

The Gardeners' Club

Santa Cruz County, California

July 2016

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Ice Cream Social

I scream, you scream, we
all scream for ice cream!

Rah! Rah! Rah!

Tuesdays, Mondays, we all
scream for sundaes,

Sis-boom-bah!

Boola-boola, sarsaparoola,
If you got chocolate, we'll
take vanoola!

I scream, you scream, we
all scream for ice cream!

Rah! Rah! Rah!

-Song, 1927

Thursday, July 14th, 7 p.m.
Aptos Grange, 2555 Mar Vista Dr.

How is a Gardeners' Club ice cream social different from other ice cream socials? Well, we are gardeners, so it's perennially creative, a hybrid of deliciousness and competition. Over the years it has grown from a sedate time to socialize over a scoop of ice cream with whipped cream and a cherry on top to an extravaganza. It's time to bring your favorite toppings—homemade or store-bought, fresh from the garden or the oven or your favorite gourmet haunt.

We give prizes—Succulent Sundaes, succulents planted in various styles of ice cream sundae cups. We'll have a generous amount to give away. We give prizes in two categories—best sundae toppings brought, and best sundaes created. The judges this year will be April Barclay, Lydia Johnson and Lise Bixler.

We love toppings from the garden—fresh fruit or herbs or flowers, cooked fruit toppings or syrups, compotes, etc. Sample topping awards we've given in the past have been "Best Floral", "Herbiest", "Most Unusual", "Most Decadent", "Best Veggie Topping" - we change the prize categories every year depending on what you all bring. We encourage toppings that help us make "dirt sundaes" in honor of our gardens—crushed oreo cookies, toasted coconut "mulch", gummy worms, etc. Wafers, cookies and cookie straws are welcome—they help us give a prize for the "Most Architectural" sundae.



Succulent sundae



Prize categories in the past for sundae creations made at the event have included “Most Garden-y”, “Most Floral”, “Nuttiest Sundae”, “Most Random”, “Most Artistic”, “Most Original”, “Most Like a Compost Pile”, “Earthiest”, “Most Traditional”, “Just Peachy”, etc. When you show the judges your sundae and we are impressed but stumped for a category, we are likely to give you a “Judge’s Choice” or “Beyond Description” award. Or make up an award on the spot—we judges are quite generous.

Not interested in prizes? The competition is light-hearted, but if you just want to keep your sundae simple and spend your time socializing and watching, that’s fine. We’ll have our plant table and a short business meeting, as usual, along with a give-away of the books in our library.

You can bring a friend or a family member to the Social. We’ll provide basic ice cream flavors, including a dairy-free option, whipped cream and a few syrups. YOU are invited to bring your favorite toppings—chopped nuts, edible flowers, berries, fruit, herbs, preserves, veggie concocutions, syrups, crumbles, cones—we encourage your creativity.



Earthworm sundae



Pretzels or popcorn &



Cook plums with brown sugar and balsamic



Very finely chopped salty black licorice for a salty anise sundae

More Possibilities from OREGON LIVE



Chunky Blueberry Maple Cinnamon Sauce

2 Cups Fresh or Frozen (not thawed) Blueberries

1/4 Cup Pure Maple Syrup, more or less as needed (can sub honey or agave nectar)

1 Tablespoon Lemon Juice

1/2 Teaspoon Vanilla Extract (optional)

1/4 to 1/2 Teaspoon Ground Cinnamon (I love cinnamon, I use 1/2 teaspoon)

1 Teaspoon Cornstarch

Add the blueberries, maple, lemon juice, vanilla, and cinnamon to a small saucepan. Bring the mixture to a boil, reduce the heat, and allow it to simmer for a few minutes. Sprinkle in the cornstarch, whisking to combine and continue to simmer for a few minutes more to thicken. Makes 4 servings.

Things to Do in the July Garden

Spread compost on areas where you plan to grow fall veggies and flowers. Keep roses well watered to promote bloom into late fall *if foliage begins to yellow, check soil pH—add sulfur if it test much above 7). Cover fruit treest to protect fruit from birds. Protect peppers, tomatoes, eggplants and lettuce from sun scaled by providing partial shade. Succulents, too, don't like too much blazing son and might need a bit of shade. You can still sow fast-blooming portulaca and sunflowers. You can plant gladiolas until the middle of the month. Prune back chrysanthemums for bushier plants in fall. Feed potted citrust plants with seaweed, blood meal or bone meal every few weeks. If your tomatoes are in pots, feed them often with liquid kelp or fish emulsion.

You can add carefree, heat and drought tolerant perennials that are now available from garden centers. Add late-blooming beauties such as coneflowers, rubeckia, perennial hibiscus, yarrow and sedum. Once planted, they'll come back to bloom year after year, producing lots of color with little to no attention. Artemisia, lavender, lamb's ears and many other plants with silver or grey leaves are also drought tolerant. So are most ornamental grasses.

If you are harvesting garlic, leave the roots and stems and cure it out of the sun in a place with good air circulation. About two weeks is enough for curing so it will keep for you.



Volunteer “Gleaners” Sought by Grey Bears

The Grey Bears group is seeking volunteers to come out and pick orchard fruit for the organization's Brown Bag Program, benefitting homebound seniors.

Training will be provided on best picking practices.

Information/sign up: 831-479-1055 ext. 226 or michelle@greybears.org.

Summer Garden Walk in the Alan Chadwick Garden



Join garden managers Orin Martin and Sky DeMuro for a summertime walk and talk in the Alan Chadwick Garden. Orin and Sky will discuss caring for summer crops, including potatoes, peppers, eggplants, pole beans, leaf crops, and alliums (onions, leeks, garlic) and mid summer cut flowers. Learn about fertility and irrigation options and how to extend your gardening season. 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). If you prefer to pre-registr for this class by mail (no service charge), please send a check made payable to UC Regents to: Pam Dewey, CASFS, 1156 High Street, Santa Cruz, CA 95064 (Attn: Summer Garden Walk).



THE EMPTY POT



DEMI

It is always exciting to come across a book for children that encourages the love of growing things. This one is a selection of the Bookshop Santa Cruz Summer Reading Program (this book is recommended for grades K-2). Besides the captivating and educational writing, the illustrations are sumptuous and intricate.

Here's the story: Many years ago in China, the Emperor made an announcement. He was getting old and had no son. He needed to find someone to replace him as Emperor of China. He had always loved gardening so he decided to pass out flower seeds to boys throughout the kingdom. Whichever boy could grow the best plant would win the privilege of becoming the next emperor.

Boys flocked to the palace for the seeds. Among the boys was Ping, the best gardener in all the kingdom. His bok choy, sweet peas and melons were always the sweetest and freshest at the market. He thought surely he could win this

contest. He carefully planted the seed the Emperor had given him in a pot with rich soil. He watered and cared for the seed, but nothing happened.

All around him, though, other boys planted seeds that quickly sprouted and grew. They laughed and taunted the boy with the empty pot. The boy planted his seed in a different pot with even better soil. He fertilized the soil with dried fish meal. Still, nothing grew.

Finally the day came to take the plants to the Emperor. The boy was despondent, but he took his empty pot and walked to the palace. The Emperor examined the other boys' strong, green plants with a scowl on his face. He frowned even more deeply when he saw the boy's pot. "You brought me an empty pot," he exclaimed. Ping hung his head. He said, "I'm sorry, Emperor. I tried and tried to grow the seed you gave me, but nothing came up."

The Emperor stroked his chin and smiled. Then he said to the people, "May I introduce you to the new Emperor. You see, the seeds were cooked so they would not grow. I'm not sure how the rest of you grew plants, but they didn't grow from my seeds. He has been honest and noble."



STAGHORN FERN MOUNTING WORKSHOP (SATURDAY, JULY 30TH AT 11AM — \$65.00)

Dig Nursery is offering a new workshop, where you'll mount your very own Staghorn Fern onto a reclaimed redwood board! They have had so many requests for this workshop don't delay in signing up. They'll teach you the proper method to mount these gorgeous ferns, named for their long antler-like fronds. You'll leave the class with your completed mount and knowing all the ins-and-outs of staghorn fern care. Completed mounts are easy to care for and make beautiful additions to any home.



<http://diggardens.com/> 466-3444



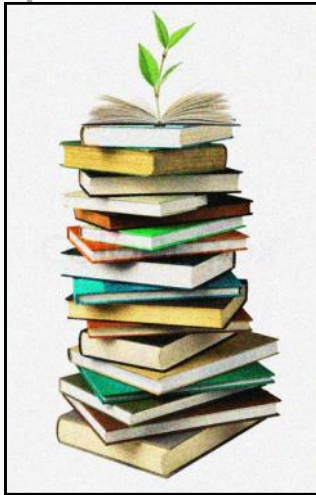
We are incredibly sad to inform you of the passing of Patty Connole, Patty was diagnosed with cancer just last month, and died only a few weeks later, on June 30th. She was a welcoming and joyful presence at our club—energetically helping at the Plant Table, freely sharing her gardening expertise and suggestions, and oh, that smile! She had an easy laugh, a special kindness, amazing energy and a sweet, optimistic, positive personality. We will miss her greatly.



There wasn't an Ice Cream Social at which Patty didn't win a prize for one of her carefully crafted sundaes. Sometimes she won for most floral, sometimes for most gorgeous, sometimes for most creative, .sometimes for most riginal. My favorites were the ones that she made with a smiling face — maybe gumdrops for eyes, a strawberry for a nose, a line of chocolate chips for the mouth, whipped cream hair. You couldn't send her home without a Succulent Sundae—she gave us such joy, and you had to give her some of that joy back. This month we'll give prizes for "The Spirit of Patty" sundaes.

Disbanding the Garden Book Library

The Board decided to discontinue our lending library. There will be a book giveaway at the July meeting, and we'll have book exchanges periodically in the future. Any leftover books will be donated to the Homeless Garden Project.



July Board Meeting

The next Board Meeting will be on Monday, July 25th, at 6:00 p.m. We'll be meeting at the home and garden of Debbie Kindle. Her address is 3320 Putter St., Soquel. You don't have to be a member of the Board to attend. Join us for a garden tour, good eats, conversation and brainstorming about The Gardeners' Club.

The advice on the left of this page about planting root crops appeared in my mailbox from Territorial Seed Company (<http://www.territorialseed.com/>), so I browsed their catalog to see if there was anything new

I had to try. Did you know there is a broccoli you can plant in July and serve to your guest for December holiday meals? 'Rudolph' is a sprouting broccoli that takes 150 days to grow. AND...



...who knew about Brokali, the en vogue cross between broccoli and kale? Try 'Apollo' (60-90 days). Harvest the main head when it is small, and you'll have copious



amounts of long-stemmed side shoots delicious in stir fries.



And, last but not least, there is Purple Peacock Broccoli Organic (70 days), a

flamboyant broccoli-kale cross. It has all the best qualities of both a kale and broccoli with the glamour and splendor of a peacock's tail.

A Winter Garden: Perfect storage for your root crops!



Although cold weather may be the last thing on your mind, now is the perfect time to sow easy-to-grow root vegetables for fall and winter harvest. Carrots, beets, turnips, parsnips, and rutabagas are all direct-sown into the garden. They're hearty, delectable and satisfying, offering a diverse range of culinary opportunities along with lots of nutrition. The key to a successful planting is keeping the seed evenly moist throughout the germination process. With the onset of fall and colder weather, root vegetables begin to store their nourishing, delicious goodness, becoming even sweeter with autumn's frosts. Gardeners in mild climates have the extra benefit of using the ground as a storage locker. Root crops will stay fresh right where they are grown. Just harvest as you need. Colder areas should harvest prior to the ground freezing or mulch well to protect the roots.

Monarch Numbers Up, But Still a Long Journey to Recovery

The latest count of monarch butterflies overwintering in Mexico found that the population which will migrate to the United States rebounded again this year. Monarch numbers increased to 150 million from 42 million last year, according to data collected by the World Wildlife Fund Mexico and announced today. Today's numbers show a substantial increase from the last two years (the two lowest years on record) but are still far below a number that most scientists consider sustainable. Scientists estimate the population size by counting the number of hectares of trees covered by monarchs, and found that 4.0 hectares were occupied this year. Researchers estimate that there are approximately 37.5 million monarchs per hectare.

The population was expected to be up this winter due to good spring and summer weather conditions in the monarch's U.S. and Canadian breeding areas. Although the 150-million figure is very good news, the numbers of monarchs are still well below the 22-year average and the 5-year target of 225 million monarchs (6 hectares) set by the U.S. Fish and Wildlife Service.

"This is great news and give us some breathing room as we work to recover monarch numbers," said Scott Hoffman Black, executive director of the Xerces Society for Invertebrate Conservation, a conservation group leading rescue efforts. "But there is still a long way to go to ensure that my grandchildren will be able to see monarchs every summer."

Monarch butterflies (*Danaus plexippus*) of North America are renowned for their long-distance seasonal migration and spectacular winter gatherings in Mexico and California. Most monarchs east of the Rocky Mountains migrate to sites in the oyamel fir forests north of Mexico City to spend the winter.

Many monarchs west of the continental divide overwinter along the California coast, and new research has demonstrated that some western monarchs also go to Mexico to spend the winter. Populations of monarchs at California overwintering sites saw a modest increase this year.

The monarch butterfly population has recently declined to dangerously low levels. In the 1990s, estimates of up to one billion monarchs made the epic flight each fall from the northern plains of the U.S. and Canada to sites in the oyamel fir forests north of Mexico City. By contrast this year's estimate of 150 million monarchs is still well below the high numbers in the 1990s.

Because the weather conditions in much of the southern and Midwestern U.S. for last two years were very good for monarchs, there is a concern that this population size is the largest that the habitat can currently support. Unfortunately, the loss of over 150 million acres of habitat to corn and soy production may limit the number of monarchs that can be produced on the habitat that remains. It is vital that we work to restore habitat across the breeding range to grow the population to a level that will not be impacted by winter storms. A single winter storm in 2002 killed an estimated 500 million monarchs, more than three times the size of the current population, even with this year's boost.

Federal and state agencies and many nonprofit organizations are working to protect and restore habitat for monarch butterflies. The Xerces Society has been leading efforts to implement habitat projects in all landscapes including farms, roadsides, wildlands and urban and suburban areas across the US.

Many unresolved challenges exist to fully recovering this species. Much of the monarch's habitat is now dominated by corn and soybeans that are genetically modified to allow large scale herbicide use which eliminates milkweed the—monarchs only host plant. Additionally, highly toxic, persistent insecticides like neonicotinoids are used everywhere and milkweed is often mown or sprayed because people perceive it as a weed. Logging at overwintering sites in Mexico also threatens monarchs.

"When you consider that in the mid-1990s the population reached nearly 700 million butterflies, this is still a pretty low number," said Sarina Jepsen, endangered species program director for the Xerces Society. "Monarchs are still far from recovered. We will still need a focused effort to address the many threats that monarchs face—from pesticide use and habitat loss to climate change and disease."

All people can help monarchs by planting native milkweed and other native flowers and eliminating insecticide use.

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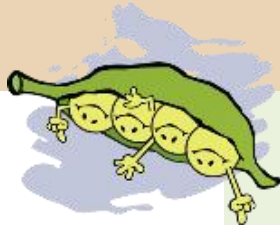
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It's easy-peasy to join our club!

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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