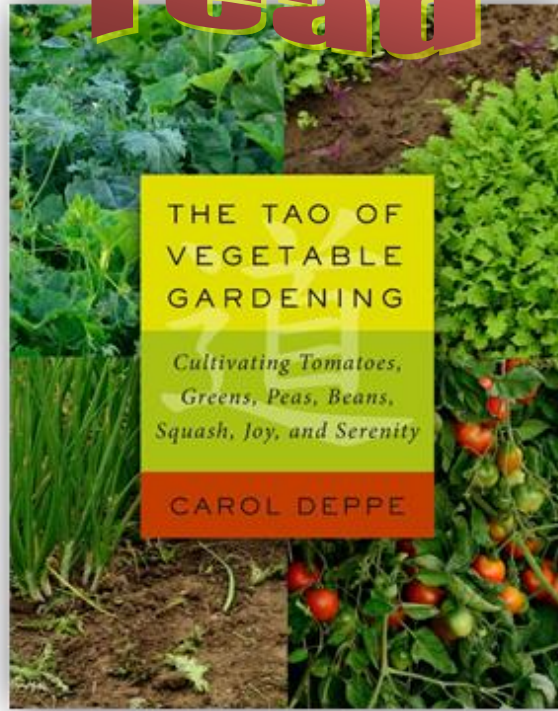
Carol Deppe has written a new guide focusing on some of the most popular home garden vegetables—tomatoes, green beans, peas, and leafy greens—and through them illustrates the key principles and practices that beginner and experienced gardeners alike need to know to successfully plant and grow just about any food crop.

In addition to practical gardening advice, Deppe explores the deeper essence of gardening both in terms of nature and ourselves. Her work has long been inspired and informed by the philosophy and wisdom of Tao Te Ching, the 2,500--year--old work attributed to Chinese sage Lao Tzu. She has organized her book into chapters that echo fundamental Taoist concepts: Balance, Flexibility, Honoring the Essential Nature (your own and that of your plants), Effortless Effort, Non-Doing, and even Non--Knowing.

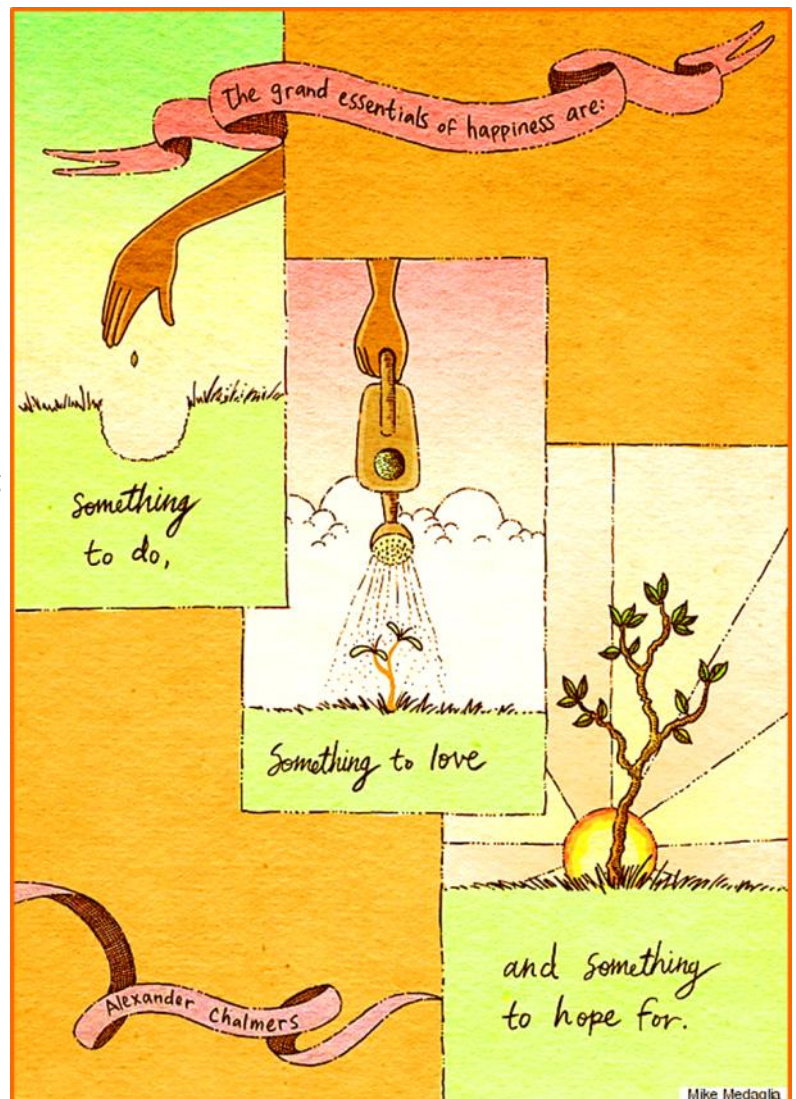
The “Non-Doing” concept may be hard for some to wrap their minds around—gardening is hard work, isn’t it? Deppe explains how easy it is to fall into a pattern of unnecessary efforts.

“There are three reasons to do something: It is the right thing to do, it is the right time to do it, and you are the right person to do it. Usually, it isn’t, it isn’t, or you aren’t. Gardening books and magazines usually focus on doing. They report the positive—things that worked at least once for someone somewhere on the planet. That is only part of the story. We gardeners are an inventive lot. We are capable of thinking of lots of other things to try that we have never seen anybody do or write about. Many of these other things have undoubtedly been tried repeatedly by gardeners in many times and places, and have failed to work for every single person who tried them. For everything that at least sometimes works, there are many-fold other things that never work. I have discovered quite a lot of these.”

In the spirit of doing less, Deppe provides helpful lists like twenty-four good places not to plant a tree and thirty-seven good reasons for not planting various vegetables. She also introduces her innovative “Eat-All Greens Garden” which could be the easiest, most space-saving, and labor-efficient way of growing greens. With this method, a family can raise all their summer greens as well as freeze and dry enough for the winter months with even a tiny garden—a perfect approach for small-scale and urban gardeners. The trick is to use plant varieties that grow fast. “The fast growth is necessary in order to produce plants that have succulent stems and all prime leaves even when large,” writes Deppe.



The Grand Essentials of Happiness



Giving

One of the benefits of having most of our members subscribe to the digital version of our newsletter is the savings to our treasury. After years of The Gardeners' Club running on a scant budget always veering to the red, we now can save enough funds to give more to our community. Historically, we've given donations to the public library, to Cabrillo Horticulture, to Life Lab, to the Arboretum and others. Several years ago member Bill Patterson established a Club giving program of \$300 scholarships to deserving Cabrillo Horticulture students, devotedly organizing and maintaining this successful giving project. This year, our Board decided to give additional scholarships to high school students who are planning to continue their studies at Cabrillo, and hard-working member Marcia Meyer took the reins on this project. We are thrilled to be supporting the next generation who will be influencing and practicing sustainable horticulture and related fields. We love giving, but it is these students who are the real givers, givers to our future.

Scholarships awards were presented at our April meeting. Tryston Cruz was the awardee from Coast Redwood High School. His aquaculture class teacher, David Grant, says "Tryston is one of the most talented and committed students I have had the pleasure of having in my class." Along with balancing family and participating in varsity sports, he takes college calculus (he couldn't be at the meeting to accept his award because he was at his Cabrillo class). Tryston has a very strong interest in sustainable food production and the environment in general. He has also volunteered to help design and build another outdoor campus garden for the charter high school.

Our awardee from Watsonville High School was Yuritza Arciga. Her agriculture instructor, Erin Larrus, said "I



believe Yuritza will accomplish anything she sets her mind to." Not only does she maintain a high GPA and participate in sports, she is also an active

and eager participant in the Future Farmers of America. She has volunteered countless hours in her community at the Farmers Markets and Pajaro Valley Loaves and fishes. Yuritza plans to attend Cabrillo and then transfer to Cal Poly San Luis Obispo and major in Agriculture Business with a minor in Horticulture.

Thank you, Marcia, for working closely with not only the high schools but with the Santa Cruz County Farmers Bureau, who selected the awardees. Marcia says, "It feels good to know we're helping deserving students from our community pursue their vocational goals in horticulture and agriculture. Who knows what they'll achieve!"



It was inspiring listening to the Cabrillo College awardees describe their background, interests, achievements and goals. Laura Palmer plans to continue her education at Cal Poly San Luis Obispo, and hopes to teach horticulture to high school students after she graduates. She found her passion for horticulture when she took classes in it in high school. She cares deeply about the environment.

Rachel Golden is in her second semester at Cabrillo, is hard working and exceptional in her skills. Her curiosity for knowledge and willingness to dig deeply into subjects and projects will take her far. Her interest is in edible perennials, especially strawberries.

Another "thank you" to Bill for working closely with Cabrillo and keeping our scholarship program moving forward, and thank you to Cabrillo Horticulture for their cooperation and enthusiasm. Another big "thank you" to those of you who donated in the name of our recently departed friend Pat Williams—your donations made a second high school scholarship possible.

Over the years, we've established awards not only in Pat's name, but for long-time Club member and horticulturist Virginia Saso and for Ernie Wasson, a driving force in the Cabrillo Horticulture Program for many years.



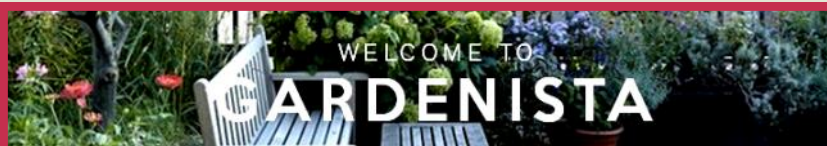
Scholarship Awardees, Cabrillo College students Laura Palmer and Rachel Golden at the Gardeners' Club Scholarship Awards April 9, 2015. Presenters, Kathy Navarez (holding flowers), Andrew Wall (baseball cap) and Peter Shaw (center back) with Club President Cherry Thompson and Scholarship Chair Bill Patterson (left).

Rhubarb Wine!?



I had already put in the recipe for rhubarb and rose jam when I received a message from Mountain Feed & Farm Supply with two recipes and instructions for making rhubarb wine. This wine needs to ferment for 6-12 months to reach its full flavor potential! To learn more, go to <http://www.mountainfeed.com/blogs/learn/20915841-rhubarb-wine-2-creative-recipes-for-a-truly-spring-libation>.

Also, Mountain Feed will be having a workshop on May 16th 10-11:00am on Making Sauerkraut/Fermented Vegetables at the Westside Farmers' Market (Western Dr & Mission St. in Santa Cruz).

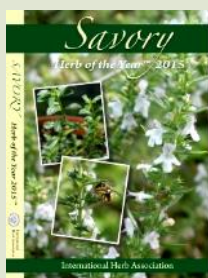


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Subscribe to Gardenista's daily email with a new recipe every Friday and the most recent outdoors and gardening finds from Gardenista. Subscribe at www.gardenista.com/subscribe.

Board Meeting

The next Board Meeting will be on Monday, May 25th, at 6 p.m. We'll meet at the home of Joanna Hall, 2200 Cox Road, Aptos, and tour her garden before the meeting. All Club members are invited to attend.



The first week of May is National Herb Week. The herb of the year is Savory.



Rhubarb and Rose Petal Jam

Recipe by Portland chef Kathryn Yeoman
Makes 8 half-pint (8 oz) jars



INGREDIENTS

4 lbs fresh rhubarb, sliced ½ inch thick
5 cups sugar
2 Granny Smith apples, peeled, cored, and finely chopped; cores and seeds reserved in a cheesecloth bag
¼ cup fresh lemon juice
2 cups rose petals, white tips near their base trimmed and discarded
1 tsp rose water

MACERATE

Layer rhubarb in a glass or ceramic bowl with sugar and apples, including the bag of seeds and cores. Let fruit sit for 12 hours at room temperature.

COOK

Pour macerated fruit (including bag of cores and seeds) into a wide, heavy-bottomed 8-quart stainless steel pot or dutch oven. Bring to a boil over medium-high heat, stirring often. Add lemon juice and continue boiling, skimming any scum that rises to the surface, until the jelling point (220 degrees on a candy thermometer) is reached, about 15–20 minutes. Remove pan from heat and discard bag. Allow jam to cool 10 minutes, and stir in rose petals.

CAN

Ladle the jam into warm, sterilized jars, add 2–3 drops rose water to each, and seal. Process in boiling water (15 minutes for pints), carefully following your preferred canning instructions. Use within a year.

Save Water by Deep Watering

Orchard Nursery (www.orchardnursery.com) has a very useful article by Peter Tourtellotte on saving water in the garden. It emphasizes 3 concepts, to eliminate waste, to embrace change and to water LESS frequently but MORE deeply. If you are watering everyday, you can save more than 30% by switching to every third day for twice as long. Even if you're currently watering every other day you can still save as much as 13% by watering every 3rd day. To water deeply is to water slowly and long enough to allow the water to penetrate the soil down where you want the roots to grow. To read the full article, go to: www.orchardnurserynews.com/pdf/savingwater.pdf. I'll summarize the deep watering advice here.

The goal with deep watering is to encourage a deeper root system. When you apply water at the surface it is exposed to the elements and can easily be lost to evaporation before your plants even have a chance to use it.

Deeper soils contain a more stable volume of water which is insulated from the drying effects at the surface. In a deeply watered garden the water is basically waiting for the roots to use it. Infrequent watering is what makes roots go searching for it—roots are smart, they go where the water is. So if there is no water at the surface they'll grow deeper to find it and that's what you want.

If you have a lawn, you might think it needs daily water. Maybe this is true when they're first planted, but for established lawns, change that time clock! "My lawn may not be the best lawn on the block but it's perfectly green and I only water my lawn once a week. Because I water for hours when I do, it can even go longer if it has to."



Building basins around your plants will also help if you are hand watering. They keep the water where you want it to soak in. This is especially important for new plants... basins allow you to soak the original root ball (which is where the roots are now) and the surrounding soil (which is where you want the roots to go). Water will always take the easy route, without a basin the water may just runoff or fly past the root ball wetting only the new loose soil – and your plant suffers.

Another important thing to understand is how water moves through soil. This is especially true with drip systems. Water moves down and out wetting a cone of soil so initially emitters should be placed on top of the root ball, a few inches to the side and the roots will be missed. As roots grow into the surrounding soil, the emitters should be moved out to the drip-line and multiple emitters should be used to water all sides of the plant. Peter doesn't recommend drip systems because most people don't have the time to maintain them properly. Emitters clog, lines get tripped over and ripped out and most often they get run like a sprinkler system. Run a gallon per hour emitter for 10 minutes and you've got a teacups worth of water – not exactly deep watering.

Gardens that have been established on frequent shallow need to be retrained to develop the desired deeper root systems. If this is your situation, every month you need to extend the time between waterings and water longer...but you can't just go cold turkey and switch from daily water to once or twice a week all at once. Roots need time to grow deeper, and they will, as you water less and less frequently. Within a year you should have a more self-sufficient garden that can be watered less frequently. Remember, always water deeply when you water - no spritz and run!

EXTREME Deep Watering

Water LESS Frequently but MORE Deeply		
"...add an extra day between waterings AND water about 50% longer"		
Water:	for:	and save:
every day	10 min.	wasteful & not recommended
every other day	15 min.	25% over daily water
every 3rd day	20 min.	33% over daily water
		13% over every other day water

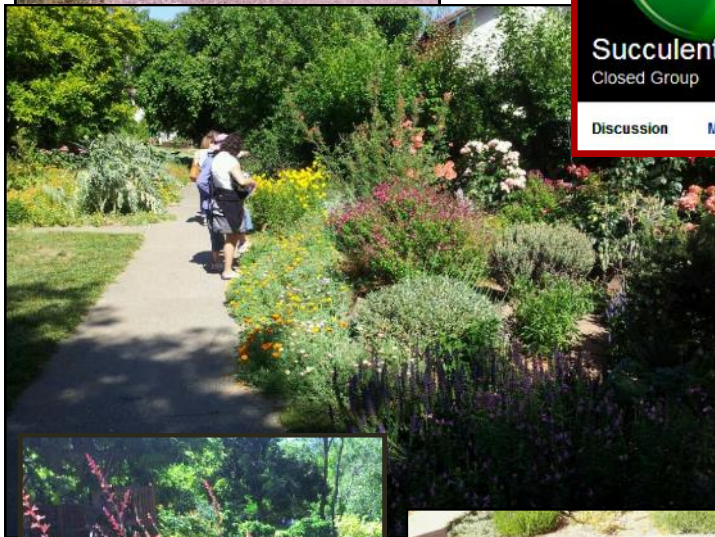
If you you're already watering your garden every 3rd day, good job ,but you too can still save about 9% by just adding another day between waterings and 15% to how long you water .



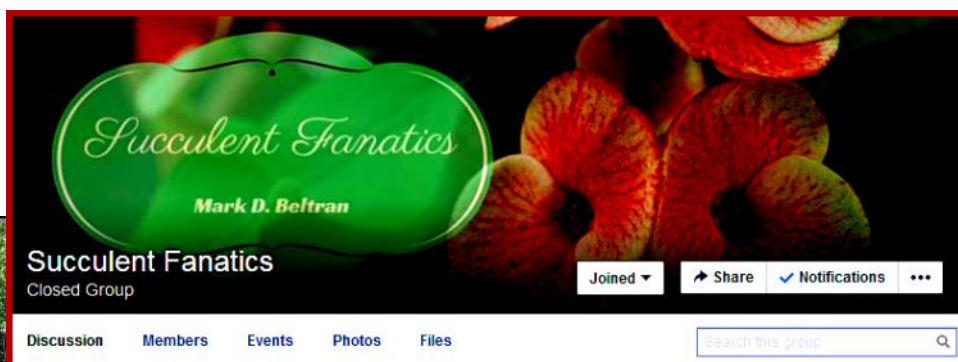
Club Member Barbara Vorlop and I ventured to Davis last weekend for the Pence Art Gallery Garden Tour, visiting 10 gardens. Barbara said, "Please don't make me go to any gardens that are pedantic about drought-gardening—I've gone to enough of those". Most of the gardens we saw were conscious of water-saving—almost all of them had mulch , such as the first two that used red lava sand or "fines" as both mulch and soil amendment. (cont'd)

(Extreme Deep Watering continued...)

I was nervous when we drove to our last garden. The description said this garden was made up entirely of drought tolerant plants—salvia, lavender, abutilon, euphoria, agave, rose, geum, rosemary, iris, scabiosa and more...and they are on a drip system and are watered only ONCE EVERY TWO WEEKS FOR TWO HOURS! Barbara was suspicious. Imagine our surprise to come upon the most lush and colorful garden of the tour. The rear garden is part of a shared back/common area with a path running through it, and we loved the whole neighborhood.



Member April Barclay posted this blog entry from the Annie's Annual blog (<http://blog.anniesannuals.com/2015/04/23/home-gardeners-are-not-the-problem/>) on her Facebook page. It's titled **Home Gardeners Are Not the Problem** (referring to the drought). Annie says, "Gardeners! Are you as confused as I was over whether we should just completely stop watering our gardens because of California's 'worst' drought in history?" The delightful illustration below by Lisa Crowther depicts what Annie calls the "Naked Water Police", over-zealous water conservers at her local swimming pool shower. Her post has lots of interesting statistics, different perspectives, a holistic environmental perspective and lots of food for thought.



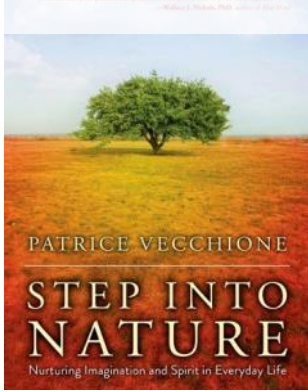
Speaking of Facebook, your editor has a love/hate relationship with it. But she is hopelessly hooked now that she's found the Succulent Fanatics Group. Help!

"Welcome Succulent Fanatics. The purpose of this group is to share knowledge and experiences with succulents, your success or challenges, your succulent designs, creations, and of course your gardens. As a member, you can share your own Facebook page or blog post, or announce an event with the purpose of sharing information of educational value to the group. Check out our FILES located just below our cover photo. There is good information (articles) that may answer many your questions. Happy Posting. :) :) :)"

<https://www.facebook.com/groups/Succulentfanatics/>

Step Into Nature: Nurturing Imagination and Spirit in Everyday Life

A book review by Nancy K. Brown *



My ten-year old son, handed me a delicate and insightful poem he'd written, "How did this poem come about? What started your idea?" I'd asked him. He said, Patrice did. She asked me a question. A good one. My sons are thirty and almost forty years old now. They wrote poetry with Patrice Vecchione as part of an arts program that enriched their public school educations. Patrice is a master at asking good questions. Important ones. Ones that take us to unexpected places as we seek their answers.

In her recently released book, *Step Into Nature*, Patrice inspires us to get out into the natural world, to make friends with a park, a wooded area, a trail or the tiniest speck of nature in our midst. She provokes us to take notice, bring our full selves and sensory awareness along. She tells us stories, the stories of others and invites us to tell our own. Patrice is an artist and the way she represents her experience, is through the mind of an artist. But, she is also a teacher, a guide provoking her reader to make our own meaning through connection with the natural world.

"Once all walls are behind you, turn your face toward the breeze, feel it run through your hair. Look up to morning's blue sky or to evening's starry display. Just as the flowers lasso in the bees, so will you be taken in by the allure of nature." (Chapter 1, page 1)

I notice the oak tree on the cover, shading the grass underneath. I know that tree, the one I sat under after

school and the sticky dry leaves stayed on my skirt all the way home. I was closer to the natural world in childhood.

Patrice inspires us to bring our thinking, creative, emotional and spiritual selves along. She guides us with her musing, poetry and her questions. We shouldn't have to need all this reminding, her siren call, but we do.

Reading Patrice's book, I was reminded that I possess an innate intelligence about the natural world. If I'd only stop and invite it in, my exploring and curious mind would set free my imagination and spirit. I wrote all over my book at its first read, marking bits of wisdom and things to remember. There was very little text left unmarked. So next time I will punctuate the margins, add exclamations and stars, maybe a smiley face or two. Patrice's book is best read on a rock near a stream, on a damp grassy meadow or leaning against a tree.

If you make a list of Patrice's questions, her suggestions and prompts, you'd have created a fabulous lifelong course that promises to entertain, enlighten, teach and heal. You return inside to grab your pen, some glue or a pad of paper, and rush back out.

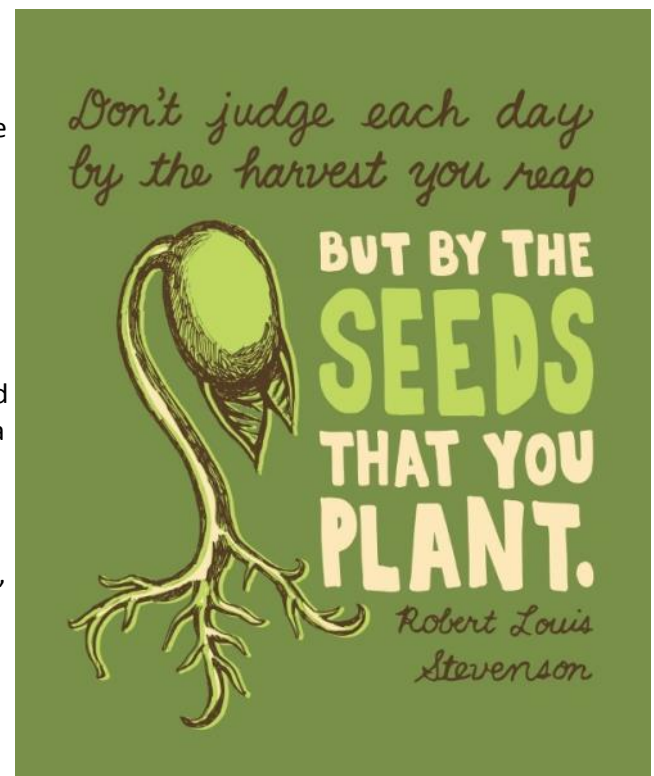
*Nancy K Brown is a good friend who lives in Bonny Doon. She is a retired early childhood education professional, and energetic gardener, a writer and artist and as crazed a gardener as any of us in the Club.



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enthusiasts with inspiration, ideas, and information about all aspects of landscape design.

<http://apld.org/?p=magazine-subscribe>



"The thing about a mixed border is that it's not something that you plant in a day. You plan, adjust, look, then replant, then look again, then replant again. You move plants until they break your back – then you cut them down."
—Richard Hartlage, garden designer



Mother's Day Weekend

Plant Sale

May 8, 9 & 10

PRE-SALE & SILENT AUCTION
Fri. 3:00–7:00 p.m.
 (The Silent Auction features rare and unusual plants donated by local gardeners and nurseries) Friends of the Garden memberships available at the entrance for \$25. Bountiful eats!)

PUBLIC SALE
Saturday 9:00-5:00
Sunday 10:00 – 2:00

Mother's Day is right around the corner, and we eagerly await the Cabrillo College horticulture department 38th annual Mother's Day Plant Sale.

Over 1000 different organic vegetable starts, perennial edible crops, annuals, bedding plants, culinary & medicinal herbs, cut flowers, natives, perennials, salvias, succulents and vines will be offered. All of the plants were grown by Cabrillo students, with proceeds from the sale going to fund the horticulture program for the upcoming school year.

While you are there, see the state-of-the-art facilities including the greenhouse complex, shadehouses, lab classroom, horticulture learning center and community room. Agriculture plays a significant part in the economy of our county, and it's interesting to see how the future of agriculture is being shaped in our community.

Cabrillo College Environmental Horticulture Center & Botanic Gardens
 6500 Soquel Drive (top of campus)
 Aptos, CA (831) 479-6241

PLANT SALE PARKING: Follow the signs to the top of campus. Please park in parking lots F & G just off the upper perimeter road and take the shuttles up the hill. Purchased plants may be picked up with your vehicle at the designated hold areas.



Bill's Bright Idea



Member Bill Patterson is ALWAYS coming up with new and inspiring ideas for our club. Here's his newest one—"Open Gardens"! Bill says, "I propose Open Garden days, wherein Gardeners' Club members may choose to offer a weekend date when they open their gardens to visitors from our membership, 10 to noon. This would be posted on our web site and in a regular newsletter space that might include a photo or two and location information.

We do this within the membership of the board, but others may want to share their prideful environments. I would be willing to lead it off. Cross fertilization through sharing is a principle purpose of our group. It needs constant watering."

Okay, so we're leading off with Bill's Open Garden in May, and Patty Connole will open her garden in June. Bill's hoping that if you like to tour gardens, or are seeking ideas, inspiration or just a walk in a garden, you'll join him for an informal, leisurely visit to his gardens on Saturday, May 16th, 10 to 1. He hopes this will encourage other members to open their gardens, as they are, for visits.



Tally Sheet & Instructions for Plant Sale & Swap

You can take plants home by either paying bargain prices in cash, or by bringing plants and other items for trade tickets to use instead of cash. Fill out this form before the meeting if you are going to trade.

You may bring plants, seeds, bulbs, harvest bounty, books, tools and any other miscellaneous items of use or interest to gardeners. This is what you'll get for what you bring:

- 2", 3" & 4" pots: 1 ticket each
- 6" pot or 6-pack: 1.5 ticket each
- 1 gallon pot: 2 tickets each
- 2 gallon pot: 3 tickets each

Miscellaneous items are priced at the meeting.

Label your plants with their common or botanical names, and put your name on them in case buyers have questions.

Please don't bring loose, dirty plants that would make a mess, or plants you wouldn't be proud to put your name on. Please don't



bring black plastic pots - we can't handle them, and encourage you to recycle them elsewhere.

We appreciate all of you who come early to help set up - it's a lot of work! And if you can, plan on staying to help with clean-up.

We'll start accepting plants at 6:40 p.m. The purchase prices are:

- 2", 3", or 4" pots: 2 tickets or \$1 each
- 6" pot or 6-pack: 3 tickets, or \$1.50 each
- 1 gallon pot: 4 tickets or \$2.00 each
- 2 gallon pot: 6 ticket or \$3.00 each

When there are multiples of the same plant available, please take only one until other members have had a chance to buy one. If there are multiples left

over, then you can grab them! Plants sold or given away go home with the person who brought them.

Good luck, and have fun!

Please complete this form at home and bring it with you to the meeting.

Number of 2, 3 or 4" pots: _____ X 1 = _____ tickets

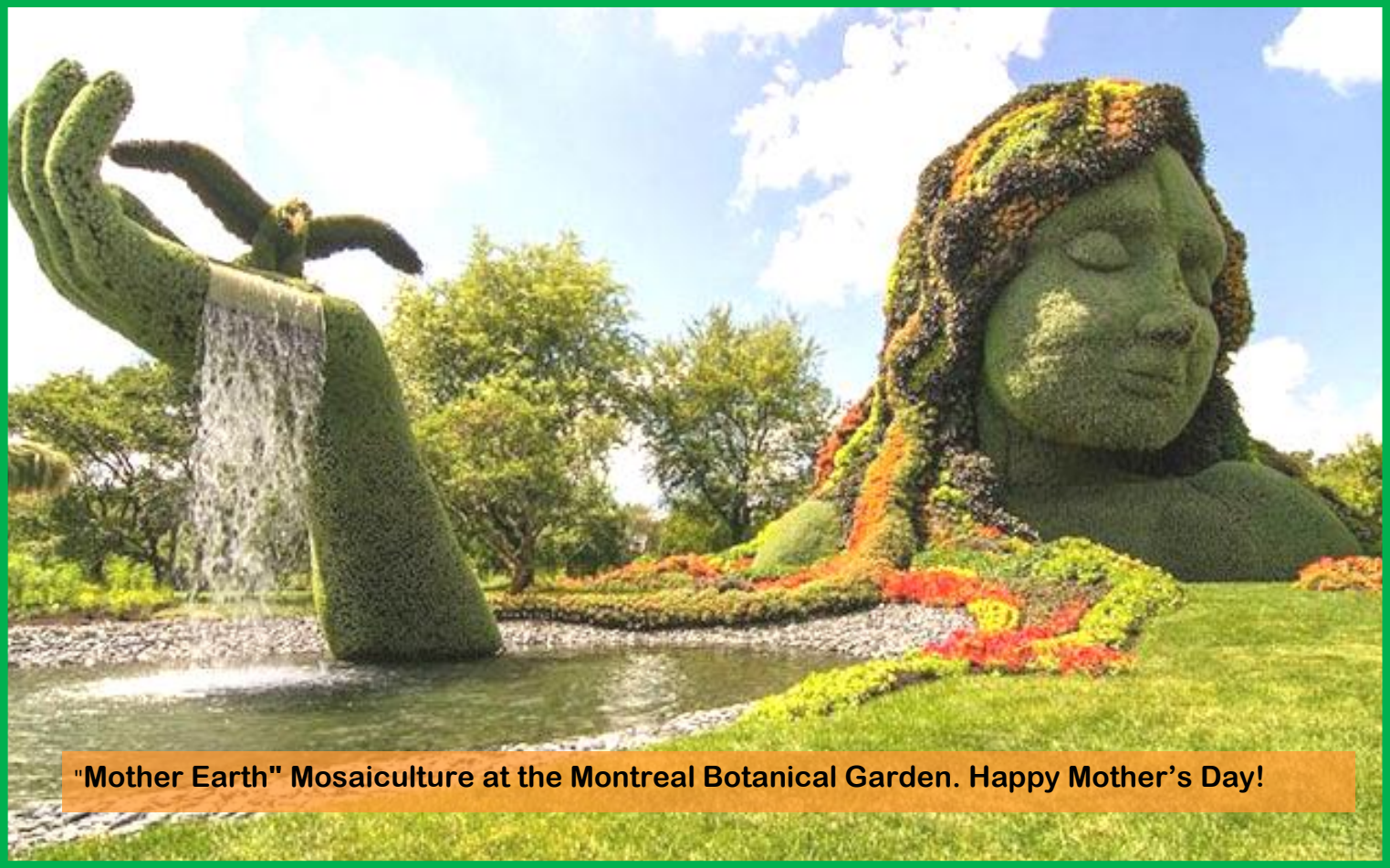
Number of 6" pots or 6-packs: _____ X 1.5 = _____ tickets (round up to whole number)

Number of 1-gal. pots: _____ X 2 = _____ tickets

Number of 2-gal. pots: _____ X 3 = _____ tickets

Miscellaneous items (to be priced at meeting): _____ tickets

TOTAL TICKETS: _____



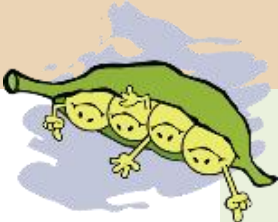
"Mother Earth" Mosaiculture at the Montreal Botanical Garden. Happy Mother's Day!

The Gardeners' Club

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www.thegardenersclub.org



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

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