



Into the Garden

The Gardeners' Club
Santa Cruz County,
California

SEPT. 2023

Writer/Editor: Lise
Bixler (lisebixler@sbccglobal.net)

HORTICULTURAL THERAPY AND FLOWER POWER—WHAT'S IT ALL ABOUT? INTRODUCTION AND TALK BY TRISH HILDINGER



Trish Hildinger is a long-time friend of our club, and we are so excited to have her return to share her knowledge and many enthusiasms. She last spoke to us in 2012 (Really? Really!!!) on garden planning and vegetable gardening, and our newsletter then described her like this: "...Trish is an avid organic home gardener with a degree in Ornamental Horticulture. She has had many jobs

in the horticulture industry, and loves to share her passion for organic gardening by volunteering and teaching gardening workshops and classes. She teaches Garden-Based Learning Workshops for Life Lab and also coordinates Garden Cruz, an intensive organic gardening course held at the UCSC Farm and Alan Chadwick Garden." Let's update this with the bio she gave us recently: "Trish is a Registered Horticultural Therapist. In 2018 she started Horticultural Therapy Santa Cruz and founded the California Horticultural Therapy Network (CHTN). This professional organization's goal is to catalyze collaborations and advance the profession of horticultural therapy in California. She works with others across the country to further the profession. Today Trish leads a therapeutic horticulture class with adults at the Cabrillo Stroke and Disability Learning Center and acts as supervisor for people looking to obtain the designation of Registered Horticultural Therapist."

(cont'd next page)

THURSDAY, SEPT. 14TH, 7-9 PM

APTOS GRANGE, 2555 MAR VISTA DR.

(cont'd from previous page)

So Much Is Happening at the Felton Library!

BASIC COMPOSTING WORKSHOP

Saturday, September 9, 1pm - 3pm

Felton Library Community Room

Have you every wanted to learn how to compost with success? Or are you already composting but want to learn how to improve your techniques? Then this is the program for you. This 2-hour workshop covers general principles of composting and provides sufficient detail about backyard and worm composting to help you get started. Our presenters are Master Composters who will be available to answer all of your composting questions. This program is by registration only. Limit to 25 registrants. Register here:

<https://docs.google.com/forms/d/e/1FAIpQLScrT1XWxNpIckZm2MWb8kYaX10ns4p85Iq-XAgAalgdtjPrvQ/viewform>

SECOND SEASON SOWING: YOUR FALL GARDEN FROM SEED

Saturday, September 16 10 am -

12:00pm Felton Library

Community Room

Get your fall garden started! Join Renee Shepherd of Renee's Garden for a

presentation on what and how to sow now for a bountiful fall harvest. Participants will receive a packet of Renee's Garden seeds.

Registration is required, limited to 25 participants. <https://santacruzpl.libcal.com/event/10756353>

Getting into the garden also boosts memory function, focus and self-esteem, says Trish Hildinger, a Santa Cruz-based horticultural therapist. At work, Hildinger relies on the therapeutic effects of gardening to assist clients with dementia, Alzheimer's, and other physical or cognitive conditions. One study of 2,800 participants found that daily gardeners were 36% less likely to develop dementia later in life, according to the National Library of Medicine.

From interview with Trish in Good Times Home & Garden Magazine 2020



GARDEN WORK PARTY SEPT. 9 AND OCT. 7

If you haven't visited and explored the

Felton Discovery Park at the Felton Public Library, 6121 Gushee Street, you are missing something! It features a native and riparian plant walkway and pollinator garden, natural play areas to engage children in climbing and exploration, as well as interpretive signs about pollinators, watershed, riparian zones and restoring fire's natural role. This interactive park is situated around the environmentally sensitive Bull Creek. Plants for the park were chosen intentionally to inspire home gardeners while providing sanctuary for pollinating insect populations.

You can learn about sustainable gardening and native plants as you help keep them thriving while connecting with nature and other volunteers outdoors at garden work parties from 9-11 a.m. on the first Saturday of every month. The next dates are September 9 and October 7. To volunteer in the park and learn about programs and activities, visit <http://www.feltonlibraryfriends.org/>



Horticultural therapy is a professional practice that uses plants and gardening to improve mental and physical health. A horticultural therapist works with any group that can benefit from interaction with plants, including children, the aging and elderly, those recovering from strokes or illness, and those dealing with addiction and mental health problems. In addition to her work at the Stroke Center, Trish has built on her extensive expertise in children's education by integrating horticultural therapy. She says activities in the garden provide the perfect opportunity to hone in on each child's individual educational and developmental goals. By default, horticultural therapy is already happening in the garden and by teaching horticultural therapy tools and techniques she helps educators enhance time in the garden so that students can build integrative skills in a meaningful way.

Visit Trish's website for more information and resources (<https://horticulturaltherapysc.com/>).



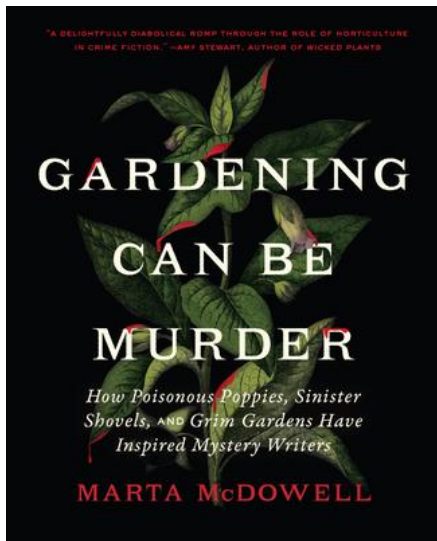
You can also listen to a podcast interview with her at <https://www.podbean.com/media/share/pb-ed6ef-10f61e0>. Join us this month for a lively presentation and hands-on activities as Trish shows us how gardening and helping others can overlap.

"If one daffodil is worth a thousand pleasures, then one is too few." -Wordsworth

Did you know you can preorder daffodil bulbs from Renee's Garden? Six mixes contain different forms of special varieties. Check it out! Endlessly interesting and lovely in the garden or for bouquets. https://www.reneesgarden.com/collections/flowers/daffodils-special-mixes/?kx=dQDfGppkqxIX_aqN-69PqnL1V7ai3LLDjODWcvYSfRhO0q0mwp88IsR-XNns699.XfpV4



FALL READING

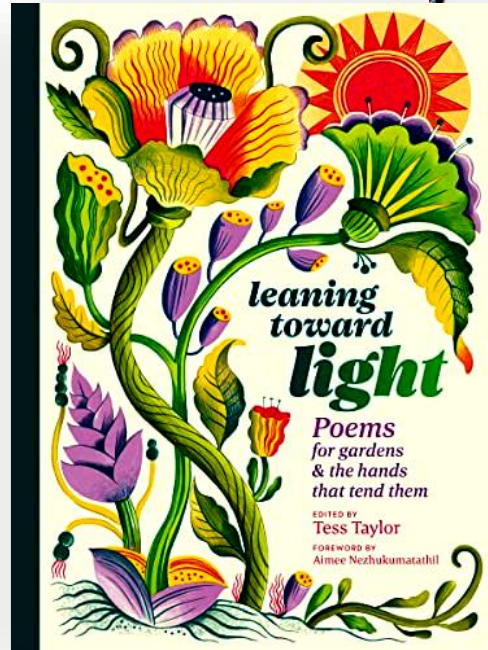


Gardening Can Be Murder: How Poisonous Poppies, Sinister Shovels, and Grim Gardens Have Inspired Mystery Writers

(GoodReads) This fun, engrossing book takes a look at the surprising influence that gardens and gardening have had on mystery novels and their authors. With their deadly plants, razor-sharp shears, shady corners, and ready-made burial sites, gardens make an ideal scene for the perfect murder. But the outside influence that gardens and gardening have had on the mystery genre has been underappreciated. Now, Marta McDowell, a writer and gardener with a near-encyclopedic knowledge of the genre, illuminates the many ways in which our greatest mystery writers, from Edgar Allen Poe to authors on today's bestseller lists, have found inspiration in the sinister side of gardens.

From the cozy to the hardboiled, the literary to the pulp, and the classic to the contemporary, this is the first book to explore the mystery genre's many surprising horticultural connections. Meet plant-obsessed detectives and spooky groundskeeper suspects, witness toxic teas served in foul play, and tour the gardens—both real and imagined—that have been the settings for fiction's ghastliest misdeeds. A New York Times bestselling author herself, McDowell also introduces us to some of today's top writers who consider gardening integral to their craft, assuring that horticultural themes will remain a staple of the genre

for countless twisting plots to come. "This book is dangerous. A veritable cornucopia of crime fiction and gardening lore, it faces the reader with multiple temptations—books to seek out, plants to obtain, garden tours to book." —Vicki Lane, author of the Elizabeth Goodweather Appalachian Mysteries



LEANING TOWARD LIGHT: POEMS FOR GARDENS & THE HANDS THAT TEND THEM by Tess Taylor

Caring for plants (much like reading a good poem) brings comfort, solace, and joy to many—offering an outlet in difficult times to slow down and steward growth. Here acclaimed poet and avid gardener Tess Taylor brings together a diverse range of contemporary voices to offer poems that celebrate that joyful connection to the natural world. Several of the most well-known contemporary writers, as well as some of poetry's exciting rising stars, contribute to this collection including Ross Gay, Jericho Brown, Mark Doty, Jane Hirshfield, Ada Limón, Danusha Laméris, Naomi Shihab Nye, Garret Hongo, Ellen Bass, and James Crews. Select poems are paired with reflective pauses and personal recipes from the authors, and colorful illustrations are featured throughout. Plus, the gorgeous hardcover package with ribbon bookmark makes this anthology a distinctive gift.



On Not Posting the Bees to Instagram

Impossible to photograph
the bees in the lavender:
Even trying to soon felt ridiculous.
They were so busy, so out of focus
that I put down the camera & let myself linger
realizing as I did
the sheer pleasure of hearing
their thrum
in the blossoms,
of glimpsing their dizzy
gold-on-purple bodies
weaving summer's brocade,
a diadem buzzing
pollen & light.
I have no photo.
Perhaps you will ponder
this note instead?
I did want to celebrate the bees
in their loudness:

I did want to broadcast my joy.

—Tess Taylor

Gardening offers a rich and expansive subject, with poems moving thematically through the year from planting and weeding to harvesting and eating. Poets find purpose in browsing a seed catalog and comfort in picking green tomatoes despite California's wildfire season raging on—reminding us how gardening is a healing practice, both for ourselves and the spaces we tend. The range of experience reflected, from caring for a few houseplants to an expansive garden or farm, offers wide appeal and illuminating insights for gardeners, plant lovers, or anyone interested in connecting more deeply with the earth.

*Find a moment
of reverie with
a seed and a poem.*

SEPTEMBER 21, 11:00 AM
THE GARDEN CONSERVATORY

**SISSINGHURST THROUGH THE
SEASONS - A FOUR-
-PART VIRTUAL PROGRAM:
FALL EPISODE (OR THE
WHOLE YEAR!)**



**WITH TROY SCOTT SMITH
HEAD GARDENER AT SISSINGHURST
CASTLE GARDEN, ENGLAND**

Throughout this four-part series, Troy Scott Smith guides you through the course of a gardening year at Sissinghurst. Troy will share with you how the garden looks, which flowers are blooming at each season, and what the garden looked like when it was first created in the 1930s. He uncovers the secrets of pruning and propagation and the art of the English Garden. Each episode is packed with information, all simply explained and illustrated, giving you techniques and confidence to put into practice in your own garden. You can sign up for the fall episode for only \$15, but you can also still buy the season pass (\$60), which lets you see all four episodes.

Fall is a time for doing, for action, and productivity. The beauty of your garden next year relies on the things you do now. In this episode, Troy will be looking at lifting and dividing and how to make those edits for inspiring and flower-filled borders. Turf care, hedge cutting, propagation, and pruning are also essential tasks of autumn, and we will look at these too. Troy shall also not forget to enjoy and share with you, the beauty of the season.

Sissinghurst was created nearly a century ago by the writers Vita Sackville-West and Harold Nicolson as a private home and as refuge dedicated to natural beauty. Today it is owned by the National Trust and visited by hundreds of thousands of visitors annually. Troy's career has been devoted to the beauty and romance of gardening. Since joining the National Trust

Courts (Wiltshire), Bodnant (Wales), and two stints at Sissinghurst (Kent), where he has led a remarkable transformation and restoration of the Vita Sackville-West gardens.

A recording of this webinar will be sent to all registrants a few days after the event so you can watch it even if you don't attend it live.

For more information and to sign up, go to <https://www.gardenconservancy.org/education/education-events/sissinghurst-through-the-seasons-a-four-part-virtual-program-fall-episode>.



Thank you to Club Member Marcia Meyer for sharing this great article above, full of up-to-date information on tomato ripening. Is certainly the year to be philosophical about tomato harvests, given the uncertain start most of us had starting them with the wildly fluctuating weather. Pick them when they are ripe, when they are rosy, when they are green? Put them in a bag with an apple, or a green banana, or a ripe banana? Put them on a bright windowsill or in a dark box? The answer, it seems, is "it depends." This was a good read, to learn about the science behind what triggers tomatoes to ripen, and methods that ensure the tomato has the flavor we want.

<https://www.house-digest.com/1367816/gardening-myth-ripening-tomatoes-window-master-gardener/>

Gardening

by Leslie Contreras Schwartz

There is too much work:
the turning of soil,
the watering, and pulling
the bright green weeds that choke
and curl the fruit. I want only
the joy, the taste of tomatoes
pouring down my lips,
the sun on my throat.
I like the soil under my nails
but I feel forsaken, tricked.
I watch the garden fester
and dry out, the tomatoes
small and weakening in
the cracked bed. It is like my daughter,
who one day draws picture after picture
of rainbows, bursting hearts, spells "love"
backwards, sideways, forward, then
for days lies on the couch blinking
at television or just talking to herself,
her sister. Too much work, this joy,
the colors of fruit, the frothy soil,
too much sun and magic. We all
need retreat, to rest, to feel
sometimes that it will come to us
by itself, a heavy plate that
says *this is all yours*.

from [FUEGO](#) by Leslie Contreras Schwartz



FALL CELEBRATIONS

Here are some organizations in our community doing great work who are taking advantage of the season to do benefit events, For your consideration, here are opportunities to have fun while supporting important projects and causes.

Tanzania. Tickets and more info here: <https://commonrootsfarm.org/2023harvestfest> .

Common Roots Farm's

HARVEST FEST



A BENEFIT FOR COMMON ROOTS FARM & BUILDING FOR GENERATIONS

SEPTEMBER 23

11 AM TO 3 PM

LIVE MUSIC: THE TEN O'CLOCK LUNCH BAND

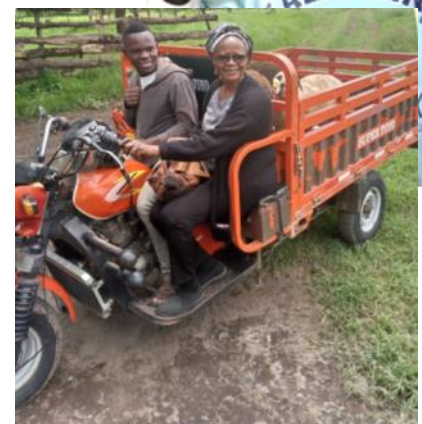
PLEIN AIR PAINTING | CRAFT MARKET
FARM STAND | FOOD TRUCKS | GAMES

| ADMISSION | VENUE |
|----------------------|----------------------|
| \$15/ADULT | COMMON ROOTS FARM |
| \$10/AGES 13-17 | 301 GOLF CLUB DRIVE |
| AGES 12 & UNDER FREE | SANTA CRUZ, CA 95060 |

TICKETS & MORE INFORMATION:

COMMONROOTSFARM.ORG/2023HARVESTFEST



"MAMA" GRACE WITH A FARM PARTICIPANT

At Common Roots Farm, people with disabilities join with others to grow healthy food, beautiful flowers and create friendships that sustain everyone. They grow on an urban farm while providing farm skills training, internships, environmental/gardening education, and micro-enterprise opportunities right in the heart of Santa Cruz. They are collaborating with Building for Generations as they work to build a home for 20 young adults with autism in Tanzania. Envisioned by Grace Lyimo,

founder of Connect Autism Tanzania, Erick's Youth Home and Farm is the first of its kind project and signifies a meaningful shift in both expectations and life outcomes for people living with autism in Tanzania. These are similar goals to those of Coastal Haven pocket neighborhood in Santa Cruz and Common Roots.

This event supports opportunities for those living with intellectual/developmental disabilities in our community, and the sister community in

FARM DISCOVERY'S BENEFIT DINNER IN THE FIELDS

SEPTEMBER
23, 2023

Support the transformation of kids' relationships to food, their empowerment to become engaged citizens in our community, and the building of skills to steward the natural world.

A multi-course dinner in the fields with a view of the Pajaro Valley featuring the best local, seasonal food, wine, live music, speaker, silent & live auction, and great company!

<https://farmdiscovery.org/events/>



FOOD
FARMING
NATURE
COMMUNITY



A Celebration of Solidarity for the Future of Food

PESCADERO, CA
SEPTEMBER 23, 2023, 3-8PM



Tickets + Info: bit.ly/joyjam2023

Join the Joy Jam 2023 at Pie Ranch on September 23rd, from 3-8pm for a family-friendly festival and celebration of community featuring pop-up food and culinary experiences, live music, storytelling, local artist activations, immersive installations for collective visioning, poetry, and guided walks around Pie Ranch, and (of course) some pie. Joy Jam is an effervescent and soulful opportunity to cultivate community and strengthen connections while sharing food, story, and love of place, walking the land while hearing stories of soils, seeds, crops, peoples, and animals, Don't forget the dancing! What brings you joy? We imagine you'll find it at this event.

NO-TILL FARMING

Join Darryl Wong, executive director of the Center for Agroecology, for this special reporting on the results of his PhD thesis on no-till farming practices on the Central Coast.



As climate change continues to present major challenges for agriculture in the coming decades, there is more need than ever for solutions that address key social, environmental, and economic issues. No-till practices have been implemented on millions of hectares worldwide, addressing historic agricultural issues of topsoil erosion, water infiltration, and

diversification. However, these systems still present considerable environmental challenges as they rely heavily on herbicides and chemical fertilizers that are prone to off-farm contamination and leaching. Organic tillage-based systems have been able to exclude these products while providing considerable co-benefits. However, the 'holy-grail' of organic no-till farming has been slow to develop, with both adoption and research lagging far behind conventional systems in the United States.

This talk explores the agroecological challenges facing organic no-till agri-

culture, with a particular focus on the distinct challenges of California organic vegetable systems, reviewing the results of

a three-year field trial conducted at the UCSC Farm with discussion about the role of formal research and extension in supporting agroecological innovations. Presented by the Friends of the UCSC Farm & Garden. <https://center-for-agroecology.company.site/products/Research-Findings-on-No-Till-at-the-UCSC-Farm-p561373531>. Free or pay-what-you-want.



Fall Sown Flowers

These flowers like cold stratification, so it's ideal to direct sow them in the fall or early spring. With the exception of poppies, which don't like to be transplanted, you can also sow these varieties in pots which you leave outdoors, and then transplant them into prepared beds when the seedlings are big enough. Alternatively, some of these can be started indoors in later spring if you sow into pots then put into the refrigerator for several weeks. Try poppies, calendula, milkweed, anise hyssop, rudbeckia, columbine, echinacea, wild bergamot, and viola. —Hudson Seed CompanyCOUNty compost

Leave the Leaves!

Don't blow, rake or shred leaves this fall!
 Leave nature's mulch to:

- Sustain birds
- Protect overwintering pollinators
- Insulate plant roots
- Build living soil

To learn more, visit: www.wildseedproject.net

Wild Seed Project



Saturday, Sept. 9, \$60. Beeline Blooms Tour & Bouquet Making with Karla DeLong. <https://www.eventbrite.com/e/beeline-blooms-tour-bouquet-making-with-karla-delong-tickets->

GARDENERS' CLUB BOARD NEWS

The September 25th Board Meeting will be a POTLUCK at Suzanne Caron's, 1633 Quail Hollow Rd, Ben Lomond. Join us at 6Pm for a garden tour. Our discussions about guiding The Gardeners' Club are always interesting and productive, but the garden tours do keep us inspired, and the potlucks energized.

Morgan Louis is no longer able to participate on the Board. We thank him for his service and are seeking to fill the position of Program Chair. This is one of the **best** positions you can have in the Club—you can be an “influencer”! You get to lead us in finding speakers, activities and opportunities for our meetings, and be a part of building partnerships and collaborations with other garden and horticulture and education organizations and individuals in our county. It is a great opportunity, and we'd love to have us join our team. Come to the Board meeting to ask questions, share your ideas, and find out more!



STEEL CUT OATS WITH ORANGE-STEWED FIGS

for the oats

- 1 cup steel cut oats
- 3 cups water
- 1 cup whole milk or almond milk

for the figs

- 2 tablespoons unsalted butter
- 1 basket figs (about 3/4 pound), tops cut off and sliced lengthwise
- 1/2 cup orange juice
- 1 tablespoon maple syrup
- 1/4 teaspoon cinnamon
- Pinch salt

To make the oatmeal, add the oats, water, and milk to a 4-quart sauce pan and bring to a boil. Reduce the heat and simmer 20 to 30 minutes, until tender. I like to add a splash of milk at the end, to make it a bit more soupy.

To make the figs, melt the butter in a 4-quart saucepan or Dutch oven over medium heat. Add the sliced figs, orange juice, maple syrup, cinnamon, and salt. When the liquid is bubbling, reduce the heat and simmer for 5 to 10 minutes, or until the figs are tender and most of the orange juice has evaporated, leaving behind a sweet and thickened sauce. Pour spoonfuls of fig

SEPTEMBER 2016
food haiku contest winner



The purplish tear drop,
ripe with sweet uncertainty,
lay sliced and exposed.

BY VIVIAN TU

Eat This Poem Blog by NICOLE GULOTTA <http://www.eatthispoem.com/blog/september-haiku-winner>

The Gardeners' Club

P.O. Box 3025, Ben Lomond CA 95005

President
Cherry Thompson, 475-0991
cherrylea@comcast.net

Vice President & Publicity
Debby Kindie
poppy-54@live.com

Plant Table
Lupe Allen, 247-2705
lupea@ucsc.edu

Secretary
April Barclay, 688-7656
ABarclay@aol.com

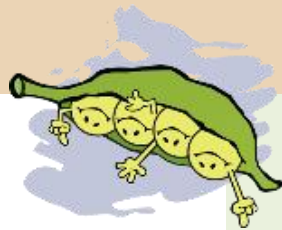
Treasurer
Dena Gonsalve -345 -1764
denagonsalves@hotmail.com

Membership
Suzanne Caron 609-6230
Suzanne.bottomline@gmail.com

Hospitality
Joanna Hall
jhall@sbccglobal.net

Newsletter Writer/Editor
Lise Bixler, 457-2089
lisebixler@sbccglobal.net

www.thegardenersclub.org



It's easy-peasy to join our club!

Dues are \$15 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

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 www.etsy.com/shop/