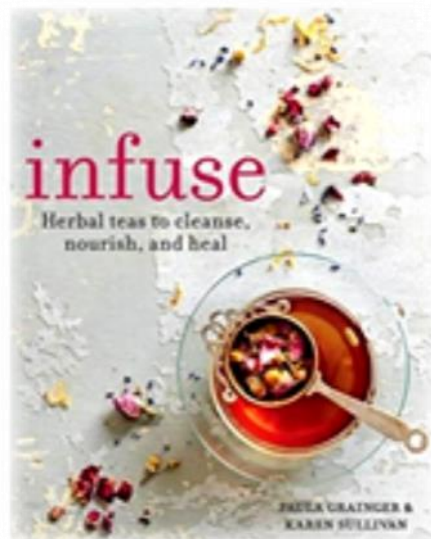




# Into the Garden

Newsletter of  
The Gardeners'  
Club, Santa Cruz  
County, California  
September 2017  
Writer/Editor: Lise  
Bixler ([lisebixler@sbccglobal.net](mailto:lisebixler@sbccglobal.net))

## PAULA GRAINGER - THE ENGLISH HERBALIST



For thousands of years, people have been harvesting medicines from their home gardens for basic family needs. At our September meeting we will have an introduction to the art and practical applications of garden herbalism. We will learn about common herbs and discuss their uses and cultivation, including making effective teas, oils and remedies for commonly encountered health challenges.

Our presenter will be Paula Grainger, a highly regarded British Medical Herbalist ([www.paulagrainger.com](http://www.paulagrainger.com)). After graduating with first class honors from the University of Westminster, she created Lemon Balm, a popular

herbal apothecary and clinic in London's Camden Town.

She has worked with people of all ages using herbs to enhance their health and wellness and has a wealth of experience in communicating the power of plants through her workshops and writing. In 2011 she moved with her husband (the novelist Michael Marshall Smith) and their young son to Santa Cruz where, when she is not growing herbs or making herbal preparations, she continues to share her love and expertise of plant medicine with people on both sides of the Atlantic. Her first book *Infuse* (co-written with Karen Sullivan) was published in Spring 2016.



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

Refreshments will be served. Thanks to Betsy Stiefelmaier for snack; Lynn Bock for dessert; and Michelle LaFantasie for beverages.



# 14 PERENNIAL HERBS

PLANT & ENJOY  
YEAR AFTER YEAR



Bay Leaves  
To Zone 8



Chives  
To Zone 3



Lavender  
To Zone 5



Lemon Balm  
To Zone 4



Lemon Verbena  
To Zone 8



Marjoram  
To Zone 5



Oregano  
To Zone 5



Peppermint  
To Zone 3



Rosemary  
To Zone 7



Sage  
To Zone 5



Spearmint  
To Zone 3



Tarragon  
To Zone 4



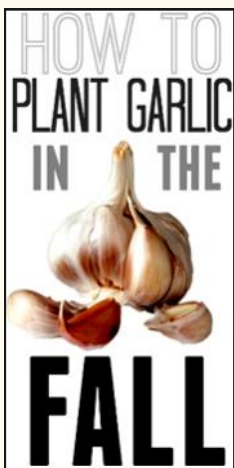
Thyme  
To Zone 5



Winter Savory  
To Zone 4



www.gmofreeusa.org  
www.facebook.com/gmofreeusa  
www.facebook.com/gmofreecanadagroup



September and October are good months to plant garlic. Plant cloves 4-6 inches apart and 2-3 inches deep, flat side down and the pointy side up, in rich crumbly soil with good drainage. There are many resources online for more tips. Try this one: <http://www.savoringthegood.com/2012/11/5-steps-plant-garlic/>.

Garlic's pungent odor may be great for warding off vampires, but it is also an indication of its healthfulness. Allicin is one of the main sulfur compounds in garlic that is responsible not only for its bite, but also for its reputed health benefits. Allicin is produced when the compound alliin in raw garlic mixes with the enzyme alliinase after garlic is chopped or crushed. Research has shown that the type and amounts of fertilizer applied to garlic can significantly alter the amount of alliin that it develops. The concentration of alliin goes up proportionally with an increase in sulfur fertilization and goes down slightly as nitrogen fertilization increases. According to research, sulfur added to soils that were low in this nutrient would increase the concentration of alliin in garlic. So if you like your garlic strong, try it! It

is also that keeping nitrogen fertilization moderate would increase alliin levels, in addition to making garlic less susceptible to fungal infection.





AAS (All-America Selections) is a non-profit North America plant trialing garden organization whose mission is to promote new varieties with superior garden performance. Here are some of their recommendations for varieties you may want to try this autumn.

As the days get shorter, many gardeners might think their harvesting days are coming to a close, but think again! Many crops perform and taste better when grown in cooler temperatures.

There's always room...we're not talking about setting aside a large area for fall crops but if you have it, use it! Consider using available space in your flower garden or mixed border; fill in areas with edibles as you remove tired-looking annuals or prune back perennials. Or, as warm season crops finish productivity, fill in with cool season crops.

Direct sowing is easy. Plant the seeds directly into the soil. Since you will be planting in the heat of summer, sow the seed in a partly shaded spot, or provide shade to keep them cooler. Mist lightly during the day to refresh the seedlings and young plants. Otherwise, they require no different care than spring-sown seeds.

But transplants work too! If you are lucky enough to have a good garden retailer nearby, you can find transplants of things like broccoli, cabbage, and Brussels Sprouts. These plants need longer to mature for harvest so buying seedlings and transplanting them at least 60 days before frost will result in delicious vegetables for your family this fall.



**Kale Prizm.** Easy-to-maintain, almost stemless stalks are quick to re-leaf so harvest early and often for a continual supply. Time crop to finish under cool

conditions in the fall. Frost enhances flavor. Harvest time from seed is 50-60 days.

#### **Kohlrabi Konan.**

Selected for its bulbs that can grow up to 6 inches in diameter. Sow seed about 4-6 weeks before average last frost, and two weeks apart for an extended harvest.



**Beet Avalanche.** Sow in fertile, well-drained soil, 1 inch apart, 1/4 inch deep. Thin to 3 inches apart while small. (Use thinnings—tops and roots—for salads.) Beets will be ready to harvest in 50 days. Mild, sweet taste.

#### **Mizuna Red Kingdom.**

Best harvested at 3-5 weeks and leaves can be harvested about 3~4 times continuously. Harvesting can be longer based on preference. This attractive plant can be grown in containers as an ornamental edible.

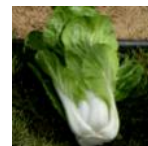


**Pea Patio Pride.** With only 40 days needed to maturity, this can be one of your first spring harvests or one of the last fall harvests from your garden! This pea is ideal for succession planting yielding a

consistent harvest over many weeks. Plant in patio containers with cool-season flowers for a beautiful combination ornamental and edible display.



**Radish Rivoli.** Sow seeds at weekly intervals for continuous harvest throughout fall and winter. Only 30 days to harvest from planting.



**Pak Choi Bopak.** Loves the cool temperatures of the fall. The tender leaves and crisp sweet stalks are a tasty addition

to many recipes or eaten raw. Continuous plant for a longer harvest – plants mature in usually 60 days.



**Fennel Antares.** Very uniform, pure white, beautiful plant with a much improved, almost sweet, licorice/anise flavor. Start now and enjoy fennel this fall with 68 days from sowing to harvest.

**Bean, pole Seychelles.** Does well on a 5 to 6 foot tall trellis or a container placed near a patio fence or with proper staking. Produces high yields in multiple crops over the fall season and is ready to start harvesting after 55 days.



#### **Broccoli Artwork**

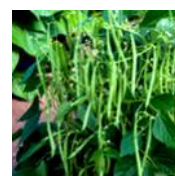
Artwork starts out similar to a regular crown broccoli but after harvesting that first crown, easy-to-harvest tender, and tasty side shoots continue to appear long into the season. 85 days.



**Lettuce Sandy.** When planted with cool season flowers, will add an abundance of interesting texture to patio containers. 30 day harvest for baby leaf, 50 days to full maturity.



#### **Bean Mascotte.**



Bush type bean producing long, slender pods that stay above the foliage for easy harvest. Harvest in just 50 days from planting seeds, works well in containers and garden beds.





**Call for Entries:** The International Compost Awareness Week Committee invites YOU to get involved in ICAW 2018. We're looking for anyone interested in participating in our 16th Annual Poster Contest. The winning poster will be used to promote International Compost Awareness Week, May 6 -12, 2018.

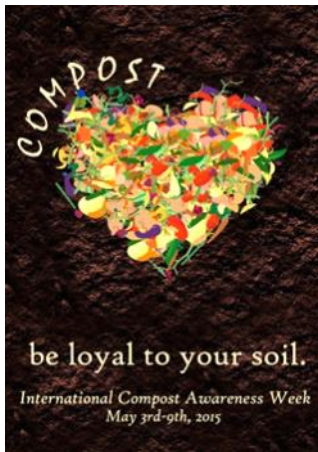
### **POSTER THEME: Compost! Building a Better Future**

The contest runs from September 1 until November 6, 2017 and is open to anyone who wishes to share their artistic creativity to promote this year's theme. The winning poster will serve as the promotional piece to share nationwide the 2018 International Compost Awareness Week theme.

The Theme is based on how compost is good for plants, people and our planet - it's good for our future.. Our world has pressing environmental and economic threats with water shortages, energy challenges, climate change and depletion of natural resources. There is VALUE in what some call waste and each of us can do something to help. By coming together with a global voice



that promotes compost, International Compost Awareness Week is a call to action - composting is good for the environment and for our future, no matter where you live! Through composting, we keep organic matter out of landfills, feed and improve soil health and minimize chemical use. Together we can create a global conservation plan that converts organics wastes into resources. "Compost - Building a Better Future – for plants, people and our planet.



The poster contest winner will have his/her poster reproduced and distributed to thousands nationwide. It will be the official 2018 International Compost Awareness Week poster and featured on the CCREF website as well as on the US Composting Council website. The winning "poster artist" will have his/her name posted on the CCREF website and will be included on all print material and in any press releases in association with our annual ICAW celebration. The successful poster winner will receive a \$500 prize. The contest is open to anyone from third grade to adult. There are 3 contest divisions: grades 3-7, grades 8-12, and college – adult. The best from each division will be entered into the final contest. This is YOUR opportunity to display your creative talent and show your belief in

composting and in the benefits of using compost!

For more information on entering the contest, and to learn more about the sponsoring organization, The Composting Council Research and Education Foundation, go to <http://compostfoundation.org/ICAW-Poster-Contest>.



Want to learn more about composting? Subscribe to Composting News for an inside look at composting as an industry at <http://www.recycle.cc/cnpage.htm>. Visit the Facebook page Compost Wat 2 Grow for lots of tips: <https://www.facebook.com/CompostWay2Grow>..







## Succulent Extravaganza: The Art & Science of Succulents

The 7th Annual Succulent Extravaganza at Succulent Gardens is happening Friday, September 29 and Saturday, September 30. There is an amazing lineup of tours, workshops, and lectures. You might want to bring your own wagon so you can shop 'til you drop! Succulent Extravaganza will close at 4pm sharp each day. Here's the schedule:

### Friday, September 29

8:00: Early Bird Nursery Tour, Brian Kemble (Ruth Bancroft Garden)

9:30: Hybridization of Succulents Part 1, Robin Stockwell (founder of Succulent Gardens; The Succulent Guy)

10:45: Designing with Colorful, Textural Succulents Part 1, Debra Lee Baldwin, 'Queen of Succulents'

11:30: Lunch & Music at Nayarit's Taco Truck. Music by David Holodiloff

12:00: Wholesale Customer Discussion, John Rodkin (Owner-Succulent Gardens)

12:30: Living Art Demonstration, Brian Merrell (Living Creations)

1:00: The Science of Propagation, Aaron Ryan (Succulent Gardens)

2:00: Companions for Succulents, Walker Young (Ruth Bancroft Garden)

3:00: Self-guided Propagation Tour, Designed by Kristin Scheidt (Succulent Gardens; Desert Mandala)

### SATURDAY, September 30

8:00: Early Bird Nursery Tour, Brian Kemble (Ruth Bancroft Garden)

9:30: Hybridization of Succulents Part 2, Robin Stockwell (Founder of Succulent Gardens; The Succulent Guy)

10:45: Designing with Colorful, Textural Succulents Part 2, Debra Lee Baldwin, 'Queen of Succulents'

11:30: Lunch & Music at Nayarit's Taco Truck. Music by David Holodiloff

12:00: Growing Succulents Indoors, Dylan Toms (Succulent Gardens)

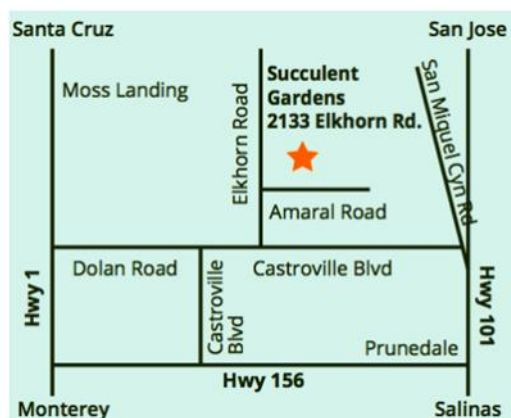
12:30: Living Art Demonstration, Brian Merrell (Living Creations)

1:00: The Science of Succulent Design, Ryan Penn (Ruth Bancroft Garden)

3:00: Drought-Tolerant Plants for the Western Garden, Janet Sluis (Sunset Garden Collection)

3:00: Self-guided Propagation Tour, Designed by Kristin Scheidt (Succulent Gardens; Desert Mandala)

The location of Succulent Gardens is 2133 Elkhorn Road, Castroville.



For questions, call (831) 632-0482 or email [info@sgplants.com](mailto:info@sgplants.com). Website: <https://sgplants.com>.



If you're looking for some good gardening content to listen to as you work in the yard, exercise, or squeeze in that last trip of summer, Joe Lamp'l (creator and host of Growing a Greener World) has a weekly podcast series that you

might really enjoy. The latest episode is on Top Tips for Saving Money in the Garden. You can listen online (14 episodes so far), or download any or all episodes to your favorite podcast player to take with you, wherever you go.

Remember that you can watch complete episodes of Growing a Greener World online anytime at <https://www.growingagreenerworld.com/>.

I don't know how he finds the time to do all he does, but Joe has also completely revamped his Joe Gardener website. Dig in to his new one stop shop ( <https://joegardener.com/>) for the best gardening [videos](#), [podcasts](#) and [articles](#). Whether you're a newbie or veteran gardener, these resources will turn your thumbs green in no time.

Here's an example of one of his videos. All you need are seven pallets, all-weather deck screws (3-inch length is ideal) and a drill with the appropriate bit. (I'd add a dab of ambition, perseverance and skill!)

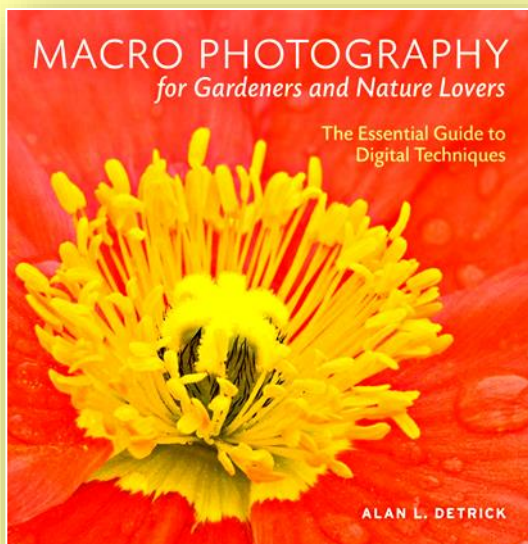
### How to Make a Compost Bin Using Free Shipping Pallets

<https://joegardener.com/video/how-to-make-a-compost-bin-using-free-shipping-pallets/>



Pot 'em up!

Here's a reminder that our fall plant sale and swap is coming up in October. Start dividing or digging up plants you want to trade. Get a head start on potting up extras, weeding out your tools, garden accoutrements and chotchkes, thinning your bookshelves, etc. Make room for all of the cool plants and gardening stuff you'll find at the sale!

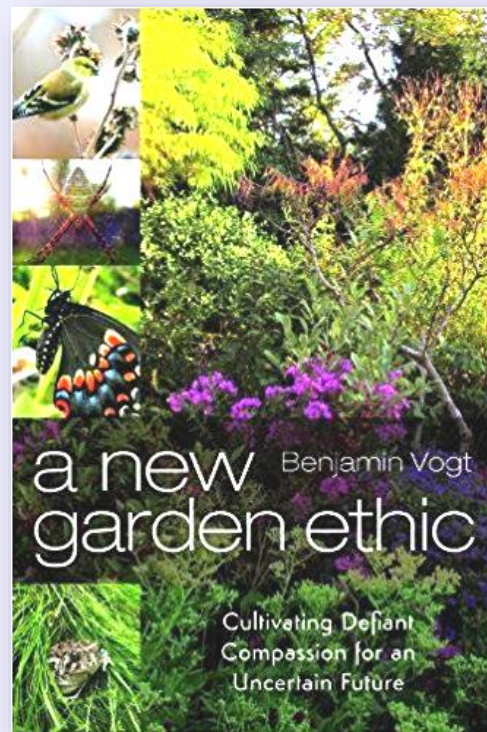


## **Macro Photography for Gardeners and Nature Lovers: The Essential Guide to Digital Techniques**

**By Alan L. Detrick**

Gardeners and nature lovers delight in taking pictures — especially close-ups of flowers, butterflies, and insects. And though advances in digital camera technology have made taking, storing, and sharing photos easier than ever, taking top-quality pictures requires familiarity with both digital technology and the general principles of photography. *Macro Photography for Gardeners and Nature Lovers* provides exactly the information that aspiring photographers — no matter their level of skill — need to take their photos to the next level. Clear and concise chapters cover the basics of macro (close-up) photography, explain the features of current digital single-lens reflex cameras, show the many ways images can be composed, and share tips on digital effects, storage, and manipulation of imagery. Throughout the text, helpful tips, definitions, exercises, and case studies serve to demystify digital photography. Each lesson is supported by examples of the author's stunning photography. Whether taking photos of flowers and insects, compiling a photographic record of your garden, or simply sharing beautiful images with friends and family, everyone can become accomplished photographers of the world's small-scale wonders.

“Each photo is a short lesson in making outstanding photos. Reading this book is like walking through a garden and seeing through the eyes of a master photographer.”  
*American Gardener*



## **A New Garden: Defiant Compassion for an Uncertain Future**

**By Benjamin Vogt**

Our landscapes push aside wildlife and in turn diminish our genetically-programmed love for wildness. How can we get ourselves back into balance through gardens, to speak life's language and learn from other species?

Plenty of books tell home gardeners and professional landscape designers how to garden sustainably, what plants to use, and what resources to explore. Yet few examine why our urban wildlife gardens matter, and not just for ourselves, but for the larger human and animal communities.

Author Benjamin Vogt addresses why we need a new garden ethic, and why we urgently need wildness in our daily lives — lives sequestered in buildings surrounded by monocultures of lawn and concrete that significantly harm our physical and mental health. He examines the psychological issues around climate change and mass extinction as a way to understand how we are short circuiting our response to global crises, especially by not growing native plants in our gardens. Simply put, environmentalism is not political, it's social justice for all species marginalized today and for those facing extinction tomorrow.

By thinking deeply and honestly about our built landscapes, we can create a compassionate activism that connects us more profoundly to nature and to one another.





## Volunteering



The amount of volunteering done by our membership is downright amazing. I joke with Pat McVeigh that she is following me around town, but the truth is, she volunteers at many deserving community organizations that attract our mutual participation. And she is not alone; the majority of our Club members make the time to volunteer.

Bill Patterson shared some photos of volunteers working at Cabrillo



Horticulture recently, a group effort to repot mature blueberry plants. He enjoys working side-by-side with Cabrillo students.

You are invited to share information about volunteering that you do, or information about volunteering opportunities you think Club member might be interested in.

Volunteering  
knows no  
age limit.

## TIP: Effortless Earthworm Attraction

Many of us tend worm bins, but do you ever wonder what you can do to encourage the earthworms that are already in your neighborhood to visit your plants? Earthworms eat their weight in organic garbage, aerate the soil around plants and fertilize better than any store-



bought product. Guy Valente of Mother Earth News encourage any reader who is trying

to attract a healthy population of local earthworms to soak some cardboard in veggie oil and then lay the cardboard out on a patch of dirt for a month or so to see what happens. He tried this method inadvertently, but attracted many, many worms doing so.



## Annual Friends of the Arboretum Meeting and Potluck BBQ!

**Sunday, September 17  
4:00-7:00 p.m., at the  
Australian Picnic Area**

Making new friends is the goal for this year's "Friends of the Arboretum"! Bring a friend interested in becoming a member of the Arboretum! RSVP here: <https://goo.gl/formsvmtokK3yeGZdQxjq1>

## Recipe: Easiest End-Of-Summer Ratatouille



2 onions, peeled and thinly sliced  
2 cloves garlic, peeled and thinly sliced  
1 eggplant thinly sliced  
1 zucchini thinly sliced  
2 green peppers, sliced or chopped  
8 small tomatoes roughly chopped  
2 sprigs fresh rosemary or 1 teaspoon dried rosemary  
3 sprigs fresh thyme 1 teaspoon dried thyme  
2 tablespoons olive oil  
salt and pepper to taste

Preheat oven to 350°F. Combine first eight ingredients in an ovenproof dish. (Keep herb sprigs intact.) Drizzle with oil and season with salt and pepper. Cover with foil and bake 45 minutes. Remove the foil and bake for another 30-45 minutes until deep golden brown. Remove herb sprigs. Toss with pasta, or serve as a side. You can do this ahead—it will keep for 3-4 days refrigerated. It is delicious cold and improves with a little time. Serves 4-6.

Credit: [Emily Fleischaker](#), BuzzFeed. Recipe by Clothilde Dusoulier from Adventures in A Parisian Kitchen.

## Food What?! Benefit

Sunday, September 17 — 4:30 to 7:00

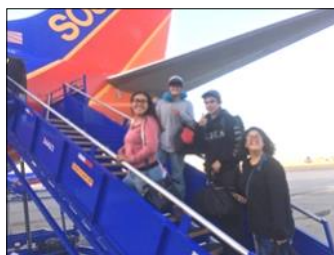


Remember what we learned about high school students participating in FoodWhat at our scholarship presentation earlier this year? FoodWhat's Annual Fall Benefit Dinner invites the community to peek inside the programs, hear directly from FoodWhat youth and support their work in the coming year.

This year's theme is appropriately "Food For Change" at a time locally and nationally when this work is especially needed and impactful. This event will be an outdoor dinner under the redwoods overlooking downtown Santa Cruz at the Mission State Park. The youth crew will be working with stellar local chefs from Feel Good Foods, el Salchichero, My Mom's Mole, Ballesteros, and Penny Ice Creamery to create a delicious and nourishing meal with fresh, organic, youth-grown produce and will then step up to the mic to share

their personal stories of growth. There is no cost to attend and guests are invited to make a meaningful donation at the end of the evening. To register, go to <https://foodwhat.z2systems.com/np/clients/foodwhat/eventRegistration.jsp?event=5&>.

Last month, four youth from their Summer Job



Program traveled to Greensboro, North Carolina to be part of the Rooted In Community National Youth Summit. The theme of the conference was "Cooperatives, Collectives, Community and Resilience." They joined 140 other teens, from every corner of this country, who are also working towards food justice in their communities. Together, this strong cohort of youth and adult allies shared stories, created community through good food, and built collective power!



Back home in Santa Cruz County, they reconnected with the other summer youth to work for food justice with greater agency.

## Feeding Roses



In September the formula for fertilizing modern roses should change to one that encourages flowering but no growth. This feat is managed with a fertilizer that has no nitrogen. A popular formula has the numbers 0-10-10 on the package. The zero means no nitrogen, the numbers 10-10 stand for the percentages of phosphorous and potassium, both of which will promote continued bloom and help to harden the stems for winter. Rose fanatics will also feed them again in two weeks with fish emulsion at the rate of one teaspoon per gallon, using several gallons of this mixture for each bush.

—from *Northern California Gardening, A Month-By-Month Guide*, by Katherine Grace Endicott

## Bountiful Bouquets

Consider adding fruit and/or vegies to your autumn flower arrangements. It's harvest time!



## September Board Meeting

**Monday, September 25 at 6 PM**

Join us at the home of Ilene Wilson for a tour of her garden, good eats and a meeting to discuss The Gardeners' Club business, plans, ideas and events. You don't have to be a Board Member to attend. Ilene's address is 100 Howell Lane in Watsonville; her phone number, if you have questions, is 724-4609.







The Homeless Garden farm will host a benefit gourmet, 4-course dinner prepared by exceptional local chefs featuring local, organic food. Enjoy an engaging talk focusing on sustainability by Keynote Speaker Tom Steyer, Founder & President of NextGen America. Tom Steyer is a business leader and philanthropist who believes we have a moral responsibility to give back and help ensure that every family shares the benefits of economic opportunity, education, and a healthy climate. In 2007, Tom and his wife, Kat Taylor, founded Beneficial State Bank, an Oakland-based nonprofit bank that invests any profits back into the community. Tom also serves as President of NextGen America.



Tom and Kat have pledged to give most of their wealth to charitable causes. They have four children and live in San Francisco. They are committed to sustainable farming practices through the TomKat Ranch, an eighteen hundred acre cattle ranch in Pescadero, California that produces grass-fed and finished, pasture-raised beef.

"Programs like the Homeless Garden Project are crucial to combating homelessness and ensuring all Californians have access to educational opportunities, job training and stable housing. In California, we have a responsibility to care for our most vulnerable communities, and that's why we must continue to fight for progressive policy solutions," -- Tom Steyer

The chefs and menu are: assorted flatbread pizza appetizers to be prepared by Derek Rupp, Owner and Chef at East Side Eatery; farm lettuces and herbs with pickled farm vegetables in ginger vinaigrette to be prepared by Sara LaCasse, Chef Consultant for Earthbound Farms; chili-lime chicken served with grilled corn, Early Girl tomatoes and Cotija cheese to be prepared by Ted Walter, Owner and Chef at Passionfish; zucchini cake with roasted strawberries and lavender-lemon cremeux to be prepared by Yulanda Santos, Pastry Chef at Aubergine. A vegan entrée option will also be served.

Cost is \$150. If you wish to sponsor a table for a group, email [paulg@homelessgardenproject.org](mailto:paulg@homelessgardenproject.org). The location is the Homeless Garden Project Farm, Delaware Avenue and Shafer Road, Santa Cruz.



## UC Master Gardeners of Monterey & Santa Cruz Garden Tour 2017

### "Wildlife Friendly and Water Wise Gardens in the City of Santa Cruz"

**September 9th— 10:00 AM - 4:00 PM**

You are in for a treat! This tour offers access to hidden gardens large and small, whose owners have generously opened their garden gates to benefit the UC Master Gardeners of Monterey and Santa Cruz Counties.

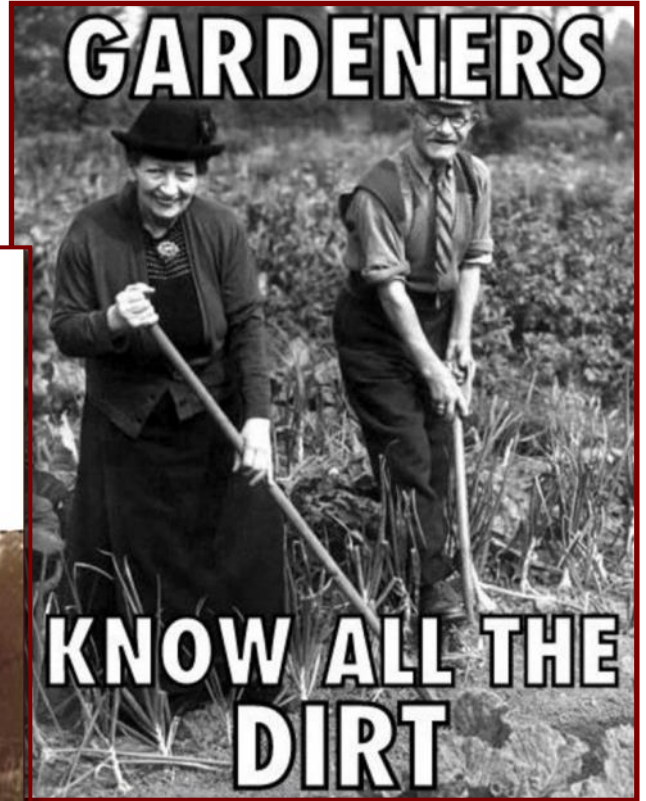
Though you may begin your tour at any of the garden locations, we recommend you visit the Garden Tour Headquarters at the Santa Cruz Museum of Natural History, 1305 E Cliff Dr., Santa Cruz. There will be a plant sale with hundreds of plants propagated by the dedicated team of Master Gardeners, garden talks by members of their Speakers Bureau, a raffle with great prizes and the museum and its grounds itself, originally built as a Carnegie Library. Come see the impressive Pilkington Creek restoration effort completed by the museum's dedicated corps of volunteers.

Tickets are \$25 in advance, \$30 day of tour. You can buy tickets online at <http://www.brownpapertickets.com/event/3047462> or at select nurseries and gardening centers, including The Garden Company, Santa Cruz; San Lorenzo Garden Center, Santa Cruz; Mountain Feed and Farm Supply, Ben Lomond; Scarborough Gardens, Scotts Valley; Hidden Gardens, Aptos; Alladin Nursery, Watsonville; Sierra Azul Nursery, Watsonville; and the Santa Cruz Museum of Natural History. Pictures, addresses and descriptions of all of the gardens and events can be found at [http://mbmg.ucanr.edu/Garden\\_Tour\\_2017/](http://mbmg.ucanr.edu/Garden_Tour_2017/).





...don't work too hard!



"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

-Martin Luther King Jr.

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[www.etsy.com/shop/curiousprintpattern](http://www.etsy.com/shop/curiousprintpattern)

Our front page logo is graciously shared with us by artist Lisa Zador. Order a print or see more of her work at her Etsy shop

each month at the Aptos Grange, 2555 Mar Vista Dr., Aptos

CA 95005. Meetings are held at 7:00 p.m. on the 2nd Thursday of

to "The Gardeners' Club" and mail to P.O. Box 3025, Ben Lomond,

Dues are \$12 per calendar year. Make check

It's easy-peasy to join our club!

