



# Into the Garden

The Gardeners' Club  
Santa Cruz County,  
California

February 2024

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## Cultivating Balance: Tips for Pain-Free Gardening



We are pleased to welcome chiropractor Goldi Jacques-Mayne to our February meeting. An avid gardener herself, Goldi knows that gardening has great physical and mental benefits. But she knows personally, and from her many patients, that after a day of digging, planting and reaching, you may sometimes feel some aches, nagging back pain or joint strain. From repetitive motions to awkward bending and twisting, gardening can sometimes put your body through the wringer.

It's crucial to be mindful of proper body mechanics, posture and the tools you choose. When you make these adjustments, you will cultivate balance in your gardening (and your body, too!).

Dr. Goldi will cover practical examples of maintaining proper body mechanics while gardening, how to consider ergonomics, how to maintain proper gardening posture, and when professional assistance can help.

Gardening has great physical and mental benefits, so take care of yourself and keep gardening!



Goldberry "Goldi" Jacques-Maynes is the founder of Golden Chiropractic in Aptos. Dr. Goldi loves treating generations of families. She's achieved a degree in Molecular Biology, worked as a massage therapist for a professional cycling team, and successfully practiced over 16 years as a chiropractor in private practice. Dr. Goldi's favorite pastime is spending time in her Corralitos garden where she grows vegetables, flowers, has a small orchard and raises chickens for eggs. Goldi has written a most excellent article all about gardening the pain-free way on her blog. You can read it at <https://www.goldenchiro.net/b/cultivating-balance-tips-for-pain-free-gardening>. Definitely worth reading, and printing out to refer to before the aches and pains hit. Thank you, Goldi!

**Join us! Thursday  
February 8th, 7 p.m.  
Aptos Grange Hall  
2555 Mar Vista Dr.**

Golden Chiropractic  
9053 Soquel Dr., A,  
Aptos (831) 661-5577  
[info@goldenchiro.net](mailto:info@goldenchiro.net)

# For the Culture III: The Legacy of the Black Garden

 **Date:** February 14, 2024

 **Time:** 11:00 a.m. – 12:30 p.m.

 **Location:** Virtual Webinar

 **Online Event – Free Admission**

Access the webinar from the comfort of your home!

Scan the QR Code for Free Registration or visit  
[dbg.org/events](http://dbg.org/events)



## BLACK HISTORY MONTH

Black History Month is a time to celebrate the rich traditions and impactful contributions of the Black Diaspora to the world. Since the 1970's we celebrate it throughout the month of February.

### READ



[Soil: The Story of a Black Mother's Garden](#)

Poet and scholar Camille T. Dungy recounts the seven-year odyssey to diversify her garden in the predominately white community of Fort Collins, Colorado. When she moved there in 2013, with her husband and daughter, the community held strict restrictions about what residents could and could not plant in their gardens.

In resistance to the homogenous policies that limited the possibility and wonder that grows from the earth, Dungy employs the various plants, herbs, vegetables, and flowers she grows in her garden as metaphor and treatise for how homogeneity threatens the future of our planet, and why cultivating diverse and intersectional language in our national discourse about the environment is the best means of protecting it.

Definitive and singular, *Soil* functions at the nexus of nature writing, environmental justice, and prose to encourage you to recognize the relationship between the peoples of the African diaspora and the land on which they live, and to understand that wherever soil rests beneath their feet is home.



## Speaker: Deb Freeman

Join us for a captivating virtual community discussion with Deb Freeman, renowned writer and host of the award-winning podcast "Setting the Table." Delve into the rich history and significance of traditional African American crops and vegetables.

During Black History month, we can watch this singular Zoom presentation from the comfort of our homes (especially important if our rainy weather continues) and learn more about the rich history of African American crops and vegetables. Debra Freeman has written for many national outlets on topics including the legacy of Black farmers, the significance of yellow cake in the Black community, Black veganism, African-American culinary history, herbalism, and much more.

### WATCH



Join Smithsonian Gardens partnering with the National Museum of African American History and Culture (NMAAHC) to bring you Let's Talk African American Gardens. This series of webinars is based on chapters of H. Hamilton Williams' 1943 publication of *Handbook of the Negro Garden Club of Virginia*. It explores the rich history of African American foodways and horticulture practices and celebrate the ways that black people are using these traditions to face today's world. To watch past webinars, visit the [Let's Talk Gardens Video Library](#).

# WORKSHOP—FIGS FOR THE HOME GARDEN BIRDSONG ORCHARDS FEB. 10—\$55



Figs are a fantastic addition to any home garden in our temperate climate. Figs are easy to grow, easy to harvest, and as I will demonstrate in this workshop, very easy to propagate as well. Of all the fruit we grow at Birdsong Orchards, figs have consistently been at the top of our list for productivity and sheer flavor delight.

Please join me on Saturday, February 10th, from 10 am - 12 pm for a dedicated fig workshop. All participants will go home with a collection of fig cuttings and all the knowledge you need to grow them successfully.

We will cover the history of figs, varieties suitable for the California coast, pruning new, young and mature trees, as well as fig pests and problems. Walking through the orchard, we will look at how different varieties mature and develop. Finally, we will conduct a hands on workshop with fig cuttings, sending each participant home with fig starts propagated with a variety of methods.

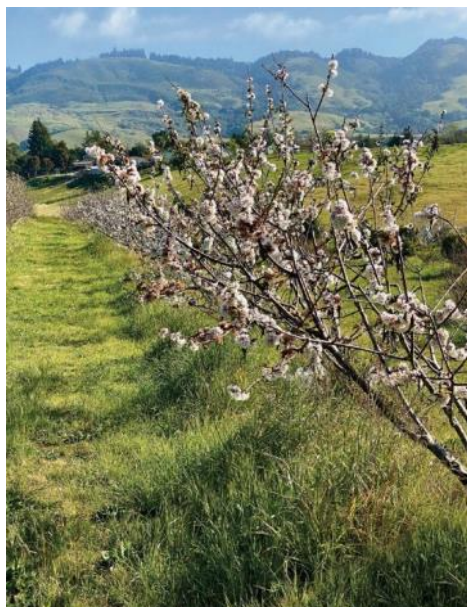
Suitable for ages 16 and up. The location is at our farm: 613 Lakeview Rd, Watsonville, CA 95076.

Please wear sturdy, closed-toe shoes, comfortable clothing and bring a water bottle. We will walk 1-2 miles total on a gentle slope.

If we get rained out, we will reschedule for the following Saturday. If the workshop gets rained out, it will be rescheduled for the following Saturday. To reserve a spot visit, [birdsongorchards.com](https://birdsongorchards.com). —Nadine Schaeffer

## ABOUT BIRDSONG ORCHARDS

Birdsong Orchards is the brain and love child of Nadine Schaeffer and Jason Wehmhoener. Go to their web page to learn more, see pictures, and learn about their you-pick roses.



'We founded Birdsong Orchards in 2013 to turn an old 8 acre fallow farm back into production. This land was initially cultivated as an apple and dairy farm in the 1950s-60s. The original farm closed in the 1980s, and the land laid empty until we moved in.

We bought the property to plant a permanent fruit tree orchard to the highest standards of regenerative and natural farming. We have also planted a smaller plot of perennial flowers for florists, you-pick customers and the pollinators. We grow all of our crops through deeply sustainable practices to enrich and nurture the holistic health of

this land. Our goal is to encourage biodiversity and environmental balance while growing produce of the highest quality and taste.

Why do we do it?

To show that agriculture and nature can co-exist in harmony

To prove that small scale organic farming can be viable

To provide hope in the face of climate crisis

To create a template for local farming in uncertain times

After over 40 cumulative years designing software, we are now turning some of our time and energy into designing a sustainable farm. Moving from pixels to atoms is a deeply rewarding and welcome switch. Because we like to play with our food, we are planting and experimenting with hundreds of different species and varieties of tree fruits. We have a deep respect for the land, and are looking for ways to nurture the earth during this time of climate change while exploring new crops and cultivars for our area."

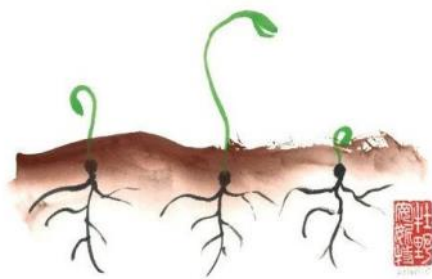


Birdsong Orchards is located in the Pajaro Valley, in the south of Santa Cruz county, California.

This region has historically grown apple trees for over 100 years.

<https://birdsongorchards.com>





Relax, the future  
is already unfolding  
From long-planted seeds

<https://i.pinimg.com/>

## NURTURING THE GARDENERS' CLUB: NOW AND IN THE FUTURE

At the last Board meeting, we had a long discussion about planning future meetings and learning from you members what you would like to learn and do together, and what resources or connections you have to help us realize your requests. Each of our Board members has taken on extra work to make sure we continue our series of educational and motivating meetings.

At our monthly meetings, or by contacting Board members by email or text or phone, please, talk to us about your ideas. We need help to continue being a vibrant organization.

An even better way is for you to attend a Board meeting and join in our discussions. You don't need to be a Board member, or want to commit to being on the Board. Just come and share a potluck dinner with us and help us brainstorm and plan. The next Board meeting will be on February 26th at the home of April Barclay. Her address is 7158 Freedom Blvd, Aptos.

At the last meeting, we also discussed our rising costs and shrinking bank balance. Because we want to keep our scholarship program strong, please continue to stock the plant table each month, and to contribute to our scholarship fund. Please read President Cherry Thompson's letter next, and thank you.



## LETTER FROM THE PREZ



The Gardeners' Club is in need of membership dues and additional donations if we are to continue to provide scholarships to Cabrillo Horticulture students. Our rent has been increased at the Aptos Grange, and Plant Table purchases are no longer covering that expense. The Board has discussed increasing dues in 2025 from \$15 to \$20 along with a possible surcharge for those receiving the newsletter via mail as postage costs have increased. This will be discussed and decided later in the year. In the meantime, it would be helpful to have more support now.

In regard to Speakers and Programs, the Board would appreciate feedback from members as to topics and content of interest that would bring you to a meeting. The position of Vice President in charge of Programs has been vacant for some time. We could use a volunteer with organizational skills who could contact and schedule proposed speakers. Contact Cherry for more information. Thanks for your consideration.



Love Apple Farms is a tomato gardener's mecca, and there is a lot happening there right now. Many workshops...and, they say, "Hey, we're back in a proper building! No more cold, leaky tents. We've literally got you covered. Classes are held at our plant sale location: 5311 Scotts Valley Drive in Scotts Valley."

There are rare varieties of heirlooms not found elsewhere plus "normal" varieties too. Over 100 kinds of edible plants will be for sale in their greenhouses. There are expert advisors on staff. Their annual plant sale is beginning.

Upcoming workshops:

Tomato Masters - February 4, 2024 (\$69)

Fruit Trees Simplified - February 17, 2024 (\$89)

Tomato Masters - February 24, 2024 (\$69)

Drip Irrigation Simplified - February 25, 2024 (\$69)

# The Gardeners' Club Membership

The time has come for membership renewal. Annual membership dues, are only \$15.00, due now. The membership year lasts through the end of December. Dues entitle members to all club educational programs, our special events, plant trades and our awesome monthly newsletter. The "green" option is to receive an electronic PDF full-color version of the newsletter by checking the newsletter e-mail option below.



membership is a gift nobody will want to return!

Ours is a club celebrating the joys of gardening, friendship, community, learning, nature and growth. We have a history of giving to the community, and have focused this giving in the last few years on scholarships for high school and Cabrillo College students who are working towards careers in horticulture. Because our dues are so low and we'd like to be able to

Consider sharing your passion for gardening, and supporting our club, by giving your favorite gardening enthusiast an opportunity to connect, share and learn with us. A gift

continue to give at least one additional scholarship, we are giving you the option of making an additional gift with your membership. Thank you! Renew now so you don't miss

## Your 2024 membership

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

### newsletter preference (check one):

☐ Full color PDF via e-mail

☐ Paper copy (B&W) via snail mail

### gift membership

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ Email: \_\_\_\_\_

### newsletter preference (check one):

☐ Full color PDF via e-mail

☐ Paper copy (B&W) via snail mail

Enclose check for \$15 per member, plus any additional contribution to our scholarship fund, made out to The Gardeners' Club. Mail to:

**The Gardeners' Club % Suzanne Caron**

**P.O. Box 3025**

**Ben Lomond CA 95005**

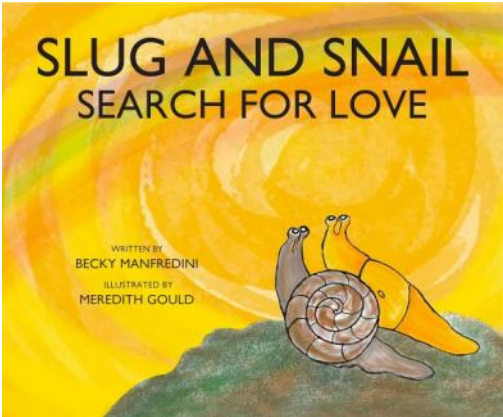


**PLEASE CONSIDER AN ADDITIONAL CONTRIBUTION FOR OUR SCHOLARSHIP PROGRAM!**

Membership amount	\$ _____
I would like to make an additional gift	\$ _____
Total	\$ _____

*What are the benefits of snails in the garden? Like earthworms, they are active soil builders. They are useful indicators of ecosystem health. Last but not least, in a wildlife garden they are useful as food for other animals higher up the food chain, supporting a wide diversity of creatures in your garden. –Caroline Kloppert, <https://www.greenidiom.com/benefits-of-snails.html>*

February is a ghastly month for snails and slugs in the garden, but is also the month devoted to love, so, hey. Maybe I'll spent less time hunting them down and more time accepting them. I could read this book, with Slug and Snail exploring the meaning of "love," journeying oh-so-slowly from rivers to caves to forests. Along the way, they notice how different animals care for one another, from koalas to penguins, from bats to dolphins

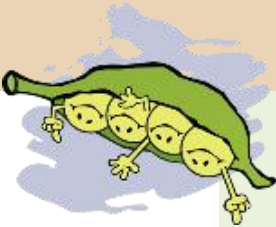


Or maybe go with the flow and buy a gastropod-themed Valentine for a loved one? Maybe the one below by Glyn West of Slugs 'R Us [https://www.etsy.com/listing/778155986/funny-valentines-slugs-r-us-gift-card?gpla=1&gao=1&utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=shopping\\_us\\_d-paper\\_and\\_party\\_supplies-paper-greeting\\_cards-ove\\_cards&utm\\_custom1=k\\_CjwKCAiAtt2tBhBDEiwALZuhAGVY49jpQCJu4WbTgu4WFjt48wdwvF72gb024jFJXSMLHuXN\\_KT2fBoCCc8QAvD\\_BwE\\_k&utm\\_content=go\\_1844702817\\_70809577878\\_346364778360\\_aud-2191767825281:pla-314535278580\\_c\\_778155986\\_12768591&utm\\_custom2=1844702817&gad\\_source=1&gclid=CjwKCAiAtt2tBhBDEiwALZuhAGVY49jpQCJu4WbTgu4WFjt48wdwvF72gb024jFJXSMLHuXN\\_KT2fBoCCc8QAvD\\_BwE](https://www.etsy.com/listing/778155986/funny-valentines-slugs-r-us-gift-card?gpla=1&gao=1&utm_source=google&utm_medium=cpc&utm_campaign=shopping_us_d-paper_and_party_supplies-paper-greeting_cards-ove_cards&utm_custom1=k_CjwKCAiAtt2tBhBDEiwALZuhAGVY49jpQCJu4WbTgu4WFjt48wdwvF72gb024jFJXSMLHuXN_KT2fBoCCc8QAvD_BwE_k&utm_content=go_1844702817_70809577878_346364778360_aud-2191767825281:pla-314535278580_c_778155986_12768591&utm_custom2=1844702817&gad_source=1&gclid=CjwKCAiAtt2tBhBDEiwALZuhAGVY49jpQCJu4WbTgu4WFjt48wdwvF72gb024jFJXSMLHuXN_KT2fBoCCc8QAvD_BwE)



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/curiousprintpattern](https://www.etsy.com/shop/curiousprintpattern).

**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



**The Gardeners' Club**  
P.O. Box 3025, Ben Lomond CA 95005

<b>President</b>	Cherry Thompson, 475-0991 cherrylea@comcast.net
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<b>Secretary</b>	April Barclay, 688-7656 AABarclay@aol.com
<b>Treasurer</b>	Dena Gonsalves, 477-0847 denagonсалves@hotmail.com
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<b>Refreshments</b>	Marge Gregory 684-1529 margereggo-ry41@gmail.com
<b>Webmaster</b>	Joe Thompson joe@joehometech.com

[www.thegardenersclub.org](http://www.thegardenersclub.org)