

The Gardeners' Club

Santa Cruz County, California

August 2016

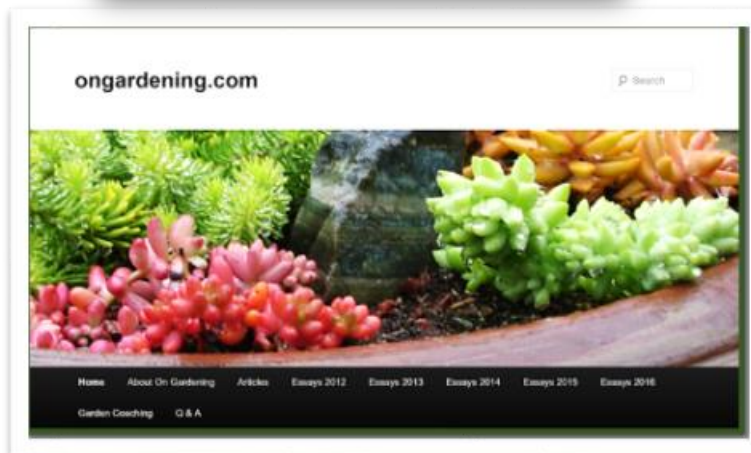
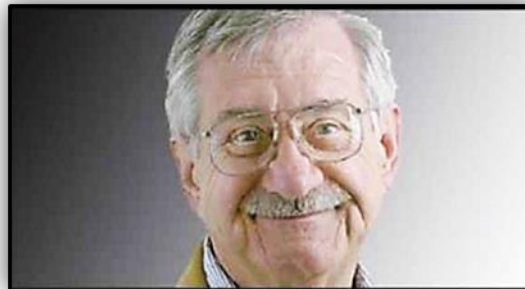
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The Many Aspects of Gardening

A Talk by Tom Karwin

Those of you who subscribe to the Santa Cruz Sentinel are probably avid readers of Tom Karwin's informative and personable gardening column, in which he writes about a wide range of gardening topics. Some of you may know him from the Monterey Bay Cactus & Succulent Society, the UCSC Arboretum, or from other gardening-related groups. Those who don't know of him, or haven't read his gardening wisdom and observations, are in for a big treat at our upcoming meeting.



Tom says that since retiring, he has focused on his objective to promote public education in sustainable gardening. "Toward that end, I write a weekly garden column for two newspapers: the Santa Cruz Sentinel and the Monterey County Herald, which together serve California's Monterey Bay area. I am archiving my columns on my own website, <http://ongardening.com>, where they are searchable and downloadable. I also write occasional garden-related feature

stories for these papers."

"I am also a board member for the California Native Garden Foundation, the Monterey Bay Cactus & Succulent Society (currently president), The Garden Faire, and the Monterey Bay Iris Society (past president). I retired recently as editor of the quarterly Bulletin of the American Iris Society, Region 14 (northern California, Arizona, Hawaii)."

"My biggest current project is as a board member (President 9/2014 to present) of the Friends of the University of California, Santa Cruz Arboretum. The Friends

provide volunteer and fund-raising services for this world-class arboretum. Within that role, I participated in a six-month long 'learning collaborative' on accessibility, hosted by the California Association of Museums.

Sounds like Tom will have a wealth of information and inspiration to share with us. Don't miss this meeting!

Thursday, August 11th, 7 p.m.

Aptos Grange, 2555 Mar Vista Dr.

Refreshments will be served. Thanks to Pat McVeigh for dessert, Betsy Stiefelmaier for snack and Ken and Marilyn Files for beverages.

Things to Do in the August Garden

The heat is on and your garden might start to suffer. Even dry-farmed tomatoes might benefit from an occasional watering. Water early in the morning and mulch, mulch, mulch. Try not to fertilize during a heat wave—thirsty plants absorb fertilizer faster, which might burn them.

Time to plan the Fall/Winter vegetable garden.

Planting is now until late August. You can direct sow seed of the Brassica family, mustard and carrots. Cover carrot seeds with a potato sack or other fabric that will hold moisture. You can water right through burlap and it's good with carrots, pansies and other crops that are slow to sprout. Ready in no time, lettuce can be sown every week from late summer to mid-fall.

As vegetables harvest and garden soil becomes available, sow cover crops. Growing vegetable crops really depletes nutrients from the soil, so make fall your soil-building season. First, chop up and till any plants of beans, peas, and other legumes right back into the soil. Second, sow a cover crop seed or mix. Let it grow until frost, then chop up and plow under the plants. Your spring garden will be all the richer for it.

Believe it or not, in the extended heat of our climate, you can squeeze in an entire second crop of some veggies. Choose quick-finishing patty pan and crookneck summer squash, baby cukes, and both pole and bush bean varieties. You have time for another crop of Provider beans. Ready in 50 days, it's super-fast and good for the soil. An ancient crop found on every continent except Antarctica, the bean is a staple of the human diet in all cultures.

Order garlic for fall planting. Varieties can sell out fast, so order now for fall delivery. This perennial will last for years, and it makes a great natural pest repellent in the garden,

In the flower garden, sow seeds indoors of cool-season flowers and ornamentals for transplant in fall. Harvest flowers and, for varieties that bloom into fall, cut the plant back to encourage new bud formation. An entire second season of blooms may be waiting for you if you ruthlessly cut back your fading summer bloomers now! Many plants are stimulated to set new buds when old stems are cut, and if the warm weather holds, you might enjoy fresh flowers well into September.

Divide Bearded Iris and Daylilies. The old gardening adage is that they should be divided between Memorial Day and Labor Day. It's just a rule of thumb, but it means that you should divide these perennials when the weather is still warm, so the newly cut plants have a chance to recover before winter dormancy. How can you tell when your plants



need dividing? If they are not flowering as well as they did last year and you haven't divided them for at least 4 years, it's probably time.

Have you tried direct-sowing perennials in fall? Many need a period of winter cold (vernalization) to germinate. Give it a try this season by setting aside a small place in your border. Sow the seeds,

then mulch them in and/or cover them with row covers or until winter sets in, to keep the seeds from washing out or being eaten by birds. Sow thickly because many may not survive. If you get a bumper crop you can always thin it.

Good candidates for fall sowing include poppy (California and Oriental), bachelor's button (and other *Centaurea* varieties), Dianthus, Verbascum, Sweet Pea, Pot Marigold, Stocks, Lupine and Primrose.

Continue harvesting herbs. Long-lived rosemary loves a good trim at the end of summer. Pinch off any flowers as soon as the buds appear, to maintain the rich flavor of the leaves.

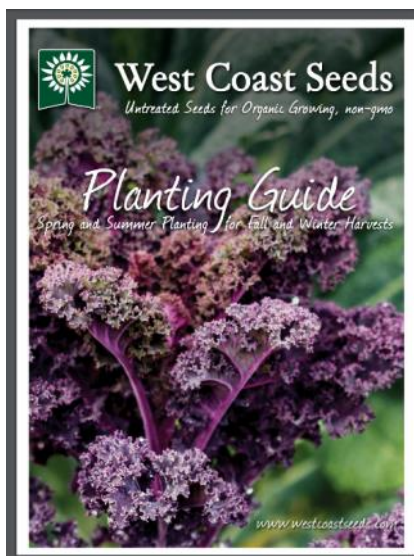
And if your herbs are looking rather long-stemmed and leggy, consider cutting most of the stem instead of just the few leaves you may need. This will stimulate better branching. If the weather holds, you may have many weeks of new growth ahead. Quick-maturing annual herbs such as cilantro and dill can be sown outdoors now and harvested before first killing frost. If they flower, let them go — pollinators really appreciate all sources of late-season nectar, and you will attract beneficials into your garden with the blooms.



Through mid-August, a light pruning using heading cuts can benefit the home orchard in two ways. First, summer pruning helps to maintain the size of your trees. By reducing canopy mass at this time, trees grow at a slower rate and use less water. Second, you can encourage secondary branching on long whips. This increases fruiting wood. In contrast, winter pruning tends to remove dead, dying and diseased wood; shape trees; and enhance light and air penetration to fruiting wood.

Fertilize perennials and bait with Sluggo.

Prune Azaleas and Rhododendrons. Azaleas can be sheared or pruned, selectively to shape, even down to wood and will still bloom next year. Rhododendrons should be hand-pruned, if needed. If Rhododendrons have become lanky and misshapen, you might consider renovating them. Deadhead after pruning if you haven't done so already. Flowers and/or sepals should be dry enough to snap off by hand. If you have been troubled by petal blight on Azaleas, throw debris away in trash - do not compost.



Must-Have Freebie

West Coast Seeds publishes one of the best guide for planting fall and winter gardens I've ever come across, and it is absolutely free. It has sound advice on what to plant, why and when to plant it. Gardeners living where winters are mild can be successful in year-round gardening and it's easy, economical and deeply rewarding. Discover the immense benefits of planting seeds late into the season yielding food in the fall and over-wintering. The guide includes easy crop protection tools and tips on some minor planning and proven organic gardening techniques. Go to <https://www.westcoastseeds.com/> and scroll down past the description of Abundance Kale seeds (for microgreens—I must order!) to download your copy.

And...it has recipes galore! Like this



HUMMUS WITH BEETS

We like to make a batch of this recipe every time we make regular hummus, tabouli, and other Mediterranean salads. This colourful Hummus and beets recipe adds colour and playful flavour offering a nice contrast to the meal.

- 540 mL can of chickpeas
- 3 cloves garlic, peeled
- 3 beets, peeled, diced, and cooked
- 62.5 mL (¼ cup) beet juice
- 60 mL (1 Tbsp) tahini
- 10 mL (2 tsp) sea salt
- juice of 2 lemons
- extra virgin olive oil

Drain and rinse the chickpeas, discarding the canning fluid. Peel and dice the beets to 1cm (½") cubes. Put them in a saucepan and just cover with water. Bring to a boil, cover, lower to a simmer, and cook until they are very tender – about 25 minutes. The beets need to be bordering on mushy. Set aside some of the cooking water (beet juice). Allow beets to cool.

Place all of the ingredients in a food processor, reserving half the salt and half the lemon juice. Process until smooth, and taste – adjust with more salt and lemon juice if necessary. If the beets were still warm, refrigerate the hummus until cool. Drizzle with olive oil and serve.

Sixth Annual Farm to Fork Benefit Dinner



UCSC FARM, CENTER FOR AGROECOLOGY & SUSTAINABLE FOOD SYSTEMS
BENEFIT DINNER SUNDAY, AUGUST 28, 2016

Celebrate the UC Santa Cruz organic farm and garden at the Sixth Annual Farm to Fork Benefit Dinner, taking place on Sunday, August 28 at the UC Santa Cruz Farm and the historic Cowell Ranch Hay Barn.

Enjoy remarks by artist and Apprenticeship graduate Harrell Fletcher, who developed the UC Santa Cruz Collective Museum project, as you feast on a fabulous locally sourced organic meal by Amy Padilla and Heidi Schlecht of Feel Good Foods.

Among this year's culinary offerings are Belgian endive with wild King salmon appetizer, and TomKat Ranch grilled New York steak accompanied by a bounty of fresh and delicious CASFS-grown produce.

Before you take your seat at the table, join local winemakers for a special pouring in the Hay Barn, featuring wines from Bonny Doon Vineyard, Storrs Winery, and Martella Wines.

An on-farm reception and tours will begin at 3:00 pm, with dinner at 5:00 pm in the newly renovated Cowell Ranch Hay Barn.

Tickets for the event are \$150. To purchase tickets, please visit <https://securelb.imodules.com/s/1069/index.aspx?sid=1069&gid=1&pgid=2286&cid=4201>, email casfs@ucsc.edu or call (831) 459-3240.

At the July Board meeting, Debbie Kindle's garden was particularly lovely. Here are some photos.



August Board Meeting

The next Board meeting will be on Monday, August 22nd, at the home of Lise Bixler, 91 Country Estates Drive, in Bonny Doon. The meeting will start at 6 p.m. with a tour of her garden. We'll have dinner together, then discuss Club business. You don't have to be a member of the Board to attend—you are welcome to join us!

Directions to Lise Bixler's house (warning—there is no cell phone service in our area so don't depend on your GPS):

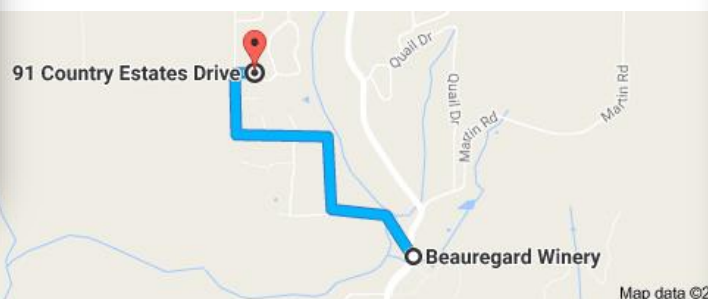
Take Highway 1 North out of Santa Cruz for approximately 9 miles.

Turn right at Bonny Doon Road, just past Fambrini's produce stand (if you reach Davenport you've gone too far). Head up Bonny Doon Road about 4 miles to the Beauregard Winery

Turn left in order to stay on Bonny Doon Road. Zig zag for 1.2 miles. You'll see an open meadow area and a bank of mailboxes on the left; that's where you'll turn right on Country Estates DRIVE. (If you've gone to Country Estates Terrace, you've gone one street too far.) We are the second house greenish) on the left.



This way to the garden...



Map data ©2016 Google

There are Lots of interesting and useful workshops coming up at Love Apple Farms (www.loveapplefarms.com). This one looks particularly interesting:

Seed Saving - Sunday, August 7, 2016

Designing the Perfect Vegetable Garden - Sunday, August 14, 2016

This is a vegetable garden-landscape design-construction workshop. Learn how to site your vegetable beds for maximum efficacy by taking into consideration factors such as climate, season, and sun exposure. You will learn numerous approaches to bed design, including methods that use straw wattles, recycled concrete, lumber, and cinderblocks.

You will also receive valuable information on what to fill your newly constructed beds with and how to do it properly. Not all soil is alike! You'll get supplier recommendations for you that will save you money and give you maximum results due to superior soil fertility. Learn how to install a vegetable garden on any surface, from an existing lawn to concrete. Learn about path designing and construction.

Other Love Apple workshops coming up in August are Winter Vegetable Gardening - Saturday, August 20, 2016, and Biodynamic Gardening - Saturday, August 27, 2016.

For more information about classes and to register, go to <http://www.growbetterveggies.com/growbetterveggies/upcoming-eventsclasses.html> or call 588-3801.



Learn About Summer Orchard Care and Prepping Your Orchard for Fall

Join garden managers Orin Martin and Sky DeMuro for a summertime orchard walk and talk at the UCSC Farm at UC Santa Cruz on Saturday, August 6 from 9:30 a.m. to 11:30 a.m.

Orin and Sky will discuss summer care of fruit trees, including summer pruning to improve tree shape and productivity. Other topics include irrigation, fertility, and preparing your orchard for fall and winter.

Cost of the workshop is \$15 general admission (pre-registered) or \$20 (at the door); \$10 for Friends of the Farm & Garden members (pre-registered) or \$15 (at the door); \$5 for UCSC students and limited-income (pre-registered).

Pre-register at: orchardwalk.bpt.me. Note: cash or check only at the door.

The UCSC Farm is located 1/4 mile up the gravel road above the Blacksmith Shop on the UC Santa Cruz campus. Free public parking is available in the parking lot at the corner of Coolidge Drive and Carriage House Road, near the main entrance to the UCSC campus. For directions, see casfs.ucsc.edu/about/directions.html. The Louise Cain Gatehouse is located just inside the Farm's entrance.

For more information, call (831) 459-3240 or email casfs@ucsc.edu. Workshops are cosponsored by the Center for Agroecology & Sustainable Food Systems and the Friends of the UCSC Farm & Garden; UCSC student entry is supported by UCSC's Measure 43.

Apprentice to a Garden

A new urban gardener goes wild



Evelyn Hadden began gardening as a new homeowner in Saint Paul, Minnesota. Desperate for a daily dose of nature, she gradually transformed her lifeless urban lawn into a lively no-mow paradise.

Apprentice to a Garden chronicles four years of Hadden's adventures and aha moments in this first garden, which she fills with hundreds of plants including trees, shrubs, perennials, annuals, biennials, and vines; rocks ranging in size from pebble to table-top; and a home-made pergola. As the garden evolves, the street recedes from view, garden rooms and lawn alternatives take shape, and flora and fauna become the focus. Meanwhile, a complex and meaningful bond is growing between this amateur gardener and the site where she is planted.

This collection of garden stories, part essay and part memoir, captures moments of despair, awe, and hilarity, relating a beginner's journey that will bring back memories for experienced gardeners wherever they live... and smooth the way for those just starting down their own garden paths. Season-specific chapters describing the work of the garden are interspersed with short essays exploring key ideas (such as *Not All Loves Last*, and *Beauty is an Opinion*) gleaned from Hadden's experiences with her no-mow landscape. Shari Zimmermann's whimsical sketches, drawn from old photos of the garden, bring in just enough visual detail to set the scene for the reader's imagination.

Apprentice to a Garden reaffirms the uplifting spirit, the unceasing drama, and the compelling nature of gardening.

The Complete Guide to Gardeners: The Plant Obsessed and How to Deal With Them

by Joseph Tychonievich



Gardeners are... different. They curse violently every time they see a deer, rabbit, or other "cute" animal. They drape the bed sheets over the garden when a late frost threatens. They stuff the entire living room with hibiscus, bananas, and other tropicals every winter. If you are a normal person living with a gardener, confused and disturbed by their odd behaviors, this book is for you. You'll learn to understand their actions, get tips on how to guide your gardener to a healthier relationship with plants, and get your life back. Open this book up and learn. But be warned. Sometimes the only real solution is to become a gardener yourself.

Handy Hints

1. To prevent the line on your string trimmer from jamming or breaking, treat with a spray vegetable oil before installing it in the trimmer.
2. To have garden twine handy when you need it, just stick a ball of twine in a small clay pot, pull the end of the twine through the drainage hole, and set the pot upside down in the garden. Do that, and you'll never go looking for twine again.
3. The next time you boil or steam vegetables, don't pour the water down the drain, use it to water potted patio plants, and you'll be amazed at how the plants respond to the "vegetable soup."
4. The quickest way in the world to dry herbs: just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and close the doors. Your herbs will be quickly dried to perfection. What's more, your car will smell great.

Good Bugs, Bad Bugs

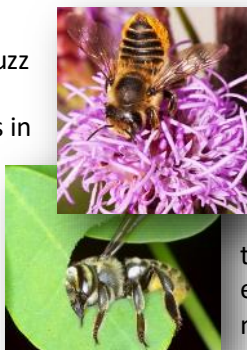
Leaf Cutter Bees

Heather Holm, contributor to Houzz magazine, says "Put Out the Welcome Mat for Leafcutter Bees in Your Garden.". She calls them "charismatic" bees whose antics will delight you: Females often scoot across flowers laden with pollen, collecting it on their undersides as their abdomens turn bright orange or , yellow, depending on the pollen from the flower they just visited

They get their name from the female's method of collecting nesting materials, chewing pieces of leaves, either oval or circular in shape and then carry each leaf piece under their abdomen as they fly back to the nest.

By providing a diversity of flowering plants throughout the growing season, and tolerating a few leaf cuts on certain plants, you will be delighted in return by having leafcutter bees flying in your garden. They effectively pollinate native plants, cultivated plants and, in some cases, food crops.

Read more [at http://www.houzz.com/ideabooks/44339121/list/put-out-the-welcome-mat-for-leafcutter-bees-in-your-garden](http://www.houzz.com/ideabooks/44339121/list/put-out-the-welcome-mat-for-leafcutter-bees-in-your-garden). Photos are by Katie's native plant consulting and design firm, Holm Design & Consulting , in Minnesota.



tomato plants to spray the leaves. As I moved a branch, a cloud of white insects flurried. Whiteflies on my tomatoes? What?? I notice they flew off and landed on the leaves of a potato plant elsewhere in my garden. Oh, no! What to do?

Whiteflies are tiny, sap-sucking insects that damage leaves of many plants. When a plant is infected by whiteflies, it receives a double whammy of problems. Not only do the whitefly adults damage the plant by sucking the juices from them like aphids do; they are vectors of disease. The piercing of the leaves makes the plant vulnerable to infection, plus the honeydew the whiteflies secrete tend to create an ideal environment for fungus.

Adults are white and sometimes have darker markings on their wings. Nymphs, which cause most of the damage, are oval, legless, and don't move. Many species occur in California landscapes, and natural enemies keep most under good control. Prevent whitefly problems by using reflective mulches, avoiding dust, choosing less susceptible plants, and eliminating pesticides that kill whitefly natural enemies. When management is required, consider using sticky traps, insecticidal soaps or oils, or removing infested plants.

Signs of a whitefly infestation can include:

Tiny nymphs on the underside of leaves.

Sticky honeydew on leaves, fruit, or beneath plants, or a covering of black sooty mold.

Yellowing, silvering, or drying leaves that have whitefly nymphs on them.

It can help if you protect natural enemies such as lacewings, lady beetles, and mini-wasps.

Keep ants, which protect whiteflies from natural enemies, out of plants.

Recognize signs of parasitization such as circular holes in nymphs or a change in color.

Place silver pans or reflective painted plates under your plants.

If you use a reflective mulch, it pays to use it early in the season. Place the product on bare soil, bury its edges with soil, and insert seedlings or seeds into holes that you make in the mulch.

Plastic mulches require drip irrigation underneath them. Remove mulches when plants get large and temperatures get hot.

Use hand removal (pinch nymphs between your fingers.)

Inspect new plants for whiteflies before bringing them into your garden.

Prune out isolated infested leaves when you first detect them.

Hose adults off plants with a strong stream of water.

Install ready-to-use, sticky-coated yellow traps or make your own. Use one trap for every medium-size vegetable plant.

Promptly destroy infested annuals when flowering or fruiting ends.

Even the most toxic insecticides are only partially effective. If you decide to treat, choose products that are least harmful to natural enemies—such as insecticidal soaps and oils, including neem oil—and combine their use with the other practices listed above. Good coverage, including the underside of leaves, is essential. Repeat applications might be required. Avoid using even these pesticides if many natural enemies are present.

<http://ipm.ucanr.edu/PMG/PESTNOTES/pn7401.html>)



Whiteflies

(Most of the tips below are from The University of California Statewide IPM Program , 5/15)

Yikes! Following Sharon Hull's advice in her article on how to be proactive about tomato fungal diseases (<http://www.santacruzsentinel.com/article/NE/20160630/FEATURES/160639985>), I took my Safer spray bottle out to my



You can find rolls of reflective mulch here: [http://](http://sweettomatotestgarden.com/store/products-all/silver-reflective-mulch/)

sweettomatotestgarden.com/store/products-all/silver-reflective-mulch/. Silver mulch used early in the season can also result in more fruit, bigger fruit and hopefully no aphids,



“Half the interest of a garden is the constant exercise of the imagination. You are always living three, or indeed six, months hence. I believe that people entirely devoid of imagination never can be really good gardeners. To be content with the present, and not striving about the future, is fatal.” — Mrs. C. W. Earle, 1897

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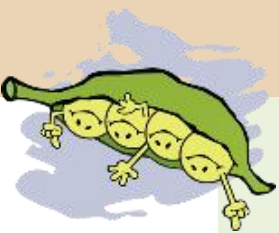
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It's easy-peasy to join our club!

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, 2555 Mar Vista Dr., Aptos



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